

Discover Mother Nature's Flu Vaccine

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Introduction

- ✓ Native of Long Island, NY
- ✓ 1995 Draft → Kansas City Royals
- ✓ Penn State Univ. 1995-1999
- ✓ Doctor of Chiropractic – NUHS 2004
- ✓ Certified Strength and Conditioning Specialist
- ✓ Certified Coach - National Pitching Association
- ✓ ASMI Baseball Injuries Conference
- ✓ Nutrition abstract Writer – NOW Foods



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Be Ready....

You WILL be called upon to answer questions.
There is NO hiding.....



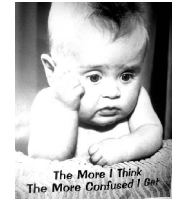
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Why this presentation?

- ✓ Every Fall/Winter brings with it the question:

Should I get a flu shot?

*I'm confused.
No wait...
Maybe I'm not.*



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Presentation Outline

- ✓ Flu statistics
- ✓ How do they make the flu vaccine?
- ✓ Effectiveness of the flu vaccine
- ✓ Mother Nature's Flu Vaccine

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Flu Statistics

- ✓ Flu Season = Late fall - Early spring.
- ✓ In a typical year, 5-20% of the population affected
- ✓ Flu-related deaths average 23,600/yr
- ✓ www.flu.gov



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How Do They Make The Flu Vaccine?

- ✓ Use 3 most common flu viruses from previous year
- ✓ CDC recommends vaccination for everyone > 6 mos
- ✓ People at high risk include:
 - ✓ Young children / Pregnant women
 - ✓ People with chronic health conditions
 - ✓ Asthma
 - ✓ Diabetes
 - ✓ Heart/Lung disease
 - ✓ People 65 years and older.
- ✓ www.flu.gov/individualfamily/vaccination/index.html



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How Effective Is The Flu Vaccine?

- ✓ A 2010 study by the Cochrane Review¹:

“Influenza vaccines have a modest effect in reducing influenza symptoms and working days lost. The review showed that reliable evidence on influenza vaccines is thin but there is evidence of widespread manipulation of conclusions and spurious notoriety of the studies.”
- ¹Jefferson T. Vaccines for preventing influenza in healthy adults. *Coch Data Syst Rev.* 2010 Jul 7;7:CD001269
- ✓ “Do Flu Vaccines Really Work? A Skeptic’s View” – 2/27/10
<http://www.time.com/time/printout/0.8816.1967306.00.html#>

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Side Effects of The Flu Vaccine

Mild Reactions	Severe Reactions
Where the shot was given <ul style="list-style-type: none"> • Soreness • Redness • Swelling 	Life-threatening allergic reactions <ul style="list-style-type: none"> • Difficulty breathing • Hoarseness or wheezing • Swelling around the eyes or lips • Hives • Paleness • Weakness • Fast heart beat • Dizziness
Fainting (mainly adolescents)	Behavior changes
Headache	High fever
Muscle aches	Usually begin within a few minutes to a few hours after the shot
Fever	Seek Medical Attention Right Away
Nausea	
Usually begin soon after the shot and last 1-2 days	

- <http://www.flu.gov/individualfamily/vaccination/vsafety/index.html>

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Your Natural Solution...

Mother Nature’s Flu Vaccine!



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A Little About Mother Nature’s Flu Vaccine...

- ✓ 46.77% of world production in Thailand
http://www.foodmarketexchange.com/datacenter/product/fluit/coconut/detail/dc_pi_ft_coconut0603_02.htm
- ✓ The first food Tom Hanks ate in “Castaway”
- ✓ A staple of Yosemite Sam’s diet in “Rabbitson Crusoe” -
<http://www.imdb.com/title/tt0049650/usercomments>



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Coconut Oil!



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Coconut Oil's Secret Weapon

- ✓ Medium-chain fatty acids
 - ✓ Shorter than saturated fat found in meat/eggs
 - ✓ Converted into energy immediately, so:
 - ✓ CO is not stored as fat in the body = fat loss
 - ✓ No effect on raising cholesterol levels
- ✓ Lauric acid
- ✓ MCT's very popular in bodybuilders
 - ✓ Muscular Development Magazine July 2006 - <http://www.musculardevelopment.com/articles/fat-loss/28-fat-attack-eat-fat-burn-fat.html>

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Beyond Being a Flu Vaccine

- ✓ Among the many viruses coconut oil helps fight, here are a few
 - ✓ The Measles
 - ✓ Hepatitis C
 - ✓ MCT's very common for AIDS/HIV patients
- ✓ Protect against bacteria:
 - ✓ H. Pylori (a common cause of stomach ulcers)
 - ✓ Staph. aureus (the most common disease-causing bacteria)



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How to Take Coconut Oil?

- ✓ CO is a liquid >72 deg, a solid <72 deg
- ✓ Cooking
 - ✓ Heat does not damage CO, whereas Olive Oil can get damaged
- ✓ On sprouted grain bread (Ezekiel Bread)



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Thank you!

- ✓ Please email me at PitchingDoc@msn.com if you have questions
- ✓ 1 final thought:

“The difference between history’s most staggering failures and its greatest accomplishments is often, simply, the diligent will to persevere.”

-Abraham Lincoln

Best of luck to you

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