

FLU SHOTS DO NOT PREVENT PNEUMONIA

If you have been a reader of my previous articles this Fall Issue will be of great interest to you on how I feel about flu shots for the general public. I am against them, and I will explain why.

Naturally, if you are an older American, your doctor will promote the shot by telling you it helps prevent pneumonia. In all likelihood, your doctor actually believes this. And why not?

It is in the **medical literature**— that huge library that contains some facts, lots of medical misinformation, even more manipulated data, and plenty of outright lies.

The **facts** regarding flu shots and pneumonia are, however, somewhat different. Flu shots **do not lower the risk for pneumonia**, whether you get the shot before, during, or after the flu season.

But the medical literature reports the **unadjusted analyses** of flu shots that show what the drug companies want to show—that flu shots lower the risk of pneumonia by 40%.

That wouldn't be bad if it were true. Even with the risk of side- effects (including dramatic and sometimes permanent neurological side- effects), if you were older and prone to pneumonia, it might be a good bet to receive a flu shot. But the only analyses that mean anything are the ones most often not reported in the medical literature—the **adjusted analyses**.

The adjusted analyses provide the real numbers, adjusted for a wide range of chronic diseases and other impairments among the patients. And in 2008, adjusted analyses finally did get reported in *The Lancet* (2008, Aug. 2; 372:352 and 372: 398).

These numbers, which debunk the advise from most physicians, are based on flu and pneumonia statistics during the years 2001, 2002, and 2003.

During these years the flu vaccines were actually well- matched and somewhat effective against the flu strains. (As you may know, the flu vaccine for the 2007 – 2008 season was a complete bust, with almost no match at all.)

Best yet, these researchers studied flu shot and pneumonia relationships in both hospitalized patients and outpatients. The result: The same number of people who got flu shots versus those who did not also came down with pneumonia. So when your doctor insists that you get a flu shot because it will protect you from pneumonia, refer him or her to this article of Dr. Weston's or *The Lancet*

Natural Protection

This year, use natural immunity to protect yourself from the flu. Use immune-boosting phytonutrient supplements to keep you healthy. At our clinic we have many options to address this with a variety of products and protocols. In addition, if you are more prone than most people to colds, flu, bronchitis, and pneumonia, talk to Dr. Weston about Standard Process protocols. They will help stop your cold or flu in its tracks, or at the very least, lessen the severity and length of the infection.

We also have chewable products for toddlers and kids from a cold or flu. This alone can save your kids and grandkids from exposure to antibiotics, which are often useless and always carry harmful side-effects.

There are natural treatments that embrace and enhance your body's own immunity to **every strain of flu**—no matter what the virus/flu shot match is for 2008-2009 and subsequent flu seasons. It is easy, inexpensive, and 100% safe—without risk of crippling side-effects. Now that is the way to go.

Thank You,

Dr. F. James Weston