

# How can I avoid the flu?

Another influenza season is beginning, and the U.S. Center for Disease Control and Prevention (CDC) will strongly urge Americans to get a flu shot.

But a recent study published in the October issue of the *Archives of Pediatric & Adolescent Medicine* found that vaccinating young children against the flu appeared to have *no impact* on flu-related hospitalizations or doctor visits during two recent flu seasons. In fact, the researchers concluded that "**significant influenza vaccine effectiveness could not be demonstrated for any season, age, or setting**" examined.

There is some evidence that flu shots cause Alzheimer's disease, most likely as a result of combining mercury with aluminum and formaldehyde. Mercury in vaccines has also been implicated as a cause of autism.

Three other serious adverse reactions to the flu vaccine are joint inflammation and arthritis, anaphylactic shock (and other life-threatening allergic reactions), and Guillain-Barré syndrome, a paralytic autoimmune disease.

One credible hypothesis that explains the seasonal nature of flu is that **influenza is a vitamin D deficiency disease**.

Vitamin D levels in your blood fall to their lowest point during flu seasons. Unable to be protected by the body's own antibiotics (antimicrobial peptides) that are released by vitamin D, a person with a low vitamin D blood level is more vulnerable to contracting colds, influenza, and other respiratory infections.

Call 515-278-YOST for more information or to purchase vitamin D.