

How to Protect Against Cold & Flu

EMPOWERMENT! Declare Health Independence by Becoming Ultimately Healthy

By: Dr. Skip Hellen

Cause of illness (cold & flu)

First, it's important to know the cause of the common colds and flu. Most believe that common illnesses like colds and flu are the result of bad luck and caught from others who were infected. While this may be true, it is the strength of your immune system (health) that will determine if you become infected no matter how many sick people you're exposed to.

Perhaps it is best to understand that both a cold and flu are natural detoxification responses to systemic toxic accumulation. Keeping biochemical toxic accumulation below your toxicity intolerance threshold is the key to lowering your chances of experiencing either a cold or flu. So, the secret to optimal health as well as eliminating almost all illness and disease is lowering biochemical toxic accumulation to a minimum.

Only the body can heal

No doctor, friend, or prescription drug can heal your body. Only biochemical balances (homeostasis) achieved by prudent health behavior habits resulting in a strong immune system can heal body tissues, restore, and maintain health. If you chronically abuse your body through unhealthy behavior habits, you're going to live a life complete with illness, disease and a premature death.

Prevention and mediation of cold & flu

Between now and such time that we reduce our own toxic accumulation load to a level below natural response detoxification, the following preventive measures can help.

1. **HYDROGEN PEROXIDE** – Hydrogen peroxide is a prophylactic, sterilization measure to prevent the pathogens from entering the body. At the first sign of a scratchy throat, run to the bathroom and gargle with 3% hydrogen peroxide. The timing is critical because an irritated throat is the early symptom of pathogenic invasion setting up shop in the soft mucus membranes. If you gargle soon enough, you will block the pathogens from gaining entry into the body.

Once the pathogens have entered the body a longer battle, immune response begins. It normally takes about 12-48 hours for the infectious agents (pathogens) to spread throughout the body. The following can help mediate and shorten the battle for health.

2. **VITAMIN C** (ascorbic acid) – While is it prudent to regularly use vitamin C supplements, it is vital when fighting a cold or flu. Many use 4,000 mg daily and twice that 8000 mg when ill. The health maintenance dose of 2,000-4000 mg daily for every 100 lbs. of body weight. Vitamin C is water soluble so a time or sustained release vitamin is important to maintain proper blood serum C levels.
3. **ZINC** – Most get excellent results with 30-50 mg. every 6-8 hours daily until health is restored. Do not take excess zinc, it can cause unhealthy imbalances.
4. **BLUE GREEN ALGA** (Chlorella & Spirulina) (best foods on earth) – Take in pill or powder form every day is best. Many use spirulina daily with green blended foods. (there is no none toxic limit to these foods – take as much as you like)
5. **VITAMIN D3** – Take 8000 IU (therapeutic dose) daily. Many use 4000 IU daily.
6. **VITAMIN E** (d-alpha tocopherol only) don't use (dl-alpha tocopherol) – Take 400-800 IU daily. Many use 800 IU daily as a maintenance dose.
7. **LIQUIDS** – Drink 1 oz. of water (distilled is best) for each 2 lbs. of body weight daily (therapeutic hydration – maximum detoxification). Drink only fresh squeezed and blended fruit and vegetable juices while ill.
8. **REST** – Get plenty of rest (8-10 hrs.) daily. Increase rest by 20% while ill.
9. **CONSUMPTION** – Consume only raw, fresh, and unprocessed, water based foods (fruits and vegetables) with an emphasis on dark green leafy vegetables in their natural state.
10. **pH** – Monitor biochemical pH (litmus paper test kit) and modulate it with healthy habits into a range of slight alkalinity (7.365).

Things to Avoid

1. Sugar and/or processed foods
2. Caffeine with meals
3. Alcohol
4. Tobacco

SECRETS of HEALTH! – ADOPT THE ABOVE AS DAILY HABITS – achieve HOMEOSTASIS and NEVER GET SICK AGAIN!

Today we have learned the secrets to effective common illness mediation. Learning all the secrets of ultimate health is a journey and perhaps the most rewarding of all along the journey of life.

Perhaps the hardest part of achieving optimal health is changing **unhealthy** behavior habits to **healthy** habits. Self respect and discipline are critical to achieving any goal, especially health goals.

4 Critical Components to Optimal Health

1. **Belief** (the body is designed to be healthy – anyone can achieve health excellence)
2. **Knowledge** (acquire the tools/knowledge required to achieve optimal health)
3. **Discipline** (develop the behavior habits required to achieve optimal health)
4. **Commitment** (tenacity – never give up – learn/change/improve until personal health excellence is achieved)

HEALTH ACQUISITION ACTION STEPS

1. Develop a strong sense of **self respect and discipline**
2. Take the “**Declaration of Health Independence**” pledge
3. (**Decide**) Set a goal to achieve personal health excellence (optimal health)
4. (**Test**) Complete the health assessment test (health baseline)
5. (**Education**) Learn how to achieve ultimate health
6. (**Health Compass**) Buy a pH litmus test kit, start testing frequently – record results
7. (**Manage/Adjust**) Change behavior habits for best results
8. (**Commitment**) Stay the course until achieving personal health excellence
9. (**Mentoring**) the final step of personal excellence is helping others achieve excellence as well.

**YOU provide the Courage, Dedication, Commitment and Action
UHRI will provide the EDUCATION/KNOWLEDGE and DIRECTION**

To get health help and learn more about “**Mastering the Secrets of Ultimate Health**” and achieving personal optimal health goals, log onto the web site below.

Litmus test kits are on sale for \$10 (events only)
(**A must** for those who are serious about ultimate health)

www.uhealthri.com

Live long, happy, ultimately health and wise

Dr. Skip Hellen