

## Concerned About Global Viruses

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Oh no...Global Viruses!

Does news of the Bird Flu, West Nile and the latest "It's a possible Global Pandemic Virus!" unnerve you? Does the latest bungling of the CDC (Center for Disease Control) have you down?

**Have no fear!** Microbes aren't the issue, a weakened immune system is! Microbes have been and will continue to share this planet with us. Many of them serve us well. The job before us is to restore and strengthen our immune system, giving it the ammunition it needs to seek and destroy any microbes pathogenic to our bodies.

**The number one cause of infection?** Malnutrition! Bacteria, viruses and parasites thrive on weakened tissue. The Spanish Flu epidemic of 1918 that killed 40 million people globally within 9 months was ultimately found to be due to an immune deficiency syndrome. This syndrome was caused by the lack of fresh foods available to the world's population. The world had its attention, transport and workers focused on the needs of World War I and away from fresh meat, fruit and vegetable production. Crops lay dying and unused. Processed and preserved foods became the replacement. After four years of the vitamin and mineral malnutrition that this caused, people became breeding grounds for virulent pathogens.

**What to do? BE PRO-ACTIVE!** Always be enhancing your immune system.

1. **Make healthy habits your way of being!** Eat lots of fresh fruits, vegetables, whole grains, good quality fats and proteins; move your body daily (some call it exercise); wash your hands; get quality sleep and drink plenty of water.
2. **Feed your immune system:**
  - a. **Calcium** – studies show that *the consistent key factor to surviving an infection* is the blood calcium level. Ionized calcium in your blood is what stimulates the process by which microbes are killed (Phagocytosis). This active form of Calcium is what your body is retrieving when it has a fever. In raising the temperature of the body, Calcium is released from the bones for use in the blood. I often see fevers reduced dramatically when the body is offered the appropriate Calcium. Not any Calcium will do. The calcium must be in a form that will assimilate properly and be used where needed in the body systems, a healthy digestive tract being of utmost importance. Calcium Lactate and Calcium Citrate are your better choices. Calcium Carbonate is the least likely to be absorbed.
  - b. **Vit C** - strengthens the cell lining, protecting it from the virus invading into

the cell which is how it spreads. It also energizes and arms the Phagocytes (your immune police). White blood cells have a higher concentration of Vit C than any other cell in your body. "Whole Vitamin C" does the job. "Ascorbic Acid" does not. It is best to get your vitamin C from whole foods such as citrus (including lemons & limes), peppers and cayenne or whole food supplements.

c. **Essential Fats** – flax oil, fish oils, walnuts, etc. Good quality fats are much needed to transport Calcium into the tissues for infection fighting.

3. **Eliminate dietary refined sugar!** Intake of refined sugar reduces Calcium levels in your body as well as reducing the activity of your white blood cells by 70%!

4. **Reduce the toxic load on the body.** The less junk and debris in your body, the less the possibility for being a virus feeding trough. Follow #1 as well as considering a detoxifying cleanse.

5. **SEE YOURSELF AS WELL!** Do not let imaginary thoughts of worst case scenarios weaken you. Act as if, behave as if, believe in and *feel your wellness!* The vibration of your thought touches all of the cells of your body and the cells align to resonate in that vibration. Always be reaching for the best feeling thought that you can! Your body will thank you and *your health will benefit.*