How To Protect From Flu and Viruses

In 2007, it was estimated that between 40 and 90 million American would come down with the flu between the months of November and March. Most of those people suffer with the aches and pains for a few days and then recover, but an average of 114,000 people are hospitalized for flu-related complications and 36,000 Americans die each year from complications of flu.
(Source: CDC)

Influenza, commonly called "the flu", is an infection of the respiratory tract caused by the influenza virus. Every year an estimated 25 to 50 million Americans contract the flu. The flu can be life-threatening for infants, young children, the elderly, those with chronic illnesses or those whose immune system is compromised, such as people with AIDS, people undergoing cancer treatment, people with lupus, and other immune deficiencies. About 20,000 die from influenza complications each year with bacterial pneumonia being the most common serious complication.

Glutathione Assists the Immune System

As the global panic and tension stemming from the outbreak of Swine Flu rises, the World Health Organization has raised the pandemic alert to level four on a six-level scale, which means they've determined that the virus is capable of human-to-human transmission. (Mercola.com) Travel bans, schools closings, plans for quarantine, and mass vaccinations have been instituted.

What do I do to protect myself and my family? If you have knowledge and understanding of appropriate protective measures, then you need not be afraid.

As of May 14th, the worldwide total number of confirmed cases of Swine flu topped 6,600, according to World Health Organization (WHO), and 40 cases in the U.S. confirmed by the CDC. This does not constitute a reason for panic, but it is prudent for all people to think about their lifestyles, mental state, and diet to prepare for anything that may happen.

There are volumes of clinical studies showing that a healthy immune system is pivotal in the prevention and therapy for viral diseases. Studies also show that antioxidants, especially glutathione, are key in maintaining a healthy and strong immune system. The more deficient we are in antioxidants and glutathione, the more susceptible we are to immune breakdowns.

Glutathione Blocks Viruses

Glutathione Protects The Mouth And Nasal Cavity

The antioxidant glutathione in the mouth and nose linings was found to be effective in preventing the flu. Dr. Jones’ research at Emery University used glutathione with concentrations of a virus similar to the amount present during a normal human flu infection. The cells were completely protected against infection with the presence of glutathione. “Dr. Jones then infected two groups of mice with a mouse-adapted strain of a human influenza virus. The mice that had been given drinking water containing glutathione had significant decrease in viral production compared to animals whose water did not contain glutathione.” (Emory University Health Sciences Center, 16-Apr-2000.) The protection from the virus was most effective when the glutathione touched the receptors sites in the mouth. To accomplish this, take the glutathione out of the capsule and swallow in organic juice or water.

When exposed to a virus, oxidative response that inactivate natural protease inhibitors result, thus promoting the viral activation. This activation of a virus can be controlled with the use of glutathione which reduces oxidation reactions. (Dr. Dean P. Jones, Ph. D., Professor of Biochemistry in Emory University School of Medicine. http://www.emory.edu/WHSC/HSNEWS/release/apr00/jones_glutathione.htm.)

Glutathione Protects the Respiratory System from Viruses

Dr. Dean Jones, Professor of Biochemistry at Emory University, exposed human respiratory tract cells in culture with the influenza virus. Glutathione was added to these cells and another group of controlled cells received none. “The investigators found that the human respiratory cells treated with glutathione antioxidants were completely protected against infection by the influenza virus.” Dr. Dean P. Jones, Ph. D., Professor of Biochemistry in Emory University School of Medicine. http://www.emory.edu/WHSC/HSNEWS/releases/apr00/jones_glutathione.htm

Glutathione Helps Combat Flu

Research shows that antioxidants, which glutathione is the most powerful, help prevent the flu. The Jean Mayer Nutrition and Aging Group at Tufts University document that age associated deregulation of immune responses contribute to development of infectious diseases in the aged. The production of pro-inflammatory compounds, such as free radicals and cytokines, is due to oxidative stress. Administration of antioxidants, like glutathione, ameliorated viral infection in the aged animals. This prestigious group reports similar observations in humans. (http://www.thione.com/summaries/vi03.html,Glutathione Antioxidants and the Flu)

Glutathione boosts the immune systems availability of the “fighter” cells, the B and T cells, to attack the “foreign” cells. If there is enough glutathione in the body, the B and T cells can continue to be replenished and effectively attack the invaders. Sufficient amounts of glutathione in the body allow for the increase and activity of the “fighter” cells.

Flu tends to bring inflammation of the nasal passages, lungs, throat, and sinus. Glutathione is the most powerful anti-inflammatory and antioxidant, bringing great assistance for the immune system to fight off infections and flues.

When a person succumbs to the flu or infections, you can automatically know that the levels of glutathione in the body are too low. Doctors and health experts stress that one of the most
powerful ways to strengthen the immune system is to increase glutathione, which in turn strengthens the ability of the body to combat infections and the flu.

**SOD Enhances Lung Health**

When SOD is enhanced in the cells of the airways of the lungs, the influenza-induced lung injury is minimized. SOD also reduces oxidative stress. (Prevention of influenza-induced lung injury in mice overexpressing extracellular superoxide dismutase, Suliman HB, Ryan Ik, Bishop L, Folz RJ. Department of Medicine, Division of Pulmonary and Critical Care Medicine, Duke University Medical Center, Durham, North Carolina 27710, USA)

Glutathione levels and immune responses in patients with tuberculosis were found to be significantly low. When treated with N-Scetyl-cysteine, a precursor to glutathione production, their tuberculosis replication was successfully controlled. (Glutathione levels and immune responses in tuberculosis patients, Venketaraman V, Millman A, Salman M, Swaminathan S, Goetz M, Lardizabal A, Davi Hom, Connell ND.J Toxicol Environ Health A. 2007 May 15:70(10):837-51)

**Chronic Fatigue Syndrome and Glutathione**

Glutathione depletion in Chronic Fatigue Syndrome was first found by Droge and Holm. (Droge, W., and Holm, E., Role of cysteine and glutathione in HIV infection and other diseases associated with muscle wasting and immunological dysfunction, FASEB J. (1997) 11:1077-1089.)

Cheney reported that his Chronic Fatigue Syndrome patients were almost universally low in glutathione. (Cheney, P.R. Evidence of glutathione deficiency in chronic fatigue syndrome, American Biologics 11th International Symposium, Vienna, Austria, Tape no. 07-199, available from Professional Audio Recording, P.O. Box 7455, LaVerne, CA 91750 (phone 1-800-227-4473). 8. Cheney, P.R., Chronic fatigue syndrome, lecture presented to the CFIDS Support Group of Dallas-Fort Worth, Euless, TX, on May 15, 1999. Video tape available from Carol Sieverling, 513 Janann St., Euless, TX 76039.)

**Toxic Metal and Chemical Exposure Neutralized with Glutathione**

Emory scientists discovered that one of the enzymes that uses glutathione to detoxify cancer-causing chemicals and oxidants is deposited in the mucous layer lining of the mouth and nose, thus providing an extracellular barrier to toxic chemicals. We need to keep our systems free of free radicals with high intake of glutathione. This helps create an environment where the immune system can do its job of fighting the flu virus instead of cleaning up systemic garbage.

Detoxification is not a weekly, monthly, or yearly project of the cells. It is a daily and hourly project. We are exposed to toxins everywhere in our daily lives and must detoxify with the most powerful detoxification supplement, glutathione, to get and keep our cells cleaned out. If your body is on a consistent detox program, the immune system will not break down and render you vulnerable to the flue, Swine, Bird, or otherwise, nor any increasingly drug resistant virus or bacteria you may be exposed to.

Glutathione performs Phase II detoxification of heavy metals (such as mercury), organophosphate pesticides, chlorinated hydrocarbon solvents, estradiol, prostaglandins,
leukotrienes, acetaminophen, and other foreign and endogenous toxins.

Stress Lowers Glutathione and Open Immune System to Viruses

There are many kinds of stresses which affect the body’s needs for glutathione. Included in these stressors are the following:

1. Physical: Aerobic exercise (especially of long duration), physical trauma, (especially motor vehicle accidents), and surgery (including anesthesia).
2. Chemical: Exposure to toxins such as organophosphate pesticides, solvents, and cigar toxins.
3. Biological: Infections, immunizations, blood transfusions, insect bites, allergic reactions, and eating or sleeping less.
4. Emotional/Psychological: Stressful life events, including death of a spouse, close family member or close friend; recent marriage; troubled or failing marriage, separation, or divorce; serious illness in immediate family; job loss, starting a new job, or increased responsibility at work; and residential move.

These types of stressors are known to deplete glutathione and lead to viral problems like Chronic Fatigue Syndrome, and the lowering of the immune system.


Stress from dietary sources, mental stress, physical stress, or stress from illness increases the rate of glutathione being exported from the liver. (Sies, H., and Graf, P., Hepatic thiol and glutathione efflux under the influence of vasopressin, phenylephrine, and adrenaline, Biochem. J. (1985) 226:545-549.)

Stress is also documented to decrease the rate of reduction (recycling) of oxidized glutathione (19. Toleikis, P.M., and Godin, D.V., Alteration of antioxidant status following sympathectomy: differential effects of modified plasma levels of adrenaline and noradrenaline, Molecular and Cellular Biology (1995) 152:39-49.) To help support stress factors in one’s life, it is important not only to consume adequate, high amounts of glutathione, but also glutathione that can stimulate recycling of more glutathione. There is only one product on the market that has the capacity to do this, and it is called MaxGXL.

Drugs Versus Natural Food Supplements

The drugs touted for use against the flu are Tamiflu and Relenza. When Homeland Security declared a health emergency, 25 percent, about 12 million doses, of Tamiflu and Relenza were released from the nation’s stockpile. IN 2007, the FDA was investigating some 1,800 adverse event reports related to the drug Tamiflu. The side effects were nausea, vomiting, diarrhea, headache, dizziness, fatigue, and cough. Isn’t that what it is supposed to be preventing? More serious included convulsions, delirium or delusions, and 14 deaths in children and teens as a result of the drug causing neuropsychiatric problems and brain infections (which led Japan to ban Tamiflu for children in 2007). (Mercola.com) This drug
does nothing more for the flu than reduce the duration of the flu symptoms by 1-1/2 days.

Nature Journal states growing evidence of resistance to the drug Tamiflu in treating the H1N1 (so called Swine Flu). The antiviral drug produced drug resistant viruses in 18% of children treated with the drug. A drug resistant strain has been found in a Vietnamese girl treated with the drug. A drug resistant strain would be a far more dangerous virus than one which had not learned how to evade the drug’s effect. Viruses, however, cannot become resistant to glutathione.  

Dr. Mercola tells us that some patients with influenza are at higher risk for secondary bacterial infections when on Tamiflu. S, does this sound like any kind of solution or protection from the flu?

**Flu Vaccinations**

Flu vaccines for a pandemic version of Swine or Avian Flu do not exist. The only way to make a vaccine against a particular virus is to have the virus available and then make a toxic brew filled with the poisons like egg, chick, and other proteins, mercury, aluminum, squalene, contaminants (stealth viruses), etc. If that vaccine was being made, it would still take 6 months before it would be ready. Vaccination with anything else would not help a bit with the flu strain that is currently going around. Dr. Lima Laibow, Medical Director of Natural Solutions Foundation says that he believes “that vaccines are very dangerous treatments which should be approached with the gravest reservations” and that they do not produce immunity most of the time.

If a flu strain has already broken out, then getting vaccinated offers no protection and potentially causes great harm. It is most likely loaded with toxic mercury used as a preservative in most vaccines. Dr. Mercola says, “No matter what you hear- even if it comes from your doctor-don’t get a regular flu shot. They rarely work against seasonal flu…and certainly can’t offer protection against a never-before-seen strain.”

Currently there in no vaccine or anti-viral drug that is proven safe and effective in preventing or treating H5N1 influenza in humans. (A nutritional supplement formula for influenza A (H5N1) infection in humans Medical Hypotheses, Volume 67, Issue 3, Pages 578-587, H. Friel, H. Lederman). Each year the flu vaccine is newly redesigned, using several strains from different types of flu that were common the season before. So basically you’re getting a vaccine that is, in theory, ideal for protecting you from last year’s primary flu types.

Meanwhile, vaccine developers cross their fingers and hope that whatever new flu mutations comes our way this season are not much different from last year’s flu. But that shot at your doctor’s office contains much more than just flu strains. The vaccine is prepared with chicken embryo fluid which was inoculated with the living flu strains. The fluid is then treated with formaldehyde to inactivate the virus. Thimerosal, a mercury derivative, is injected to help preserve the mixture. Ethylene glycol (better known as anti-freeze) and another chemical called phenol are added to disinfect. And because animal cells are used for this process, animal viruses are sometimes introduced into the vaccine undetected.

Now, ask yourself, if you were intending to purchase a dietary supplement, and the label offered this warning: “May contain traces of formaldehyde, thimerosal, phenol, ethylene glycol, and animal cells,” would you buy it?  
(http://www.thehealthierlife.co.uk/natural-health-articles/colds-flu/flu-jab-pros-cons-00640.html. Full ECHINACEA range at TRUST William Flu Jab?: Protect Yourself From The Dreaded Flu Virus.)
In the winter of 2008, the media surprisingly admitted that the flu shot was pointless and has little or no effect against the latest flu virus. Vaccinations are ineffective and flood the body with toxicity, causing virus mutation and creating resistance to mutation.

**Protective Nutrients**

**Vitamin D**

Increasing your intake of vitamin D is one of the best strategies at avoiding infections of all kinds. Dr. Mercola says that “vitamin D deficiency is likely the true culprit behind the seasonality of the flu- not the flu virus itself.” What better way to intake Vitamin D than in the nano form from N-Fuze. In the nano form, a very small amount of Vitamin D can get to all the cells of the body and protect them.

**Curcumin, Tumeric**

Cucumin is the active ingredient in tumeric and has antiviral and antioxidant properties to assist the body in warding off any viral infections. For nano power, use N-Fuze ingest your cucumin.

**Vitamin E**

A clinical study using vitamin E linked intake with reduced viral activity. Other studies have found that vitamin E reduces duration and severity of flu symptoms. The N-Fuze multi-vitamin already has vitamin E in it. When fighting the flu or viruses, it is recommended to take two packets of N-Fuze daily.

Vitamin E has been found to lower viral, pulmonary titers in research animals in a Russian Experiment. (Antiviral action of some antioxidants? Antihypoxants and their combinations with remantadine against human influenza (A(H3N2) virus studied it in vitro models, Eropkin Mlu, Gudkova TM, Konovalova NI, Shehekanova SM, laglovskaia IB, Eropkina EM, Kiselev Ot, Autoimmune Rev, 2009 Feb 12)

**Vitamin C**

White blood cells, called neutrophils, need vitamin C inside the cell to efficiently kill (phagocytize) the invaders-viruses, bacteria, (and cancers, too). Vitamin C and sugar are structurally very similar. If there is a lot of sugar around, it competes with vitamin C. The more glucose (sugar) that enters the white blood cell, the less vitamin C, so the phagocytic ability of the cell weakens. That is how sugar depresses our immune system.

**Green Tea**

A recent paper (5) reports on the antiviral effect of catechins in green tea on three different subtypes of influenza virus (including A/H1N1, the Avian Flu) in cell culture (MDCK, Madin-Darby canine kidney cells). (Song et al, “Antiviral effects of catechines in green tea on influenza virus,” Antiviral Research 68:66-74 (2005)

The authors note that ECGG in green tea has been reported to be a “strong inhibitor” of HIV replication in cultured peripheral bloods cells and to have antiviral activity against Epstein-Barr virus, as well as citing previous studies in which it has shown inhibition of influenza virus in cell cultures.

**Quercetin**

Quercetin reduced the susceptibility to infection of mice exposed to H1N1 influenza virus following 3 days of stressful exercise. The exercised mice that did not receive Quercetin
experienced a 91% incidence of infection, while the incidence of infection was 67% in the exercised – Quercetin group. Morality was 74% in the exercised placebo mice, but was only 52% in the exercised-quercetin group. (Davis et al, “Quercetin reduces susceptibility to influenza infection following stressful exercise,” Am. J. Physiol. Regul. Integr. Comp. Physiol. 295:R505-R509 (2008).

Moreover, another paper (16) reported that quercetin (as well as onion extract, which is rich in quercetin) increased intracellular glutathione concentration in cell culture by about 50%. The mechanism for the latter effect was an increased expression of gamma-glutamylcysteine synthetase, the rate limiting enzyme in the synthesis of reduced glutathione. (Myhrstad et al, “Flavonoids increase the intracellular glutathione level by transactivation of the gamma-glutamylcysteine synthetase catalytic subunit promoter,” Free Radical Biology & Medicine 32(5):386-393 (2002)

Avoid Sugar And Processed Foods

It is well known that sugar decreases the function of the immune system immediately. Refined sugar reduces the ability of our white blood cells to kill bacteria and viruses. It doesn’t take much sugar, either. A single piece of cheesecake can contain enough sugar to impair our white cell efficiency by 90 percent. And chocolate? Regardless of the touted “benefits” of dark chocolate, there are a lot of empty calories there…simple carbohydrates. Be aware that sugar is also present in foods you may not suspect like ketchup and fruit juice.

Get Enough Rest

Just like it becomes harder for you to get your daily tasks done if you’re tired, if your body is overly fatigued, it will be harder for it to fight the flu. Regular rest will keep you strong and ensure that your body has the strength to fight off any potential invaders, according to Dr. Mercola.

Take Control of Your Negative and Fearful Thoughts

Thoughts create your life, your health, and your future. Take all thoughts captive and stop living in the past and in judgment of all around you. As a man thinks in his heart, so is he. Do you know what one of the biggest stressors to the immune system is? It’s FEAR. It’s not the actual disease or disaster, which rarely happens, but it is the fear of the disease or disaster that wears down a healthy body.

If people around me are sick of the news is spreading warnings about some horrible affliction that is spreading, I feel a wave of fear go through my body and my thoughts bring up images of getting sick also. Immediately, I say “NO” to those thoughts. I banish them from my mind, turn the news off, go and do some energy work to remove the source of the fearful thoughts. Then I do things like eat chicken soup and remind myself that studies have shown that it actually does help. I take some extra vitamin C and imagine it going in and boosting my immune system. I hear the words of Dr. Bruce Lipton as he explains how our bodies have all the stem cells we need to heal ourselves of anything. He says that we don’t need the pharmaceutical companies harvesting them and then selling them back to us. So create an intention and an image of your stem cells rushing to the aid of any vulnerability you might
have and strengthening it so you remain healthy and strong.

Dr. Lipton says, “I do everything I can to support a strong healthy belief that I am healthy and strong, which includes feeding my body things that I believe will support it. I remind myself of times like the one where I became very ill on a day where I was scheduled later that evening to perform at a little club. I was the solo act, singing and playing guitar, and I could barely speak, let alone sing due to severe coughing, sneezing, etc. It was a small, very unimportant gig and I could have easily cancelled, but it was very important to me. It had built momentum and was now a huge party for some of my family and friends and some had never been out to see me perform before.

I simply got mad. I refused to be sick, even as I got sicker as the day went on. I told myself over and over again, 'I AM GOING tonight and I will have a wonderful time and sing as well as I ever have. I WILL NOT BE SICK.' People asked me what I was going to do. I answered with complete conviction. 'I am going to play tonight and I will not be sick.' I used creative visualization and I believed it with every ounce of my being. I was indignant that this cold/flu could think it could mess me up! I went on with my plans never giving a thought to the fact that I was sick and I wouldn’t be able to sing. The images in my creative visualization are all I allowed my mind to see.”

**Personal Hygiene**

Wash your hands regularly and avoid the use of other peoples’ things such as pens and cell phones. If you get the flu, wash your hands after coughing or sneezing. If you do nothing else, BE SURE TO WASH YOUR HANDS FREQUENTLY. This is the single most important step to preventing the spread of disease and staying healthy.

**Water**

Increase your hydration. Use alkaline, ionized, hexagonal water for its best ability to hydrate the cells. Water is important for flushing the cells. More important is the pH of the water because bacteria and viruses cannot live in an alkaline pH. Most Reverse Osmosis, filtered, and distilled water are acid. The best alkalizing system on the market is Kangen water by Enagic.

**Alkalize Your Body**

The “very clean water” produced by reverse osmosis, (which is also used by most bottled companies) is called “hungry” or “death” water. It is so clean that nothing is left in it. The water is charged with positive ions instead of negative ions and is also acidic instead of alkaline. The water you drink is supposed to bring all nutrients to the destination and to flush out any free radicals. So the solution is to drink water which has a range of minus 250 to minus 800mV with a pH in the range of 8.5 to 9.5. Probably the best change of fighting off just about any viruses, bacterial infection, illnesses, in short, be bullet-proof to any illness including cancer, AIDS, flu, heart disease, etc. is to KEEP YOUR BODY ALKALINE NOT ACIDIC. (Or be prepared for any and all health problems.) The only acidic areas in your body should be the stomach and the urine! The blood and the saliva must be alkaline. Keeping your body alkaline, not acidic, is the answer. Having an alkaline body is the ultimate, most underlying answer according to some of the most respected brains on this planet. All ways of living
should be geared towards achieving to have an alkaline body! This is really simpler than it sounds. It starts with how to test whether you are alkaline or acidic. The test takes 30 seconds, is done by you at any place, and costs a dime or so! Yet, this test can and does give you the exact probability of your future health. **Helmut G. Flasch Md.**

The more acidic your body is, the less resistant to viral infections it will be. Switch to a diet rich in fruits, dark and brightly colored veggies, free range animal protein, and organic everything. **Author of the book Alkalize or Die**

"I have administered over 5,000 gallons of this water for about every health situation imaginable. I feel that reconstructed, alkaline water can benefit everyone. The countless names attached to illness do not really matter. What does matter is that they all come from the same root cause: too much tissue acid waste in the body." **Dr. Baroody's book is a popular and easy to follow book that is worth reading.**

**Improve Your Nutrition**

Malnutrition could influence the immune response by inducing a less effective ability to manage the challenge of an infectious disease. Work in our laboratory has demonstrated that not only is the host affected by the nutritional deficiency, but the invading pathogen is as well. Both general malnutrition, as well as specific nutritional deficiencies, have been reported to be associated with immune dysfunction, including impaired antibody responses, decreased macrophage activity, and T cell dysfunction. (Bendich A: Antioxidant vitamins and human immune responses. Vit Horm 52: 35-62, 1996. [Medline]

**Enhance Your Immune System with MaxGXL, Glutathione Accelerator**

Which glutathione gives the best protection? The level of glutathione that you have in your cells has been shown to have a direct link to your overall well-being, especially by boosting the immune system to better fight off all viruses and infections, including the flu virus (namely Avian flu virus).

However, not all glutathione supplementation derives the same benefits. The main antioxidant is Glutathione (GSH). All other antioxidants like co Q 10, Vit A, vitamin C, E, and selenium come from food and need a significant amount of glutathione GSH to even function effectively. Even powerful antioxidant alpha-lipoic acid must have glutathione present to do its work effectively. This means that even if you are taking vitamins that guarantee the highest potency, if you have low levels of GSH, those vitamins will not be as beneficial to your body as they could be. Lederman and Friel also recommend that glutathione and Quercetin by taken prophylactically for the flu and to provide a low-cost strategy for individuals, government, public-health, medical, health insurance, and corporate organizations to prepare more prudently for a flu like H5N1 pandemic.

Glutathione neutralizes free radicals from viruses, chemicals, stress, pollution, drugs, exercise, trauma, and radiation that are harmful to your cells and body. Without sufficient levels of GSH in the cells, they cannot effectively function. When the GSH levels are too low, then even the best vitamins are unable to complete their job. This is why it is not enough to just take a glutathione supplement (MaxGXL), but a highly effective and powerful multi vitamin needs to be taken also (N-Fuze). If free radicals are not removed, after time they can damage the cells of the body. So it is the GSH that neutralizes the free radicals, not the
vitamins. Glutathione helps vitamins work better.

At the first sign of flu, virus, or infection, increase your intake of glutathione. Doubling your dose or taking several capsules every 2-3 hours throughout the day can be helpful.

The ONLY thing that fights off the flu virus is a healthy immune system, not vaccines. Two ways you can help your immune system is to make sure your body has adequate numbers of immune proteins and glutathione.

DO NOT TRUST YOUR HEALTH TO THE LOWEST BIDDER! ALWAYS CHOOSE THE HIGHEST QUALITY WHEN IT COMES TO YOUR WELLBEING.