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The Truth about Bird Flu

Much has been reported about the potential for illness and death as the result of bird flu. But is it a true threat or just another case

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Leslie Ann Dauphin, Ph.D., a microbiologist at the Centers for Disease Control in Atlanta and recent author of *The Germ Handbook (Siloam)*, has researched the avian influenza virus that causes bird flu. Dauphin told SpiritLed Woman the virus does not usually infect people.

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Eating Disorders Linked to Abuse

Although we have known for some time that the underlying issue for eating disorders is a need for control, research now links this need for control to unresolved pain from significantly hurtful experiences in a person's life. According to Dr. Gregory Jantz in his book *Hope, Help and Healing for Eating Disorders* (Shaw Books, 2002), "Studies have indicated that 80 percent or more of people with eating disorders have been victims of some sort of abuse—whether verbal, emotional, physical or sexual. By controlling what you eat, you are really trying to control that terrible pain."

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Change is Not Torture

✘ We love to hear sermons and speeches about change. We love seminars that encourage us to change. We even enjoy traveling different paths in order to change our scenery. The problem is that we don't like to change.

A Canadian neurosurgeon discovered some amazing truths concerning the human mind's reaction to change. He found that when a person is required to change a fundamental belief or opinion, the brain experiences a series of nervous sensations similar to enduring torture. Our minds simply do not enjoy

major changes.

Sydney Harris was an American journalist. He was also a drama critic, lecturer and teacher. Harris once said, "Our dilemma is that we hate change and love it at the same time; what we want is for things to remain the same but get better."

It is not surprising that things do not remain the same. Many times situations may actually get better. Prepare for change. Although your mind may react as if you are being tortured, you are not. You are merely in the midst of change—for the better!

Are You Ready to Fight the Flu Epidemic?

With **flu season** (November to March) here, it is important to remember some of the natural ways to boost your **immune system**. According to Dr. Reginald Cherry, taking herbs such as **echinacea** will not only help your body fight off **viral infections**, they can also lessen symptoms, and can even protect you from coming down with the flu in the first place. He says many people take echinacea daily during flu season as a preventative measure.

"Echinacea works by stimulating the immune system," says Cherry in his book *Bible Health Secrets* (Siloam, 2003), "but it should not be taken on a daily basis for an extended period of time because tolerance can develop and cause it not to work as effectively." His advice is to take the herb for four to eight weeks, and then discontinue use for at least two weeks.

If you do come down with the flu, there's nothing like a bowl of chicken soup, says Cherry, who also recommends the use of

garlic to fight off viruses and bacteria. He suggests taking the equivalent of one clove of garlic per day in capsule form and to be sure to get enough fluids, especially if you develop a fever.

KARA DAVIS, M.D., is a doctor of internal medicine and a former assistant professor of medicine at the University of Illinois. She is also the author of *Spiritual Secrets to Weight Loss* (Charisma House).