



Terrorist Attacks and Pandemic Flu???

Flu season is ramping up and you've only got a few short weeks to get your preparations in order. There are some VERY simple things you can do to drastically reduce your chances of contracting any strain of the flu. I'll tell you a few simple ones in just a minute.

First, what do terrorist attacks on schools and the flu have in common?

Last year, militant Islamic websites were suggesting multiple simultaneous attacks on schools. They assumed that the FEAR caused by 5-10 attacks, regardless of the success or the number of fatalities would cause parents to take their kids out of school in massive numbers. The result would be a huge drop in the workforce for as long as they could make people believe more attacks were coming.

To put it short, in addition to the loss of life and innocence, the economic cost would be devastating.

With pandemic swine flu, people are over-reacting to non-severe cases and the media is underplaying severe cases among otherwise healthy people to keep the general population from panicking.

Similar to the terrorist attacks, no matter how bad the actual effects of the virus are, most of the consequences of the flu virus becoming a pandemic will be the result of people taking action based on FEAR.

I'm of the school of thought that it would be GREAT if everyone in the country could catch the weakest strain of H1N1. Right now, even people with the weakest strains are being quarantined, keeping people from catching it and developing antibodies that could protect them from the more aggressive strains.

As I discuss in the pandemic lesson in *Survive In Place*, the flu virus is relatively weak and gets killed very quickly by direct sunlight. One of the reasons why the flu spreads more rapidly in the fall and winter is that people in the Northern Hemisphere start spending more time indoors.

This has a multitude of effects that I discuss in detail in the course, but one of them is that when people with the flu breathe or sneeze indoors, the sun can't kill the virus in their spittle. (By the way, the virus can stay airborne for 11-17 minutes after being sneezed)

If people keep reacting the way that they are now, it's very likely that when the number of H1N1 cases start to spike this fall, we'll either see school shutdowns or mass incidents of parents taking their kids out of school to keep them from getting the flu. I understand this, but one of the consequences of this is a decrease in the workforce due to parents staying home...just like what the terrorists were trying to accomplish with their attacks.

This won't be like when kids are home for holidays and breaks and go to movies, shopping, and other social activities. When parents take their kids out of school to avoid the flu, they'll likely avoid densely populated areas (warehouse stores, mass transit, sporting events, etc.) and probably won't even do as much shopping as they normally would.

So, what can you do to prepare, regardless of how bad the flu season is?

Well, I want to tell you straight out that this is ALL speculation. I don't have a crystal ball. Frankly, I pray that I'm wrong, and that H1N1 fizzles out and it doesn't have any economic impact on the country. That being said, the steps that you can take to prepare for it are very simple and fit in with the rest of the *Survive In Place* course:

1. Have a reserve supply of food/water/herbal medicines on hand. Ideally the same foods that you normally eat. If you can, make it a point to stock up on 2-4 weeks of non-perishable food in the next few weeks. This way, if you decide to self-quarantine, you will be all ready to go.

You should have these supplies in place anyhow, but if you're opposed to "hoarding", keep this in mind: If nothing happens with H1N1, you can eat up the food in December to free up money for Christmas.

2. Carry hand sanitizer with alcohol and aloe. Use it often, especially after opening doors, shaking hands, etc. If you don't use a sanitizer with moisturizer in it, you are very likely to develop micro cracks in your skin that will allow viruses and bacteria direct entry into your system.

3. Wash your hands regularly throughout the day.

4. Carry a pen to use rather than the "leashed" one at stores & your bank.

5. Use a paper towel to shut off water & open doors in public restrooms. Consider carrying an extra few for when you run into air dryers. (Remember that less than 1/2 of men wash their hands after using the restroom.)

6. Try to telecommute and/or explore ways of making money from home.

7. Avoid touching your face unless you've just washed your hands. Pay particular attention to your eyes, mouth, and nose.

And...a GREAT couple of tips from a fellow student (THANK YOU!). I was able to verify them and want to share them with you:

1. Drink tea or warm liquids every day.
2. Gargle twice daily with salt water.
3. Use saline spray or a neti pot to irrigate your nose, sinuses, and throat with salt water.

Why? Because the H1N1 virus needs time in the back of your throat to reproduce enough to reach critical mass and overwhelm your immune system. By using warm salt water and/or warm liquids, you can wash many of the virus particles out of the throat and into the stomach, where stomach acids will kill them Black Flag DEAD!

As a bonus, this approach is MUCH like getting an immunization. Since there will be fewer active virus particles left, your immune system will have a chance to adapt and figure out how to kill the virus and increase your immunity.

I have invested in NutriBiotic GSE (grapefruit seed extract) for many years now, as a natural remedy for cold and flu symptoms, as well as bacterial type infections. Through the research I've done on this product years ago, it's been found that this super concentrated citrus product is as effective or better than bleach is at killing germs and viruses...but since it's a concentrate from fruit, it's completely safe and highly recommended for human consumption. Every time I've started to feel a cold coming on, I mix a few drops of Grapefruit Seed Extract with some OJ and drink 2-3 glasses a day...and voi-la...healthy as a horse...my house has been a cold and flu virus free zone for 10 years

Grapefruit seed extract is also used in home canning as an added preventive measure against botulism spores, it's used as a preservative in soap making, and can be added to any cleaning products for extra virus killing power (great tip for those that don't like the smell of bleach) Look into it...it's a great product, I give it all thumbs up.

Gum or lozenges containing Streptococcus Salivarius K12 can help reduce the risk of catching the flu.

We use vitamin C (ascorbic acid) regularly and at the first sign of anything we increase the dose to several grams (not milligrams) at a time, up to several times a day. Too much just causes diarrhea, so cut

back in that case. **The powdered or crystal form is the purest and cheapest.** I let the powder sit in the back of my throat for awhile to get anything there (careful not to inhale). Seems to cure or stop most anything. It's best to catch it early before or right after exposure. Standard multi-vitamins or fruit do not provide enough dosage to be effective.

Elderberry will kill any virus on the face of the earth. ANY virus, and that is why the AMA and the pharmaceutical companies try to suppress this information. There is also an herbal concentrate called **Oregonal** that is anti-viral, anti-bacterial and anti-fungal. We never leave home without having both of them with us.