

Vienna Complementary Medicine

“Your Partner in Health & Wellness”

380 Maple Avenue West, #302

Vienna, VA 22180

May, 2009

Dear Friends,

This is the first of a series of Vienna Complementary Medicine monthly newsletters. It is our intention to communicate useful and valuable information as a result of our continuous training and research.

Join us in helping our planet--Please send your e-mail address so that you can receive our next newsletter via e-mail. Send your e-mail to: barbara@vcmedicine.com. The newsletter will be sent from Barbara@vcmedicine.com with the subject title: Newsletter, Vienna Complementary Medicine. Also, we invite you to visit our website: www.vcmedicine.com periodically for updates.

What's new at VCM?

Massage therapy by Brooke L. Balsamo, Certified Massage Therapist and graduate of AKS Massage School in Herndon, VA. Brooke is extending an invitation to first time clients for a **75-minute massage for the price of a 60-minute massage (\$75)!** Now that's a stimulus package that can help relieve stress for anyone (including YOU)!

Facial Rejuvenation, provided by Barbara Balsamo-Saltzman, combines the best of eastern medicine and the latest technology for a more youthful, vibrant, and toned face and neck. This safe, relaxing, non-invasive, non-surgical facelift is very relaxing and can have you looking like your photos from 5-10 years ago! **Save \$50 on your first Facial Rejuvenation treatment.** See more at www.vcmedicine.com.

Customized Facials for YOUR skin type and condition! Barbara is a licensed aesthetician and skin therapist. If you find that you are applying excessive amounts of skin care products with less than expected results, your skin is begging for a facial. Facials are a good investment in your health and help you save money on skin care products. Stimulate your skin and your wallet! **Save \$35 on your first facial with Barbara** by mentioning this newsletter.

Swine Flu: Your Questions

1. **What is Swine Flu?** Swine Influenza is a respiratory disease of pigs, caused by type A Influenza. Pigs can be infected by Avian influenza, Human Influenza and Swine Influenza viruses. These viruses can swap genes and new viruses can emerge. Over the years variations of Swine Flu have emerged, and there are four types: H1N1, H1N2, H2N2, and H3N1. The most recent isolated Swine Flu Virus is H1N1 and is not the same as a Human H1N1. Vaccines for Human H1N1 will not protect from Swine Flu.
2. **How is Swine Flu contracted?** Human infections with Swine Flu occur in persons with direct contact with pigs. The virus can then spread from person-to-person, which has happened. The virus is spread by coughing, sneezing and touching infected surfaces and then touching your nose or mouth.
3. **Can I prevent Swine Flu?** Yes, you can.
4. **What do you recommend?** I prefer to strengthen the immune system. The following are some of the many remedies to improve immune function:
 - a. **Vitamin D**-5,000 IU per day, or get 20-minutes of sun without sunblock daily.
 - b. **Vitamin C**-2,000 mg per day (1000mg 2x per day). Add MSM for a boost.
 - c. **Homeopathic remedies**-activate the immune system to deal with viral infections
 - d. **Probiotics**-lactobacillus, bifidus
 - e. **Essential Fatty Acids** (Omega 3)
 - f. **Colloidal Silver**
 - g. **Antioxidants** (vitamins A, E, and Selenium)

5. **What else can I do to help prevent infection & reduce levels of toxins?**
- Get enough sleep
 - Drink 4-6 glasses of quality water
 - Avoid foods that cause acidity, mucus, allergic reactions
 - Treat any existing yeast, fungus, bacteria, virus, parasites
 - Support your organs of elimination: liver, kidneys, lungs, large intestines
 - Improve circulation of blood and lymph (moderate exercise)
 - Minimize taxing beverages such as coffee, alcohol, soda. Drink alternatives such as Green Tea
 - Eat fresh, organic food whenever possible, and avoid contaminated highly processed foods
 - Practice conscious and mindful living: wash your hands often, avoid people who are sick, avoid places that sick people gather, avoid secondary cigarette smoke, reconsider travel if it can be avoided
6. **What are the available treatments for Swine Flu?** For anti-viral drugs, consult your allopathic doctor. Below are some alternative methods of treatment, which are available at VCM.
- 50,000 IU/day of Vit D at onset + 4 days, followed by 10,000/day for 7 days
 - Liposomal encapsulation Vit C (highly bio-available form of Vit C)
 - Colloidal Silver
 - Viral Immune Stimulator
 - Homeopathic anti-viral remedies (“All Flu”)
 - Immuzme (combination of herbs and enzymes)
 - Nose & Throat (an enzyme that targets the area most likely to be affected)
 - Lung (an enzyme that targets the area most likely to be affected)
7. **Do vaccinations work?** Vaccinations are an option, although they are my least favorite method of prevention. The effectiveness of the vaccination for this virus is unclear; however, if you choose to get vaccinated, I recommend taking homeopathic remedies to offset the side-effects. Many experts suggest that vaccinations often do not work, and may cause many side effects. The primary concern with vaccinations is that they may create a new breed of non-responsive viruses, which are actually strengthened by the vaccinations/drugs themselves. The weak virus will die off, and the remaining virus will adapt and grow. This virus can go dormant, and then recur in a more virulent form.
8. **How do I get more information regarding your comments?** Please let me know if you’d like the websites and research upon which my opinions are based.
9. **Does how I think make a difference?** Yes, absolutely! Even with all the media coverage and news of school closings, it is prudent to take precautions. However, I recommend that you not dwell on the issue. Do what you feel is appropriate and focus on staying well in every domain of life. A strong immune system and a strong spirit can add to the quality of life. Use this opportunity to get yourself in the best health ever...AND, we can help! If you’d like a prevention or treatment protocol for your individual needs, please e-mail me at realshep@aol.com.

Your Partners in Health & Wellness,

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RN

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