

# Flu Buster™

Give colds and flu the boot

## THE NUMBERS

- ❑ According to the U.S. Centers for Disease Control, an estimated 10% to 20% of U.S. residents get the flu each year
- ❑ Approximately 114,000 people are hospitalized for flu-related complications and 36,000 Americans die each year from complications of flu
- ❑ The 1918 flu pandemic killed over 20 million people worldwide
- ❑ It's estimated that Americans suffer from nearly a billion colds every year

## IT HAPPENS TO THE BEST OF US

Many of us embrace good health on all levels, striving to eat a healthful diet, boosting our immune systems with natural supplements, washing our hands and avoiding unnecessary contact with people who are sick. And yet it seems to happen every year -- often two or three times -- like clockwork. The weather changes, and boom! we end up with a runny nose, itchy eyes, fever, chills, coughs, sore throats, and body aches. Sometimes it even hits the gastrointestinal tract, resulting in nausea, vomiting, and diarrhea.

Is it some secret bioterrorist attack? Are we somehow missing the boat on trying to stay healthy? Absolutely not. Influenza -- commonly called the flu -- is a highly contagious respiratory illness. And just about every-

body has experienced it at least several times during their lives.

Yet, while it is a fact of life, symptoms of the flu can range from mildly irritating to life-threatening. In fact, some 36,000 Americans die from the flu each year. Serious complications of the flu include pneumonia and dehydration. It can cause existing medical conditions like congestive heart failure and diabetes to worsen. The flu can also lead to secondary sinus and ear infections, as well as bronchitis.

Despite the increasing use of flu vaccines in recent years, most of us find we still get a milder case of flu, or at the very least a cold every year, even if we do have a flu shot. Part of that is caused by the quickly changing nature of the influenza viruses -- three types (A, B, and C) are responsible for most cases of flu we encounter. Influenza virus "shifts" and "drifts" make it a virus that is constantly in flux, and therefore difficult to specifically target with a single vaccine, even one that is typically modified for each season.

The flu is extremely contagious, despite our best attempts to stop its spread. Staying home and resting is one of the best things a person can do to help curb the spread of the illness. Because it is so contagious, the flu has the capacity to spread rapidly and over great distances. Worldwide outbreaks of the flu are called pandemics. The last severe viral outbreak was in 1918 when the Spanish flu pandemic quickly infected and killed more than 20 million people

worldwide, and nearly half a million in the U.S. alone!

We haven't seen a flu outbreak on that level since, yet each winter -- February seems to be a peak flu month every year -- we hear news reports on smaller outbreaks that can slow down entire towns, often closing schools and businesses.

Flu is a respiratory illness caused by the influenza virus. Colds are respiratory infections caused by rhinoviruses, with symptoms similar to the flu but usually not as pronounced or debilitating. Cold symptoms typically include nasal discharge, sneezing, sore throat, coughs, and headaches. Colds can also lead to secondary bacterial infections in the ears and sinuses.

## NATURE'S BEST COLD AND FLU REMEDY

The body is well-equipped to fight these common invaders. A healthy immune system starts responding immediately to the influenza and rhinoviruses that cause flu and colds. In fact, many of the "symptoms" we associate with colds and flu are actually signs that our immune systems are functioning. When the immune system starts sending its fighters to the site of an infection -- with colds and flu, it is the respiratory system. There is usually a build-up of mucous and often inflammation of respiratory tissues. Runny nose, coughing, and even fevers are the immune system in action!

Very young children and the elderly are at more risk for catching a cold or the flu. They are also more susceptible to complications since their immune systems are often not as strong as those of people in the middle years. Bolstering the immune system in general throughout the year and in particular when we feel a cold or flu coming on is one of the best ways to stave off serious illness. The overuse of antibiotics makes them progressively ineffective by generating resistant strains of infective organisms. Keeping our immune systems as healthy as possible and thereby reducing our reliance on antibiotics is an important part of good health maintenance.

## THE BEST DEFENSE

Offensive coordinators for football teams will tell you -- the best defense is a good offense. In other words, aggressively stay ahead of the game. While it's nearly impossible to avoid getting a cold or flu, attacking it early -- at the first sign of infection -- can greatly reduce the impact that these troublesome illnesses have on our health and daily lives.

It may sound like a recipe for a great salad dressing (and it tastes great when mixed with tomato juice!), but the ingredients in Flu-Buster from Healing America each play a critical role in strengthening the immune system and fending off the flu and colds. Flu-Buster is a tincture whose ingredients not only help reduce suffering from cold and flu symptoms, but also help bolster the immune system to strengthen the body's own natural defenses. Let's take a look at Flu-Buster's key ingredients:

### Garlic

The protective qualities of garlic have reached near-mythic proportions in folklore around the world. But in

reality, the health benefits of this humble plant are really quite amazing. In fact, garlic is one of the most intensely studied herbs in natural medicine today. It has been one of the most popular medicinal herbs around the world for thousands of years, used by athletes in ancient Greece to promote stamina, and used by people in the Middle Ages to protect them against Bubonic Plague.

Garlic has natural antibiotic properties and is a good source of selenium, which helps maintain healthy immune response in the body. Researchers have zeroed in on the key component of garlic's effectiveness in so many body functions and dysfunctions -- allicin, the sulfide that gives garlic its distinctive odor. Allicin is a broad spectrum antimicrobial, with activity against bacteria, viruses, fungi and parasites.

Chemically, allicin contains sulfur-sulfur-oxygen bonds that are responsible for most of the beneficial properties associated with it. In fact, this chemical structure is remarkably similar to that of penicillin. Long before pharmaceutical antibiotics came along, crushed garlic extracts were used to combat a wide range of infectious diseases, from dysentery and typhus to cholera, smallpox, and tuberculosis.

### Onion

Part of the same allium family as garlic, onions have many of the same health benefits as their more pungent cousin. Americans tend to eat more onions than garlic, and part of the reason for that is that onions have a built-in lure. The same substance -- called the lachrymator -- that makes us "cry" when we cut them up is also what gives onions their sweet flavor when cooked. It's actually nearly 50 times sweeter than sugar, so it feeds our all-too-human craving for sweets. In this case, we naturally crave what is good for us!

Sulfur and quercetin are two of the key healthy compounds found in onions. Quercetin is an antioxidant from the group known as bioflavonoids. It is particularly helpful in shoring up cell walls against free radical attack. Sulfur is a powerful antioxidant and stabilizer of cell structures.

### Ginger

Used for centuries to stop scurvy, sea-sickness, hair loss, and generally aid in digestion, ginger root is considered the "universal medicine" by India's Ayurvedic herbalists. It enhances the production of digestive fluids and saliva, and thus helps to relieve indigestion and various stomach and digestive disturbances, including motion sickness. Ginger also increases the tone and movement of the intestines.

For many years, ginger has been used as a common remedy for symptoms associated with colds and flu. Gargling with a ginger rinse helps to ease the pain of a sore throat. It alleviates respiratory problems by loosening and helping to expel phlegm from the lungs. Ginger can be useful in removing toxins from the body -- in fact, it is a powerful antioxidant that also exhibits anti-microbial properties.

### Habanero Juice

Reputed to be the hottest of the hot peppers as measured on the Scoville heat scale, habaneros can create quite a sensation in the mouth and beyond! That sensation -- the body's natural reaction to the heat of the peppers - is directly associated with their health benefits.

Chilies cause the body to release endorphins (natural painkillers) in response to the often painful heat in the mouth and throat when eating them. These endorphins create a mild euphoria and sense of well-

being. The substances in chilies responsible for all this heat are capsaicinoids. They are commonly referred to as capsaicin, which is used in a variety of common products from pepper spray to topical creams that help reduce pain and inflammation from arthritis and other ailments.

But, as you have probably noticed, the "spiciness" of chilies also often causes our noses to run and our sinuses to clear. These hot chilies can even make us sweat, which is helpful in clearing colds and flu from our bodies. Chilies also have direct anti-microbial and antioxidant properties.

### **Horseradish**

If you have ever eaten horseradish or its cousin wasabi (the light green paste typically served with sushi or sashimi), you are certainly aware of the power of this plant in clearing the sinuses and nasal congestion. In fact, horseradish is a powerful stimulant to the entire body, stimulating digestion in particular. Horseradish root is an expectorant, making coughs more "productive" and thereby speeding the healing process.

Horseradish contains volatile oils similar to those found in mustard - including glucosinolates, gluconasturtiin, and sinigrin -- which are metabolized into allyl isothiocyanate in the digestive system. In laboratory studies, these volatile oils show antibiotic properties.

### **Apple Cider Vinegar**

Vinegar is one of those common substances that have been used for a variety of purposes for thousands of years. Among the health benefits of apple cider vinegar are a reduction in LDL or "bad" cholesterol, regulation of water content in cells, stabilization of blood sugar levels, and reduction of arthritis pain. Apple cider vinegar is a good diuretic, yet it also contains

high levels of potassium to help maintain vital electrolyte levels. It promotes better detoxification by the liver and helps with the digestion of rich, fatty, greasy foods, breaking them down into more absorbable nutrient particles. Rich in potassium and vitamin C, apple cider vinegar is also a powerful germ-fighter.

## **PUTTING IT ALL TOGETHER**

We'd be idealists if we thought we could make it through our lives without having to deal with the flu or common colds. But that doesn't lessen the frustration and hardship of having to cope with these illnesses on a somewhat regular basis. Over-the-counter cold and flu remedies literally fly off the shelves each winter, and millions of people scramble to get the last flu vaccine each fall. But we still get sick.

That's what makes Healing America's Flu-Buster such an appealing alternative for dealing with the flu and colds. The ingredients are all high-quality and natural -- in fact, they're things we often find as part of our everyday diets. They strengthen our immune systems naturally, and directly fight the offending organisms, while alleviating the unpleasant symptoms they cause. The healthier you are now, the healthier you'll remain in the long run. Flu-Buster helps you return to a state of good health and stay there!

## **CAUTIONS**

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease, but rather is a dietary supplement intended solely for nutritional support.

## **SOURCES**

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