



Have the Best Immune System for Your Body this Flu Season

What you need to know about the Flu Shot
to make an informed decision

How to Stay Protected this Flu Season

soap and water vs. hand sanitizer

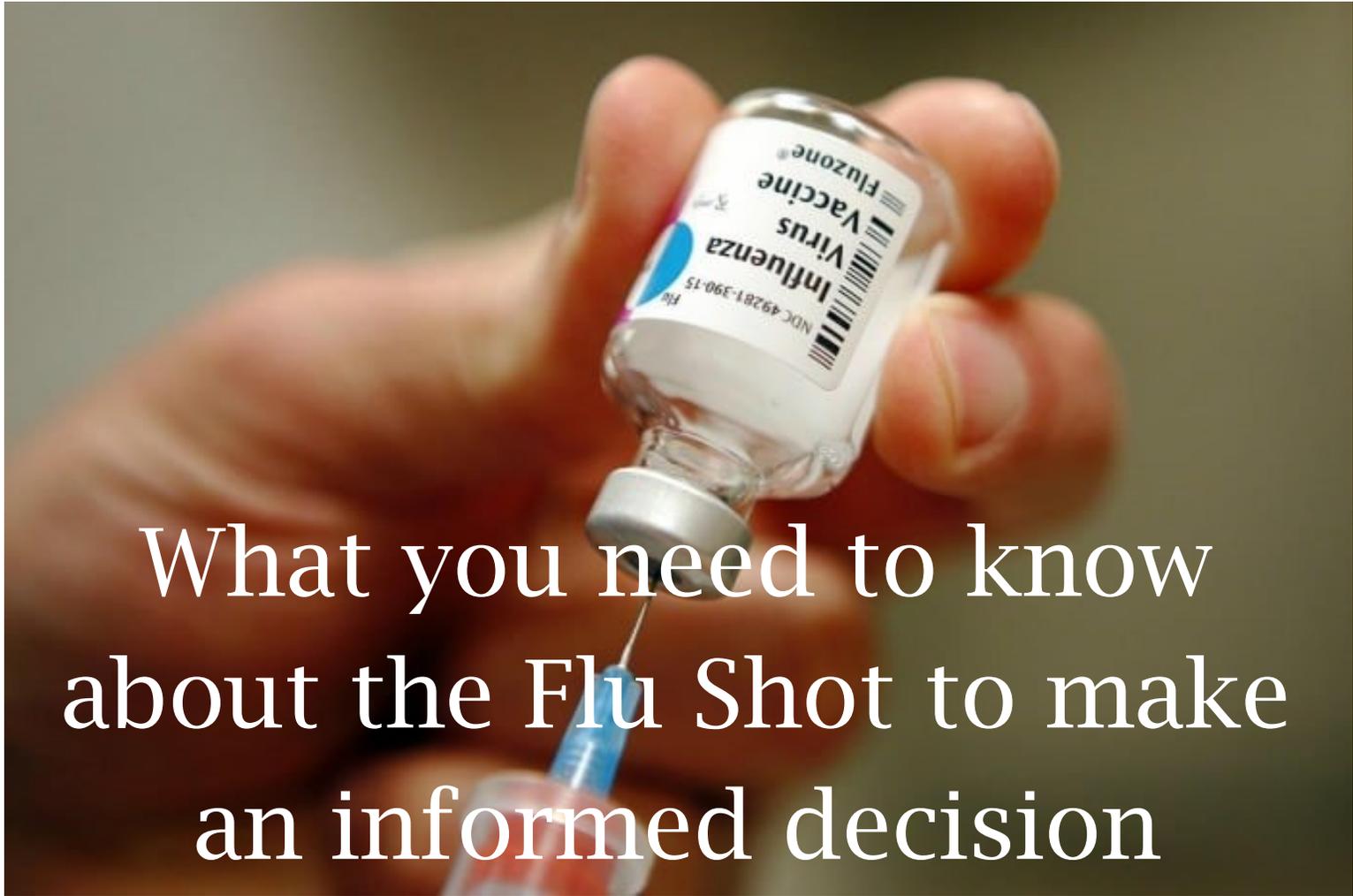
best cleaners to kill bad germs

Best Supplement Care Options



Blue Orchid Clinic

blueorchidclinic.org



What you need to know about the Flu Shot to make an informed decision

When flu season rolls around, suddenly signs start popping up pretty much everywhere - from the office to the local drug store- all advertising the benefits of getting a flu vaccine, so you don't come down with it. But then all the controversy comes to light too, stating that its not the best thing to do. So, which is right?

It's a controversial subject, but it's an important discussion to have so that you can educate yourself on some of the real hidden dangers, the myths, and the truth that comes with the flu shot. Let's take a look at the flu shot pros and cons, so that you can make an informed decision for yourself this year when flu season comes along.

Influenza 101

Before we get into the pros and cons, it's important to understand what exactly the flu is.

Influenza, better known as the flu, is a viral respiratory infection. Common symptoms include fatigue, fever, body aches, and chills.

For most healthy adults, a bout of the flu isn't serious. Recovery typically requires a little bed rest, hydration, homemade soup, and some medicine (homemade or store bought). But for young children, the elderly, pregnant women, or those who are immune compromised, the flu can be a little more serious of a problem and hospitalization is a must.

Regardless, the fact is that the majority of us - young and old - will weather the flu at one point or another and escape totally unscathed.

What is the Flu Vaccine?

The most common type of vaccine is egg-based. The Centers for Disease Control (CDC) provides private manufacturers with vaccine viruses, which are then injected into a hen's fertilized eggs. These eggs are incubated for a few days, allowing the virus to reproduce (1). Next, the fluid that contains the virus is collected from the eggs. The viruses are then killed and the antigen is purified for use in the flu shot.

Unfortunately, the flu virus is constantly changing. The CDC evaluates the data and tries to figure out which strains are most prevalent, which is what is used for the flu shot. This is why a new vaccine comes out every year and it's also the reason why it can be so hard for scientists to create a vaccination that works against all strains of influenza - it's always evolving.



1. Influenza can be deadly.

Best case scenario: the flu might cause a few sniffles and be a good excuse to stay home from work. Worst case scenario: the flu can be fatal.

One study estimated that influenza-related deaths in the United States ranged from between 3,000 to 49,000 annually between 1976-2007 (2). The 2014-15 influenza season spurred over 7,700 hospitalizations and nearly 600 deaths in Canada alone (3). It's worth noting that the majority of deaths from the flu are among those over the age of 65, but it can still be a serious illness nonetheless.

2. Most of us are affected by the flu at some point.

Up to 20 percent of Americans get the flu each year (4). Some studies have estimated that the typical adult over 30 will get the flu twice a decade (5). This means that most of us will be infected at least a few times in our lifetime. Though in most cases the flu isn't a serious problem, it is something that affects a pretty good portion of the population.

3. There are other options besides the needle.

Lots of people avoid flu shots altogether because the idea of getting stuck in the arm by a needle isn't exactly appealing.

However, if needles aren't your thing, you can also get vaccinated through the nasal spray. The nasal spray is approved for those ages 2 to 49 and has the same effectiveness as the shot. The guidelines are slightly stricter, though; the nasal spray is not recommended for pregnant women, people over 50, or those with a compromised immune system.

4. The flu can get pretty expensive.

When a wave of influenza hits, it can take a serious financial toll on businesses. The average worker misses between one to 10 days when the flu hits, stacking up to an overall economic impact of over \$87 billion annually (6).

That's why so many companies encourage employees to get vaccinated. Theoretically, it's good for their wallet to keep you flu-free and able to work. In fact, approximately 67% of employers with traditional health insurance benefits offered free flu shots for employees.

Meanwhile, if your employer doesn't offer them for free, a flu shot averages about \$25. When it actually works the way it's supposed to, that's a pretty small price to pay if it means escaping the flu virus. Meaning that you don't have to worry about your own financial stress of what missing work for even a week could do to you and your family.



1. The vaccine (probably) won't work.

One of the big problems with the flu vaccine is that it's far from an exact science. There are tons of different strains of the flu, and more pop up every single year. So how do we know which strains we should vaccinate against?

Short answer: we don't.

Basically, scientists collect a bunch of data and use it to essentially "guess" as to which strains are most likely to infect the most people. They take the top three or four strains and use them to create a vaccine. That might protect you against a few strains of the flu, but what if you catch one of the hundreds of other strains out there?

Unfortunately, your odds of being protected are pretty slim. In fact, 2017-2018 flu vaccine was just 36 percent effective. That means that even if you got the flu vaccine, there's a good chance you could catch the flu anyway (7). The track record for the vaccine hasn't been great in the past, either. In recent years, vaccine effectiveness has ranged from 10 percent in 2004-2005 to a high of 60 percent in 2010-2011 (7). Not exactly the best odds.

Here is a screenshot I took from the CDC website. (7)

To receive weekly email updates about Seasonal Flu, enter your email address:

What's this?

Submit

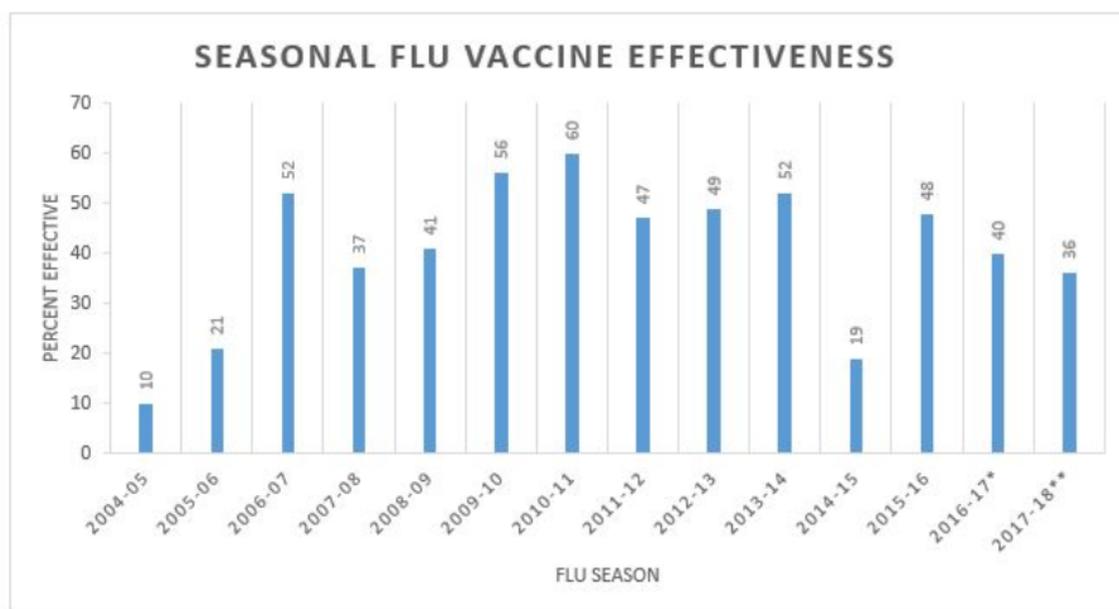
 [Archived Flu Emails](#)



Influenza Types

Seasonal

Figure. Effectiveness of Seasonal Flu Vaccines from the 2004-2018 Flu Seasons



2. There are negative side effects.

Most people who get the flu shot expect to be protected from getting sick, not to get even sicker as a result of it. After getting the vaccine, a few common side effects that you can expect include soreness, swelling, headache, nausea, muscle aches, and fever (8) after getting the shot. These are all pretty unpleasant, but mild compared to some of the other potential dangers.

Guillain-Barre Syndrome (GBS) is one of the scariest conditions that can occur as a result of the flu shot. This condition causes the immune system to attack the nerves, causing tingling and weakness in extremities, which can later develop into full-blown paralysis (9). The most terrifying part? There are reports every year of people developing GBS following the flu vaccine.

Another major concern is Alzheimer's Disease. Dr. Hugh Fudenberg, a renowned immunogeneticist with an impressive 850 papers published in peer-reviewed journals, conducted a study that concluded that getting five consecutive flu shots could increase the chance of developing Alzheimer's by ten-fold (10).

3. The flu shot contains dangerous ingredients.

Thimerosal is a preservative commonly used in flu vaccines and it's mercury-based. It's used in vaccines, like the flu shot, to keep bacteria from growing.

Exposure to mercury can be toxic and symptoms can range from vision loss to impaired speech. High doses of mercury have even been shown to cause the development of tumors in animal studies (11). (Meaning it causes developmental issues like Autism, ADD, Etc.)

There is supposed to be a Thimerosal Free one available upon request. So, don't forget to ask your doctor for it. (Not sure if covered by insurance, so you'll need to check.)

Small amounts of formaldehyde are also used in the flu shot. That's right - the chemical that is used in embalming is used in the flu vaccine to deactivate the virus. In 2011, the Department of Health and Human Services listed formaldehyde as a known human carcinogen, meaning it has been established that it causes cancer, yet it's still found in the flu vaccine (12).

4. It doesn't offer immediate protection.

After you get the flu shot, don't expect to be protected right away. In total, it can take the body up to four weeks to develop antibodies, meaning there's no immediate protection from the flu after vaccination.

And that's only if you're already totally healthy. If you already have the flu or have another illness with a fever, you can expect to tack on a few more weeks to your waiting time. Only those with mild illnesses and no fever have the green light to get the flu shot while sick.

Flu Shot Final Verdict

Now that you've seen these flu shot pros and cons, you can decide whether or not you want to get the vaccine this flu season. But regardless of whatever decision you make, there are plenty of other ways to stay safe this flu season.



Soap and Water vs. Hand Sanitizer

So, by now you should know that washing your hands is the perfect defense in the fight against bacteria. You're taught this at a young age, and for good reason. It Works!

Then, in the 1990s, hand sanitizers started to become popular. Suddenly, we had a quick, on-the-go way to banish germs. Since we were all really into getting things done fast by that time—and we were obsessed with being germ-free—it seemed the perfect solution. Germ-free hands in seconds.

I'm not going to waste your time and tell you why you should wash your hands and use hand sanitizer, especially during this time of year. We know they work so use them.

But... I really want to warn you about the chemicals that should not be in your soap and hand sanitizers that you need to look out for.

1. Soap: Look out for any form of Sulfate. If your soap has Sulfate in it then toss it out now! Sulfate is detrimental to your immune system and to your skin (causes rapid aging). (there are plenty of other toxin ingredients in soap & dish soap so you need to find a chemical free option.)

2. Hand Sanitizer: You do not need alcohol in your hand sanitizer, this doesn't make it more effective. So, toss it. Prolonged use of alcohol weakens your immune system and damages your skin (causes rapid aging & damages skin cells so that they can't heal themselves they way they were intended too).

NOTE: most store bought soaps and hand sanitizers will have these ingredients, so if you're looking for chemical free options you can visit our [Farmacy](#) to get your hands on the best options available that aren't going to be harmful to your and family.

Best Cleaners to Kill Bad Germs

Household cleaners are great at making your home sparkle and smell great. We all have our favorite brands that we like to use and all for various reason. But again, these cleaners have some hidden secrets.

They do a great job cleaning your home, but at what cost to your health?

I personally don't agree with cleaning companies having ingredients in there products that are harmful to your health at all. Especially, when the natural options do the same job they do.

Unfortunately, there are too many chemicals to name in cleaning products. But, I do have another PDF download on my website (that was emailed to you along with this PDF) called, "Guide to Harmful Ingredients," that has a good sized list in there for you.

Household cleaners are one of those things that we all need, especially around flu season. We use them to make sure we don't get sick and to keep us healthier. Recently there was a study done on the impact of cleaning products on women's lungs. The result was that it was as damaging as a 20-a-day cigarette habit (13).

Some household cleaners have a warning label that says that you must wear protective gear at all times while handling. Here is a picture of a bottle of Clorox that's caution says, if contact with skin that you need to rinse with water for 15-20 mins and call poison control for treatment



Every person that I treat has to fill out a questionnaire that asks them what cleaning products they use (and more). The reason being is that cleaning products cause so many health problems, and health problems leads to a weak immune system.

What I recommend is natural recipes for them to make at home, or a chemical free option that is ready to buy (again at our Farmacy). Here is my favorite recipe that also helps boost immunity.



Immune Support Cleaning Spray

Ingredients:

1/4 cup Vinegar

3/4 cup Water

10-15 drops Five Defense EO by Pure Haven

1 tsp Chemical Free Dish Soap

Directions:

Mix everything together in a glass spray bottle or mason jar spray bottle.

How to Protect Your Kids While They Are at School

So, one thing that you can't control is the toxic chemicals that schools choose to clean with (because the government does that for you). So how do you protect your kids from getting sick at school?

Here are a few ideas that I use that you are welcome to steal:

- Make extra of the Immune Support Cleaning Spray Recipe above and put the spray in small spray bottles for your child to take with to school to use on their desk. (Just write the school a letter saying that they need to do this for allergies and they should allow it.)
- Make the teacher the same bottle with a loving note about keeping them safe. Extra credit if you turn it into a basket with a bunch of different things they may like/want. (and give them a link to this pdf too!)
- Get extra of the alcohol free hand sanitizer for your kids school/lunch bags.

How to Protect Yourself While at Work

Your work probably hires a cleaning crew to clean up regularly, and you may not even know what they use. But, here are a few ideas to help:

- Do the same thing for yourself as option 1 and 3 above.
- Let your co-workers know that you keep these Flu Season Protection Tools in your desk or locker and they are welcome to borrow them.
- If your able to afford it, make small themed gift baskets with these "tools" in them too!

Best Supplement Care Options

for Flu Season & Immune System Support

This is honestly my favorite topic when it comes to caring for your body. You can find an alternative to any prescription medication in supplement care! I recommend to everyone supplement care options over prescription medication whenever possible (but, I always give people the option to choose which is best for them, especially when it comes to the cost).

I have some alternative options for your Immune System Support Care this flu season, that will actually save you money!



During Flu Season, Airborne's sales sky rocket because their immune system supplement is targeted to help with this problem.

In order for this product to work as advertised you have to take 3 tablets a day. That means you're only given a 3 day supply. So, this is **NOT** the best option for your care, or wallet.

The reason it is not the best option for your care, is that unless you have a vitamin C deficiency, you do not need that much vitamin C daily. Now if you're currently sick, it's not a bad option to have, but it's not my go to option.

talking about daily care that will help you avoid getting sick all together. So, this isn't the best way for you because it would cost you \$6 every 3 days to resupply. Even if you bought the 3 pack at \$13 it would only be a ten day supply. Not a money saver option (and I didn't include tax).

This is what I recommend for daily use during the flu season:



Echinacea
(only need
400mg
daily dose)



Garlic
(500mg
daily dose)



Ginger
(500mg
daily dose)

Echinacea provides antiviral action, garlic provides antibiotic action, and ginger provides analgesic and antibiotic effects. Together these provide the combined effects of all three ancient herbal remedies to combat viral or fungal infections.

NOTE: Echinacea should not be used by anyone with an autoimmune disorder (including Fibromyalgia). If you have inflammation or a stomach problem this may upset/worsen it.

I hyperlinked my finds on amazon for the best cheapest brand. Here is an overview of how much you would spend. Bonus, they are all non-gmo and gluten free options. Echinacea 180 day supply for \$12.04, Garlic is 100 day supply for \$8 (or 200 day supply for \$15), and Ginger is 100 day supply for \$8.40. Which brings your total to \$7.50 a month!!! Your total for a 6 month supply would be \$43.84. So, you can protect yourself this flu season for less than \$45.

What about Immune Support for the rest of the year?

Imagine if you spent the whole year making your immune system so strong that you didn't have to even worry about getting sick, even if someone with the flu sneezes or coughs on you?

When it comes to your immune system, I believe it is something that you should care for all year long. So, I wanted to share with you my personal routine to building a strong immune system.

Because, that question I just asked you can become reality, following this plan!

NOTE: If you have an autoimmune disorder (including Fibromyalgia) you need to start this plan ASAP, I noticed improvement with my condition in the first week doing this.



Step 1: Take 4 oz of ASEA daily.

Step 2: Take Juice Plus+ daily.

(fruit, veggie, berries, & omega)

Step 3: Get on with my LIFE!



Both ASEA and Juice Plus+ have over 50 health benefits!

The benefit of taking these products will be something you will feel and see. (I recommend getting bloodwork done before and after so you can see the benefits that you wouldn't feel.)

The benefits to your whole body, including your immune system, is a huge game changer. You can literally **Heal Your Body at the Cellular Level, Naturally!!**

As you age your body slows down, this is a fact of life. Your body's ability to make new cells slows down, your ability to remember where you put your keys goes somewhere

These are all normal things that comes with age. My favorite way to explain it is this: When a child scrapes their knee they can heal in a matter of a day or 2. But if grandpa got that same scrape it could take him a whole week. Why is that?

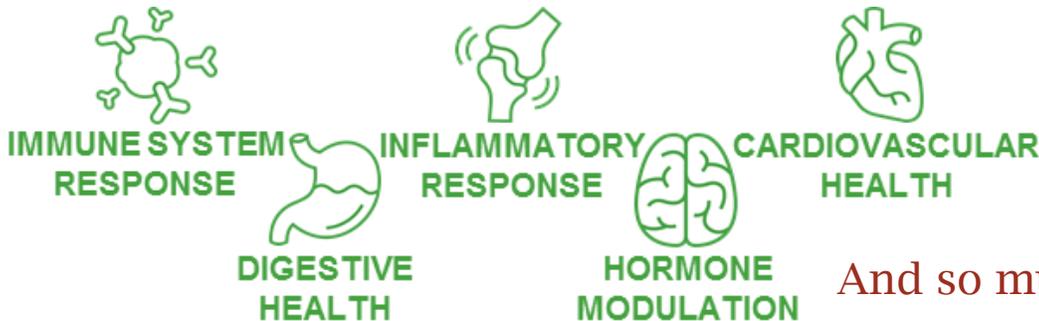
Well it all has to do with aging. As you get older so do your cells, and they can't keep up with the demand you put on it.

But, what if you could feed your cells what they need to get the healing done faster?

ASEA provides the message to your cells to heal & replicate at the optimal level they were intended too.

Juice Plus+ provides the whole food nutrition that your cells and body crave.

Together they work to improve



So, I'm sure you can see that this option will do more for you than just support your immune system. It is my favorite option, because it works, and helps with so many other things and conditions. You can visit BlueOrchidFarmacy.com for more information on both these products or...

If you have a specific condition or are taking other medications and want to make sure it's ok to take either supplement options (echinacea, garlic, & ginger or the ASEA and Juice plus+), then you can schedule a free consult with me using code **BESTIMMUNESYSTEM**

Note: The prescription medication you may be currently taking could be weakening your immune system. Double check with your doctor about this. Also, if you are drinking more than 1 alcoholic beverage a day you are lowering your immune systems ability to function properly and prolonged use will have devastating health effects.

THE IMMUNE SYSTEM

We owe it our lives!



Get healthy lifestyle tips, follow us
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**Learn How To
Heal Naturally
In 30 Days!**