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To: To All Persons Concerned About the Swine Influenza Crisis  
From: Abdul Alim Muhammad, MD  
Date: 1 May 2009 (Updated 3 September 2009)  
Re: **Influenza Prevention and Treatment Protocols**

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By now, all of us should be aware that the World Health Organization (WHO) has declared a Level 6 global pandemic of influenza (2009 Type A H1N1) erroneously labeled 'swine flu'. In addition, the U.S. Department of Health and Human Services has issued a declaration "that a public health emergency exists nationwide involving Swine Influenza A that affects or has significant potential to affect national security."

This novel H1N1 virus has appeared in most of the countries of the world, and is now creating a public health crisis in the Southern Hemisphere. In July 2009, WHO and most nations had ceased counting influenza infection cases. Globally, there are tens of millions of cases. In the U.S., tens of millions have been infected with H1N1, and preparations are underway to vaccinate the general population with as many as 3 different "shots" beginning in mid-October.

The U.S. Center for Disease Control and Prevention (CDC) has conducted a series of 'town hall meetings' to present the case to Americans that they should accept swine flu vaccination. Many critics, including me, have spoken out against the widespread use of an inadequately tested, 'fast-tracked' vaccine against H1N1, especially in light of the U.S. government's sponsored Swine Flu debacle in 1976. Millions of people were injured and many deaths occurred as a result of the swine flu vaccine.

The vaccine that will be injected into people beginning in mid-October contains harmful ingredients, including squalene, aluminum and mercury, as well as genetic viral DNA and RNA fragments, and mysteriously, GP 120, which is a part of the AIDS virus.

Even more ominous, within the last week, the United Nations Food and Agriculture Organization (FAO) confirmed that H1N1 has infected turkeys in Chile. The turkeys were previously infected with the so-called 'avian flu', H5NI. Human infection with H5NI, while rare, is accompanied by a lethality that ranges from 25 to 80 % depending on the strain. Human-to-human transmission of H5NI has not occurred; however, through reassortment in turkeys (or pigs) a new virus could potentially emerge with the lethality of H5NI, combined with the easy transmission capability of H1N1. Some virologists fear that this type of virus could kill more than 2 billion people throughout the world, over the next 2 to 3 years.

The vaccines now under development would be useless against such a virus. In fact, the vaccine developed by Baxter Pharmaceuticals was contaminated with H5NI, making some people believe that H5NI is being deliberately deployed into the world's human population to produce the scenario just mentioned.

It is also disturbing to learn that the 2009 HINI virus is apparently identical to the 1918-19 HINI so-called Spanish Flu virus, which killed 100 million people, including my great uncle. This suggests that the U.S. Army team led by Dr. Jeffery Taubenberger successfully reverse-engineered the killer virus of 1918; and it has now either been purposely unleashed in the environment or it accidentally escaped from Fort Detrick, Maryland.

This fact may lead to a duplication of the pattern of the global pandemic in 1918-19, which began with a mild outbreak in the late spring followed by two devastating killer waves or outbreaks later in that year and the following year.

No one can truly project how destructive this influenza pandemic will be, but we do know that we must be prepared. The following protocol will be of great help to anyone concerned about protecting his or her own life and the lives of family, neighbors and friends.

The Abundant Life Health Attainment Center's influenza prevention protocol is the following:

<b>Supplement</b>	<b>Dosage</b>
Cataplex C	3 tablets daily
Cataplex D	3 to 6 tablets daily (dark skinned people should take the higher dose)
Cataplex F	3 tablets daily
Calcium Lactate	6 tablets daily
Tuna omega	3 perles daily

This will help to prevent you from catching the flu or any other viral illness that may be going around.

However, if you unfortunately have an active case of the flu, with fever, headache, body aches, cough, sneezing, poor appetite, etc., the following may be added to the above protocol:

<b>Supplement</b>	<b>Dosage</b>
Immuplex	3 to 6 per day
Congaplex	6 to 12 per day (chewable form for children)
Antronex	3 to 9 per day
Andrographis	3 to 9 per day
DiaCo	3 to 6 teaspoons per day (especially suitable for children)
Veldona	1 to 2 per day
Calcium Lactate	6 every hour until fever breaks

This active treatment protocol must be taken under the directions of myself or other qualified healthcare professional familiar with this natural approach. I do not recommend Tami flu, Relenza or *any* influenza vaccine. Remember, the 1976 swine flu vaccine killed dozens of people and crippled hundreds. The virus, itself, only killed one person.

If you have any questions regarding this protocol and other health concerns surrounding influenza infection, please do not hesitate to contact me.