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COMPLEMENTARY THERAPEUTIC PROTOCOL

Avian Flu (Bird flu)

Avian influenza is a contagious viral infection that can affect all species of birds but can, less commonly, infect mammals. There are many types of avian viruses and they constantly evolve to cause a wide range of clinical illnesses. People have contracted avian flu and limited human-to-human transmission is suspected in some cases. Since January 2004, widespread outbreaks of certain strands of the avian influenza in birds in Asian countries have been associated with human cases and deaths in Asia. To date, most human cases have been linked to direct contact with infected poultry. Often, this contact includes high-risk exposure during the slaughter, defeathering and preparation of poultry for cooking. Thus, people cannot catch bird flu from eating cooked chicken.

According to the World Health Organization and the World Organization for Animal Health, outbreaks in birds in Vietnam appear to be increasing since December 2004, especially in the southern areas. The number of human cases is currently not that different from what we've seen in 2004. However, increasing outbreaks among birds in the affected countries increases the chances for human exposure to the virus.

It is unknown whether or not the bird flu will evolve into a pandemic strain but it has shown the ability to mutate so it is a concern. Influenza viruses are constantly changing over time and it is possible that changes in the virus currently affecting Vietnam and Thailand can result in a virus that is more efficiently transmissible to and among humans. While there have recently been changes in the virus, there is currently no indication that the virus has changed to a form that could result in a pandemic.

In humans, bird flu causes similar symptoms to other types of flu: fever, cough, sore throat, muscle aches, and conjunctivitis. Severe cases of bird flu can cause breathing problems and pneumonia. There is currently no vaccine to prevent bird flu in humans. Moreover, the current seasonal flu shot does not protect against avian influenza.

Source: Public Health Agency of Canada, 2004

Antiviral medications used to treat human flu viruses can help reduce the symptoms of bird flu, but it is not yet clear whether these work for the current (presently active) type of bird flu.

General protocol to enhance immune system activity for adults (no symptoms present):

Engystol + Gripp-Heel: Initially, 1 tablet every 15 minutes for 8 doses. Then, continue with 1 tablet 3 times daily for 5 days. Stop for a 4-day rest and start again for 5 days with 1 tablet 3 times per day. Continue this regime of cycles for a total of 4 weeks. Wait 1 month before starting again.

Also, initially add *Echinacea compositum forte* SN: 1 oral vial per day for 10 days.

Suggested protocol to strengthen the immune system for adults (in presence of symptoms):

Engystol and Gripp-Heel (for general flu symptoms): 1 tablet 3 times daily.

Tartephedreel (if cough is present): 10 drops 3 times daily.

Gelsemium-Homaccord (for more severe body aches): 10 drops 3 times daily.

Aconitum-Homaccord (for fever) massive initial dose therapy: 10 drops every 15 minutes for two hours. Then, 10 drops 3 times daily.

Oculoheel (for conjunctivitis): a few drops in the affected eye, 3 times daily.

If you suspect to have been infected with the avian flu, you should consult your physician or your local public health department. The efficacy of the protocol in treating Avian Influenza is unknown, although Engystol has been used to treat a variety of viral illnesses including Respiratory Syncytial virus (RSV), Influenza B, and Cytomegalo virus (CMV). These recommendations do not replace a complete medical treatment and follow-up. In all cases, medical supervision is required.

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