

# SWINE FLU – WHAT IS IT AND HOW TO KEEP IT AT BAY



4/26/2009

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

This report provides an overview of the swine flu and shares with the reader the importance of strengthening your immune system.

# Swine flu – What is it and how to keep it at bay

LEARN ALL ABOUT THE SWINE FLU AND WHAT YOU CAN DO TO  
ENHANCE YOUR IMMUNE SYSTEM

This Report is prepared by Tiat of <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.

## SECTION 1 - SWINE FLU FAQs

### What is Swine Flu (Swine Influenza)?

Swine flu is a respiratory disease affecting pigs that is caused by type A influenza virus. Swine influenza viruses may circulate among swine throughout the year, but most outbreaks occur during the late fall and winter months similar to influenza outbreaks in humans. It causes high levels of illness but low death rates in pigs.

### Does Swine Flu affect humans?

Swine flu viruses that cause disease in pigs very rarely affect humans. However, sporadic human infections with swine flu have occurred. Most commonly, these cases occur in persons with direct exposure to pigs but there have also been documented cases of human-to-human spread of swine flu.

### How does Swine Flu spread to humans?

Swine flu spreads to humans mainly through contact with infected pigs, which shed the virus in their saliva, nasal secretions and faeces. Limited human-to-human transmission can also occur in the same way as seasonal flu occurs in people.

### Can people catch Swine Flu from eating pork?

There is currently no evidence to suggest that swine flu can be transmitted to humans from eating pork or pork products that have been thoroughly cooked.

### What are the symptoms of Swine Flu in humans?

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human 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 swine flu be diagnosed?

To diagnose swine flu, 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 children may shed the virus for 10 days or longer.

### What medications are available to treat swine flu infection in humans?

Some of the antiviral drugs that are currently used for the treatment of influenza include: amantadine, rimantadine, oseltamivir and zanamivir. While most swine flu viruses have been susceptible to all four drugs, the most recent swine flu 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 and/or prevention of infection with swine flu viruses.

### What travel precautions should I take?

You should take note of the following measures to minimize your risk of acquiring swine flu:

- Avoid contact with persons with symptoms of influenza
- Avoid crowded areas and maintain good ventilation.
- Observe good personal and environmental hygiene. Wash hands thoroughly with soap and water frequently and when they are contaminated by respiratory secretions e.g. after sneezing.
- Maintain good body resistance through a balanced diet, regular exercise, having adequate rest, reducing stress and not smoking.

### Does influenza vaccination help in preventing Swine Flu?

Vaccines are available to be given to pigs to prevent swine influenza. There is no vaccine to protect humans from swine flu. The seasonal influenza vaccine is unlikely to protect against H1N1 swine flu viruses.

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

Proper hygiene practices, such as washing of hands after contact with animals including pigs, should be maintained.

## SECTION 2 – HOW TAHITIAN NONI JUICE MAY HELP

### Background

Tahitian Noni® Juice (TNJ) has been evaluated and shown to be effective in many *pulmonary* conditions during the past 9 years.

It is important to understand the mechanisms of action in each of these different conditions. That understanding can then be projected onto conditions not specifically tested with expectation of similar results. The evaluations over the past 9 years have been done in this fashion to confirm mechanisms of action. We can expect, with a very high degree of certainty, that TNJ will have the same benefits with the Swine Flu or the Asian Bird Flu (H5N1) as it did with SARS and many other viral respiratory infections.

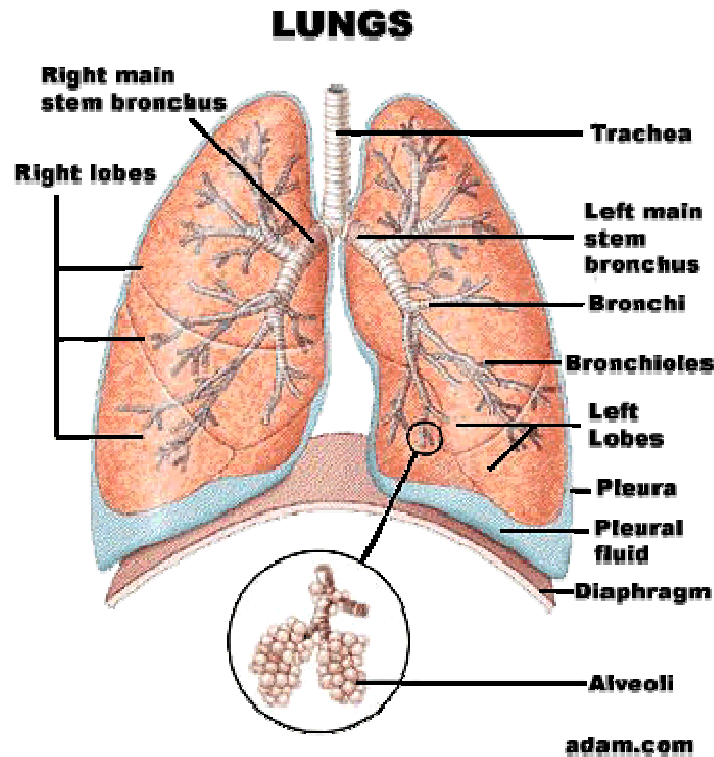
### What is The Respiratory System?

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.



## 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 CO<sub>2</sub> 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. Swine/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.

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 Swine/Bird 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 Swine/Bird Flu:

New Acute Patient

Day 1 : TNJ 1 liter in 4 servings

Days 2 – 4 : TNJ 500ml to 1 liter in 4 servings depending on clinical condition.

Days 5-12 : TNJ 60 ml 4 times a day unless more is indicated clinically.

Maintain full hydration to assure optimal tissue perfusion. There is no need to restrict fluid or electrolytes. Try to maintain serum potassium (K) close to 5.0 mg%.

## 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.

Number two is good nutrition.

The low glycemic index Mediterranean diet, Tahitian Noni® Juice at four to eight ounces a day, the NatureBorn™ nutritional supplements. They're a fabulous product. And people benefit from them at four capsules a day.

### Immune Boost

Lots of people have been asking Doc what is the formula for the full immune boost.

Here's the formula:

- 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.

## Immunity & Auto-immune Disorders

We are remaking this compilation available to you at a special price.

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

### Take Control of Your Health Series



### Immunity & Auto-immune Disorders

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