

EDITORIAL

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Pattern of Winter 'Flu'

The "Flu" season is here. It seems the whole nation is rolling through the on-going commotion the flu epidemic brought in. The U.S. Centers for Disease Control and Prevention (CDC) estimates that 35 to 50 million Americans come down with the flu during each flu season, which typically lasts from November to March. Children are two to three times more likely affected than adults with the flu, and children frequently spread the virus to others. Although most people recover from the illness, CDC estimates that in the United States more than 100,000 people are hospitalized and more than 20,000 people die from the flu and its complications every year (December 15, Morning News).

The worst hit places are the big cities where the population increases exponentially each year. Even though "Flu" doesn't differentiate between gender or ages, newborn babies, young children, people with chronic illnesses and the elderly are the most affected groups. To some of them the flu and its complications can be life-threatening. During flu season, schools are forced to remain partially closed for a few days in most cities. Flu-affected children are sent home and the sick teachers take a couple of days off to shake off the flu. There are several theories among health professionals on why people get colds and flu's especially in the Winter months. NAET[®] has its own version too.

From an NAET[®] perspective, allergies are the result of energy imbalances in the body, leading to a diminished state of health in one or more organ systems. When contact is made with an allergen, it causes blockages in the energy pathways disrupting normal flow of energy through the electrical circuits of the body's nervous system (Kaptchuk, 1983). This energy blockage causes interference in communication between the brain and body via the nervous

system and is the first step in a chain of events that can develop into an allergic response (Nambudripad, 1999). When an allergen (any foreign protein) invades the body, the body attempts to destroy and discard the attacker; during the fight, one party wins, either the body or the foreign protein. If the body wins the war, then nothing more is felt about the fight. But if the body's defense (immune system) is at a low ebb, often the foreigner wins the war. The body suffers the pang of the fight and produces various symptoms as the result of losing the battle. The presenting symptoms will be related to the meridian that was unsuccessful in the combat to throw out the invader. The meridian's inability to function appropriately to help win the war causes an energy blockage in the meridian. The usual presenting symptoms of this lost battle will be: headaches, body aches, chills, vomiting, sore throat, fever, dry cough, initially stuffy nose, later clear, watery, nasal discharge, fatigue, nausea, abdominal bloating, indigestion, insomnia, etc. (Nambudripad, 2003). If the condition is left untreated, symptoms can increase causing the person to suffer more serious symptoms. If the immune system is somewhat in good condition, the body will produce enough defense forces in a couple of days and will succeed in throwing out the invader. In spite of the warning signals, if the body continues to use the allergen on a daily basis, the symptoms persist until the body finds support from other outside sources (herbs, antibiotics, etc.) or the body gives up.

Is there a connection between frequent flu-like symptom outbreaks during the Winter, and dairy products?

For several years we observed a strange phenomena among several of our clinic patients during Winter. Soon after Halloween just about every patient, young or old (more children and who had less than 20 treatments) will begin presenting flu-like symptoms and this may go on until March. By the end of March, almost everybody is free of 'colds' and

'flu's. We watched this phenomena closely for a few years before we identified the pattern. We noticed that most people seem to have allergies, hypersensitivities or intolerances to milk, milk products, chocolate, and turkey. According to NAET® findings, these items cause energy blockages in most people in the liver, lung and colon meridians. According to Oriental medicine, energy circulation is at its low edge through lung and colon meridians during the winter months. When we put all these factors together we found the pattern: on going flu-like symptoms through the winter.

Let us explore this phenomena further: October 31st (Trick or Treat day or Halloween Day) brings unlimited amounts of chocolates and candies into everyone's life in the United States (especially for children and elderly with a sweet tooth) as in the form of "treats". For the next few days, children and elderly begin to feed their sweet tooth beyond limits. If they are allergic to the chocolates (or milk in the chocolate) and candies, they may feel a 'bit hyper' or just a bit 'out of sorts' with the first few bites of treats. Then the allergy symptoms begin to develop. The symptoms will vary in people depending on the meridian(s) that experience the energy disturbances. If the lung and colon meridians are the ones affected, cold and flu-like symptoms with or without asthma develop. If the liver or stomach meridian is affected then they get headaches, migraines, depression, suicidal thoughts, etc.— another problem during the Holidays. With the lung meridian blockages, they may come down with chills, fever, sore throat, sinus problems, body aches, headaches, nausea, vomiting, hives, rashes, diarrhea, constipation, abdominal bloating, pains, etc. If they stayed away from the chocolates and candies that initiated the disease, they will overcome the symptoms in a couple of days when the body eliminates the toxins naturally out of the body. But during sickness some people increase the sensation of their "Sweet Tooth." They lose appetite for other foods and feed on milk, chocolates and candies through the day. They certainly do not get well in a couple of days. This is the group of people who probably run between doctors and antibiotics several times before they see the month of March.

After Halloween, the real saga begins for the allergic people because Thanksgiving, another big celebration is around the corner. More chocolates and candies are exchanged here. To top it off, turkey makes its entrance. According to NAET®, turkey also causes energy blockages in the liver, lung and colon meridians. So the people whose immune systems were trying to recuperate after the Halloween chocolate crash, get another blow with more chocolates and the new added allergen: Turkey. The story goes on... After Thanksgiving the left over turkey goes to the freezer. During the month of November, more fresh turkey keeps coming into the house from different places (from work as in gift form, free turkeys from random wins, or as discounted coupons, etc.). All these new turkeys find enough room in the freezer. No one wants

the frozen food when more fresh ones are available. So more fresh turkeys are served for daily meals, sometimes more than once a day. Then Christmas and New Year bring more turkey and chocolates. During November and December the allergic person's body does not get a chance to throw out the accumulated toxins through natural means due to overload. So the body tries to eliminate the toxins through other means: nasal discharge, cough with production, rashes, hives, infections, etc. Some of these symptoms will mimic bronchitis, pneumonia, sinusitis, etc. Probably by now the person may have had at least five doctors' appointments (once every two weeks), and three full courses of antibiotics; still the flu and cold symptoms are persisting leaving the physicians wondering, "Is this a new strain of bird flu the other countries are talking about?" While the physician is running unlimited laboratory tests to get to the bottom of that one little something (a bacteria? virus? Parasite?), that is so virulent and not responding to any antibiotics, the patient is panicking and suffering from insomnia, thinking "Am I going to be one among the "20,000" this year the CDC predicted?"

In the midst of taking antibiotics, mega doses of vitamin C, herbal concoctions, homeopathic remedies, heavy duty detoxifying herbs, massages, spiritual clearings, acupuncture, and chiropractic treatments, life at home goes on without much change. (All of the above treatments, therapies and supplements will work very well if the person avoids any contact with the allergen(s). When the person stops any contact with the particular allergen that triggered the symptoms, the body will stop producing more defense to fight the situation, instead will relax and recover from the episode faster. In that situation, herbs, supplements and therapies will speed up the recovery phase by providing necessary nutrients and better circulation of blood, lymph and energy.

Soon after the New Year celebration, since fresh turkeys are not to be found anymore, the frozen ones begin to come out in bits and pieces in the form of turkey pot pies, turkey salads, turkey burgers and sandwiches. Who has time and energy to shop for fresh vegetables and produce, especially while the freezer is overflowing with leftovers? Collection of chocolates are running out, so people become very cautious not to overfeed on them so that they will last longer. By March, the reservoir of turkey and chocolate hits bottom and pretty soon the reservoir dries up. Guess what else happens? Thank God! The season for 'flu's and cold ends too.

Now, the lung and colon meridians will get a chance to relax, breathe and rejuvenate. The warmth of the refreshing spring will help pump more energy through these meridians once again. Finally the body wins the war!

Once we understood the pattern of 'flu's and colds, we began desensitizing all our active patients for milk, milk products, chocolate and turkey before Halloween itself and continued to treat the new patients also for these items as soon as we could or instruct them to strictly avoid these items

until they get desensitized. The result? Our patients do not suffer from frequent 'flu's and colds during Winter anymore. Not only that, with this NAET® treatment, we were able to prevent flu or flu-like symptoms in our patients during the flu season since 1990.

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