

# YOUR HEALTH NEWS

Vol. 1, No. 4

November, 2005

Your newsletter providing you with information and resources that will help you become "healthy, wealthy and wise."

-----Feature Article-----

## BioDefense, the Answer to Bird Flu?

We have spent time talking about an approach to dis-ease (illness) that emphasizes working on the emotional aspects. A maxim I go by is:

Everything that shows up in the body was first present in the emotion/mind/thoughts.

This is a true statement, I believe, and will always give you some insight and some direction to go when looking at your dis-eases. However, without denying any of that, I want to take some time this month and stay within the physical realm for a while.

In the news recently has been lots of talk about the "bird flu" that is affecting folks in the orient. It has shown the ability to cause illness and even death in humans, so it is not just a "bird" flu. Earlier this week, the President announced the allocation of billions of dollars toward research and production of vaccines that would attempt to combat this threat of widespread flu. Today we were told that even if this particular strain does not arrive here in the United States, we are at risk of having a pandemic (widespread infection throughout a population) and we are not prepared, as a country, to do what needs to be done to combat such a situation.

If I believed everything I heard on the news, or if I thought the answer to medical problems was only what my MD colleagues had to say, I would be getting VERY panicked about now, thinking that this flu thing could be on its way to get me and mine.

The medical approach currently is to offer you a vaccine. The idea is to stimulate your immune system to a particular illness - in this case the flu - so that if you were to come into contact with this flu organism your body would recognize it as dangerous and mount a defense against it.

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For more information on Juice Plus+ please contact Jamie Groff-Kuenzie OTR/L, LMT at 1-866-210-0977 or 314-276-4489. Or check out her [web site](#).

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There are several problems with this approach.

First, this assumes that we can determine which type of flu is coming and can make an adequate vaccine against it. Unfortunately this is not the case. Each year the flu mutates and the markers which are on the viral coat which makes it unique cannot be predicted. Consequently, your vaccine was likely made from last year's flu virus markers and is not effective for this year. A solution to this problem could be that samples of the virus are obtained from a part of the world where this year's flu has already hit. This would put the vaccine manufacturing industry way behind in trying to make enough to go around.

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Clean up your personal space by removing dirt and filtering the air while improving your physical health at the same time. Use a SuperCoach Backpack Vacuum Cleaner from ProTeam. For more information, go to <http://www.healthybackvac.com>

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Second, this implies that the flu virus is the culprit (germ theory). How do you explain the fact that in a given family or social unit one or several people will get the flu (or whatever) but others won't. There is another aspect to this not talked about or believed by the medical world. That is, the expression on an illness is as much or more a function of the state of health of the host than it is a function of the virulence of the pathogen (germ). This is called the milieu or environment theory. There has been a long and interesting debate over the centuries as to which is correct.

While we won't go into all that here, suffice it to say that if one improves one's health the chance of getting any dis-ease is lessened. On a practical level, this means getting off sugar, processed food and the Standard American Diet. Opt instead for fruits, veggies, quality meats without all the toxins and chemicals which so invade our food supply. Also do the positive mental words and attitudes that attract health and wholeness. Our MD friends should be telling us about this approach as well as lining us up for the vaccines.

Third, because flu is a viral illness, and because MDs have no effective weapons against viruses, there is nothing else in their weaponry except the vaccination approach. (We won't even begin to talk about how bad vaccines are for you just in general). They do know, I hope, that Vitamin C will stimulate the production of interferon which is one of your body's specific weapons against viruses. However, they are scared to recommend the doses required to get the antiviral effect.

This then brings us to another possible approach and answer to this whole problem. Regardless to which theory above you subscribe, suppose there was a substance or substances in nature that were effective against viruses? Suppose these substances were easy to get, cheap to put together into a practical formula yet very effective at stopping the production of viruses in your body so

that even if you were exposed, you could stop or markedly shorten any effect toward illness?

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<http://www.goodheart.oceancitynetwork.com>.

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You know that to be a rhetorical question, don't you? The answer is: there are just substances! They do work - very well. They are inexpensive. And the really good news is, they are now available. My friend, Dr Arthur Fierro, DC, of Harrisonburg, Virginia has done the research. He has discovered that several natural substances are effective against viruses. What is more, these have been researched and tested with results being published in quality medical journals. These tests have passed the test of peer review and is legitimate. He has taken this information, taken these substances and put them together into a formulation which he calls "BioDefense." (Better yet, these are also effective against bacteria and fungi as well - without the problems of resistance and 'super bacteria' developing). He is in the process of publishing his findings in book form and we will let you know when that is available. Meanwhile, the formulation is already available and doing some wonderful things for folk.

He has records of his patients having great results with infections. I and a friend are seeing good results with chronic sinus problems. My sister is keeping a family member's chronic urinary tract infection controlled when antibiotics won't. I used it with good results against a flu this fall; by mistake I stopped it for a couple of days and the virus returned with a vengeance. Don't do that! Stay in it until your illness is over.

We, thankfully, don't have the "bird" flu here in this country yet. I am confident, however, that this formulation, BioDefense, would provide us with exceptional protection, especially if we added it to better diet and better thinking. As far as the pandemic goes, instead of spending boatloads of dollars for producing vaccines, we should be getting the word out to our friends and governmental leaders that this option exists and is a better one.

To obtain this remedy call Dr Fierro's office at:  
**877-434-2495** (toll free)  
Use the code: **JM0001** for a discount below the usual price of \$24.95 + S&H

The usual dose is two capsules twice daily. At half the usual dose, or 1 capsule twice daily, you can cover chronic infections. I would have some around just in case.

#### **THE HERB GARDEN**

Dr Richard Schulze has his own herbal approach to colds and flu. You can find that at <http://www.herbdoc.com> or 1-800-HERBDOC. This is a great means of

keeping the immune system at a high level. The BioDefense would be a second line of defense if problems did arise.

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Another way to improve your immune system is to take LIMU Plus. This is a liquid vitamin product that has kelp, Russian adaptogens, Aloe Vera and Green Tea combined. Does lots of neat things for your body and your health! Actually tastes pretty good, too. For more info, go to <http://www.LimuPlus.com/192739>.  
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**NUTRITION YOU CAN USE**

Magnesium is a wonderful nutrient. I call it the "relaxing" mineral. Helps to relax tight muscles - there is a reason it works to relieve the constriction of gut muscles that causes constipation (as in Milk of Magnesia).

It works in conjunction with the B Complex vitamins to metabolize sugar and provide you with energy and "nerve food." Healthy nerves helps you relax!

It is used in the hypertension of pregnancy called "preeclampsia" to bring lowered blood pressure. Is often helpful in hypertensives who aren't pregnant.

Unfortunately many of our foods are deficient in Magnesium so supplementation is one way to get it. While there is controversy as to how much probably 4-800 mg per day would be a reasonable place to start.

Studies have suggested that most types of magnesium are effective so you dont' have to buy an expensive "chelated" type.

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**FEED YOUR SPIRIT**

We are multidimensional beings, composed of body, mind, and spirit. It is easy to get caught up in our body and emotions while neglecting the nurture of our spirits. We need to spend time daily in meditation and prayer, nurturing the relationship with our Loving Father. To help you do this, check out the material we have posted at <http://www.threebrothersbooks.com>. There is writing here that will challenge and stretch you. Works by Liliias Trotter are especially unique with a great message and reproductions of original artwork.

**FINANCIAL HEALTH**

I've just discovered a book that EVERYONE needs to read. The concepts and activities in this book will help you "reset" your "financial thermostat" to the level you desire. If you want or need to have more money in your life, this is the way to do it. If you want less, this will also do that! The author speaks from personal experience and has seen his concepts work for thousands. The name of this book is

*Secrets of the Millionaire Mind*, by T. Harv Eker.

Find the book at your local bookstore or on Amazon.com by going to my website <http://www.goodheartgroupinc.com/GHGBooks.htm> and clicking on the banner of the same name.

**SO LONG FOR NOW**

That will do for now. LOTS more to talk and write about in future issues. Stay tuned. Your questions and feedback are encouraged and welcomed.

Until next time, tell your friends about Bio Defense and prepare for the winter season. Stay away from vaccines!

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Over time we will include information from many, if not all, of the various modalities which together comprise "alternative" or "complementary" medicine: diet/food, nutritional therapy, herbs, homeopathy, energy modalities, chiropractic and manipulative therapies, and of course massage/bodywork.

You are encouraged to forward it to your friends who would be interested. Don't forget to click on the links of our sponsors!

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