

## **Incorporating Natural Energy Medicine into your Practice.**

### **Flu**

(Part 9)

**Flu Season?** What is the Flu and why does it get a season named after it?

It is interesting to look at the history of where terms came from, it gives you an idea of what it actually is. So where did the word Flu come from? Flu is short for Influenza, which comes from the word Influence. This was originally thought to be the influence of the stars on the body. However, we now know that the stars cannot inflict this type of stress to our bodies but we do know that the stars change during seasonal changes. And that during seasonal changes the body has to adapt to changes in weather and the amount of light and so on. This is a significant change in our environment that our bodies have to adapt to. If the body is healthy and nourished, no problem. If it is not, then the body is stressed beyond its capacity and it stops to catch up. How does it do this? Easy, it puts you in bed for a week or two until it catches up. Of course whatever is around can infect the body during its time of weakness but that virus did not cause the flu but just the opposite.

So by definition the flu is not a viral infection but the inability of the body to adapt to seasonal or any other environmental changes. So I ask, does the current therapy for prevention and correction for the flu make sense now knowing what causes the flu. The only way I know how to prevent seasonal changes is to move to the equator where there is minimal seasonal changes.

So how should we treat the flu? First we need to treat the viral infection but to treat the flu properly requires much more than just treating the viral infection that happens to accompany the illness. This requires supporting the body especially the overall immune system which is the primary system that is responsible to adapt to the environmental changes so that it can quickly adapt and get back to normal and even better keep the body well enough to never occur again. This also requires diet and nutritional correction as diet has a great deal to do with immune health.

People ask, then you don't ever get sick? Well I probably wouldn't if I always followed my own advice but life can get hard and busy. Stress can build up in many ways. We forget about pacing ourselves, making sure we supply all the nutrients we need to maintain a high level of health. We can get too busy taking care of everyone else and forget about ourselves. The list goes on and on but if and when we do get sick what do we blame it on. If you blame it on some virus or some missed vaccination then you missed the point. You can only blame it on yourself and in a way coming down with the flu can be a blessing in disguise. What the flu really means is that you have been pushing yourself way beyond the capacity of your body to function and remain healthy. You should examine yourself and your current lifestyle and decide what you need to change. Because the flu is never that dangerous. It is just there to warn you that you are pushing yourself at a dangerous level. Think of the flu as your fire alarm. Both are uncomfortable but they are there for a reason, to make you fix the problem.

Yes many people do die from the flu so when I say that the flu is not dangerous what do I mean. Most that die from the flu have been constantly turning off their fire alarm for years with medications and other methods that never fixed their health issues. So some cases of the flu especially for the chronically ill or the aged are kind of the last warning their body gives them saying I can't survive like this, do something good now or I quit.

So how do we treat the flu? As stated above first we have to address the physical body to resolve the immune dysfunctions. But even more important we have to educate our patients about what the flu is and why they have it. To look at the flu in a positive way as a warning system that is there to warn them

that serious health issues are in their near future if they don't make the necessary changes in their stress level, diet, health care or general life style.

Do you treat the flu in your office?

If not, then why?

The only reason that you should be afraid of someone with the Flu or the flu virus is if you also have a significantly compromised immune system. If you do then fix yourself first and then begin helping your patients with this serious but usually easy to correct health condition.

And if you don't do this for your patients, who will?

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