

# Malnutrition and the Microbe: Flu Prevention Class

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*What was the greatest natural disaster of the 20<sup>th</sup> century?*

1<sup>st</sup> clue: It was also the greatest in history.

2<sup>nd</sup> clue: It killed more people than all of the wars of the 20<sup>th</sup> century combined.

3<sup>rd</sup> clue: It was actually a man made disaster.

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*What is the true underlying cause of the flu?* The argument has been raging since the days of Hippocrates (460-357 B.C.) and was termed the “seed or the soil” argument in the days of Claude Bernard, a 19<sup>th</sup> century French physiologist and contemporary of Louis Pasteur, a French chemist. Bernard argued that it was the soil (the state of the individual exposed to the infection) that had the largest impact on whether someone got sick while Pasteur argued that it was the seed (the infective bug). According to Bernard, as long as the individual was healthy the body could keep the infection in check. Recent research has confirmed this theory numerous times. *The National Academy of Sciences*, among the most respected scientific organizations in the U.S., (modestly billing itself as *Advisers to the Nation on Science, Engineering, and Medicine*) stated in their prestigious journal *Proceedings of the National Academy of Science USA*, Vol. 93, pp. 14304-14307, December 1996:

“It is now established that nutritional deficiency is commonly associated with impaired immune responses, particularly cell-mediated immunity, phagocyte function, cytokine production, secretory antibody response, antibody affinity, and the complement system. In fact, *malnutrition is the commonest cause of immunodeficiency worldwide.*”

Malnutrition creates “fertile soil” for pathogenic germs to get root and grow strong. So strong in fact that one of the biggest concerns in our health care system is mutating germs for which medications have no effect.

*What is Viral/Bacterial Mutation?*

Mutation is always thought of as a negative or grotesque developmental change. With viral or bacterial mutation, what is actually occurring is that with less competition from a host organism the germ gets stronger and healthier. As an individual becomes more and

more nutritionally deficient, their immune system provides less and less competition to keep infectious germs in check. These individuals become “green houses” and breeding grounds for stronger, healthier, more pathogenic germs that require more and more toxic drugs to kill them. It is the human race that is mutating – DOWN.

In 1996, Melinda Beck, Ph.D. and Oral Levendar, Ph.D. gave a report that absolutely shocked the attendees:

“The bodies of malnourished animals provide a breeding ground for virulent, mutating viruses for which healthy animals have no current resistance.” They found that “the coxsackie virus [a run-of-the-mill virus] mutated into a deadly, rapidly reproducing strain. It infected animals that were deficient in vitamin E and selenium. ***No mutation of the coxsackie virus occurred in non-deficient animals.***” (“Nutritional Health and Microbe Mutation”, The Federation of American Societies of Experimental Biology, Washington D.C., April 1996)

Dr. Steven Morris, expert in infectious disease at Rockefeller University, stated, “The finding was technically specific to the coxsackie virus, but I’d be highly surprised if there weren’t others that reacted the same way.”

***To what nutritional levels must we protect ourselves? You cannot have too healthy an immune system.***

It is not enough to nutritionally supplement your own common environment. You must build your immunity *to accommodate the lowest common denominator you are likely to come in contact with.* Example: the American Indians being wiped out by the sickly European’s infections.

***How does Vitamin C work?*** The white blood cells have a higher concentration of vitamin C than any other cell in the body. If white blood cells are the soldiers against infection then vitamin C is the ammunition. “***It is a tragic fact that no patient is known to die [from infection] until his reserves of vitamin C are completely exhausted***” (Dr. Royal Lee). The FDA has classified the chemical “ascorbic acid” as vitamin C. While ascorbic acid is part of the vitamin C complex, naturally occurring vitamin C also contains mixed bioflavonoids, K, J and P factors, and tyrosinase (a copper bearing enzyme), as well as all of the unknown factors yet to be discovered. Tyrosinase is the enzyme white blood cells use to perform their deadly destruction of foreign invaders. Without the whole vitamin C complex, white blood cells are unable to function properly. Illustrating this was a research study which showed that the white blood cells of healthy individuals’ contained 5-7 times the amount of copper than AIDS infected individuals.

***Ascorbic acid by itself is virtually worthless to the body.*** While it has some limited benefits, the high doses required lead to other problems such as DNA damage, atherosclerosis, and cancer. The lack of benefit was first discovered by the discoverer of ascorbic acid, Dr. Albert Szent-Györgyi, who thought he had discovered the anti-scurvy chemical in certain foods. While he received the Nobel Prize in 1937 for discovering ascorbic acid, he tried more than once to warn the scientific community of its relative uselessness:

“Various chemical and clinical observations have led to the assumption that ascorbic acid is accompanied in the cell by a substance of similar importance and related activity. In absence of both substances, the symptoms of lack of ascorbic acid (scurvy) prevail and conceal symptoms of the deficiency of the second substance. ... **we have found that in certain pathological conditions, characterized by an increased permeability or fragility of the capillary wall, ascorbic acid is ineffective, while the condition can readily be cured by the administration of Hungarian red pepper (‘vitapric’) or lemon juice.** Spontaneous bleeding ceased, the capillary walls lost their fragility towards pressure differences and no more plasma protein left the vascular system on increase venous pressure... We propose to give the name ‘Vitamin P’ to the substance responsible for the action on vascular permeability.”  
 (From the renowned British Journal *Nature*, July 4, 1936 p. 2, Letters to the Editor: Dr. A. Szent-GyÖrgyi “Vitamin P: Flavanols as Vitamins”)

“I am talking in such detail about this substance [ascorbic acid] because of a small accident that happened to us at that time. I had a letter from an Austrian colleague who was suffering from a severe hemorrhagic diathesis (vascular type). He wanted to try ascorbic acid in his condition. Possessing at that time no sufficient quantities of crystalline ascorbic acid, I sent him a preparation of paprika that contained much ascorbic acid and the man was cured by it. Later with my friend, St. Rusznyak, **we tried to produce the same therapeutic effect in similar conditions with pure ascorbic acid but we obtained no response.** It was evident that the action of paprika was due to some other substance present in this plant...” (Dr. A. Szent-GyÖrgyi “*Oxidation*” Williams and Wilkins, Baltimore, 1939. pages 73-74. *Published 2 years AFTER receiving the Nobel Prize for vitamin C—ascorbic acid*)

**What about the countless individuals who have taken large doses of ascorbic acid to get over the flu?** It does work. Let’s look at how:

**Optimum media pH for pathogen growth**

<b>Bacteria</b>	<b>pH</b>
• <b>Staphylococcus</b>	<b>7.4</b>
• <b>Streptococcus</b>	<b>7.4—7.6</b>
• <b>Pneumococcus</b>	<b>7.6—7.8</b>
• <b>Corymbacterium diptheriae</b>	<b>7.2</b>
• <b>Clostridium tetani</b>	<b>7.0—7.6</b>
• <b>H. Influenza</b>	<b>7.8</b>
• <b>Gonococcus</b>	<b>7.0—7.4</b>
• <b>Meningococcus</b>	<b>7.4—7.6</b>
• <b>Brucella abortus</b>	<b>7.2—7.4</b>

(“Folk Medicine” by D. C. Jarvis, MD)

These are highly alkaline environments in which these bacteria thrive. In an acidic environment these same germs struggle to thrive and reproduce. D.C. Jarvis, MD understood and taught this principle 50 years ago:

“It becomes apparent, as one studies this list, the microorganisms harmful to the human body grow on alkaline soil. This is particularly interesting in the light of

the evidence that in dairy cows and human beings alike, an instinct exists which leads them to seek an acid intake. In the light of the above evidence, *it seems reasonable to suspect that pathogenic bacteria which are harmful to the body are in the world for another purpose than to cause sickness in human beings.* **Nature has spread acidic vegetation about with a lavish hand, apparently to prevent infection of the body with pathogenic microorganisms, turning into infection of the body by these same microorganisms.** The instinct leading animals and humans to seek acid vegetation and acid liquids has been given as a protection.” (D.C. Jarvis, MD “Folk Medicine”)

When an individual takes ascorbic **ACID** the pH in the body drops making it difficult for the infectious germs to function and reproduce. This allows the immune system to bring things back under control. What doses of ascorbic acid are required to get this effect? 1000-5000 mg. This demonstrates its relative weakness. **Apple cider vinegar will do the same thing much more efficiently and cost effectively (1-2 cents per treatment).** *General doses: one teaspoon/tablespoon per day when ill and one teaspoon/tablespoon per week to once a month for prevention.*

**Calcium: “The 1% Factor”.** Ninety-nine percent of the calcium in the body is in the bones. The most critical percent however is the 1% in the rest of the body. Calcium is used by every cell in the body and is the only mineral that has its own endocrine gland, the parathyroid gland. The calcium in the bones acts as a reserve to supplement the 1% and the body will always sacrifice the bone to keep the 1% balanced.

There are numerous studies showing the importance of calcium in the immune system response (targeting invaders, stimulating white blood cells, etc.). The following is from a more recent study:

**“April 17, 2003** Howard R. Petty, Ph.D., professor and biophysicist at the University of Michigan Health System's Kellogg Eye Center, has dazzled his colleagues with movies of fluorescent-lit calcium waves that pulse through the cell, issuing an intracellular call-to-arms to attack the pathogens within. **Through images of phagocytosis, the process by which a cell engulfs and then destroys its target, Petty is able to track the movement of calcium waves as they send signals to key players in the immune response.”**

When there is an infection, the demand by the body on the 1% is great due to its benefits to the immune system. The 1% calcium is “cash” for use *right now*. What happens when the cash runs low? The body must go to the bank (bone) and make a withdrawal. This requires a lot of energy thus increasing the metabolism and driving up fevers:

**“Any child that lacks...soluble calcium...is going to be susceptible to any disease that involves fever. In fact, he’ll develop a fever from the calcium deficiency alone, in many cases.** Whenever you’ve got a youngster that’s running a temperature, and maybe it’s just a degree or two above normal and wanders up and down, whether it’s the infant or anybody else, it’s calcium deficiency. It’s strange that these are also associated with virus diseases and bacterial diseases that cause fever. **The youngster that’s got plenty of diffusible calcium in his body fluids is practically immune to children’s disease. If you feed that youngster vitamin C and calcium, I don’t care if he’s already**

**infected with whooping cough or mumps or scarlet fever, you load him up heavily with Calcium Lactate and vitamin C...and you will be surprised in twenty-four hours. You can eliminate all symptoms.”** (*Excerpt from Lectures of Dr. Royal Lee, Vol. II.*)

**What about Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) for fevers?** While these drugs may help control fevers, recent studies indicate that they also prolong infections and contribute to viral/bacterial mutation:

“NSAIDS suppress the white blood cell’s ability to move towards, capture and kill bacteria. **White blood cells tend to ignore bacteria when the NSAIDs work.**” (“Could Non-steroidal Anti-inflammatory Drugs Enhance the Progression of Bacterial Infections to Toxic Shock Syndrome” Dr. Stevens, *Science News*, 7 Oct 1995)

**What are the best sources of calcium? Calcium Lactate and Calcium Citrate.** These become usable as soon as they are absorbed. Unfortunately, the worst source of calcium is also the most abundant in supplements – calcium carbonate. It is the cheapest and the most abundant form of calcium in the world. The problem is that it requires 13-15 reactions in the body to convert it into usable calcium. Calcium lactate and citrate only require one reaction to become usable.

**In an emergency how do you make your own absorbable calcium?** Combine egg shells with the fresh juice of a lemon, let it sit for 30 minutes, remove the egg shell, and drink the juice. The citric acid of the lemon juice will combine with the calcium from the egg shell and make calcium citrate. You will also get natural vitamin C from the lemon juice.

***Vitamin F: Critical Synergist to Calcium.*** Vitamin F is old terminology for what the FDA has reclassified as fatty acids. There is however a vitamin complex in fatty acids that has the effect of driving calcium into the cells of the body for use. This is the effect that is critical for preventing infections. Why? Because **calcium does for the cell what it does for the bone – it provides strength and tone:**

“**Vitamin F transfers calcium from the blood into the tissues.** Vitamin D puts calcium into the bloodstream. So, if you get too much D, it locks up the calcium in the blood and can’t go into the tissues...That’s sunstroke. You’re out in the sun too much, you get too much D, your calcium is held into the blood supply and can’t get into the tissues...You get weak...your perspiration is shut off and you won’t live very long if you don’t get into the shade. Vitamin F reverses that trend, acts as an antidote for the D by diffusing the calcium again into the [tissues].” (*Excerpt from Lectures of Dr. Royal Lee, Vol. II.*)

“QUESTION (Joe Nichols, MD): What is the etiology, prevention, and cure of chronic canker sores on the tip of the tongue?

ANSWER: Canker sores have the same cause as polio – lack of diffusible calcium in the body. If you’ll get some Calcium Lactate and some Vitamin F you probably won’t have any more trouble.” (*Excerpt from Lectures of Dr. Royal Lee, Vol. II.*)

While there are many good sources of fatty acids, beef liver appears to have the greatest impact on the “calcium effect”.

***Echinacea: Good or Bad?*** While there are many herbs that can help with treating infections and flues, Echinacea is perhaps the most well known. But what are its limitations? Many professionals advise not using it for more than 2-3 weeks because it loses its effectiveness in the body or because it causes other problems. Research studies show that it helps with infections but the conclusions always show that it DELAYES the infection rather than gets rid of it – the subjects still eventually get sick. Why does this occur? Let’s look at the mechanism.

**How does Echinacea work?** Echinacea purges stored vitamin C out of the cells for use. The vitamin C is then picked up by the white blood cells which has a stimulating effect and increases their ability to fight infections. This is the same mechanism that occurs with sulfa drugs.

“NEW YORK (Reuters) - Results of a preliminary study indicate that Echinacea, an herb sold over-the counter as a cold remedy, boosts activity in white blood cells, immune cells that fight infection, according to a researcher at the University of Florida in Gainesville...In the study, Percival gave 10 healthy, college-age men an Echinacea supplement for 4 days. Taking samples of their blood on day 1 and day 4, she found that **by day 4, the men's white blood cells had a three times greater ability to kill bacteria (+300%).**” (“Echinacea Stimulates Immune System” March 8, 1999)

*What happens when the body runs out of stored vitamin C?* The Echinacea no longer has any significant effect. In addition, the individual is left vitamin C deficient leading to many other problems. The remedy for this is to take a high quality, natural source of vitamin C with the Echinacea. This provides the necessary fuel to run the Echinacea reaction in the body. Good natural sources of vitamin C include citrus, buckwheat, acerola (berries), rose hips, and mushrooms (raw).

When looking at Echinacea there are two sources – the leaf and the root. While the leaf has some effect, the root is much more potent and effective. It is also more expensive because the plant must be killed to harvest the root.

## ***Homeopathy***

Even though homeopathic remedies have been around since the 1780s, they have only recently begun to appear in pharmacies. Homeopathic remedies work by the principle of “like cures like”. What this means is that if an individual has a disease, taking something in very small amounts that normally causes that disease will act as a cure.

The extent to which substances are diluted in homeopathic remedies is so great that the remedy may not contain even a single molecule of the substance. For this reason, homeopathic remedies are classified as “energy medicine”. The benefit is that one cannot overdose on a remedy and there are rarely any negative reactions or side effects. The down side is that the remedies do not physically support or supplement anything in the

body. The way homeopathic remedies work is to stimulate the body into action to perform a certain function or bring it into balance. For this reason, homeopathic remedies may be used in acute and chronic infections as well as for prevention.

Even though there is no treatment for viral infections in our medical health care system, viruses do not stand up very well against homeopathic remedies. Even some of the most stubborn viruses can be brought under control relatively quickly with the use of homeopathic remedies. *At the Institute of Chiropractic & Acupuncture Therapy we have formulated specific homeopathic remedies for the various flues, whether they are viral or bacterial in cause – one for the traditional flu and another for the intestinal flu.*

## Summary

	Prevention	Sick
Good Nutritional Diet		
Cataplex ACP or C	2-6 / day	4-10 / day
Calcium Lactate	2-6 / day	4-16 / day
Cataplex F	1-4 / day	1-4 / day
Apple Cider Vinegar	1 tsp-Tbsp / 2-4 weeks	1 tsp-Tbsp/day
Echinacea C	1-3 / day as needed	2-5 / day
Cold and Flu Homeopathic Remedy	as prescribed	as prescribed

The proper doses of the above recommendations are dependant upon the size of the individual (adult or child) and biochemical individuality (some individuals require more or less of certain vitamins and minerals than others). At the Institute of Chiropractic & Acupuncture Therapy we are able test for an individual's particular nutritional needs.

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