

KEN WELCH'S

KILLER FLU HANDBOOK



**PANDEMIC PROTECTION
FOR YOU AND YOUR FAMILY**

PRODUCED AND PUBLISHED BY

KEN-WELCH.COM

ABOUT THIS DOCUMENT:

Most Western countries practice monopoly medicine, which quickly becomes “disease care” rather than health care. Thus, it is illegal to give anyone “medical advice” without official documents showing that you are part of the monopoly yourself. Even then, you could easily lose those credentials if you stray too far from the party line, or ever hint that a disease can actually be cured. Naturally, it is a system that is totally corrupt from the top down. How could it be any other way?

The system obliges me to firmly point out to you, the reader, that there is no medical advice in this document.

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The ongoing project at KEN-WELCH.COM is all about exposing truth with reversed speech, a tool that will transform human society in the new millennium. The project is supported solely by donations.

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Background

My name is Ken Welch, and people tell me I'm the best reversed speech analyst on the planet. However, our website and the reports published there are not about me. They're about the information we've uncovered and the fact that we live in a world of almost total illusion; a media-created artificial world that completely hides the ugly, behind-the-scenes reality. The simple fact is that we live in a world completely controlled by corporate cartels and men who believe they are our masters. But for that story you can go to our website. The information you find here is simply my attempt at fighting back the best way I can.

I first became aware of an artificially created global pandemic almost ten years ago. I was intensely interested in Chemtrails then, those bizarre streaks in the sky that first appeared in the week following Pearl Harbor Day, 1998. They were linked to a banned pesticide, Ethylene Dibromide, right off the bat. Most of the later stories you've read about chemtrails have been designed to draw you away from this initial identification. Throughout 1999 I used reversed speech to eavesdrop on Washington. I got what I wanted, but it seemed of no value. I learned that the chemtrail operation was part of a billion dollar CIA-run program called Star Wars. No, it has nothing to do with space. The program was named for the first Star Wars film which, if you'll think back, featured the Death Star, a monstrous weapon aimed at an entire planet.

I also found that the Star Wars program had another, second component. This involved deliberately CREATING A DISEASE (my subject referred to it as "brewing" a disease), and that something about this process involved "BIRDS AND SH#@". Unfortunately, these clues made no sense to me at all! Remember, this was the time of Y2K. A lot of things didn't make sense then. In this case, how would dosing people with the world's nastiest pesticide be related to a killer influenza, and what was the disease to be used for? And why?

That year was also odd because a propaganda campaign designed to convince everyone that the world was overpopulated kicked into high gear. You still run across it today, mentioned as something that everyone is assumed to know is true, but it was more obvious when it first started. The result is that most Americans believe that they are rubbing shoulders with too many people. Excepting four or five of our largest cities, the reality is that you need only drive for 20 minutes beyond the edge of most towns, and you will see nothing but nearly empty land. Overpopulation is a myth designed to make you feel better in a post-pandemic world.

I also watched as government money financed three different expeditions to find 1918 burial sites where frozen samples of the killer virus might be found and brought back to life. Researching 1918, I learned that there are good indications this virus was introduced in injections given to Europe-bound U.S. troops at Ft. Riley, Kansas. Even more interesting, the genetic map of what was soon called Spanish Flu suggests that the virus's genetic roots may well have involved birds – either in the wild or, much more likely, in an early vaccine laboratory.

But it wasn't until four years later that I finally learned why the "illuminati" were interested in creating a killer pandemic. In 2004 I ran across an article in a real estate magazine that talked about the massive shift of wealth that would be happening in the future. The author was writing about the retirement of the Baby Boomers. Later I would learn that this would be classified as the greatest financial threat our western governments have ever faced.

Yes, sad to say, the Great Pandemic that is just around the corner is all about.. money. The great welfare schemes simply can't go on forever, and mass murder is the answer. For more on this, see our initial warning, at <http://www.ken-welch.com/Commentary/Pandemic1.html>

The hunt for the 1918 virus was public knowledge, as was the failure to find any living samples. Also made public was the commitment on the part of CDC and others to find some other way to recreate the virus since the search for the original had failed. It wasn't too much later that one of those attempts scared the medical community half to death. A Chinese laboratory, working under contract to recreate the virus by working backward from current bird flu allowed their creation to escape. Rather than give this virus a proper scientific designation, it's genetic identity was hidden by calling it SARS, Severe Acute Respiratory Syndrome.

Anyone who knew the symptoms of the 1918 pandemic would have recognized SARS immediately as an attempted clone of the 1918 virus. In fact, virtually everything we know about how to protect people from pandemic influenza (which is much more than the government or media will tell you) was learned in the SARS outbreak. That's good because SARS and the 1918 virus are so similar they will respond to the same treatments. SARS had a significant flaw. It was not seriously contagious until after the victim was already showing signs of illness. Intercepting people with symptoms stopped it from spreading.

The real pandemic influenza is contagious before symptoms appear, which is why it will spread like wildfire once it is released on the public. But it will kill with terrifying speed.

As reported in normal news channels, the 1918 killer virus was in fact rebuilt from scratch using the latest gene technology, made to match viral DNA that was brought back from the original expeditions. In a civilized world this would be a capital offense. But that is a world that mankind can never create – at least not without global revolution.

In the meantime, governments have spent hundreds of billions of dollars preparing for the moment that the "Bird Flu," the ultimate H1N1 virus, is finally released. Do you think they would do this based on a rumor or perhaps a psychic reading? All that money has been spent in preparing for the "continuity" of government, the control of civilian populations, and the methods for dealing with millions of dead or dying civilians in the most efficient and cost effective manner. How much did they spend on protecting or saving you? Not a dime. The public is still being told that everything will be fine if they just make sure their kids wash their hands.

You may be wondering how the various governments expect their countries to keep functioning in the aftermath of an engineered pandemic that could take out a huge percentage of the workforce. Actually that problem has been solved. If you will think back to 1999, you'll realize that was the time that Washington began it's open-door policy for illegal aliens. Likewise for Europe, and in both cases entirely against the wishes of their citizens. So we now have an extra 20-25 million "illegals," all of whom have a lifetime of experience in societies where you don't fight city hall. Although six or eight million may lose their lives in the Pandemic, there will be plenty left over to answer the need for labor. They will be there to take the jobs, buy the empty houses and, in return for legalization, pay the taxes.

No problemo, Amigos!

Understanding Killer Influenza

The virus we are facing is the recreated 1918 “Spanish Flu,” which is the original Type A - H1N1 virus. It may have been made a bit more lethal in the lab than the original version, but that remains to be seen. The original version is bad enough.

Yes, they will call it something else. They were going to call it Bird Flu. Maybe they’ll call it Ukraine Flu. Maybe they’ll call it Super Swine Flu. It doesn’t matter, because the story of where it came from will be a lie.

Throw out any idea you may have that we are talking about ordinary or even severe “flu.” Our previous experience with this virus in 1918-19 clearly documents that people who seemed perfectly healthy in the morning could be dead by nightfall. This is the group that has the strongest, almost allergic reaction to the toxins produced by the virus. They will be collapsing at work, on public transportation, in stores and offices, and so on. Many more will simply die at home. In 1918-19 people were told to tie a handkerchief on their door or gate to indicate that the daily body wagon should stop and pick up a loved one.

The reason why influenza viruses can spread so quickly is that people can accumulate a sizeable quantity of the virus in their body - enough to infect other people - before they show any recognizable symptoms of being ill. Consequently, quarantine efforts are not capable of controlling the outbreak, but simply keep sick people together so they can be managed more easily. On a personal level, anyone you meet after the pandemic begins must be assumed to be spreading the virus.

The virus is said to attack the lungs, but this deliberately conceals what is actually happening and encourages you to feel powerless. It has been known for almost a century that for all practical purposes influenza viruses actually live in the intestinal tract. There they multiply like crazy and once they reach the millions-and-millions stage you begin to feel symptoms. The good news, and the news that Big Brother doesn’t want you to know, is that anything that lives in the gut is a thing you can kill. The bad news is that you are going to have to be very quick about it.

Your immune system will respond to the virus and begin killing it off in seven days. But the virus has a quick-kill mechanism of its own that can be fatal in only one or two days. This mechanism is called the Cytokine Storm. Cytokines are chemical messengers that race around yelling “Fire! Fire!” and they get a quick response from your immune system. In a Cytokine Storm these messages just keep increasing and you can’t turn them off, even if they are causing real damage. For myself, I have to keep this simple. I look at it this way:

As the virus builds up in your body, it causes your immune system to react in the same way you would experience with a severe allergy, or perhaps a bee sting. This is a reaction that causes rapid inflammation and swelling. Unfortunately, with killer influenza, the reaction is directed to the wrong place. The inflammation and swelling take place in the lungs. (Remember, the virus is mostly in the gut.)

When lung tissue takes on extra fluid it loses flexibility. Less air is being drawn in with each breath, and less oxygen is being transported into the blood. Oddly enough, the victim may not realize what is happening.

The first symptom of the Cytokine Storm is a sudden feeling of alarming weakness. The victim may not be able to walk, or even to stand up. They will be pale, and their lips will appear blue. Within a short time they can be too weak to lift a glass of water. Essentially, they are suffocating; running out of oxygen right before your eyes.

The victim's body recognizes that it is in a life-or-death emergency and will begin to shut off blood flow to non-essential body parts. Over the next hours the feet and legs will turn coal black. Finally, even essential organs are not getting enough oxygen to survive and as they shut down the victim dies.

The medical code-name for this is ARDS, Acute Respiratory Distress Syndrome. You are not supposed to know what it means. (Remember SARS?) A new term, rather like a secret handshake for doctors, has popped up just this week: "viral distress syndrome" is what they are calling it in the Ukraine.

Many autopsies were performed in 1918-19 because doctors really didn't understand how or why the pandemic was killing people so quickly. The universally reported key factor was that the patient's lungs were virtually rigid. "Stiff as a board" was the common description.

By now you may be terrified, and rightly so. Unfortunately, this is not the end of the story. A victim whose cytokine response is weak can survive the Cytokine Storm, only to succumb to an equally serious secondary infection. In the few instances observed in Swine Flu deaths, this is indicated by a fever that goes down and then goes up again. There are common germs that find severely weakened lung tissue an ideal home. This can include various forms of pneumonia, staph and drug resistant staph, and other bugs that can physically attack the lungs and are difficult or impossible to kill quickly enough using standard medical protocols. In other words, the patient still dies.

One thing I know is that we will be fighting this battle in an environment of shock, chaos and despair. In 1918-19 virtually everyone caught the virus and three and a half percent of the U.S. population died. Although people suffered more from infectious diseases in those days, the general health of those who survived childhood was more robust than it is today, mostly because of dramatic differences in food supply.

The current state of health for the U.S. population is extremely poor, due to synthetic and artificial foods, health-destroying pharmaceuticals, lack of key nutrients, and Chemtrail poisoning. If 1918 were to happen again, the mortality rate would certainly be double the original. That would be seven percent. However the Chemtrail program and the production of Swine Flu vaccines that will greatly heighten the Cytokine Storm when it occurs, suggest that Uncle Sam, and a number of other governments, have a much larger target in mind. I'm bracing myself for a twenty percent kill rate.



That's the scary part. I'm sorry to put it all down in black and white, but I think a lot of people have convinced themselves that somehow this thing is just going to pass them by, or that normal precautions will protect them. Of course, that's what government websites, and our TV sets, are telling us.

I feel that if I'm going to protect myself and my family, I have to know what I'm facing. Happily enough, I've had plenty of time to find a number of solid ways to defeat pandemic influenza. Ways that your government obviously does not want you to know about. In the following pages I'll be sharing what I've found. I think you will agree with me that making the preparations that seem right for you, and having a plan, is the best way to feel empowered in the face of crisis. Who wants to be helpless?

Is There Any Hope In Vaccines?

At the beginning of November I discovered the hidden time-bomb in the mysterious and controversial Swine Flu Vaccine. Others had loudly pointed out that it is unnecessary and dangerous. However, it was Dr. Russell Blaylock, author of the Blaylock Wellness Report, who took it a step further. He pointed out that the vaccine batches most commonly offered contained ingredients that would greatly increase the deadly effects of a Cytokine Storm for many months (perhaps even years) after the injection was given. It seemed a strange thing to do for Swine Flu, which had the possibility of causing cytokine reactions in certain patients, particularly young people.

The effects of having these compounds in your body when the real Pandemic strikes would be like throwing gasoline on a fire. Did I tell you the real Pandemic is all about money, and specifically the money being paid out via the so-called entitlement or welfare programs? After I confirmed that these booby-trapped vaccines were in fact being specifically channeled to groups that include heavy ratios of welfare clientele, the secret behind the Swine Flu vaccine program became all too clear. Swine Flu vaccine is not about Swine Flu; it's about the real Pandemic which is just around the corner. I sounded the alarm with a Vaccine/Pandemic Warning, and began compiling this report.

But what about other vaccines? Is there a chance that a regular flu shot might help you when the actual Pandemic rolls out? People who know about vaccines will tell you no. Vaccines must be created to match a very specific micro-organism. (Don't ask how one manufacturer patented their Swine Flu vaccine before the virus suddenly appeared in Mexico!) But there's more to the story.

A lot of people have been looking at the health effects of vaccines over the last dozen years or so, generally prompted by the extraordinary rates of Autism in vaccinated children. Not only have they learned that several large groups that refuse vaccines for religious or philosophical reasons have strong, healthy children with no Autism at all, but that all vaccines damage the recipients in at least one way: vaccines suppress the immune system for months after the injection is given.

Although a normal, healthy immune system will probably not be able to fend off the pandemic virus by itself, you will definitely be counting on it to help you survive the battle against secondary infections.

I recently spoke with a woman whose parents experienced the 1918-19 pandemic. Most of those who survived those years spoke or wrote very little about their experience. Like many war veterans, their memories were just too terrible. Of those who did pass on their experience, the common theme is that it seemed unfair that so many young people died. This woman's parents, however, had a specific story that they repeated many times.

With the war in Europe drawing to a close, vaccine manufacturers were left with large inventories of the shots that were previously being pumped into the arms of the world's armies and navies. In the U.S. a major campaign was launched to persuade civilians to get vaccinated for a variety of diseases. The bizarre rationale was that returning servicemen (already vaccinated, of course) could be bringing deadly diseases back to their home towns.

This lady's parent's had one thing to say about what they thought was the cruelest part of the Spanish Flu Pandemic. Among all the people they knew, "All those who were vaccinated, died. All those who refused the vaccinations, lived."

My local supermarket includes a pharmacy. Seasonal flu shots are available there, and for the last few months I've noticed an announcement played over the public address system every twenty minutes or so. It warns of the danger of Shingles, a disease that seems to strike older people who had Chicken Pox in childhood. If you'd like a Shingles Shot, just come on back.

Yesterday I went to the pharmacy window and asked them how it was possible to get vaccinations without a doctor's prescription, since the announcement made it seem they were selling them like candy.

I learned that this wasn't quite right. Most people would in fact need a prescription. However one group of customers really could have the shot just for the asking. As you probably know, all Americans are put on the dole at age 65. (About 90% couldn't live properly without it.) What a strange coincidence that you can now receive a shingles vaccination at your grocery store just for the asking – if you are 65 or older.

"All those who were vaccinated, died," her parents said. "All those who refused the vaccinations, lived."

My personal conclusion is that I don't want anything to do with any sort of vaccine.

And especially not now.

Honest To God Pandemic Pills

I'm putting this section first because, if you want to take advantage of these medications you should move very quickly.

When the first expedition returned with only “genetic material” instead of a live 1918 virus, their press release stated that the genetic roadmap would be enough to create a vaccine that could immunize everyone should it look like the virus was going to show up again. Guess what. If there is a vaccine out there, it is not for you.

People used to ask me why I thought our masters would unleash a pandemic if they or their families were likely to die from it. I just point to that article. But even without the article, the answer should be clear. Of course the “illuminati” have their own protection or they wouldn't be gambling with their lives. But good protection is available to you, too. There is a simple pill that experts have evaluated as a perfectly adequate preventive for this type of virus.

I mentioned that almost everything we know about Pandemic protection was learned from SARS. In 2003 there were 800 known cases of SARS, and almost all of them were fatal. The SARS outbreak prompted an intensive examination of virtually everything that was done, and everything that might be done in similar circumstances in the future. SARS and Bird Flu and the 1918 virus are like brothers and sisters; the same family, the same size, the same chemical make-up, and so on. Anything you can do to one, you can do to the other.

In September, 2004, I spotted an article that was essentially ignored by western media when it was published on the AFP wire service in Europe:

“BRUSSELS: Chloroquine, which has been used for decades to fight malaria, has been shown to be efficient in fighting the respiratory disease SARS, a team of Belgian researchers announced on Friday.

“Chloroquine, a known anti-malarial drug, is active against the SARS coronavirus in laboratory experiments,” a statement by the team led by professor Marc Van Ranst of K.U.Leuven's Rega Institute for Medical Research said.

“When SARS re-emerges, chloroquine could be of great importance as preventive medication for people living in or traveling to SARS-affected areas, and as an antiviral treatment for SARS patients,” the statement said.

“The advantage of chloroquine is that it is widely available in developing countries, is cheap and has a very good safety record, the Belgian researchers said.”

I checked on the institution that released the report. The Rega Institute is a world-class bio-medical research facility associated with Catholic University of Leuven (Belgium). They are among the best in the world. When I contacted them by e-mail and requested a printed copy of the study, they sent it immediately at no charge.

CHLOROQUINE

Chloroquine is a drug that has been around for at least fifty years as a Malaria fighter, and is now reaching the end of its career.

It replaced Quinine for Malaria treatment shortly after World War II. One benefit of the newer drug was that in lower doses it could be used as a preventive, protecting the user from infection even though they were bitten by infected mosquitos. Since military forces operating in the tropics normally have more casualties from Malaria than from enemy action, U.S. troops in Vietnam were issued a version of Chloroquine and took one tablet a week to prevent infection.

Unfortunately the widespread use as a preventive has led to Chloroquine resistant Malarial strains in some regions. While it has been manufactured for decades in 250 mg tablets, 500 mg tablets are now used in resistant areas. However Chloroquine is toxic if you go much above the active Malaria treatment dosage (3 tablets the first day for an average-weight adult, two the second day) so Chloroquine is reaching the end of its usefulness as a Malaria fighter.

None of the various pharmaceutical giants that produce Chloroquine want it sold in the United States. This is clear from the fact that it does not appear in the PDR (Physicians Desk Reference), a one-volume encyclopedia of manufacturer supplied data that is where your M.D. would normally go to determine the drug's usage and dosing information. Aralen Phosphate, a brand name, is in the "Quick Look Drug Book" but I'm not sure what story you'd have to tell to get a doctor to prescribe it.

There are Safety Concerns regarding Chloroquine

This drug is toxic if you take much more than the levels currently used for treating active Malaria cases, which is five double-strength tablets in two days. In fact, it has been listed in some of the underground suicide manuals. Your body can handle only so much of it and no more. Consequently, you must treat it as a dangerous substance, especially if there are kids in the house.

How to Use Chloroquine

When used for prevention, the dose is one pill every seven days. For our purposes, this is the standard pill (250mg), not the double-strength pill used in the areas with resistant Malaria.

Children

There is a safety issue regarding children, and that is the fact that their dosage must be adjusted by their body weight. The smaller they are, the less they should take. If you were in the U.K. and planning to travel to a Malaria zone with small children, your doctor might prescribe a Chloroquine syrup for the little ones. The syrup has much less of the drug in it, and can be measured out in small doses, while a tablet can only be reliably divided into quarters. World-wide, normal adult body weight is about 120 lbs. So a 30 lb. child might be given a quarter of a tablet. Parents with smaller children face a tough decision on how to handle this. I'm glad I'm not in their shoes. However, I'm reminded that the preventive dose of 1 unit per week is so much less than the standard anti-Malaria dose that it may not be as big an issue as it seems. Research in Africa suggests that small doses are much safer than one might think.

Treatment For An Active Case

Although the Belgian researchers indicated the drug directly killed the virus in the test tube (i.e., in blood), it took some digging to find out why it might be such a good choice for protection against killer influenza. And guess what! It turns out that Chloroquine is also known for it's ability to fight the cytokine response, the very thing that makes the expected pandemic so lethal. In fact, it is even used in some areas as an inexpensive treatment for Rheumatoid Arthritis, as well as a number of skin problems. (It tends to aggravate Psoriasis, oddly enough, although I wouldn't let that stop me from using it during the crisis.)

If I managed to contract the killer pandemic virus before I began my personal protection plan, and wanted to use Chloroquine to kill any virus that it could reach, I would still start with just one tablet, and then re-evaluate my condition the next day. There is no firm guide here because there are no killer influenza cases available for experimentation. Sorry, but that's just the way it is.

Obtaining Chloroquine

I bought my pandemic pills two years ago. If you are in the U.S. you must go to an offshore pharmacy, located in an area that does not restrict health freedom. It is perfectly legal for you to order up to 90 days of a medication from an offshore supplier. However, sites that do not require a prescription are aware that you are probably not shopping with them to save money. Consequently, they will charge just as much as your local pharmacy might charge, and probably even more. But registered international air mail postage is included in the cost, and if you buy a sixty or ninety day supply of something there is a significant discount.

I had to give some thought to just how many chloroquine tablets I should order. I learned that IBM's pandemic preparedness plan was based on 12 weeks of flu, a 12 week break, and then another wave of flu for 12 more weeks. Wow! That suggested I should prepare for a total of 24 weeks of protection. Ergo, the standard offering of 30 tablets would be enough for one person. Of course, when I realized that I would surely be compelled to help others as well, I ended up buying the legal limit, which is 90 tablets per order.

Here are two suppliers that have supplied Chloroquine to our readers:

<http://www.easy.md/519/>

<http://www.generic-drugs-online.com/generic-Aralen.htm>

If you are offered two strengths, all the information points to the smaller dose. Generic means that they may substitute a different manufacturer of the same drug. Aralen is made by Bayer for Sanofi Aventis. In one case I know of they sent Emquin DS, a virtually identical product from Merck.

Of course, if you live near our southern border you might prefer to cross into Mexico and get a much better deal at any local pharmacy - no permission needed.

If you are using some other source, you want to confirm the full name of the drug itself is Chloroquine Phosphate. If it says Sulfate or something else then you are not looking at the same thing.

Common Blood Pressure Meds Stop The Cytokine Storm

My strategy for Pandemic protection has been to find the strongest protections possible, considering that we don't have any 1918 influenza or SARS to practice on. Consequently, we want as many weapons in our arsenal as we can get. I didn't expect to find Chloroquine, or learn what a good fit it was for killer influenza.

Imagine my surprise when I learned that there is another common group of drugs that, although they have no anti-viral qualities, can stop the deadly cytokine reaction in its tracks. No, you won't read about this in the newspapers and no, the pandemic "treatment" facilities in your area won't be using them. That would go against the purpose of the whole exercise.

These are common medications that are used to control high blood pressure. The chemical action that they block is the same process that fuels the cytokine response. Believe it or not, I've been told that a single tablet of one of these medications can shut down the cytokine storm in just a few hours. The picture that is emerging here is that you would still have the influenza but it's no longer trying to kill you.

The actual mechanism is already proven. The strategy has already been successful in treating West Nile virus - and other viruses that use the cytokine reaction to kill.

There are two groups of blood pressure meds that can inhibit the Cytokine Storm. They are:

ACE inhibitors

Angiotensin II Receptor Blockers" or ARBs

I discovered these while following the work of Dr. David W. Moskowitz, an MD who has been fighting a terrific battle against the system to offer improved medical treatment in the U.S. Moskowitz is the CEO of Genomed, a company that markets innovative and very successful treatment methods by licensing them to institutions. Over the past few years I've noticed increased interest by medical researchers in the ability of these drugs to block the Cytokine Storm, but their work seems to fall on deaf ears at CDC and other institutions where it would matter most. Here is a typical report citing research findings: <http://www.cytokinestorm.com/AA.html>

ACE inhibitors block the release of the chemical signal that generates the cytokine response. All these meds have generic names that end in PRIL. Here are some examples:

<u>Generic Names</u>	<u>Brand Names</u>
Captopril	CAPOTEN
Benazepril	LOTENSIN
Enalapril	VASOTEC
Lisinopril	PRINIVIL, ZESTRIL
Fosinopril	MONOPRIL
Ramipril	ALTACE
Perindopril	ACEON
Quinapril	ACCUPRIL
Moexipril	UNIVASC

ARBs disable the “receptors” where the chemical signal is received. Their generic names all end in SARTAN. Here are examples:

<u>Generic Names</u>	<u>Brand Names</u>
Candesartan	ATACAND
Eprosartan	TEVETEN
Irbesartan	AVAPRO
Telmisartan	MICARDIS
Valsartan	DIOVAN
Losartan	COZAAR

It has been suggested that the second group might be more appropriate for a person who is seriously ill. They are supposedly a bit more mild. I can’t evaluate this, but it is certainly true that one would not want a serious reduction in blood pressure in that situation.

This is why the recommendation is to use pills of the smallest dosage available.

How To Use The Blood Pressure Meds

The advice I’ve been given, and which I intend to follow if it becomes necessary, is to take one single tablet to suppress the cytokine storm. I understand that this is for an adult, and I’d have to split the tablet into smaller pieces if I was trying to save a child. (See similar discussion above.) The following day, if I was still having difficulty getting enough oxygen I would probably take a second pill. One suggestion is that this decision should be made at 12 hours, rather than 24. But I’ve been warned not to do this unless I have something to measure my blood pressure. Blood pressure is described with two numbers, such as 120 over 80. I’m told I should not let that first number drop below 100, or I would be in danger.

I’m thinking of a worst case scenario here; the general expectation seems to be that it should take only a single dose to break the cytokine cycle. If that turns out to be true, then I’ll certainly be happy. I know, though, that in a life-or-death situation I’ll be seriously tempted to do whatever seems best at the time. Remember, there is no one you can call in the midst of the pandemic, and no place you can go, where they will actually be trying to arrest the disease itself. You’ll be lucky if they give you an aspirin.

How To Obtain Blood Pressure Meds

If you have a large family, you may find that someone already has a prescription for one of these meds. Be sure to check it against the list. There are other blood pressure meds that do not have the effect we are looking for. Prescriptions for these drugs are often written for a year at a time. In some cases a pharmacy will offer to sell that person a three or six month supply at a discount. What better way to make sure there are some around for an emergency?

I found that I was not going to be lucky that way, so once again I turned to offshore suppliers. Here are more links for the two suppliers I’ve mentioned before:

<http://www.easy.md/612/> - Lisinopril

<http://www.easy.md/659/> - Perindopril

<http://www.generic-drugs-online.com/generic-Capoten.htm> - Captopril

<http://www.generic-drugs-online.com/generic-Altace.htm> - Ramipril

<http://www.easy.md/598/> - Irbesartan

<http://www.easy.md/20134/> - Telmisartan

<http://www.generic-drugs-online.com/generic-Cozaar.htm> - Losartan

<http://www.generic-drugs-online.com/generic-Diovan.htm> - Valsartan

My plan, once the pandemic starts, is to carry a few of these tablets with me at all times.

In the midst of the Pandemic I fully expect to run across people who have just been stricken by the Cytokine Storm. If they will accept a pill from a stranger, a single tablet is not going to hurt anyone and it could possibly save a life.

Even more important (at least to me) is that, if my once-a-week Chloroquine tablet did not work, and I suddenly realize that I'm feeling weak and probably experiencing the onset of the Cytokine Storm, I'm going to swallow a tablet of my Lisinopril on the spot. If the cytokine reaction goes too far, I may become too weak and perhaps too confused to do the other things I'm counting on to save my life. I don't want to place my life in the hands of strangers who have no tools to combat the virus.

You will see in the following pages that I am mapping out what you might call a "defense in depth" that includes a number of different approaches. If one fails, then I want to have a back-up. The Chloroquine and the blood-pressure meds are the only pharmaceuticals on my list. All the rest are natural or alternative products which should be readily available via Internet as long as the businesses and shipping services are still operating.

I would not expect any reader to go out and purchase all the things I've managed to assemble over the past three years in my quest for pandemic defense. But you should be able to pick and choose from the products I will be mentioning, based on your own situation and philosophy, and come up with enough pandemic-fighting tools that you will feel prepared instead of helpless.

And remember the rules: I can't give you "medical advice", so you have to make up your own mind on the usefulness of what you are reading on these pages.

PHYSICAL PROTECTION

The U.S. disease-care system has been ready for the Pandemic for three years or more, starting when it was going to be called Bird Flu. Since they are fully committed to NOT treating the disease itself, their primary focus (and the government's) is on three things:

- 1) where to house millions of gravely ill people who will live or die pretty much on their own,
- 2) how to decide which people have enough social value to be treated for life-threatening secondary infections such as pneumonia, and
- 3) what to do with the bodies.

While the average citizen will accept the lie that there is nothing in the medical arsenal to fight the disease itself, everyone will quickly realize that if they are on their own, they must each save themselves any way they can. Big Brother has been suspiciously silent on this subject but people are not stupid, and the first thing on everyone's shopping list will be protective masks.

An infected person with a high viral load can put a lot of the virus into the air around him. The virus will be riding in a microscopic drop of water. Think of an invisible mist or fog. Eventually these tiny water particles will settle onto nearby surfaces, but while they are still in the air you can breathe them in and just like that you've become infected.

During the SARS outbreak it was determined that a simple paper-based filter capable of stopping 95% of dry, microscopic dust particles could stop 100% of an influenza virus traveling in an invisible droplet of water. This is fortunate because masks based on dust or particle protection are the least expensive variety.

Protective Masks

Have you ever tried to prepare for a Hurricane a day later than everyone else? Right. The bottled water, flashlight batteries, and other good stuff are all gone. It will be the same with masks.

If you'd like to get some masks ahead of time, while they are still relatively inexpensive and available, you should first know that not all masks are suitable for the job. That's right: some masks will work, some masks will NOT work.



WORTHLESS

For decades we've seen medical personnel wearing what is called a "surgical mask" but this mask provides no protection at all to the person who is wearing it.

It may tie behind the neck or just have loops that go behind the ears. Air can get in or out at the cheek, and below the eyes. It is strictly for the protection of others, and it doesn't even do that job very well.

Don't bother buying any of these.

Only those masks called RESPIRATOR masks protect the wearer.



Here you see the least expensive form of the common, disposable respirator mask. It **must** be marked “NIOSH” and show a rating: N95 or P95, N100 or P100. N95 is the most common. To be effective, the mask must seal against your skin all the way around. You cannot allow air to enter around the edge of the mask and be inhaled without passing through the filter. If the mask is a poor fit and won’t seal, it is useless. Therefore, there are masks made to fit small faces (S) if you are shopping for children. I’ve even seen some listed as Large. Again, if the mask cannot be made to fit, it is useless.



The least expensive disposable mask actually filters the air in both directions. However, it takes effort to breathe through a filter, and you may find that this restriction on your breathing is tiring and uncomfortable. Manufacturers solve half the problem by including a valve on the front of the mask that let’s your breath bypass the filter when you exhale. This also reduces moisture in the filter, and will help the filter last longer. Having tested both types of mask, I think the valve is worth the extra cost.

Right now you can shop around on the web and find many retail outlets that carry masks. Some will be medical outlets, others will be supplying safety equipment to industry. It doesn’t really matter which channel provides them as long as you see that N95 or better on the official rating. 3M seems to be the manufacturer that everyone trusts, but other brands like North or Gerson (Aspire) have the same ratings. There are many different models and hundreds of retail sources:

Google: N95 respirator mask

You want to shop carefully – prices vary, and shipping costs vary. Some masks may seem more comfortable than others, or have some other attribute you like. One point to keep in mind is that it doesn’t matter whether the mask is sold for medical use or not. NIOSH N95 or better will still work for you.

Look for boxes of ten or more. I have found prices from \$1 to \$1.50 US per mask. Someone mentioned going into a drug store the other day and finding a single mask for seven dollars. If you want to make some money during the Pandemic, then I would say disposable masks could be exceptionally profitable.

Oddly enough, I’ve found the best deals on Amazon.com. If you find a particular model you like, be sure to search there. Here are some examples:

3M 8210 3M 8511 Gerson N95 w/valve

Warning About Disposable Masks

All these masks are meant to be disposable, especially when used for virus protection. They are intended to be worn for eight hours or so and then be thrown away. A big reason for this is that while you are pulling air through the filter, viruses are being trapped on the outer surface.

That means that if you later touch the outer surface of the mask you could pick up live viruses on your hands. (We will talk about hand sanitizers below.) A wave of Pandemic infection could go on as long as 12 weeks and then after a break return again. Consequently, most people will want to use their masks for more than one day. To do this, you will need to sterilize your hands after touching the mask and you will want to find some way to sanitize the surface of the mask after a day or two of using it.

The mask's filter is a paper product, so getting it wet is not an option. However, a can of pure alcohol purchased at a hardware store offers possibilities. If you can find a spray bottle that emits a very fine mist, you could take your mask outside (alcohol is flammable) and gently mist the outer surface for ten minutes. Even better would be to suspend the mask in a closed container with alcohol in the bottom. This would expose the surfaces of the mask to alcohol vapor, and after 15 or 20 minutes, any virus on the mask should be dead. If the mask accidentally falls into the alcohol, throw it away.

Permanent Masks

You can solve the problem of disposables by ordering a permanent mask and some replaceable filters. This is like the bottom half of an actual gas mask. If you are using it in an environment that does not clog the filters with dust, you can go for many days without changing the filters (check manufacturer's specs). You'll see many of these as you browse through safety equipment sites, etc. All these masks have exhalation valves built in.

On the web there is a problem with matching up the "half mask" with correct filters. All you want is the mask itself and the appropriate dust or particulate filters. No other filter is needed. There may be an adapter required. When you encounter this issue, don't place your order until you talk with someone at the retailer by telephone to make sure you have a usable combination.



I found one site that offers the correct mask and filter combination already made up. Notice that this particular mask has the outer surface of the filters exposed, so you need to take the same care about touching the filters once they begin to accumulate live viruses. There is no need to touch the filters if you are careful.

Some people may want to avoid the superior protection that masks like these can offer because they might feel embarrassed about how they look. Forget this. At the height of a killer influenza pandemic people will be begging you to tell them where they can get one of their own.
3M 6291 kit

Masks Alone Do Not Provide Full Protection

Extensive studies of hospital procedures during the SARS outbreak determined that medical personnel involved in the treatment of sick patients were still at risk if they entered the patient's room without protecting their eyes and their hands. Viruses, suspended in an invisible mist of microscopic water droplets, can land on your eyes and enter the body that way. Although this danger was always connected with being in the same room with a victim who might be coughing or sneezing, the danger must be assumed to exist in any room where a person with active symptoms has recently been. A typical example would be a public toilet, which may be filled with an invisible fog of airborne contamination generated by any previous user with a significant viral load in his body.

Inexpensive Safety Goggles Are A Must

After SARS, the CDC made it very clear that a mask alone was not full protection in any space that included people who were already loaded up with the virus. Your eyes must be protected as well as your nose and mouth. This is done with inexpensive plastic goggles of the type that protect against chemical splashes. There are a large variety available, and all they need to do is seal against your face (with soft edges) and not have holes around the edges. Don't pay more than \$10 and try to find one that can be included in your mask order to save on shipping charges.

Here's a large assortment in one place. Look for the word splash. Find a description that talks about comfort and soft edges. Once you understand the choices, feel free to shop around.

Enviro Safety Products

Your Hands Can Kill You

That's right. By touching a contaminated surface and then touching your face, food, or a cigarette that's about to go in your mouth, your hands can easily transfer a live virus right into your body. Since this is a virus that can easily kill you, you must pay special attention to your hands, and have the means of sanitizing them quickly and easily. Washing them with soap and water is actually pretty good, but I wouldn't depend on it as my sole defense.

Happily enough there are good hand sanitizers available at many of your local stores, including Wal-Mart, Sams, drugstores, etc. Read the label. You are looking for a clear gel that is 60% alcohol and typically includes lanolin or some other compound to keep your skin from drying out. I'm not sure how long this product will be available once the whole world is trying to buy all they can get; so consider buying a bunch of it now.

The virus cannot hurt you simply by being on your hands. The problem is that your hands can transfer the virus to somewhere else. Obviously, you want to sanitize your hands before you unthinkingly touch your face. Or food you are about to eat. Or someone else's hands or face, and so on. Once you realize you've been touching surfaces that may be contaminated, you simply squirt some hand sanitizer on your hands and rub it around until it evaporates. Only takes a minute or two. If you understood the hazards, you would be doing this today after pushing a grocery cart around - just as one example.

Many people will want to use latex gloves. There's an art to this, and it does not include re-using the gloves without disinfecting them. But the problem is that you are just as likely to touch your face, etc., with a contaminated glove as with contaminated fingers. I'll keep it simple and stick with the sanitizer. Buy the largest bottles you can find to get a good price per ounce, but realize everyone will also need a small squeeze bottle, from whatever source, to carry around in pocket or purse.

I don't know about you, but any time I start thinking about not touching my face, something begins to itch! So I intend to carry some tissues in my pocket. I'll try to just have a general rule that I never touch my face with anything but a clean tissue that I then throw away. No, you cannot use your shirt sleeves. Exposed clothing can collect viral-laden micro-droplets if you've been around infected people. When you come home your clothes go in the washing machine, and you go in the shower.

The Ultimate Protection: Stay Home

There is only one sensible thing to do when facing a killer pandemic as infectious as this one is likely to be. Stay home! This is such an obviously correct decision that employers have already been told to expect that 35% of the workforce will not be at work during the first week. Fully 50% will be missing the second week. And it will be up to the employer, if he is open for business at all, to prove to you that the work environment is reasonably safe. Is a paycheck worth your life?

Being able to stay home is one of the reasons people have been telling you to stock up on food. You'll be perfectly safe there. The virus has no intelligence and it will not try to seek you out. There will be virtually no trace of it in the air outside, so it won't be trying to get in your house. So if there is any possible way to do it, just stay home. Yes, you will have to monitor what is brought in, and probably disinfect it.

If you only go out occasionally, to buy food for instance, you should be in good shape with your mask and other protective measures. Because you are not using them all the time, you will be more conscious of what you are doing, and more careful. If you have practiced!

Can you eat at a restaurant? Absolutely not.

Get fast food from McDonalds? How much do you trust teenagers?

Go to a movie, a class, or a meeting of some kind? Only in mask and goggles.

Should you send your kids to school? Only if you are very, very stupid.

If you must go to work every day then you have a difficult and dangerous road ahead. You are perfectly safe in your mask and goggles, and the ability to sanitize your hands, and so on. The danger comes when someone tells you that you don't need them.

We are still mapping out what we feel will be reasonable strategies for shopping, the workplace, and so on. They are not likely to make it into this first addition which must get out quickly, so readers can obtain those products they feel are right for them. Follow the directions on page 2 to make sure you get the extra information as it becomes available.

BOOSTING YOUR DEFENCES

During this period leading up to the Pandemic, there are several things I can do for my body to increase my chances of coming out the other end alive and well.

Yogurt and “Pro-biotics” Capsules

The beneficial bacteria found in yogurt (primarily *Acidophilus*) are essential in helping your body absorb vitamins and other nutrients. When antibiotics kill them off, people often experience low energy for quite some time. You build up your store of these essential helpers by eating fresh yogurt, or taking pro-biotic capsules. The capsules often contain other useful cultures beyond those found in yogurt.

Yogurt has been called the ultimate defense against many biological dangers because when these helpful bacteria are present in your gut in large numbers they can get pretty hungry. They will quite literally eat many invading bacteria and viruses.

I'm such a fan of yogurt I learned how to make my own in half-gallon batches. I use a couple pro-biotic capsules to get the batch started, then when it's done, one serving of the finished product is like taking 50 capsules. Not all the beneficial bacteria types in the newest capsules will grow in milk however, so I still take a capsule or two twice a week to cover all the bases.

If you look around on the web you'll find various sources of information about making your own yogurt. Whatever they say, the best temperature for growing a live yogurt culture is 120 degrees (F). I've learned that the hard way.

It's not that easy maintaining a gallon or half-gallon of yogurt culture at a constant temperature. Most kitchen appliances can't do it, because they use very simple controls that allow temperatures to rise and fall within, say, a 20 degree range. If you don't want the hassle of this, just use Google to find “yogurt maker” and you'll find that there are always a couple good choices out there.

Fresh yogurt is very mild in taste, but after a day or so the flavor will become sharp and tangy. Just follow the example of commercial producers and mix in some jam or fruit preserves. That's what I do.

Again, having a lot of beneficial microorganisms already waiting in your intestinal tract to eat up viruses and other bad things, is important to good health and a logical defense against what is coming.

Flushing Pesticides

Here's something that I'm starting right now. I mentioned Chemtrails earlier. Chemtrails contain two components: raw jet fuel that floats on the wind and is eventually breathed by the people two states downwind from you, and the invisible pesticide Ethylene Dibromide which falls to the ground immediately and then drifts through your community to be inhaled by all. It's said to be invisible, but I once observed two spray planes flying directly away from me and toward the setting sun. This let me see through about ten miles of spraying end-to-end. The falling Ethylene Dibromide took on a beautiful rose colored glow from the sunset. Yes, I could literally see it falling. I'll never forget it.



Of course those populations living with Chemtrails for so many years are now loaded with this pesticide and experiencing serious interference with some of their basic hormonal systems, including adrenal functions. This has been very difficult to pin down, but the main indication is that adrenalin is part of what the body uses to shut down the cytokine response. Indicators of mass pesticide poisoning include millions of people who have allergy symptoms that won't go away naturally, and an increasing awareness of what used to be a very rare problem called adrenal insufficiency.

Since Uncle Sam has now spent over ten billion dollars on this program, and European nations a similar amount (no estimate for Russia which joined in late), I believe they expect to get their money's worth when the Pandemic is released. Those who are carrying high amounts of pesticide poisoning are not going to be able to shut down the Cytokine Storm in the way that nature intended.

Do you suppose this would be a really great time to cleanse your body of pesticides? Me, too.

There are "cleanses" out there that can do this. You've surely seen one or more of these products advertised on late-night television, and virtually every site on the web that sells vitamins and other health products will have at least one cleanse available.

You are not looking for the product that removes parasites, or the one that will scrape your intestines squeaky clean. The appropriate cleanse will consist primarily of herbs that have a detoxifying effect, pulling poisons out of the body. If I were you, I'd specifically look for the word "pesticides" in the product description.

My own product choice comes from the world of professional products, which are normally only available through alternative health care practitioners. These are almost always superior. Yes, you can probably find this one on the web, but it may be quicker to use the phone and try some of these health providers in your own community. They may be naturopaths, chiropractors, herbalists, clinical nutritionists, etc.

Just ask who carries products made by Standard Process. The item you want is called SP Cleanse. It's made from herbs, and you take a bunch of capsules three times a day for a week. One bottle per person.

Vitamin D3

Naturally, you should be boosting your body's defenses by making sure you are getting large amounts of every conceivable vitamin and nutrient. That's too big a topic to cover here, and in fact should be supervised by a health care professional (not a disease-care robot) who understands that people have different needs when it comes to nutritional support.

Vitamin C, of course, is fabulous with almost any kind of infection or illness, and I'll address it in another chapter. The mineral Zinc helps you to produce white blood cells, tiny little killers that are a vital part of your immune system. And the list goes on and on.

Personally, I have added extra Vitamin E to my diet, and lots of fresh spinach leaves (Folic Acid) when I use my juicer. Both are things I am short on, and they support the adrenal gland.

But the one vitamin that everyone in modern society is short on, virtually all the time, is vitamin D.

The form you take in a pill or capsule is called D3.

If you followed the link on page 13 and read the research citations on the Cytokine Storm, you probably noticed that below the three references to blood pressure pills there is mention of Vitamin D. It reduces your chances of catching influenza, and it reduces the severity of the deadly Cytokine Storm. It is such a terrific immune booster, that it should also be extremely helpful in fighting off secondary infections as well.

Unfortunately, this vitamin has been virtually ignored for decades, leading to very outdated recommendations on how much to take. The current understanding is that 10,000 units per day is an appropriate amount for a reasonably healthy person who wants to keep their immune system in good shape. You'll also find some old material that warns of Vitamin D overdose. A review of those older studies reveals that overdosing was only found in people taking more than 40,000 units a day, for months on end.

My personal plan is to take at least 10,000 units of Vitamin D each day, starting now. I'll double this when we hear that the Pandemic has been released, and I'll go to 40,000 or even more, if I should discover that I've caught the virus despite my other precautions.

I looked for D3 in 5,000 or 10,000 unit capsules. Here's an Example. Typical D3 Product
Just search on: Vitamin D3 10000 IU to find lots of choices.

Get Rid Of Infections ASAP

If your body is already fighting any sort of infection or illness, then it is going to have a much harder time warding off any another health challenge that comes along. If you are in this situation and have just been procrastinating, now's the time to get it taken care of. If you end up taking antibiotics, be sure to take the above recommendation about yogurt seriously, and at the same time.

Start Avoiding Sugar

Sugar is a serious drag on the immune system. A few years ago I had the opportunity to look at my own blood under a dark field microscope. It's really fascinating if you have someone who can help you understand what you are seeing. I was most impressed with the little cells (microphages) that move around on their own and gobble up things that aren't supposed to be there. As an experiment I ate a candy bar and looked at my blood fifteen minutes later. My little defenders seemed to have gone to sleep. They were sluggish and hardly moving at all. The difference was dramatic.

Logically, you could wait until the Pandemic arrives and then cut all sugar from your diet. That's doing it the hard way, and you will really be uncomfortable. Better to start reducing your sugar intake in steps over four weeks or so. Here's a bonus: If you do some reading on low carbohydrate diets, and begin practicing what you learn, you'll be surprised at how much better you feel.

Coconut Oil

Did you know that you have a coconut oil deficiency? Well, actually, what's missing from the ordinary diet is medium-chain fatty acids. Over the last fifty years the American diet has been deliberately altered into something that never existed before, and we are all paying a heavy price.

When the National Heart Association, in its role as national disease manager, wanted to hide the fact that Procter & Gamble's hydrogenated oils (transfats) were causing 500,000 heart attacks a year, they put the blame on traditional, healthy cooking oils that had been used throughout history with no ill effects. Then they began shifting the national diet to something that would eventually be even more profitable for their members and backers. Thus, we now consume massive amounts of oils made from seeds, under the guise of "heart healthy vegetable oils." In a really strange coincidence, when researchers want to give rats or mice diabetes, they force-feed them vegetable oil. What a surprise!

You can begin to reverse the damage by limiting your use of oils to healthy ones like butter, cream, olive oil, non-hydrogenated lard if you can find it, and coconut oil. The reason I'm mentioning this now, is those medium-chain fatty acids I mentioned above. Your body needs them and it's just one more factor that could be dragging you down. After you throw out the corn oil, soy oil, and canola oil, pick up some coconut oil to start providing those missing fats. It's rich in medium-chain fatty acids.

I've also learned that virgin coconut oil, by virtue of not being industrially denatured, has a number of other health benefits, so if you have a few extra dollars...

Please note: this is not a cure for diabetes if you already have it. I think a cure is near, from the alternative medicine community of course, but the condition is complex and I expect the solution will also be complex.

Think!

These are just a few of the things a person could do to boost their body's defenses ahead of a deadly Influenza-based pandemic that could be only weeks away. There are many other things a person can do; even simple things like getting out and walking each day. I guarantee that if you put your mind to it, you can think of more, and thousands of health-related internet sites have ideas and products for boosting your immune system. If you are going to do anything for your body in the way of preparation for a serious health challenge, now is the time.