



INFLUENZA - genuine danger or hysteria?

Viral Infections explained by a Practitioner of Natural Medicine

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Historical Development

The term “epidemic“ is used when a large number of people are affected by an infectious illness within a short space of time. By definition these illnesses are caused by infective agents (viruses or bacteria). Frequently the word “epidemic“ makes people imagine that these illnesses are dangerous, or that many individuals will become seriously or even fatally ill from them.

Pandemics exceed the local distribution parameters of an epidemic, although in most cases they spread more slowly.

Epidemics have existed for as long as medical records have been kept: *the plague, leprosy*, and so on. During the last century and the century-before-last we saw a pandemic distribution of *tuberculosis*, also known as “consumption“ or “the English disease“.

During the last century there were several occurrences of viral epidemics and pandemics: in the years 1917-1919 there was the so-called “English flu“, from which about 50,000 people died across Europe. In the years 1946-1953 a pandemic of *Infantile Paralysis* (Poliomyelitis) raged in Europe and many people fell victim to it. It resulted in permanent damage or fatal complications in thousands of children.

As a result of the collective experience of these serious epidemics people understandably have a manifest or underlying fear of falling prey to such illnesses themselves. With increasing frequency this fear is knowingly fed by the promulgation of danger

warnings regarding “new diseases“ and possible pandemics. Whether this happens deliberately as a result of economic interests or out of ignorance is a matter for debate.

Unfortunately people who live in these times are increasingly encouraged to believe that it is not up to them, but rather to the powers that be, or some other authority, to gain the upper hand over such dangers. The individual’s personal responsibility is receding ever further into the background. Instead we are becoming attuned to put up with, and to comply obediently with, certain measures which are laid down for “preventive“ purposes: whether it is the confining of poultry indoors, forcing them into a way of life which is even more unnatural, or the extermination of thousands of cattle because of foot-and-mouth disease, or the chlorination of drinking water, which does more harm than good. These are just a few examples.

For decades we have seen annual *flu* epidemics, with new strains of the virus occurring each year in most cases. Many people become ill, and every year some die, frequently the elderly or the frail.

Probably the pandemic with the most serious consequences is that of *HIV* or *AIDS*. Particularly in the poor countries of Africa this is having devastating consequences and claiming millions of victims.

Another lesser-known epidemic is that of *Hepatitis C*, a viral disease which is occurring with increasing frequency in all countries.

If we scrutinise these and other recent epidemics, the following points can be established:

- Viral diseases are on the increase; practically all recent pandemics are of a viral nature.
- Bacterial diseases are losing their terror and significance. Bacterial epidemics such as *scarlet fever*, *syphilis*, and *tuberculosis* now hardly exist in the western world, and their severity is considerably reduced.
- Significant viral pandemics and epidemics have always occurred when the populace was tremendously weakened for other reasons: e.g. in England, France and Germany following the dreadful first world war (1914-1918), or *tuberculosis* and *poliomyelitis* etc. following the second world war.
- HIV and AIDS are rampant in the poorest countries, and there frequently among those suffering from malnutrition.
- The degree of severity of the illness depends primarily on the resistance of the infected individual.
- In far eastern countries, South America and Africa there are endemic diseases which do not spread among us when they are introduced. This is so because the average “internal milieu“ of Europeans is different and does not offer the virus the same possibilities for spreading.
- **Far from all the people infected with a given virus exhibit disease symptoms.**
- Viral diseases tend to break out in people with a weak immune system. The state of the body’s defences is determined by intestinal bacteria and mucosa which are intact (80% of lymphocytes are found in the intestinal wall).



- If we examine the intestinal flora of people susceptible to infections, then in practically EVERY case we can establish a massive decrease in the intestinal bacteria so necessary for life, especially where Bifido-, Bacteroides- and Lactophilus-bacteria are concerned. Whenever these intestinal flora are built up as the result of a change in diet, the person concerned is much less susceptible to infections, and that applies particularly to children.

Thus we see that the most noteworthy fact is, that not nearly everyone who is infected gets the disease. This proves to us that it is never the virus alone which results in illness. The co-factors have a much more important part to play. In holistic medicine these co-factors are known as “the internal milieu“. Orthodox medicine makes a vague connection between the fact of resistance to specific diseases and the “immune system“.

The “Internal Milieu“

A person’s “internal milieu“ (i.e. internal environment) and therefore their power of resistance, depends on the following co-factors:

- Nutrition
- The acid-alkaline balance (too much acidity has a deleterious effect on the power of resistance)
- The intake of vitamins and trace elements
- Heavy metal burden (this encourages the spread of viruses and fungal diseases, and also damages the intestinal flora)
- The mental-emotional situation
- Life-style and exposure to noxious

factors, such as electromagnetic pollution

Regarding the annual flu, we know that everybody, almost without exception, gets infected, but that only a very few become seriously ill. This was also the case with tuberculosis.

Opinions differ regarding the effect of inoculations. For instance we know that the terrible surge of poliomyelitis did not recede as a result of the polio vaccine, discovered in 1952 and widely introduced from 1956, but that the incidence of the disease peaked four years BEFORE inoculation was introduced. Not only this, but despite inoculation the incidence of cases only decreased at the same rate as may be anticipated in any epidemic without inoculation.

It is not my intention here to speak out against inoculation, but merely to remind readers that there are other factors which permit a virus to appear on the scene, and also that there are other factors which determine whether and how badly a person falls ill from it.

Reading the newspaper reports regarding the potential danger of flu, and of avian flu in particular, the holistic therapist will look in vain for any tips as to what people themselves can do to avoid becoming ill.

Inoculations and medicines may well have an effect. However, they also lead us into a kind of fatalistic passivity: the Nanny State has enough influenza medication and offers you an injection at the earliest possible opportunity. Of course, the feathered friends must be shut away in sheds, alien to their nature,

so that the nasty, horrid virus cannot infect them! What a passive - and above all mechanistic - attitude!

It is not possible for a virus to spread pandemically, and certainly not epidemically, on an annual basis if the people have a healthy “internal milieu“. People’s actual protection lies in the totality of their powers of defence.

So far as this is concerned, the most important factors are:

- the integrity of their intestinal flora: the symbiotic intestinal flora constitutes a carpet-like lining for the intestinal mucosa, protecting it from colonisation by the wrong kind of bacteria, or viruses. Should it become infested, it must be built up purposefully through proper nutrition and the avoidance of foods which have an allergenic effect. Preservatives in food should also be avoided, since they can damage the healthy intestinal flora.
- the white corpuscles: their activity determines whether or not viruses and bacteria can access the interior of the body via the gut wall and multiply there. The defensive action of the white corpuscles (granulocytes and lymphocytes) is blocked, however, by toxic materials and especially by heavy metals.
- the integrity of the intestinal mucosa: in this case too food allergens are the worst enemies of the gut. What is particularly insidious is the fact that in most cases these are not recognised by the patient. However, there are some very good blood tests to identify these allergens. In over 90% of all people who present



with a damaged gut and a disordered immune system, it is possible to diagnose a hypersensitivity to dairy products, nuts or wheat; hen's eggs are somewhat better tolerated. This means that such products should only be used in small quantities. There are specific tests which establish the state of health of the gut, and also any allergies. One is repeatedly astonished to observe how rapidly the susceptibility to infections disappears when the right food is eaten and the "internal milieu" is built up.

From all of this it should be clear that preventative measures against viral and bacterial illnesses need to target the white blood cells, the internal milieu, the nutrition and the intestinal flora. Thus there is a great deal that one can do oneself to avoid the occurrence of viral infections.

Oral influenza prophylaxis

The Paracelsus Clinic in Lustmühle, Switzerland, offers a combination of homeopathic and isopathic

remedies, plus immunobiological remedies from the SANUM company, for prophylaxis and for stimulation of the white blood cells (see Table 1).

We advise against the use of the conventional flu injection, since in several previous years it has not "hit" the right virus, apart from which it has not been possible to prove that it works, particularly in the population groups at risk.

The Paracelsus "Flu Inoculation" (i.m. injection for protection against infection)

We recommend this injection to our patients, rather than the actual flu inoculation with three injections at monthly intervals, beginning in late autumn. This is the time when patients come to us, having been made to feel vulnerable by the flu injection propaganda.

We explain to the patients that this is not the actual injection "against" the flu virus, but that, by means of this measure, their overall defence against viruses will be enhanced (see Table 2).

Influenza Treatment

If the patient is already ill, then the course of the illness can be positively influenced. We recommend the following fundamental measures:

- A diet free of dairy products (if possible, free of any animal protein), until the illness has passed. (Chinese medicine: "Milk clogs the lymphatics, produces mucus and makes the body cold"); possibly a fast for 2-3 days.
- Strict avoidance of any sugar.
- Only warm drinks, 3-4 litres a day, especially lime-blossom infusion with lemon and honey (which promotes perspiration and detoxification), initially not much chamomile tea; sage tea, blended tea for colds.
- Warm baths, temperature gradually increasing / hot baths to promote heavy perspiration.

Additionally the patient should be directed not to do anything to reduce a fever which does not exceed 40°C, since this encourages healing.

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| <ul style="list-style-type: none">- UTILIN 4X and LATENSIN 4X (stimulation of leucocytes by bacterial preparations which are not pathogenic in humans), one capsule weekly in alternating weeks, for 2-3 months.- For children, UTILIN 6X and LATENSIN 6X drops, 2 drops on alternating days.- Trace elements, particularly Zinc (2 tabs. Zinkvilal by Burgerstein, or ZINKOKEHL 3X, 10 drops each evening) and possibly Selenium (1-2 tabs. Selenvital by Burgerstein or SELENOKEHL 4X, 10 drops each morning).- Alen or Anti Ox de Tox (Burgerstein), 1-2 capsules daily.- Vitamin C, 1-2g daily.- Building up the intestinal flora by dietary change, and administration of SANKOMBI 5X drops, 8 drops twice daily for monthly. These can be taken nasally and orally.- REBAS 4X caps., 1 twice daily for a few weeks. This strengthens the lymphocytic system.- RELIVORA complex drops, 20 drops twice daily (Echinacea/Juglans/Drosera). |
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Table 1: Prophylactic medicines against viral and bacterial infections

- Interferon Injeel 1 Amp. (obtainable from the Paracelsus Clinic)
- UTILIN 6X, 1 ampoule
- Influenza nosode Injeel, 1 ampoule (Heel)
- Engystol N Amp., 1 ampoule (Heel)
- Ubiquinone comp., 1 ampoule (Heel)
- VITAMIN B KOMPLEX SANUM N, 1 ampoule
- all together i.m., once every day 2-4 weeks, 3 times in total

Table 2: The Paracelsus “Flu Inoculation“

- Combination remedy RELIVORA complex drops, or EPISCORIT, or Echinacea drops (by Alcea in Germany or Ceres in Switzerland), 5 drops 3 times daily.
- REBAS 4X caps., 2-3 times daily break open 1 capsule and squeeze the contents into the mouth, mix with salvia and hold in mouth for some time before swallowing.
- QUENTAKEHL 5X drops, possibly also NOTAKEHL 5X drops, in an acute case 8 drops to be taken 3 times over about a week; additionally, several times a day a few QUENTAKEHL or NOTAKEHL drops to be sniffed up the nose.
- In the event of headache or pains in the limbs, suck Traumeel tablets (Heel) or Gripp Heel tablets, one tablet 6-8 times a day.
- Engystol tablets (Heel), 1 to be sucked 4-6 times a day, or Euphoribum nasal spray (Heel), 12 squirts on several occasions.
- Neural Therapy on the tonsils, e.g. using Echinacea comp. and Tonsilla comp., if very swollen use additionally Lymphomyosot and FORMASAN ampoules.
- ALKALA N, $\frac{1}{4}$ - $\frac{1}{3}$ measuring spoon hot water.
- The only orthodox medicine we recommend, in the case of severe pains/headache is the very well tried and tested Aspegic 500 (children 250mg.), one 1-3 times a day (Acetylsalicylic acid = Aspirin).

Table 3: Paracelsus treatment plan for acute influenza or colds.

By way of therapeutic measures, we prescribe:

- Remedies produced by the SANUM company (isopathics and immunobiologicals)
- Organ remedies which stimulate the lymphocytes (e.g. Peyer’s patches, in the form of REBAS)

- Preparations of Echinacea (e.g. EPISCORIT or Echinacea mother tincture drops by Alcea, 5 drops 3-4 times daily)
- Vitamin C, 1-3g. daily in the morning, Selenium 150mg and Zinc 30mg in the evening.

Local symptoms of the viral illnesses in question may necessitate

additional individual treatment by the practitioner.

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