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First, let's dispel some myths. There is no such thing as a flu season. The flu does not suddenly grow and bloom like a flower. The flu is a virus that is around all year long. The government in the form of county health departments starts tracking flu cases in the fall. The medical industry and pharmaceutical industry promote the use of flu shots to prevent flu. They offer vaccines that often are not even effective as they do not contain the killed flu strain that may be currently present; however, they always contain mercury.

Mercury is a dangerous neurotoxin that causes brain damage and increases dementia. Why is mercury in flu vaccines? There is no reason for it at all, so that is a question you can speculate upon.

A seasonal cleanse at the change of each season will help clear out accumulated toxins and boosts immunity and energy. *The Master Cleanse* lemonade diet has been around for many years and is one of my favorites.

The next step in preventing flu, especially through the fall and winter, is some dietary supplements. An apple a day really does help you to stay well and fall is the perfect time to take an apple a day. Stop the apples when they are no longer fresh and crisp. Eating seasonally is also helpful in this way.

Winter vegetables such as squash and pumpkin are wonder-

ful wellness foods.

At the first hint of illness, and I can't say this enough, don't wait until you are very ill. We all know when we start to feel off and this is when we must intervene and prevent the illness from going further. For 10 days take vitamin C, echinacea, zinc, vitamin B, vitamin E, 1 clove of garlic, and 1 tablespoon of apple cider vinegar. If you

If you have passed the first stages of illness take golden seal for 7 to 10 days, this will clear out your system. It does increase mucus production to help eliminate illness from your system.

Try to maintain some physical activity in all seasons. Keeping the

## RECIPE FOR THE MASTER CLEANSE

**8 oz. fresh-squeezed lemon juice**  
**1 tbsp. cayenne pepper**  
**4 oz. organic maple syrup**  
**50 oz. pure water**

*Mix all ingredients. Refrigerate. Drink 8 to 16 oz. per day until gone. Do this every 3 months.*



body moving helps maintain wellness. Daily doses of sunshine all year long provide vitamin D and increase serotonin production. Twenty minutes a day outside in the sun will not cause harm, and the most effective time is sunrise and sunset.

do this you will stop illness in its tracks be it bacterial or viral. Do not do this all the time. One of the mistakes people make is daily vitamin C; the body becomes tolerant of daily dosing and it is no longer effective.

Also, during periods when illness is more prevalent or when you are exposed to illness cook with lemon, garlic, and turmeric. These are all immune system boosters. Real lemonade is the perfect drink to maintain wellness. Another great combination is cinnamon and honey. These two will help you stay well and reduce inflammation and mucus.

Wellness does take some effort. However, in the short and long term, staying well is actually much easier than getting sick and trying to recover from illnesses over and over again. ■

*If you would like to comment, please do so at [PollingtonHealingInstitutePLLC.wordpress.com](http://PollingtonHealingInstitutePLLC.wordpress.com), or on Pollington Healing Institute's FaceBook page. E-mail Sue at [pollingtonhealinginstitutepllc@gmail.com](mailto:pollingtonhealinginstitutepllc@gmail.com), or call her at (406) 217-5222 (no texting please). Sue's ongoing classes are posted on Facebook and in our Directory on page 41.*

# 10 Reasons Why Flu Shots Are More Dangerous than the Flu!

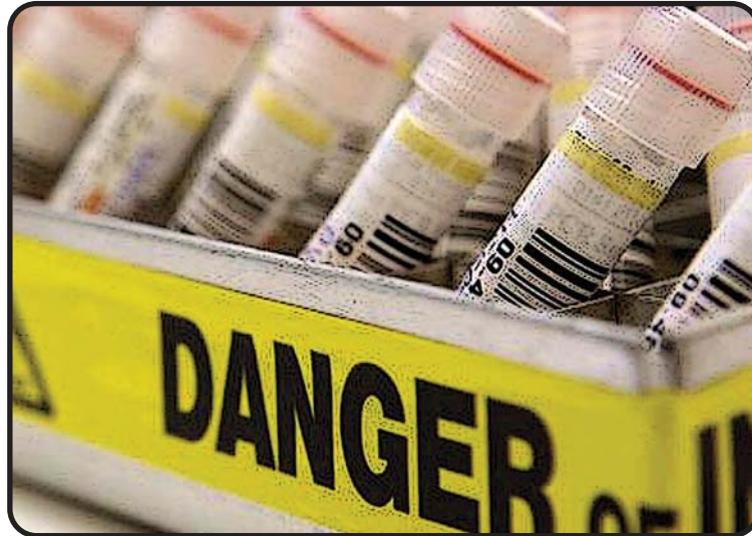
*BeWellBuzz.com & UndergroundHealth.com*

**I**s the verdict out on flu shots? Many medical experts now agree it is more important to protect yourself and your family from the flu vaccine than the flu itself. Let's take a look at ten reasons behind this verdict:

**1)** There is a total lack of real evidence that young children even benefit from flu shots. A systematic review of 51 studies involving 260,000 children age 6 to 23 months found no evidence that the flu vaccine is any more effective than a placebo. Also the shots are only able to protect against certain strains of the virus, which means that if you come into contact with a different strain of virus you will still get the flu.

**2)** Medical journals have published thousands of articles revealing that injecting vaccines can actually lead to serious health problems including harmful immunological responses and a host of other infections. This further increases the body's susceptibility to the diseases that the vaccine was supposed to protect against.

**3)** Ever notice how vaccinated children, within days or a few weeks, develop runny noses, pneumonia, ear infections and bronchitis? The reason is the flu virus introduced in their bodies,



which creates these symptoms. It also indicates immunosuppression, i.e., lowering of the immunity. The flu vaccines actually do not immunize but sensitize the body against the virus.

**4)** It's a known fact that flu vaccines contain strains of the flu virus along with other ingredients. Now think about the impact such a vaccine can have over someone with a suppressed immune system. If you have a disease that is already lowering your body's ability to fight a virus, taking the flu shot will put your body in danger of getting the full effects of the flu and make you more susceptible to pneumonia and other contagious diseases.

**5)** The flu vaccines contain mercury, a heavy metal known to be hazardous to human health. The amount of mercury contained in a multi-dose flu shot is much higher than the maximum allowable daily exposure limit. Mercury toxicity can cause memory loss, depression, ADD, oral

health problems, digestive imbalances, respiratory problems, cardiovascular diseases and many more such serious health ailments.

**W**hat about the elderly? Can the flu vaccine help them?

**6)** There is mounting evidence that flu shots can cause Alzheimer's disease. One report shows that people who received the flu vaccine each year for 3 to 5 years had a tenfold greater chance of developing Alzheimer's disease than people who did not have any flu shots. Also with age the immune system weakens, thus lowering your ability to fight off infections. Introducing the flu virus in the bodies of the elderly could have dangerous consequences.

**C**an we trust the authorities that are promoting the widespread use of flu vaccines?

**7)** The Center for Disease Control appoints a 15-member Advisory Committee on Immunization Practices (ACIP). This committee is responsible for deciding who should be vaccinated each year. Almost all the ACIP have a financial interest in immunizations. It's all about the money and may have very little to do

with your health and well-being. The very people pushing these vaccines stand to make billions of dollars. This in itself creates a doubt about how effective these flu vaccines really are.

8) Research shows that over-use of the flu vaccine and drugs like Tamiflu and Relenza can actually alter flu viruses and cause them to mutate into a more deadly strain. Couple this with drug resistant strains and you have virtually no benefits with much risk.

9) There is enough evidence that shows that the ingredients present in the flu vaccinations can actually cause serious neurological disorders. In the 1976 Swine Flu outbreak, many who got the flu shots developed permanent nerve damage. Flu vaccines can contain many harmful materials including detergent, mercury, formaldehyde, and strains of live flu virus. Is this what you want to put in YOUR body?

10) Trying to guess what strain to vaccinate against each season has proved to be no more effective than a guessing game. This has been very true in recent years with the H1N1 strain. Moreover, getting multi-shots will only prove more dangerous as different strains of viruses and harmful ingredients are introduced into your body.

Flu shots are indeed more dangerous than you think, and it is best to rely on natural ways to protect against the flu rather than getting yourself vaccinated.

Isn't it interesting that the mainstream public-health officials never promote the various proven ways to avoid the flu

other than through vaccination? How about spending some of the billions of advertising dollars teaching us natural ways to boost our immune systems and avoid the flu without harmful and sometimes deadly vaccinations?



BeWellBuzz.com's resident nutritionist **Shawn Stevenson** chimes in on the flu vaccine and give you some REAL, NATURAL alternatives to the flu shot. Use this link to learn **Immune Boosting Secrets**: <http://www.bewellbuzz.com/podcast/immune-boosting-secrets/>

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# Cold & Flu Recipes

Kelly Needs  
Owner of Mountain Dragon Herbs



Autumn is upon us, and in the mountains, winter will arrive early, so let's be prepared. My thoughts turn to planting garlic, harvesting the last of my herbs, and making elderberry syrup.

While many readers may be familiar with elderberry syrup, I would like to provide a recipe that includes a few other helpful herbs for fighting colds and the flu. Elderberry, fresh or dried, helps our cells be more resistant to viral invasion, and can shorten the recovery time of both colds and flus. The additions of astragalus, an immune tonic, and echinacea, an immune stimulant, make this syrup a good preventative and also useful for acute symptoms.

Another recipe I will be getting together is a tea I have successfully defeated the flu with in multiple instances. This tea is horrible tasting, being extremely bitter, but seems to stop the flu dead in its tracks, especially if used in the beginning stages before high fever sets in. Boneset is a specific herb for bone-aching

fevers.

Lastly, I want to share a cold and flu recipe that we drink at the first sign of illness. Safe for kids and adults, it is great for clearing the sinuses and keeping the immune system at its best. As always, taking herbs is going to be the most helpful when you take them at the first sniffle or sneeze. ■



## Elderberry Syrup

2 ounces dried **elderberries**,  
or 1 oz fresh elderberries  
2 quarts fresh/filtered water  
1/2 ounce **astragalus**  
1/2 ounce **echinacea**  
1/4 ounce **cinnamon sticks**  
1/4 ounce **ginger root**  
(dried or fresh)

Combine all herbs in a large pot with water and simmer gently until reduced by half (approx. 1 quart). Let steep another 1/2 hour while it cools. Strain out herbs and use them again for tea, or compost. Take strong decoction and reduce further to 1 pint. Add between 1 and 2 cups of **glycerine** or **honey**. Bottle. If using less sweetener, definitely refrigerate. Two drops of **lemon essential oil** is an amazing addition.

## Flu Tea

1 ounce dried **boneset**  
1 ounce dried **blue vervain**  
1 ounce dried **agrimony**



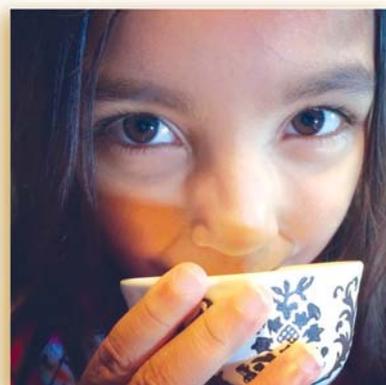
**boneset**      **blue vervain**      **agrimony**

Combine all three ounces with 1 quart just boiled water. Let steep 1 hour. Strain out herbs. Drink 3 tablespoons to 1/4 cup per hour, sweetened. Yes, it does taste gross, but you will thank me later! :)

## Cold & Flu Tea

that Tastes Good Enough for Kids!

1 ounce dried **lemon balm**  
1 ounce dried **yarrow**  
1 ounce dried **marjoram**,  
**sage** or **rosemary**  
1 ounce dried **tulsi basil**  
1 ounce dried **catnip**  
1 ounce dried **elderberry flowers**  
1 ounce dried **mint leaves**



Make up a huge batch to last the winter, but you could certainly reduce the amounts. The tea gets more bitter and potent the longer you steep it, so go for 10-to-15 minutes for kids, and up to an hour for a real medicinal tea. Steep covered so all those essential oils don't escape.

Follow Kelly on Facebook: Mountain Dragon Herbs. Thanks to MeadowSweet Herbs, Missoula.