

## Should You Be Worried about Zika?

***"Whatever makes you weird is probably your greatest asset."  
- Joss Wheden***

I love this quote because it fits me to a tee. Those of you who know me well understand that I'm passionate about helping people get and stay well. To some, that makes me weird because why in the world would I spend so much time reading and researching and experimenting when I could be doing something way more fun? The answer is because if I can help just one person from what I've learned, my dad wouldn't have died for nothing. So it's very gratifying when I get a call or an email from someone who wants to know more about something I've written about, from someone I've helped or from someone who just wants to thank me for providing them with information. My leanings to alternative medicine might be weird to those who don't believe or who aren't open, but I truly think my desire to learn about weird things "outside the box" is probably my greatest asset.

We're all getting information overload about the Zika virus and the media certainly makes it sound terrifying. But before you start to panic, read below to learn more.

Yours in health,



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## The Truth about Zika

The media is at it again...this time scaring people with pictures of babies with tiny heads. The reported cause of this horrible disease, microcephaly, is the Zika virus, which is apparently spreading worldwide and has been labeled an epidemic. But is Zika really the culprit?

Zika is caused by a particular type of mosquito that also carries Dengue Fever and Chikungunya. Some materials I've read trace the source of Zika to genetically modified mosquitoes that were released in Brazil in 2012 to help eliminate Dengue fever. Before that, Zika was pretty rare. What's really frightening is that the Zika virus can actually be purchased on-line.

The virus appears to also be spread by sexual contact, with at least one such transmission reported in our country. I also recently read about a case where someone who received blood came down with Zika.

Symptoms of the virus include: fever, rash, joint pain, pink eye, muscle pain and headache. The good news is that the symptoms are pretty mild and last only a few days to about a week. According to the Centers for Disease Control, the virus only stays in your system for about a week. However, it can stay with some people longer. More good news is that people don't usually get sick enough to go to the hospital. So why all the panic?

In my humble opinion, as well as many others in the alternative community, one of the biggest reasons to spread fear is because the pharmaceutical companies are seeing dollar signs. Before long (if it hasn't

started already), they'll be developing a vaccine and flooding the media with ads scaring people into rolling up their sleeves to take the shot. Since I am no fan of vaccines, that's the absolute LAST thing I would do. But that decision is certainly up to you and what's right for your family.

You know that I'm not a fan of treating symptoms, because the answer to wellness is treating the CAUSE. But some suggestions for treating the symptoms of Zika are similar to many other illnesses: plenty of rest and lots of fluids. But you should NOT take aspirin for any discomfort from Zika. Choose another pain reliever instead.

So how can you prevent it? I've seen lots of so called "experts" encouraging people to slather on insect repellent containing high levels of DEET. That's not what I would do because DEET is toxic. But that's a topic for another day.

There are much safer options to avoid this virus:

- Wear long-sleeves and long pants when you're outside.
- Apply citronella to your clothing but not your skin. It doesn't last more than several hours, so you have to reapply frequently if you plan to be outside for a while.
- You can purchase a chemical-free bug repellent called "Bugs Away" from the Health Ranger, an alternative guru for whom I have a tremendous amount of respect. The link to buy it is here: [http://store.naturalnews.com/Bugs-Away-Spray-8-oz-\\_p\\_504.html](http://store.naturalnews.com/Bugs-Away-Spray-8-oz-_p_504.html). Use the coupon code LOVE14 for a 5% discount. This product contains no artificial chemicals.
- Get rid of any standing water around your home, which attracts mosquitoes.
- If you do decide to use standard insect repellent containing DEET, do not put it on skin under clothing. I truly hope you'll choose a safer option.

Unlike most mosquitoes, the one that carries Zika tends to bite during the day and you typically don't even know you've been bitten until it's too late.

Once you get away from the mainstream media, there's some pretty interesting information on Zika out there. Like I always say: "DO YOUR RESEARCH!"

FOOTNOTE: As I was about to send out this newsletter, I came across some very disturbing information. The Health Ranger, who I mentioned above, has learned that a group of doctors in South America are claiming that microcephaly is not caused by Zika, as the media would like you to believe, but rather from chemical fumigation. It was no surprise to me that Monsanto, the company that brought us Aspartame through their predecessor company G.D. Searle and the company spending millions of dollars to keep GMO labels off of food, is involved. You should also check out which Presidential candidates are pretty much in bed with Monsanto before you go vote. Your health may be at stake. You can read this very troubling article here:

[http://www.naturalnews.com/052943\\_Zika\\_virus\\_hoax\\_larvacide\\_chemical\\_GM\\_mosquitoes.html](http://www.naturalnews.com/052943_Zika_virus_hoax_larvacide_chemical_GM_mosquitoes.html)

Have a wonderful month.