

Many health-conscious and informed individuals seek healthy alternatives to flu vaccines, and there are many good reasons for educating yourself. Although it is time-consuming, I researched the Center for Disease Control (CDC) and National Institute of Health (NIH) websites and found disconcerting facts about the ingredients and the known side effects of the flu vaccine.

What is particularly frightening is that many primary care medical doctors and pediatricians do not read this material and thus wrongly inform their patients that these risks do not exist. We at The Way To Balance, LLC personally know of at least one elderly client who had a stroke several days after his flu vaccine. When he approached his physician with this concern, his doctor told him, "That is impossible." Yet, I found in the NIH archives that the flu vaccine can create hyper-coagulation of the blood in the brain, and thus cause strokes.

Fortunately, some well-respected medical professionals have done the research, including Dr. Russell Blaylock and Dr. Sherri Tenpenny, and have published books, articles and videos on the topic.

A Quick Summary of Some of the Influenza Vaccine Ingredients

Although the list varies slightly by type and manufacturer of flu vaccine, the standard ingredients include:

- Aluminum
- Antibiotics
- Egg proteins
- Pork gelatin
- Formaldehyde
- Monosodium glutamate (MSG)
- Thimerosal (mercury)

A Few of the Side Effects of the Influenza Vaccines

Side effects *listed as mild or moderate* include:

- Severe headaches
- Fever
- Extreme fatigue
- Full body pain
- Extreme pain or burning at the injection site
- Itching at the injection site
- Neurological impairment (mostly listed as "short-term")

Known side effects *listed as severe* include:

- Seizures
- Stroke
- Rheumatoid arthritis
- Neurological impairment (long-term or permanent)

What Can You Do to Protect Yourself and Your Family during Flu Season?

Fortunately, there are many natural options available to stay healthy! Of course, at the top of the list and *free of charge* are adequate sleep, staying hydrated, limiting/eliminating alcohol and sugar consumption, getting outdoors in fresh air, stress management, and light to moderate exercise (depending on your health condition and age).

In terms of products specific to flu, as well as general immune support, there are many healthy alternatives to Flu vaccines.

Overall Immune Support Reduces the Likelihood of Other Illnesses as Well as the Flu:

- Medi-Herb Echinacea Premium – 1, 3 X daily; increase to 2, 4-5 X daily if exposed or on the verge.
- Standard Process ImmuPlex – 1, 3 X daily; increase to 2, 4-5 X daily if exposed or on the verge.
- Standard Process Epimmune Complex (vegetarian formula) – 1, 3 X daily; increase to 2, 4-5 X daily if exposed or on the verge.
- Standard Process Cataplex-C (food-based full spectrum vitamin C) – 2, 3 X daily; increase to 3, 4-5 X daily if exposed or on the verge.
- DesBio Immune Support (homeopathic liquid) – 10 drops beneath tongue 2-3 X daily.

Specific to Flu Prevention and Flu Treatment:

- DesBio Influenza Grippe Nosode (homeopathic liquid) – particularly helpful as a flu vaccine alternative, as a preventive measure. 5-10 drops beneath tongue, 2 X daily throughout flu season; 10 drops, 4 X daily if exposed.
- DesBio Influenza Remedy (homeopathic liquid) – particularly helpful when on the verge of, or actively ill with the flu. Normally, 5 to 10 drops three times each day. In more severe conditions, 10 drops every 15 minutes for the first three hours.
- Hyland's FluCare (homeopathic pellets) – follow manufacturer recommendations.
- Boiron Oscillocochinum (homeopathic pellets) – follow manufacturer recommendations.
- Smart Silver (an engineered nanoparticle, not a colloidal silver). – helpful for any illness or infection. 1-2 teaspoons twice daily. Also very beneficial applied topically inside the nose or on the hands.

Remember to ask your alternative healthcare professional to specify your recommended product(s) and dosage. The Way To Balance, LLC carries all of the above products, with the exceptions of the Hyland's and Boiron remedies, which are readily available in health food stores and drugstores.

If you are a local client of ours and you become ill with a contagious disease, simply call our office to convert your appointment to a Distant Healing session instead of in-person. We appreciate you not spreading the germs, and there are plenty of healing support techniques for active illness that we can do remotely!

If you own a set of net-neutral ionic™ Rings of Oden™, remember to set up Ring configurations from the Illness Residues chapter. A portable option is to charge a bottle of water with the frequency of the configuration and drink the water throughout the day.

All of us here at The Way To Balance, LLC wish you and your family a healthy Fall and Winter season!



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NOTE: We always encourage you to be an empowered and educated consumer, client or patient. Do your homework and look closely at your situation before seeking treatment or medication. *Nothing contained herein is intended to diagnose or treat any illness or medical condition, and should never replace a consultation with a qualified healthcare practitioner.*