

Surviving the Coming

Influenza Pandemic



*The true story of the coming influenza pandemic:
how it may infect 30% of the world's population,
and what you can do to survive the outbreak
even if there's no vaccine.*

MIKE ADAMS

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The Coming Influenza Pandemic

In the fall of 2004, the World Health Organization (WHO) held a meeting of scientists, researchers, and vaccine manufacturing company representatives. In that meeting, the World Health Organization reached some startling conclusions that many people still have not fully grasped. The organization stated that the next global flu pandemic is fast approaching. There is a strong chance it may become an epidemic as soon as next year, and if that happens, literally 30% of the world's population will become infected with influenza.

The particular influenza strain being watched is the H5N1 bird flu virus. Should an outbreak occur, the total deaths expected around the world, according to the WHO, numbers in the tens of millions of people. Furthermore, the WHO says that **the United States currently has no vaccine to distribute to the population** that might offer protection from this flu epidemic. In their own words, "...the H5N1 strain has demonstrated its capacity to infect humans and cause severe disease, with high fatality, on three separate occasions beginning in 1997. The disease in humans has no vaccine to confer protection and no specific treatment once illness becomes severe." Source: http://www.who.int/csr/disease/avian_influenza/assessment2004_05_14/en

Even with this clear threat to public safety, the United States currently has no plans to manufacture any vaccine whatsoever. Even if a vaccine theoretically existed, the U.S. doesn't have a system in place to distribute it to citizens. And waiting for the flu pandemic to appear will undoubtedly be too late. "Vaccines and antiviral agents are unlikely to meet demand, even for industrialized countries able to purchase them," explains an investigative medical article entitled, *The Next Influenza Pandemic: Lessons from Hong Kong, 1997* by René Snacken, Alan P. Kendal, Lars R. Haaheim, and John M. Wood, published by the Centers for Disease Control, <http://www.cdc.gov/ncidod/eid/vol5no2/snacken.htm>

It goes on to explain, "Waiting until a pandemic strikes to determine access to [vaccines and medicines] inevitably contributes to inequities in supply for countries lacking facilities to produce antiviral agents or vaccines or lacking resources to competitively purchase supplies at a time of scarcity. The issue of equity cannot be resolved by individual governments or manufacturers."

We should have learned that lesson many times over, but still the vaccine problems persist. The winter of 2004 saw a complete breakdown in the U.S. vaccine infrastructure when the winter flu vaccine experienced a severe shortage because the vaccine manufacturer Chiron was found to be producing contaminated product.

That left the entire country without adequate flu vaccine, creating an instant shortage. Now imagine what would happen if there were truly a global killer flu, an influenza virus that mutated and made the cross-species leap from birds to humans. Imagine that this virus is spreading around the world from city to city, being carried by travelers in airplanes, and then being spread from person to person in those cities through coughing, shaking hands, touching doorknobs or just from being in the same elevator with another person.

Now imagine 30% of the United States population getting infected with this flu. The result would be nothing short of a national crisis. As the World Health Organization explains, “Vaccines, antiviral agents and antibiotics to treat secondary infections will be in short supply and will be unequally distributed. It will take several months before any vaccine becomes available.” They also explain, in their own words, that:

- Medical facilities will be overwhelmed.
- Widespread illness may result in sudden and potentially significant shortages of personnel to provide essential community services.
- The effect of influenza on individual communities will be relatively prolonged when compared to other natural disasters, as it is expected that outbreaks will reoccur.

Source: <http://www.who.int/csr/disease/influenza/pandemic/en>

Incredibly, the above description may actually be the good news. A Russian scientist, Dr. Dmitry Lvov, head of the Ivanovsky Virology Institute, estimates that this particular strain of the flu is so aggressive and deadly that as many as **one billion people around the world could die from it**. He estimates that in the United States alone, we could be looking at 700,000 dead. Granted, his estimates may be high, but this man is no stranger to infectious disease. In any case, it does give you an indication of the seriousness of this next global outbreak.

Conventional Medicine Offers No Real Defense

As I have been discussing these points with a few people, I've been met with looks of utter confusion. People tell me things like, “I thought we overcame infectious disease, I thought these flu epidemics were things that just happened in history, they shouldn't happen today, we have modern medicine...” Unfortunately, they are dead wrong about conventional medicine.

As the World Health Organization explains on their site, *“Although health care has improved in the last decades, epidemiological models from the Centers for Disease Control and Prevention, Atlanta, USA project that today a pandemic is likely to result in 2 to 7.4 million deaths globally. In high income countries alone, accounting for 15% of the worlds population, models project a demand for 134 – 233 million outpatient visits and 1.5 – 5.2 million hospital admissions.”*

Source: <http://www.who.int/csr/disease/influenza/pandemic/en>

In fact, modern medicine is largely helpless against such outbreaks. Even in recent times, outbreaks have been frequent. And throughout history, they have devastated populations. The 1918 - 1919 Spanish Flu pandemic killed 20,000,000 people around the world. The 1956 Asian Flu pandemic killed hundreds of thousands. In 2002 - 2003, SARS very nearly became a global pandemic, and it killed an

The world is on the brink of a major flu epidemic — one that could claim more than a billion lives, the head of the Russian Virology Institute, Academician Dmitry Lvov said at a press conference organized by the RIA-Novosti news agency on Thursday.

“Up to one billion people could die around the whole world in six months,” Lvov said. The expert did not give a timeframe for the epidemic, but said that it is highly probable that it will start this year. “We are half a step away from a worldwide pandemic catastrophe,” the academic said.

The Russian expert said that U.S. researchers possessed data suggesting that if a pandemic hits, up to 700,000 people will fall ill in the United States. He said that the population of the United States can be roughly compared to that of Russia and thus the number of cases will be approximately the same.

The academician said the pandemic was most likely to be caused by the so-called bird flu stem. “The death rate among those who contract this type of flu reaches 70 percent,” Lvov said.

The expert called for the Russian authorities to prepare for the epidemic. The country will need a reserve of at least 300,000 hospital beds if an epidemic breaks out, he said.

<http://www.mosnews.com/news/2004/10/28/pandemic.shtml>

astounding 10% of those infected. Today, all eyes are on the avian flu virus H5N1, which was first detected in pigs in Vietnam in February, 2004. And the people who study infectious disease know the next pandemic is right around the corner. "During the last few years, the world has faced several threats with pandemic potential, making the occurrence of the next pandemic just a matter of time." - the World Health Organization (<http://www.who.int/csr/disease/influenza/pandemic/en>)

For a fascinating look at the full chronology of the H5N1 avian influenza, as published by the World Health Organization, visit http://www.who.int/csr/disease/avian_influenza/chronology/en

Primed for Infectious Disease

Historically speaking, we're overdue for the next outbreak. In many ways, the world today is even more conducive to the spread of these dangerous viruses than in times past. Today we have higher population density than ever before, which means the virus can spread more easily from one person to the next. Today, we have faster global travel than ever before, meaning the virus can jump from city to city in a matter of hours.

"Given the high level of global traffic, the pandemic virus may spread rapidly, leaving little or no time to prepare." - the World Health Organization, <http://www.who.int/csr/disease/influenza/pandemic/en>

On top of that, we have a medical system that is actually breeding superbugs in hospitals where antibiotics abuse encourages the mutation of extremely aggressive infectious strains with innate immunity to every known antibiotic.

Simultaneously, we have bizarre animal feeding habits where cows are being fed chicken litter (containing chicken dung and feathers). We have cows being fed the ground up remains of other cows and animals, including spinal cord tissue and brain tissue, and thus we're creating an environment for the rapid mutation and distribution of aggressive viral strains. This is partly what's causing mad cow disease to be such a concern, and it could play a hand in the next global pandemic.

Today we have all the conditions to foster a global outbreak. And yet we have virtually no defense against it: no vaccines, no vaccine distribution system, and no policies to decide who gets vaccines and who doesn't. The only thing that's missing is the virus itself; and in fact, it already exists as well. It's the influenza A (H5N1) strain right now living in pigs and birds in Southeast Asia. Should it make the jump to humans, it may very well become the next global pandemic. It is not an exaggeration to say that millions would die from it. The Centers for Disease Control and the World Health Organization are saying exactly the same thing. Check the headlines yourself at <http://www.newstarget.com/pandemic.html>.

Much the same is also being stated by one of the world's leading experts on influenza: Dr. Robert G. Webster, a member of the Infectious Diseases department of St. Jude and co-author of the Nov. 28, 2003 article about influenza published in the journal Science. You can see some of Dr. Webster's credentials at http://www.stjude.org/faculty/0,2512,407_2030_3957,00.html.

As Dr. Webster explains, “If an influenza pandemic started tomorrow, we would not be able to head it off with vaccines because the production facilities available to produce them are grossly inadequate.” He also mirrors the preparedness assessment offered by the World Health Organization. Namely, that neither the United States nor the world is prepared for a flu pandemic. “In the face of a pandemic, the available supplies of antiviral drugs would be used up in days,” he says. “It would take up to 18 months to make more drugs from scratch. Stockpiling is the only answer.”

Take Charge of Your Own Defense

All this leads to the humbling realization that anyone who wishes to prepare for the coming flu pandemic is going to have to take charge and stop relying on their governments to save them. So what’s a person to do?

I asked myself the very same question. To find the answers, I searched through over 400 books written by some of the most respected doctors, physicians, naturopaths and authors in the natural health community. And in each book, I pulled out passages relating to antiviral herbs, vitamins, minerals and other nutrients. This resulted in 500 pages of citations from these 400 books, or a little over one page from each book, on average. What I ended up with was an authoritative list of the most powerful nutrients for fighting viral infections. (The full list, with detailed explanations, is included in the book “The Flu Solution” available at www.TruthPublishing.com.)

Through this research, I was able to document the astounding antiviral capabilities of all varieties of medicinal herbs, including rainforest herbs, Chinese medicine herbs and Western herbs. These herbs have such strong antiviral effects that they have even been described as stronger than antiviral prescription drugs. When used synergistically, they provide a full-spectrum antiviral defense for the human body, meaning they help you overcome all varieties of viral infections, including influenza H5N1.

The Top Twelve Herbs

From this research, I narrowed the list down to twelve of the most powerful antiviral herbs I could find. These are the “Big Twelve” as I call them. They’re the most well-documented, the most clinically proven, the most aggressive antiviral herbs known to the natural health community. Then I said to myself, “People need a tincture made with these twelve herbs.” So I searched the internet trying to find if there was such a product, thinking I’d be recommending it to people. I couldn’t find one. Nothing like this existed. There was no product that combined the top twelve herbs in a powerful antiviral tincture that could help people not only avoid the flu, but even survive the coming flu pandemic.

One Source Agrees to Manufacture It

So I put the word out to a few of my contacts -- people I know in the industry from doing what I do -- and I asked, "Who wants to manufacture this? Because if you are willing to manufacture this herbal tincture, I would love to mention it to people and help get this into peoples' hands." The answer came back from a company I've been recommending for quite some time, and that's Jenny Lee Naturals (www.JennyLeeNaturals.com). They said, yes, they'd be willing to manufacture this product and attempt to meet whatever demand exists for it, and they decided to call it Jenny Lee A-V tincture, which stands for 'Anti-Viral.'

As a result, this product is now available. It's in a 2-oz. tincture. It is a very potent tincture (taste it yourself to see what I mean) that uses a tremendous quantity of these herbs to make what I consider to be the single most powerful antiviral natural medicine available anywhere in the world. I don't think there's any herbal combination that comes close to the ability of this product to protect you against viral infections. And by the way, as it turns out, most of the ingredients in this tincture also have very strong, well documented anti-cancer properties, so this exact same tincture could even be sold as an anti-cancer or cancer prevention tincture. I'll describe the exact ingredients below. (Remember, too, that you can buy the bulk herbs yourself and make this tincture on your own. The recipe is no secret, I list the ingredients right here.)

(By the way, as always, I must remind you that I have no financial involvement with Jenny Lee Naturals or the sale of this product. I don't earn a dime. Whether you purchase this product or not is entirely up to you. It won't impact my bottom line either way.)

What This Product Can Do

Now remember, the company making the product, Jenny Lee, can't really tell you anything about it. This is true for all nutritional supplement manufacturers, thanks to the suppression of accurate product descriptions by the FDA (which doesn't want you to know how to treat disease with herbs, for one thing). So don't expect Jenny Lee to tell you what this product does. But I'll do it instead.

This product will greatly boost your immune system function. It will offer you the strongest protection that I know of against viral infections. It can be used to treat existing viral infections that you may have, including HIV, cold sores, influenza or other viral diseases. But most importantly, this is a product that can literally save your life if we see this global pandemic become a reality. It doesn't mean this product is a magic bullet that's absolutely going to save your life. Because if you don't support your immune system by changing your lifestyle to get healthier, then you're going to have reduced odds of success. In other words, if you continue to smoke cigarettes, eat fried foods, avoid physical exercise, avoiding taking vitamin D supplements, avoid getting natural sunlight on your skin, if you spend most of your time under fluorescent lights or breathing toxic fumes during a long commute, or you have a high stress environment, then all of those things are going to suppress your immune system and there's no medicine in the world that can cure you of influenza. To beat the flu pandemic, you have to get plenty of water, you must get adequate levels of sleep, you need to radically alter your diet, shift to healthier foods, give up unhealthy habits like drinking coffee, smoking cigarettes, drinking large amounts of alcohol, breathing secondhand smoke and so on. All these things affect your outcome.

But even if you have a poor lifestyle, a product like this Jenny Lee A-V tincture will still enhance your odds of resisting the flu and surviving it. So even if you are smoking cigarettes, eating pizza and chowing down on fried foods all the time, at least a product like this can increase your odds, but it's not a replacement for being a wise consumer. So I hope I'm making myself clear on this: don't look at this product or any product out there as a miracle cure, especially if you continue to pursue unhealthy lifestyle habits. But if you want an ally in the battle to resist the flu and survive the flu pandemic, this is an excellent choice. If you don't buy it from Jenny Lee Naturals, then at least, for your own sake, buy some of the bulk herbs and make your own tincture. (Recipe below.)

You Can Taste the Potency

Let me warn you up front, this is not a delicious tincture. This is not some candy being disguised as medicine. This stuff tastes pretty awful and if you think about what's in it, you'll understand why. There are some rather bitter-tasting herbs in there. But it is in fact the taste that lets you know this is the real thing. Because if you buy some herbal tincture that tastes sweet, or it just doesn't taste very strong, then chances are you've purchased a product that's highly diluted (a lot of cheap herbal tincture products are like that). Real herbal tinctures with medicinal value have a strong taste. They are usually extremely bitter. They should make your face go into all sorts of bizarre contortions. That's how you know you're getting a potent herbal tincture, and that is definitely the case with this Jenny Lee A-V product.

I've tasted it myself and at that moment I made myself a promise that I would never use it again unless I was around people who were infected with the flu, or if there were a global flu pandemic and I wanted to have the best possible defense against that pandemic. This is definitely not a product you want to be using on a daily basis. This is not some vitamin supplement. You don't need these herbs every single day unless you're fighting the flu or battling cancer.

The other thing to know about this product is that you shouldn't take it if you're pregnant or if you are expecting to become pregnant. Some of these herbs are contraindicated with pregnancy. One of the ingredients, St. John's Wort, is also known to interact with various prescription drugs, so if you plan to take this product, this is something you should definitely discuss with your doctor to make sure it is aligned with whatever health strategy you are currently pursuing. In particular, St. John's Wort can interfere with various heart drugs and reduce their effectiveness. So prescription drug dosages may need to be modified when taking this product.

Don't Wait Until the Pandemic Strikes to Prepare

By the way, if you're reading this and the global flu pandemic has not yet become a genuine outbreak, then you still have a chance to get these products. They have an extended shelf-life -- several years if you refrigerate them -- meaning that you can buy them now, put them in your fridge and use them years later with the same medicinal effect. And why should you buy them now? Because this report is being shared freely with readers around the world, and experience tells me that when people get their hands on this information, they're going to forward it to their family and friends and coworkers, and this is going to wind up being downloaded and read by a very large number of people, probably a few hundred thousand (and that's BEFORE there's a flu pandemic).

"In the face of a pandemic, the available supplies of antiviral drugs would be used up in days. It would take up to 18 months to make more drugs from scratch. Stockpiling is the only answer."

- Dr. Robert G. Webster, member, the Infectious Diseases department of St. Jude

Most of those people are going to wait around and do nothing about the flu pandemic until it hits. They won't modify their lifestyle, they won't boost their own immune system function, and they won't order products that can defend against the flu until the day this epidemic really hits. One of these days there will be a news headline in USA Today or some other national newspaper that says "Global flu epidemic strikes USA!" -- and it will be talked about on the news, in all the newspapers, and all over the internet. You'll hear that people are getting sick and dying from this flu pandemic and, oh, the U.S. government didn't do anything to prepare for it, and gee, there's not enough vaccine to go around. I can hear the useless chatter already.

Most People Will Wait Until It's Too Late

That's the day when it's too late to order this product, because I can absolutely guarantee that, given human nature and the way people think, 99% of the population will wait until that day to do something about it. On that day people are going to call up Jenny Lee Naturals and they're going to start ordering 20 or 30 bottles at a time, and Jenny Lee Naturals is going to run out of product in a matter of hours. Even with their best efforts, they won't be able to manufacture enough product to meet the skyrocketing demand as people suddenly become aware that this pandemic is real, and they suddenly want to be saved from it, because none of them actually did anything to enhance their immune system function. They kept on suppressing their body's defenses by eating unhealthy foods and following unhealthy habits. Now all of a sudden the pandemic has hit and they are scared... they want something to protect them and they're going to buy it in large quantities, foolishly thinking they can buy their way out of a personal health crisis.

That's human nature, that's the way people think. And if you wait until that day, you're probably going to find yourself at the end of a long waiting list. So then what will you do? You'll go out to the health food store thinking, well, I'm going to buy up all these ingredients myself, and you'll find that, strangely enough, all of these key antiviral ingredients are already wiped out of stock at the local health food store. So you'll say, well, gee, I'll go online and I'll find an herbal store or some kind of vitamin store and I'll order these products there. So you do that, and sure enough they take your order and charge your credit card. You think you're all set until, a few hours later, you get an email that says "All the items you ordered are out of stock, please wait 4 to 6 weeks for delivery." You're thinking, "I need this stuff TODAY, not in four to six weeks!"

It's at that point that you're going to realize you're too late, and you're going to get desperate. What I'm saying here is don't get caught with your pants down in this situation. Don't be the last person to realize that something needs to be done. Don't join the masses who are ignoring this problem and then, all of a sudden one day, getting panicked because it's showed up on the evening news and now they realize they really, truly might be killed by this virus if they don't get some protection.

The Government Won't Save You

And for goodness sake, don't trust the U.S. government to do anything about this. As usual, the bureaucrats are bumbling around doing absolutely nothing useful for the public. There will be no vaccine distribution system in place that's sufficient to reach the entire population. Some people are going to have no vaccine whatsoever, no question about it. The vaccine, if it even exists at all, will be rationed. There will be extremely limited supplies. The elderly will probably get it first, followed by young children. Most adults are unlikely to get any vaccine whatsoever. And all the while the government is going to be making public statements saying that it is doing everything in its power to protect the public from the flu pandemic. Of course, it will all be hogwash, because if they were doing everything in their power, they'd be doing something today to put such a system in place and there wouldn't be a vaccine crisis in the first place. But just like the population, the government doesn't like to plan ahead.

"Vaccines and antiviral agents are unlikely to meet demand, even for industrialized countries able to purchase them."

The Next Influenza Pandemic: Lessons from Hong Kong, 1997, published by the Centers for Disease Control, <http://www.cdc.gov/ncidod/eid/vol5no2/snacken.htm>

The bottom line to all this is that I recommend you get this product right now. Get a couple of bottles for yourself, and if you have family members, you might want a few extra for them, too. Make sure you have enough of this in your house so that if this global flu pandemic strikes, you are well protected. At the same time, if you do manage to catch a cold at any time of the year, you can use this product to help get over that cold far more quickly. And it's important to take immediately when you start to feel symptoms. If you get a sore throat, start to get a stuffy nose, or aches and pains in your muscles and joints, then start taking this product. It will help you overcome that cold or flu far more quickly. Of course, I recommend you also take lots of zinc and vitamin C at the same time because those are the top two vitamins and minerals for overcoming viral infections. If you combine vitamin C and zinc with this tincture you're going to get the most powerful viral protection available anywhere in the world. Of course, always visit a qualified medical professional (preferably a naturopath) who can help you overcome the infection without turning to dangerous drugs or toxic procedures.

Ingredients of Jenny Lee Naturals A-V Tincture

Here's the recipe of the "Big Twelve" antiviral herbs identified through the research:

- Echinacea
- Astragalus
- Cat's Claw
- St. John's Wort
- Olive Leaves
- Licorice
- Ginger
- Lemon Balm
- Garlic
- Shiitake Mushrooms
- Onion
- Green Tea

As you can see, this list is a combination of Amazon herbs, Chinese herbs, Japanese mushrooms and Western herbs.

If you don't want to buy the tincture, you can make it yourself by buying the bulk herbs and soaking them in strong vodka for several weeks (the longer, the better), then straining out the liquid. If you can't get all twelve herbs, get what you can and make the tincture from that. Even if you only have 2-3 herbs, it's still better than nothing. You can get bulk herbs at Herbal Advantage (www.HerbalAdvantage.com), local health food stores, or by visiting a local herbalist (either Chinese or Western). They may even have their own additions to the formula, based on their own experience.

Another great source for antiviral herbs and tinctures is Michael Tierra's "Planetary Formulas," found at <http://www.planetherbs.com>.

Once you have a tincture, store it in a dark place to avoid light damage. Inside your refrigerator is a great place to store them.

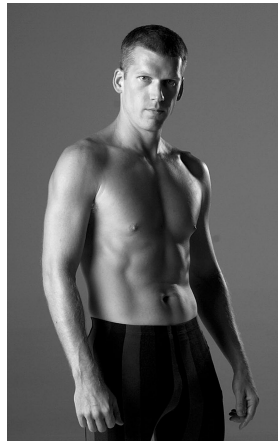
To learn more about how to beat the flu and survive the coming flu pandemic, check out "*The Flu Solution*" at www.TruthPublishing.com. The Flu Solution lists the top herbs, vitamins, minerals, foods and antiviral products that can literally help save your life. Plus, the book offers straightforward advice on boosting your immune system function so that you never get flu symptoms in the first place. It also provides a three-stage strategy for defending against the flu or conquering it once symptoms appear. The book is available as an instant download (PDF file, which you can read with Adobe Acrobat reader).

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Mike Adams is a holistic nutritionist with over 4,000 hours of study on nutrition, wellness, food toxicology and the true causes of disease and health. He is well versed on nutritional and lifestyle therapies for weight loss and disease prevention / reversal. Adams uses no prescription drugs whatsoever and relies exclusively on natural health, whole foods, superfoods, nutritional supplements and exercise to achieve optimum health. To prove the value of nutrition and physical exercise in enhancing health, Adams publishes detailed statistics on his own blood chemistry (with full lab results) at <http://www.newstarget.com/AdamsHealthStats.html>

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