

## H1N1 Flu – Fighting it as best you can

H1N1 ... it's still all over the news... and the news is not very reassuring either...

The headlines talk about pandemics, national and international warnings, supply (and shortages) of flu vaccines, how the current vaccines may not be adequate to combat this version of the flu, and on and on...

Forget “*not very reassuring*”, it's downright frightening....

### What is the H1N1 Flu?

[According to wikipedia](#), H1N1 influenza (sometimes also referred to as swine flu) refers to the virus made up of genetic elements from four different flu viruses – North American swine influenza, North American avian influenza, human influenza, and the swine influenza virus typically found in Asia and Europe – “an unusually mongrelised mix of genetic sequences.” The H1N1 flu was declared to be a worldwide pandemic of the highest order by the U.N.'s World Health Organization (WHO) in June of 2009 – something that has not happened since 1968.

An October 11, 2009 worldwide update by the WHO states that “74 countries have officially reported over 399,234 laboratory confirmed cases of the influenza pandemic H1N1 infection, including 4,735 deaths. So this is the real deal. And very serious stuff..”

Like other influenza viruses, the H1N1 influenza is spread by coughing, sneezing, or touching contaminated surfaces and then touching the nose or mouth. Primary symptoms, which last up to a week, can include **fever, sneezing, sore throat, cough, headache, and muscle or joint pains**.

### What can I do?

Recommendations to prevent infection by the swine flu virus consist of the standard personal precautions against influenza. This includes **frequent washing of hands** with soap and water or with alcohol-based hand sanitizers, especially after being out in public. People should **avoid touching their mouth, nose or eyes** with their hands unless they've washed their hands.

Further preventative mechanisms include vaccination (*not yet readily available, and also not recommended for most people!*) and chiropractic care (*readily available & recommended for everyone!*). Read on for the rest of the story...

### Chiropractic care can help!

Let's take a history lesson from the last major flu epidemic....the Texas Chiropractic Association has published a fantastic review of the LAST major flu epidemic (1918-1919) by Dr. Walter R. Rhodes.

This review is based on facts and clearly shows the chiropractic advantage...

**Medical Treatment: 950 deaths per 10,000**

**Chiropractic Care: 25 deaths per 10,000**

*In New York City, out of every 10,000 cases medically treated, 950 died; and in every 10,000 pneumonia cases medically treated 6,400 died. In the same epidemic, under drugless methods, only 25 patients died of influenza out of every 10,000 cases; and only 100 patients died of pneumonia out of every 10,000 cases."*

**Chiropractors save 208 "lost" medical cases...**

*Chiropractors in Oklahoma treated 3,490 cases of influenza with only 7 deaths. But the best part of this is, in Oklahoma there is a clear record showing that chiropractors were called in 233 cases where medical doctors had cared for the patients, and finally gave them up as lost. The chiropractors saved all these lost cases but 25.*

**Medical Doctors: 1 death per 15 patients**

**Chiropractors: 1 death in just 789 patients**

*In the state of Iowa, medical doctors treated 93,590 patients, with 6,116 deaths - a loss of one patient out of every 15. In the same state, excluding Davenport, 4,735 patients were treated by chiropractors with a loss of only 6 cases - a loss of one patient out of every 789.*

The above is abstracted from Dr. Rhodes' paper – a [summary of which can be downloaded here](#).

## YOUR ACTION

You've probably figured it out by now... and the answer is obvious... get into your local chiropractor and have your spine adjusted for optimal health. While chiropractic care will not "cure" anyone of the flu, it certainly is a great way to strengthen the bodies' natural defenses against the flu!

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### Postscript...

Please don't wait until people you know start having the swine flu – **call us TODAY at 281-286-2229** to set up an appointment or consultation! We are here to help!

**Existing Patients:** Stay on your current program of care. Do NOT miss any scheduled appointments, and ask us about increasing the frequency of those appointments if you are in less than once a week.

**New Patients:** As a show of our commitment and desire to help the community in which we live, we have reduced our normal \$59 wellness special (see our website) to just \$39 for anyone bringing in a copy of this paper.

**This offer is open only through November 15<sup>[1]</sup>**, so bring your spouse and kids, and pass this article on to your extended family, neighbors and friends!

All the best to your health,

*Dr Alice*

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<sup>[1]</sup> Sadly, we cannot extend this offer to include federal insurance and ACN participant benefits.