

# Ebola

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Dr. Sharon Rabb

Are we entering into a new age where viral plagues can kill large numbers of a population while the medical community is helpless to prevent it? Are these viral killers man-made as many people believe, or are they naturally occurring? Established medicine is so controlled by big PHARMA that they may not have the time, desire, or the expertise to stop a viral pandemic. However, there are ways to protect yourself and give your body the best possible chance to heal, not only from lethal viruses but also from other less deadly infections. This can be accomplished by up-regulating the body's innate immune system.

Our immune system is an intricate network of interconnecting organs and glands, primarily of the endocrine system. The thymus, spleen, and adrenals are major players in controlling immunity. This is not well understood today because of the total focus by traditional medicine on drug therapy. There will never be a drug that balances the endocrine system and thus the immune system. In the majority of people the endocrine system is suffering from starvation, not from a lack of some drug. Almost all chronic illnesses are nutrient deficiency diseases. (See "Healing From the Inside Out," this is an article for a full explanation on REAL vitamins.) The endocrines are in a very delicate balance with each other and are highly susceptible to vitamin and mineral deficiencies. The modern diet is basically free of quality whole food nutrients. Again, vitamins are made in the plant as COMPLEXES of functional living phytochemicals, and can NOT be manufactured in a lab. There is only one company that sells real vitamins and they process them from plants. Also, these products are only sold through healthcare professionals.

The best way to protect yourself from pathogens is to

- Consult a knowledgeable professional on a nutritious plant based diet
- Take concentrated whole food supplements recommended for your individual body
- Correct other lifestyle imbalances
- Take a few high quality herbs that have been known to boost immunity

Most of the herbs in this country do not contain sufficient amounts of the phytochemicals that give the particular herb its properties. There are several herbs that have profound effects on your immune capability. These include Echinacea, Andrographis, Astragalus and others. Keep in mind that you need a very high quality herb which is difficult to find in this country as herbs are not regulated.

During the early part of the 19<sup>th</sup> century many physicians were studying the relationship between disease and imbalances in the endocrine system. Dr. Henry Harrower was one of these physicians. He gave the world many wonderful glandular products that help balance this system. There are still a few on the market that are high quality, but not many. When the FDA and the AMA decided to go in the direction of drug therapy the vital research on the endocrine glands was stopped. However, when you combine glandular products, Protomorphogens (see articles on these stem cells taken from animal tissue), high quality herbs, whole food vitamins and chelated minerals with a healthy diet your body will start to heal and be more resistant to pathogens. Whole food vitamins and chelated minerals not only boost your own immune system but they also help protect every cell in your body from pathogens such as Ebola.

Also, colon health plays a vital role in your future immunity. This subject will be covered in a later article. Let me just state that taking a probiotic is not all that is needed to rebuild healthy colon colonies. In my practice, I do a weeding, feeding and seeding program to facilitate colon health. The microbiome in your gut is comprised of healthy bacteria and healthy viruses. Not all bacteria and viruses are harmful. However, some can be very harmful as we know from AIDS and now Ebola. Some people may test positive for pathogens yet never show symptoms or they may show the symptoms for a much shorter time than normal. These are individuals with healthier immune systems. People with weak immunity will contract a disease more often and experience more violent symptoms. Your health is up to you. Question everything a healthcare professional tells you and take control of your own health.

Dr. Rabb is located in Dallas, Texas but does phone consultations at 214-724-3505