

Better than a Flu Shot?

According to Dr. Tom Friedman with the Center for Disease Control (CDC), this year's flu vaccine does not protect against 52% of the influenza viruses because of unanticipated mutations. And yet, the CDC still recommends a flu shot because it could still reduce the risk and severity of the flu. What if there was a way to get more protection from the flu, for less money, with none of the risks associated with vaccines? According to a couple of different studies, it looks like there is a way.

In a double blind placebo controlled study conducted in Italy, 262 elderly patients were given 600mg of N-Acetyl Cysteine (NAC) twice daily. After six months NAC treatment was well tolerated and resulted in a significant decrease in the frequency of influenza-like episodes, severity, and length of time confined to bed. Both local and systemic symptoms were sharply and significantly reduced in the NAC group. Frequency of influenza virus was similar in the two groups, but only 25% of virus-infected subjects under NAC treatment developed a symptomatic form, versus 79% in the placebo group. That is a remarkable difference in outcomes!

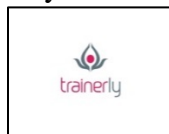
In two separate studies, it was found that persons with adequate levels of Vitamin D were half as likely to get the flu as those with inadequate Vitamin D levels. Biotics Research offers vitamin D in an emulsified form at 2,000 IU per drop, as well as 400 IU per drop for children.

Whether or not to get a flu shot is, of course, is a personal decision. However, particularly in light of the fact that this year's vaccines are particularly ineffective, doesn't it make sense to take NAC, vitamin D, and a good immune supporting multiple vitamin to give yourself the maximum protection?

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