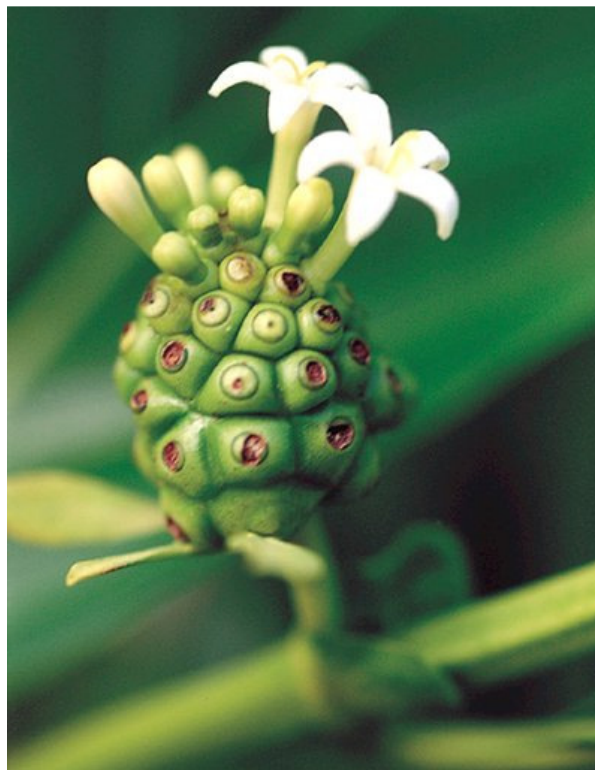


H1N1 FLU (SWINE FLU) – WHAT IS IT AND HOW TO KEEP IT AT BAY



3 May 2009

Learn all about the H1N1 flu virus and what you can do to enhance your immune system

This report provides an overview of the H1N1 flu virus and shares with the reader the importance of strengthening your immune system and how the reader can do it through TNJ.

H1N1 Flu Virus – What is it and how to keep it at bay

LEARN ALL ABOUT THE H1N1 FLU VIRUS AND WHAT YOU CAN DO TO ENHANCE YOUR IMMUNE SYSTEM USING TNJ

This Report is prepared by Tiat of <http://www.AskDrRichardWilliams.com>

To get the latest version of this special report, and get access to Dr. Williams' new research findings, case studies and invitations to private teleconferences, please visit <http://www.AskDrRichardWilliams.com>

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These documents are for educational purposes only. They are not intended to diagnose or treat. TNJ is not a medication and is in no way therapeutic or directly affects a disease or condition. The fundamental nutrients in TNJ support many of the systems of the body and thus improve the outcome of standard care. Improved system function is the true basis for Prevention and Optimal Health.

Taking personal responsibility for your health and the health of your family is vital. Educate yourself and seek information on all of the aspects of a healthy lifestyle. Learn how to manage the inherited or acquired health challenges you face. Understand the benefits of proper diet, adequate and special nutritional supplementation, exercise, stress management, emotional and family support. Become a team member with your doctors. Ask questions and make informed choices. The information and guidelines in this booklet are intended to encourage personal responsibility and to supplement proper medical care. Have your doctor review and approve or modify these techniques based on your personal requirements.

For more info and updates on the H1N1 flu virus, please visit www.AskDrRichardWilliams.com

SECTION 1 – INFLUENZA A (H1N1-2009) FAQs

What is the difference between swine flu and Influenza A (H1N1-2009)?

With effect from 30 Apr 09, the World Health Organization (WHO) will refer to the new influenza virus as Influenza A (H1N1-2009).

What is Influenza A (H1N1-2009)?

Influenza A (H1N1-2009) is an illness caused by type A influenza viruses, which affect a range of animals, as well as humans. A new strain of Influenza A (H1N1-2009) virus that spreads from human to human has recently been identified.

How does influenza A (H1N1-2009) spread to humans?

Influenza A (H1N1-2009) spreads from human to human in the same way as seasonal flu.

The World Health Organisation (WHO) has called Influenza A (H1N1) virus a pandemic. That means it's a serious disease, right?

Not necessarily. Pandemic refers to the spread of a disease (an epidemic) that spreads over a wide geographic area, not its severity. The WHO has described Influenza A (H1N1) virus as a possible pandemic because the illness has spread beyond Mexico to other countries in North America, Europe and now, Asia.

The current phase 5 of WHO's flu alerts is one short of a full-blown pandemic. At phase 6, the disease has spread globally.

Pandemics can be of differing severity. In 1968, the Hong Kong Flu spread to Vietnam, Australia, and India, among other countries, but killed only 0.1 per cent of those with the disease (note: unable to vouch for this figure) compared to the 1918 Spanish Flu which killed by some estimates up to 100 million people. Advances in medical treatment are likely to have contributed to the difference too.

Symptoms and Treatment

What are the symptoms of Influenza A (H1N1-2009) in humans?

The symptoms of Influenza A (H1N1-2009) in people are similar to the symptoms of seasonal influenza. An early symptom is high fever, and this is followed by cough, sore throat, runny nose, and sometimes breathlessness a few days later.

How can human infections with Influenza A (H1N1-2009) be diagnosed?

To diagnose Influenza A (H1N1-2009), a respiratory specimen would generally need to be collected within the first 4 to 5 days of illness (when an infected person is most likely to be shedding the virus). However, some persons, especially those who are immuno-compromised may shed the virus for 10 days or longer.

What medications are available to treat Influenza A (H1N1-2009) infection in humans?

Some of the antiviral drugs for the treatment of influenza include: amantadine, rimantadine, oseltamivir and zanamivir. While most Influenza A (H1N1-2009) viruses have been susceptible to all four drugs, the most recent Influenza A (H1N1-2009) viruses isolated from humans are resistant to amantadine and rimantadine. At this time, the US CDC recommends the use of oseltamivir (Tamiflu®) or zanamivir (Relenza®) for the treatment of infection with Influenza A (H1N1-2009) viruses.

Protecting Yourself

What precautions can I take to protect myself and others against the flu?

Practise good personal hygiene and be socially responsible by:

- a. Washing your hands regularly and thoroughly with soap and water, especially before touching your eyes, nose or mouth;
- b. Turning quickly away from anyone near you if you are about to cough or sneeze, and do not cough or sneeze at him;
- c. Covering your nose and mouth with a tissue when coughing or sneezing. Dispose of the tissue properly in the dust bin after use;
- d. Avoiding crowded places if you are unwell and wear a surgical mask to cover your nose and mouth;
- e. Staying home from work or school when you are sick; and
- f. Using a serving spoon when sharing food at meal times.

Also, leading a healthy lifestyle helps to build up your immunity and protects you against infection.

- a. Eating a balanced diet, including plenty of fruit and vegetables.
- b. Being active. Do 30 minutes of physical activity at least 5 days a week.
- c. Learning to relax and have enough sleep and rest.
- d. Not smoking.

Members of the public who have travelled to affected places and who develop respiratory illness with fever (Temperature > 38 degree C) within seven days after their return should put on a surgical mask and seek medical consultation immediately. They should also disclose their travel history to their doctors.

That N95 mask I have from the Sars days – will I be protected from the flu if I wear that?

Surgical masks are good for one thing: To stop the spread of “droplets” from the person wearing the mask. In other words, those wearing a surgical mask are less likely to pass on diseases through talking or sneezing.

A respirator mask such as N95 is designed to protect you from breathing in very small particles which might contain viruses. To work effectively, N95 respirator masks must be specially fitted for each person who wears one (called “fit-testing”).

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If used correctly, surgical masks and respirators masks may help reduce the risk of getting influenza, but they should be used with other preventive measures such as avoiding close contact and maintaining good hand hygiene. A combination of actions is needed, as no single action will provide complete protection. We would like to encourage a culture of staying home when one is down with flu. Wearing a facemask can be considered if you are sick with flu and think you might have close contact with other people.

Pork

Can I catch Influenza A (H1N1-2009) from eating pork and pork products?

No. The WHO, OIE and US CDC have stated that the Influenza A (H1N1-2009) virus is not spread by food. In any case, eating properly handled and cooked pork and pork products are safe. Cooking pork to an internal temperature of 70°C kills all bacteria and viruses, including the Influenza A (H1N1-2009) virus. Similarly, eating properly processed meat products, such as ham, bacon, sausages, canned meat, is safe.

What is the Government's advice to pork handlers in the market?

Influenza A (H1N1-2009) virus is not transmitted by food. According to the US CDC, OIE and WHO, there is also no evidence to suggest that someone can become infected by Influenza A (H1N1-2009) from eating pork or pork products. Pork handlers should continue to exercise good personal hygiene in their work.

Workplace Measures/Business Continuity

How does Influenza A (H1N1-2009) affect my company?

It is recommended that employers should closely monitor Influenza A (H1N1-2009)-related developments, and follow travel and health advisories provided by Government. Communication must be open and channels set up for dissemination of information.

Should my company activate our business continuity plans now?

Employers are advised to brief employees on business continuity plans.

Plans for continuity in key positions should also be in place. In addition, the plans should also cover actions relating to higher alert levels (i.e. Red and Black).

What can I do at my workplace to minimise the risk of infection?

Employers are strongly encouraged to implement infection control measures at the workplace, including:

- a. Maintaining environmental cleanliness to minimize transmission of the Influenza A (H1N1-2009) virus, including frequent disinfection of common areas.
- b. Advising employees to maintain high standards of personal hygiene, such as washing hands frequently with soap and water, especially after contact with respiratory secretions (e.g. after sneezing and coughing). Those who have flu-like symptoms should seek medical help promptly, and inform the doctors of their travel histories.

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- c. Conducting temperature checks routinely. Employees with a higher than normal temperature should be advised to seek treatment immediately. Information of all visitors should also be recorded, including the date and time of visit, personal particulars and contact number of visitors. This will facilitate contact tracing should the need arise.
- d. Avoiding or postponing non-essential travel to Mexico. In the event that travel to Mexico is unavoidable, employees should take precautionary measures, such as avoiding crowded areas and maintaining high standards of personal hygiene at all times.

What if I have employees/colleagues who just returned from Mexico and/or affected areas?

Persons with travel history to Mexico over the past seven days should be quarantined for seven days on their return and undergo phone surveillance for symptoms for Influenza A (H1N1-2009). Employees who are returning from other affected areas (i.e. states of New York, California, Kansas and Texas in the United States and the state of Nova Scotia in Canada) should be advised to stay at home for seven days upon return and check themselves for symptoms for Influenza A (H1N1-2009).

They should practice social distancing and refrain from joining mass gatherings, e.g. going to the cinemas, shopping malls, or supermarkets etc. Employees who develop respiratory illness with fever (Temperature > 38 deg C) within seven days after their return should put on a surgical mask and call 993 for an ambulance. They should also disclose their travel histories to their doctors.

Exposure To Pigs

Should people avoid exposure to pigs?

The current human “swine” flu is being transmitted between humans, not from pigs to people. However, as humans can spread the disease to pigs, individuals with flu symptoms should avoid close contact with pigs to reduce the possibility of disease transmission to the animal population.

Is it safe to come into contact with pigs in nature reserves and the wildlife reserves?

The new Influenza A (H1N1-2009) virus is not transmitted from animals to humans. Nevertheless, visitors to such facilities should always observe proper hygiene practices, such as washing of hands after contact with any animals.

SECTION 2 – HOW TAHITIAN NONI® JUICE MAY HELP

Background

TNJ can prevent and abort the H1N1 Flu.

This is based on accumulated clinical experiences preceding and following the SARS outbreak.

This includes SARS, Bird Flu, Fujian Flu, and West Nile Virus in humans and animals, other acute viral syndromes, and reported success with Chikungunya Virus.

What is The Respiratory System?

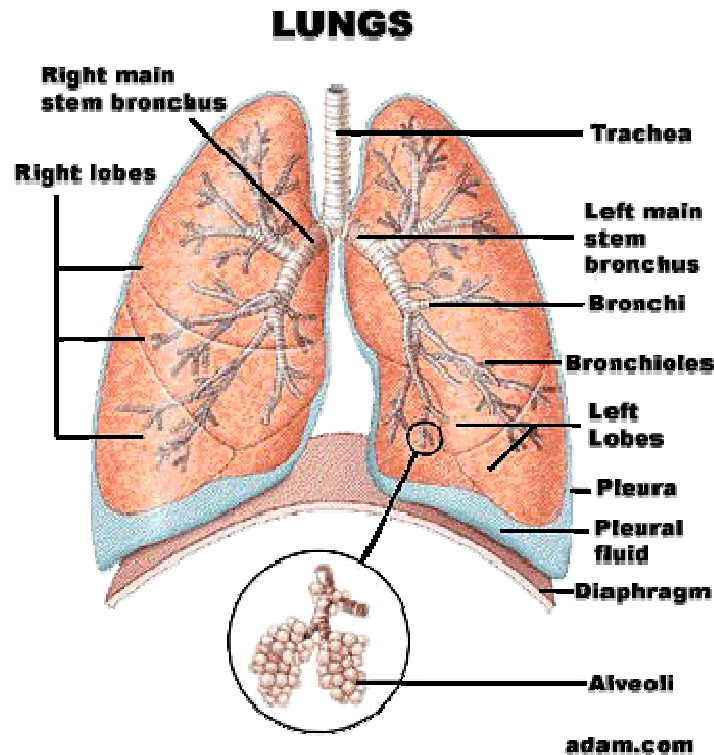
The primary function of the respiratory system is to supply the blood with oxygen in order for the blood to deliver oxygen to all parts of the body. The respiratory system does this through breathing. When we breathe, we inhale more oxygen and exhale more carbon dioxide. This exchange of gases is the respiratory system's means of getting oxygen to the blood where it will then be sent throughout the body via the circulatory system.

How is Respiration Achieved?

Respiration is achieved through the mouth, nose, trachea, lungs, and diaphragm. Oxygen enters the respiratory system through the mouth and the nose. The oxygen then passes through the larynx and the trachea which is a tube that enters the chest cavity. In the chest cavity, the trachea splits into two smaller tubes called the bronchi. Each bronchus then divides again forming the bronchial tubes. The bronchial tubes lead directly into the lungs where they divide into many smaller tubes which connect to tiny sacs called alveoli. The average adult's lungs contain about 600 million of these spongy, air-filled sacs that are surrounded by capillaries. The inhaled oxygen passes into the alveoli and then diffuses through the capillaries into the arterial blood. Meanwhile, the waste-rich blood from the veins releases its carbon dioxide into the alveoli. The carbon dioxide follows the same path out of the lungs when you exhale.

The diaphragm helps to pump the carbon dioxide out of the lungs and pull the oxygen into the lungs. The diaphragm is a sheet of muscles that lies across the bottom of the chest cavity. As the diaphragm contracts and relaxes, breathing takes place. When the diaphragm contracts, oxygen is pulled into the lungs. When the diaphragm relaxes, carbon dioxide is pumped out of the lungs.

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Viral Pneumonia

Viral pneumonias have many common elements that compose the pathologic picture.

1. Most of the infection and inflammation and edema (swelling caused by fluid in your body's tissues; it usually occurs in the feet, ankles and legs, but it can involve your entire body) are interstitial. The fluid and cellular response is actually between the layers of the walls of the alveoli or air sacs. There is some involvement of the bronchial mucosa. This tends to be less severe but does cause bronchi-spasm (wheezing).
2. Interstitial infiltration reduces the ability of oxygen to cross from the air sacs into the blood thus leading to low oxygen in the blood or hypoxia (hypoxia is a pathological condition in which the body as a whole [generalized hypoxia] or a region of the body [tissue hypoxia] is deprived of adequate oxygen supply). It also causes slower CO₂ diffusion and increased blood levels.
3. Hypoxia triggers pulmonary hypertension which in turn is also involved in Arteriole-Venous (A-V) shunting (the passage of blood directly from arteries to veins, without going through the capillary network) by reflex mechanisms further increasing hypoxia.
4. H1N1/Bird Flu also impairs cytokine production (cytokines are small secreted proteins which mediate and regulate immunity, inflammation, and hematopoiesis.) interfering with lymphocyte activation and with the humoral immune response.

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5. These changes are not seen well on the Chest X-ray but the patient is very ill and may require mechanical ventilation.

Examples of TNJ effects:

Knowing the effects of TNJ, we can then postulate how it may help with H1N1 Flu.

1. The hypoxic conditions of severe Emphysema (COPE) and Congestive Heart Failure (CHF) both have Pulmonary Hypertension, A-V Shunting, and poor pulmonary perfusion with low PA wedge pressures.

TNJ 120ml as a bolus (in medicine, a bolus [from Latin bolus, ball] is the administration of a medication, drug or other compound that is given to raise its concentration in blood to an effective level) rapidly restores (15 to 30 minutes) perfusion and oxygen saturation.

2. Interstitial Edema and Infiltration are seen in Radiation Pneumonitis and drug induced Pulmonary Fibrosis.

TNJ at 250ml/day prompts rapid reduction in edema/infiltration in 24 to 72 hours which continues to improve steadily. Patients on Mechanical ventilation show rapid Improvement in Ventilation compliance.

3. TNJ supports the inherent Immune mechanisms with enhanced cytokine production and lymphocyte activation (Gamma Interferon).
4. TNJ supports inherent Healing and Repair leading to resolution of the interstitial infiltration without residual fibrosis leaving normal Vital Capacity.

Recommendations for TNJ Nutritional Supplementation for H1N1 Flu:

TNJ 8 oz/day for 4 or 5 days will prevent casual exposures from developing into Flu.

Acute exposure can be given TNJ 8 oz initially, 4 oz 2 hours and 4 hours later and followed by 8 oz/day until safe.

Suspected early adult cases can be given TNJ 8 oz initially and a total of one bottle in the first day, a whole or ½ bottle for the next 2 days based on clinical condition and response to TNJ then followed by 8 oz/day for 5 to 7 days. Expect recovery in 3 to 5 days. Children under 6 years can be given ½ the adult amounts and those under 2 years 1/3 the adult amounts.

The Muscle Spasm response to the acute stresses will be dramatic and should be relieved by Breathing. For more info on muscle spasm relief techniques, check out the DVD here: <http://tinyurl.com/musclespasm>

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SECTION 3 – HOW TO STRENGTHEN YOUR IMMUNE SYSTEM

TAHITIAN NONI® Juice supports your immune system, delivers superior antioxidants that help rid the body of harmful free radicals, increases energy, is cholesterol-friendly, and allows for greater physical performance levels.

To strengthen our immune system, the first thing we should do is to review the negative factors and stop them as much as we can.

Some of them are things that happen to you, just understand the negative effect that it has and then negate that by doing the full immune boost with Tahitian Noni® Juice and boost your immune system back up to where it is.

It is also very important to have good nutrition.

This could include the low glycemic index Mediterranean diet, Tahitian Noni® Juice at four to eight ounces a day, the NatureBorn™ nutritional supplements (these are fabulous and people benefit from them at four capsules a day).

Here are 10 simple guidelines to keep your immune system in optimal working order:

1. Address Your Stress

We all face some stress every day, but if stress becomes overwhelming then your body will be less able to fight off flu and other illness.

2. Have Sufficient Rest

Lack of sleep will weaken your body's immune system and make it harder for you to fight any infection.

3. Exercise

Exercise improves your physique, strengthens your immune system and increases your circulation and blood flow throughout your body. The components of your immune system will be better circulated to detect any intruders.

4. Drink your Noni

Boost your immune system, give your immune system a full boost.

5. Optimize your vitamin D levels

Optimizing your vitamin D levels is one of the best ways to avoid infections of ALL kinds. In fact, vitamin D deficiency is likely the TRUE cause behind the seasonality of the flu — not the flu virus itself. Your vitamin D level should be around 60 ng/ml.

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6. Omega-3 Fats

Take a good source of animal based omega-3 fats like Krill Oil or the Omega 3, 6, 9 blend. This is crucial for maintaining good health.

7. Eat Garlic Regularly

Garlic functions like a broad-spectrum antibiotic against bacteria, virus, and protozoa in the body. Unlike antibiotics, no resistance can be built up so it is an absolutely safe product to use.

8. Avoid Sugar and Processed Foods

Sugar decreases the function of your immune system almost immediately, so it's important to keep your immune system strong.

9. Wash Your Hands

Washing your hands will decrease the likelihood of spreading a virus to your nose, mouth or other people. Be sure to use a simple chemical-free soap that you can switch your family to.

10. Avoid Hospitals and Vaccines

Hospitals are prime breeding grounds for infections of all kinds, and could be one of the likeliest places you could be exposed to the swine flu.

Vaccines will not be available for six months at the minimum but when available they will be ineffective and can lead to crippling paralysis like Guillain-Barré Syndrome just as it did in the 70s.

Immune Boost

Here's the formula for the Full Immune Boost:

- TNJ 4 oz/day for a week.
- 8 oz/day for 2 weeks.
- A bottle a day for 4 days.
- Then 8 oz/day for 2 months.

Formula for other situations:

- In urgent situations you can start with 8 oz/day for 2 days then proceed with a bottle/day, etc.
- Pre surgery you can give 8 oz/day for 3 to 5 days then 1/2 bottle for the last 2 days before surgery, then 8 oz/day for a week after.

Note: Hydration is VITAL to get the benefits of TNJ.

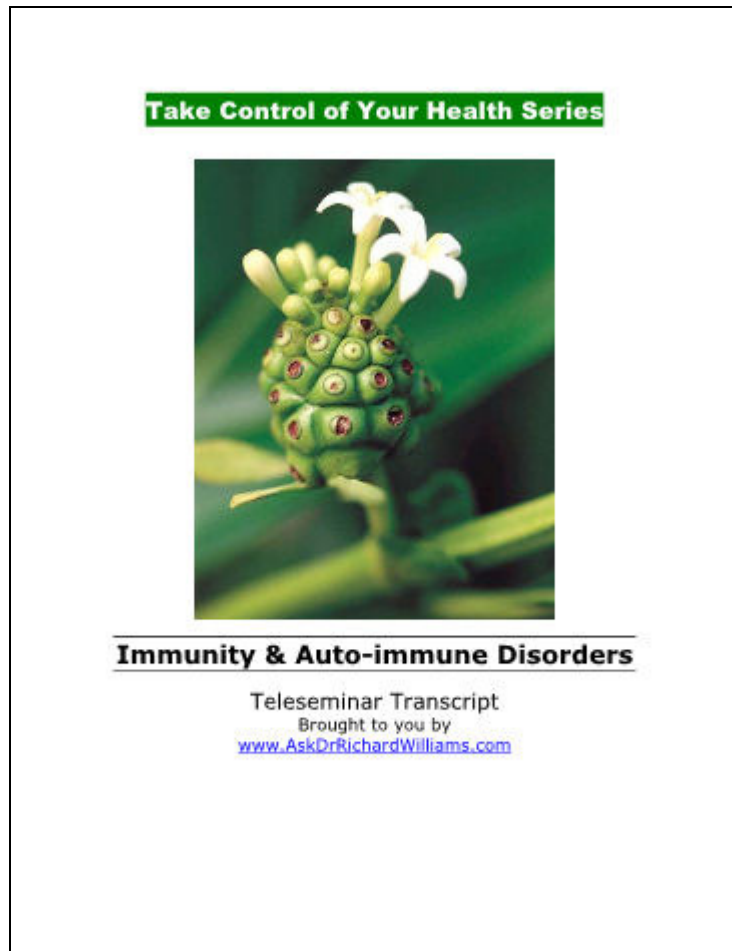
Applications: To optimize healing and repair. Also for autoimmune disease like Rheumatoid Arthritis, Lupus, MS, and others; tumors, pulmonary fibrosis from many causes, heart and liver failure with some modifications, major trauma and burns, chronic and severe infections, immuno-suppression from HIV or medication.

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Immunity & Auto-immune Disorders – Learn How You Can Strengthen Your Immune System Naturally Without The Use of Drugs or Vaccines

We are re-releasing this compilation (mp3 and pdf transcript) available to you at a special price. This is the January 2009 Teleseminar recording on how one can strengthen the immune system naturally without the use of drugs or vaccines.

With the rise in the number of swine flu patients, it is imperative that all of us start to **Take Control of Your Health.**



<http://tinyurl.com/betterimmune>

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