

THE ORGANIC ANSWER

SAFE MEDICINE NEWS FROM DR. DAMON MILLER

Don't Fear the Flu!



Damon P. Miller, II M.D.

Your Organic MD

Encouraging Healing, Naturally

It takes courage to seek natural healing, • To take control of your wellness and personal health • To trust your body's own capacity to do its job • To stay focused on what works for you

We're here to encourage you to make

The best choices for your health

By providing you with

- Information
- Top Quality Products
- And medical consultations and workshops with Damon P. Miller II, M.D.

The H1N1 flu is still in the news. Fortunately, it has been mild, behaving like a mild, garden variety seasonal flu. Shortages of vaccines have not been a problem, with far less transmission in schools, businesses and households than had been predicted.

So, is this flu something to be worried about? And more to the point, how do you prepare, and what should you do if this becomes the flu epidemic that we've been told was coming for the last seven years?

Well the good news is that the most powerful thing you can do to defend against the flu (and every other disease that affects human beings) is to be healthy – really healthy. If you understand this, you can stop reading. If not, read on.

The bad news in all of this is that the system of medicine that most people in this country turn to when they get sick has little to offer for an epidemic flu. There are no effective antibiotics, no magic bullets. The antiviral drugs Tamiflu (oseltamivir) and Relenza (zanamivir) have been shown to be very ineffective, and they have a profile of negative side effects.

Flu is marked by rapid onset of illness and high fever, unlike a cold which may smolder and come on slowly over many days. If you do become ill, it is a good idea to check in with your doctor. Pneumonia is a serious complication, so seek medical care if you have symptoms of pneumonia.

Influenza is a disease that affects tens of millions of people in this country every year, and the number of cases of the flu each year has not been changed by the massive programs of vaccination. Common sense in the midst of any flu outbreak would tell you to avoid large public gatherings, wash your hands often, and stay home if you get sick.

I want to relate to you some studies from the flu pandemic in 1917-1918. Homeopathic medicine was in its heyday early in the 20th century, and one study reported on over 100,000 people sick with influenza that were treated with homeopathic preparations. In this group treated with homeopathic techniques, no one died. Not a single person.

Influenza is a serious disease, and like most serious diseases, the best defense is a good offense in the form of optimum health. If you do get sick with a flu-like illness, there are some things you can do that will help that are very simple. You should have some tools available other than prescription drugs.

In our clinic, we recommend that people keep a Cold & Flu kit on hand, and that they use it starting with the first signs of illness. This kit is useful for all flu-like

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Don't Fear the Flu

illnesses, not just influenza.

A flyer for the flu kit is included with this issue of the newsletter. You can pick-up extra flyers at the office, or download a flyer at www.organicmd.com. Call our office at 888-838-3937 to order the kit. This flyer includes suggested dosing. If you are our patient, call us, and we can recommend personalized dosing.

Our supply of Natura Hands is limited this season. Natura Hands is an antibacterial hand cream formulated with bee's wax and propolis. It prevents the passing of infection from the surfaces and other people that you touch. Apply a dime-sized drop every four hours while in public.

Should you wear a mask? Yes, if you are ill and must go out in public. If this becomes a true epidemic, then a mask is recommended if you must go out in public. Use a type 'N95' mask at a minimum, and follow the instructions exactly. Masks only work if they entirely cover your face, with a good seal at all of the edges. An improperly positioned mask is absolutely useless. We have a limited supply of masks in the office.

BETTER SAFE THAN SORRY

(Musings of the doctor's wife)

During each plane trip that I took in 2009, I wore a face mask, and used Natura Hands while travelling. With all of the talk of the global flu pandemic, I decided to look the odd one out, but to avoid catching any errant flu bugs that were accompanying me on the flight. As neighboring passengers coughed or sneezed, I inhaled smugly and felt assured. Better safe than sorry, I thought.

In late November, I received a call from a friend, with whom our teenage daughter had been staying. She had woken up feverish and sluggish. Dr. Miller said, if it's the flu, it hits suddenly, with fever and other symptoms. We suspected that it was H1N1, though we never had a formal blood test. It turned out that she and over half of her class were out sick that same week. She was down for the count.

Aware of the highly contagious potential, I was put on the front line of caretaking. Dr. Miller kept his distance. He lined us up with the Cold and Flu Kit. It is a rather rigorous protocol. The first day I missed administering some of the doses. I kept a grid on the second day, which helped us to keep track that she ingested all of his recommendations: Bio-D (D3) drops once a day, Vitamin A and Noni three times per day, Vitality C four times per day, Takuna drops in water every hour.

I never got sick, though I had been exposed for 6 days. I rubbed my hands with Natura Hands cream and boosted my immunity with Vitality C, Vitamin A and Bio-D (D3) drops. When she started coughing, I wore a face mask. She thought that I looked ridiculous. Better safe than sorry, I said.

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Natura Hands

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Natura Hands™ is an alcohol-free, anti-bacterial skin protectant. By creating a barrier on the skin's surface, this unique formula acts like a protective glove against bacteria, preventing cross-contamination and self-contamination.

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- Noni (immune health)
- Vitality C (vitamin C)
- Takuna (anti-microbial)

Find the brochure at
www.organicmd.com
(Look up 'Flu kit')
Call the office to order
888-838-3937

Promoting Healing, Naturally



Is there a local farmer's market or CSA (Community Supported Agriculture) in your area? Go to www.localharvest.org and look at what is local for you. (We love the Mountain View Farmer's Market!)

FACT OR FICTION?

"Chicken soup is good for you if you have a cold."

A much quoted study from the prestigious journal **CHEST**, *Chicken Soup Inhibits Neutrophil Chemotaxis In Vitro* (CHEST 2000; 118:1150-1157) finds that a broth made from chicken, onions, sweet potato, parsnips, turnips, carrots, celery and parsley could reduce the activity in our white blood cells (neutrophils) that leads to the inflammation in the upper respiratory tissues that cause the symptoms of a cold. This same recipe made with only the vegetable, and no chicken, actually had some ability to kill virus in the laboratory.

FACT: "Chicken soup is good for you if you have a cold."

New Year Message from Dr. Miller

In the Dagara Tradition of West Africa, we are beginning an Earth year. Earth touches all things and offers support, nurturing, abundance, and a place to root.

Last year we uprooted from the extraordinary Center at 435, which gave us the opportunity to downsize, which has proven to be a challenging journey. In this move, we have found the key to our future. Simplifying. We find ourselves again and again asking if the choices we make today will serve us and our children five years from now? 10 years from now?

We ponder, how many of our choices are made from the memories that we hold and the stories that still linger in our minds and hearts from earlier times in our lives, or even our ancestry? We work to clean up our lives and the stories we carry so that we can be more fully present to our lives, to our friends, to our children and to our God.

The act of downsizing and simplifying could be one of the keys to all of our survival. Simplifying our belongings, our financial affairs, our relationships, even our food choices leave us more life-force energy to love, have fun and appreciate the amazing life we all have.

Our prayer for you is that your life be full of the abundance that comes from the Earth. Find roots where you are. For all of our experiences and our relationships with you, we are grateful. We offer you the blessings of love and kindness and fun and a close connection to the mystery. Dance with this abundance till you are full to overflowing, and then send this blessing out to the rest of the world.

Just Try It and Let Your Body Be the Judge.

"Eat food. Not too much. Mostly vegetable" (Michael Pollan)

"Drink enough water."

"Get a good night's sleep."

"Let go of your resentments."

"Have a purpose to live."

"Don't smoke, and don't drink too much."

There is a lot of good advice we got from our grandmothers about how to live a happy and healthy life. You won't hear about these things on the television, but they are important. There is good scientific evidence that a healthy lifestyle and a healthy diet do a huge amount to keep us healthy and heal what ails us. When you know from your own embodied experience that something is true for you – then go with it. This is the beginning of the path to true health.



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Save the Date

Healthy Eating Workshop

1. Six Week Class starts Wednesday, March 24, 2010. Six weekly meetings, in Palo Alto. 7 to 9pm. Location is given on registration
2. Six Week "Virtual Class" begins Monday, March 22, 2010. Teaching lectures will be available on-line. There will be six weekly conference calls with Dr. Miller at 4pm, Pacific Time, each one hour .

Our class will again be using *The Fat Flush Plan*, by Louise Gittlemen as our text.

Access to the internet is needed for access to certain materials, but not mandatory for the classes.