



INTEGRATIVEALTERNATIVEHEALTHCARE

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Acupuncture By Christina Fick, L.Ac.

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I am sure by now, almost everyone is becoming more and more familiar with the Ebola virus and its fury. I won't waste your time putting fear into you or telling you what you (might) already know. I would like to share with you some possible solutions that you can initiate right now.

One thing I need to be very clear about is nothing has been shown to cure or treat Ebola.

*"Be your own judge,
be your own health
advocate."*

Nothing. Meaning everything I am about to talk about is technically still experimental. It is classified as this through the FDA. And let's face it, the FDA will never spend time or money on anything that is not synthetic because they cannot patent it. If they can't patent it, no one makes money. So my disclaimer is this: Be your own judge, be your own health advocate. Be careful of dogma and if an epidemic is going to hit us, it is your decision to wait for the FDA to save your life or take it into your own hands.

Ebola is a hemorrhagic virus, meaning it causes severe bleeding. A virus differs from a bacteria in that it must hijack a host cell versus having its own vehicle. In Chinese medicine, we categorize disease by analogies relating to

nature. A disease could be classified as Heat, Cold, Dry, Damp or Wind-like. In Chinese medicine, Ebola is categorized as Heat in the blood, blood stagnation and a deficiency of Cold/fluids (Yin). Ebola causes a few things: It invades and takes over white blood cells and liver enzymes. This causes a dampered ability for people to clot (in their blood). It also causes a high fever, vomiting, rash and eventually people die from a lack of fluids and low blood pressure.

Because Chinese medicine has been around for so long, they have had the opportunity to put their medicine to the test. One Chinese herbal formula, called Xi Jiao Di Huang Wan, in particular is for exactly what type of symptoms present for Ebola and are labeled for use for Hemorrhagic Hepatitis (a virus that affects the liver and causes bleeding). This Chinese formula, which contains four herbs that drain heat/fever, stops vomiting (gets circulation going and clears 'stagnation'), resolves toxicity, stops bleeding, increases clotting factor and restores cellular hydration. In the unlikely event you get exposed to Ebola, feel free to ask me more about this herbal formula.

In the meantime, what else can we do to prevent the virus? Of course, we can practice things like good hygiene—washing your hands, washing doorknobs, covering your mouth and nose when you sneeze. In my opinion, the most important thing you can do is strengthen your immune system. Take the Herpes virus as an example (HV1, HV2,

Zoster). It is a virus, and many people go years without experiencing symptoms or know they have it because some people have stronger immune systems that never let the virus express. If your immune system is strong, the theory is, you can survive Ebola. There are many people who have done this: survived Ebola. How, you ask? They did it all on their own—without vaccines, without drugs or pharmaceuticals; it was simply a battle of virus versus immune system.

Some herbs that can help strengthen your immune system include: garlic, ginger, basil, rosemary, sage and peppermint. Vitamin D and zinc are other important supplements that strongly increase your immune function. In fact, zinc prevents pathogens from physically latching onto healthy tissue helping prevent foreign invaders. One herb I use often is licorice root, which has been shown to be a mucousal protectant. This is important for treating Ebola since the cause of death for Ebola patients is mucousal damage and cellular dehydration. Recently in the news, there has been speculation of Ebola being airborne, and they are finding now that the virus is contaminating surfaces by staying in droplets. So a droplet from someone's sneeze will attach to the door handle, then someone else touches the door handle, then scratches their nose and the virus latches onto the mucousal lining of the nose, mouth, eyes or other orifices. So how do you prevent this contamination? Welcome to the wonderful world of essential oils! These potent oils, when burned or diffused, float through the air, attaching to particles and engulfing them, then changing their chemical structure, rendering them harmless. My favorite essential oil company is DoTerra, which sells a product called On Guard and contains four herbs that destroy viruses and

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bacteria. DoTerra has been tested over and over again for contamination, potency and heavy metals and tested very clean, meaning it is very safe to apply to your skin or diffuse. Cinnamon, clove, eucalyptus, rosemary, sage, lemon balm and oregano are all great oils for your immune system.

Another important factor is looking at what is suppressing your immune system. Blood pressure meds, statins, diabetes medications, hormones, thyroid meds, aspirin and acid blockers or antacids all have been found to rob your system of vital minerals and nutrients which help protect your immune system. If you are taking any of these, it is wise to add major vitamin/mineral supplementation to your routine. Gaia herbs and Life Force are the best companies to buy supplements from (I sell Life Force products like Body Balance on my website). Be careful, though, from buying from Amazon.com, as they have been known to be supplement scammers! Your food can also be a medicine or malady. Sugar, processed foods, fried foods and anything synthetic are going to cause great strain on your immune system.

Whether you feel Ebola might be something to prepare for or not, if you follow some of the guidelines I talked about, you will be increasing your health. The last thing that will decrease your immune system tremendously is stress! So try not to stress about what is on the news or going on in the world. Worry will get you nowhere except closer to the grave. Explore things (like acupuncture) that can help with stress! As always, check out my website for more information regarding my articles and their sources.

Take rest; a field that has rested gives a bountiful crop.

—Ovid