

# Natural Influenza Protocol with Magnesium and Vitamin C

© by Mark Sircus Ac., OMD  
with an addendum by Daniel Reid

The New York Times writes, "As concern about a flu pandemic sweeps official Washington, Congress and the Bush administration are considering spending billions to buy the influenza drug Tamiflu. But after months of delay, the United States will now have to wait in line to get the pills." It's that time of year when the CDC puts the plug back in the wall with the intention of lighting up signs all over the country whipping the public into its yearly flu frenzy.

Not only do we have to worry about the regular flu and its misery but now we have the bird flu. On October 5, 2005 the New York Times reported that the deadly 1918 influenza pandemic was linked to the avian flu. Two teams of federal and university scientists announced that they had resurrected the 1918 influenza virus and found that it was actually a bird flu that jumped directly to humans.

Democrats on Capitol Hill are complaining that the delay has put Americans in jeopardy. Tamiflu, introduced in 1999, has recently become the drug of choice of the medical establishment worried about pandemic flu because it is one of the only medicines claimed to reduce the duration and severity of the potentially deadly disease if taken within 48 hours of infection. Tamiflu is 'supposed' to speed recovery from the flu. When started during the first 2 days of the illness, it is said to hasten improvement by at least "a day." Tamiflu is one of a new class of antiviral drugs called neuraminidase inhibitors. No studies have been conducted to compare Tamiflu with mother's chicken soup, which is also reported to diminish intensity, discomfort and duration of the flu.

Medical officials are lining up in gangbang fashion to scare the wits out of the public but offer only impotent medical strategies. "This is a nation-busting event!" warned Dr. Tara O'Toole of the University of Pittsburgh Medical Center's Center for Biosecurity. Speculating that 40 million Americans could die -- that's about one in eight -- she warned: "We must act now." For the Avian flu they are rushing to develop new unproven vaccines and there are now there are concerns that there is resistance to Tamiflu's effects so in the hysteria being created expect other drugs like Relenza as well as Tamiflu to be recommended for stockpiling. [i]

"We and the entire world remain unprepared for what could arguably be the most horrific disaster in modern history," inveighed Dr. Gregory A. Poland of the Mayo Clinic and the Infectious Diseases Society of America. "The key to our survival, in my opinion, and to the continuity of government is vaccination." And "we do not have a licensed or approved vaccine," continued Dr. Poland. Dr. J. Anthony Morris, former Chief Vaccine Control Officer FDA said, "There is no evidence that any influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza. The producers of these vaccines know that they are worthless, but they go on selling them, anyway."

*A review in The Lancet suggests that influenza vaccination of infants is useless.*

Dr. F. Edward Yazbak

Each and every year at this time medical officials come out to remind us of our mortal danger yet advocate medical procedures that do little to nothing to protect us but cost billions. Dr. Eleanor McBean was an on-the-spot observer of the 1918 Influenza epidemic and said, "As far as I could find out, the flu hit only the vaccinated. Those who had refused the shots escaped the flu. My family had refused all the vaccinations so we remained well all the time. We (who didn't take any vaccines) seemed to be the only family which didn't get the flu. It has been said that the 1918 flu epidemic killed 20,000,000 people throughout the world. But, actually, the doctors killed them with their crude and deadly treatments and drugs. This is a harsh accusation but it is nevertheless true."

The Vaccine Injury Compensation Program created a federal, court-like process through which victims of vaccination could seek financial compensation. Created in 1986, the program has settled 1,200 vaccine claims worth \$1.2 billion as of 2004. This represents compensation to only a fraction of the children and families devastated by vaccines.

**Most problems noted during tests of Tamiflu were indistinguishable from the symptoms of flu.** That's a tricky way of saying Tamiflu can as easily cause the flu as diminish it. Tamiflu is not the drug of choice because of its large side effect profile that leaves one wondering if their flu symptoms are from a virus or Tamiflu.

Below is the list of side-effects that Tamiflu can cause. These are all the reasons Tamiflu should be avoided:

- Aches and pains
- Allergic reactions sometimes leading to shock
- Asthma - aggravation of pre-existing asthma
- Bronchitis
- Chest infection
- Conjunctivitis
- Dermatitis
- Diarrhoea
- Difficulty sleeping
- Dizziness
- Ear infection
- Ear problems

- Erythema multiforme
- Headache
- Hepatitis
- Indigestion
- Liver problems
- Lymphadenopathy
- Nausea
- Nose bleed
- Rash or rashes
- Runny nose
- Sinusitis
- Stevens Johnson syndrome
- Symptoms of a cold
- Tiredness
- Tummy pain
- Urticaria
- Vomiting

### **Tamiflu Ingredients**

Black iron oxide (E172), Croscarmellose Sodium, FD and C Blue 2 (indigo carmine, E132), Gelatin, Oseltamivir, Povidone, Pregelatinised maize starch, Red iron oxide (E172), Shellac, Sodium Stearyl Fumarate, Talc, Titanium dioxide (E171,) Yellow iron oxide (E172). The oral suspension has: Oseltamivir, Saccharin sodium (E954), Sodium benzoate (E211), Sodium dihydrogen citrate (E331 (a)), Sorbitol (E420), Titanium dioxide (E171), Tutti Frutti flavour, Maltodextrins (maize), Propylene glycol, Arabic gum (E414), Xantham gum (E415).

Various U.S. and U.N. agencies are spreading the word that the Avian Influenza, if it breaks out this fall or winter, could be as severe as the worldwide Spanish Influenza epidemic of 1918, and they are predicting hundreds of millions of deaths worldwide. Of course this is what they do each and every year and it does sell a lot of vaccines to an easily frightened public.

According to health consultant Jonathan Campbell, "The influenza, currently isolated in China, is a hemorrhagic illness. It kills many of its victims by rapidly depleting ascorbate (vitamin C) stores in the body, inducing scurvy and collapse of the arterial blood supply, causing internal hemorrhaging of the lungs and sinus cavities. Most people today have barely enough vitamin C in their bodies (typically 60 mg per day) to prevent scurvy under normal living conditions, and are not prepared for this kind of illness."<sup>[ii]</sup>

Some physicians would stand by and see their patient die  
rather than use ascorbic acid (Vitamin C) because  
in their finite minds it exists only as a vitamin.

Dr. Frederick R. Klenner

The International Medical Veritas Association's recommendation for flu prevention and treatment is simple and carries no side effects; transdermal/topical application of Magnesium Chloride, zinc lozenges, Vitamin C and a properly hydrated body. Instead of weakening the body with the toxic substances found in Tamiflu, other drugs and vaccines, we strengthen the cells from their roots up. A great part of people's vulnerability to influenza is a combination of nutritional deficiencies and enormous toxic buildup from environmental poisons, toxic containing foods and noxious drugs. Magnesium Chloride addresses the greatest and most important deficiency in the body with upwards of 90 percent of the population deficient in this vital nutrient.

The first physician to aggressively use Vitamin C to cure diseases was Frederick R. Klenner, M.D.<sup>[iii]</sup> beginning back in the early 1940's. Dr. Klenner consistently cured chicken pox, measles, mumps, tetanus and polio <sup>[iv]</sup> with huge doses of the vitamin. Certainly if it is effective for these diseases it will help tremendously with the flu. From 1943 through 1947 Dr. Klenner reported successful treatment of 41 more cases of viral pneumonia using massive doses of vitamin C.

Dr. Anthony S. Fauci, director of the National Institute of Allergy and Infectious Diseases, said, "You must prepare for the worst-case scenario. To do anything less would be irresponsible." Fauci is correct here, it pays to prepare but not with toxic vaccines or other drugs like Tamiflu, which would be well to the left on this toxicity chart. It makes sense medically to use the least toxic substances for toxins only increase the chance we will get the flu. The flu like side effects of Tamiflu bears this line of reasoning out. The caution on pregnant women, or those considering becoming pregnant, should serve to turn away a good deal of the population thinking of using Tamiflu. If it is too toxic for mother and fetus it is too toxic for you.

"Are we prepared today? Clearly no," said Dr. Hayden of the University of Virginia Health Science Center. From personal medicine cabinets to the White House, the focus recently is on a killer flu epidemic that is going to hit like a huge asteroid. If we trust our medical officials (I do not) we will prepare and if we do not trust these people we still need to prepare because of the possibility that what they are warning us against is simply a long planned bio-chemical attack.<sup>[v]</sup>

Many believe that at heart the pharmaceutical companies have, for almost a century, used vaccines as a carrier of poisonous substances to earn profits over dead people's bodies. If we look at FluMist, another new nasal vaccine, we see a pharmaceutical company deliberately spilling into the

environment contagious influenza viruses. The FluMist vaccine is a live virus vaccine that is given as a nasal spray. The virus can be shed from the nasal passages of a vaccinated individual for up to 21 days after vaccination. The package insert for the FluMist vaccine clearly states "Due to the possible transmission of vaccine virus, FluMist recipients should avoid being in close (for example, within the same household) contact with immunocompromised individuals for 3 weeks following vaccination."

Many might have missed seeing the congressional hearing on TV [vii] talking about bioterrorism and hearing the blatant statement made that new vaccines, even if not yet proven safe, would be put out for use in the general population, as the risk of disease is seen to be stronger than any risk the use of these unproven vaccines might cause. These vaccines will be unleashed on us, and we will be at great risk of harm. The last thing the medical industrial complex is interested in is safe and natural methods of protection against viruses and the deficiencies that make us vulnerable.

There is no replacement for magnesium in the body except magnesium. Magnesium depleted cells are in trouble and introducing another toxic drug will not build their defenses or strength. The average severe flu lasts approximately 10 days so we must question whether spending billions to stockpile Tamiflu to reduce that average by a day is really going to save anyone's life. The pharmaceutical industry, the CDC and the FDA of course see no problem with adding more toxic chemicals into the populations' blood streams. Without the selling of poison they simply would have no place on earth. Their very existence runs parallel to the commercial introduction and destruction of human health via toxic chemicals used in everything from foods to medicines. The entire medical industrial complex depends on the use of toxic drugs.

Yes it pays to be prepared for the flu so stock up your medicine cabinets with effective substances that will help, not hurt your family. It would also be worthwhile to detoxify and chelate our families during the warmer months so hidden toxicities like mercury, which is known to increase the dangers of influenza, would be less present in our children's bodies. Truly doctors can be blamed when their patients die of influenza for it is not the virus that is deadly but the deficiencies of vitamin C and magnesium combined with the drugs and vaccines doctors use that bring old and young alike down to their graves.

Why is it a government, whose only money is the money they can borrow, so anxious to invest billions in Tamiflu and flu vaccines laced with mercury? The Boston Globe reported this month that alarmed infectious disease specialists have indicated that excessive use of Tamiflu and other antiviral drugs could lead to the emergence of flu strains that do not respond to antivirals, making both avian and regular flu strains even more of a health threat. Yet another reason for using a natural protocol is raised and as usual ignored by medical authorities. Dr. Klenner is right though, medical authorities would standby and watch millions die rather than entertain the thought that it all could be stopped using Vitamin C and magnesium chloride.

Has the pharmaceutical industrial complex managed to corrupt the Federal government or is chicken soup now out of favor because of the arsenic used in raising the chickens hurting this age old treatment? No one seems to be talking about arsenic in chicken though, but this month EU officials banned poultry imports from Turkey and Romania, where bird flu also was detected.[viii]

## Addendum from Daniel Reid

In addition to Vit C and magnesium chloride, I also suggest the use of a high-grade colloidal silver solution whenever flu or any other viral infection is present. One of the best brands on the market today is "Sovereign Silver" hydrosol, available from [www.fruitfullyielddirect.com](http://www.fruitfullyielddirect.com). Whenever infection is present, take 1 tsp of colloidal silver and hold it under the tongue for 30 seconds, once every hour until symptoms are gone. This should be done in conjunction with high-dose vitamin C and magnesium chloride therapy. For even better results, try to get intravenous vitamin C treatment, 20 grams daily for 7-10 days.

A good supply source of magnesium chloride fluid is [www.globallight.net](http://www.globallight.net)

-----

[i] Bird Flu infecting Vietnamese Girl found Resistant to Primary Drug  
[www.indystar.com/apps/pbcs.dll/article?AID=/20051015/NEWS01/510150466](http://www.indystar.com/apps/pbcs.dll/article?AID=/20051015/NEWS01/510150466)

[ii] Campbell's recommendation: Begin increasing the amount of vitamin C that you take each day to very high levels, spread over the course of the day, in divided doses taken with meals. Start at 1000 mg per meal, and increase slowly to 2000-4000 mg per meal. (These are adult doses, modify by body weight for children.) Your optimal dose is just below the point where your body complains by giving you mild diarrhea. This is called the "bowel tolerance dose." Such doses are perfectly safe - vitamin C is natural to our bodies and needed for many body processes. Most people don't get nearly enough. Stock up on this vital nutrient - buy in powder form, 1-pound or 3-pound canisters (ascorbic acid form). Mix with water or fruit juice. Be sure to take vitamin C with food that will coat your stomach to prevent stomach upset, such as organic soymilk. [www.cqs.com/influenza.htm](http://www.cqs.com/influenza.htm)

[iii] Dr. Klenner used massive doses of Vitamin C for over forty years of family practice. He wrote dozens of medical papers on the subject. A complete list of them is in the Clinical Guide to the Use of Vitamin C, edited by Lendon H. Smith, M.D., Life Sciences Press, Tacoma, WA (1988).

[iv] The Treatment of Poliomyelitis and Other Virus Diseases with Vitamin C: Klenner, Southern Medicine & Surgery, July, 1949 "The treatment employed [in the poliomyelitis epidemic in North Carolina in 1948, 60 cases] was vitamin C in massive doses... given like any other antibiotic every two to four hours. The initial dose was 1000 to 2000 mg., depending on age. Children up to four years received the injections intramuscularly ... For patients treated in the home the dose schedule was 2000 mg. by needle every six hours, supplemented by 1000 to 2000 mg. every two hours by mouth ... dissolved in fruit juice. All patients were clinically well after 72 hours. Where spinal taps were performed, it was the rule to find a reversion of the fluid to normal after the second day of treatment.

[v] A commentary in the Journal of the Royal Society of Medicine (Madjid et al. 2003) noted that influenza is readily transmissible by aerosol and that a small number of viruses can cause a full-blown infection. The authors continued: "the possibility for genetic engineering and aerosol transmission [of influenza] suggests an enormous potential for bioterrorism" The possible hostile abuse of influenza virus is seen as a very real threat by public health officials in the USA. \$15 million was granted by the US National Institutes of Health to Stanford University to study how to guard against the flu virus "if it were to be unleashed as an agent of bioterrorism". Stanford University News Release 17 September 2003, [mednews.stanford.edu/news\\_releases\\_html/2003/septrelease/bioterror%20flu.htm](http://mednews.stanford.edu/news_releases_html/2003/septrelease/bioterror%20flu.htm)

[vi] The resurrection of 1918 influenza has plunged the world closer to a flu pandemic and to a biodefense race scarcely separable from an offensive one, according to the Sunshine Project, a biological weapons watchdog. "There was no compelling reason to recreate 1918 flu and plenty of good reasons not to. Instead of a dead bug, now there are live 1918 flu types in several places, with more such strains sure to come in more places," says Sunshine Project Director Edward Hammond, "The US government has done a great misdeed by endorsing and encouraging the deliberate creation of extremely dangerous new viruses. The 1918 experiments will be replicated and adapted, and the ability to perform them will proliferate, meaning that the possibility of man-made disaster, either accidental or deliberate, has risen for the entire world."

[vii] [reform.house.gov/GovReform/Hearings/EventSingle.aspx?EventID=30083](http://reform.house.gov/GovReform/Hearings/EventSingle.aspx?EventID=30083)

[viii] [indystar.com/apps/pbcs.dll/article?AID=/20051015/NEWS01/510150464/1012/NEWS06](http://indystar.com/apps/pbcs.dll/article?AID=/20051015/NEWS01/510150464/1012/NEWS06)

IMPORTANT DISCLAIMER: This article is intended for informational purposes only. Nothing in this email is intended to be a substitute for professional medical advice.