

DR. CHRISTOPHER'S Herbal Legacy Newsletter

August 6, 2014

How Deadly is Ebola? – David Christopher M.H.

Many people are panicking over the current Ebola outbreak. It reminds me of the Avian Flu concerns and the Swine Flu debacle. If you are not going to Africa then you should have no concerns. Your chances of getting hit by lightning are greater than your chances of contracting Ebola. Your chances of surviving Ebola are also greater if you follow the protocol set forth in this article.



First lets' get the facts, from the World Health Organization: Ebola Virus Disease (EVD) is a hemorrhagic fever disease which is often fatal (up to 90%, currently running 47% fatal). EVD outbreaks occur primarily in remote villages in central and West Africa. It is not spread through the air but is spread through bodily fluids. It most likely originates from fruit bats and is carried and spread through Primates.

Symptoms: flu like with onset of fever, intense weakness, muscle pain, headache and sore throat, followed by vomiting, diarrhea, rash, impaired kidney and liver function and in some cases internal and external bleeding. White blood cell count is low as well as platelet count. Incubation period is 2-21 days and the person is infectious as long as the virus

remains in the body (7 weeks after symptoms disappear).

There is no drug, vaccine, or specific treatment, only supportive care including oral hydration with electrolytes. Natural treatment: Work with the fever not against it, (as explained in Herbal Home Health Care by Dr. John R. Christopher MH, ND). Give fresh Juices, 16 cloves of Garlic or more per day, take Vitalerbs, Anti-plague syrup, and X-Ceptic.

Prevention: Stay away from wild animal meat (especially raw monkey brains). Be well nourished.

Africa needs to be well fed not vaccinated!

David Christopher is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.