



Protect yourself during Cold and Flu Season Without a Flu Shot

Why You Shouldn't Get the Flu Shot

Flu season is here! But before you line up to get your flu shot, you might want to consider the risks as well as the efficacy of this vaccination.

What's in the flu shot? In June 2014, Mike Adams of Natural News tested the flu vaccine and found that it contained dangerous levels of mercury. In fact, he found that **the mercury content was 5,000 times higher than EPA limit for water**. It is common knowledge that mercury is a toxic substance, and exposure can lead to a number of diseases and health problems. Even the CDC (Center for Disease Control) admits that any amount of mercury can be hazardous to humans.

Given the heavy metal content, the **astronomical reports of adverse reactions** make sense. As of 2013, the Federal Adverse Events Reporting System has received 93,000 reports of reactions, hospitalizations, injuries and deaths following flu vaccinations. This includes 1,080 deaths, 8,888 hospitalizations and 1,811 related disabilities.

Another important consideration is that, unlike natural remedies, vaccines don't boost overall immunity. According to Dr. Joseph Mercola, "**ALL vaccines are immune suppressing**, meaning they affect immune function for a period of time, but can leave people more susceptible to coming down with a viral or bacterial infection later on." In other words, while a flu shot may protect you from one specific type of flu, but it will weaken your overall immunity making you more susceptible to other strains and diseases.

As for the issue of efficacy, there is much debate over exactly how effective the flu shot is. Some studies (all sponsored by pharmaceutical companies) show effectiveness at 60% where as other independent studies put numbers as low as 9%. Honestly, even if vaccines are 60% effective (which seems unlikely given the source of these studies), it doesn't seem worth the risk when there are safe, natural alternatives to staying healthy.

The Right Way to Handle Cold and Flu Season

The key to avoiding the flu isn't getting a shot; it's having a strong immune system. Fortunately, there are many natural products that can boost your immune system so you can avoid or quickly overcome illness. If getting sick isn't on your Christmas list this season, you might want to consider checking out some of the below immune-enhancing products.

BetaSupreme is one of the most powerful natural immune support products on the market. Betammune is an immune modulator also known as Beta-1,3/1,6-D-Glucan, or simply, Beta Glucan. This immune modulator supports white blood cell production, white blood cell's ability to produce antibodies and supports the white blood cell's ability to attack deleterious invaders. Unlike vaccinations, it can help protect you from toxins rather than adding them into your system.

Veramannan is Beta-1,4-Acetylated Glycomannan (AG) which is derived from the gel of the leaf of the Aloe Barbadensis Miller Plant. Numerous scientific studies have substantiated that Beta-1,4-acetylated glycomannan bolsters immune system, stimulates phagocytosis, stimulates antibody formation, increases phagocytic function of white blood cells in bronchial asthmatic patients, and exhibits antiviral activity, In other words, Vermannan is the perfect product help defend you from foreign invaders, like the flu this season.

Colliodial Silver is a well-known immune system boosting product in the natural community. If you have a hard time swallowing capsules, this product is perfect for you since it comes in liquid form. Colliodial silver is virtually tasteless and easy to swallow. It is a perfect flu prevention product for the whole family.

Vitamin D is excellent cold and flu-fighter! A 2010, study showed that school children taking vitamin D reduced their risk of contracting the flu by 42% (<http://www.ncbi.nlm.nih.gov/pubmed/20219962>). Furthermore, a large-scale study conducted by Dr. John Cannell, showed that people with vitamin deficiency are more likely to have a cold or flu. Since most Americans are not getting enough vitamin D, this is important vitamin for everyone to take.

One World Whey is a super food! Udenaturated whey protein is the perfect source of glutathione. In today's toxic world, glutathione production is vital. Glutathione detoxifies the body, and protects you from radiation, chemicals, and environmental pollutants. It also helps to boost the immune system naturally. Unlike glutathione supplements which interfere with your body's own glutathione production, One World Whey supports glutathione production naturally.

