

# The Nutritional Essentials

## Special Issue - Flu

**Pam Stalzer, D.C., dhom**  
3862 Piedmont Ave.  
Oakland, CA 94611  
**510-333-8211**

### From the Pen of Dr. Royal Lee

(1895-1967) Inventor,  
Scientist, Genius, Founder of  
Standard Process, Inc.

*In all parts of the globe where the native population had changed from their natural foods to the use of commercial products, there began the infiltration of those dreaded diseases, tuberculosis, pneumonia, and influenza ... exactly parallel to the increase in their use of commercial foods. It made no difference whether the change took place in a high valley in the Swiss Alps or in an island of the sea in the Eastern or Western hemisphere. The identically same results followed the introduction of commercial foods of civilized man. Dr. Lee 1955*

### A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever  
Ankle Swelling  
Arthritis  
Back Pain  
Blood pressure -  
High or Low  
Bronchial Conditions  
Bursitis  
Circulation, Poor  
Colitis  
Colon, Spastic  
Constipation  
Cough, Chronic/Allergic  
Diarrhea  
Disc Problems  
Diverticulitis  
Dizziness (Vertigo)  
Emphysema  
Fatigue, Chronic  
Feet, Cold or Burning  
Feminine Problems  
Gall Bladder Disorders  
Gas  
Glandular Troubles  
Headaches  
Heart, Fast or "Nervous"  
Hemorrhoids  
Impotence  
Injuries to Soft Tissues  
Insomnia  
Joint Pain  
Kidney Problems  
Knee Pains, Chronic Leg  
Pains, Cramps, Tingling,  
Numbness  
Liver Problems  
Nervousness  
Neuralgia  
Prostate Trouble  
Sciatica  
Shingles  
Sinus Trouble  
Throat, Sore / Hoarse /  
Congested  
Thyroid Conditions  
Ulcers -- Stomach,  
Duodenum, Skin  
Yeast Infections

## The Real Flu Virus Remedy

**T**he "Flu Pandemic" of 1918 struck fear into the world population. A world war was just winding down when nature wrecked havoc on the peoples of the world. Nearly three quarters of a million Americans died during that relatively brief so-called natural phenomenon, 10 times more than would die in the recent World War. Around the world this flu erupted like no other in the past – 50 out every 1000 people in India died. One fifth of the world population suffered influenza and a higher percentage of people died in this flu than any other on record.

Theories of the cause of this flu epidemic were debated by scientists and philosophers, ranging from the side effects of the chemical / biological warfare methods of World War I to the worldwide interaction of divergent peoples infecting others, to the introduction of synthetic low nutrition foods into society. While the world studied the disease, very few (but important) people studied health.

Today it is not much different – the pharmaceutical/medical establishment and the media who rely on advertising dollars of these huge conglomerates do not focus on health, but on sickness, fear and ratings. Every day we hear another report about the possibility of a flu epidemic—reports of sick birds, speculation that new mutations of viruses will spread to humans, fear that it will spread around the globe.

**How do these epidemics REALLY happen?  
Is it just bad luck to catch a terrible virus?  
Or do we set ourselves up by being  
environmentally polluted and nutritionally  
deficient?**

Study of various epidemics of the last 700 years shows a common thread, that is, nutritional deficiency. Political upheaval and environmental events affect the availability of wholesome food. On a long-term basis, the industrial revolution has left a negative impact on the natural environment (air pollution, water pollution, chemicals in farming). Synthetic denatured "food" has had its negative impact on our health. The result is a weakened and constantly challenged immune system. To build ourselves up we must restore the essential building blocks for health so our body can better handle the threat of infection.

The HealthBuilding lifestyle we support in The Nutritional Essentials is the best chance to make sure every "Flu Virus" passes your household by.

**Nutritional Deficiencies Put You at Risk for Flu**  
There is no doubt that nutritional deficiencies put us at risk for the flu and every other bug that comes along! Let's find out how!

- **Nutritional deficiencies increase susceptibility to infection** so that every little bug that comes along takes hold and makes you ill. Vitamin A, C, and E Complexes, Vitamin B6 and folic acid, along with zinc, selenium, iron, copper and probiotics are especially useful in preventing infection. <sup>1, 2, 3</sup>
- **Nutritional deficiencies prevent your body from forming adequate antibodies** to fight the infection and prevent the recurrence of the same illness in the future. Protein, albumin, Vitamins A and E, folate, iron and probiotics are all associated with improved antibody production after influenza infection or vaccination. <sup>4, 5, 6, 7, 8</sup>
- **Nutritional deficiencies allow much worse illnesses to develop** and cause much greater tissue damage. Vitamin A deficiency is associated with increased lung damage and impairment of healing of the lung after influenza infection.<sup>7</sup> Zinc levels are lower in children with influenza encephalopathy.<sup>9</sup> Quercetin, a part of the Vitamin C Complex, reduces the damage to the lungs during influenza infection.<sup>10</sup>
- **Nutritional deficiencies allow secondary infection to develop.** Vitamin E deficiency is associated with an increase of staphylococcus aureus pneumonia after influenza. <sup>12</sup>
- **Nutritional deficiencies allow viruses to mutate and become much more virulent**—a critical issue in epidemics and pandemics. Vitamin E and selenium deficiencies in the host are associated with the mutation of viruses into more virulent forms. <sup>1, 13</sup>

**Support your immune system so it will support you!**

Nature has given you an immune system; actually, your body IS an immune system. Your skin, gut, liver, spleen, blood, lymph, bones work in harmony to protect you from all kinds of invaders – bacteria, viruses, parasites, fungi. You are protected when your **healthy immune system is supplied with the Nutritional Essentials.**

**Pam Stalzer, D.C., dhom**  
3862 Piedmont Ave.  
Oakland, CA 94611  
510-333-8211

Return Service Requested

Share this information  
with a friend - Thank You!

## Common Sense & The Nutritional Essentials

### Your immune system depends on Common Sense and the Nutritional Essentials!

Many systems of the body work together to support the immune response. But they all depend on **common sense**. YOU MUST MAKE QUALITY DECISIONS! Remember The Nutritional Essentials and maintain:

- ✓ Efficient digestion so you benefit from the nutrients you eat.
- ✓ A wholesome food plan based on nutrient-rich foods.
- ✓ Avoidance of sugar, processed "foods" and other toxins.
- ✓ Whole food concentrates from Standard Process to correct deficiencies, clear toxicities and support optimum health.

### To Prevent the Flu:

Practice HealthBuilding as outlined in the issues of The Nutritional Essentials. Reduce toxins, eat whole foods rich in nutrients, enhance digestion and assimilation with enzymes and probiotics and take whole food concentrate supplementation as an adjunct to your whole foods.

(see TNE-2,3,5,6)

**Immuplex®** Formulated in 1984 (see TNE-7) The particular combination of whole food concentrates in Immuplex uniquely supports the entire immune system. For example this product supports the health of the:

- **Thymus** gland for healthy lymphocyte production,
- **Spleen** (lymphatic and blood) for antibodies,
- **Bone marrow** for healthy blood formation,
- **Stomach** (digestive system to destroy ingested parasites),
- **Intestinal flora** (digestive) to destroy pathogenic microbes and manufacture B12.
- **Liver** support for detoxification and enzyme production.

Immuplex combines organic forms of vitamins A, C, and E with vitamin B12, and folic acid with minerals such as zinc, copper, chromium, iron, and selenium. The organically-bound vitamin complexes and trace minerals form the basis of anti-free radical enzymes (antioxidants) to aid in controlling breakdown of health due to free radicals. †

**Cyruta Plus®— Introduced in 1950**, Cyruta Plus carries several important factors, one of which is the vitamin P complex (bioflavonoids), where rutin and quercetin are members. These factors have been shown to protect the lungs from free radical damage during influenza infection. They are vital in their ability to increase the strength of the capillaries and regulate permeability and health of the cells. †

**Cataplex® C— Introduced in 1934**, Cataplex C combines the benefits of more than 19 different whole foods high in Vitamin C-Complex including anti-scurvy factors, activates white blood cells, promotes immune resistance and vascular integrity, increases oxygen-carrying capacity of the blood stream, and activates the adrenal glands. †

**Lact-Enz® — Introduced in 1988** is a gastrointestinal support product that combines digestive enzymes with normal intestinal probiotics. The combination of these ingredients assists in the breakdown of macronutrients and maintains a healthy intestinal environment thereby enhancing one's immune system. †

### If Symptoms Develop:

**Thymex® – Since 1957** Thymex contains thymus Cytosol™ extract taken from the thymus gland, often referred to as the master gland of the immune system. Thymex promotes phagocyte and lymphatic activity, aids in decongesting lymphatic drainage, stimulates healing and defense mechanisms against bacterial and viral infection, stimulates general thymus immune response. †

**Congaplex® Formulated in 1959** to contain the nutrients and tissue extracts that contribute to the healthy response of the immune system, including cytosol extracts that contribute to the healthy response of the immune system. Carrots, alfalfa, mushrooms, Echinacea (Cataplex AC) and Calcium Lactate provide the nutrients and minerals needed during inflammatory states. **Congaplex is the primary product for colds, flu, congestion, inflammation, and any systemic infection.**

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

1. Clin Microbiol Rev. 2005 Jul;18(3):446-64. **Effects of vitamin A supplementation on immune responses and correlation with clinical outcomes.**  
2. Trends Microbiol. 2004 Sep;12(9):417-23 **Host nutritional status: the neglected virulence factor.** (Selenium and vitamin E)  
3. Eur J Clin Nutr. 2002 Aug;56 Suppl 3:S73-6. **Nutrition and the immune system from birth to old age.** (Zinc, selenium, iron, copper, vitamins A, C, E and B(6), and folic acid)  
4. J Nutr Health Aging. 2004;8(1):20-5. **The effect of aging on mucosal host defense.** (Probiotic lactic acid bacteria)  
5. Vaccine. 2005 Feb 10;23(12):1457-63. **Immune response to influenza vaccine in healthy adults and the elderly: association with nutritional status.** (better immune response with higher serum concentrations of total protein, albumin, Vitamin E and folate )  
6. J Gerontol A Biol Sci Med Sci. 1999 Feb;54(2):M59-64. **Relationship between the response to influenza vaccination and the nutritional status in institutionalized elderly subjects.** (better response with higher hemoglobin, hematocrit, total protein, iron, vitamin E and DHEA levels and the cellular immune response)  
7. J Interferon Cytokine Res. 2001 Jul;21(7):471-4. **Zinc potentiates the antiviral action of human IFN-alpha tenfold.**

8. J Nutr. 1996 Dec;126(12):2960-7. **Vitamin A deficiency has different effects on immunoglobulin A production and transport during influenza A infection in BALB/c mice.**  
9. Antonie Van Leeuwenhoek. 1999 Jul-Nov;76(1-4):383-9. **Immunomodulatory function of lactic acid bacteria.** (probiotic lactic acid bacteria)  
10. Neurochem Res. 2005 Mar;30(3):311-4. **Nitrite/nitrate (NOx) and zinc concentrations in influenza-associated encephalopathy in children with different sequela.** (Zinc low in encephalopathy)  
11. Int J Exp Pathol. 2003 Jun;84(3):127-33. **Effect of Quercetin on lipid peroxidation and changes in lung morphology in experimental influenza virus infection.**  
12. Exp Lung Res. 2005 Jun;31(5):449-59. **Effect of quercetin supplementation on lung antioxidants after experimental influenza virus infection.**  
13. Ann N Y Acad Sci. 2004 Dec;1031:418-21. **The effect of vitamin E on secondary bacterial infection after influenza infection in young and old mice.** (abolished priming effect of flu)  
14. J Am Coll Nutr. 2001 Oct;20(5 Suppl):384S-388S; discussion 396S-397S. **Antioxidants and viral infections: host immune response and viral pathogenicity.**

# **Common Sense & The Nutritional Essentials**

## **The Real Flu Virus Remedy**