

## **Infectious Diseases: What Can Be Done to Protect Ourselves?**

### **In the Beginning**

In order to protect ourselves from any disease, the first thing we need is a healthy body! It is our immune system that fights off disease. In order to fight off the invading germs, bacteria, fungus, viruses and parasites that we are exposed to on a daily basis, our immune system must be functioning at its highest level.

### **What is the Immune System?**

The immune system is a network of cells, tissues, and organs that work together to defend the body against attacks by “foreign” invaders. These are primarily microbes—tiny organisms such as bacteria, viruses, parasites and fungi that can cause infections.

### **Overall (general) Prevention**

Infectious agents can enter your body through:

- Skin contact or injuries
- Inhalation of airborne germs
- Ingestion of contaminated food or water
- Tick or mosquito bites
- Sexual contact

### **How Do We Ensure That We Stay Healthy?**

Follow these tips to decrease your risk of infecting yourself or others:

- **Wash your hands.** This is especially important before and after preparing food, before eating, and after using the toilet. And try not to touch your eyes, nose or mouth with your hands, as that's a common way germs enter the body. Keep antibacterial hand wipes in your vehicle to wipe down surfaces you touch and when you are unable to wash your hands.
- **Stay home when ill.** Don't go to work if you are vomiting, have diarrhea or have a fever. Don't send your child to school if he or she has these signs and symptoms, either.
- **Prepare food safely.** Keep counters and other kitchen surfaces clean when preparing meals. Cook foods to the proper temperature using a food thermometer to check for doneness. For ground meats, that means at least 160 F (71 C); for poultry, 165 F (74 C); and for most other meat, at least 145 F (63 C). In addition, promptly refrigerate leftovers — don't let cooked foods remain at room temperature for extended periods of time.
- **Practice safe sex.** Always use condoms if you or your partner has a history of sexually transmitted infections or high-risk behavior.
- **Don't share personal items.** Use your own toothbrush, comb and razor. Avoid sharing drinking glasses or dining utensils.
- **Travel wisely.** If you're traveling out of the country, talk to your doctor about any special vaccinations — such as yellow fever, cholera, hepatitis A or B, or typhoid fever — you may need.
- **See your Healthcare Provider.** If symptoms of illness or fever don't go away or lessen in 12-24 hours, contact your healthcare provider.

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### **Other Thoughts on Building a Healthy Immune System or Maintaining It**

If you are looking for alternative ways to build or improve your immune system to minimize the risk of acquiring infectious diseases, here is a starting list for your consideration along with links to do your own research and decide what is best for you and your health.

- [Keeping Your Body in an Alkaline State](#). Freshly squeezed lemon juice, apple cider vinegar and baking soda
- [Colloidal Silver Benefits](#). First, colloidal silver's ability to control [antibiotic-resistant superbugs](#) is astonishing. While employed at UCLA Medical School in the 1980s, Larry C. Ford, MD, documented over 650 different disease-causing pathogens that were destroyed in minutes when exposed to small amounts of silver. (6) Colloidal silver, unlike its modern prescription antibiotic counterpart, simply doesn't create resistance or immunity in the organisms that are killed by it. This point cannot be emphasized enough, especially in light of the Centers for Disease Control and Prevention (CDC) recently reporting that more than 2 million people in the U.S. suffer illness every year as a result of antibiotic-resistant infections and 23,000 die from these infections. (7)
- [How to Boost Immune System](#)
- [Boosting Immune System with Natural Methods Offers Many Health Benefits](#)
- [List of Superfoods that can Boost Your Immune System](#)

**Garlic** has long been used to detoxify the body, and it can also support healthy liver function so that the organ can carry out its important task of cleaning your blood.

**Turmeric**. With so many benefits, it would probably be easier to list the issues [turmeric](#) can't help with. When it comes to detoxing, however, it is particularly powerful, thanks to its ability to stimulate liver function.

**Cucumbers** might be mostly water, but that doesn't mean they should be overlooked. They help alkalize the body and flush [toxins](#) out, and are very easy to add to your diet.

**Broccoli** has a number of impressive health benefits, but when it comes to detoxing, it's a superstar. It works with liver enzymes to help make toxins easier to eliminate.

**Chlorella** has long been acknowledged for its ability to [flush toxic metals out of the body](#). This superfood can help boost antioxidants as well as [immune system function](#).

**Lentils** contain plenty of zinc, which boosts your immune system and is necessary for your body's metabolic processes. It helps with liver metabolism.

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**Beetroot** can help to restore your body's pH balance, while infusing it with nutrients such as iron, magnesium, zinc and calcium. Its strong detoxifying properties are supported by its high content of betaine and pectin.

**Avocado.** You simply can't go wrong with this superfood. Avocados deliver from several angles. Their glutathione helps remove your body's toxins while also lending some anti-carcinogenic properties. In addition, their high Vitamin K content is associated with good liver health.

**Cabbage** can help break down harmful chemicals in your body, such as those found in medications or pesticides, thanks to its sulfur-containing compounds.

**Artichokes** are full of prebiotic insulin, which your body uses to help form probiotics in your gut. This helps take the pressure off your liver to do all of the detoxing.

**Mung beans.** On a similar note to lentils, these powerful beans are known to absorb toxic residues from the walls of your intestines.

**Green tea's** abundance of antioxidants make it well suited to washing toxins right out of your system. Moreover, it is rich in catechins, which boost liver function.

**Watercress.** This [natural](#) diuretic can protect cells from free radicals while boosting liver enzymes.

**Lemon** is truly one of the best foods for detoxification, thanks to its high content of liver-supporting pectin and betaine. Squeezing lemon juice into your water is an easy way to fit this into your daily routine.

### [What Are Superbugs and How Can I Protect Myself From Infection?](#)

"Superbugs" is a term used to describe strains of bacteria that are resistant to the majority of antibiotics commonly used today. Resistant bacteria that cause pneumonia, Tuberculosis (TB), urinary tract infections and skin infections are just a few of the dangers we now face.

Antibiotic resistance is a naturally occurring phenomenon that can be slowed, but not stopped. Over time, bacteria adapt to the drugs that are designed to kill them, and change to ensure their survival. This makes previously standard treatments for bacterial infections less effective, and in some cases, ineffective.

#### **Certain actions may accelerate the emergence and spread of antibiotic-resistant bacteria, such as:**

- Using or misusing antibiotics
- Having poor infection prevention and control practices
- Living or working in unsanitary conditions
- Mishandling food

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To protect yourself from harmful bacteria, wash your hands often with soap and water, or use an alcohol-based hand sanitizer. Healthy lifestyle habits, such as eating a proper diet, proper food handling, getting enough exercise and establishing good sleeping patterns, can also minimize the risk of illness.

### **You can also help tackle antibiotic resistance by:**

- Using antibiotics as directed and only when needed
- Completing the full treatment course, even if you feel better
- Never sharing antibiotics with others
- Never using leftover prescriptions

### **Airborne Germs**

Because recent evidence suggests that inhalation of microscopic airborne particles may also transmit some diseases, it has been suggested that masks might reduce disease transmission.

**Examples of Airborne Diseases** - Many types of infections that can be a result of airborne transmission include: **Anthrax, Chickenpox, Influenza, Measles, Smallpox, Meningitis, Influenza and Tuberculosis**. Airborne diseases are caused by exposure to a source such as an infected individual or animal.

**Face Masks:** Because recent evidence suggests that inhalation of microscopic airborne particles may also transmit some diseases, it has been suggested that masks might reduce disease transmission.

### Two general types of disposable masks are available:

- Disposable surgical masks (SM)
  - ✓ Protect from bacteria and other particles exhaled by sick individuals
  - ✓ Protect from contact with sprays or splashes that may contain infectious organisms
  - ✓ SMs are **not** designed to reduce the inhalation of small airborne particles that may contain infectious organisms.
  - ✓ Do not expect a SM to protect you from inhaling infectious organisms.
- [Disposable N95 filtering face piece respirators](#) (FFR)
  - ✓ You should only use an N95 respirator that is certified by the National Institute for Occupational Safety and Health (NIOSH). Look for the NIOSH logo and the test and certification approval number on the respirator or packaging. Respirators that are not certified by NIOSH may not provide adequate protection to you. Respirators are typically available from your local drugstores, hardware stores or home improvement centers.
  - ✓ Use an N95 dust mask even if you cannot see the particles, because they may be too small to see. N95 dust masks do **NOT** protect you against chemical vapors, gases, carbon monoxide, gasoline, asbestos, lead or low oxygen environment.

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## What is Tuberculosis (TB)?

Tuberculosis (TB) is a disease caused by bacteria called *Mycobacterium tuberculosis*. The bacteria usually attack the lungs. But TB bacteria can attack any part of the body such as the kidney, spine, and brain. If not treated properly, TB disease can be fatal.

TB is spread through the air from one person to another. The bacteria are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. People nearby may breathe in these bacteria and become infected.

However, not everyone infected with TB bacteria becomes sick. People, who are infected, but not sick, have what is called latent TB infection. People who have latent TB infection do not feel sick, do not have any symptoms, and cannot spread TB to others. But some people with latent TB infection go on to get TB disease.

There is good news. People with TB disease can be treated if they seek medical help. Even better, most people with latent TB infection can take medicine so that they will not develop TB disease.

## TB Prevention

### **Conclusions**

Disease knows no boundaries and it can and will be exposed to the population at large, and those with a compromised immune system will be the first to succumb to illness. There is a short timeline and a narrow window of opportunity to know the scope of illnesses being released into the civilian population from immigration and poor health screening.

*Dr. Lyle Rapacki, Intelligence and Threat Assessment Specialist has stated, "Our Nation is facing a very serious, very sobering set of challenges, and there are people in elected office who choose to do absolutely nothing but put a verbal political "spin" on these National Security challenges and threats and redirect your attention elsewhere. Point the finger, raise their voice, and convince the electorate they alone are standing in the gap to protect our fellow citizens; in reality, nothing is done!"*

*Obama and crew are bringing into America Muslims by the thousands from mostly terribly underdeveloped and deteriorating Islamic countries. This particular population has brought serious medical challenges with them that local and state governments will be forced to financially deal with on an emergency basis, and from which it is quite possible epidemics may occur. State leaders need to seriously investigate this matter, and review contingency protocols for a response. But citizen's better do likewise. Citizens need to begin taking seriously the threats being brought into our country, and would be wise to make their own plans to be preventative, to begin strengthening their children to naturally ward-off disease.*

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Prevention of disease begins with overall health. Get healthy, maintain health, ask questions and be prepared since we don't know what we don't know.

**Disclaimer:** *This article is not to be construed as medical advice. If you have specific questions or concerns, please seek the advice of your medical practitioner.*