



**A HEALTHY HINT FROM DR. HELLEN C. GREENBLATT
CHIEF SCIENCE OFFICER,
LEGACY FOR LIFE**

H1N1

H1N1 is a virus that contains genetic material from three species: human, bird, and swine. Because it is found world-wide, the World Health Organization recently designated it as being a Phase 6 pandemic outbreak. Optimal immune function is the only way to protect oneself.

Recently, Legacy held a teleconference with three premier physicians, Dr. Ron Norris of Boston, MA., Dr. Leonard Seltzer of Wilmington, DE, and Dr. Bryan Turner, of South Jordan, UT to discuss the significance of infection with H1N1, and methods to limit exposure to influenza. [A replay of this call is archived at: 1.507.726.3711 option #2, selection #4.]

Viruses and other pathogens mutate all the time, and the immune system must be prepared to constantly change its tactics to combat them. It is the quality of immune responses that determines whether we survive an infection or succumb to it. A properly balanced immune system is more fully prepared to defend our body against invasion by foreign agents, and is ready to help us combat an infection if we get one.

Based on comments from the panel discussion, and suggestions from other sources, the following steps may help limit exposure to infectious agents, including the worrisome H1N1 virus.

- Wash hands and wrists thoroughly and frequently with soap and water. (Sing “Happy Birthday” twice for the proper length of the scrubbing). If soap and water are unavailable, use an alcohol-based hand sanitizer. [Half of all common cold viruses are transmitted via our hands.]
- Sneeze or cough into the crook of your elbow or sleeve to minimize spread of germs. [A single sneeze releases more than 40,000 droplets of moisture, and with them millions of germs. Covering your mouth with your hands, and then touching surfaces, contaminates them. (Surfaces are a major source of contamination.)].
- When using tissues place them in a sealed plastic bag, then discard it in the trash. Use fresh bags frequently.
- Avoid crowded situations whenever possible.
- Try to limit exposure in your own household. If a member of your household has the flu, designate one household member to be responsible for the ill person's personal care.
- Stop, or at least cut down, on your smoking—your lungs are struggling enough.

Additionally here are some steps one can take to optimize immune protection:

- Eat healthful meals.
 - Emphasize whole grain foods and plenty of colorful vegetables and fruits, especially berries.
 - If you are on the run all the time, have an i26 FIT High Protein Shake in lieu of stopping for fast food or a donut.
- Incorporate 30 or more minutes of physical activity as many days a week as possible.
- Maintain the proper weight for your height [see: <http://www.nhlbisupport.com/bmi> for an idea of your proper weight].
- Try to avoid fatigue and get adequate amounts of rest.

- Drink plenty of fluids to keep membranes moist and more resistant to invasion.
- Supplement your diet with ~2000 mg of marine source omega-3 fatty acids (for example Legacy's Eico-Balance) and 1000 IU or more of vitamin D3. [There have been suggestions in the literature that omega-3, and vitamin D may enhance the body's immunity to infections.].
- Consume two or more servings a day of i26 to help your body's defenses and provide extra energy and a higher level of well-being.

For more details go to: <http://www.cdc.gov/H1N1FLU/>

**Dr. Hellen Greenblatt can be reached at:
hgreenblatt@legacyforlife.net or at 1.800.746.0300**

From my heart to you,



Hellen Greenblatt, Ph.D.
Legacy *for Life* Chief Science Officer

Dual doctorate in Immunology and Microbiology from Downstate Medical Center, SUNY
International speaker: hyperimmune egg technology
Inflammation Research Association
American Society for Nutrition
New York Academy of Sciences
American Academy of Anti-Aging Medicine
60th Diamond Edition of Who's Who in America
The Amanda L. Cox, Spirit of Life Award

