

Eastwind Healing Center Newsletter, Number 16

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Iowa's complete complementary and alternative medicine center

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Welcome to this edition of the Eastwind Healing Center newsletter.

The beginning of Fall ushers in the season of the Lung in Chinese medicine. The Lung is the "tender organ," easily attacked by external pathogens (colds and flu), especially as the air turns dry. We hope to give you some information in this edition on staying healthy during this challenging time. Along these lines, this month Dr. Ron Robinson is presenting a seminar on [Home Remedies for the Family](#). We'll also be talking about the [colloidal silver controversy](#), and give you some interesting facts about the much-talked-about H5N1 flu strain ([Avian Flu](#)). Grab yourself a cup of ginger tea and read away.

We welcome feedback on our newsletter, and would love to hear from you if you have a request for coverage of a topic from a holistic perspective.

[So, email us already!](#)

[Staff Announcements:](#)

- Jenny Wolffe, LMT, is beginning Qigong Teacher Training with Ken Cohen, who presented at Eastwind in August. This program lasts several years and is a very deep and comprehensive one.
- Barb Brender, LMT, is offering a Heated Stone Massage Special this month, Read about it in [Classes and a Massage Special](#) below.
- As usual, Kristen Richardson, MSN, ARNP, PC, has been quite busy. On September 17th, she presented at Washington High School in Cedar Rapids on Mental Health. These presentations to junior classes gave advice on how students can support themselves and others, and informed them about available resources for support. Also, even as this is being written, Kristen is in Unity Village, MO, attending an event featuring Gary Zukav and Linda Francis on "Using Your Relationships to Grow Spiritually." Finally, from October 31-Nov. 3, she will officially start year 2 of the ***Authentic Power Program*** with Gary Zukav and Linda Francis. Kristen has promised to write an article about this program for next month's newsletter.
- Jessica Forbes, MS, CCN, is not going to be seeing individual clients at Eastwind for a while. She is going to concentrate more on writing and teaching. Watch for her presentations at Eastwind - and go to them. Jessica is a wealth of information.
- Our seminar space is also a meditation area, and we'd like to make this offer to the clients of Eastwind Healing Center: Before or after your appointment, feel free to take a few moments in the seminar/meditation space for quiet reflection and meditation. The space is available for you during business hours whenever it isn't being used for some other purpose.

Classes and a Massage Special



On Tuesday, October 14th, [Ron Robinson, D.C.](#) will be presenting ***Home Remedies For the Family***. It will give families specific hints and practices to stay healthy all year long. Common herbs (healers you probably have in your pantry right now) will also be covered. The seminar will be held from 6:30 - 7:30 p.m. Cost is \$15 per person; \$25 per couple.

During October, [Barb Brender, LMT](#), invites you to ***Warm Up To Fall with a Heated Stone Massage Special***.

Here's the offer:

- Special Cost: \$60, normally an \$85 value
- Time: Approximately 75 minutes
- The massages must be scheduled to take place on or before November 1, 2008

- No Limit on Quantity Purchased
- Gift Certificates Available
- Payment by Cash or Check Only

For those of you new to Heated Stone Massage, its origins are in ancient Native American healing techniques, as well as those of Japanese therapeutic traditions and Eastern Indian philosophy. Stones are a direct source of the elements of the Earth and a perfect vehicle for reconnecting to the stable force of the earth's grounding element. Stones can invite a spiritual component, increasing circulation and vitality. As it's been said, "The stones just give and give and give." Heated Stone Massage achieves a deeper sense of relaxation, calms the nervous system, relieves stiff muscles, improves circulation, opens tight joints, energetically grounds to Mother Nature and releases energy blocks. This is a great special. You won't be sorry that you tried Heated Stone Massage.

As always, keep an eye on our [seminar schedule](#) at the website for up-to-date information about all that's being presented through the Center.

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Colloidal Silver Revisited



What's all the excitement about the product pictured at left? It represents a departure from FDA policy of the past nine years. In a "talk paper" dated August 17, 1999, the FDA issued a Final Rule declaring that all over-the-counter (OTC) drug products containing colloidal silver or silver salts are not recognized as safe and effective and are misbranded. The paper can be found [here](#).

After many years of scare tactics and exaggeration of risks, the FDA yanked all silver healing products off the shelves. Mind you, silver has still been used during this entire time by hospital burn units throughout the country, NASA, the Red Cross, major airlines, etc. as an anti-microbial agent without restriction. It's only the over-the-counter market that was affected, as if those products were different somehow. There were even stories of legions of people whose skin had turned a silvery-blue from ingestion of silver products. The most famous picture is of [this older gentleman](#), not [these guys](#).

But let's get the facts straight. Cases of argyria are extremely infrequent in those taking colloidal silver for health reasons. Furthermore, when it occurs, argyria is from gross misuse of the product. The gray man (whose name is Paul Karason) consumed a quart a day of colloidal silver for several years, and concomitantly used a silver salve on his face. Since the usual recommended (internal) dose is about a tablespoon per day, used only when ill or to fend off incipient illness, Mr. Karason took 64 times the recommended dose every day, for years. Try that with a prescription med or even aspirin and see what happens (**not** recommended - do not try this at home, kids). You'd be thrilled if the only thing that happens is that you turn a different color! Obviously, overdosing on anything is not wise, but a case like this is all it took for the FDA to remove a useful product (that has been used in one form or other for hundreds of years) from the legal market.

Now, enter Big Pharma. Silver was a problem when it was seen as an effective anti-microbial that could be made easily at home by someone with silver electrodes and a few batteries. That could interfere with sales of prescription antibiotics.

However, once the larger medical and pharmaceutical companies turned their attention to silver, they were able to come out with a product like the one from [Advanced Medical Solutions](#). Certainly, with all the resources at their disposal, they must have come up with an amazing compound. Sure enough, looking at the active ingredient, we find "silver choride." Oh, wait - that's what's in home-brewed colloidal silver. Never mind, though, it's in a nifty, colorful package, marketed by CVS Pharmacy (motto: You **will** buy our brand) as a privately labeled item. And a steal at only \$7.99! Suddenly, silver is safe to use again! Thank goodness!

Of course, it's great that a silver product is available over-the-counter once more. However, it's unfortunate that it has to be at the behest of a monolithic, corporate player like CVS. But, this is the way it goes. To quote Dr. Herbert Ley, former FDA Commissioner: "The FDA 'protects' the big drug companies and are subsequently rewarded; and using the government's police powers they attack those who threaten the big drug companies. People think that the FDA is protecting them. It isn't. What the FDA is doing and what the public thinks it is doing are as different as night and day."

Sleep well, citizens. We're from the government, and we're here to help.

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Avian Flu



Flu season will soon be upon us. The weather is turning colder, vaccine clinics are sprouting up all over, and we're being told that virtually every member of homo sapiens should take the shot. But there may be other ways to combat influenza.

Make no mistake. Flu can be dangerous for the young, the very old, and the immune compromised. The key is first to build up one's immunity. Information like that to be presented at Ron Robinson's seminar on the 14th is most valuable. A strong immune system is the best, front-line defense against illness.

But let's talk a bit about the potential for a world-wide pandemic of a critter like H5N1 (a.k.a. "Avian Flu"). It's not a case of if, but when the next pandemic will hit, by the way. A look at the statistics of this strain's virulence is a bit alarming. According to the World Health Organization (WHO), from 2003 through September 10, 2008, there have been 381 confirmed cases of humans having been infected with avian flu. Of these, 245 have died (a 63.3% mortality rate). Granted, these cases have overwhelmingly been in poor sections of Africa and southeast Asia, among those who work with chickens or wild fowl very closely, in very unsanitary conditions. Also, there have been no human cases on the North American continent. Regardless, this is a nasty bug. When it mutates sufficiently to allow it to pass easily from one human to another, we've got a problem. Of course, we can hope that with the mutations for human-human transmission, its virulence will also have decreased, but there are no guarantees.

The government has set up a website specifically for pandemic flu [here](#). It's filled with useful information, and some scary stuff, like the [H5N1 timeline](#) (all 28 pages of it), which gives a blow-by-blow account of the story from 1996 through September 23, 2008. Thorough.

The best course of action in the case of a pandemic is quarantine, and caution. Vaccines are in development, but vaccination is a personal choice to be made between you and your health service provider (though the [Model State Emergency Health Powers Act](#) might want to have things differently). In any event, in cases of pandemic, any vaccinations will be prioritized, based on supply. Regular civilians will be at the bottom of that list.

Otherwise, the precautions are pretty standard. Stay away from those infected, wash your hands frequently, wear a mask if you need to be around those who are ill, and don't go around spreading the disease if you're sick. Also, keep a supply of food and water on hand, in case essential services are disrupted as a result of a pandemic (it's wise to be prepared in this way for any emergency). Consult the pandemic website cited above for more information.

On the bright side, if you're older than 40, you've lived through at least one pandemic; if over 50, you've lived through at least two. You'd have to be over 90 to have lived through three (and the worst one). Strangely, each of these pandemics occurred in a year ending in 8 (1918, 1958, 1968) - not that we're superstitious or anything.

Some common antiviral drugs like amantadine (Symmetrel) and rimantadine (Flumadine) are ineffective against H5N1. Others, like oseltamavir (Tamiflu) and zanamavir (Relenza) probably would work, accordingly to the government. The word "probably" comes from the fact that H5N1 has shown some resistance to Tamiflu, and the effectiveness of both Tamiflu and Relenza seems to be reduced if not used within 48 hours of the onset of symptoms. See [this site](#) for information.

So, are there any herbal alternatives? There are a few that show promise. Elderberry extract (*Sambucus nigra*) has been shown in lab (in vitro) studies to be over 99% effective in eliminating H5N1 ([reference](#)). It seems to work by blunting the hemagglutinin spikes on the outside of the virus, thereby preventing it from attaching to and entering cells, where it reproduces. While elderberry is effective in general against the flu virus, more work needs to be done using H5N1 infected animals, however, to make any sure claims of its effect in cases of Avian Flu.

Other substances, like green tea, and scutellaria (skullcap, or Huang Qin) act as neuraminidase inhibitors. Neuraminidase is a component of the influenza virus that aids in the efficiency of virus release from cells. In other words, in the presence of neuraminidase inhibitors, viruses may be able to get into a cell to reproduce, but they can't get out. Tamiflu and Relenza work this way, so if H5N1 finds a way to defeat these drugs, the associated herbs may not be effective either. The bottom line is, elderberry extract may be a good bet.

A good preventative addition to the diet may be any dark berries (like blueberries, acai, cherries, and red grapes), due to their high anthocyanin content. Anthocyanin is a powerful antioxidant that also seems to have antiviral properties.

With proper preparation, including immune system building ([go to Ron's workshop](#)), proper diet and hygiene, and stocking up on elderberry extract (Yes, we have it. Thanks for asking.), you can stare bird flu in the face and come out a winner.

Don't be a cluck. Be ready for (Avian) Flu.