

The Ingenious Virus

Every year, 250,000 to 500,000 people die of influenzas of various kinds. This year, we are combating the nefarious H1N1 virus, commonly known as Swine Flu, with more than 300 confirmed cases and one death as of this writing. Last seen in 1976, Swine Flu only took one life, but hundreds of Americans who received the ensuing inoculation died or were sickened, sparking a medical debate that rages to this day.

In its current incarnation, H1N1 combines swine, bird and human viruses in a never before seen mutation that doesn't seem to require that one come into contact with a pig. What is the flu?

Influenza is a virus that, in its bid to survive, mutates constantly. This means that the flu shot you got last fall will effectively battle last season's flu but not the new flu that has evolved. There is no cure for the flu, although there are medications such as Tamiflu(TM) that might shorten the duration of the illness.

The most important thing to know is that the flu is spread by droplets from the mouth and nose. These droplets carry the virus and when another person comes into contact with them, whether they are in the air or have settled on something, they are in danger of contracting the flu. The flu is actively looking for a place to live from one day before symptoms appear to five days after they appear, so it is possible to broadcast the virus before you even know you're sick. We recommend that you:

- Start healthy. Eat right, exercise, take care of yourself
- Stay home if you have symptoms (*fever, cough, sore throat, vomiting and diarrhea*)
- Wash your hands frequently

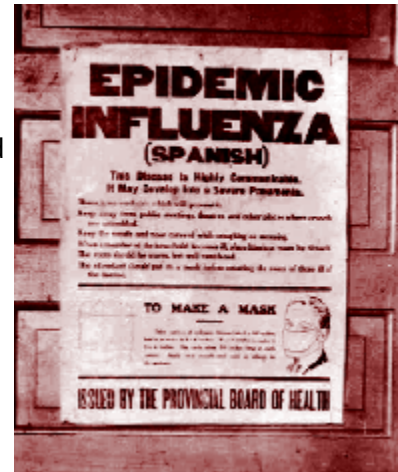
- Cough into your elbow, not your hands
- Wipe down common surfaces such as keyboards, doorknobs and telephones
- Stay hydrated
- Take a multivitamin
- Follow the advice of the authorities

In days gone by, protecting oneself from the plague was a whimsical project, at best. During the 17th Century's Great Pestilence in London, smoking tobacco was a commonly used device as was the application of a dead pigeon to the buboe. Doctors advised the wearing of lucky charms and prescriptions for powdered unicorn horn have never again been as popular. In our modern era, we have, according to Marilee Tolen, RN, these essential oils to kill super germs: Cinnamon Bark, Clove, Tea Tree, Thyme, Geranium, Oregano, Mountain Savory, Basil, Lemongrass, Lavender, Peppermint, Spearmint and Eucalyptus.

Sincerely,



LifeSpan Care Management, LLC
Vice President – Communications



Quotes:

"...the plague bacillus never dies or disappears for good; that it can lie dormant for years and years in furniture and linen chests; that it bides its time in bedrooms, cellars, trunks, and bookshelves; and that perhaps the day would come when, for the bane and the enlightening of men, it would rouse up its rats again and send them forth to die in a happy city."

Albert Camus, The Plague

We All Fall Down

Since time immemorial, busy, brilliant germs have wreaked havoc on populations and even changed the course of history.

430 B.C During the Peloponnesian Wars, the Athenian army was decimated and more than 30,000 died. Sparta won the war.

180 A.D The Antonine Plague arrived in Rome courtesy of soldiers returning from Mesopotamia. Five million people succumbed to plague by 195 A.D.

541 A.D. The debut of Bubonic Plague lasted for 50 years and killed 25 - 100 million people. It is believed that this was the beginning of the Dark Ages.

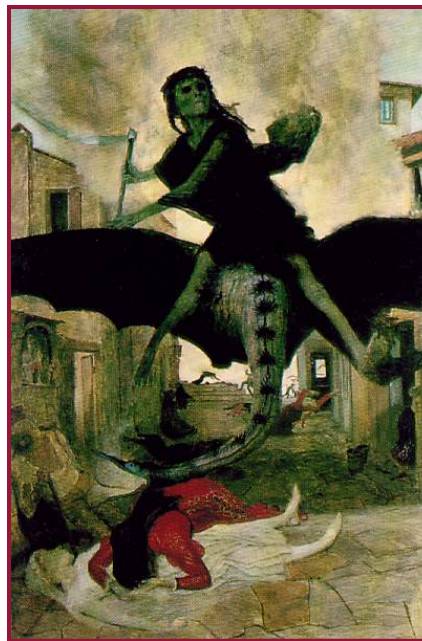
1347 The Black Death changed the world forever. 75 to 200 million people lost their lives; estimates suggest that as much as 80% of the world's population was lost. Imagine the financial, emotional, spiritual, political chaos of such a catastrophe.

1918 Spanish Flu killed between 20 and 100 million people. More American lives were lost to flu than in all of

the battles fought in the Great War.

The Asian and Hong Kong flues dominated from the late 1950s through the 1960s, killing more than 100,000 people. Ironically, exposure to the Asian flu was thought to provide some immunity from the Hong Kong flu that followed.

A virus found in civet cats in southern China's Guangdong province led to Severe Acute Respiratory Syndrome (SARS), from which more than 700 people died.



Quotes:

"This is the way the world ends, This is the way the world ends, not with a bang but a whimper." -T.S. Eliot, *The Hollow Men*

Websites We Love

www.cdc.gov/flu/

The Center for Disease Control is the federal government's command module for all things influenza.

www.HomeSpaLady.com

Marilee Tolen, a registered nurse, hosts a website concerned with alternative care. Particularly interesting and timely are her recommendations for using essential oils to combat airborne pathogens.

www.who.int/en/

The World Health Organization provides international leadership in the sphere of health. They make the call when an epidemic turns into a pandemic. government agencies and health-related organizations.

Healthcare Coordination and Advocacy

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