



Flu Prevention Program Clinically Proven to be 88% Effective

According to the Centers for Disease Control, up to 20% of the American population gets the flu, and at least 200,000 Americans are likely to be hospitalized for influenza this season, which could cause as many as 36,000 deaths due to flu complications.¹ In Canada, British Columbia reports that 1,400 people in the province die each year from flu-related problems, and Nova Scotia puts its toll at 400.² In Ontario last year, there were 5,145 confirmed influenza cases reported.³ There has not been a pandemic, or global epidemic, since 1968; however, current scientists and virologists all over the world are greatly concerned with the new avian flu strain, which is expected to cause a pandemic. According to President Bush's speech to world leaders, "If left unchallenged, the virus could become the first pandemic of the 21st century".⁴

Flu viruses mutate constantly, producing new strains from year to year such as the current avian flu strain. The current flu vaccines are ineffective against any new types of flu as they do not provide protection against the latest flu strains.

By the time the flu strain is obtained and manufactured, the particular virus may have mutated and new flu strains may have emerged, making last year's vaccines ineffective.

We are all aware that a strong immune system is paramount in fighting off any viruses, and that a weakened immune system allows for the proliferation of bacterial and viral microorganisms. With this in mind, we have developed the Flu Prevention Program that is based on the principles of natural medicine whereby the body is supported in order to maintain physiological balance. By strengthening the immune system and stimulating the body's natural defenses, the program will protect up to 88% of individuals⁵ from contracting any type of flu.

¹ CDC Centers for Disease Control and Prevention Website (www.cdc.gov), September 2005

² CBC News Online (www.cbc.ca), October 2005

³ Public Health Agency of Canada (www.phac-aspc.gc.ca), November 2005

⁴ ABC News (www.abcnews.go.com), September 2005

⁵ Nollevaux MA et al: *Observations cliniques en double aveugle contre placebo, de Mucococcinum 200K dans le traitement des états grippaux* Altermedica publishing.

Mucococcinum

Mucococcinum, a clinically-proven homeopathic preparation of bacterial and viral strains, formulated to stimulate the body's own defenses in order to combat all types of influenza. Serious complications of the flu, such as bacterial infection and pneumonia, can be deadly, especially to those individuals whose immune system is compromised. Mucococcinum is prepared with homeopathic dilutions of the worst flu epidemics of the 20th century, where thousands of people died, and is formulated specifically to challenge the immune system. Mucococcinum is indicated for all types of influenza, and for colds and respiratory ailments, both acutely and preventatively.

Double-blind, placebo-controlled clinical studies have confirmed the effectiveness of Mucococcinum in the prevention and treatment of respiratory diseases, and it has demonstrated it to be 88% effective in the prevention of any flu type in all age groups.^{1,2,3} The clinical study completed in double-blind against placebo on 191 subjects showed the effectiveness of Mucococcinum in the prevention of influenza on 87 subjects of the 99 subjects of the "active" group.²

¹ *Nolleaux MA et al: Interet du Mucococcinum 200K en pathologie grippale. Observations cliniques en pratique journaliere. XXVIeme*

Semain Homeopathique de Paris - 18 octobre 1990 - Altermedica publishing.

² *Nolleaux MA et al: Observations cliniques en double aveugle contre placebo, de Mucococcinum 200K dans le traitement des etats grippaux. Altermedica publishing.*

³ *Brognaux L. Memoire d'Homeopathie, Universite de Lille – 1989 - Etude comparative de dilutions 7 CH et 200K d'une association de souches biotherapiques dans la prevention et le traitement de l'etat grippal et des affections respiratoires sous forme de catarrhes muqueux.*

Recommended Dose: One tablet every Wednesday morning until package is finished. To be taken ten minutes away from food and other medications.

Gammadyn Cu

Gammadyn Cu, a sublingual oligo-element preparation of a micro amount of bioavailable copper necessary for the maintenance of a healthy immune system.¹ Oligo-element copper possesses anti-infectious and anti-allergic properties to decrease both acute and chronic bacterial infections, and is also essential in all acute, microbial or viral infections, especially in the case of influenza.²

¹ Al-Bader A, Christenson JT, Simonet F, Abul H, Dashti H, Schmuziger M. Inflammatory response and oligo-element alterations following cardiopulmonary bypass in patients undergoing coronary artery bypass grafting. *Cardiovasc Surg.* 1998 Aug;6(4):406-14.

² Duret P, Dumolard L. Cuivre et Manganese, une complementaire d'action dans les mecanismes anti-infectieux et anti-inflammatoires. French review.

Recommended Dose: One ampoule every morning for one month. To be taken ten minutes away from food and other medications. When finished, start Gammadyn Cu-Au-Ag.

Contact Dr. Derek Lee at 416-291-5120 or at drlee@yourbetterhealthguide.com

Gammadyn Cu-Au-Ag

Gammadyn Cu-Au-Ag, a sublingual oligo-element preparation of micro amounts of bioavailable copper, gold and silver, needed for healthy immune function and for activating the mechanisms of cellular and humoral immunity.

Oligo-element copper-gold-silver also helps to potentiate adrenal function, consequently decreasing fatigue and stress levels associated with hypoadrenalism. Due to its bactericidal, antiviral and anti-inflammatory properties, Cu-Au-Ag is particularly effective in reinforcing and optimizing defense mechanisms, especially during the convalescence period of infectious and rheumatic conditions.¹

¹ Foussard-Blanpin O, Cayron MA. Le cuivre en therapeutique; Les Actualites Pharmaceutiques (1988), no. 253, 67-69.

Recommended Dose: After the completion of Gammadyn Cu, take one tablet on Monday, Wednesday and Saturday mornings for six weeks. To be taken ten minutes away from food and other medications.

Mercurius solubilis 30K

Mercurius solubilis 30K is an anti-infectious remedy, prepared based on homeopathic principles, to help relieve symptoms due to colds or flu including sore throat, swollen glands, chills, sweats, and coughs.

Recommended Dose: Five granules every morning for one month. To be taken ten minutes away from food and other medications.

C1000

C1000 provides a pure source of vitamin C along with a wide range of bioflavonoids to ensure maximum antioxidant and anti-inflammatory activities. Vitamin C helps protect against infection, enhances immunity,¹ and prevents and relieves cold and flu symptoms.² Regular supplementation of vitamin C demonstrates consistent and statistically significant benefits and indicates that it plays a role in respiratory defense mechanisms. The duration and severity of the virus are significantly reduced when supplementing with vitamin C.³

¹ Balch JF, Balch PA, Prescription for Nutritional Healing, Avery Publishing Group, New York: 1997, p. 18

² Gorton HC, Jarvis K. The effectiveness of vitamin C in preventing and relieving the symptoms of virus-induced respiratory infections.

J Manipulative Physiol Ther. 1999 Oct;22(8):530-3.

³ Douglas RM, Hemila H, D'Souza R, Chalker EB, Treacy B. Vitamin C for preventing and treating the common cold. Cochrane Database

Syst Rev. 2004 Oct 18;(4):CD000980. Review. PMID: 15495002

Recommended Dose: One tablet three times daily with meals for eight weeks.

THE PROGRAM IS TO BE TAKEN THROUGHOUT THE FLU SEASON FROM AUTUMN TO SPRING, APPROXIMATELY FIVE TO SIX MONTHS.

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