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## Cold and Flu Season Not Enough Vaccine...What Should You Do?

By Anita Finley

Part 1 of 2

### Dr. Cass Ingram Says Medicinal Foods, Herbs, & Spices Best — and Safest — Rx for Staying Out of Sick Bed During Flu Season

*It's cold and flu time again, but there may be limited vaccine this season. Some doctors are saying it's not even worth trying to get the shot.*

Dr. Cass Ingram, author of the book *Natural Cures for Killer Germs* and one of the world's foremost experts on medicinal spice oils, says the flu vaccine has its downside. First of all, he points out that the vaccine may not be the correct strain. Because viruses can mutate so quickly, the strain you were vaccinated for may not be the one going around the office. Secondly, vaccines lower your immunity to bacteria and viruses other than the strain you were vaccinated for, so you are more likely to get what's coming around.

Also, vaccines cause incredible

stress to the immune system, using up to 70% of your body's immune reserves, whereas fighting the flu without vaccination uses only 4-7% of immune reserves.

And, in addition to the more common side effects of the vaccine, such as soreness, redness, and fever, you also run the risk of neurological disorders, including Guillain-Barre, paralysis that has been associated with the pneumococcal vaccine.

"Before you decide to get the vaccine read the small print," says Dr. Ingram. The small print on Fluzone, Squibb Connaught's influenza virus vaccine, under the section on warnings, states that this vaccine interacts with anticoagulants, theophylline and anti-convulsants. It also states that if jet injection is used, special precautions must be taken during sterilization to prevent the transmission of hepatitis or other infectious agents.

Also, neurological disorders such as encephalopathy (brain damage) have been linked to this vaccine. These reactions can begin as soon as a few hours or as late as two weeks after vaccination. You also will learn that when the doctor or his nurse brings in the tray for your injection, the tray should be carrying two syringes—the second containing adrenalin, in case you go into shock from the vaccine.

So what can you do to prevent influenza without being vaccinated? "Strengthen your immune system with a variety of powerful, natural anti-virals," says Dr. Cass Ingram. "Our bodies were made to be able to heal and protect themselves. However, in our modern society we're consuming too much prepackaged, over-processed food, and not enough of the raw foods, herbs, and spices known for centuries to have powerful medicinal value."

Next month we will give you some

of Dr. Ingram's recommended foods, herbs, and spices for building and strengthening the immune system.

About Dr. Cass Ingram—He is one of the world's leading experts in natural remedies and the antimicrobial effectiveness of wild oregano and other spice oils. He holds a Doctor of Osteopathy degree from the University of Osteopathic Medicine and Health Sciences and is the author of 15 books, including *How to Eat Right and Live Longer*; *The Cure is in the Cupboard*; and *Natural Cures for Killer Germs*. His books teach people how to strengthen their immune systems.

*Nutrition Corner is a health food supplements store with caring and knowledgeable personnel, selling high quality natural vitamins, herbs and other products. For more information, visit them at the Delray Market Place, 14545 D, South Military Trail, Delray Beach (N.W. corner Military & Atlantic), 561-499-4545 or at Motion Nutrition, 4412 Northlake Blvd., (Gardens Park Plaza) Palm Beach Gardens, 561-799-1516.*

## Now Is The Time To Check Your Wiper Blades

Replacing worn windshield wipers can be a smart idea, but surprisingly few people remember to check them.

Out of all the vehicles passing through the 2005 National Car Care Month vehicle check events, close to one-fifth (17 percent) had front windshield wiper failures and 12 percent needed service on their rear wipers and/or washer.

The normal life expectancy of wiper blades is six to 12 months, but blades should be replaced sooner if they begin to streak, jump or become dull, torn

or brittle. Intense sun and heat, mixed with seasonal pollen and dust, can cause the rubber on the wiper blades to crack and deteriorate. A smeared or streaked windshield during a storm can hamper visibility and create a potentially dangerous situation.

"Replacing wiper blades is not something most vehicle owners think about until they are caught in the rain," said Rich White, executive director of the Car Care Council. "It's a good idea to check the condition of your wiper blades periodically and replace

them yourself or have them replaced when they begin to show signs of wear."

It only takes a few minutes to replace the wiper blades and simple instructions are right on the box. Here are two suggestions:

- You can make the wiper blade more accessible by stopping it in the most convenient location with the ignition key. Don't use the wiper on-off switch, as it causes the wipers to stop in their parked position.
- Look for replacement rubber squeez-

ees to avoid the cost of buying the entire blade and holder. They're usually easily installed and can restore wiping action, as long as the rest of the components are working properly.

The Car Care Council also recommends checking and filling the wiper fluid reservoir on a regular basis.

For more information about routine vehicle maintenance and how to "Be Car Care Aware," log on to [www.carcare.org](http://www.carcare.org).

— NAPS

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