

NDIS TESTING, VIRUSES AND THE IMMUNE SYSTEM--A CASE STUDY

by James Henry D.C.

It was 1918. It was called the Great Influenza, a pandemic of tremendous proportions. At that time, about one-third of the world's population died, about 20 million people died. It was unimaginable that men in the prime of their lives (20-30 years old) lead the death toll, not the young nor old. What could have caused this unusual development? Perhaps a rapidly mutating virus or stressed immune system? Let us look from a historical perspective.

During 1917, the First World War was in full swing. Young men left their families and loved ones, many of them away from home for the first time. Most probably from farms and small-town America. They were going to fight in places, they had never heard of to fight the war to end all wars. I cannot imagine how stressful it must have been just trying to survive not only the combat, but hepatitis and other diseases. So far in American history diseases had killed more soldiers than combat and this war was no exception. I could not think it possible to have any greater biological or emotional stresses in the body than being in combat in 1917 even with the best of immune systems. Survival under these conditions would have been difficult.

In 1936, Hans Selye a medical researcher performed animal experiments. His results would bear out a reason why so many men died in 1917. STRESS! He would inflect different types of stress on the rats over a long period. Then he would dissect them to observe the effect stress had on their bodies. The most dramatic observation was the adrenal glands, normally a small gland above the kidneys, were huge by overexertion. An interesting point is that formerly the glands were known as the stress glands. Next, Selye found the thymus gland in the chest and the lymph nodes had shrunk. When the stress was continued for longer periods gastrointestinal ulcers would appear. Later other scientists found changes in the pituitary/hypothalamus gland in a part of the central nervous system and endocrine system. The same body reactions (enlarged adrenals, shrunk thymus and engorged lymph nodes) would occur if you exposed the rats to excessive heat, cold infectious agents, different chemicals, or repeated trauma. By Selye's definition, stress is not just being nervous, but a survival mechanism that takes over and he called it the General Adaptation Syndrome (GAS). Stress would cause stimulation of these areas of the body and the body reacts. They all had to do with immunity and how the body reacts against bacteria, viruses, inflammation, trauma, or other stressors.

Because of my children's allergies, my wife and I decided not to have them vaccinated for childhood diseases. They never had measles, mumps, and chickenpox- all of which are caused by viruses. Out of curiosity, I had a titer test preformed on my youngest child thinking perhaps he had a mild case of measles, but the test was negative, proving he never had the virus even after frequent exposure. When my children became ill our treatment was to give them a chiropractic adjustment (which children love), always beef adrenal gland extract and some thymus tissue as well, at the first sign of a cold, flu, or just not feeling well.

An associate of mine, Dr. Giles Beaumont, was born and raised on an island northeast of Quebec City, Canada. He told me an interesting story. As a young boy, he and his father flew into a small Cree (Indian Nation) Village. While there his father became ill. The Cree came to his rescue by giving him adrenal gland tissue from a wild animal.

The Stress of Life, Viruses and NDIS Testing

by James Henry, D.C.

So, what does all this have to do with modern-day viruses (viri). I have tested patients with Infectious Mononucleosis, Shingles, and Influenza (the flu). Each case presented a different nutrition profile from the 68 nutrients tested. However, there were three nutrients that each patient had in common--Adrenal (immune system), Lung (portal of entry), and Hops (a sedative and nervine). It has been known for years that glandular tissues like adrenal, heart, kidney, and thyroid act as blueprints for the body's protection by improving immunity and living-tissue function.

When I started to evaluate the case of a 15-year-old male diagnosed with Infectious Mononucleosis, I was puzzled why heart and lung tissue was necessary until I discovered the lungs and heart issues can be a complication of it (see Evaluation results-1423).

The case of Shingles was a 71 -year-old male who had been injured on the job three times in one week. He was also a professional and under extreme stress. Not only did he need adrenal, lung, and Hops nutritional support, but also pituitary and skullcap (traditionally used for nervousness and anxiety). He also needed the herb echinacea that is a strong immune stimulant (see Evaluation results-2013-02).

The case of the flu was a 46-year-old female who works for the EPA also under extreme stress and you can certainly notice the overall nutritional differences. She had been under extreme respiratory distress and flu-like symptoms. Her test was performed before the COVID-19 pandemic in America and she had been convalescing for 2-3 weeks (see Evaluation results-1578).

When I think of diseases or medical conditions, I think of the possible nutritional needs and connections based on my learning and NDIS testing. Nutrition can be complicated and it is not one pill fits all, but an individualized synergistic combination of nutritional needs. Most diseases have a biological stressor (cause) usually paired with a nutritional solution.

It is still true in today's world, "an ounce of prevention is worth far more than a British pound of cure." When we keep using a drug to manage every symptom, we keep feeding the beast. Prevention is a long-term inexpensive solution in the health care system and natural healing is much less dangerous. However, natural healing would not be useful in an Emergency Room setting because it is not an immediate repair. It is, however, a thorough mending since nutrients help to build health.

When we are under attack by a pandemic or just in the midst of the cold-and-flu season washing hands, wearing masks and social distancing are good practices as well as naturally boosting one's immune system. Herd immunity is a way to naturally build immunity to a particular viral or bacterial infection provided one does not have a compromised immune system; otherwise, herd immunity could endanger many lives. No matter how we approach the challenge, we must not forget the immune system reigns supreme, so boosting it may be the best alternative of them all. As a professor told the class, "You're only as old as your immune system."

Finally, naturally boosting one's immune system by lowering stress, herd immunity or supplements like adrenal, lung, and hops may support us in times of crisis from unknown viruses.

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