

THANK YOU

for all your referrals!

# NATUROPATHIC WISDOM

COME TO THE "HEAL YOUR EMOTIONS, HEAL YOUR PAIN" WORKSHOP!  
NOV 7— SEE PAGE 3!

Volume 1, Issue 8

November 2004

## will you get a flu shot? Don't worry! -ND philosophy

The British company, Chiron, manufacturers of flu vaccines, was recently ordered to block shipments of 48 million vaccines this year. The decision came after British regulators visited the site based in Emeryville, California. Chiron was expected to supply nearly half of the 100 million doses of the vaccine needed in the U.S. A spokesman for the FDA said had they inspected the plant, the same decision would most likely have been made, due to the possible low level contamination of bacteria in the lot of vaccines..

Therefore, if you are not part of an "at-risk"



Are you worried you may not get a flu shot?

population, let someone who is "at risk," have the vaccine.

**DON'T WORRY!** Naturopathic medicine will help you prevent and recover from

illness. I will be there for you personally. With homeopathy and herbal medicine at your disposal, you will be able to recover quickly from the flu.

The reason most Americans rush to be the first to get their vaccine, is that we have all been sold a lot of fear about getting the flu.

We are afraid that our bodies are not protected. I have a secret for all of you, you are already protected. I have a secret for all of you, you are already protected. Yes, that's right. Your body has an amazing immune system. Even if you do contract the flu and become ill, your immune system will protect you. Vaccines are sold with fear to the public as if their immune system is not sufficient to deal with the virus. This is not true. However, if your body is weak to begin with, you will have a harder time recovering.

I believe becoming ill before the winter season is to prepare us to survive the winter. If you take a look at  
*(Continued on page 2)*

### Inside this issue:

Will You Get a Flu Shot? Don't Worry!	1
Are You Taking COX2 Inhibitors for Pain?	1
Ingredients of Flu Vaccines	2
Workshop, November 7	3
Children's cold and cough medicine no better than placebo	3



© 2004 David Hogg, ND

844 Jackson Street  
Santa Clara, CA 95050  
Phone: 408-984-6877  
Fax: 408-244-1310

Email: drdavid@naturally4health.com

## Are you taking a cox2 inhibitor for pain?

COX2 inhibitor Vioxx has been pulled from the market after a study has shown it greatly increases the risk of heart attack and stroke in patients who took it. A COX2 inhibitor is a drug that blocks the enzyme cyclooxygenase-2. It's the cyclooxygenase pathway of enzymes that makes inflammatory

and pain products out of arachidonic acid. Arachidonic acid comes from animal fats, so, if you block animal fats from being broken down, they have to go somewhere. In this case, the fats are causing heart attack and stroke.

Other studies are coming

out saying that other COX2 inhibitors are causing the same dangerous side effect. Therefore, if you are taking a COX2 inhibitor for pain, then please stop, and tell others to as well.

Natural COX2 inhibitors are herbs such as ginger and

*(Continued on page 2)*

www.  
naturally4health.  
com

## will you get a flu shot? Don't worry! (Cont.)

(Continued from page 1)

the animal kingdom, animals that become too ill will not survive the winter. Nature will take its course. I also believe that the flu is the way our bodies cleanse itself in preparation for the winter.

### Herbal Medicine

Common herbs used by naturopathic doctors and herbalists to fight viruses are echinacea, licorice, osha, lomatium, and especially elderberry. You'll find an excellent formulation at your local health food store or through my website, drdavidsherbs.com. A study showed licorice is even effective

against the SARS virus. Elderberry is not only effective against the flu virus, but also the herpes virus.

### Homeopathy

There are many homeopathic remedies that are great for the flu. You'll find many at your local health food store. If they don't work for you, you will probably need a specific homeopathic remedy. For that, you will need to be seen by a professional homeopathic doctor, like myself. For acute cases like the flu, it only takes about an hour to get the complete case. Recovery is much faster when compared to taking herbs.

### Prevention

- ⇒ Drink lots of water
- ⇒ Eat really well during flu season, so no junk food
- ⇒ Take vitamin C daily
- ⇒ Take herbal combinations daily like the ones mentioned.
- ⇒ Practice good hygiene

If you still come down with the flu, I'll be here for you. Take care of yourself. —Dr David

## Ingredients of flu vaccines

If you are still thinking of getting a vaccine, you should really know what you are getting in the injection. Chiron's Fluvirin vaccine contains egg yolk, Thimerosal (50% mercury), the inactivated (with beta-propiolactone) virus, formaldehyde, OCTOXYNOL 9, and prepared with antibiotics. This quote from Chiron's own website, "As is the case with most drugs and vaccines, there is a chance that a serious allergic reaction, serious illness or even death could occur as a result of vaccination with Fluvirin (the vaccine)."

The Aventis Pasteur vaccine, Vaxigrip, contains Thimerosal, Octoxynol-9, formaldehyde, egg yolk, and chicken proteins. Aventis Pasteur recommends if you have an allergy to any vaccine ingredients to avoid the vaccine.

MedImmune's FluMist contains a

modified *live* influenza virus, MSG, egg allantoic fluid, potassium phosphate and gentamicin sulfate. FluMist does not contain preservatives.

However, with FluMist containing the live virus and administered as a nasal spray, it will grow in your nasal passages. The most common side effects are runny nose, muscle ache, cough, headache, weakness, chills, and low grade fever. These side effects are the symptoms similar contracting the flu, which you did by inhaling the vaccine.

Thimerosal is used as a preservative. Naturopathic doctors believe there is no safe level of mercury in the body. Obviously, the vaccine producing companies disagree. Formaldehyde is used to attenuate the virus. Formaldehyde is also

**Egg yolk, thimerosal, formaldehyde, octoxynol-9, antibiotics, and the virus**

used in embalming. Octoxynol-9 is used as a spermicide and an ingredient in burn dressings to name a few of its uses.

Now that you have the information, you can make an informed decision as to whether or not you will choose to receive a flu vaccine.

### References;

- <http://poisonevercure.150m.com/ingredients.htm>
- [http://www.aventispasteur.com/Index.cfm?FA=List\\_Vaccines#](http://www.aventispasteur.com/Index.cfm?FA=List_Vaccines#)
- <http://www.chiron.com/products/vaccines/fluovaccines/fluvirin.html>
- <http://www.flumist.com/pdf/patientinfo.pdf>

## Are you taking a cox2 inhibitor for pain? (cont'd)

(Continued from page 1)

turmeric. Enzymes are another fantastic supplement I recommend for pain. If taken on an empty stomach, enzymes go through your body breaking down all inflammatory products that cause pain.

There are so many pharmaceutical medications that cause unwanted and potentially dangerous side effects. One would think that a system of medicine that produces drugs like Vioxx for pain would reevaluate itself. But no, it does not. The pharmaceutical industry continues doing what it does, producing drugs as quick fixes for our many ills.

Our current system of medicine is stuck in reductionistic thinking. That paradigm believes that finding the "one" medicine broken down to its most active constituent is what is necessary to bring about a cure.

The drug companies are after the one drug that will relieve pain. Reductionistically and with tunnel vision, that is all they can see, that they are giving a drug for pain. It seems that no thought is put into thinking that one drug will cause any harm or effect to the rest of the body. The only goal is to go after and squash symptoms without consid-

ering how the rest of the body will respond.

Naturopathic doctors know that there is not just one treatment that will bring about a cure, or, that disease is localized to an exact area, organ, or part of the body. We are whole beings. Everything we take into our bodies affects every cell, tissue, organ, system in the entire body.

844 Jackson Street  
Santa Clara, CA 95050  
Phone: 408-984-6877  
Fax: 408-244-1310

Email: drdavid@naturally4health.com

*You deserve your health, naturally!*

***I provide an eclectic holistic approach to disease and wellness employing homeopathy, b.e.s.t., botanical, mind-body, and nutritional medicine.***

***—David Hogg, ND***

## Children's cold and cough medicine no better than placebo

A recent study revealed that 100 children with upper respiratory infections (URI) were given Dextromethorphan, Diphenhydramine, and Placebo for cough relief. In addition, sleep quality of both parents and children were measured.

All symptoms improved on the second night of the study when either medication or placebo was given. The only complaints the participants made was from the side effects of the medication, which were insomnia from Dextromethorphan, and drowsiness from Diphenhydramine. Additionally, the medications given to the children made no difference in the sleep quality of their parents. In conclusion, "Each clinician should consider these findings, the po-

tential for adverse effects, and the individual and cumulative costs of the drugs before recommending them to families," the study said.

Dextromethorphan is found in Robitussin. Dextromethorphan suppresses the cough reflex. Suppression is counter to the principles of naturopathic medicine in that Dextromethorphan is treating the symptom of cough and not the cause of the cough. This is why it fails to provide relief in the study. Diphenhydramine is found in Benadryl. Diphenhydramine blocks the histamine response. The histamine response is a natural part of our immune system the body uses to get rid of allergens we've either ingested or breathed. Again, this is treating the symptom, and not the cause.

The cause of a cough is either food or airborne allergy, infection, or other cause. If allergy, the allergen must be avoided. If infection, the infection must be dealt with whether viral, fungal or bacterial. Naturopathic medicines offers natural antihistamines and cough remedies in herbal and supplement forms, instead of suppressing the symptoms. Feel free to contact me with further questions. Drdavid@naturally4health.com

### Reference

- Effect of Dextromethorphan, Diphenhydramine, and Placebo on Nocturnal Cough and Sleep Quality for Coughing Children and Their Parents, PEDIATRICS Vol. 114 No. 1 July 2004, pp. e85-e90

### Lecture

#### EMOTIONS CAUSE PAIN? DISEASE?

##### You will learn ...

- How emotions impact your body
- The connection between your body and your emotions
- How to relieve stress to help your body heal
- Also, a free demonstration of the Bio-Energetic Synchronization Technique

Lecture; Friday, November 5, 2004, 7pm,

Cost: \$25, Snacks provided (Free with paid workshop)

### Workshop

#### HEAL YOUR EMOTIONS, HELP YOUR PAIN/DISEASE

You will get your chance to explore the connections of your pain or disease with your emotions. Emotions are not the ultimate cause, but are a major contributor. Through writing exercises and group one on one processing, you'll have a much deeper understanding of the connection with your own healing process. This gives you an incredible and powerful opportunity to begin the healing process. Lecture and workshop will include traditional and modern understandings of the Mind-Body connection between emotions with pain and disease. Individual sessions will be available.

Sunday, November 7, 2004, 10 am - 6 pm

Cost \$125 (includes Friday night lecture)

Space is limited, Send \$50 deposit to hold your space

Facilitated by David Hogg, ND, All located at 844 Jackson Street, Santa Clara, CA

408-984-6877