

acquarie University Professor Peter Curson<sup>1</sup> understated the situation when he said New Zealand governmental headless chook preparations for the bird flu were over the top.

The baseline for whipping up hysteria about this great bird flu pandemic to come is, of course, the 1918 influenza epidemic. Not a word of the 1976 Swine-Flu fiasco, when neurotic American medics / media announced that a virus similar to the 1918 flu was about to wipe out America! The vaccine was made, marketed, manufac-

turers indemnified, bad reactions started, the vaccine withdrawn... and guess what? The epidemic never happened.

I looked in vain for a newspaper to comment on an item in the appendices to *Parliamentary Journals* in 1919<sup>2</sup> reporting that by January 1918 Mr P. L. Hickes had liberally stocked all hospitals with the highly "successful" vaccine used in 1917 in the war fields of Europe, to prevent the 1918 pandemic from happening. Ignorance is bliss.

Along comes Pandemic Preparedness.

First item you are to stock? Paracetamol to ease any aches. Why recommend paracetamol, which has been known since 2000 to undermine the immune system and prolong the flu from 5 days to 8 ½ days³, and can kill when given for the flu⁴, and is the major cause of acute liver failure and transplants in USA⁵?

Why recommend Tamiflu, which doesn't work<sup>6</sup>, has significant side effects<sup>7</sup>, and other anti-viral drugs are becoming flu resistant at an alarming rate<sup>8</sup>?

Right on our doorsteps, Selenium deficient New Zealand has the possible answers.

- Selenium deficiency causes flu viruses to mutate, increasing viral virulence<sup>9</sup> lo 11. Ironically bird flu epidemics are occurring principally in selenium deficient areas in the world.
- Elderberry's ability to stop influenza and bird flu virus attaching to cells and cause infection was first studied in bird flu<sup>12</sup> and the effectiveness of the unpatented compound that is Sambucol was recently confirmed in laboratory trials in London<sup>13</sup> by reputable flu expert, Dr John Oxford.
- Meanwhile doctor/Scientist Dr Laibow<sup>14</sup> is left to discuss why Vitamin C will be of major use, on a fringe website.
- Fresh garlic not only is antibacterial, antiviral to all viruses tested<sup>15</sup>, antifungal and antiprotozoal, but it also has beneficial effects on the cardiovascular and immune systems<sup>16</sup> <sup>17</sup>.

Doctors know New Zealand is selenium deficient, and that selenium supplementation reduces the death rate, disease incidence, severity and viral activity in many diseases including hepatitis B, HIV, influenza, coxsackie induced myocarditis, AIDS and viral haemorrhagic fever<sup>18</sup>. Doctors know that bird flu is changing before their eyes<sup>19</sup> isn't nearly as dangerous as they have maintained up until now<sup>20</sup> with mild infections far more common than previously thought<sup>21</sup>. Of course, their reasons for admitting that, was to hype up the possibility that large numbers of mild disease could quickly become a pandemic. Sane people overseas have already figured that quarantine will be ineffective<sup>22</sup>, but New Zealand planners haven't. Pete Hodgson's official line is "Pandemic Planning too important for politics<sup>23</sup>".

The FDA in America is now in full "stalk" mode, issuing 'cease and desist'

letters to any company promoting natural products which may be of benefit to bird-flu suffers<sup>24</sup>. Will the Trans-Tasman Therapeutic Goods Agency do likewise?

All this supposedly good-for-us Governmental planning worldwide, isn't happening without bribery and arm twisting. Overseas, vaccine companies have told Governments that if they won't mandate ordinary flu vaccine, which doesn't work25, yearly, for all ages, they won't develop a bird-flu vaccine26. New Zealand fortunately, opted for a private deal with Australia's CSL vaccine manufacturer<sup>27</sup>.

It's hard to escape the view that Governmental planning IS all about buttering international politics, cashing the cow, cow-towing to paranoia, lining the pockets of Donald Rumsfeld's company that makes Tamiflu<sup>28</sup> and the pharmaceutical companies listed in politicians' stock market portfolios, stockpiling expensive and potentially useless antibiotics, opting for a vaccine of as yet unknown value.

It is politically incorrect to advise sensible practical preventives that ordinary people can understand like the dead easy job of making their own elderberry extract or wine in a country over-run with elderberry plants considered weeds by councils and DOC alike; encouraging self-help with garlic, selenium and vitamin C. The only official "practical" advice is to wash your hands, which is great, since even doctors in hospitals appear to have forgotten the value of this rudimentary practice.

Which leaves the listed items above, and all the other unknown potentially useful unpatentable unprofitable answers inside the nutters' pantries.

Long live the nutters.

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<sup>28</sup>Tamiflu was developed and patented in 1996 by a California biotech firm,

Gilead Sciences Inc.... Rumsfeld holds a Gilead stake valued at between \$5 million and \$25 million... http://www.atimes.com/atimes/ Front Page/GK04Aa01.html