

# ASHBY ADVISOR

Seventy-sixth edition  
Winter 2015

Well I hope you are getting a grip on the New Year Reality after a couple of weeks so far.

As you may have heard this year's Flu vaccine is only 23% effective. I have had questions from patients regarding an alternative.

Here is my general answer

- 1) Get plenty of sleep. It boosts your immune system
- 2) Wash hands often
- 3) Avoid junk food
- 4) Keep your Vitamin D level high
- 5) At the first hint of flu symptoms take one of the following homeopathics:
  - a) Flu Plus from BHI Heel (available OTC and at the office)
  - b) Guna Flu from Guna Labs (available OTC and at the office)
  - c) Oscilloccinium (available OTC)

Every flu remedy works best when taken early, just like TamiFlu.

Flu Plus can be taken 2-3 times each week to help prevention.

Not to sound negative about Healthcare in this country but these numbers from 2008, rankings for "peer" countries with the US and 16 others are pretty telling. Here is how we rank:

Deaths from all causes 17<sup>th</sup> out of 17 countries

Death from Non-communicable diseases 16 out of 17

Deaths from injuries 16 out of 17

Death from Nutritional deficiency 15 out of 17

Death from communicable diseases 14 out of 17

How do we improve our scores?

- Increase healthy diet and exercise
- Better preventive Care
- Lower Poverty rate
  - Most countries in our "peer" group had a poverty level of less than 5%. Ours is 15%. The relationship between poverty and poor health has been widely known with numerous studies over a long time.