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Edited by Pam McAlister**

Surviving the Pandemic: a Preparedness Guide

This book is about survival.

While an avian flu pandemic, in which many people will likely die, is indeed a serious concern, you need not fear. This book will give you practical advice on how to be ready for the pandemic and survive.

We will teach you how to avoid infection, how to equip your home to be a safe place and how to help your body recover from the flu should you get it.

This virus may cause the most deadly pandemic the world has ever seen. Preparation requires quick action.

Do not fear. You can prepare yourself and your family for whatever happens. Read on.

Chapter 1: The Disease

History

An epidemic strikes one geographical area. A pandemic occurs when an infectious disease becomes widespread, affecting people around the world. The most recent influenza pandemics occurred in 1889 – 1890, 1918 – 1919, 1957 and 1968.

There are three different types of influenza viruses: A, B and C. Type C rarely causes disease in humans. Type B causes disease but not epidemics. Only influenza A viruses cause epidemics and pandemics. Certain strains of influenza A claim many lives every year. Every so often a new killer strain emerges that sweeps across the world infecting widespread populations who have no natural immunity.

Influenza viruses do not originate in humans. Their natural home is in wild aquatic birds. Migrating birds spread the virus around the world. Bird droppings contain large amounts of the virus, which contaminate water and can be transmitted to other birds, animals and humans. In agricultural settings animal manure containing the influenza virus can contaminate dust and soil; infection results when contaminated dust is inhaled. Influenza virus can live in cool temperatures in contaminated manure for at least three months. In water the virus can survive for up to four days at 72° and for more than 30 days at 32° F.

In March 1997, chickens began dying on a farm near Hong Kong. The cause was identified as bird flu. Scientists identified the culprit as the H5N1 strain that had been seen as long ago as 1959. Many turkeys in England were killed in 1991 because they had this same virus. In Hong Kong many sick chickens were culled as a precaution (the influenza virus spreads like wildfire in domestic poultry when they are confined to extremely crowded living conditions). These types of situations are an ideal environment for the virus to mutate and spread.

In May 1997, a three year-old boy got sick and died in under a week. Scientists determined that he died as a result of the H5N1 virus. There were 18 human cases of H5N1 avian influenza in Hong Kong at the same time. Six people died and three others were severely ill.

In August 2004, a young Thai woman died from bird flu she caught from her daughter, who had caught it from infected chickens. This woman then passed it on to her sister, who was treated with the anti-viral drug, Tamiflu, and recovered.

Most outbreaks of the recently publicized bird flu were confined to Asia. It finally reached Europe in October 2005, when fishermen discovered dead ducks in a village pond on the Danube delta. This discovery coincided with the deaths of local chickens. Shortly afterwards more dead birds were discovered in Romania. From there it spread to Greece, Croatia and Germany.

There have now been several stories in the press concerning a number of people in different parts of the world who have been infected with the bird flu virus called H5N1 because they have worked or lived in extremely close proximity to infected chickens.

As of May 22, 2009, a total of 429 human cases of bird flu have been reported. There have been 262 deaths in fifteen countries including Vietnam, Indonesia, Thailand, China, Turkey, Azerbaijan, Cambodia, Iraq, Egypt and Djibouti. The most recent outbreak has been in Egypt where 5 new cases have been confirmed. Egypt has had a total of 74 cases and 27 have been fatal. Currently the mortality rate of human H5N1 cases is approximately 60%.

Following the Intergovernmental meeting on Pandemic Influenza Preparedness, sharing of influenza viruses and access to vaccine and other benefits held on 21 – 23 November 2007, a system has been developed by WHO to provide tracking information of A(H5N1) influenza specimens/viruses shared with WHO through the Global Influenza Surveillance Network. The Influenza Tracking System is live and can be accessed by the public at www.who.int/fluvirustracker

A bird virus cannot easily spread from person to person unless it first adapts to humans. This is an unusual occurrence. It may go through intermediary mammals, especially pigs, and then jump from pigs to humans. When this new variant develops, it can spread quickly across the world. On very rare occasions the bird virus mutates to spread directly from birds to humans, bypassing intermediary mammals. This type of mutation is the most dangerous, because this type of virus is the most difficult for the human immune system to process effectively (due to its more alien nature). This is the type of virus that caused the 1918 pandemic. What concerns us now is the fact that the current H5N1 virus has already made this jump. It only needs to mutate a bit more before it is able to spread from person to person. Many medical authorities believe it is only a matter of time.

Some flu pandemics are mild. The Spanish Influenza of 1918 – 1919 was particularly vicious. It killed (depending on the source) anywhere from 5 – 30% or more of those infected. The world's population at that time was about two billion. The flu killed somewhere between fifty and one hundred million people, or 2.5 – 5% of the world's population. The current bird flu virus is significantly more deadly. So far it has killed over 50% of those infected.

In most cases, as a virus mutates, it loses some of its virulence. Therefore, we may expect it to become less deadly with time. However, in the worst possible scenario, half of those infected with H5N1 virus could die. Scientists believe that about 30% of the world's population could contract the disease. If only half of those die, it would mean one billion people around the world will die. This view is held by Dr. Dmitrii Lvov, Director of the Institute of Virology of the Russian Academy of Medical Sciences, the Russian equivalent of the National Institutes of Health (NIH). The Russian internet is full of references to his warnings. Should such a pandemic actually break out, 50 million Americans could die. The May 3, 2006, pandemic planning document released by the US

government indicates that as many as 40% of the work force may be affected and that two million could die. This estimate is based on the assumption that the virus will be weakened as it mutates further, but we can't be sure of that. In either case, this would be the worst pandemic the world has ever seen.

Healthcare spokespeople want to allay fear. Many have stressed that it is still a disease confined to birds and that we have nothing to fear. However, some experts are very concerned. Michael Osterholm, PhD is the Director of the Center for Infectious Disease Research and Policy, Associate Director of the Department of Homeland Security's National Center for Food Protection and Defense, and Professor at the University of Minnesota's School of Public Health. He has made it quite clear that if the virus eventually manages to pass easily from human to human, the results will be devastating. Steps are now being taken throughout the world to plan for such an eventuality. A lot of money is being spent on stockpiling antivirals, continuing vaccine research and developing general preparation plans. In November 2005, the United States announced a 7.1 billion dollar flu strategy that includes 2.8 billion dollars allocated to speeding up of the production of vaccines. However, Congress authorized only \$3.8 billion of the \$7.1 billion that Mr. Bush requested for flu preparedness and nearly 90% of it is earmarked for vaccines and the antiviral drug Tamiflu.

Effects of avian influenza

Bird flu virus, like all influenza viruses, directly attacks the **respiratory system**. As it descends deeper into the lungs it becomes more dangerous. Influenza also causes fever, headache, muscle and joint pain and general exhaustion and weakness. During the 1918 – 1919 pandemic some sick people complained they were in so much pain that they actually felt as if their bones had been broken.

Influenza virus can cause **pneumonia** (inflammation of lung tissue). The resulting breakdown of lung tissue can cause death as it did so often in the bird flu pandemic of 1918 – 1919. Many of the desperately sick victims became cyanotic (turned blue), indicating severe lack of oxygen in the blood. Our blood picks up oxygen from the air we breathe in the alveoli, tiny sacs deep in the lung tissue. The alveoli are easily destroyed as the virus invades the cells they are made of and the waste products of our own immune response clog the area.

As the flu virus wreaks its havoc on the organism, bacteria (different type of germs) can take advantage of the situation and sneak past the damaged defenses. Bacterial pneumonia is a common complication of influenza. This is what your doctor is trying to treat or prevent when she/he gives you an antibiotic for your flu. Many people in the 1918 – 19 pandemic succumbed to bacterial pneumonia (they did not have antibiotics).

Blood was a characteristic of this flu. People would cough up blood, and bleed from the nostrils, ears, eyes and other orifices. Since the lung tissue was in effect destroyed, other organs in the body also began to fail due to lack of oxygen.

The present H5N1 virus appears to immediately affect victims' lungs and cause a severe pneumonia. Typical treatment of these patients includes intensive care with ventilator support because they have a very hard time breathing and soon tire out and die without help. A ventilator does the physical work of breathing for the patient, and the higher content of oxygen in the ventilator air can sometimes compensate for the lack of oxygen transport through the damaged alveolar walls.

Dr. Osterholm claims that in Minnesota 2,250 people will require intensive care nursing in a moderate pandemic scenario and 25,700 people in a severe pandemic. According to a national preparedness plan published in November 2005, President Bush claims that the country would need as many as 742,500 ventilators. According to Dr. Osterholm, we currently have about 105,000 of them, of which 70,000 – 80,000 are always in use. A typical hospital ventilator costs around \$30,000.00. Hospitals operating on thin profit margins say they cannot afford to buy and store hundreds of units that may never be used. Buying enough ventilators for a flu outbreak like that of 1918 would cost \$18 billion.

With a third of the population expected to get sick in the case of a severe pandemic, and a large proportion of these people requiring ventilators, hospitals and clinics will be overwhelmed. Health care workers will also get sick. Many will die. **You will be on your own.** This means that you need to know how to look after yourself and your family because there will be no one else to take over this responsibility. In the 1918 – 1919 pandemic hospitals turned people away, bodies lay in corridors, and dead bodies piled up in the streets. There were not enough coffins, undertakers or grave diggers. There were tales of sick people lying for days in the same bed as a dead loved one.

However, people can prepare and significantly improve their chance of survival. This is what this book is about. It is quite simple, and most of it is just common sense. Read on.

Transmission of avian influenza

Infections can be transmitted from person to person in three main ways: contact, droplet and airborne.

- Contact transmission occurs when a virus gets onto a person's mucus membrane, as it comes into physical contact with an infected object. For example, somebody may touch a door handle, which was contaminated by a sick person, then touch inside their nose, or food they subsequently eat. This is why hand washing is very important in times of epidemics. Most pathogens can't penetrate healthy skin so, even if you are touching infected objects, hand washing protects you from getting sick.
- Droplet transmission happens when a sick person coughs or sneezes and the droplets of bronchial secretions and saliva loaded with the pathogen fall on another person's mucous membranes (e.g. nose, mouth or eyes). The droplets can

also be inhaled and end up in the bronchi or deeper in the lungs. Eye protection and masks that cover the nose and mouth protect against this route of transmission.

- Airborne transmission takes place when a pathogen survives in the air long enough to be drawn into a ventilation system and carried everywhere. This mode of transmission is the most feared. Very few diseases can be transmitted this way. The only method of protection against a pathogen transmitted this way is by meticulous and effective protection of the air one breathes. The minimum one needs to achieve some protection is a National Institute for Occupational Safety and Health (NIOSH) approved N-95 particulate respirator (a.k.a. high efficiency particulate absorbing or HEPA mask). It is very important to use a respirator that is an excellent fit on one's face, to minimize the amount of air leaking in and bypassing the filter.

The exact mechanisms of transmission of avian influenza virus are not well known but, according to the Minnesota Department of Health Disease (MDH) Control Newsletter, it can probably be transmitted via all three routes. For this reason, the MDH "recommends airborne and contact precautions, plus eye protection, in addition to standard precautions ('full barrier precautions') for all known and suspected avian and pandemic influenza patients."

"Personal Protective Equipment (PPE) for full barrier precautions includes:

- Respirator at least as protective as a NIOSH-certified N-95 respirator;
- Gown;
- Gloves;
- Eye protection (face shield/goggles)." (Minnesota Department of Health Disease Control Newsletter Vol. 34;2, Mar/Apr 2006)

We believe that everybody wishing to protect themselves from possible exposure to avian flu must have access to personal protective equipment, at least the N-95 respirator and eye shields. The N -95 respirator is available on our web site.

What are the Differences between Viruses and Bacteria?

Bacteria are germs that can be found everywhere on earth, and even in the human body. Each square inch of skin averages 500,000 bacteria. Bacteria consist of a single cell and are the smallest living organisms. They tend to come in three basic shapes: rod, ball or spiral. Most species of bacteria are harmless; many are beneficial. However, some can cause diseases such as cholera, diphtheria, whooping cough, tuberculosis and typhoid.

Bacteria have a number of components that viruses do not have. They have cell walls, cell membranes and a nucleus. They are able to conduct metabolic activity and produce the energy that is needed for all the cell's functions. They replicate by dividing into two identical copies.

When disease-producing bacteria invade the human body they can multiply and make us feel ill. Since bacteria are living organisms, the way to get rid of them is to kill them. Our immune system has specialized cells that handle this job remarkably well. There are over ten billion of these cells that live in the lymphatic system, ready to strike when needed. When an infection is raging in the body the lymph nodes may swell as the white cells multiply to deal with the invader.

If someone gets very sick with a bacterial infection that appears to overwhelm the natural immune system, antibiotics can be extremely useful and, in many cases, will save a life. Antibiotics are medications that make life very difficult for bacteria and weaken them. Some antibiotics kill bacteria outright. However, certain strains of bacteria have now become antibiotic resistant because bacteria are always evolving. There are blood tests, that indicate if a bacterial infection is present, and may help the doctor to decide if antibiotics could be useful.

A virus is a structure so small that thousands or even millions can fit onto the head of a pin. Its outer coat is made of proteins. Inside the virus is nucleic acid (DNA or RNA). The coat has specific components allowing the virus to attach to the host cell and inject the nucleic acid into it. It then incorporates itself into the cell's DNA and induces the cell to become a virus-producing factory. In an acute infection such as the bird flu, the infected cell fills up with viral particles ready to burst out and infect other cells within hours.

Unlike bacteria, viruses are not full-fledged living organisms. They cannot produce energy or reproduce on their own. They are totally dependent upon a host. Their survival depends on their ability to induce the host cell to make high numbers of copies of the virus within itself, and then to release the new viral copies into the environment, where they spread to new hosts.

Antibiotics have no effect on viruses. Most people are unaware of this fact, which is why so many people demand antibiotics when they go and see their doctor for a cold or flu. However, colds and flues are viral diseases and, in most cases, antibiotics will not speed up recovery.

In the event of a bird flu pandemic, many people may survive the initial viral infection then develop a secondary bacterial infection while the body's immune system has been compromised. Antibiotics will be useful in treating these secondary infections.

The Immune Response

Once a virus invades an organism, the immune system springs into action. The immune system consists of a variety of components that work in harmony to neutralize and get rid of the invader. There are special immune cells that activate other cells, make antibodies, kill viruses and infected cells, etc. This is a very complicated system, which works with amazing degree of precision and effectiveness in most cases. Once a new infection has been processed, the immune system remembers it for a long time. If the same pathogen

attempts to infect the organism in the future, the immune response is much swifter, and in most cases no symptoms develop.

If the immune response gets out of hand, it creates so much general inflammation and destruction that many of the body's vital processes are interrupted. The patient may die quickly from the damage done, not by the virus, but by the immune system itself. This is called cytokine storm, and is believed to be the cause of death of many people in the prime of their life in the 1918 pandemic, as well as many of those dying from the current bird flu.

Anti-viral drugs

People infected with the H5N1 virus in Asia have been treated with the anti-viral drugs *Tamiflu* and *Relenza*. In June 2005, the World Health Organization (WHO) reported that bird flu had become resistant to the older low cost anti-virals, *amantadine* and *rimantadine*. This may be because Chinese farmers have added the older class anti-virals to chicken feed, which induced the virus to mutate and become resistant to them.

Various governments are now stockpiling *Tamiflu*, also known as *oseltamivir*. The US government has ordered a stockpile of 80 million doses, but they are all to be used in the US for frontline health care workers and a small number of susceptible people. *Tamiflu* can be taken as a course of 8 – 12 tablets over a week. This drug interferes with the virus as it tries to break out of the cell it has infected and prevents it from escaping. It is expensive, in short supply and has a short shelf life. Currently there will not be enough of the drug to go around if a pandemic were to occur.

It has been predicted that it would take manufacturers of *Tamiflu* 10 years to make enough drug to protect 20% of the world's population. Of greater concern is the fact that experts are debating how effective it will be. Flu viruses in Japan have been found to be resistant to *Tamiflu*. According to Dr. Osterholm, several bird flu patients in Asia were treated with regular doses of Tamiflu, and it had no effect. Higher doses may be required to achieve results, but nobody knows if that would make any difference. Careless use of this drug by those who have already begun to hoard it may also result in a build-up of resistance, which would make it even less likely to be effective. Trials have now been launched to test higher doses of Tamiflu. Concern has arisen in Japan where there has been speculation that Tamiflu could induce psychiatric symptoms.

In 2008 *Nature Journal* published new research demonstrating that *Relenza also known as zanamivir* is better than *Tamiflu* in guarding against H5N1. *Relenza* is made by GlaxoSmithKline.

Vaccination

Vaccination is one of the best lines of defense in any epidemic situation. Vaccines teach our immune system to quickly recognize infections and render them harmless. However, a vaccine cannot be made until scientists have a sample of the actual pandemic strain of

this virus. If vaccines are made from the current strain, they are unlikely to induce full immunity. Production of vaccine of the pandemic strain will take 4 – 8 months after the strain appears. In this time of advanced air travel and population movement the bird flu virus will have traveled around the world several times and claimed countless lives in the first wave of infection, long before a vaccine has been manufactured.

A vaccine may be ready for the second wave, but there is a limit as to how much a pharmaceutical company can make in time. Vaccination production is not lucrative, so companies do not concentrate their time and energy on it. Only 300 million doses of regular flu vaccine are made every year, mostly in Europe. The majority of this goes to either Europe or North America. In addition, there will be no time to test for vaccination side effects. In 1976 a vaccine was produced for swine flu. Some still blame that vaccine for a number of deaths in people who developed Guillain-Barre syndrome.

Bird flu symptoms to date

According to the Minnesota Department of Health Disease Control Newsletter, most patients had been previously healthy, then presented with respiratory symptoms. Typically, fever and cough are present. Watery diarrhea may precede the respiratory symptoms. Vomiting, chest pain and bleeding from gums and nose may occur. Lower respiratory manifestations (i.e. symptoms of pneumonia) are usually present at the time of seeking medical care. Chest X-ray generally shows pneumonia. In most severe cases acute respiratory distress syndrome and multi-organ failure may occur.

Initial symptoms may be similar to a severe bout of the common influenza that strikes every year:

- Sudden fever
- Aching muscles
- Headache
- Extreme tiredness
- Cough
- Sore throat

Conjunctivitis (eye irritation) has been seen in most minor cases of human H5N1 bird flu.

Chapter 2: Personal Survival

“Much of the human toll in death, hysteria, and anarchy would be exacted not by infection but by the wide-scale breakdown of global supply chains and just-in-time delivery systems for vital goods and services” (Michael Osterholm, Minneapolis/St. Paul City Pages, Volume 27, [Issue 1320](#), March 22, 2006).

Food

As soon as large numbers of people start getting sick in the US some panic may take place, even in towns not yet affected. People will worry about being quarantined in their homes without the necessary supplies, and will likely make a run for the supermarkets. The supermarkets will be emptied in a matter of a couple of days. Remember Dr. Osterholm’s statement about the “just-in-time” delivery systems in this country? This means, given the vast increase in demand, shortages will take place. It is much better to think ahead and stockpile food.

We suggest having enough food on hand to be able to survive for at least 2-3 months. An average person needs about 2,000 calories of food per day. This should include the three major components of food: fats, carbohydrates and proteins. Approximately one third of the overall calories should come from each group.

You should get food items that do not require refrigeration and can be stored for several months to years. Dry grains, canned goods, jerky, sugar, dried fruits in sealed bags, nuts, beans (both dry and canned), sardines, tuna, canned condensed and evaporated milk, dry milk, dry baby formula, Spam, etc, can be easily stored. You must take precautions against mice and other pests, which have the tendency to find food stores like this. All vulnerable items should be stored in heavy duty plastic boxes.

It is a good idea to store the kind of foods you use in your everyday life, and cycle them. Figure out your storage system and start buying a little at a time, so that within a few months you have enough calories to survive 2-3 months at home.

Food preparation will also be an issue. You need some food to be usable without any need for heat. However, some of it will require heat to prepare, so consider your options. There may be interruptions in electricity and gas supply, so you should not rely on having access to your regular stove. A wood burning stove is great, if you have one. A small propane burner attached to a propane tank may tide you over for a few days, so you may want to have several full propane tanks on hand just in case. Camp stoves are another option, but be sure you have enough fuel to last a few weeks.

Remember to stock up on canned or sealed baby food, milk formula and disposable diapers if you have babies in the household.

If you have dogs, cats and other domestic pets at home remember to stock up on canned or sealed pet food.

We recommend that you have two manual can openers.

Water

People need a gallon of water to drink per day, and more for hygiene. Tap water may not be safe to drink if the city does not purify it appropriately. Public chlorine supplies may run out or be insufficient. If electricity is interrupted, the water may not be delivered to your tap. If a main bursts somewhere, the repair people may be home sick with the flu. You must have your own plan to have enough water.

It is good to have 3-4 days of potable water always on hand. If you live near any body of water the rest can be gotten later. If you are in a dry area of the country, you must have a different plan.

The bodies of water such as lakes, ponds, rivers, creeks, etc., may be utilized as sources of potable water, but it needs to be purified first. The water there may be polluted in three ways. First, there are usually particulate pollutants, such as soil, sand, algae and other plants, etc. These are easy to remove by simple filtration. You need a large funnel, a collection bottle for clean water and the filtration material to line the funnel. Regular coffee filters will work quite well.

Second, once the water looks clear, you need to consider if any chemical contaminants may be present. These are harder to remove. You may need a good activated charcoal or, better yet, a reverse osmosis filter. Know where you will be getting your water before investing in one of these. Minimal contamination may be acceptable for a few weeks.

Third, there is the question of infectious agents in the water. These can be killed by boiling the water for 10-15 minutes. If fire is not available, or if you are trying to save fuel, adding regular household chlorine bleach to the water will disinfect it. Sixteen drops of bleach per one gallon of water is sufficient. The water will smell slightly of chlorine, but it will be perfectly safe to drink after half an hour. This is what your city water department does to make your water safe to drink. If you object to the chlorine smell, put the water through a charcoal filter after it has been disinfected. Use a clean filter for this stage of the process, not the same one you used initially to filter the water from the lake.

Preventing Contagion

At some point you may need to leave your home. When you go to an area known or suspected of being contaminated, you must cover your nose and mouth with a well-fitting NIOSH certified N-95 (HEPA) respirator. We sell the approved masks on our web site www.flusolution.net

It may also be a good idea to wear some eye protection. If you touch any common items such as door handles or money, or shake hands, you must wash your hands. On returning home the clothes you wore outside must be washed or in some way removed from the

living areas. It is best that you refrain from touching your family members until you take a complete shower. **You must realize that if you go in and out of your home and visit public areas you are very likely to become infected and subsequently infect your family members.** If you do it very infrequently and follow the above procedure you may be able to avoid infection.

If you suspect you are getting the flu, it is important for you to wear a respirator when in the company of others, including your family.

Communications

Communication services, including the telephone, mobile phones and internet may malfunction. You need to consider how you will communicate with your loved ones as well as receive news. It is good to come up with a plan of communication with your family in case of public communication breakdowns.

You need a radio to listen to the news. A battery operated radio and a supply of batteries is one of the options. A wind-up radio is also a good idea. We suggest having access to a good quality short wave radio besides an AM/FM radio, to keep in touch with world news.

Electricity

If there is a blackout, it may not be fixed in a reasonable amount of time. Having access to a power generator is a good idea. Inexpensive gasoline-powered generators are available in stores and online. Remember to have fresh gas on hand, because gas tends to spoil after a few months.

Make sure you have a few flashlights and plenty of batteries, or some good wind-up flash lights. Candles are also good for providing light. A kerosene lamp and a supply of kerosene are another good idea.

Heating

Since gas and heating fuel supplies may be interrupted, it is good to have a wood furnace and a good supply of firewood in the house. If you buy a wood furnace, try to get one with a stove top, so you can cook on it as well. An electricity-dependent wood furnace is not a good option. There may not be electricity. A regular fireplace is not a good way of heating a house, since most fireplaces are built for providing ambiance, rather than heat, and most of the heat escapes through the chimney. Inserts to improve efficiency are available, but most require electricity for operation.

Medications

You must have a 2-3 month supply of all the drugs you regularly take. Because of the likely interruption of the supply lines, and the fact that most of the drugs are shipped over long distances, shortages are almost assured in a pandemic situation.

You should also consider having a first aid kit with common over-the-counter medications, such as painkillers, cold remedies, band aids, disinfectants, etc. A variety of these are available over-the-counter and online.

While we don't have proven anti-viral drugs for avian flu, **you should have some wide spectrum antibacterial antibiotics in your kit. This is a must.** Influenza is frequently complicated with a bacterial super-infection, most commonly bacterial pneumonia. There are many antibiotics that can be used in this situation. Talk to your doctor to figure out what would be the best choices for you and your family.

See appendix for Dr. Mirman's thoughts on the medications.

Documents/money

Copy all your personal documents and have them safely stored and easily accessible in case of an emergency that would force you to leave home for any reason.

Have some cash on hand. The banks may be closed, and you may not want to go there for fear of contagion. Credit cards may not work. You should have both paper cash, including small bills, and coins for operation of vending machines.

Miscellaneous

Ensure that you have plenty of board games and toys at home to keep children occupied. In the event of a bird flu pandemic, you may be asked to comply with quarantine restrictions. It is important to warn your children but not to alarm them. Be proactive and teach them good hygiene routines such as hand washing and using a handkerchief. Wash their toys frequently.

Don't forget toilet paper and tissues, as well as feminine hygiene supplies.

Chapter 3: Treatment

The vaccine is unlikely to be ready in time. Anti-virals are unlikely to work, besides being in very short supply. This is where homeopathy comes to the rescue.

Homeopathy has always performed well in epidemic and pandemic situations, including the flu. It has an excellent track record in all the infectious diseases of the past, especially before there was proper sanitation. Refer to our web site for more statistics relating to historical data and the performance of homeopathy in influenza and diseases such as cholera, yellow fever, typhoid etc: www.FluSolution.net.

Homeopathy in the 1918-1919 Influenza Pandemic

Since its discovery two hundred years ago, homeopathy has provoked much controversy, criticism, acclaim and impassioned support. During the 1918 flu pandemic large numbers of people sought homeopathic care and were restored to good health. In numerous cases their lives were saved. This was a time when homeopathy truly won its laurels and was a beacon of light to so many. If an influenza victim was seen as soon as symptoms began to develop and a good homeopathic remedy was given, their life was spared and they went on to make an excellent recovery. The only patients homeopathic doctors tended to lose were people who presented late into their illness, usually with pneumonia, and often drugged by large toxic doses of aspirin. Aspirin had just been discovered when the pandemic took place, and correct doses were not yet known. Patients were overdosed. They also did not know about Reye's syndrome, which was understood much later. This disease occurs in people with some viral infections when they are treated with aspirin. In fact, for this reason aspirin is no longer recommended in colds and flues. There is little doubt that it probably killed many people who were suffering from influenza in the 1918 pandemic. It is probably at least partly responsible for the 30% and higher influenza mortality rates in the hospitals of the time.

The flu pandemic of 1918 – 1919 was devastating. It was about as deadly as the Black Death. People who lived through it reported that someone who was up and well in the morning could be dead by the evening. Fifty to 100 million people died worldwide and 548,000 died in the US alone. From information recorded and published by doctors who used homeopathy, we know that it was highly successful and, in most cases, only one or two homeopathic remedies were needed. These remedies were referred to as the “**genus epidemicus**” and became known through careful observation of the flu cases that were brought to the attention of the homeopathic community.

A report by Dr. Dewey, published in the *Journal of the American Institute of Homeopathy* in 1921 discusses the experience of some of the homeopathic physicians working during the pandemic. The entire document is available on our web site www.flusolution.net.

Dr. Dean W. A. Pearson of Philadelphia reported on 26,795 cases of influenza treated by homeopathic physicians that had only a mortality rate of 1.05%, while the average conventional medical approach had a mortality rate of 30%.

Dr. Frank Wieland of Chicago said that, in a plant of 8,000 workers, there was only one death. The patients were not drugged with the conventional medicines of the time and no vaccines were used. Most workers were given just one homeopathic remedy, *Gelsemium*.

Dr. T. A. McCann from Dayton, Ohio, wrote, ***“I have treated 1,000 cases of influenza. I have the records to show my work. I have no losses. Please give all credit to homeopathy.”***

Dr. W. F. Edmundson of Pittsburgh related how one physician in a Pittsburgh hospital asked a nurse if she knew anything better than what he was doing, because he was losing so many cases. The nurse replied, ***“Yes, Doctor, stop aspirin and go down to the homeopathic pharmacy and get homeopathic remedies, as the homeopathic doctors for whom I have nursed have not lost a single case.”***

Of 1,500 cases that were reported to the Homeopathic Medical Society of the District of Columbia there were only 15 deaths.

Research in Homeopathy

There are several double-blind placebo-controlled studies of homeopathic remedies published in peer-reviewed medical journals and elsewhere. They demonstrate that homeopathy is effective in a wide range of conditions. The studies can be obtained from the web site www.FluSolution.net. One of the studies was done using Oscilococcinum, a homeopathic remedy often used in influenza. This study was published by the British Journal of Clinical Pharmacology. A copy can be printed off the above web site. It showed that the homeopathic preparation was more effective than placebo (sugar pill) in a well-run study.

What is Homeopathy?

Homeopathy has a long distinguished history. In some parts of the world it is mainstream medicine. In Great Britain the British royal family has used homeopathic doctors for generations. In India there are currently over 300 homeopathic hospitals and over 300,000 homeopaths in practice.

Over two hundred years ago Samuel Hahnemann, a German chemist and doctor, developed this gentle method of healing. Visitors to Washington DC will note the enormous monument erected in Scott Circle, dedicated in 1900 by President McKinley as a testament to Hahnemann's memory and the homeopathic school of medicine. At the turn of the century there were over 100 homeopathic hospitals in the United States.

This system of healing is based on the principle that like cures like (known as the **Law of Similars**). This 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 substance. For example, we all know that when we cut up an onion most people experience an acrid runny nose, soreness of the throat and stinging runny eyes. For an individual who has a cold and a sore throat with these symptoms, a homeopath will prescribe **Allium Cepa**, a homeopathic remedy made from onion. In other words, homeopathy uses remedies prepared from natural substances that are capable of causing symptoms similar to the illness. Such remedies stimulate the body’s own defense mechanism, which in turn overpowers the disease and returns the patient to health. For a more in-depth explanation of homeopathy go to www.BookOnHealing.com and read Dr. Mirman’s book *Demystifying Homeopathy*.

Homeopathic remedies come from a variety of sources. Some are plant-based; others come from the mineral and animal kingdoms.

Homeopathic remedies are perfectly safe in most situations. They don’t interact with conventional medications. They are classified as **FDA-approved** drugs. Most of them are over-the-counter and are available from a variety of outlets, such as health food stores, coops, supermarkets and online. They are made in FDA-inspected homeopathic pharmacies. They should be stored away from direct sunlight, microwaves, computers and strong smelling substances. The remedy pills all look the same, simple white sugar tablets or round pellets. The homeopathic flu kits that we offer on our web site www.FluSolution.net are made by Washington Homeopathic Pharmacy, an FDA-certified pharmacy.

According to homeopathic principles, only the amount of a remedy needed to initiate a curative response should be given. The appropriate amount depends on the seriousness and urgency of the complaint. **It is important to stop giving the remedy as soon as the patient begins to feel better.** More is not necessarily better.

How to Take a Remedy

It is always best to allow a professional homeopath to prescribe for you. To find a homeopath in Minnesota go to www.MinnesotaHomeopathicAssociation.org. The National Center for Homeopathy maintains a nation-wide referral list at www.homeopathic.org.

If you are treating yourself or someone else, please read the remedy pictures carefully and select the one that seems to best fit the picture of the individual for whom you are caring. We recommend using 12C or 30C potencies, but whatever potency is available will suffice.

Two or three pellets constitute one dose. Do not touch the pellets with your fingers. Roll them into the cap and throw them into your mouth. Let them dissolve in your mouth. Do not follow them with water. They are sweet to taste.

Try not to eat or drink for approximately 15-20 minutes before and after each dose.

We recommend that only one homeopathic remedy be given at any one time. Do not mix remedies together.

The doses can be repeated frequently in an acute illness, every one half to two hours for more severe symptoms and every three or four hours for less severe symptoms. As soon as symptoms improve it is very important to stop the remedy.

If you select a remedy and take several doses but there is no improvement, review the symptoms and select another remedy that seems to fit **the current picture**.

If a remedy works for a while and then stops working it probably means that a **higher potency of the same remedy** is needed. If you have a higher potency you should try this first, before changing the remedy. Our kit contains the most common flu remedies in three potencies, which should be adequate for most cases. You should start with the lowest potency first, and advance as needed.

When the higher potency strategy no longer works it is likely that **another remedy** may eventually be required to complete the healing process.

Several remedies may be required during the recovery process from an acute illness.

Usually the most important symptoms are how the individual feels mentally and emotionally. Consider what things make the individual feel better or worse. Pay attention to the strong and unique symptoms of the patient and match these up with the characteristic symptoms known for the homeopathic remedy. Some of the patient's symptoms may not be listed in the remedy description (materia medica), and not all the symptoms listed need to be present in the patient for the prescription to be good. Only the most characteristic and strong symptoms need to match. For example, if a patient has a dry cough and thinks he may die any minute, he may benefit from Aconite even if he does not have any reaction to music, positive or negative (see materia medica of Aconite below).

Coffee, mint and strong-smelling substances, especially **camphor** (Vicks Vapor Rub, Ben Gay, Tiger Balm, etc.) can sometimes interfere with the action of a remedy in sensitive people. When you take homeopathic remedies, it is best to avoid these substances as it is difficult to tell who is sensitive.

We have put a lot of careful thought into the development of this kit. Based upon our own experience and careful research of past episodes of pandemic flu, we believe that these remedies will cover 95 – 99% of influenza cases, even the complicated ones. We have also left some space in the box to add additional remedies if others come to the fore as the situation develops. Please watch the web site carefully to ensure that you are kept up to date with the latest developments: **www.FluSolution.net**.

Prevention is the Best Remedy:

No one wants to be sick. The most obvious precautions are to look after ourselves, which means good nutrition, regular exercise and an appropriate amount of sleep. Washing the hands regularly helps to reduce the spread of infection. If sickness strikes, it is important to stay home and to use a handkerchief or tissues, as well as an N-95 respirator to protect other family members. This mask is available on our web site.

Healthier people have a better chance of being successful in fighting acute disease. To improve your chances, consider regular homeopathic treatment, which helps to make you healthier overall, as well as allows the body to be more effective in dealing with acute and chronic diseases.

Why use Homeopathic Remedies in a Bird Flu Pandemic?

- **They have been shown to save lives in epidemics.**
- **You can start on them right away, even before the diagnosis is made.**
- **In an epidemic or pandemic situation a handful of homeopathic remedies tend to emerge in the geographic area of infection. These remedies become known as the genus epidemicus. They can be used as a prophylaxis to treat people who have been exposed to infection. Please watch our web site regularly for further details.**
- **Homeopathic remedies are gentle, safe, inexpensive and readily available.**
- **There is no known interaction with conventional medications.**
- **There are no conventional medications that work effectively for influenza.**

Now for More Information on Homeopathic Remedies

When a professional homeopath is not immediately available, you can use the following remedies at home. Be sure to follow the guidelines closely.

- Take only one remedy at a time.
- Don't repeat a remedy more than 3-4 times if you don't see a clear beneficial effect.
- Stop taking the remedy once you are better—you can always start taking it again if your symptoms return.

Oscillococcinum: a general preventative flu remedy

Oscillococcinum is the most widely used flu remedy (not just homeopathic) worldwide. It is available in most pharmacies. The instructions are on the box. Many people feel it is effective as prevention, as well as once the first symptoms appear. It has been proven to be effective in a double-blind placebo-controlled trial published in the *British Journal of*

Clinical Pharmacology (1989, vol. 27, pp. 329-335). We believe that a well-chosen remedy from our Flu Kit will be more effective than Oscilococcinum. For this reason we did not include it in the kit.

Common Flu Remedies

Aconite: Sudden onset of the flu with great anxiety and fear. She thinks she is about to die.

- Symptoms come on very suddenly, especially after exposure to a dry, cold wind or **from an emotional shock or fright.**
- High fever, dry cough, sore throat and feeling of **great worry and fear.**
- The individual is very restless.
- **Fear of death with anxiety, tossing and trembling.**
- Croupy cough, early stages of croup.
- Pneumonia with sudden onset.
- Coughing up of blood.

Better: In fresh air.

Worse: In a warm room, in the evening or at night, lying on the left side, hearing music, when exposed to tobacco smoke.

Other uses: Any situation where the person is scared (e.g. if they just witnessed something horrible, were just involved in an accident, etc.).

Arnica: Flu with a feeling of soreness, as if bruised internally and externally.

- Sends others away saying, “I’m fine, there’s nothing wrong with me,” when it’s evident that they are very sick.
- Complains that the bed feels too hard.
- Fear of others approaching and touching them because their body is so sore.
- Desires sour drinks and alcohol.

Other uses: This is the main initial remedy for acute trauma, injuries and accidents. Bumps, bruises, sprains, strains, cuts, etc. It is commonly given before and after surgery to improve outcome, decrease bleeding and bruising and promote healing. You will find Arnica in all homeopathic emergency kits.

Arsenicum Album: Extremely restless, oversensitive, anxious and weak.

- Fear of death.

- Extreme prostration, out of proportion to the disease.
- **Very restless, can't stay in one place.**
- Does not want to be left alone.
- Chilly.
- Pale face with an anxious expression.
- **Burning pains that are better with warm applications.**
- **Thirsty, drinks small sips often.**
- Worse between 1 and 2 a.m.
- Vomiting and diarrhea are common.
- Diarrhea with acrid, offensive, watery stools.
- **Too neat, upset by clutter.**
- Desires fatty and sour things, especially lemon.

Other uses: Food poisonings, stomach flu.

Baptisia: Looks drowsy and drunk. Flu with high fever and a feeling of being bruised all over.

- Flu that comes on suddenly.
- Sensation of being **bruised and sore all over.**
- The body and limbs feel as if they are **scattered.**
- Profuse sweating with a high fever and intense thirst.
- Dull red face, looks dazed and sluggish as if they may fall asleep at any time.
- The bed feels hard (Compare with Pyrogenium and Arnica).
- **Stupefying** headache, with **confusion.**
- **Delirium** with strange sensations (e.g. as if there is somebody else in bed with him, parts of her body are separated, etc.).
- Patient smells bad.

Belladonna: Flu with a high fever, red face and dilated pupils. Dryness and burning heat. Everything is intense and concentrated in the head.

- **High fever** that comes on suddenly, often as a result of a change in temperature (e.g. becoming chilled or overheated, washing the hair).
- **Flushed face**, sore throat, eyes wide and staring, **pupils dilated**, bright red tongue, red throat with white spots on the tonsils.
- Constriction on attempting to swallow.
- Ejection of food and drink through the nose and mouth from spasm.
- There may be confusion, delirium or vivid hallucinations.
- Twitching and starting.
- **Headache.**
- Symptoms tend to affect the right side of the body.

- **Craving for lemon or lemonade.**
- General aggravation at 3 p.m.

Better: Standing, sitting upright, in a warm room.

Worse: Any noise, **bright light**, movement, lying down, night.

Other uses: Strep throat, meningitis, abdominal cramps, menstrual cramps, etc., when the overall picture fits.

Bryonia: Extremely irritable, talks about business. Flu with a severe, throbbing headache, body pains. All symptoms are worse from any motion.

- Slow onset.
- Thirst for large amounts infrequently, preferably cold.
- Pains (headache, body pains) better by pressure. Lies on the painful part.
- **Dryness** everywhere.
- Dry tongue, generally with a white coating.
- Nose bleed.
- Pneumonia, especially of the right side.
- Pleurisy (pain on breathing and coughing).
- **Business:** worries, talks and dreams about it.
- **Wants to go home.** May be confused and not realize she is at home.

Better: Pressure, rest.

Worse: Any excitement, noise, touch, **movement**, bright light, from eating and coughing and at around 3a.m. and 9p.m.

Other uses: Pain in joints, sprains, strains, when symptoms are worse from movement.

Eupatorium perfoliatum: Flu with body pains so severe, that the bones feel broken.

- Feels as if run over by a truck, with **pain deep in the bones.**
- Bursting headache and sore eyes.
- **Thirsty** for ice cold water (opposite to Gelsemium, which is not thirsty).
- **Chills** running up and down the back.
- High fever preceded by chills, especially from 7 – 9 a.m.

Worse: Movement.

Ferrum Phos: Flu without any localizing or characteristic symptoms

- **High fever, usually 102 or higher**
- Right sided complaints - pneumonia
- Flushes or redness or pallor
- Hemorrhage (nose or chest)

Gelsemium: Flu with chills and paralytic weakness. They feel as if run over by a truck.

- **This tends to be the number 1 flu remedy.**
- Slow onset.
- **After worrying about a forthcoming task or event such as a public speaking engagement.**
- Sore throat.
- Bursting headache beginning in the neck, which may extend over the head to the eyes and forehead; **relieved by copious urination.**
- Double vision often before or during the headache. Eyelids are heavy and droopy, can't keep them open.
- **Fatigue, heaviness and dullness.** The legs feel weak and shaky. They just want to lie in bed.
- **No thirst.**
- Aching muscles.
- Chills begin in the hands and feet, and run up and down the spine.

Worse: Early morning and last thing at night, in the sun, and when exposed to tobacco smoke.

Better: Urination, fresh air.

Other uses: Anxiety anticipating an important engagement.

Comparisons:

- Bryonia also has pains, but they are much worse from any movement. A Gelsemium patient does not want to move due to fatigue and heaviness, not aggravation from movement.
- Eupatorium perfoliatum patient also feels as if run over by a truck, but the pains are more severe, and they are felt in the bones. In addition, Eup-per patient is thirsty, and the Gels patient is not.

Kali sulphuricum: Yellow and slimy.

- Fever with easy sweating.
- **Yellow slimy** tongue, nasal discharge, ear discharge, diarrhea.
- Cough with easily expelled **yellow slimy** sputum.
- Thirsty but averse to hot drinks.
- Wants to lie down, but it makes her worse, so she must walk for relief.

Mercurius solubilis: Dirty, smelly, and drooling.

- **Increased salivation**, offensive breath, profuse offensive sweat.
- Filthy, large, flabby, **tooth-notched** tongue.
- Restless.
- Sensitive to temperature changes.
- Thirsty.
- Craves bread and butter.

Worse: Night, heat of bed.

Nux Vomica: Flu with great irritability and over sensitivity. Easily offended, angry, and cold.

- Irritable, impatient, **angry** and easily offended.
- **Very chilly**. Chilliness on the slightest movement. On the slightest exposure to the open air, shivering and chilliness for an hour. Dreads to go out into the open air. He gets chilled by the slightest draft. He cannot get warm. Great coldness not relieved by heat, or by bed coverings. Wants to be completely covered.
- Very sensitive to light, noise and odors.
- Shivering and chilliness immediately after drinking.
- **Fastidious**. Wants everything just so.
- Collapse and fatigue **from overwork**.

Other uses: Ailments from overdoing (overeating, overwork, etc.). Hangover.

Phosphorus: Flu that quickly affects the lungs, especially the base of the right lung. Lots of coughing. Bleeding.

- **Bloody sputum**, bright red.
- **Craves cold drinks**, which may be vomited when they become warm in the stomach.
- Burning, pressure and constriction in the chest.
- **Nose bleed**, bright red.
- Cough, worse talking and laughing.

- **Worse:** Lying on the left side, lying on the painful side (patient and the cough).

Pulsatilla: Clingy and weepy when sick.

- Flitting chilliness, chills in spots, chilly in a warm room.
- One-sided chilliness, heat, sweat.
- One cheek red, the other white.
- Palpitations with anxiety: must throw off the clothes.
- Dry cough at night, **better sitting up, worse on lying down** again.
- **Thick yellow-green discharge from nose. Yellow-green expectoration.**
- Craves butter, cream, pastries.
- **Thirstless.**
- **Tearful, craves company and sympathy.**

Worse: External warmth, closed room.

Better: Open air, outside, slow motion.

Other uses: This is one of the most commonly used remedies in children. Whatever the problem (ear infection, teething, cold, etc), when the child is weepy, wants the caregiver next to him all the time and gets better only when held. This is opposite to Chamomilla children, who are often angry and reject kindness.

Pyrogenium: Septic states.

- **Extremely restless.** Has to keep on moving, rocking, wringing, for momentary relief.
- The bed feels too hard, aching everywhere, feels beaten and bruised.
- **Everything is offensive:** sweat, breath, discharges, stool, etc.
- **The pulse is abnormally rapid for the temperature. High temperature with slow pulse, or the reverse.**
- Creeping chills in the back, with a thumping heart.
- Bursting headache.
- Rapid bed sores.
- Feels as if someone else is in his bed.
- Consciousness of the heart beating.

Rhus toxicodendron: Stiff and restless, better with movement.

- **Restless.** Wants to move all the time.

- Aching and stiffness in the joints, worse on first starting to move and **better with continued movement.**
- Red triangle on the tip of the tongue.
- Intense fever.
- Thirsty.
- Great prostration.
- Weeps without knowing why.
- Severe aching in the bones.
- **Fear of poisoning.** She may refuse taking medicine thinking it is poison.
- Anxiety and fear that are worse at night.

Other uses: Sprains, strains, when the pain is better with movement (opposite of Bryonia).

Sulphur: Well indicated remedies don't work.

- **Hot, burning sensations.**
- **This is a well known remedy for skin irritation.**
- **Partially recovers and then relapses.**
- Very sensitive to the open air and drafts (opposite to Pulsatilla).
- The crown of the head is very hot but the feet are cold.
- The soles of the feet burn at night; they must be put out of the bed.
- Hungry and starving at 11 a.m., but not before then.
- Often left-sided.
- This one is hard to figure out. Your professional homeopath will know when it is indicated.

Worse: Washing and taking a bath.

Desperate case remedies

Camphora: Flu with laborious, asthmatic breathing, accumulation of phlegm in the air tubes cold, dry skin.

- **Profound prostration/collapse**
- **Coldness and shivering**
- **Cold to touch, yet cannot bear to be covered**
- Very sensitive to cold air
- Face is pale and blue, lips are livid
- Pulse is weak and scarcely perceptible

- Pneumonia or bronchitis with collapse
- Irritable

Worse: Cold

Better: When thinking about their illness, warm air; drinking cold water

Other uses: A key remedy in cholera epidemics, dysentery and sunstroke. Rashes from exposure to sunlight

Carbo vegetabilis: "Corpse reviver."

- Desperate cases.
- **Cold**—even the breath and tongue are cold.
- Very pale.
- Air-hunger, asks for the windows to be opened, **to be fanned**.
- **Shortness of breath**. Must sit up in bed.
- **Bloating, indigestion**, and tremendous amount of gas.
- **This is a frequent ICU remedy, when life seems to be draining away.**

China (Cinchona officinalis): Ailments from loss of fluids (blood loss, vomiting, diarrhea).

- Desperate cases.
- Debility with chilliness.
- Anemic; pallid; weak.
- Sensitive to touch, motion, cold air.
- **Worse at regular period** (e.g. alternate days, every third day, every seven days, etc.).
- Weariness of the limbs, with desire to stretch, move or change position.
- Painless diarrhea with a lot of gas.

Other uses: A very common remedy for diarrhea.

Possible avian flu remedies

From the symptoms of avian flu collected so far, homeopathic communities worldwide are predicting the following remedies to be useful in avian flu cases. Many more remedies may get added as time passes and we collect more information on avian flu. **This information is hypothetical and has not been tested in the field.** Watch our website FluSolution.net for updates to this list.

Antimonium tartaricum: Pneumonia with rattling of mucus in the chest.

- **Profuse mucus in bronchi** with drowsiness. Loose, coarse rattling but scanty expectoration. Chest seems full, yet less and less is raised, followed by vomiting or sleep.
- Suffocative shortness of breath; alternating with cough.
- Nausea in waves with weakness and cold sweat.
- Forcible vomiting, followed by exhaustion and sleep.
- **Tongue coated thick white** with reddened papillae and edges.
- Vomiting better lying on right side.
- Desire for acids, **apples**.
- Anxiety, aversion to being looked at; wants to be left alone.
- Sleepy, weak, sweaty.

Worse: Heat; warm room.

Asclepias tuberosa: Chest pain and bleeding.

- Influenza with marked weakness on walking.
- Shooting pleuritic pains (pains on inspiration) during and lingering after influenza.
- Bleeding from gums, coughing up blood, bleeding from nose.

Worse: Lying, especially on left side, motion of arms, deep inspiration.

Better: Bending forward.

Euphorbium resinifera: Flu with burning pains in the bones.

- Intense burning pains as if a live coal were on, or in, the part.
- Pharyngitis with a sensation as if expired air was a burning flame.

Worse: Touch, rest, sitting, beginning of motion.

Better: Continued motion, cold applications (compare with Arsenicum, which has burning pains better from hot applications).

Euphrasia: Flu with eye symptoms.

- Acrid tears and bland nasal discharge.
- Burning, smarting eyes.
- Aversion to light and constant winking.
- Cough with large quantities of mucus.

Ipecacuanha: She coughs till she vomits.

- **Dry, spasmodic cough ending in choking, gagging and vomiting. He stiffens and becomes pale or blue and gasps for breath.**
- Constant nausea not relieved by vomiting.
- Clean tongue.
- Profuse salivation with the nausea.
- No thirst.

Worse: Heat.

Other uses: Any ailments or pains attended with constant nausea and clean tongue.
Whooping cough.

Sanguinaria: Flu with burning in various parts and headache.

- **Right-sided remedy.**
- **Burning in various parts:** eyeballs, cheeks, tongue, throat, chest, stomach, palms and soles.
- **Headaches, especially right sided,** spreading from shoulder over the head to the eye.
- Spasmodic cough with expectoration of rust-colored sputum.
- Runny or stopped-up nose followed by diarrhea.
- Dryness of mucous membranes.
- Desire for spicy and pungent food.
- Warm-blooded.

Are there other measures that can help me?

In this part of the book we will explore the healing potential of flower essences and other natural substances that are not homeopathic. It is in your best interest to ensure that you and your family are as healthy as possible. People get sick when they don't get enough sleep and exercise, work too hard and when they have too much stress in their lives. Being overweight is a huge stressor to the body. Obesity and habits such as smoking can lead to numerous health problems.

- Exercise regularly.
- Get enough sleep.
- Eat a balanced diet and try and to lose weight if this is a problem.
- Purchase foods that are organic and have not been treated with antibiotics and pesticides.
- Avoid fast foods and too much sugar.
- Increase essential fatty acids like omega 3 in fish (cod-liver) oil.
- Wash your hands regularly. You should wash your hands every time you've touched items touched by other people, such as door knobs in public places, library books, money, etc. Shaking hands also spreads infection, so be sure to wash your hands every time you shook hands, especially in the times of epidemics. Better yet, avoid shaking hands in those times.

The Bach Flower Essences

Sally Tamplin – Registered Bach Practitioner

The following information relates to flower essences. They can be used on their own or as an adjunct to homeopathy. They are an excellent addition to any first aid kit. **We would definitely recommend that you keep a bottle of Bach Rescue Remedy on hand.** We have seen wonderful results using this combination. Rescue Remedy is well known and is even used in the emergency rooms of some hospitals to calm people down. Bach flower essences can also be used to help your pets. Many veterinarians commonly use them.

Dr. Edward Bach died in 1936. He was an eminent bacteriologist and immunologist. He became very interested in homeopathic medicine and at one time he worked at The Homeopathic Hospital in London. Later in his life, after years of research, he believed that gentle plants grew wild in the countryside that could cure people of their sicknesses.

Edward Bach spent the last few years of his life wandering through the British countryside discovering these gentle but superior helpers of nature. He gave us the 38 flower essences, and then claimed that his work was complete. The flower essences match mental and emotional states of the mind; they do not directly treat physical symptoms. However, Dr. Bach believed that when the mental and emotional states are in balance then the body will begin to heal itself, so that even physical ailments can be cured or improved.

Prior to his flower essence work Dr. Bach worked for many years in the laboratory as a medical scientist studying germs and their implications to humans and their survival. He looked at the people around him and questioned why it was that some people remained well and some got sick when exposed to the same viruses and bacteria. He concluded that the natural state of the body is to be well, but if the body's defenses are weakened by an imbalance in their **personality** and **emotions** then diseases can take hold. Therefore, he called these imbalances the true cause of disease (rather than the outside agents recognized by orthodox medicine). In the twilight of his life even **Louis Pasteur** said that, "*the germ is nothing; the state of the organism is everything.*"

The essences work to promote a state of balance. Being in balance means being healthy on all levels: **physical, mental** and **emotional**. However, life is a continuum, it is ever changing. Being in balance means that our body can deal with the changes that each day brings. We are bound to come across difficult people and situations, problems that need to be solved and decisions that need to be made. If we are in balance we should have enough energy and clarity to deal with experiences that we are faced with every new day and to feel at the end of the day that we can sleep well having done the best that we can.

If your body does not require a particular Bach essence it simply won't respond. You should stop taking the essences when you begin to feel better. Passing moods and emotions, which have developed suddenly or recently, tend to take a short time to correct. Problems that are deeply rooted and firmly established take a lot longer. Dr Bach stressed that his essences could be used in conjunction with any other form of treatment, and would not clash or interfere. Equally, they could achieve great results when used alone.

The Bach method of preparation

This method is unique to Edward Bach. The essences are still made in the same way today.

Dr. Bach took the flowering heads of the plants that he needed to make the essences. He placed them on the surface of a **small glass bowl** filled with **spring water**. The bowl was then left out in the **sun** for three hours. During this time the water became impregnated with the healing properties of the plant. The flower heads were then discarded. The water was **preserved in brandy** and became known as the **mother tincture**. This is called the **sun method**.

When Dr. Bach had an essence that came from a **tree** he used the **boiling method**. He took short lengths of twigs filled with the flower or the catkins and put these in spring water; he boiled them for **thirty minutes** and then left the concoction to cool. The twigs, leaves and flowers were discarded but they had transferred their healing powers to the boiled water. **The mother tincture** was mixed with **brandy** to preserve it.

Rescue Remedy: a combination of five Bach flowers

Dr. Bach combined **five specific essences** from the **38** to formulate an emergency composite that he chose to call "Rescue Remedy." He saved a **fisherman's life in 1930** with this preparation. Its purpose is to treat the pre- or post-emotional effect that a sufferer may experience through **shock, great fear or terror, panic**, severe mental stress and tension, a feeling of desperation or a numbed, bemused state of mind. Shock, terror and panic can manifest in minor traumas as well as in the more serious states of emergency. This combination essence is also ideal for **emotional upsets, stage fright, visiting the dentist, even severe bites and stings**, which create the effects of shock and panic.

In an acute situation Rescue Remedy can be repeated every 10 or 30 minutes. Take four drops from the stock bottle and either mix in water or put directly on the tongue or pulse points.

The five flowers of Rescue Remedy

Cherry plum

This essence is used when we have a **fear of losing control** and doing harm to our self or to others. People in a cherry plum state may talk of suicide or appear hysterical and violent.

Star of Bethlehem

This essence is for **shock**. When someone we love dies, it is especially suited to those who try to cry but the tears don't come. The essence helps to unblock the emotional trauma and relieves the mind of sadness. This essence will help the bereaved to cope with their grief and ease the pain and the sorrow. It would have been a most appropriate flower essence **following the events of September 11th**

Rock rose

This is the essence for sheer **terror and fright**. It can be used in cases of accidents or sudden illness and in cases where there seems to be no hope. If the patient is unconscious the lips can be moistened with the essence or it can be applied to the pulse points.

Impatiens

These people are always in a **hurry**, they have no patience for others who are slower. They do not like to wait and this makes them angry. Imagine an **Impatiens** case waiting in a line at the bank because the cashier is new and doesn't know the ropes yet. **Irritable and impatient** are the key words to define this essence.

Clematis

This is the essence for someone who daydreams; they are somewhere else, perhaps dreaming of an idealized future. In trauma cases where the victim appears to be in a deep, sleepy state or **unconscious**, this would be an appropriate essence.

Rescue Remedy Cream is a non-lanolin-based cream. It is used for ulcers, lacerations, burns, scalds, sprains and massage. Besides the **five essences** that are found in Rescue Remedy, the cream also contains the flower essence **Crab Apple**.

Crab Apple

This is **the cleansing essence**. It is used when there is a feeling of **contamination**, which can occur when we are ill or when someone says, *"I hate the way I look or I feel dirty."* **It can also be used to cleanse a sick room.**

We have also listed some useful Bach essences which may help alongside Rescue Remedy in the event of pandemic bird flu.

Bach essences for influenza:

MIMULUS is an excellent flower essence to consider using for people who are very fearful of catching the flu. **MIMULUS** is the essence for **known fears**.

WHITE CHESTNUT is the flower essence to consider when there is **persistent worry over catching the flu**. This is a good flower essence to consider when we may lie in bed at night and are unable to sleep because we are fearful of catching the flu.

ROCK ROSE and CHERRY PLUM are the flower essences to consider if we are **panic stricken. Remember these two essences are also part of the Rescue Remedy combination.**

RED CHESTNUT is for those who are **fearful of the welfare of others** such as close family and friends

CRAB APPLE is for those who have **fear of contamination.**

A combination of **CRAB APPLE and WALNUT** can be helpful when we feel there is a need for **protection from contamination.**

Use a combination of **MIMULUS and CRAB APPLE** if there is a **fear of vomiting.**

The following flower essences are useful for those who have been sick and are now in a period of CONVALESCENCE:

HORNBEAM and **OLIVE** for those who feel **extremely tired and just can't get going. OLIVE** is for people who are **totally exhausted.** Many Bach therapists swear by baths containing certain flower essences. **Combine Olive and Hornbeam** and add two drops of each essence to bath water and soak.

Use **MUSTARD** for **undefined depression** during convalescence.

Use the flower essence **WALNUT** for those who need to **adjust to a new situation** such as the realization that they have been very sick and now need to rest.

WALNUT is the essence that offers protection and helps us to adapt to change, **such as a change in job, or in school, or starting a new chapter in our life without a loved one who has passed on.**

“Dr. Bach taught that the basis of disease was to be found in a disharmony between the spiritual and mental aspects of a human being. This disharmony, to be found wherever conflicting moods produced unhappiness, mental torture, fear, or lassitude and resignation, lowered the body’s vitality and allowed disease to be present. For this reason the remedies he prepared were for the treatment of the mood and temperament of the patient, not for his physical illness; so that each patient becoming more himself could increase his or her own vitality and so draw from an inward strength and an inward peace the means to restore health.”

Frances M. Wheeler - The Bach Remedies Repertory

There are 38 Bach flower essences. We have listed the essences that we think may be of value in a pandemic situation. However, we are all individuals and there may be other Bach essences that may be more suitable for the individual you are trying to help. It will be in your best interest to find out more about the other Bach essences and their indications. To find out more you may want to access the Nelson Bach web site for more

information. The Bach essences can be purchased at most health food stores and in the UK in most branches of Boots the Chemists.

www.nelsons.net

www.bachcentre.com

Appendix 1: Conventional Drug Combination for Colds and Flues.

Dr. Mirman

There are a wide variety of over-the-counter cold medications to treat the symptoms of colds and flues. Unfortunately, most consumers don't understand what is in these combinations.

All flu/cold aides are combinations of five main ingredients: decongestants, antihistamines, expectorants, cough suppressants and fever/pain relievers. Most of these drugs are over-the-counter (OTC), except those containing narcotics. These are drugs, and as all drugs, they have certain benefits and certain side effects. It is never a good idea to take the combination that has the most ingredients. The fewer drugs you take, the less likely you will experience the side effects. One needs to take only those drugs that are necessary to make one's life easier and enable rest, and stop them as soon as they are no longer absolutely necessary. If you decide you must have some symptomatic relief, always try to figure out which symptoms you want to suppress and take either single drugs just to cover those symptoms or a combination with the least ingredients adequate for your condition.

These medications are not designed to cure the flu or kill the virus. All they do is provide some temporary relief while your body is fighting the infection. They do not make the disease go away faster. In fact, some people think they can actually prolong the disease by interfering with the immune system.

The ingredients are always listed on the packaging. Let's take a closer look at them.

Decongestants

Decongestants are designed to decrease swelling of mucous membranes and relieve congestion. They allow for easier breathing and may relieve sinus and ear congestion.

Types:

- Systemic (taken internally): Phenylephrine, Phenylpropanolamine, Pseudoephedrine, Ephedrine (Ephedra, Ma-Huang).
- Topical (taken as nose sprays): Afrin, etc.

Side effects:

- Hyperactivity.
- Insomnia.
- Appetite suppression (hence, their use as OTC appetite suppressants, like Dexatrim, which is not to be confused with Dexedrine, an amphetamine)
- Blood pressure elevation (**although rare, these drugs can precipitate a hypertensive crisis and even a stroke; people with known blood pressure problems should be very careful using these drugs**).

- **All decongestant nose sprays are very addictive** (one should not use a nose spray for longer than 3 days, because the lining of the nose gets used to the drug and may become chronically congested as a result of prolonged use).

Antihistamines

Antihistamines block histamine from stimulating the cells responsible for making mucus and itching. They relieve all itching and excessive mucus production, runny nose, itchy eyes, etc.

Types:

- Sedating (making the user sleepy): diphenhydramine (Benadril), clemastine (Tavist), chlorpheniramine (Chlor-trimeton), brompheniramine (Dimetapp), etc.
- Non-sedating: Claritin, Zyrtec, Allegra, etc.

Side effects:

- Sedation (sometimes even with non-sedating variety). Many sedating antihistamines are used as sleeping pills. These are the only sleep inducing drugs available over the counter (Nyctol, Sleepinal, Sominex, Unisom, etc.).
- Dryness (while this is a desired effect, it may be detrimental in some cases). For example, in cases of asthma or pneumonia we don't want to dry out bronchial secretions. Drying makes them thicker and more difficult to cough up. In ear infections and sinusitis the same holds true: drier, more solid secretions are more difficult for the body to eliminate. The illness may be prolonged by the use of these drugs.

Expectorants

Expectorants make secretions wetter and thinner. Therefore, they become easier to cough up, blow out, etc. The cough becomes wetter and more effective and comfortable.

Types:

- Guaifenesin is essentially the only expectorant in common use.

Side effects:

- There are almost no side effects. When I recommend an OTC cold **remedy** for my patients, it usually contains an expectorant.

Cough suppressants

Cough suppressants suppress the cough reflex by acting on the brain cough centers. Cough drops of various types are surprisingly effective at times, probably due to the local soothing effect. Not all cough is bad. Cough is the body's response to the infection. Along with increased mucus production, cough helps the body get rid of the infectious agent. Unless the cough is completely intolerable or interferes with the patient's sleep, I advise my patients to leave it alone.

Types:

- Dextromethorphan.
- Narcotics (codeine and others).

Side effects and problems:

- Dextromethorphan is marginally effective, and has minimal side effects.
- Narcotics are addictive if used for an extended period of time and are not available OTC. They may also cause serious constipation. They are very sedating, so patients are always warned not to drive while taking them. But, they are effective in relieving cough if taken in fairly large doses.

Antipyretics (fever reducers) and analgesics (pain relievers)

These drugs reduce pain and fever. If the fever is not too bothersome to the patient, it does not need to be reduced. It is another way our body fights the infection.

Types:

- Acetaminophen (Tylenol, Panadol and a variety of generics).
- Non-Steroidal Anti-Inflammatory Drugs (NSAIDs): aspirin, ibuprofen (Motrin, Advil), naproxen (Naprocin, Anaprox, Aleve), etc. Acetaminophen is the only non-NSAID pain/fever reliever.

Side effects:

- If taken for a long time and in large doses (beyond treating an acute condition lasting just a few days) all these drugs may cause kidney failure.
- Acetaminophen is probably the safest drug in this group, if the recommended dose is not exceeded. Many people have died of liver failure after taking it in overdose.
- NSAIDs as a group cause stomach irritation and gastritis, as well as stomach and duodenal ulcers, sometimes leading to gastro-intestinal bleeding and even death. This may happen with just a few doses. People with a history of these conditions in the past should not take NSAIDs.
- NSAIDs have also been implicated in causing some heart attacks, even in the first month of use.
- Aspirin has been implicated in Reye's syndrome, a deadly disease of the liver affecting children treated with aspirin for their viral colds/fluës.

A pandemic survival kit should contain some of these medications just in case. It is better to have them as separate drugs, not combinations, because you never know what you will absolutely need, and it is not good to take more than that.

Appendix 2. Antibiotics.

Dr. Mirman

Antibiotics are usually not needed in viral flu cases. However, sometimes they can be indispensable. As mentioned above, occasionally a flu patient may get a bacterial pneumonia on top of their viral flu. Homeopathic remedies will often help in these cases, but if one can't find a good remedy, an antibiotic can save a life.

When my daughter was about 4 years old, she developed a cold. She had minimal cough and a touch of a fever. I treated her with homeopathic remedies, but was not able to find the right remedy to make her better. After a couple of days we noticed that she was getting sleepier and her breathing was getting more frequent. We took her to the emergency room, where a chest X-ray revealed pneumonia affecting both of her lungs. At this point she was getting worse and I elected to give her antibiotics. The first dose turned her around.

This story illustrates that while it is true that it is better to achieve a cure with safer homeopathic remedies, it is not always possible, and we must have drugs like antibiotics on hand to save a life when our approach is not working. We believe any pandemic survival kit must contain some wide spectrum antibiotics. They will be among the first drugs to run out in the event of a pandemic.

I suggest discussing this with your doctor and having the doctor prescribe at least one course of an antibiotic suitable for community acquired pneumonia for each member of your family. More than one course is even better, because if your relative or neighbor needs it, you'll be happy you have some extras to give them. The drugs need to be purchased and packed away, hopefully never to be used. Expiration dates need to be watched and the drugs replaced as needed.

While some antibiotics are very expensive, much less expensive alternatives are available. These are generic drugs. While they may not be quite as effective as the newer branded antibiotics, they are usually sufficient. In the rare cases where none of them is enough by itself, a combination will often do the trick. The following list resulted from our survey of local pharmacies who were asked to provide us with a list of the least expensive broad spectrum antibiotics: **amoxicillin, penicillin, erythromycin, cephalexin, sulfamethoxazole/trimethoprim and ciprofloxacin.** It is best to have several courses of at least two or three of them on hand. Ciprofloxacin and amoxicillin should probably be the first choices. You should discuss this with your doctor and work out the best combination for your family. The doctor will have to write a prescription, if you plan to buy the drugs locally.

Appendix 3. Naturopathic Approach to Influenza.

The Naturopathic approach encompasses herbs, nutritional supplements, bee products, water treatments, etc. A thorough discussion of naturopathy is outside the scope of this

book. However it definitely has value. Those interested in it should contact a local naturopathic doctor.

Herbs are the most widely recognized by the general public. Herbology is an ancient science. Most herbalists in the US practice either American or Chinese herbology. Some naturopaths make it their specialty as well.

Here is a brief list of the herbs and other remedies one commonly thinks of in conjunction with influenza. The information given here is very limited, and is meant only to suggest further areas of study for the reader. We do not recommend relying on these remedies as your sole flu strategy.

Echinacea and goldenseal are available in tincture in most health food stores, herb stores, etc. They are considered to be non-specific immune system stimulants. This means that they stimulate the immune system to respond to infections. In general, the immune system is supposed to respond by itself, but some people feel that some additional stimulation may be useful.

Cayenne (red pepper) is touted as a wonderful remedy for a wide range of ailments. This fiery plant has always been used by herbalists for the treatment of acute illness where the body becomes chilled and the pulse slows down. Capsaicin, the active alkaloid of the plant is thought to be able to stimulate the circulation and digestion. It is also effective for blocking the transmission of the pain impulse in the body. The use of cayenne may help to cool the body by promoting sweating.

Camphor is an essential oil with pungent smell. It is the main constituent in many products, like Vicks Vapor Rub, commonly used externally to clear nasal passages, open up the chest, stimulate circulation and relieve pain. **If you decide to use homeopathic remedies, you should not use any products containing Camphor because this oil has the reputation of interfering with their action.**

Garlic, ginger and horse radish are considered by many to have a positive effect in infectious diseases. Some believe they have antibacterial and antiviral properties. They probably have a warming effect and may help with chills. They should definitely be considered as a part of overall strategy, and especially as comfort-giving measures, along with **chicken soup, hot lemon juice with honey**, and many other home remedies tested by centuries of use.

Propolis, or bee glue, is a well known non-specific immune system stimulant like Echinacea. It has also been shown in well run studies to have anti-viral, anti-bacterial and anti-fungal properties.

Of course, many other remedies are used by doctors and families around the world. We are sure your family has some special trusted recipes as well.