

Good Nutrition

Inside and Out

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The *Inside and Out* Health and Herbal Newsletter is published to bring you updates, information and tidbits to help you maintain a healthy lifestyle.

Flu Shot Quotes from Notables

"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." **Dr. J. Anthony Morris (former Chief Vaccine Control Officer at the FDA).**

"Live virus vaccines against influenza and paralytic polio, for example, may in each instance **cause** the disease it is intended to prevent..." **Dr Jonas Salk, developer of first polio vaccine (Science 4/4/77 Abstracts)**

"Official data have shown that the large-scale vaccinations undertaken in the US have failed to obtain any significant improvement of the diseases against which they were supposed to provide protection." **Dr A. Sabin, developer of the Oral Polio vaccine (lecture to Italian doctors in Piacenza, Italy, December 7th 1985)**

We have opened a store, called *Inside and Out*, located at 5 Lincoln Rd in Snyder (next to the Rising Sun Yoga Studio and to the side of the Snyder Fire Hall).

The store features vitamins, minerals, enzymes, probiotics, fiber, bowel cleanses, liver and kidney detoxes, essential fatty acids and herbs. We also carry a line of personal care products and cleaning products as well as clothing from around the world.

Please call ahead of time as our store is not fully staffed. We will be sure to be there when you need to stop in.

~ Michael Sutton & Mary Beth Merlo

What's Wrong with the Flu Shot?

Boost your immune system now as illnesses and deaths from influenza peak in December and January of each year (pneumonia deaths peak in January and February).

Looking at the Facts...

The flu shot has never been proven to be effective. Many experts worldwide now agree that it has never worked and that the rise and fall of all disease, especially influenza, is based on our immune system's antibody response and self-education process and not because of the pharmaceutical and medical community's insistence on vaccinations.

The main reason many experts believe influenza vaccines don't work is because of a natural scientific phenom called **Antigenic Shift and Drift**. Viruses evolve; they change from one form to another. So every year, actually every few weeks, the old virus has become a new virus.

The Federal Government's Center for Disease Control (CDC) states that "Influenza (flu) seasons are unpredictable. Although epidemics of flu happen in most years, the beginning, severity, and length can vary widely from year to year. Before a season begins, **it is not possible to accurately predict the features of any season,**" including the correct vaccine.

The simple reason it's impossible to predict the coming flu season's virus is because it is impossible to predict the future. Even if one gets lucky and guesses right, **the next influenza virus is never just one virus**. All influenza viruses are a blend of many different strains and many different types of virus. So the odds of you finding one particular grain of sand on all the beaches in the United States are far, far greater than any medical doctor guessing next year's viral cocktail. Next year's, even next week's, virus will be a totally new, different, mutated blend of multiple viruses.

So every year pharmaceutical companies make the flu vaccine based on...**LAST YEAR'S INFLUENZA!!** Even though throughout history no influenza epidemic virus blend has ever repeated itself, ever! In fact, if you made one today to protect yourself from the exact virus that is spreading **right now**, by the time it was produced and used the virus would have already *shifted* and *drifted* many times. Even the pharmaceutical manufacturers admit that this is a serious problem, and they "place serious doubt on the effectiveness of the influenza vaccine."

The Statistics Prove It Doesn't Work...

So regardless which experts are right, no matter what they say, the statistics speak for themselves. A few decades ago less than 100,000 people were hospitalized with the flu. Two years ago it doubled to over 200,000. A few decades ago less than 20,000 people a year died from the flu. Last year it was

Colloidal Silver

Colloidal Silver

Colloidal Silver may just be the most beneficial antibiotic and antiviral that exists.

Colloidal silver, when properly prepared, is a completely non-toxic, tasteless, internally and externally applicable, broad-spectrum germ fighter and disinfectant which can significantly reduce the length and severity of many bacterial infections.

Discovering the Universal Anti-microbial

Silver is one of the most universal antibiotic substances. When administered in the colloidal form, it is non-toxic. Silver has been proven to be useful against hundreds of infectious conditions. It is theorized that silver disables the specific enzyme that many forms of bacteria, viruses and fungi utilize for their metabolism.

Jim Powell reported in a Science Digest article March, 1978, titled, "Our Mightiest Germ Fighter", "Thanks to research, silver is emerging as a wonder of modern medicine. An antibiotic kills perhaps a half-dozen different disease organisms, but silver kills some 650. Resistant strains fail to develop. Moreover, silver is virtually non-toxic" and great for the superbugs. Dr. Harry Margraf of St. Louis concluded, "Silver is the best all around germ-fighter we have."

Try Silver Shield to protect against viruses, bacteria, fungus, and yeast. It is these infectious organisms that have their roots in dysentery, meningitis, pneumonia, cancers, superbugs and many more.

Silver Shield, 4 fl oz: \$20.95 wholesale: \$31.45 retail

Vitamin D

Vitamin D – Bone & Immune D-fense

Hey, Buffalo, it's winter time and the sun disappears for great amounts of time. So, it's time to begin using your Vitamin D again. Vitamin D comes in two forms: D₂ and D₃. of the two, D₃ is more bioactive. The body synthesizes vitamin D₃ from sunlight; it cannot be obtained from foods. Many companies offer synthetic vitamin D products, our Vitamin D₃ is completely natural and contains 2,000 IU of naturally derived vitamin D.
Complementary Products

Vitamin D₃, 60 tablets: \$7.95 wholesale; \$11.95 retail

Complementary Products:

Nutritional: Skeletal Strength, Immune Stimulator

Homeopathic: Viral Recovery

Essential Oils: Guardian, Lemon Bio

Xylitol – the sugar free substitute that sweetens NSP's Dark Chocolate Bars and is not artificial.

Contains flax seeds, Omega-3 EFA's, Co Q-10, and B-Vitamins

Dark Chocolate Bars

Xylitol Gum

(cinnamon or spearmint)
(5400-8 or 5405-0)

Xylitol Mints

(lemon or peppermint)
(5415-1 or 5410-7)

Xylitol Mouthwash

(5425-6)

Finally, the Sugar Substitute...Xylitol

Mom's, get your kids to try this gum. It reduces plaque, fights cavities, and lessens inner ear infections. If you're going to buy gum, buy this brand as xylitol is the first ingredient.

Blood-sugar friendly and gluten-free, **Xylitol is a natural substance** found in fibrous vegetables and fruit, as well as in corn cobs and various hardwood trees like birch. It is a natural, intermediate product which regularly occurs in the glucose metabolism of man.

Although xylitol **tastes and looks exactly like sugar**, that is where the similarities end. Xylitol is really sugar's mirror image. While **sugar wreaks havoc** on the body, **xylitol heals and repairs**. It also **builds immunity**, protects against chronic degenerative disease, and has **anti-aging benefits**. Xylitol is considered a five-carbon sugar, which means it is an antimicrobial, preventing the growth of bacteria. While sugar is acid-forming, xylitol is alkaline enhancing. All other forms of sugar, including sorbitol, another popular alternative sweetener, are six-carbon sugars, which feed dangerous bacteria and fungi.

Xylitol is clinically proven to:

Fight and Reduce Plaque

Fight Cavities

Reduce the secretion of Plaque Acids

Facilitate the Re-mineralization of Tooth Enamel

Fight and lessen the occurrence of Inner Ear Infection

Xylitol is used to reduce Bad Breath (halitosis) by reducing plaque beneath which bad smelling bacteria can live.

Xylitol is recommended as a SWEETENER for DIABETICS and HYPOGLYCEMICS because it has a **LOW GLYCEMIC INDEX (7)** and **LITTLE to NO EFFECT on BLOOD SUGAR LEVELS**.

Xylitol is a NATURAL REPLACEMENT for FLUORIDE and helps REDUCE CAVITIES UP TO 80% (Ylevieska Clinical Study). Used with Fluoride toothpastes, it reduces plaque and allows the Fluoride to more easily penetrate teeth.

Inside and Out

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To order products:

If you have questions about your health, would like to have a consultation, or just have questions, please phone or email using the information listed to the left.