

Influenza A (H1N1) - Swine Flu – the facts

On April 26, 2009 the US declared a public health emergency for the emerging new Influenza A (H1N1) swine flu. **On June 11 the WHO raised the H1N1 influenza to level 6 – pandemic.** From April 15, 2009 to July 24, 2009, the US reported a total of 43,771 confirmed and probable cases of novel influenza A (H1N1) infection. Of these cases reported, 5,011 people were hospitalized and 302 people died. On July 24, 2009, confirmed and probable case counts were discontinued. Many of those hospitalized experienced underlying medical problems. The CDC anticipates that there will be more cases, more hospitalizations and more deaths associated with this new virus in the coming days and weeks because the population has little to no immunity against it. The last time the world saw a flu pandemic was in 1966.

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza that regularly cause outbreaks of influenza among pigs. Swine flu viruses do not normally infect humans, however, human infections with swine flu do occur, and cases of human-to-human spread of swine flu viruses have been documented.

From December 2005 through February 2009, a total of 12 human infections with swine influenza were reported from 10 states in the United States. However, since March 2009, numerous confirmed human cases of a new strain of swine influenza A (H1N1) virus infection in the U.S. and internationally have been identified. The director of CDC's National Centre for Immunization and Respiratory Diseases has said that the United States' cases were found to be made up of genetic elements from four different flu viruses—North American swine influenza, North American avian influenza, human influenza A virus subtype H1N1, and swine influenza virus typically found in 'Asia and Europe.

A virus reproduces by taking over a host cell and using it to copy its RNA. Errors can occur in the process and the virus may pick up the host's genetic material. Pigs can be infected by some human and avian flus. If a pig has one or more flu strains, the strain may combine with each other during reproduction. The current outbreak appears to be caused by a rare combination of all three types of flu combined in a pig and then jumped to humans.

This new strain of virus claimed its first victims near Mexico City where the impact was felt the hardest. The CDC has said that the virus has the capability to mutate and evolve with the possibility to render it a formidable virus. There has been speculation that the new strain may appear again this fall and winter flu season and may be considerably more formidable and dangerous compared to the mild effect that it has generally had this spring. This is a cause for ongoing vigilance. It is not a time to remain

complacent. If we look at the pattern in past pandemics it may be reasonable to assume that one third of the world's population may become infected. Even if the new strain continues to remain "mild" large numbers of people could develop pneumonia and require respirators. The medical system may be unable to deal with such a scenario. Even if H1N1 is no deadlier than the seasonal flu, it will cause more deaths because it likely will infect more people.

The 1918 Influenza pandemic was also a type of H1N1 human flu that had infected pigs, and then circulated back to humans. According to, "The Great Influenza" written by John M. Barry in 2004, before that world wide pandemic faded away in 1920, it would kill more people than any other outbreak of disease in human history. Barry writes, "the lowest estimate of the, pandemic's worldwide death toll is 21 million, in a world with a population less than one –third today's. That estimate comes from a contemporary study of the disease and newspapers have often cited it since, but it is almost certainly wrong. Epidemiologists today estimate that influenza likely caused at least fifty million deaths worldwide, and possibly as many as one hundred million. The current Influenza A (H1N1) virus has been evolving over a long period of time. Some scientists state that there are genetic elements in the virus that date back to an Indian pig farm in 1987.

Many people have become fearful during the recent media hype; homeopathy helps to dispel fear, that's why we launched the Minnesota influenza project several years ago.

"The word homeopathy stands for so much that is good and true and useful in the medicinal therapy of the year of our Lord 1919." – O.S.Haines, M.D; Philadelphia

What is Homeopathy?

Homeopaths treat the individual, not the disease. A homeopathic remedy is prescribed upon the totality of an individual's symptoms taken from the mental, emotional and the physical levels. The aim of classical homeopathic prescribing is to not only to address the symptoms but also to help the individual to deal with the cause of the illness and to regain good health. Remedies come from many different sources. Most are derived from plants, but animal products, minerals and metals are used as well.

There are many methods to affect the body's energy. The better known ones are acupuncture, healing touch, and some others. Homeopathy is one such method. Homeopathic remedies are, in effect, energetic messages administered in the form of a pellet or a drop of liquid that can be taken by mouth. It may sound too incredible, but the 200 year – old system of medicine has survived multiple

attempts to discredit it, and its practitioners are now more numerous than ever. In fact, it now boasts a large body of medical research that proves its effectiveness as compared to placebo (a sugar pill).

Another way of looking at this is to make an analogy with a computer. When a computer malfunctions, the problem could be the hardware, but the software issues are also common. All sorts of software viruses, bugs, etc; can affect the computer functioning. A good technician must look at both sides of the equation to fix the machine. The same applies to the human body. The energy we talk about is probably something like the body's software, which can be "bugged". Homeopathic remedies then are the debugging programs, Like Norton or MacAfee "anti – virus".

Homeopathic remedies are prescribed according to the [Law of Similars](#). The law states, "***That which makes sick shall heal.***" This means that the symptoms caused by an overdose of a substance are the symptoms that can also be cured by a small dose of that same substance. As an example, we know that when we cut up an onion most people experience an acrid runny nose, soreness in the throat and stinging, runny eyes. A homeopath will prescribe [Allium cepa](#), this is the homeopathic remedy made from the onion for the individual who has a cold and sore throat with these symptoms. Therefore, homeopathy uses medicines prepared from natural substances that are similar to the illness in contrast to conventional or allopathic medicine, which treats and often suppresses the patient's symptoms with large amounts of drugs, which have an opposite effect.

A well-chosen homeopathic remedy seems to act as a signal, which energizes or stimulates the body's self-healing powers, mobilizing the defense systems and working on all aspects of the body, mental, emotional and physical.

After initial preparation of the raw material the remedies are made by [serial dilution and succussion \(vigorous shaking\) in a solution of alcohol and water](#). This is done a few times or up to many thousands of times. The liquid dilution is then used itself as a remedy or soaked into tablets or granules for convenience. The diluted remedies are described as being "potentised," in recognition of the dynamic healing power that they can stimulate. Frequently the dilutions are so great that no chemical trace of the original substance remains.

Homeopathy works really well in times of acute trauma. The remedies can be given on the way to the hospital and **there is no known interaction between a homeopathic remedy and a conventional drug**. The American Pharmacists Association has even written about this in their handbook!

In first aid situations if the remedy is prescribed correctly you will be able to see an effect with any potency and remember, **do not repeat the remedy if the**

patient feels much better and is well on the road to recovery. Beginners are usually advised to use low potencies.

The 30 c potency is available in most stores and is usually safe to use as long as it is not repeated unnecessarily. One dose of a 30c is usually sufficient to begin the process of cure. On the other hand, a dose of 30c will rarely cause an aggravation, with the exception of highly sensitive individuals.

Check List – why use homeopathy?

- Its safe
- Its cheap
- The remedies can be used even before one has received a conventional diagnosis
- There's no interaction with conventional medicines
- There is a lot of documented evidence to indicate that it works!!!

The use of homeopathic remedies in pandemic disease

The super bug, MRSA, and possible pandemic influenza immediately strike fear in our hearts. Perhaps the most worrying thought is that the population in general will be susceptible. In the 1918 Influenza pandemic roughly half of those who died were young man and women in their twenties and thirties and they died with extraordinary ferocity and speed. According to John Barry's book although the pandemic stretched over two years, perhaps two – thirds of the deaths occurred in a period of twenty-four weeks, and more than half of those deaths occurred in even less time, from mid- September to early December 1918.

Over many centuries medical practitioners have always noted that in any epidemic there are always a number of people, who despite exposure, never seem to get sick. These people seem to have stronger constitutions and are less susceptible. Unfortunately, many of us have weaker constitutions, and we are always asking ourselves what we can do to keep the flu at bay. For most of us if we do get sick it is not likely to be a life-threatening problem, there will simply be the inconvenience of a few days off work or school. However, there are growing numbers of people who are immune compromised and for them an encounter with the flu and particularly this new strain of H1N1 or swine flu may land them in hospital or prove to be life threatening.

Currently, most of us in the western world live in a cotton wool cocoon. Immune systems have definitely been compromised because antibiotics have been over prescribed, and our children have not been allowed to get sick. Few parents let their children play in the dirt; hands are washed with

anti bacterial soaps. The truth is that our bodies are not well equipped to fight off a nasty intruder; we have become too reliant upon drugs and vaccines. In the twilight of his life **Louis Pasteur** said, "**The germ is nothing, the constitution of the individual is everything.**" The reality is that when pandemic H1N1 or swine influenza comes to town, we'll have problems just as we have an ever increasing problem with MRSA in our communities.

Since its discovery, two hundred years ago, homeopathy has provoked much controversy, criticism, acclaim and impassioned support. It is interesting to note that during the 1918 flu pandemic large numbers of people sought homeopathic care and were restored to good health; in many cases their life was saved. According to the Dewey report, published in 1920, and can be read in the article section of this web site, 24, 000 cases were treated with conventional medicine and the mortality rate was 28.2%. 26,000 cases of the flu were treated with homeopathy; there was a mortality rate of 1.05%.

I spent well over a year with my friend and colleague, Dr. Jacob Mirman, writing a book and developing a web site dedicated to using homeopathy in the event that we are faced with pandemic influenza. Do take a look at our informative web site because the dreaded pandemic is here!

In epidemic disease, homeopathy works equally well for both viral and for bacterial agents and may be lifesaving when antibiotics or anti virals are ineffective and supportive measures insufficient. **Homeopathy stimulates the immune system so that our own body can take care of the problem. Homeopathic remedies do not heal; it is our own body that does the work.**

www.flusolution.net

Classical homeopaths use a large book called **The Homeopathic Repertory** to help them to find the most appropriate remedy for the individual who presents with a variety of symptoms. The symptoms are merely signposts that help to point to the right remedy. If our communities are threatened by a deadly bacterium or virus classical homeopaths will come together to determine the nature of the epidemic and to identify the remedies, which will prove to be the most useful. Remedies will always be prescribed according to the individual's symptoms and how they manifest the disease in their own unique way.

Minnesota homeopaths and other homeopathic groups around the world are working together to determine which remedies will be the most helpful in this current Influenza A(H1N1) swine flu crisis. Groups are talking to each other and now more than at any other time in history we have better communication through the internet. We need to see several sick people with the H1N1 or swine flu and assess their exact symptoms mentally, emotionally and physically then we can determine the best remedies to broadcast to the general public. These are known as the, "**genus epidemicus**" remedies.

Once homeopaths have determined the, “genus epidemicus “remedies for this Influenza A(H1N1) we should be able to identify a remedy that can be taken as a prophylaxis or “preventative’ like a homeopathic vaccine! This will be clearly displayed on the flu web site. A homeopathic prophylaxis should be taken as 30c potency - three doses in 24 hours and then another 30c dose one week later.

During the 1918 pandemic two key remedies came to the fore, they were [Gelsemium](#) and [Bryonia](#). However, we need to treat each pandemic disease separately and although [Gelsemium](#) and [Bryonia](#) saved countless lives in 1918 they may not be the correct remedies for this current crisis. The genus epidemicus remedies will emerge when we have seen a number of sick people. These remedies will then be displayed on the front of the web site www.flusolution.net . It is interesting to note that there have been 10 pandemics in the past 300 years and 3 over the past 100. Pandemic disease often comes in the wake of war. According to John Barry’s book the 1918 pandemic killed one in every 67 American soldiers, nearly all of them in a ten week period beginning mid – September. We live in challenging times and now that pandemic flu is here it is time to help one another. This web site is a free public service given in the spirit of helping others and making a difference in our troubled times. [Now, more than ever, is a time for people to come together and share. You can help others by sharing this web site’s details.](#)

It would appear that several remedies may be coming to the fore. Dr.Manish Bhatia’s posting dated May 26th on his web site www.homeopathy.com discusses the strong gastrointestinal symptoms observed by many homeopaths. He suggests that [Aconite](#), [Baptisia](#), [Arsenicum Album](#).[Ipec](#), [Eupatorium Per](#) and [Gelsemium](#) are all strong contenders as genus epidemicus remedies. Homeopaths in New York have seen a lot of [Gelsemium](#) cases. My colleague in Bangladesh, Dr.Sherajul Islam Khan, talks about the amount of fear that this pandemic has generated around the world and how the remedy [Arsenicum Album](#) corresponds to not only the fear of death but also to a lot of the physical symptoms that have been observed. A group of Mexican homeopathic doctors recently detailed their clinical experience during the height of the springtime Mexican outbreak. They identified [Baptisia](#) and [Arsenicum](#) as being genus epidemicus remedies. Fear of death and high fever at onset were prominent symptoms. Please note that the genus epidemicus remedies may vary according to locality.

[The Mexico City doctors complete report](#)
<http://www.hpathy.com/papersnew/gal>

[What about Tamiflu, Relenza and an Influenza A \(H1N1\) swine flu vaccine?](#)

The US has released 25% of its national stockpile of anti viral medications. There are two classes of antiviral drugs for influenza: inhibitors of neuraminidase such as oseltamivir (*Tamiflu*) and zanamivir (*Relenza*); and adamantanes, such as amantadine and rimantadine. Tests on viruses obtained from patients in Mexico and the United States have indicated that current new Influenza A(H1N1) viruses are sensitive to neuraminidase inhibitors, but that the viruses are resistant to the other class, the adamantanes. **Currently it would seem that the most effective anti virals are *Relenza and Tamiflu*.**

We have a second, closely related H1N1 human virus in circulation around the world. Though widespread, it is not usually lethal. Last year, this virus developed full resistance to *Tamiflu*. It would be a problem if the 2008 H1N1 human virus was to resort with the new swine flu virus A(H1N1) as then we would be facing a more drug resistant pandemic strain of influenza which would only be treatable with the drug *Relenza*, which must be administered with an inhaler device. Therefore, WHO and its partners are monitoring antiviral drug resistance. However, an anti viral will not stop you getting the flu; it will only help to possibly reduce symptoms. A prescription of *Relenza* will cost you approximately \$64.00.

The protective ability of influenza vaccines depends primarily on the closeness of the match between the vaccine virus and the epidemic virus,

Federal health officials announced on Friday September 11th that preliminary data from the U.S. trials of vaccines against the pandemic H1N1 swine flu virus show that a strong immune reaction is provoked by one dose of the vaccine within 8 – 10 days after it is administered. The finding that only one dose will be required means that more vaccine will be available both in the U.S. and around the world. No results are available yet from the trials on children and pregnant women. The swine flu vaccine is expected to become available by the middle of October and possibly earlier than this anticipated time scale.

However, there has been considerable controversy in the press as to the safety of this new vaccine. When thinking of vaccination we should err on the side of caution. In 1976 there was a swine flu scare, soldiers from Fort Dix were confirmed for having contracted swine flu, President Gerald Ford insisted that people were vaccinated and a lot of people got sick as a result of the vaccine. Some people lost mobility and some became paralyzed for life. 25 people died. (Guillain Barre Syndrome). The US government paid the law suits, one hundred million dollars was paid out in compensation.

[Dana Ullman from Homeopathic Educational Services](#) has written many interesting articles and books. Dana is one of the foremost figures in homeopathy today. The following information comes from a newsletter that Dana sent out on Friday November 10, 2006. [Dana's email: mail@homeopathic.com](mailto:mail@homeopathic.com)

“According to the LANCET (October 1, 2005), a systematic review of all previous studies testing vaccines for the flu have shown that they are NOT effective in preventing the flu or *influenza like illness* in the elderly population. It is indeed a sad fact that the media and the medical community is instilling fear into people and yet not disclosing that the *prevention strategy* does not seem to work.”

“The other at risk group that the CDC recommends getting a flu vaccine is children, and yet, an important article in the LANCET (February 26,2005) literally analyzed every available reference on the subject that they could find in the Cochrane Library, MEDLINE, EMBASE Biological Abstracts and Science Citation Index to June 2004 in any language. They included 14 randomized controlled trials, eight cohort studies, one case control study and one randomized controlled trial of intraepidemic use of the vaccine.

Surprisingly, they only found two small studies that assessed the effects of influenza vaccines on hospital admissions (the alleged reason for the CDC’s recommendation). And they could not find a single study that assessed reductions in mortality, serious complications or even community transmission of the disease.

These studies provide significant doubt about the efficacy in preventing the flu with present vaccines.” (The LANCET is a highly respected British Medical Journal.)

Children Who Get Flu Vaccine Have Three Times Risk of Hospitalization for Flu, Study Suggests

<http://www.sciencedaily.com/releases/2009/05/090519172045.htm>

According to Science Daily (May 20, 2009) — the inactivated flu vaccine does not appear to be effective in preventing influenza-related hospitalizations in children, especially the ones with asthma. In fact, children who get the flu vaccine are more at risk for hospitalization than their peers who do not get the vaccine, according to new research that will be presented on May 19, at the 105th International Conference of the American Thoracic Society in San Diego.

HOMEOPATHIC KALI BICHROMICUM APPROVED FOR VENTILATED PATIENTS

[Submitted by Molly Punzo, MD, Medical Director of Quality Improvement and Patient Safety]

After hearing a presentation by Dr. Martin Forrest, Director of Intensive Care Medicine at Shore Health System of Maryland, an affiliate of the University of Maryland Medical System, **Kali bichromicum 30CH** was approved on May 7, 2009 by the Pharmacy and Therapeutics Committee for the treatment of all

ventilated patients with thick secretions in an effort to reduce ventilator days and length of stay in the ICU. This recommendation stemmed from an article in the highly regarded, peer-reviewed journal, **Influence of Potassium Dichromate on Tracheal Secretions in Critically Ill Patients***

<http://www.chestjournal.org/search?fulltext=Frass&submit=yes&x=11&y=11#target-1> Chest March 2005 127:936-941; doi:10.1378 Michael Frass, et. al. This is the first homeopathic remedy to be approved on formulary at Shore Health System.

Presently reported Influenza A(H1N1) - swine flu Symptoms:

Symptoms include a sudden fever of more than 100 degrees and 6 – 48 hours later other symptoms such as body aches, coughing, sore throat, respiratory congestion and ,in some cases, vomiting and diarrhea. In adults emergency warning signs include difficulty breathing, pain or pressure in the chest or abdomen, sudden dizziness, confusion and severe and persistent vomiting. It is important to try and recognize the difference between the flu and the common cold. Colds tend to begin gradually and may or may not include a mild fever.

Complications of Influenza A (H1N1) - Swine Flu can include:

- Pneumonia
- Bronchitis
- Sinus infections
- Ear infections
- Death

Transmission of Influenza A (H1N1) - Swine Flu (How does Swine Flu spread?)

As with other flu like illnesses, Swine influenza is spread as follows:

- Coughing
- Sneezing
- Kissing
- Touching infected objects
- Touching nose, mouth and/or eyes with infected hands
- Swine flu does not spread by eating pork

Please note that influenza can be extremely contagious before the individual carrier has any symptoms at all, much less a fever.

Influenza Kit – why should I buy this kit?

Dr. Jacob Mirman and Sally Tamplin developed an influenza kit that is available from [Washington Homeopathic Pharmacy](#) please call them and be sure to request the [Homeopathic Medical Clinic Influenza Kit](#) ,details can be found on the [flusolution](#) web site.

Tel: 1 – 800 – 336 – 1695

To order from the UK or other countries please use the USA dialing prefix

It comprises 46 homeopathic remedies including the most used flu remedies in a choice of 30c, 200c and IM potencies. We have recently added two new remedies in the 30c potency; camphora and ferrum phos.

This kit took over a year of research to develop, we looked at all the pandemic influenza outbreaks over the past two hundred years and the homeopathic remedies that helped, even with the most severe symptoms of disease. Each remedy had to “earn” their place in this kit. The kit includes remedies and potencies not usually available in your local health food store or co –op. If you are worried we suggest that you purchase this kit. There are also remedies in the kit that are helpful for first aid situations so this is a good investment of your money and although the kits have a sell by date ,in theory homeopathic remedies do not go out of date!

[We believe that this is one of the best homeopathic influenza kit's available commercially in the world today and there is space in the kit to add other indicated remedies that may not be there at present! It is excellent value at \\$100 plus packing and postage.](#)

We also advocate that you work with a professional homeopath especially if you use remedies of 200c or higher. Our kit has remedies with these higher potencies. A professional homeopath is highly trained in materia medica and how to manage cases. In this Influenza A (H1N1) swine flu situation it may be that people need several remedies, one after the other, to bring them to better health. If you have this specialist kit a homeopath can work easily with you by telephone or email consultation to [educate you](#) as to what you can use for yourself and your family. Don't forget that homeopathic remedies can work alongside the conventional medications that your licensed physican has also advised you to take.

You might like to know that on August 25th The Rajiv Gandhi Institute For Chest Diseases in Bangalore ,India started to use homeopathic remedies to treat swine flu cases. The medical superintendant, Dr.Sahshidhar Buggi says, "*The integration of allopathy and homeopathy will not only cure the patient but also help strengthen the immunity level to fight the virus.*"



*"Homeopathy Cures a larger percentage of cases than any other method of treatment and is beyond doubt safer and more economical and most complete medical science."
Mahatama Gandhi*

Sally Tamplin DSH, PCH, MARH