



## Your Immune System - Flu Shots and the Sugar Fix for Pathogens

Smart Sugars Lesson # 46

by JC Spencer

Can you count on your flu shot more than your immune system? You decide after this Lesson. We are told that the flu shots (influenza vaccines) are 60% to 70% effective. Reality is much different as reported in *The Lancet* October 26, 2011. *The Lancet* is the world's leading general medical journal.

The CDC recommends seasonal flu shots for most people – especially those with weak immune systems. The claim is that flu shots prevent the flu; however, the shots pose some risks. The flu shot contains dead flu viruses. The idea is that when you are exposed to these dead viruses, the immune system creates and stores antibodies that are critical in fighting off flu infections.

It is believed that you cannot get the flu from dead viruses. But, after receiving the flu shot, you may develop a low-grade fever and have muscle aches for a day or two. Some people may have allergic reactions, breathing difficulties, wheezing, hives, weakness, and rapid heartbeat reactions. The CDC has conducted studies to evaluate the link between Guillain-Barré syndrome (GBS) and the flu shot. They say the likelihood of getting GBS from a flu shot is one in 1 million.

When the public is told that there is a "60% to 70% effective rate", most people think this means that for every 100 people injected with the flu shot, 60 to 70 of them won't get the flu. Sounds good but its not reality.

The study reveals that the vaccines may help prevent influenza in about 1.6 (that's one point six) out of 100 adults. Only 2.7% of adults get the flu to start with.

The Abstract of *The Lancet* paper states that no published meta-analyses have assessed efficacy and effectiveness of licensed influenza vaccines in the USA with sensitive and highly specific diagnostic tests to confirm influenza.

The Conclusion is that influenza vaccines can provide moderate protection against virologically

confirmed influenza, but such protection is greatly reduced or absent in some seasons. Evidence is missing.

The best defense is a good offense and the best offense is a good immune system. The job of Smart Sugars is to lower the need for medication. Drugs are defensive against what is said to be the urgent. Smart Sugars are offensive for the important. When we take care of the important, the urgent normally does not happen.

The sugar research of Australian Professor Nicki Packer has led her to put forward a rather fascinating hypothesis: that the glycoproteins found in mammalian fluids such as breast milk, tears, and saliva have anti-pathogenic properties. **There may be a SUGAR FIX FOR PATHOGENS.**

"Bacteria have sugar binding molecules which allow them to essentially dock in the baby's gut," she says. "This is one of the initial infective mechanisms of the bacteria – they grab hold of the baby's mucosa. Our theory is that the milk has very similar sugar epitopes on its glycoproteins." An epitope is a region on the surface of an antigen that is capable of eliciting an immune response and of combining with a specific antibody to counter that response.

Professor Packer continued, "It is these sugar epitopes that are able to out-compete the binding of the bacteria – or virus or any other pathogen – to the mucosa. If you look at the sugar epitopes on the milk glycoproteins, they are very similar to those that are on the gastric mucosa. The epitopes bind to the bugs and clear them" [from the region].

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