How can I avoid the flu?

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

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

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

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

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

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

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