



The Wolfe Clinic News

The Battle Against Bacterial & Viral Infections

Kill The Bug Not The Fever

It's just not possible to find someone who has not experienced the wrath of the flu or a cold at some point in their life. Typically they arrive quickly and last for approximately a week unless a secondary bacterial infection occurs, as in bronchitis or pneumonia.

This lower respiratory infection increases the duration and intensity of discomfort. The symptoms of influenza are fever, malaise, sore throat, myalgia, chills, fatigue, pharyngitis, cough, headache, rhinorrhea and muscle pain. If it develops into influenza pneumonia, your symptoms also include frothy white and sometimes blood tinged sputum, chest pain and, of course, worse coughing. As with most viral conditions, the young and the elderly tend to be more vulnerable and more seriously affected than most.

More than 300 different viruses can cause colds and flus. Each time you have one it is caused

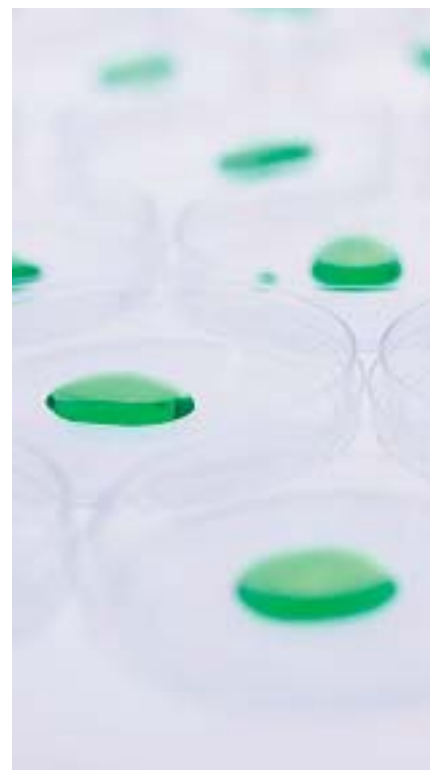
by a distinct virus (i.e. adenovirus, rhinovirus, parainfluenza virus, coronavirus). Viruses are much smaller than bacteria. They are tiny clusters of genetic material surrounded by a protein wrapper.

Medical science currently does not have any drugs that can kill these viruses. Most people mistakenly believe that antibiotics will help with the cold or flu. Antibiotics, including penicillin, DO NOT have any effect on viruses. I repeat; they DO NOT have any effect on viruses and should only be used to treat the secondary bacterial infections that can complicate a cold. These medications will actually prolong your suffering if taken when not needed, since they will kill some of the good bacteria in your body that help the immune response.

Most uncomplicated colds last between eight and nine days, but about 25% last two weeks, and 5-10% last three weeks.

How Do I Catch a Bug?

It is not easy to catch most common viruses. If your Inner Terrain is in good shape and maintained properly, your



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The Wolfe Clinic

“FEAR IS THE GREATEST DISEASE”

body's natural defenses will be very capable of fighting off these diseases. There is, though, a direct relation between your risk of catching a cold and the amount of time spent in contact with an infected person. That is why families tend to get sick together.

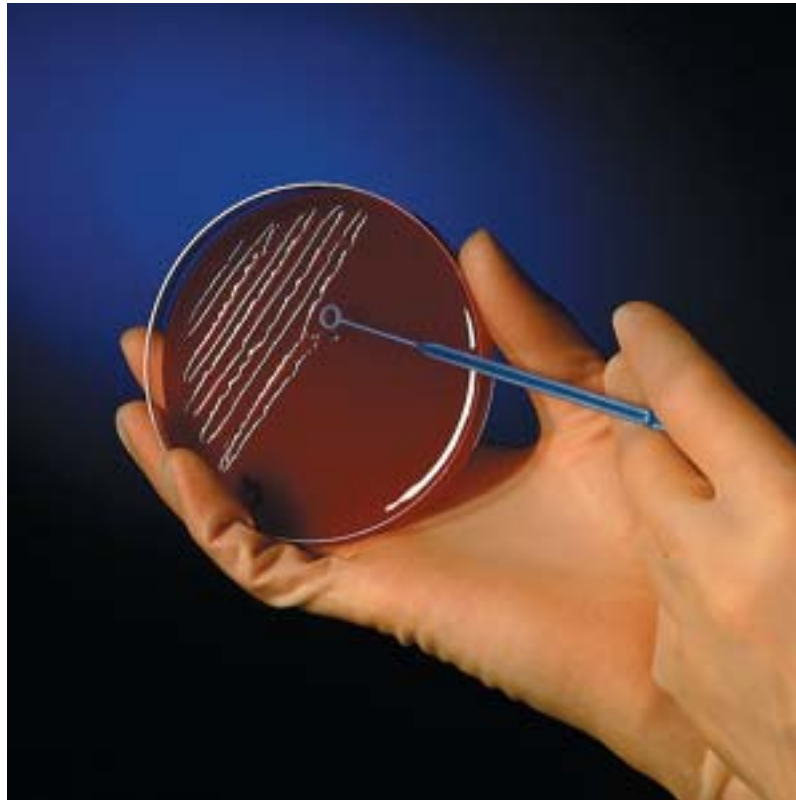
The most common route of infection is not from coughing or sneezing, or walking barefoot in the rain, but from body contact. That is why when you have a bug, washing your hands frequently is so important. The likelihood of you becoming a victim of these viruses increases, however, if you are overtired, physically exhausted, poorly nourished or have generally been neglecting your body.

As long as your temperature remains below 102 F there is no need to lower it. Cold viruses do not reproduce at higher body

temperatures. A slight fever should help you get rid of the virus quicker and feel better much sooner. If your fever is over 102 F or you feel the need to use any medications, you should seek the advice of a health care professional.

Fever is not the enemy!

At the first sign of an infection most of us immediately reach for a Tylenol (acetaminophen) or Aspirin. What you probably don't know, though, is that by lowering your fever you are actually defeating one of your body's best defenses. Fever is not the enemy! It is the human



Fever is not the evil it is portrayed to be by the drug companies who sell drugs like ibuprofen, acetaminophen (Tylenol™), and aspirin. The major use of these drugs is for the reduction of fever, which is actually a beneficial normal physiological response of the body

Fever acts as a defense mechanism against a number of processes, mostly related to either infections or the presence of abnormal proteins in the bloodstream called pyrogenes. One of the most immediate physiological effects of the fever is the acceleration of metabolic processes in general. Fever increases oxygen uptake and renders white blood cells more aggressive against bacteria, fungi or viruses. By making the cells more permeable,

white blood cells are able to discharge into the bloodstream more aggressive substances against infectious organisms and increase their phagocytic (destructive) capability.

Fever within physiological limits can have many beneficial effects and will not produce any harm to normal cells that are able to cope with the higher metabolic demand. Human cells under specific metabolic conditions, such as cancer cells or infected cells, can be seriously challenged by thermic stress and may even be

“Give me the power to create a fever, and I shall cure any disease.”

Hippocrates, “The Father of Modern Medicine” (2,000 years ago)

body's most visible response to viral or bacterial infections; and a very effective one indeed. You would never know that fact by the expensive PR we are subjected to by pharmaceutical and medical concerns.

They have us treating this vital ally like it was part of the disease and not a part of the solution. A number of studies have shown, clearly, that people who take aspirin and Tylenol suppress their body's ability to produce antibodies to destroy viruses and bad bacteria.

killed by it.

Fever's Role in Other Diseases

I am going to digress for awhile here to examine the role of fevers in chronic illnesses.

Hyperthermia, from the Greek words "hyper", meaning high, and "thermos", meaning temperature, can simply be defined as the elevation of the body temperature. In humans a fever is



a physiological thermic resource. Hyperthermia represents a natural approach in combating disease since it involves inducing an exaggerated version of the body's own fever state.

Hippocrates, "The Father of Modern Medicine" said, "Give me the power to create a fever, and I shall cure any disease."

Hippocrates routinely buried patients in the

desert sand to elevate their core body temperature in an attempt to cure disease. In the middle 1800's a German physician, Dr. William Bush, noted spontaneous remission of tumors in patients who sustained prolonged fever episodes. Dr. Julius Wagner-Jauregg, an Austrian physician, was awarded the Nobel Prize in medicine in 1927 for his successful work using malaria serum fever induction in patients. His work was inspired by common knowledge, at the time, of spontaneous remission in malaria patients.

We have all heard of "spontaneous remission." A spontaneous remission is the disappearance of a major disease without any immediate medical cause. As Lewis Thomas, MD, once said: "The rare but spectacular phenomenon of spontaneous remission of cancer persists in the annals of medicine, totally inexplicable but real, a hypothetical straw to clutch in the search for cure. . . . No one doubts the validity of the observation."

If you check the medical literature, you find that while there is no single cause for all the spontaneous cures of cancer, the majority of such patients experienced an acute infection just prior to the regression of their tumor. This is a striking fact. These infections were usually accompanied by fevers. This microbial attack stimulated some powerful immune responses. The riled-up immune system then turned on and destroyed a different kind of enemy, the tumor. It was as if an army had mobilized to fight one adversary but continued marching to defeat a second,

even more dangerous, foe.

Our own ingenious solutions to the cancer problem seem puny compared to the perfectly natural way that the body sometimes gets rid of it. Why not learn from, and harness, this tremendous natural force? Shouldn't medicine imitate Nature and its ingenious cures rather than trying to devise artificial cures that are inimical to what the body does best? Many of the mysteries of medical history can be explained by the untutored activation of the immune system.

However, lately, there has been a disturbing trend: spontaneous remissions are becoming rarer. In an article called "Spontaneous regression," the authors attribute the decline in spontaneous remissions to the modern "anti's": antiseptics and antibiotics and, I would add, antifever medications. These ubiquitous drugs have certainly reduced the incidence of postoperative infections. Fevers and chills are soothed away by acetaminophen. An uncontrolled fever in a cancer patient is now seen as a profound failure by the medical staff.

At the same time, modern treatments, especially radiation and chemotherapy, have decreased the body's ability to mount a rip-roaring immune response if and when an infection does occur. So much so that a recent review of the topic ended with the conclusion, "Immunotherapy

Fever should be seen as an important physiological defense mechanism against disease.

applied to patients with established tumors rarely leads to an objective response” Again, our own ingenious solutions to the cancer problem seem puny compared to the perfectly natural method that the body sometimes uses.

Common Sense Advice

Here are some good common sense ideas to help you stay healthy this year WITHOUT flu shots or other invasive medical interventions:

- At the first sign of illness, slow down immediately and rest to prevent the illness from taking hold. It is better to stop activity in the short term rather than having your activity stop you. Take a long, hot bath then towel-dry and pop into bed for a deep rest.
- Maintain a healthy lifestyle and remember stress intensifies cold and flu symptoms.
- Eat very lightly at first sign of feeling badly in a non-specific way - it is especially useful to cut back to only fruits and vegetables. Follow your body's inclination. If you are hungry, eat more and if not, eat less.
- Chicken soup does help the symptoms. Chicken contains a natural amino acid called cysteine. Cysteine can thin the mucus in the lungs and make it less sticky so it you can be expelled more easily. Campbell's soup won't work as well as the homemade version. Make

the soup hot and spicy with plenty of pepper. The spices will trigger a sudden release of watery fluids in the mouth, throat, and lungs. This will help thin down the respiratory mucus, so it's easier to cough up and expel.

Most uncomplicated colds last between eight and nine days, but about 25% last two weeks, and 5-10% last three weeks.

- Rest. It is important to rest and take it easy throughout the time you are ill. The time you are ill may be longer if you do not allow yourself to recuperate



and recover completely. If you exercise regularly, you needn't stop. However, you should definitely cut back on the intensity until you feel better.

- Wash your hands frequently and try to keep them away from your nose and eyes. Use disposable tissues as opposed to cloth handkerchiefs. If you are caring for a child with a cold, PLEASE WASH YOUR HANDS every time you have to wipe their nose. This

Hyperthermia represents a natural approach in combating disease since it involves inducing an exaggerated version of the body's own fever state.

will protect you from being infected.

- Drink plenty of fluids. Water is the best. Try to drink at least eight to ten glasses of clean, alkalizing, filtered, restructured water a day. This will help the stuffiness and help the secretions loosen. Avoid using tap water. You can put lemon juice in your water or also try green tea as a water alternative
- It is very important to stop all milk products. This includes not only milk, but ice cream, all yogurt except plain, and especially cheese. Lactaid milk is NOT acceptable. This step is helpful to decrease the extra mucous that dairy products can cause you to produce.
 - Eating refined sugars weakens your immune system and promotes yeast overgrowth. This includes ALL sodas which have eight teaspoons of sugar per can. Honey, molasses, maple syrup, date sugar, cane sugar, corn sugar, beet sugar, corn syrup, fructose, lactose and other refined carbohydrates are known promoters of yeast growth. Reducing or eliminating these in your diet will help your immune system. Many people will start to drink large amounts of orange juice when they are sick. All the simple sugars (fructose) in the juice will actually make you worse. Try to avoid ALL juices, including organic juices or ones with no sugar added; Gatorade type sports drinks

also need to be avoided. If you must have a juice use diluted organic apple juice; do NOT use orange juice as it is the most allergic fruit.

- Extra vitamin C is also helpful. You can take 500-2,000 mg every 1-2 hours. The only side effect you may have are loose stools at higher doses. If this happens decreasing the dose will quickly clear up the symptoms.
- Vitamin A in large doses may be helpful. 200,000 units twice a day for FIVE days. (eight of the 25,000 unit capsules twice a day). Children can take half the dose. Even though vitamin A is oil soluble this dose is very safe if not taken for long periods. However if you are pregnant you should not use it.
- Avoid prolonged exposure to artificial light since this puts the body under great stress.
- Thieves - an essential oil that is highly antiviral.
- Garlic - one of the safest and most versatile herbs, a universal tonic, a natural germicide. It is an immune system booster, purges the liver and aids digestion.
- Omega-3 Oils - Fish Oil has long been known for its ability to protect us from viral, bacteria and fungal infection. It is a very important food in your cupboard.
- Alternative or natural medicine has a lot to offer in fighting the bacteria and viruses behind colds and the flu. It ranges from state-of-the-art energy medicine, Infrared therapies, age old herbs like Oil of Oregano and alternative antibiotics like Theta Super Silver and Silver Water.

True health exists because of a strong and properly functioning immune system that is able to stand the test of resistance amongst a houseful of flu and cold-ridden family members. The immune system is our armor against all attacks of viruses, bacteria and fungus that may greet us in a day, a season or a lifetime.

When our system becomes weakened because of such things as toxins, stress and diet, we become vulnerable to every bug that drifts by. We start noticing fatigue, allergies, slow wound healing, digestive disruptions, Candidiasis, and aches and pains, to name a few. We simply just aren't ourselves! Then when the cold and flu season arrives, we are particularly vulnerable to the circulating virus.

Taking care of your body and preventing illness is far easier, wiser, and less costly than treating disease once it occurs. The primary concern of all doctors should be the prevention of illness and the direct treatment of the disease itself should be secondary.

In the case of chronic diseases, allergies, cancer and viral infections, conventional medicine is useless in eliminating the cause of the disorders. The best it can achieve is symptom removal by the use of suppressive drugs or surgery.

Even when conventional treatment appears to work, it is often in spite of the traditional regimen. The results more likely represent the activation of the body's own intrinsic healing mechanisms. In other words, it is most probably the body's own inner restorative powers which effected the healing, rather than the outside stimulus from traditional medicine. We should listen to and learn from what our bodies are telling us.

All healing begins by Reclaiming Your Inner Terrain. What makes this most difficult is the fact that those we trusted have poisoned and misinformed us, leaving the majority of the population more vulnerable against even minor and common infections.

For many, what used to be mild 24 or 48 hour flus are turning into 2 week nightmares and what used to be a week-long cold seems to hang on forever. All due to the fact that the food we eat lacks nourishment (even though we are over-fed,) the water we drink is dead and laced with chemicals and the air we breathe is toxic. These factors all combine to undermine our immune system.

On top of all that, to make matters even worse, if we do become ill most of the pills the drug companies promote to help us only make the bugs stronger and our immune responses even weaker. With such a triple whammy it is no surprise to me why so many of us suffer.

If you want to learn more and begin your journey to vital health, please call me for a telephone consultation. I am here to help you to cut through the misinformation and guide you onto the proper path. Remember fear is the greatest of all diseases.

For the cost of a bottle of herbs you receive a one hour consultation with unlimited follow up support. You also receive my video "A Healthy Family" Take Action and Call Today! 1-800-592-9653

The Sauna Dome

The Sauna Dome represents a new paradigm in the field of sauna therapy.



The explosive growth of sauna manufacturers is testimony to the public demand for these wonderful health tools. Now the SAUNA DOME takes Far Infrared saunas to a new level beyond the walk-in models by providing deeper penetration and greater exposure of far infrared rays!

Wellness Filter



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The Wolfe Clinic is proud to present a revolutionary appliance called the "The Water Vitalizer Plus".

Vita-Mat



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Lomatium



Lomatium acts as an anti-viral, anti-biotic and immuno-stimulant. Research confirms that lomatium has the ability to kill nearly every microbe it has been tested against.

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Respiratory Formula



Scientifically formulated as a natural defense and effective treatment for coronavirus infections.

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Thieves



This blend of therapeutic-grade essential oils and potent against antimicrobial properties.

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