

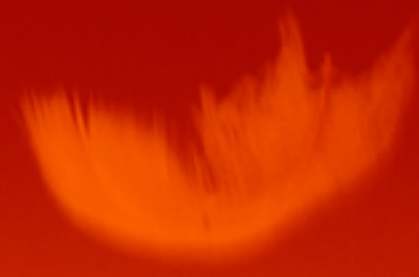
# ***Beat the Bird Flu Virus***

*The true story of the coming influenza pandemic:*

*how it may infect 30% of the world's population,*

*and what you can do to survive the outbreak even*

*if there's no vaccine.*



**BY MIKE ADAMS**



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**BY MIKE ADAMS**  
The Health Ranger



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## The Coming Influenza Pandemic

In the fall of 2004, the World Health Organization (WHO) held a meeting of scientists, researchers, and vaccine manufacturing company representatives. In that meeting, the World Health Organization reached some startling conclusions that many people still have not fully grasped. The organization stated that the next global flu pandemic is fast approaching. There is a strong chance it may become an epidemic as soon as next year, and if that happens, literally 30% of the world's population will become infected with influenza.

The particular influenza strain being watched is the H5N1 bird flu virus. Should an outbreak occur, the total deaths expected around the world, according to the WHO, numbers in the tens of millions of people. Furthermore, the WHO says that **the United States currently has no vaccine to distribute to the population** that might offer protection from this flu epidemic. In their own words, "...the H5N1 strain has demonstrated its capacity to infect humans and cause severe disease, with high fatality, on three separate occasions beginning in 1997. The disease in humans has no vaccine to confer protection and no specific treatment once illness becomes severe." Source: [http://www.who.int/csr/disease/avian\\_influenza/assessment2004\\_05\\_14/en](http://www.who.int/csr/disease/avian_influenza/assessment2004_05_14/en)

Even with this clear threat to public safety, the United States currently has no plans to manufacture any vaccine whatsoever. Even if a vaccine theoretically existed, the U.S. doesn't have a system in place to distribute it to citizens. And waiting for the flu pandemic to appear will undoubtedly be too late. "Vaccines and antiviral agents are unlikely to meet demand, even for industrialized countries able to purchase them," explains an investigative medical article entitled, *The Next Influenza Pandemic: Lessons from Hong Kong, 1997* by René Snacken, Alan P. Kendal, Lars R. Haaheim, and John M. Wood, published by the Centers for Disease Control, <http://www.cdc.gov/ncidod/eid/vol5no2/snacken.htm>

It goes on to explain, "Waiting until a pandemic strikes to determine access to [vaccines and medicines] inevitably contributes to inequities in supply for countries lacking facilities to produce antiviral agents or vaccines or lacking resources to competitively purchase supplies at a time of scarcity. The issue of equity cannot be resolved by individual governments or manufacturers."

We should have learned that lesson many times over, but still the vaccine problems persist. The winter of 2004 saw a complete breakdown in the U.S. vaccine infrastructure when the winter flu vaccine experienced a severe shortage because the vaccine manufacturer Chiron was found to be producing contaminated product.

That left the entire country without adequate flu vaccine, creating an instant shortage. Now imagine what would happen if there were truly a global killer flu, an influenza virus that mutated and made the cross-species leap from birds to humans. Imagine that this virus is spreading around the world from city to city, being carried by travelers in airplanes, and then being spread from person to person in those cities through coughing, shaking hands, touching doorknobs or just from being in the same elevator with another person.

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Now imagine 30% of the United States population getting infected with this flu. The result would be nothing short of a national crisis. As the World Health Organization explains, “Vaccines, antiviral agents and antibiotics to treat secondary infections will be in short supply and will be unequally distributed. It will take several months before any vaccine becomes available.” They also explain, in their own words, that:

- **Medical facilities will be overwhelmed.**
- **Widespread illness may result in sudden and potentially significant shortages of personnel to provide essential community services.**
- **The effect of influenza on individual communities will be relatively prolonged when compared to other natural disasters, as it is expected that outbreaks will reoccur.**

Source: <http://www.who.int/csr/disease/influenza/pandemic/en>

Incredibly, the above description may actually be the good news. A Russian scientist, Dr. Dmitry Lvov, head of the Ivanovsky Virology Institute, estimates that this particular strain of the flu is so aggressive and deadly that as many as **one billion people around the world could die from it**. He estimates that in the United States alone, we could be looking at 700,000 dead. Granted, his estimates may be high, but this man is no stranger to infectious disease. In any case, it does give you an indication of the seriousness of this next global outbreak.

## Conventional Medicine Offers No Real Defense

As I have been discussing these points with a few people, I've been met with looks of utter confusion. People tell me things like, “I thought we overcame infectious disease, I thought these flu epidemics were things that just happened in history, they shouldn't happen today, we have modern medicine...” Unfortunately, they are dead wrong about conventional medicine.

As the World Health Organization explains on their site, *“Although health care has improved in the last decades, epidemiological models from the Centers for Disease Control and Prevention, Atlanta, USA project that today a pandemic is likely to result in 2 to 7.4 million deaths globally. In high income countries alone, accounting for 15% of the worlds population, models project a demand for 134 – 233 million outpatient visits and 1.5 – 5.2 million hospital admissions.”* Source: <http://www.who.int/csr/disease/influenza/pandemic/en>

In fact, modern medicine is largely helpless against such outbreaks. Even in recent times, outbreaks have been frequent. And throughout history, they have devastated populations. The 1918 - 1919 Spanish Flu pandemic killed 20,000,000 people around the world. The 1956 Asian Flu pandemic killed hundreds of thousands. In 2002 - 2003, SARS very nearly became a global pandemic, and it killed an astounding 10% of those infected. Today, all eyes are on the avian flu virus H5N1, which was first detected in pigs in Vietnam in February, 2004. And the people who study infectious disease know the next pandemic is right around the corner. “During the last few years, the world has faced several threats with pandemic potential, making the occurrence of the next pandemic just a matter of time.” - the World Health Organization (<http://www.who.int/csr/disease/influenza/pandemic/en>)

For a fascinating look at the full chronology of the H5N1 avian influenza, as published by the World Health Organization, visit [http://www.who.int/csr/disease/avian\\_influenza/chronology/en](http://www.who.int/csr/disease/avian_influenza/chronology/en)



## Primed for Infectious Disease

Historically speaking, we're overdue for the next outbreak. In many ways, the world today is even more conducive to the spread of these dangerous viruses than in times past. Today we have higher population density than ever before, which means the virus can spread more easily from one person to the next. Today, we have faster global travel than ever before, meaning the virus can jump from city to city in a matter of hours.

*"Given the high level of global traffic, the pandemic virus may spread rapidly, leaving little or no time to prepare."* - the World Health Organization, <http://www.who.int/csr/disease/influenza/pandemic/en>

On top of that, we have a medical system that is actually breeding superbugs in hospitals where antibiotics abuse encourages the mutation of extremely aggressive infectious strains with innate immunity to every known antibiotic.

Simultaneously, we have bizarre animal feeding habits where cows are being fed chicken litter (containing chicken dung and feathers). We have cows being fed the ground up remains of other cows and animals, including spinal cord tissue and brain tissue, and thus we're creating an environment for the rapid mutation and distribution of aggressive viral strains. This is partly what's causing mad cow disease to be such a concern, and it could play a hand in the next global pandemic.

Today we have all the conditions to foster a global outbreak. And yet we have virtually no defense against it: no vaccines, no vaccine distribution system, and no policies to decide who gets vaccines and who doesn't. The only thing that's missing is the virus itself; and in fact, it already exists as well. It's the influenza A (H5N1) strain right now living in pigs and birds in Southeast Asia. Should it make the jump to humans, it may very well become the next global pandemic. It is not an exaggeration to say that millions would die from it. The Centers for Disease Control and the World Health Organization are saying exactly the same thing. Check the headlines yourself at <http://www.newstarget.com/pandemic.html>.

Much the same is also being stated by one of the world's leading experts on influenza: Dr. Robert G. Webster, a member of the Infectious Diseases department of St. Jude and co-author of the Nov. 28, 2003 article about influenza published in the journal Science. You can see some of Dr. Webster's credentials at [http://www.stjude.org/faculty/0,2512,407\\_2030\\_3957,00.html](http://www.stjude.org/faculty/0,2512,407_2030_3957,00.html).

As Dr. Webster explains, "If an influenza pandemic started tomorrow, we would not be able to head it off with vaccines because the production facilities available to produce them are grossly inadequate." He also mirrors the preparedness assessment offered by the World Health Organization. Namely, that neither the United States nor the world is prepared for a flu pandemic. "In the face of a pandemic, the available supplies of antiviral drugs would be used up in days," he says. "It would take up to 18 months to make more drugs from scratch. Stockpiling is the only answer."

## **Take Charge of Your Own Defense**

All this leads to the humbling realization that anyone who wishes to prepare for the coming flu pandemic is going to have to take charge and stop relying on their governments to save them. So what's a person to do?

I asked myself the very same question. To find the answers, I searched through over 400 books written by some of the most respected doctors, physicians, naturopaths and authors in the natural health community. And in each book, I pulled out passages relating to antiviral herbs, vitamins, minerals and other nutrients. This resulted in 500 pages of citations from these 400 books, or a little over one page from each book, on average. What I ended up with was an authoritative list of the most powerful nutrients for fighting viral infections. (The full list, with detailed explanations, is included in the book "How to Beat the Flu" available at [www.TruthPublishing.com](http://www.TruthPublishing.com).)

Through this research, I was able to document the astounding antiviral capabilities of all varieties of medicinal herbs, including rainforest herbs, Chinese medicine herbs and Western herbs. These herbs have such strong antiviral effects that they have even been described as stronger than antiviral prescription drugs. When used synergistically, they provide a full-spectrum antiviral defense for the human body, meaning they help you overcome all varieties of viral infections, including influenza H5N1.

## **The Top Twelve Herbs**

From this research, I narrowed the list down to twelve of the most powerful antiviral herbs I could find. These are the "Big Twelve" as I call them. They're the most well-documented, the most clinically proven, the most aggressive antiviral herbs known to the natural health community. Then I said to myself, "People need a tincture made with these twelve herbs." So I searched the internet trying to find if there was such a product, thinking I'd be recommending it to people. I couldn't find one. Nothing like this existed. There was no product that combined the top twelve herbs in a powerful antiviral tincture that could help people not only avoid the flu, but even survive the coming flu pandemic.

## **One Source Agrees to Manufacture It**

So I put the word out to a few of my contacts -- people I know in the industry from doing what I do -- and I asked, "Who wants to manufacture this? Because if you are willing to manufacture this herbal tincture, I would love to mention it to people and help get this into peoples' hands." The answer came back from a company I've been recommending for quite some time, and that's Jenny Lee Naturals ([www.JennyLeeNaturals.com](http://www.JennyLeeNaturals.com)). They said, yes, they'd be willing to manufacture this product and attempt to meet whatever demand exists for it, and they decided to call it Jenny Lee A-V tincture, which stands for 'Anti-Viral.'

As a result, this product is now available. It's in a 2-oz. tincture. It is a very potent tincture (taste it yourself to see what I mean) that uses a tremendous quantity of these herbs to make what I consider to be the single most powerful antiviral natural medicine available anywhere in the world. I don't think there's any herbal combination that comes close to the ability of this product to protect you against viral infections. And by the

way, as it turns out, most of the ingredients in this tincture also have very strong, well documented anti-cancer properties, so this exact same tincture could even be sold as an anti-cancer or cancer prevention tincture. I'll describe the exact ingredients below. (Remember, too, that you can buy the bulk herbs yourself and make this tincture on your own. The recipe is no secret, I list the ingredients right here.)

(By the way, as always, I must remind you that I have no financial involvement with Jenny Lee Naturals or the sale of this product. I don't earn a dime. Whether you purchase this product or not is entirely up to you. It won't impact my bottom line either way.)

## **What This Product Can Do**

Now remember, the company making the product, Jenny Lee, can't really tell you anything about it. This is true for all nutritional supplement manufacturers, thanks to the suppression of accurate product descriptions by the FDA (which doesn't want you to know how to treat disease with herbs, for one thing). So don't expect Jenny Lee to tell you what this product does. But I'll do it instead.

This product will greatly boost your immune system function. It will offer you the strongest protection that I know of against viral infections. It can be used to treat existing viral infections that you may have, including HIV, cold sores, influenza or other viral diseases. But most importantly, this is a product that can literally save your life if we see this global pandemic become a reality. It doesn't mean this product is a magic bullet that's absolutely going to save your life. Because if you don't support your immune system by changing your lifestyle to get healthier, then you're going to have reduced odds of success. In other words, if you continue to smoke cigarettes, eat fried foods, avoid physical exercise, avoiding taking vitamin D supplements, avoid getting natural sunlight on your skin, if you spend most of your time under fluorescent lights or breathing toxic fumes during a long commute, or you have a high stress environment, then all of those things are going to suppress your immune system and there's no medicine in the world that can cure you of influenza. To beat the flu pandemic, you have to get plenty of water, you must get adequate levels of sleep, you need to radically alter your diet, shift to healthier foods, give up unhealthy habits like drinking coffee, smoking cigarettes, drinking large amounts of alcohol, breathing secondhand smoke and so on. All these things affect your outcome.

But even if you have a poor lifestyle, a product like this Jenny Lee A-V tincture will still enhance your odds of resisting the flu and surviving it. So even if you are smoking cigarettes, eating pizza and chowing down on fried foods all the time, at least a product like this can increase your odds, but it's not a replacement for being a wise consumer. So I hope I'm making myself clear on this: don't look at this product or any product out there as a miracle cure, especially if you continue to pursue unhealthy lifestyle habits. But if you want an ally in the battle to resist the flu and survive the flu pandemic, this is an excellent choice. If you don't buy it from Jenny Lee Naturals, then at least, for your own sake, buy some of the bulk herbs and make your own tincture. (Recipe below.)

## **You Can Taste the Potency**

Let me warn you up front, this is not a delicious tincture. This is not some candy being disguised as medicine. This stuff tastes pretty awful and if you think about what's in it, you'll understand why. There are some rather bitter-tasting herbs in there. But it is in fact the taste that lets you know this is the real thing. Because if you buy some herbal tincture that tastes sweet, or it just doesn't taste very strong, then chances are you've purchased a product that's highly diluted (a lot of cheap herbal tincture products are like that). Real herbal tinctures with medicinal value have a strong taste. They are usually extremely bitter. They should make your face go into all sorts of bizarre contortions. That's how you know you're getting a potent herbal tincture, and that is definitely the case with this Jenny Lee A-V product.

I've tasted it myself and at that moment I made myself a promise that I would never use it again unless I was around people who were infected with the flu, or if there were a global flu pandemic and I wanted to have the best possible defense against that pandemic. This is definitely not a product you want to be using on a daily basis. This is not some vitamin supplement. You don't need these herbs every single day unless you're fighting the flu or battling cancer.

The other thing to know about this product is that you shouldn't take it if you're pregnant or if you are expecting to become pregnant. Some of these herbs are contraindicated with pregnancy. One of the ingredients, St. John's Wort, is also known to interact with various prescription drugs, so if you plan to take this product, this is something you should definitely discuss with your doctor to make sure it is aligned with whatever health strategy you are currently pursuing. In particular, St. John's Wort can interfere with various heart drugs and reduce their effectiveness. So prescription drug dosages may need to be modified when taking this product.

## **Don't Wait Until the Pandemic Strikes to Prepare**

By the way, if you're reading this and the global flu pandemic has not yet become a genuine outbreak, then you still have a chance to get these products. They have an extended shelf-life -- several years if you refrigerate them -- meaning that you can buy them now, put them in your fridge and use them years later with the same medicinal effect. And why should you buy them now? Because this report is being shared freely with readers around the world, and experience tells me that when people get their hands on this information, they're going to forward it to their family and friends and coworkers, and this is going to wind up being downloaded and read by a very large number of people, probably a few hundred thousand (and that's BEFORE there's a flu pandemic).

Most of those people are going to wait around and do nothing about the flu pandemic until it hits. They won't modify their lifestyle, they won't boost their own immune system function, and they won't order products that can defend against the flu until the day this epidemic really hits. One of these days there will be a news headline in USA Today or some other national newspaper that says "Global flu epidemic strikes USA!" - and it will be talked about on the news, in all the newspapers, and all over the internet. You'll hear that people are getting sick and dying from this flu pandemic and, oh, the U.S. government didn't do anything to prepare for it, and gee, there's not enough vaccine to go around. I can hear the useless chatter already.

## Most People Will Wait Until It's Too Late

That's the day when it's too late to order this product, because I can absolutely guarantee that, given human nature and the way people think, 99% of the population will wait until that day to do something about it. On that day people are going to call up Jenny Lee Naturals and they're going to start ordering 20 or 30 bottles at a time, and Jenny Lee Naturals is going to run out of product in a matter of hours. Even with their best efforts, they won't be able to manufacture enough product to meet the skyrocketing demand as people suddenly become aware that this pandemic is real, and they suddenly want to be saved from it, because none of them actually did anything to enhance their immune system function. They kept on suppressing their body's defenses by eating unhealthy foods and following unhealthy habits. Now all of a sudden the pandemic has hit and they are scared... they want something to protect them and they're going to buy it in large quantities, foolishly thinking they can buy their way out of a personal health crisis.

That's human nature, that's the way people think. And if you wait until that day, you're probably going to find yourself at the end of a long waiting list. So then what will you do? You'll go out to the health food store thinking, well, I'm going to buy up all these ingredients myself, and you'll find that, strangely enough, all of these key antiviral ingredients are already wiped out of stock at the local health food store. So you'll say, well, gee, I'll go online and I'll find an herbal store or some kind of vitamin store and I'll order these products there. So you do that, and sure enough they take your order and charge your credit card. You think you're all set until, a few hours later, you get an email that says "All the items you ordered are out of stock, please wait 4 to 6 weeks for delivery." You're thinking, "I need this stuff TODAY, not in four to six weeks!"

It's at that point that you're going to realize you're too late, and you're going to get desperate. What I'm saying here is don't get caught with your pants down in this situation. Don't be the last person to realize that something needs to be done. Don't join the masses who are ignoring this problem and then, all of a sudden one day, getting panicked because it's showed up on the evening news and now they realize they really, truly might be killed by this virus if they don't get some protection.

## The Government Won't Save You

And for goodness sake, don't trust the U.S. government to do anything about this. As usual, the bureaucrats are bumbling around doing absolutely nothing useful for the public. There will be no vaccine distribution system in place that's sufficient to reach the entire population. Some people are going to have no vaccine whatsoever, no question about it. The vaccine, if it even exists at all, will be rationed. There will be extremely limited supplies. The elderly will probably get it first, followed by young children. Most adults are unlikely to get any vaccine whatsoever. And all the while the government is going to be making public statements saying that it is doing everything in its power to protect the public from the flu pandemic. Of course, it will all be hogwash, because if they were doing everything in their power, they'd be doing something today to put such a system in place and there wouldn't be a vaccine crisis in the first place. But just like the population, the government doesn't like to plan ahead.

The bottom line to all this is that I recommend you get this product right now. Get a couple of bottles for yourself, and if you have family members, you might want a few extra for them, too. Make sure you have enough of this in your house so that if this global flu pandemic strikes, you are well protected. At the same time, if you do manage to catch a cold at any time of the year, you can use this product to help get over

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that cold far more quickly. And it's important to take immediately when you start to feel symptoms. If you get a sore throat, start to get a stuffy nose, or aches and pains in your muscles and joints, then start taking this product. It will help you overcome that cold or flu far more quickly. Of course, I recommend you also take lots of zinc and vitamin C at the same time because those are the top two vitamins and minerals for overcoming viral infections. If you combine vitamin C and zinc with this tincture you're going to get the most powerful viral protection available anywhere in the world. Of course, always visit a qualified medical professional (preferably a naturopath) who can help you overcome the infection without turning to dangerous drugs or toxic procedures.

## Ingredients of Jenny Lee Naturals A-V Tincture

Here's the recipe of the "Big Twelve" antiviral herbs identified through the research:

- Echinacea
- Astragalus
- Cat's Claw
- St. John's Wort
- Olive Leaves
- Licorice
- Ginger
- Lemon Balm
- Garlic
- Shiitake Mushrooms
- Onion
- Green Tea

As you can see, this list is a combination of Amazon herbs, Chinese herbs, Japanese mushrooms and Western herbs.

If you don't want to buy the tincture, you can make it yourself by buying the bulk herbs and soaking them in strong vodka for several weeks (the longer, the better), then straining out the liquid. If you can't get all twelve herbs, get what you can and make the tincture from that. Even if you only have 2-3 herbs, it's still better than nothing. You can get bulk herbs at Herbal Advantage ([www.HerbalAdvantage.com](http://www.HerbalAdvantage.com)), local health food stores, or by visiting a local herbalist (either Chinese or Western). They may even have their own additions to the formula, based on their own experience.

Another great source for antiviral herbs and tinctures is Michael Tierra's "Planetary Formulas," found at <http://www.planetherbs.com>.

Once you have a tincture, store it in a dark place to avoid light damage. Inside your refrigerator is a great place to store them.

To learn more about how to beat the flu and survive the coming flu pandemic, check out "How to Beat the Flu" at [www.TruthPublishing.com](http://www.TruthPublishing.com). The Flu Solution lists the top herbs, vitamins, minerals, foods and antiviral products that can literally help save your life. Plus, the book offers straightforward advice on boosting your immune system function so that you never get flu symptoms in the first place. It also provides a three-stage strategy for defending against the flu or conquering it once symptoms appear. The book is available as an instant download (PDF file, which you can read with Adobe Acrobat reader).

# Reference

## Antiviral Foods

<p><b>Garlic</b></p>	<ul style="list-style-type: none"> <li>• LEF.org - "Research has shown that garlic, specifically its active component allicin, has a wide spectrum of antifungal, antibacterial, and antiviral action."</li> <li>• Joseph E. Pizzorno, N.D. - "Garlic's antiviral effects have been demonstrated by its protection of mice from infection with intranasally inoculated influenza virus, and by its enhancement of neutralizing antibody production when given with influenza vaccine."</li> <li>• Dr. James A. Duke – "Eating a lot of garlic can help prevent bronchitis because garlic is filled with chemicals that are antiviral and antibacterial."</li> <li>• Linda B. White, MD – "Garlic is a potent antibacterial and antiviral agent, too, so it could help ward off sinusitis and make your mucous membranes less of a target for opportunistic cold and flu viruses."</li> <li>• Jean Carper – "Unquestionably, hundreds of tests show that garlic has strong antibacterial and antiviral properties."</li> <li>• Gary Null – "Garlic has a number of antitumor and antiviral mechanisms. It stimulates the immune system's productions of phagocytosis, which eliminates abnormal cells from the body."</li> <li>• Paul Pitchford - "The antiviral properties of garlic can often halt a cold or flu if taken soon enough: every three hours during the day that symptoms first appear, hold, without chewing, half a peeled garlic clove between the cheek and teeth for 20-30 minutes."</li> <li>• Ruth Winter, MS "The herb has recently been found to contain antibiotic, antiviral, and antifungal ingredients. It has also been reported in the scientific literature that garlic may decrease nitrosamines, modulate cancer cell multiplication, increase immunity, and protect the body against ionizing radiation."</li> </ul>
<p><b>Shiitake Mushrooms</b></p>	<ul style="list-style-type: none"> <li>• Dr. James A. Duke - "These delicious mushrooms contain the compound lentinan. According to the Lawrence Review of Natural Products, lentinan has cholesterol-lowering action, along with anti-tumor, antiviral and immune-stimulating effects. In experimental animals given a low dose of a compound related to lentinan, cholesterol levels fell 25 percent."</li> <li>• Ralph T. Golan, ND - "Shiitake mushrooms have been shown through research to have impressive immunostimulant properties. Their polysaccharide, lentinan, appears to be the immune booster (like many polysaccharide compounds, although lentinans have an unusual shape that may be significant to their effectiveness)."</li> <li>• Linda B. White, MD – "Medicinal mushrooms such as and reishi all possess substances called polysaccharides that stimulate the immune system. Shiitake also increases the body's production of the antiviral substance interferon"</li> <li>• Jean Carper – "He isolated from the shiitake an antiviral substance called lentinan that exhibited strong immunostimulating activity."</li> <li>• Sheldon Saul Hendler MD Phd - "Recently it has been demonstrated that extracts of the mushroom can lower cholesterol levels and have anti-tumor, anti-viral and immune-stimulating effects."</li> <li>• Stephanie Beling – "The shiitake is one of the most therapeutic of the mushrooms. Laboratory research shows that the pharmacological activity of the shiitake stimulates the immune system. In clinical trials, it has been shown to be a powerful antiviral, to lower blood cholesterol, improve circulation, even block some of the bad effects of saturated fats."</li> <li>• Earl Mindell – "It may also lower cholesterol, prevent heart disease, and have antiviral properties equal to the prescription drug amantadine—without the serious side effects."</li> </ul>

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<p><b>Aloe Vera</b></p>	<ul style="list-style-type: none"> <li>• LEG.org – “Aloe contains the major carbohydrate fraction, acemannan, which also has antiviral properties.”</li> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD – “Acts as an astringent, emollient, anti-fungal, antibacterial, and antiviral.”</li> <li>• Joseph E. Pizzorno, N.D. - “Aloe contains polysaccharides galactose, xylose, arabinose, and acetylated mannose. This latter polysaccharide, which is similar to guar and locust bean, has received considerable clinical research attention as an antiviral and immunopotentiating agent, especially in the treatment of AIDS.”</li> <li>• Donald R. Yance, Jr. – “Several biologically active substances are found in the leaf juice of the aloe plant. These include polysaccharides such as emodin, which has shown anti-leukemic activity, and acemanna, which has shown antiviral and immune-boosting activity.”</li> <li>• Michael Castleman – “It has antibacterial, antifungal, and antiviral properties that keep wounds from becoming infected. It’s an immune stimulant. It has some anti-inflammatory action.”</li> <li>• Rebecca Wood - “Aloe has antibiotic, antiviral, astringent, and antiparasitic properties. It inhibits pain, enhances immune system function, stimulates growth, and acts as a coagulating agent.”</li> </ul>
<p><b>Onion</b></p>	<ul style="list-style-type: none"> <li>• Dr. James A. Duke - “Onion is a close relative of garlic and contains many similar antiviral chemicals.”</li> <li>• Ralph T. Golan, ND – “They have not been studied as intensively as garlic, but they have traditionally and clinically been observed to produce many of the same results that garlic does, particularly as a warming, antibacterial, and antiviral and immunostimulant remedy.</li> <li>• Jean Carper – “Anti-inflammatory, antibiotic, antiviral , thought to have diverse anti-cancer powers.”</li> <li>• Russell Blaylock, MD – “Take one twice a day. Garlic is a very powerful antibacterial and antiviral substance. The real advantage is that bacteria never develop resistance to garlic extract. During WWI it was known that soldiers who chewed garlic cloves rarely contracted typhus.”</li> </ul>
<p><b>Ginger</b></p>	<ul style="list-style-type: none"> <li>• Mary Dan Eades, MD – “Ginger contains about a dozen antiviral compounds. This herb relieves cold symptoms by reducing pain and fever, suppressing coughs, and enhancing rest and sleep.”</li> <li>• Bottom Line Personell – “Cold. Try ginger tea. Both an antiviral and anti-inflammatory remedy, it helps prevent chills and reduces the buildup of phlegm.”</li> </ul>
<p><b>Apples</b></p>	<ul style="list-style-type: none"> <li>• Jean Carper - “Reduces cholesterol, contains anti-cancer agents. Has mild antibacterial, antiviral, anti-inflammatory, estrogenic activity. High in fiber, helps avoid constipation, suppresses appetite.”</li> <li>• Barnet Meltzer - “Apples also have antiviral properties and help to prevent colds and upper respiratory ailments such as bronchitis and laryngitis.”</li> </ul>
<p><b>Seaweed (kelp)</b></p>	<ul style="list-style-type: none"> <li>• Jean Carper – “Antibacterial and antiviral activity in brown Laminaria type seaweed known as kelp.”</li> <li>• Sheldon Saul Hendler, MD, PhD – “Showing great promise as detoxifiers, wound healers and as anti-cancer and anti -viral substances.”</li> </ul>
<p><b>Strawberry</b></p>	<ul style="list-style-type: none"> <li>• Jean Carper – “Antiviral, anticancer activity. Often eaten by people less likely to develop all types of cancer.”</li> <li>• Rebecca Wood – “Strawberries are an excellent spring tonic, beneficial to the spleen-pancreas, and used to break down excess toxins in the liver. They increase the appetite and are moistening and lubricating. Strawberries have clinically proven antiviral properties.”</li> </ul>



<b>Clove</b>	<ul style="list-style-type: none"> <li>• Medical Economics – “Clove is antiseptic, antibacterial, antifungal, antiviral, spasmolytic and a local anaesthetic.”</li> </ul>
<b>Pear</b>	<ul style="list-style-type: none"> <li>• Dr. James A. Duke – “Pear juice is rich in antiviral caffeic acid.”</li> </ul>
<b>Chilies</b>	<ul style="list-style-type: none"> <li>• Ralph T. Golan, ND - “They have actions similar to those of the trinity roots. In addition, they are exceptionally antiviral—the best broad-spectrum, widely available, well-tolerated antiviral around. Jalapenos appear to be particularly antiviral for some reason.”</li> </ul>
<b>Yogurt</b>	<ul style="list-style-type: none"> <li>• Jean Carper - “Yogurt has antiviral activity, for one reason, because it spurs activity of natural killer cells that are particularly vicious in attacking viruses.”</li> </ul>
<b>Barley</b>	<ul style="list-style-type: none"> <li>• Jean Carper – “Has antiviral and anticancer activity.”</li> </ul>
<b>Blueberry</b>	<ul style="list-style-type: none"> <li>• Jean Carper – “Also antiviral activity and high in natural aspirin.”</li> </ul>
<b>Broccoli</b>	<ul style="list-style-type: none"> <li>• Jean Carper – “Has antiviral, anti-ulcer activity. A super source of chromium that helps regulate insulin and blood sugar.”</li> </ul>
<b>Cabbage</b>	<ul style="list-style-type: none"> <li>• Jean Carper - “Contains anti-ulcer compounds; cabbage juice helps heal ulcers in humans. Has antibacterial and anti-viral powers”</li> </ul>
<b>Corn</b>	<ul style="list-style-type: none"> <li>• Jean Carper - “Anticancer and antiviral activity, possibly induced by corn’s content of protease inhibitors.”</li> </ul>
<b>Cranberry</b>	<ul style="list-style-type: none"> <li>• Jean Carper - “Also has antiviral activity.”</li> </ul>
<b>Red Grapes</b>	<ul style="list-style-type: none"> <li>• Jean Carper -”Red grapes are antibacterial and antiviral in test tubes.”</li> </ul>
<b>Pineapple</b>	<ul style="list-style-type: none"> <li>• Jean Carper – “It is also antibacterial and antiviral and mildly estrogenic.”</li> </ul>
<b>Plum</b>	<ul style="list-style-type: none"> <li>• Jean Carper – “Antibacterial. Antiviral. Works as a laxative.”</li> </ul>
<b>Raspberry</b>	<ul style="list-style-type: none"> <li>• Jean Carper – “Antiviral , anticancer activity. High in natural aspirin.”</li> </ul>
<b>Soybean</b>	<ul style="list-style-type: none"> <li>• Jean Carper – “Soybeans are die richest source of potent protease inhibitors which are anticancer, antiviral agents. In many human tests, soybeans lower blood cholesterol substantially.”</li> </ul>
<b>Carrot Juice</b>	<ul style="list-style-type: none"> <li>• Gary Null - “Vegetable juices are a third health-giving detoxifier. You will get the beneficial effects of vitamin A, which has been shown to be an antiviral vitamin; it protects against viruses.”</li> </ul>
<b>Clarified Butter</b>	<ul style="list-style-type: none"> <li>• Paul Pitchford - “According to Rudolph Ballentine, M.D., clarified butter contains butyric acid, a fatty acid that has antiviral and anti-cancer properties, and which raises the level of the antiviral chemical interferon in the body. Butyric acid also has characteristics found to be helpful in the prevention and treatment of Alzheimer’s disease.”</li> </ul>
<b>Brassica-Genus Vegetables</b>	<ul style="list-style-type: none"> <li>• Paul Pitchford – “These contain dithiolthiones, a group of compounds which have anti-cancer, antioxidant properties; indoles, substances which protect against breast and colon cancer; and sulphur, which has antibiotic and antiviral characteristics.”</li> </ul>
<b>Coconut Oil</b>	<ul style="list-style-type: none"> <li>• Bruce Fife - “Coconut oil is, in essence, a natural antibacterial, antiviral, antifungal, and antiprotozoal food.”</li> </ul>

## Antiviral Vitamins

<p><b>Vitamin C</b></p>	<ul style="list-style-type: none"> <li>• LEF.org – “Vitamin C in doses of 5,000-20,000 mg has been used by many people as a natural antihistamine and antiviral therapy to treat common colds.”</li> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - “A powerful antiviral agent. Studies show improvement quickly with high doses.”</li> <li>• Joseph E. Pizzorno, N.D. - “Although vitamin C has been shown to be antiviral and antibacterial, its main effect is via improvement in host resistance. Many different immunostimulatory effects have been demonstrated, including enhancing lymphoproliferative response to mitogens and lymphotropic activity and increasing interferon levels, antibody responses, immunoglobulin levels, secretion of thymic hormones, and integrity of ground substance.”</li> <li>• Donald R. Yance, JR. – “Vitamin C ascorbate has an antiviral effect on the Rhus sarcoma virus and human immunodeficiency virus. It is possible that vitamin C has an effect on virus production in infected cells and also extracellularly.”</li> <li>• Sheldon Saul Hendle and Davis Rorvik - “Vitamin C has antioxidant activity. It may also have anti-atherogenic, anticarcinogenic, antihypertensive, antiviral, antihistaminic, immunomodulatory, ophthalmoprotective and airway-protective actions.”</li> <li>• Thomas Bartram - “The vitamin is an anti -viral and immune system modulator without unwanted side-effects.”</li> <li>• Gale Maleskey - “Although there’s not much evidence to indicate that vitamin C can do the same in humans, it’s still considered a powerful antioxidant that possesses antiviral properties.”</li> <li>• Earl Mindell - “Vitamin C is one of the few known antiviral substances. It helps form the collagen (glue) between cells, which helps prevent viruses from piercing cell walls. Viruses can multiply only after they have entered a cell. In addition, vitamin C is a boon to allergy sufferers.”</li> <li>• Michael Jansen – “In addition to enhancing interferon production, ascorbate also has its own antiviral properties, having been shown to kill some viruses if the tissue concentration is high enough. This is probably the basis for the successful use of intravenous vitamin C for viral illnesses such as hepatitis, mono-nucleosis and influenza.”</li> </ul>
<p><b>Vitamin A</b></p>	<ul style="list-style-type: none"> <li>• Gale Maleskey – “It battles viruses and bacteria in two ways. By keeping the cells healthy all along your respiratory tract, it provides a barrier that resists microorganisms. If some invading microorganisms manage to breach the barrier, you want to have antibodies and lymphocytes ready to destroy them. Vitamin A helps your body provide those reinforcements.”</li> <li>• Joseph Pizzorno, MD – “Vitamin A has also demonstrated significant antiviral activity and has prevented the immune suppression induced by adrenal hormones, severe burns, and surgery.”</li> </ul>
<p><b>Vitamin E</b></p>	<ul style="list-style-type: none"> <li>• Sheldon Saul Hendle and Davis Rorvik - “Vitamin E has antioxidant activity. It may also have anti-atherogenic, antithrombotic, anticoagulant, neuroprotective, antiproliferative, immunomodulatory, cell membrane-stabilizing and antiviral actions.”</li> <li>• Alice Feinstein – “Like selenium, vitamin E has antiviral and antioxidant properties, so it may help protect the heart against infection and toxins”</li> </ul>
<p><b>Pantothenic Acid (Vitamin B5)</b></p>	<ul style="list-style-type: none"> <li>• Sheldon Saul Hendle and Davis Rorvik - “Pantothenic acid may have antioxidant and radioprotective activities. It has putative anti-inflammatory, wound healing and antiviral activities”</li> </ul>

## Antiviral Minerals

<p><b>Zinc</b></p>	<ul style="list-style-type: none"> <li>• Ralph T. Golan, ND – “Lozenges also bathe and saturate the whole respiratory area with this antiviral mineral. Studies show that zinc shortens colds and reduces symptoms, theoretically by preventing viral replication, stimulating immune activity, and/or stabilizing cell membranes.”</li> <li>• Joseph E Pizzorno, ND – “Zinc also has a protective effect against beta-cell destruction and has well-documented antiviral effects.”</li> <li>• Sheldon Saul Hendle and Davis Rorvik - “Zinc may have immunomodulatory activity. It may also have antioxidant activity. Zinc has putative antiviral, fertility-enhancing and retinoprotective activities.”</li> <li>• Gale Maleskey – “Zinc has antibacterial and antiviral properties, says Dr. Kruzel. “The prostate has the highest concentration of zinc of any tissue in the body. It’s abundant in semen and in the thin, milky fluid that the prostate gland secretes into the urethra just before ejaculation to prevent infections,”</li> <li>• Sheldon Saul Hendler, MD, PhD – “It may also have some direct anti -viral effects. In the small studies that have been conducted to date, cold sufferers took 50 milligrams of zinc gluconate at the first sign of distress and then took 25 milligrams every two hours thereafter until their symptoms abated.</li> <li>• Michael T. Murray – “Zinc, like vitamin C, also possesses direct antiviral activity, including antiviral activity against several viruses that cause the common cold. A double-blind clinical trial demonstrated zinc-containing lozenges significantly reduced the average duration of common colds by 7 days.”</li> </ul>
<p><b>Selenium</b></p>	<ul style="list-style-type: none"> <li>• LEF.org – “Selenium has demonstrated antiviral properties, and it appears to be effective in suppressing HCV”</li> <li>• Earl Mindell – “Selenium, a mineral with powerful antioxidant and antiviral potential, protects cell membranes from being destroyed by free radicals.”</li> </ul>
<p><b>Calcium</b> (various forms)</p>	<ul style="list-style-type: none"> <li>• LEF.org - “...revealed calcium elenolate’s formidable antiviral activity because it inactivated almost all viruses tested against it (Renis 1970).”</li> <li>• Sheldon Saul Hendle and Davis Rorvik - “Calcium alginate has shown anti -viral activity in some in vitro and animal studies.”</li> </ul>

## Antiviral Herbs

<p><b>Echinacea</b></p>	<ul style="list-style-type: none"><li>• LEF.org – “In the past 50 years echinacea has achieved worldwide fame for its antiviral, antifungal, and antibacterial properties.” “Echinacea enhances the body’s ability to dispose of infected and damaged cells; it has interferon-like activity against viruses; and it stimulates the white blood cells that fight infection”</li><li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - “Echinacea and goldenseal have antiviral and antibacterial properties that can help to alleviate infection.”</li><li>• Joseph E. Pizzorno, N.D. – “Besides immune support, Echinacea also exerts direct antiviral activity and helps prevent the spread of bacteria by inhibiting a bacterial enzyme called hyaluronidase. This enzyme is secreted by bacteria in order to break through the body’s first line of defense, the protective membranes such as the skin or mucous membranes, so that the organism can enter the body.” “The juice of the aerial portion of <i>E. purpurea</i> along with alcoholic and aqueous extracts of the roots have been shown to possess antiviral activity. Some of the viruses inhibited in cell cultures include influenza, herpes and vesicular stomatitis viruses.”</li><li>• Dr. James A. Duke - “Echinacea root extracts also possess antiviral activity against influenza, herpes and other viruses. In a study of 180 people with flu, one scientist found that 900 milligrams of an echinacea extract significantly reduced symptoms.” “This is by far the most popular antiviral herb, and for good reason. Echinacea fights viruses in two ways. It contains three compounds with specific antiviral activity—caffeic acid, chicoric acid and echinacin.”</li><li>• Ralph T. Golan, ND - “Echinacea does stimulate nonspecific immunity and is therefore by definition helpful against virus, and many people achieve good results with echinacea for this purpose. Echinacea is both antibacterial and antiviral, since it stimulates production of white blood cells. But while echinacea is an extremely well-studied and safe immunostimulant, in our experience it is not necessarily the most potent.”</li><li>• Linda B. White “This herb stimulates white blood cell activity, increases the body’s production of antiviral substances such as interferon, and helps immune cells engulf and destroy invading microbes.”</li><li>• Thomas Bartram – “Does not act directly upon a virus but exerts an antiviral effect by stimulating an immune response. Raises white blood cell count and increases the body’s inherent powers of resistance.”</li><li>• Gale Maleskey - “Echinacea has antiviral, antifungal, anti-inflammatory, and antibacterial properties. Although taken internally, it can also be used topically on wounds or inflamed skin.”</li><li>• Mark Stengler - “Echinacea, like some other immune-enhancing herbs, has a direct antiviral effect. Even better, it seems to summon all the resources of the immune system to help destroy viral invaders.”</li><li>• Heather Boon and Michael Smith - “Echinacea has been shown to have only very weak activity as an anti -viral, anti-bacterial or anti-fungal agent.”</li><li>• Mary Dan Eades, MD – “Taken internally, it enhances the immune system. It stimulates certain white blood cells and has anti-inflammatory and antiviral properties.”</li><li>• Natural Alternatives to Over-the-Counter and Prescription Drugs – “Root extracts of echinacea have also been shown to possess interferon-like activity and specific antiviral activity against influenza, herpes, and other viruses.”</li></ul>
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<p><b>Astragalus</b></p>	<ul style="list-style-type: none"> <li>• LEF.org – “Astragalus herbal extract at 300 mg a day can boost immune function and produce direct antiviral effects.”</li> <li>• Joseph E. Pizzorno, N.D. – “The root of Astragalus is a traditional Chinese medicine used for viral infections. Clinical studies in China have shown it to be effective when used prophylactically against the common cold.<sup>60</sup> It has also been shown to reduce the duration and severity of symptoms in acute treatment of the common cold as well as to raise white blood cell counts in chronic leukopenia.”</li> <li>• Dr. James A. Duke – “If I had HIV, I would give it the benefit of the doubt based on its known potent antiviral activity against a wide range of other viruses.”</li> <li>• Ralph T. Golan, ND - “Astragalus is especially antiviral (not in the sense that it actually kills viruses directly, which is virtually impossible to do, but because of the ways it boosts the body’s own antiviral defenses). Astragalus is used as an antiviral to decrease the incidence of colds and shorten their course (which research shows it does, typically by half).”</li> <li>• Linda B. White, MD – “A revered overall tonic in Traditional Chinese Medicine, astragalus rebuilds the immune system and is antibacterial and antiviral.”</li> <li>• Mark Stengler - “Astragalus also stimulates the secretion of a powerful antiviral chemical known as interferon, which prevents viruses from replicating.”</li> <li>• Sheldon Saul Hendler MD PhD - “Chinese studies suggest that astragalus, in addition to boosting immunity and detoxifying a number of drugs and some metals, is also an anti-viral , a diuretic and a coronary artery dilator. They believe it is particularly effective in warding off flu and some other respiratory infections.”</li> <li>• Gary Null – “Current research shows the truth of this belief since astragalus is now known to correct T cell (part of the immune system) deficiency and promote antiviral action.”</li> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - “Astragalus, native to Mongolia and China, helps promotes the multiplication of the white blood cells that are vital for fighting infection.”</li> </ul>
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## Beat the Bird Flu Virus

<b>St. John's Wort / Hypericin</b>	<ul style="list-style-type: none"><li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - "St. John's wort has antiviral properties and is a good antidepressant."</li><li>• Dr. James A. Duke - "This herb contains hypericin and pseudohypericin, compounds that are antiviral."</li><li>• Ralph T. Golan, ND - "This herb is used as an antiviral (particularly with AIDS), antibacterial, and possible anti-cancer agent, but it's been in the spotlight for its antidepressant properties."</li><li>• Linda B. White, MD - "Many herbalists find that this herb, usually called upon to treat depression, improves appetite and energy levels and calms anxiety. And it's antiviral."</li><li>• Gale Maleskey - "Although its main use has always been for psychological ailments and nervousness, St. John's wort has antiviral, anti-inflammatory, and diuretic properties."</li><li>• Sheldon Saul Hendler, MD, PhD - "Showing potent antibiotic and anti-viral effects in recent studies."</li><li>• Gary Null - "Meruelo comments that St. John's wort's "antiviral activity is remarkable both in its mechanism... and the potency of one administration of a relatively small dose of the compounds."</li><li>• Paul Pitchford - "The recent scientific discovery of antiviral properties in St. Johnswort reaffirms the value of our ancestral healing awareness."</li><li>• Joseph E. Pizzorno, N.D. - "In vitro studies have shown that hypericin and pseudo-hypericin exhibit strong antiviral activity." "The antiviral activity is remarkable both in its mechanism of action ... and in the potency of one administration of a relatively small dose of the compounds."</li><li>• Dr. James A. Duke - "This herb contains hypericin and pseudohypericin, compounds that are antiviral. These compounds have been shown to be active against HIV, at least in the test tube. In fact, a mixture of hypericin and several derivatives has been patented as a treatment for cy-tomegalovirus infection, one of the many opportunistic infections that can strike people with AIDS."</li><li>• Donald R. Yance, Jr. - "Hypericin, a constituent of Hypericum, possesses pronounced antiviral and antineoplastic activity. Many cancers involve a viral component in their initiation and promotion."</li></ul>
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<p><b>Olive Leaves</b></p>	<ul style="list-style-type: none"> <li>• LEF.org – “Olive leaves have an active ingredient called Oleuropein, which has been shown in studies to be antiviral”</li> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - “Olive leaf extract has antibiotic and antiviral properties, and helps fight infections.”</li> <li>• Health Science Institute - “Nature’s most promising antibiotic, antiviral, and antifungal agent is a compound derived from the olive leaf, called calcium elenolate. As the number of drug-resistant superbugs continues to increase, so will the urgent need for olive-leaf extract.”</li> </ul>
<p><b>Peppermint</b></p>	<ul style="list-style-type: none"> <li>• Joseph E. Pizzorno, N.D. – “Peppermint, as well as other members of the mint family, has demonstrated significant antiviral activity as well as a mild diaphoretic effect.”</li> <li>• Mark Stengler – “Peppermint has been shown to possess antiviral qualities. In addition, it is a common ingredient in cough formulas.”</li> <li>• John Heinerman “Peppermint is strongly antiviral and may be used with good success in helping to inhibit the further progress of herpes virus. It works best in tea form, however, since the gelatin capsule tends to nullify its strong antiviral properties.”</li> </ul>
<p><b>Calendula</b></p>	<ul style="list-style-type: none"> <li>• Dr. James A. Duke – “With antibacterial, antiviral and immune-stimulating properties, calendula extracts may be useful in treating gingivitis.”</li> <li>• Linda B. White, MD – “Well-known for its healing properties, calendula benefits gums with its antiviral, anti-inflammatory, and immune-stimulating compounds.</li> <li>• Heather Boon and Michael Smith - “Animal studies have found that calendula has anti-inflammatory, anti -viral, and anti-bacterial properties.”</li> </ul>
<p><b>Hyssop</b></p>	<ul style="list-style-type: none"> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - “Hyssop, an evergreen that can be taken as a tea, acts as an expectorant and has antiviral properties.”</li> <li>• Dr. James A. Duke – “Mentioned in the Bible, hyssop contains several antiviral compounds and is useful in treating herpes.”</li> <li>• Linda B. White, MD – “This bee-attracting herb is antiviral and expectorant; you can find it in syrups and liquid extracts.”</li> </ul>
<p><b>Baikal Skullcap</b></p>	<ul style="list-style-type: none"> <li>• Dr. James A. Duke - “The root of this plant, powdered and mixed with water, was used as a folk treatment for shingles in China. It has known antiviral activity, so I think this is worth a try.”</li> <li>• Linda B. White, MD – “This Chinese herb works against both viruses and bacteria, so it’s a good one to apply topically to shingles.”</li> <li>• Donald R. Yance, Jr. – “Its flavonoid content is believed to be responsible for most of its anti-inflammatory, antiviral , antiretroviral, antitumor, and antimicrobial effects. It also stimulates the immune system.”</li> </ul>
<p><b>Myrrh</b></p>	<ul style="list-style-type: none"> <li>• Gary Null - “Myrrh is also antifungal and antiviral. Clinical tests have shown it to fight staphylococcus and E. coli bacteria, for which reason it has been used clinically in hospitals in Egypt and India.”</li> <li>• Mary Dan Eades, MD - Myrrh contains high amounts of tannins, an antiseptic that also has antibacterial and antiviral action. It is especially helpful in the treatment of mouth sores caused by bacteria, fungus, a virus, or an allergy.”</li> <li>• Michael Tierra – “It also combines well with echinacea root, goldenseal, chapparal and garlic as an antibiotic and antiviral agent against most acute inflammatory conditions.”</li> </ul>

## Beat the Bird Flu Virus

<b>Tea Tree Oil</b>	<ul style="list-style-type: none"> <li>Phyllis A. Balch, CNC &amp; James F. Balch, MD – “A potent anti-infective, anti-inflammatory, antiseptic, antiviral, expectorant, fungicide, and parasiticide.”</li> <li>Gary Null - “Tea tree oil is scientifically shown to be anti-fungal, anti-yeast, and anti-viral.”</li> </ul>
<b>Achillea Plant</b>	<ul style="list-style-type: none"> <li>Phyllis A. Balch, CNC &amp; James F. Balch, MD - “Has anti-inflammatory, diuretic, and antiviral effects. Helps to heal mucous membranes, improve blood clotting, and increase perspiration.”</li> </ul>
<b>Eucalyptus</b>	<ul style="list-style-type: none"> <li>Phyllis A. Balch, CNC &amp; James F. Balch, MD - “An antiseptic, antiviral, chest rub, decongestant, disinfectant, and expectorant. Reduces fever.”</li> <li>Dr. James A. Duke – “Several compounds in eucalyptus, hyperoside, quercitrin and tannic acid, have virus-killing properties, according to pharmacognosist (natural product pharmacist) Albert Leung, Ph.D.”</li> </ul>
<b>Goldenseal</b>	<ul style="list-style-type: none"> <li>Gale Maleskey – “Similar to echinacea, goldenseal stimulates white blood cell activity and contains antiviral and antibacterial compounds, chiefly berberine.”</li> <li>Gary Null - “Goldenseal contains alkyloids which are strong antiseptic and antiviral compounds.”</li> </ul>
<b>Thyme</b>	<ul style="list-style-type: none"> <li>Phyllis A. Balch, CNC &amp; James F. Balch, MD - “An antiseptic, antiviral, expectorant, restorative, and stimulant. Helps to clear the mind.”</li> <li>John Heinerman - “The antiviral constituent, thymol, occurring in thyme is not only effective against combating unfriendly bacteria, but also helps to relax tense muscles and tight blood vessels.”</li> </ul>
<b>Chaparral</b>	<ul style="list-style-type: none"> <li>Donald R. Yance, Jr. – “The flavonoids present in chaparral have strong antiviral and antifungal properties.”</li> <li>Ralph I. Moss, MD – “Chaparral’s resin also contains other promising chemicals, such as flavones, which have also been shown to exert anticancer effects. Four of the chaparral flavones demonstrated potent antiviral activity.”</li> </ul>
<b>Turmeric</b>	<ul style="list-style-type: none"> <li>Linda B. White, MD - “It contains curcumin, which has anti-inflammatory, antiviral, antioxidant, and antitumor activity.”</li> <li>Gale Maleskey – “The active ingredient in this versatile antiviral herb is curcumin, which has a yellow pigment that gives turmeric its color.”</li> </ul>
<b>Lomatium (Consumption Plant) used by Nez Perce Indians</b>	<ul style="list-style-type: none"> <li>Joseph E. Pizzorno, ND - “Lomatium constituents shown to have significant antiviral activity”</li> <li>Mark Stengler – “One of the most common uses of lomatium is for colds and flu. I have found it to have one of the strongest antiviral effects of all the herbs I have used. When taken at the onset of a cold or when you feel the first flu symptoms coming on, you’ll find that it can greatly decrease the severity of symptoms. Also, you’re likely to get over these viral infections more quickly.”</li> </ul>
<b>Basil</b>	<ul style="list-style-type: none"> <li>Dr. James A. Duke – “This aromatic herb contains many antiviral compounds.”</li> <li>Ralph T. Golan, ND – “In addition to drying up mucus in sinuses and lungs, it is antiviral, promotes sweating, and treats fever, making it another ideal cold and flu remedy.”</li> </ul>



<p><b>Acemannan</b> (aloe vera extract)</p>	<ul style="list-style-type: none"> <li>• Joseph E. Pizzorno, N.D. - "Acemannan has demonstrated significant antiviral activity against several viruses, including the feline AIDS, human immunodeficiency virus type 1 (HTV-1), influenza virus and measles virus."</li> <li>• Mark Stengler – "This compound has been shown to stimulate the immune system. It has strong antiviral effects and is being further investigated in the hope that it will be effective with HIV and cancer." "The antiviral component, acemannan, also has a virus-fighting effect against measles, influenza, and herpes simplex viruses."</li> </ul>
<p><b>Birch</b></p>	<ul style="list-style-type: none"> <li>• Dr. James A. Duke – ". It contains two compounds, betulin and betulinic acid, that have antiviral activity."</li> <li>• Linda B. White, MD – "This bark contains antiviral compounds and salicylic acid."</li> </ul>
<p><b>Pokeweed</b></p>	<ul style="list-style-type: none"> <li>• Donald R. Yance, Jr. – "Modern research has reported that pokeweed contains a potent viral inhibitor that is capable of reducing the infectivity of the tobacco mosaic virus. Since then, three proteinaceous substances have been purified and shown to have antiviral activity."</li> </ul>
<p><b>Lapachol</b> (in Pau D'Arco tree bark) also antitumor, a quinone, anti-malaria</p>	<ul style="list-style-type: none"> <li>• Joseph E. Pizzorno, N.D. - "Lapachol has been shown to have both antimicrobial and antiviral activity. Lapachol has proven to be active against certain viral strains, including herpes virus hominis types I and II."</li> </ul>
<p><b>Glycyrrhizin</b> (licorice)</p>	<ul style="list-style-type: none"> <li>• Joseph E. Pizzorno, N.D. - "Glycyrrhizin and glycyrrhetic acid have been shown to induce interferon.20 The induction of interferon leads to significant antiviral activity, as interferons bind to cell surfaces where they stimulate synthesis of intracellular proteins that block the transcription of viral DNA."</li> </ul>
<p><b>Red Raspberry Leaf</b></p>	<ul style="list-style-type: none"> <li>• Ralph T. Golan, ND – "Red raspberry leaf tea is a mild antiviral, a good long-term tonic."</li> </ul>
<p><b>Forsythia and Honeysuckle</b></p>	<ul style="list-style-type: none"> <li>• Dr. James A. Duke – "These herbs are the traditional Chinese approach to colds, flu and other viruses. Reviewing the research, I'm persuaded that they have real antiviral benefits" "Honeysuckle contains known virucides (virus-destroying compounds). It's a major antiviral and immune-stimulating herb in traditional Chinese medicine."</li> <li>• Joseph B. Marion – "Anti -viral and antibacterial for skin eruptions."</li> </ul>
<p><b>Dragon's Blood</b></p>	<ul style="list-style-type: none"> <li>• Dr. James A. Duke – "Several compounds in it, among them dimethylcedrusine and taspine, have antiviral and wound-healing properties that may be especially useful against the viral sores caused by herpes."</li> </ul>
<p><b>Yellow Cedar</b></p>	<ul style="list-style-type: none"> <li>• Dr. James A. Duke – "It contains antiviral compounds, some of which are also found in mayapple."</li> </ul>
<p><b>Ajwain Seed</b></p>	<ul style="list-style-type: none"> <li>• Ralph T. Golan, ND – "The seeds are immune building and antiviral."</li> </ul>
<p><b>Cinchona Bark</b></p>	<ul style="list-style-type: none"> <li>• Ralph T. Golan, ND – "This antiviral herb is especially potent against colds and flu. It's also useful after you have full-blown symptoms (discussed coming up), especially in synergy with willow bark for pain."</li> </ul>
<p><b>Cubeb Berry</b></p>	<ul style="list-style-type: none"> <li>• Ralph T. Golan, ND – "Cubeb has many benefits as a cold and flu treatment. It's generally antiviral (immune supportive), has a particular affinity for respiratory tissues (both sinus and lung; it's an exceptional long-term lung-tissue builder), and is an adrenal builder."</li> </ul>

## Beat the Bird Flu Virus

Cinchona Bark	<ul style="list-style-type: none"> <li>• Ralph T. Golan, ND – “In addition to its antiviral activity, cinchona bark is a muscle relaxant—good for muscular pain and spasm. It’s also relaxing and sedating, which can help you get more rest when you’re sick.”</li> </ul>
<b>Boneset Leaf</b>	<ul style="list-style-type: none"> <li>• Ralph T. Golan, ND – “It’s a cooling upper-respiratory remedy, eases aches and pains, lowers fever, and is antiviral, so it’s ideal for cold and flu.”</li> </ul>
<b>Isatidis Root</b>	<ul style="list-style-type: none"> <li>• Ralph T. Golan, ND – “This Chinese antiviral is an excellent choice for viral hepatitis because it is antiviral and reduces liver inflammation.”</li> </ul>
Pifion Blanco	<ul style="list-style-type: none"> <li>• Linda B. White, MD – “This Peruvian shrub has antiviral properties.”</li> </ul>
Oregano	<ul style="list-style-type: none"> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - “Wild oregano oil contains antibacterial, antifungal, antiparasitic, and antiviral agents.”</li> </ul>
<b>Sweet Sumach</b>	<ul style="list-style-type: none"> <li>• Medical Economics - “Sweet Sumach has an effect on the smooth muscles, causing changes in muscle tone and increased frequency of contraction. The plant also has antimicrobial and antiviral effects.”</li> </ul>
<b>Ricini Semen</b> (castor seed extract)	<ul style="list-style-type: none"> <li>• Medical Economics - “The anti-viral effect of Ricini semen has been proven in experiments.”</li> </ul>
<b>Momordica Charantia</b> (bitter melon)	<ul style="list-style-type: none"> <li>• Joseph E. Pizzorno, ND – “Antiviral plant protein inactivates viral DNA.”</li> </ul>
<b>Dandelion</b>	<ul style="list-style-type: none"> <li>• Rebecca Wood – “It stimulates liver function, reduces swelling and inflammation, and improves digestion. Dandelion is antiviral and useful in the treatment of AIDS and herpes.”</li> </ul>
<b>Uno de Gato</b> (Cat’s Claw)	<ul style="list-style-type: none"> <li>• Donald R. Yance, Jr. – “It grows as a woody vine in the highlands of the Peruvian Amazon and has many potent health benefits, including its overall boosting effect to the immune system. It is antimicrobial, antiviral, antihypertensive, and a digestive aid.”</li> <li>• Mary Dan Eades - “There are six alkaloids prevalent in cat’s claw bark. These are what give this herb its incredible healing power. These alkaloids are antiviral, anti-inflammatory, immuno-stimulating, and antioxidant.”</li> </ul>
<b>Thuja</b> (yellow cedar)	<ul style="list-style-type: none"> <li>• Donald R. Yance, Jr. – “Thuja also possesses antiviral and immune-modulating abilities that may allow for greater tolerance of chemotherapy and radiation therapy.”</li> </ul>
<b>Sundew</b>	<ul style="list-style-type: none"> <li>• Donald R. Yance, Jr. – “It repairs genetic malfunction, is cytotoxic, is antiviral, lowers cholesterol, and enhances the action of antibiotics.”</li> </ul>
<b>Bloodroot</b>	<ul style="list-style-type: none"> <li>• Donald R. Yance, Jr. – “Bloodroot possesses antitumor, antiviral, and antimicrobial actions.”</li> </ul>
<b>Curcumin</b>	<ul style="list-style-type: none"> <li>• LEF.org – “Curcumin is a potent antioxidant extract from the spice turmeric that has a wide range of health benefits with specific antiviral effects.”</li> </ul>
<b>Juniper</b>	<ul style="list-style-type: none"> <li>• Dr. James A. Duke – “Even among herbalists, it’s not widely known that juniper contains a potent antiviral compound (deoxy-podophyllotoxin). Juniper extracts appear to inhibit a number of different viruses, including those that cause flu and herpes.”</li> </ul>
<b>Cotton Root</b>	<ul style="list-style-type: none"> <li>• Donald R. Yance, Jr. – “Cotton root contains a number of constituents, including the polyphenol gossypol, which has been shown to possess antiviral, anticancer, and antibacterial activity.”</li> </ul>
<b>Violet</b>	<ul style="list-style-type: none"> <li>• Donald R. Yance Jr - “Viola contains antineoplastic and antiviral activity.”</li> </ul>

<b>Anise</b>	• Dr. James A. Duke – “In large doses, it also has some antiviral benefits.”
<b>Mullein</b>	• Linda B. White, MD - “The flowers of this common weed are antiviral, healing, and soothing. They make a good addition to an herbal eyewash blend.”
<b>Carrageenans</b>	• Sheldon Saul Hendle and Davis Rorvik - “Carrageenans have been reported to lower cholesterol levels in animals and also to have anti -viral activity against some membrane-containing viruses in culture.”
<b>Ephedra</b>	• Thomas Bartram – “The essential oil has antibacterial and antiviral properties.”
<b>Chamomile</b>	• Mark Stengler - “Chamomile also enhances antiviral and antibacterial activity, promoting the proliferation of substances that help fight off infection.”
<b>Germanium</b>	• Sheldon Saul Hendler, MD, PhD – “Though not “the most important healing substance on the planet,” as someone recently claimed, germanium may have some immune-stimulating, anti-cancer and antiviral properties.”
<b>Barberry</b>	• Gary Null - “Like goldenseal and yellow dock, barberry bark is yellow because it contains berberine, an antibacterial and antiviral alkaloid.
<b>Marigold</b>	• Gary Null – “The marigold flowerhead is antibacterial, antiviral, and antiseptic. It also enhances the function of the lymphatic system, which in turn aids both the acquired and fixed immune system.”
<b>Pau d’arco</b>	• Gary Null – “.has attracted a lot of attention with evidence of its strong antiviral, antitumor, antifungal, and antibacterial action since it was introduced in the U.S. in 1980.”
<b>Black Elder</b>	• Joseph B. Marion - “Removes mucous and bile (first shoots, young leaves, and stalks boiled like Asparagus), antiviral for infections, inflammations, strep infection fever chills with red skin, soreness, swellings, stiff joints (with Chamomile in poultice), for longevity; good for complexion, spots, freckles, skin softening (int/ext.), warts, and burns; counters breast cancer, spleen and liver tumors.”
<b>Neem Tree</b>	• Ruth Winter, MS – “The extract of the leaves has been shown to have antibacterial and antiviral activity. Neem is also taken internally to eliminate worms. The branches of the tree are chewed and used to clean the teeth and to prevent gum inflammation.”

## Phytochemicals / Extracts / Compounds

<p><b>Flavonoids (Quercetin)</b></p>	<ul style="list-style-type: none"> <li>• Joseph E. Pizzorno, N.D. - “Many flavonoids have been shown to possess antiviral activity, with quercetin being perhaps the most effective.” “Flavonoids appear to normalize the body’s reaction to allergens, viruses, and carcinogens as evidenced by their anti-inflammatory, anti-allergic, antiviral, and anti-carcinogenic properties.”</li> <li>• Sheldon Saul Hendle and Davis Rorvik - “These preliminary results, as well as tentative findings that quercetin can have favorable immune-modulating and (in combination with vitamin C) some anti -viral activity (against picornaviruses) need more vigorous follow up studies.”</li> <li>• Jean Carper – “Quercetin, concentrated in onions, has antiviral and antibacterial activity.”</li> <li>• Mark Stengler - “Quercetin is also proving to be valuable for cardiovascular protection, cancer prevention, ulcers, allergies, cataracts, and antiviral activity.”</li> <li>• Sheldon Saul Hendler, MD, PhD – “Making strong comeback by showing notable anti-allergy, anti-inflammatory and anti -viral effects in recent research.” “Several derivatives of quercetin were found to have anti -viral activity against picornaviruses in vitro. This family includes the polio-viruses, ECHO viruses, Coxsackie viruses and rhinoviruses. The latter are the major causes of the common cold. Quercetin had no anti -viral activity by itself but did when combined with—surprise—vitamin C! Quercetin is very easily oxidized, and vitamin C protects against this.”</li> </ul>
<p><b>Lignans</b></p>	<ul style="list-style-type: none"> <li>• Joseph E. Pizzorno, N.D. - “Many plant lignans show important properties, such as anticancer, antibacterial, antifungal, and antiviral activity.”</li> <li>• Medical Economics – “Lignans are also said to have antineoplastic and antiviral properties.”</li> <li>• Health Sciences Institute – “. Lignans are phytochemicals that show significant antioxidant, anti-inflammatory, antiviral , and antimicrobial properties.”</li> <li>• Michael T. Murray – “Lignans are special compounds that demonstrate some rather impressive health benefits, including positive effects in relieving menopausal hot flashes and anticancer, antibacterial, antifungal, and antiviral activity.”</li> </ul>
<p><b>Lactoferrin</b></p>	<ul style="list-style-type: none"> <li>• LEF.org – “Lactoferrin is a subtraction of whey with well-documented antiviral, antimicrobial, anticancer, and immune modulating/enhancing effects.”</li> <li>• Sheldon Saul Hendle and Davis Rorvik – “It also appears to have antibacterial, antiviral, antifungal, anti-inflammatory, antioxidant and immunomodulatory activities.” “The possible antiviral activity of supplemental lactoferrin may be due to its inhibition of virus-cell fusion and viral entry into cells.”</li> <li>• Health Science Institute - “Lactoferrin appears to be able to interfere with the replication of certain viruses, including some herpes viruses. These viruses have been linked to heart disease, inflammatory bowel disease, shingles, and chronic fatigue. Lactoferrin’s antiviral properties have been proven effective against HIV.”</li> </ul>
<p><b>Monolaurin</b></p>	<ul style="list-style-type: none"> <li>• LEF.org – “Monolaurin is a fatty acid with antiviral properties that is found in coconut oil.”</li> <li>• Sheldon Saul Hendler, MD, PhD – “Monolaurin comprises glycerin and the 12-carbon saturated fatty acid lauric acid. It has been shown to have anti -viral activity against a number of membraned viruses, including influenza viruses and herpes viruses in vitro, i.e., in the test tube.”</li> <li>• Marg G. Enig - “Monolaurin is an antiviral , antibacterial, and antiprotozoal monoglyceride that your body makes from the lauric acid in the fat in mother’s milk, cow’s milk, and lauric fats such as coconut oil and palm kernel oil.”</li> </ul>

<b>Lentinan</b> (shiitake mushroom extract)	<ul style="list-style-type: none"> <li>• Robert S McCaleb, Evelyn Leigh, and Krista Morien – “In terms of antiviral activity, lentinan stimulates the production of interferon, a protein that interferes with the ability of viruses to take over uninfected tissue.”</li> <li>• Dr. James A. Duke - “These delicious mushrooms contain the compound lentinan. According to the Lawrence Review of Natural Products, lentinan has cholesterol-lowering action, along with anti-tumor, antiviral and immune-stimulating effects. In experimental animals given a low dose of a compound related to lentinan, cholesterol levels fell 25 percent.”</li> </ul>
<b>Yeast Beta-Glucan</b>	<ul style="list-style-type: none"> <li>• Sheldon Saul Hendle and Davis Rorvik – “In some of these experiments, yeast beta-glucan has exhibited antibacterial, antifungal and antiviral effects.”</li> </ul>
<b>Saponins</b>	<ul style="list-style-type: none"> <li>• Joseph E. Pizzorno, N.D. – “An in vitro study demonstrated that saponins isolated from soybeans exhibited potent antiviral effects on the HIV virus.”</li> </ul>
<b>Tannins</b>	<ul style="list-style-type: none"> <li>• Dr. James A. Duke - “Tannins are compounds that make foods and herbs tart and astringent. Soluble tannins also have antiviral properties and help fend off colds, flu, and other infectious diseases.”</li> </ul>
<b>Isoprinosine</b>	<ul style="list-style-type: none"> <li>• LEF.org – “Since 1986, the Foundation has recommended that persons with HIV add this antiviral to their treatment program”</li> </ul>

### Antiviral Amino Acids

<b>N-Acetyl-Cysteine (NAC)</b>	<ul style="list-style-type: none"> <li>• LEF.org – “The amino acid N-acetyl-cysteine (NAC) helps to break up excessive mucus and can have a direct antiviral effect.”</li> </ul>
<b>Dimethylglycine (DMG)</b>	<ul style="list-style-type: none"> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - “Enhances oxygen transport, increases interferon production, and has antiviral and anticancer properties”</li> </ul>
<b>L-Cysteine</b>	<ul style="list-style-type: none"> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - “Has powerful antiviral capacity.”</li> </ul>

### Antiviral Hormones

<b>Melatonin</b>	<ul style="list-style-type: none"> <li>• LEF.org – “An interesting supplement that can assist in both providing a good night’s sleep and boosting antiviral function is the pineal hormone, melatonin.”</li> </ul>
<b>DHEA</b>	<ul style="list-style-type: none"> <li>• LEF.org – “DHEA is an adrenal hormone that has shown antiviral and immune-boosting benefits. Several studies have confirmed its usefulness in combating bacterial, parasitic, and viral infections, including HIV”</li> </ul>

## Antiviral Products

<b>Jenny Lee A-V</b>	<a href="http://www.JennyLeeNaturals.com">www.JennyLeeNaturals.com</a>
<b>Sambucol</b>	Any health food store
<b>Hydrogen Peroxide</b>	<a href="http://www.centipedeindustries.com">www.centipedeindustries.com</a>
<b>Illumination</b>	<a href="http://www.amazondreams.amazonherb.net">www.amazondreams.amazonherb.net</a>
<b>Shiitake Mushroom Supreme</b> from Planetary Formulas	Any health food store or <a href="http://www.planetaryformulas.com">www.planetaryformulas.com</a>
<b>Arcozon</b>	<a href="http://www.amazondreams.amazonherb.net">www.amazondreams.amazonherb.net</a>
<b>Una de Gato</b>	<a href="http://www.amazondreams.amazonherb.net">www.amazondreams.amazonherb.net</a>
<b>Mushroom Optimizer</b> from Jarrow Formulas	Any health food store
<b>Spirulina</b>	Any health food store, get Hawaiian spirulina only
<b>Astaxanthin</b>	See <a href="http://www.newstarget.com/002156.html">http://www.newstarget.com/002156.html</a> for sources
<b>Sambucol</b> (elderberry)	<ul style="list-style-type: none"> <li>• LEF.org – “Sambucol (elderberry extract) has been shown to have antiviral properties in various strains of influenza, including A and B.” “Studies show that Sambucol has antiviral properties against 10 different strains of the influenza virus.”</li> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD – “Elderberry has antiviral properties and reduces flu symptoms.”</li> <li>• Dr. James A. Duke – “Sambucol also stimulates the immune system and has shown some activity in preliminary trials against other viruses, such as Epstein-Barr, herpes and even HIV.” “One reason is that the herb is an immune booster. Another is that it contains several antiviral phytochemicals.”</li> <li>• Ralph T. Golan, ND - “Mumcuoglu found two chemicals in elderberry that prevent the flu virus from invading throat cells (its only way to reproduce), thus preventing infection.”</li> </ul>

<p><b>Spirulina</b></p>	<ul style="list-style-type: none"> <li>• Sheldon Saul Hendle and Davis Rorvik - "Spirulina has putative antiviral, hypocholesterolemic, antioxi-dant, hepatoprotective, antiallergic and immune-modulatory activities."</li> <li>• Mark Stengler - "Some studies demonstrate that spirulina seems to possess anticancer effects and antiviral properties. Also, animal studies show that it is a powerful tonic for the immune system."</li> </ul>
<p><b>Shark Liver Oil</b></p>	<ul style="list-style-type: none"> <li>• LEF.org – "Shark liver oil has been used for years in the Scandinavian countries as an antibacterial, antiviral, anti-fungal, and antiparasitic agent."</li> </ul>
<p><b>Andrographis</b></p>	<ul style="list-style-type: none"> <li>• LEF.org – "Andrographis is a traditional herbal remedy used in India and Asia as a broad-spectrum natural antibiotic and immune system stimulator for bacterial, viral, and parasitic conditions."</li> </ul>
<p><b>Tamiflu</b></p>	<ul style="list-style-type: none"> <li>• LEF.org – "Tamiflu is the only antiviral available in the United States for both the treatment and prevention of the most common strains of influenza, types A and B."</li> </ul>
<p><b>Larrea stat</b></p>	<ul style="list-style-type: none"> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - "Larrea stat is a trademarked herbal remedy derived from chaparral that is said to have antioxidant, antiviral, and anti-inflammatory properties."</li> </ul>
<p><b>Red Marine Algae</b></p>	<ul style="list-style-type: none"> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - "Red marine algae contains antiviral carbohydrates that are effective, both topically and orally, for the treatment of herpes."</li> </ul>
<p><b>Soy Constituents</b></p>	<ul style="list-style-type: none"> <li>• Joseph E. Pizzorno, N.D. – Soy constituents have been shown to have estrogenic, anti-estrogenic, antiviral, anticarcinogenic, bacteriocidal, and antifungal effects."</li> </ul>
<p><b>Flaxseed</b></p>	<ul style="list-style-type: none"> <li>• Gale Maleskey - "In addition to fiber, flaxseed contains lignans, compounds that may have anti-cancer, antibacterial, antifungal, and antiviral effects, says Dr. Nelson."</li> </ul>
<p><b>Aspirin</b></p>	<ul style="list-style-type: none"> <li>• Sheldon Saul Hendler, MD, PhD – "Looking better than ever as a clot-inhibitor and now also as a possible immune stimulant and antiviral agent." "Some very preliminary work hints at a direct anti -viral role for the little white pill, while some older research (that needs follow-up) indicates that aspirin might be helpful in the treatment of diabetes."</li> </ul>

## Antiviral Drugs & Drug Candidate Compounds

<b>Colloidal Silver</b>	<ul style="list-style-type: none"> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - "Colloidal silver may keep bacteria in check because of its antibiotic and antiviral properties."</li> </ul>
<b>Ribavirin</b>	<ul style="list-style-type: none"> <li>• LEF.org – "Ribavirin is a broad-spectrum, antiviral drug that is especially effective against influenza-like viruses."</li> </ul>
<b>Cimetidine</b>	<ul style="list-style-type: none"> <li>• LEF.org – "If you refer to the Shingles and Postherpetic Neuralgia protocol, you will read about studies in which cimetidine demonstrated remarkable antiviral effects"</li> </ul>
<b>Intron A</b>	<ul style="list-style-type: none"> <li>• LEF.org - "Intron A is a powerful antiviral protein that is found in cells when they are exposed to a virus"</li> </ul>
<b>PEGASYS</b>	<ul style="list-style-type: none"> <li>• LEF.org – "PEGASYS (Hoffman-La Roche) is another antiviral drug that is under consideration for approval by the FDA. PEGASYS is primarily directed at the antiviral treatment of HCV, but appears to also have benefits for persons with cirrhosis and chronic liver disease."</li> </ul>
<b>Zanamivir</b>	<ul style="list-style-type: none"> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - "Zanamivir (Relenza), a relatively new antiviral drug used for the treatment of influenza, can have a detrimental side effect on asthma sufferers."</li> </ul>
<b>Acyclovir</b>	<ul style="list-style-type: none"> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - "Acyclovir (Zovirax) is an antiviral medication that lessens the severity of symptoms and shortens the duration of rash formation"</li> </ul>
<b>Interferon Alfa</b>	<ul style="list-style-type: none"> <li>• Phyllis A. Balch, CNC &amp; James F. Balch, MD - "Interferon alfa is a powerful antiviral substance"</li> </ul>
<b>Retinol</b>	<ul style="list-style-type: none"> <li>• Joseph E. Pizzorno, N.D. - "Retinol has also demonstrated significant antiviral activity and has prevented the immunosuppression induced by glucocorticoids, severe burns, and surgery."</li> </ul>
<b>Squalene</b>	<ul style="list-style-type: none"> <li>• Donald R. Yance Jr – "Squalene possesses antiviral as well as anticancer activity."</li> </ul>
<b>AL-721</b>	<ul style="list-style-type: none"> <li>• Sheldon Saul Hendler, MD, PhD – "Reversal of aging of cells, rejuvenating the immune system, anti -viral activity, abolishing the withdrawal symptoms of drug and alcohol dependence, and more—such are the claims for AL 721."</li> </ul>



## Summary of Top Items

<b>Foods:</b>	Garlic	Ginger
	Shiitake mushrooms	Cruciferous vegetables
	Aloe vera	Berries
	Onion	
<b>Vitamins:</b>	Vitamin C	
	Vitamin A	
	Vitamin E	
<b>Minerals:</b>	Zinc	
	Selenium	
<b>Herbs:</b>	Echinacea	Olive leaves
	Astragalus	Mints
	St. John's Wort	Calendula
	Licorice	Lomatium
	Lemon balm	Lapachol
	Green tea	Cat's Claw
	Grapefruit seed extract	
<b>Products:</b>	Jenny Lee A-V	Arcozon
	Sambucol	Una de Gato
	Hydrogen peroxide	Mushroom Optimizer
	Illumination	Spirulina
	Shiitake Mushroom Supreme	Astaxanthin

## Why the World Isn't Ready for the Coming Influenza Pandemic, World Health Organization Warns

A global influenza pandemic isn't something that most people think about on a day-to-day basis. But it could soon become front-page news, if the fears of the World Health Organization are realized. The group is concerned about the ripening conditions for a global outbreak of a particular bird flu strain currently present in Asia. What makes this situation all the more serious is the humbling fact that the world simply doesn't have the manufacturing or distribution capacity to provide flu vaccinations to many people.

This frightening fact became quite evident this year with the shortage of flu shots in the United States. But it was also true in past flu pandemics such as the outbreak of 1918 which killed a startling 40 to 50 million people around the world, according to the World Health Organization. And that was at a time when the global population was much lower than it is today. Population density was also lower, and it was extremely difficult for people to travel from one region to the next. Even though, as many as 50 million people were killed by a single strain of the influenza virus.

Today, conditions are far more favorable to the spread of infectious disease. With high population density, and ease of air travel around the world, an outbreak could spread to virtually every city in the world in a matter of a few days. From there, it could spread relatively easily to citizens of those cities. That's why estimates of the number of people who could die in the next influenza pandemic are reaching astronomical proportions.

The US-based Centers for Disease Control and Prevention estimates that between 2 million and 7.4 million deaths would occur globally from the outbreak. But other scientists are offering much higher estimates: one noted Russian scientist estimates that as many as one billion people around the world could be killed by a viral outbreak that's expected to arrive soon. He simultaneously estimates hundreds of thousands would be killed in the United States alone.

So what's the correct number? Nobody knows, of course, but it's safe to assume that US authorities would downplay the numbers in order to avoid a public panic once the outbreak begins. After all, it now looks fairly certain that the United States won't be prepared for a pandemic, so the smart political play will be to minimize the number of reported fatalities caused by such an outbreak in order to avoid public criticism for not being prepared.

Right now, 50 people representing drug companies, governments, and vaccine licensing agencies are meeting in Geneva in a closed-door session to discuss what can be done to prevent this next coming flu pandemic. The World Health Organization has flatly stated there will not be enough vaccine to go around. On their web site, they say, "production capacity for a pandemic vaccine will be vastly inadequate unless other companies engage in vaccine seed development and preparation of batches for clinical testing." The group also stated that in the event of a pandemic, vaccine will be in short supply and will likely be unequally distributed.

Most people don't know that deadly flew pandemics appear approximately once every 27 years on our planet. As already mentioned, the 1918 influenza pandemic killed up to 50 million people. Other pandemics occurred in 1957 and 1968, well after the development of antibiotics, which turned out to be all but useless against infectious viral strains. Today, we are past due for the next viral outbreak, and many experts in the area of disease control and infectious diseases are predicting that the H5N1 bird flu strain is a likely candidate to make the cross-species jump and become the next infectious agent for humans.

## The pandemic can be beat with nutrition

As usual, there is a much bigger picture to all of this, and a relatively straightforward solution to it. Getting a vaccine shot isn't the only way to prevent becoming a victim in the next flu epidemic. Your best defense, in fact, is your own immune system. And by boosting your immune system function, you greatly increase your defense against any infectious disease, including the next global pandemic viral strain. It doesn't mean that having a strong immune system will absolutely guarantee your survival, but remember that in every outbreak, there are people who survived the disease and people who don't. By and large, it is those with strong immune systems who are these survivors.

So how do you boost your immune system function and survived the coming flu pandemic? This is a topic I have researched at great length. It will be published in a new book at [www.truthpublishing.com](http://www.truthpublishing.com), which focuses on raising your flu immunity in order to survive both the common cold and highly infectious diseases, including influenza.

The short version of the information found in that book is that boosting your immune system function requires a significant change in lifestyle. The traditional foods, beverages, and biologically active drugs like caffeine that many people consume on a daily basis are immune system suppressors. People who wish to survive the coming flu pandemic will need to stop eating these foods and beverages. All metabolic disrupters must be eliminated from the diet.

At the same time, the human immune system needs the help of powerful nutritional supplements that exhibit active defenses against infectious diseases. After reviewing literally hundreds of these foods, vitamins, minerals, and herbal supplements, I have narrowed the list to a short selection of the most powerful supplements and antiviral products that can be used to survive the next global pandemic. These will be covered in detail in the book. One of the best foods you can eat, by the way, for its antiviral properties, is garlic. Research also suggest that if you consume shiitake mushrooms, ginger and garlic on a daily basis, your immune system function will be strongly enhanced, dramatically boosting your defense against any flu.

There are also powerful Amazon herbs that show astounding immune system boosting effects. And yet FDA regulations don't allow the manufacturers of these herbal products to tell you that they boost your defense against the flu and other infectious diseases. However, as an independent journalists and health commentator with absolutely no financial ties to these products or their manufacturers, I can give you an honest review of the products and tell you exactly what the research shows them to be good for.

If you'd like to be alerted when this information is published, joined the NewsTarget Insider e-mail subscription list by entering your e-mail address on the form you see on this page. You'll receive an e-mail notice when the book is ready to be published, and you'll you will be able to download the book and educate yourself about the most powerful herbs, vitamins, minerals, and health food products that the research strongly shows exhibit antiviral effects. How powerful are the effects? So powerful that many of these substances outperform antiviral prescription drugs promoted by the drug companies themselves.

## Get the vaccine if you have access to it

None of this means that you should avoid the vaccine if a global outbreak actually occurs. If there is a highly infectious disease that's killing people, I do recommend that you seek out vaccines wherever possible to give yourself the best chance of finding the disease. But as the World Health Organization is currently explaining, these vaccines are probably not going to be widely available. That means despite your best efforts, you may find yourself in a situation where you do not have access to the vaccine. Or you may have access to limited supplies of the vaccine and may have to make a choice between vaccinating your child or vaccinating yourself.

There are many situations in which you want to boost your immune system function using commonly available foods, herbs, vitamins, minerals and nutritional supplements, and by far the best results will be achieved if you both get the vaccination and are able to boost your immune system function using these strategies that are well demonstrated to boost your immune system function.

## Start getting healthy right now

By the way, if you are currently engaged in lifestyle habits that suppress your immune system -- such as smoking, using recreational drugs, eating junk foods or fried foods, or consuming soft drinks on a regular basis -- these are habits that you will need to drop far ahead of time if you wish to have strong immune system function in time for a surprise global pandemic. You can't just stop consuming these products one day and expect your immune system function to surge back to full health the following day. It typically takes a period of weeks or even months to restore healthy immune system function, and that means you need to start planning now.

This leads me to a startling position on health, wellness, nutrition and avoidance of disease causing foods and products: **getting healthy may now may actually save your life**. It used to be that good health was just a personal choice, where you might wish to feel better, extend your life span, eliminate chronic pain, or look better physically. But now, it could turn out that physical health and strong immune system function is important to literally survive.

The good news in all of this is that if you start preparing now, by investing in your own good health and making permanent lifestyle changes, you should have extra time to get ready before this global pandemic is unleashed around the world. But even the World Health Organization doesn't know the exact timing of this, and that means it's impossible for you or me to predict it as well. So the smart play is to get healthy now. Educate yourself about how you can boost your immune system function, and then start taking action steps to move in that direction immediately. By the time the global pandemic really starts to spread, you could find yourself with one of the strongest immune systems around. As other people are falling ill around you, you could end up sleeping off the entire infection in 24 hours, emerging as not only a survivor but an example of how to use disease prevention, nutrition and healthy lifestyle changes to survive one of the most vicious diseases the world has seen yet.

That's what I intend to do, by the way. My immune system function is so high that if I am offered a vaccine, I plan to refuse it. I'm absolutely confident in my own body's ability to fight off even highly infectious diseases, and I would rather that vaccine shot go to someone else who doesn't have the advantage of consuming superfoods and following a strategy of outstanding nutrition and lifestyle changes that I have been pursuing

for several years. It doesn't mean I won't catch the virus, nor that I won't spend several days in bed overcoming it, but when a strong immune system is combined with selected vitamins and herbs, as well as plenty of sleep and a lack of stress, the human body is capable of overcoming practically any disease. Even H5N1.

Stick around, and I'll demonstrate it personally.

## Flu pandemic could kill one billion people around the world, say experts

A Russian scientist has alarmingly announced that one billion people stand to die from the coming global flu pandemic. In the United States alone, as many as 700,000 people are expected to die in as little as six months following the outbreak.

Are these figures for real? They may be on the high side, but even the World Health Organization now says the next global pandemic is overdue. Furthermore (and perhaps even more importantly), the world is not at all prepared to manufacture and distribute enough vaccines to protect the global population from the coming pandemic. Health officials can't even get flu shots distributed without creating a near-panic in the population. Imagine the fear and confusion that would be created by a killer virus: a flu pandemic.

So what kind of viral strain is expected to strike the world next? Probably a variation of the bird flu virus, or a particular strain known as H5N1, which right now exists in other species but is expected to make the cross-species jump and end up in humans very soon.

You can expect the mass media to severely distort this story as it unfolds in order to avert a public panic. People will be told there is no pandemic even while tens of thousands are dying from it. Vaccines will simply not be available on a widespread basis. But the people in the know will have long since prepared for the pandemic with their own anti-viral herbs and immune-boosting nutritional strategies.

In fact, surviving the next flu pandemic will probably be relatively easy if you have a strong immune system. The key is knowing how to make it strong (and having the discipline to actually do it before the flu strikes).



## About the Author



The Health Ranger (Mike Adams) is a holistic nutritionist with over 5,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is the author of *The 7 Laws of Nutrition*, *Grocery Warning*, *Health Seduction*, and many other books available at <http://www.TruthPublishing.com>.

Adams is also the creator of the popular *Honest Food Guide*, a free downloadable nutritional guide found at <http://www.HonestFoodGuide.org>. In addition, more than 1,500 free articles on health, nutrition and wellness have been authored by Adams and are available at <http://www.NewsTarget.com>.

Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at <http://www.NewsTarget.com/AdamsHealthStats.html>.

## Other books by the Health Ranger

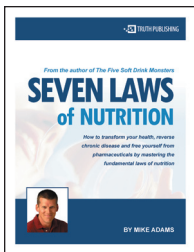


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