

Randall Neustaedter

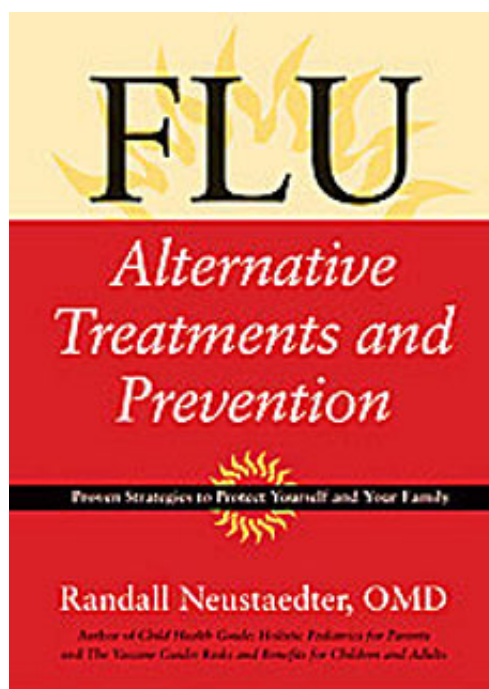
Flu Alternative Treatments and Prevention

Reading excerpt

[Flu Alternative Treatments and Prevention](#)

of [Randall Neustaedter](#)

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Symptoms

You've probably had the flu sometime in the past and know how it feels from personal experience. In case you have forgotten the feeling, here are the typical symptoms. A day or two after exposure to someone with the flu, you feel a bit out of sorts for a day. Then the next day or that night, you are knocked flat with unmistakable muscle aching, chills, a dreadful headache, and dry cough. You languish in bed, taking painkillers for the headache, drinking fluids, and waiting for the ordeal to end. In a few days it does. You have lost a few pounds and five days of work. You feel weak for another four days, then after ten to fourteen days back to normal. If you are lucky. Some people develop pneumonia, the most common complication of the flu. Since the pneumonia is usually viral, antibiotics are useless. Sometimes people will recover from the flu and then another high fever develops with typical pneumonia symptoms of coughing, chest tightness, difficulty breathing, and weakness. This secondary infection is often bacterial. Deaths typically occur as a result of pneumonia.

IT'S JUST THE FLU - HOW BAD CAN IT GET?

Sarah woke at 6:00 a.m. on Tuesday morning with a

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scratchy sore throat. She prepared her children's lunches, and then put a pot of oatmeal on for their breakfast. Her husband had left earlier that morning for a short business trip. By the time Karen dropped the children off at school, she could feel the telltale signs of a fever, the light head, the faint flush of a cold sweat, and a tight, nagging ache in her shoulders. I don't have time for this today, she thought. By the time she arrived at her own office, she began to wonder if she would make it through the day. Her vision was swimming and a dull pounding had begun in her temples. Fortunately, she kept a bottle of aspirin in her desk, but by the time her supervisor stopped in to say hello at ten, her slumped posture and glazed eyes prompted him to send her home. He could ill afford to have the entire office infected.

She arrived home at noon, barely able to climb the stairs to her bed. Perhaps a short nap would revive her. As she climbed into bed, she ignored her clothing, grateful for the warmth of the comforter that might alleviate the shaking chills that overtook her. Despite the pounding pressure in her head, she eventually fell asleep. By the time the children came home from school, she could barely control the coughing fits that would rack her body, each paroxysm of cough causing a searing pain through her chest. And the fullness in her chest, the copious secretion of mucus coughed

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from her lungs, did worry her when she had a few moments of coherent thought.

Her oldest daughter, Josie, was capable enough to fix dinner for the younger children and get them to bed. Josie asked her mother if she should contact the family doctor. "I'll go see him tomorrow," Sarah assured her daughter.

That night Karen slept fitfully between coughing spells. A nosebleed proved peculiarly difficult to stop. Her breathing came in gasps with bands of steel binding her chest and a burning rawness in her air passages. At 11:00 she woke from a frightening dream of swimming against a current, unable to keep her head above the waves. She reached for the light, alarmed at all the wetness. The pillows and bedclothes were soaked and red. Horrified and confused, she could not remember where she was or what to do. Without strength or will, getting herself out of bed was not even a consideration.

Time of death, 2:00 a.m., October 8, 1918.

During the month of October 1918 in America, 195,000 people died of the flu, many of them within eighteen hours of disease onset. The worldwide flu pandemic claimed an estimated 40 million lives. No one knows exactly why that particular virus was so deadly, but the gruesome descrip-

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tions of cases rival any medical accounts of the Black plague, smallpox, or ebola virus. Physicians described patients who literally bled to death before their eyes in 1918, spurting blood from nosebleeds, oozing blood from the eyes or ears, and hemorrhaging from the lungs, intestines, and uterus. Pneumonia usually began within a day or two after exposure, followed by high fever and convulsions. The lungs were literally destroyed and laid waste by the flu bug. The skin turned purple prior to death from lack of oxygen in the bloodstream, a certain sign of impending doom. The total death toll from the flu in America in 1918-1919 was 675,000, a proportion of the population that in the current era would total 1,750,000. Despite these dire scenarios, homeopathic physicians had tremendous success in treating the 1918 flu and remarkably reduced fatalities compared to their conventional colleagues (see page 34).

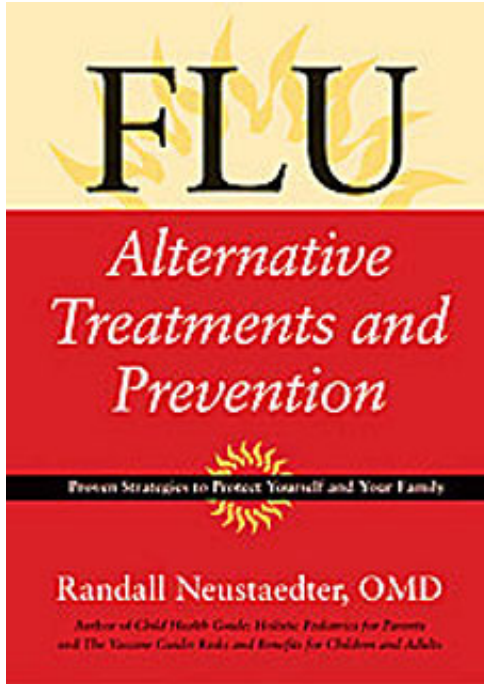
Complications and deaths

Modern flu epidemics bear little resemblance to the horrors of the 1918 flu and other deadly pandemics. The popular media, including newspapers (*Los Angeles Times* Editorial, Oct. 19, 2004) and television shows (NBC's Today Show, Oct. 6, 2004) tell us that 36,000 flu deaths occur each year. This statistic comes from an article published

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in the *Journal of the American Medical Association* in 2003 that *estimated* flu deaths (Thompson, 2003). However, the official statistics from the Centers for Disease Control (CDC) cite the average total death rate from flu at about 1,000 per year during the period 1999-2002 (CDC, 2004a). Nonetheless, the *Washington Post* predicted 50,000 deaths from the flu in the 2004-05 flu season (Oct. 17, 2004, David Brown, staff writer). Perhaps Mark Twain spoke for others beside himself when he said, "The reports of my death are highly exaggerated."

The most frequent complication of flu is pneumonia, which occurs primarily in children under 2 and in seniors. Viral pneumonia can be a deadly force, killing within forty-eight hours of disease onset. Apparently, most pneumonias that occurred in the 1918 flu were viral. The influenza virus can disable and overwhelm the immune system. Most deaths occur from viral pneumonia because the body creates such a dramatic immune response to the virus that it floods the lungs with fluids in its attempt to attack the multiplying viruses. Secondary bacterial pneumonia takes longer to develop and can be treated more effectively. Bacterial pneumonia may occur because the virus specifically helps bacteria attach to lung tissue. Pneumonia should be suspected in anyone who has a painful, loose-sounding cough and difficult, labored breathing or rapid breathing.



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