



PROTECTING YOURSELF WITHOUT A FLU VACCINE

What do you do if you cannot receive a flu shot? In the United States, an estimated 35,000 people a year die from the flu because their bodies could not fight back. What do you do if you are not so healthy, or are a generally healthy person but cannot receive a flu shot to prevent any downtime that is associated with flu infection? Specific flu strains? Last year's flu vaccine lacked the strain that quickly spread to 24 states by December 6, 2007.

But there is no reason to panic about not having a flu shot or stress out waiting in long lines to get it. The best advice to prepare for the flu season is to make sure your immune system is strong. One of the ways to protect you from the associated illnesses of seasonal change is with good nutrition, nutritional supplementation and the use of **intravenous (IV) Vitamin C infusions**.

How to Protect Yourself Without a Vaccine. Vitamin C runs the immune system. It activates your immune system and responses to infection. It helps prevent and fight various viral and bacterial infections including colds and flu. While Vitamin C is helpful during an infection, don't wait until infection hits. Prevention is the best medicine. Get treatment early to improve your immune system before you become exposed.

Getting just one IV Vitamin C treatment per month can greatly boost your immune system. Quantity, frequency and duration are the key to swift recovery. At the first sign of symptoms...**don't wait**, come into the Infusion Center that day to get an infusion. Vitamin C infusions range from 15 minutes to 1 hour and a treatment plan can be designed to suit you.

This is what will protect you during the flu season. If you are current on your lipid exchanges, penetration is even easier to your cells.

Studies show that *an infusion of Vitamin C can boost your immune cells within a few hours.* If your symptoms are severe a second infusion should be administered the next day. We will try our best to work in anyone who is sick and in need of a Vitamin C treatment that day.

A Therapeutic Dose of Vitamin C is difficult to obtain orally. *"Oral Vitamin C produces plasma concentrations that are tightly controlled Only intravenous administration of vitamin c produces high plasma and urine concentrations."*

At the proper levels, Vitamin C has **anti-histamine**, **anti-toxin** and anti-biotic properties. By taking Vitamin C intravenously, it bypasses the digestive system and goes **directly** to the body's tissues via the blood. This is the best way to ensure you get the maximum amount of Vitamin C that your body needs.

Intravenous use of Vitamin C provides a high dose that is not degraded by the digestive system and works directly on your immune system. As little as 2 grams of Vitamin C taken orally can cause diarrhea.

Vitamin C infusions along with the use of a high-potency, pharmaceutical grade supplement such as **Transfer Factor**, provide you with solid protection during flu season months.

Our anti-aging infusions have a specific blend of **vitamins, minerals, amino acids** and powerful immune boosting antioxidants to get your immune system in shape and provide you with the protection you need. Many don't realize that antioxidants have the capabilities to enhance the immune system, our body's true defense against disease and illness.

To our **anti-aging patients**, make sure you are current with your nutritional supplements and hormone treatment. Hormones play a big role in how your immune system operates.