

Common Links in Swine Flu Deaths...

Posted by: [Dr. Mercola](#)

October 31 2009 | 57,720 views

A recent study by the Centers for Disease Control and Prevention (CDC) found that of the 36 children who died from H1N1 from April to August, six had no chronic health conditions. But all of them had a co-occurring bacterial infection.

The most common co-occurring infection that causes flu-related deaths is staphylococcus aureus. A third of the population carries it, most in their nose or on their skin.

The flu causes upper respiratory damage, which allows the staph to make its way into the lungs.

Sources:

» [Star Tribune October 5, 2009](#)



Dr. Mercola's Comments:

This is exactly what I was referring to in Wednesday's [special swine flu alert](#). If you missed it, I urge you to take a moment to [review it now](#). It received over 80,000 views within hours of being published.

In it, I discussed the prevailing propaganda being streamed through popular TV programs like 60-Minutes.

60-Minutes' Story Also Highlighted Bacterial Infection as Flu Tragedy

[Their segment, which aired last Sunday](#), did ask some hard questions to the Assistant Surgeon General. But they didn't ask why CDC officials persist in telling the public that this H1N1 strain of influenza is quite dangerous when the experience of those in the southern hemisphere (which just finished their flu season) is in direct conflict with what the CDC is telling the American people.

And, just like most of the mainstream media, 60-Minutes did not ask some of the most essential questions that need to be answered if you are to understand what is really going on with this "pandemic."

The issue of coexisting bacterial infections is one of those questions that need to be looked at more closely.

Their segment followed the story of a young high school football player who was infected with the H1N1 virus, received some form of medication for his flu symptoms, and then quickly developed a life-threatening staph infection in his lungs.

However, no questions were asked about what type of medication he received, even though it was clear that, after recovering slightly, he then quickly deteriorated *after* receiving the medication.

There was also no mention of whether the teen had already been vaccinated for seasonal or H1N1 influenza, either recently or in the past years.

A [Canadian preliminary study](#) is provocative in that it suggests that those who have gotten seasonal influenza vaccine in the past may be at greater risk for getting H1N1 and having complications.

[The National Vaccine Information Center \(NVIC\)](#) is calling for a comparison of vaccinated vs. unvaccinated individuals for all health outcomes, and I believe it would be prudent to do so.

After all, in order for anyone to make an informed decision about vaccines, you need to have certain facts at hand, not conjecture stating that something is "believed to be safe" **even though it has never been studied!**

Why Aren't These Important Questions Being Asked?

So far 81 children have died from H1N1 in the US. The death of any child is tragic. However, using these deaths to potentially harm countless others who are not naturally at risk may be even worse.

Here are some of the questions that need honest answers, as they may paint an entirely different picture than what we are currently told by health officials and the media.

How many pediatric deaths occurred in children who:

- Were positively lab confirmed as H1N1?
- Had underlying chronic immune and brain dysfunction?
- Were fully vaccinated according to CDC recommendations?
- Had received influenza vaccine this year?
- Had received seasonal influenza vaccine in previous years?
- Received Tamiflu or another anti-viral prior to death?
- Had a coinciding bacterial infection with H1N1?

- Were never vaccinated - totally unvaccinated?

With only 81 sets of medical records to review, someone ought to be able to compile these statistics.

So far we know that, of the 36 children who died from H1N1 between April and August of this year, 30 had some form of chronic health condition, and all of them had a co-occurring bacterial infection.

Clearly, having a robust, well-functioning immune system is the best way to ensure your body's innate ability to fight off this mild flu virus, and not succumb to secondary infections such as staphylococcus aureus.

I'd also like to know how many flu deaths might be attributed to antibiotic-resistant staph infections.

According to the *Star Tribune*, the most common co-occurring infection that causes flu-related deaths is staphylococcus aureus, which is commonly found on your skin and in your nose. About a third of the population carries it.

Unfortunately, methicillin-resistant staphylococcus aureus, also known as MRSA, has become a serious public health problem, one that is getting progressively worse and actually exacts a greater death toll than "modern plagues" like AIDS.

Needless to say, we already know the reason for the ever increasing threat of MRSA – over use of antibiotics, both in medicine and conventional farming practices. It's an entirely man-made problem, the answer to which is exercising RESTRAINT in the use of antibiotics, so that they can actually work when someone's life is really on the line...

It could be of great value to have more facts about each of these H1N1 flu deaths.

But the fact still remains that flu vaccines will nearly always *decrease* your overall immune function, not enhance it!

Obese at Six Times Higher Risk from H1N1 Complications

Most authorities agree that the H1N1 variant virus is quite mild. The vast majority of people (99.99%) are having very brief and mild illnesses from this virus. And yet, some people do die from it -- some die each and every flu season. But who, and why?

Unfortunately, the media is not giving you the answers to these questions.

I will publish an excellent review, and a two-hour audio interview with Dr. Russell Blaylock on this issue on Tuesday, so please stay tuned! Because as he will explain in greater detail, 100 percent of those who have died had underlying health problems before they were infected.

In addition, one of the more powerful risk factors for being admitted to the ICU and of dying is *obesity*.

Turns out obese people are admitted 6x more often than those of normal weight. And obesity plays a significant role in the risk to children and pregnant women as well, something that has never been discussed by the media, the CDC or the public health officials.

According to Dr. Blaylock, one study found that 32.7% of those admitted to the ICU had asthma or other chronic pulmonary disease, far higher than the general population. Obesity is also associated with a high incidence of insulin resistance and metabolic syndrome, both of which would increase your risk of having a serious infection, even to mild viruses.

BEWARE: Taking Tylenol with the Flu Shot May Actually Make You Worse

According to two studies, published in the journal [Lancet](#) on October 17, giving your child an analgesic to prevent fever when getting a vaccine could make things worse.

Their studies showed that after vaccination, the immune response was lower among babies who were given acetaminophen (such as Tylenol), right after they received the shot.

The vaccines used in the study were for pneumococcal disease, Haemophilus influenzae type b (Hib), diphtheria, tetanus, whooping cough, hepatitis B, polio and rotavirus. No flu vaccines were included. However, it's likely the effect would still be the same.

[MSN.com](#) quotes infectious disease expert Dr. Marc Siegel as saying that:

"...the conclusion that Tylenol not only suppresses fever, but also decreases immune response is plausible. After all, what is an immune response? It's an inflammatory response."

The researchers also found that although fewer infants developed a fever after getting acetaminophen, they also developed significantly fewer antibodies against the disease they were vaccinated against. They believe the acetaminophen's anti-inflammatory activity might interfere with your body's immune system antibody response, which could explain why the vaccine was rendered less effective.

However, what is not mentioned by either [MSN](#), or [foodconsumer.org](#), who also ran an article on these findings, is that a lowered immune response also means you're more susceptible to develop *other* infections. And, as we now know, it is secondary infections such as bacterial staph infections that turn out to be deadly -- not the flu virus in and of itself.

You Take Your Chances Either Way...

I also want to stress that you must remember that you are taking your chances either way, whether you get the flu shot or take your chances with the flu.

This year, flu deaths are trumpeted across the world, and yet people are also dying and suffering life-altering disabilities shortly after receiving the flu vaccine, whether it be the seasonal- or the H1N1 vaccine. (They're claimed to be nearly identical anyway, so why would it matter which it is?)

For example, here are just a few recent stories that receive nowhere near the same amount of attention. In fact, most if not all, are being portrayed as unfortunate coincidences that have nothing to do with the fact they just received a flu shot, and no further investigations are made:

- [Five people recently died after getting flu shots](#) in Korea
- The [New York Times](#) mentions an 8-year-old boy from Long Island who died roughly a week after receiving a seasonal flu vaccine
- [Twenty-five year old woman suffers irreversible disability after receiving the flu shot](#)
- Last year, a [6-year-old girl from Colorado](#) died after getting the FluMist vaccine

Remember, the medical industry ACCEPTS these occasional deaths as collateral damage during mass vaccinations and other drug interventions.

The question is, do you?

Flu Mortality, Unrelated to Vaccines, Has Been Down for Years

Also remember that the mortality rate of the swine flu is **extremely low**.

Dr. Ronald Whitmont, M.D. reports in a recent [article](#) of The Epoch Times:

*"So far, H1N1 is much less severe than the regular flu. **The calculated mortality rate for H1N1 in 2009 is only 0.5 percent.***

In 2006, the death rate for influenza was 0.77 percent, and in 2005 it was 0.79 percent.

*Of course, the CDC and the pharmaceutical industries claim credit for this reduction in death rate, but statistical analysis shows that this trend predated the introduction of the vaccine and is **not correlated with either vaccine or antiviral medication use.**" [Emphasis mine.]*

Unfortunately, no one knows what the mortality rate is within, say, two weeks of receiving a flu vaccine, because there's no tracking method in place tracing each and every person who is vaccinated.

These are the kind of statistics that are sorely needed.

How to Prevent Flu the Natural Way

Please understand that there are effective ways to reduce your chances of ever getting the flu in the first place, without ever going near a vaccine.

H1N1 is a milder than normal flu bug, and it is the state of your immune system – *not the virus itself* – that determines whether or not you will get sick, even if you come in contact with the virus.

Following these simple guidelines can go a long way to help keep your immune system in optimal working order:

- [Optimize your vitamin D levels](#). This may be one of your most important strategies for maintaining optimal immune function against all disease, not just the flu. Vitamin D has been well documented to increase the production of over 200 antimicrobial peptides that fight infection.
- [Avoid Sugar](#). Sugar decreases the function of your immune system almost immediately, and as you likely know, a strong immune system is key to fighting off viruses and other illness. Be aware that sugar is present in foods you may not suspect, like ketchup and fruit juice.
- [Get Enough Rest](#). Just like it becomes harder for you to get your daily tasks done if you're tired, if your body is overly fatigued it will be harder for

it to fight the flu. Be sure to check out my article [Guide to a Good Night's Sleep](#) for some great tips to help you get quality rest.

- [Don't Let Stress Become Overwhelming](#). We all face some stress everyday, but if stress becomes overwhelming then your body will be less able to fight off the flu and other illness.

If you feel that stress is taking a toll on your health, consider using an energy psychology tool such as the Meridian Tapping Technique (MTT), which is remarkably effective in relieving stress associated with all kinds of events, from work to family to trauma. You can check out [my free, 25-page MTT manual](#) for some guidelines on how to perform it on yourself.

- [Exercise](#). When you exercise, you increase your circulation and your blood flow throughout your body. The components of your immune system are also better circulated, which means your immune system has a better chance of finding an illness before it spreads.
- [Take a good source of animal based omega-3 fats like Krill Oil](#). Increase your intake of healthy and essential fats like the omega-3 found in krill oil, which is crucial for maintaining health.
- [Wash Your Hands](#). Washing your hands will decrease your likelihood of spreading a virus to your nose, mouth or other people. Be sure you don't use antibacterial soap for this -- antibacterial soaps are completely unnecessary, and they cause far more harm than good. Instead, identify a simple chemical-free soap that you can switch your family to.

You Can Make a Difference

Most polls show that we ARE making a difference because more people are becoming educated about influenza and flu vaccines, especially H1N1 swine flu. Recent national polls have revealed that 30 to 50% in many communities are not planning to get a swine flu shot. Those who haven't made up their minds yet have lots of questions. So we have created [some posters that you can print and post](#) ALL over your community, your local stores, office and schools.

Related Links:

- » [ALERT: Special Swine Flu Update](#)
- » [Flu Was Not the Real Killer in the 1918 Pandemic](#)
- » [Canada Looks at Vitamin D for Swine Flu Protection](#)