

## STOMACH FLU REMOVAL: SAME DAY RELIEF!

---

Everyone seems to have experienced the flu- and remedies are certainly big business to drug companies. Colds and the intestinal flu have different symptoms, and should be treated very differently.

The intestinal flu virus grows first in the small intestine. It expands to fill the intestines, growing in both directions. At this point, you probably feel some mild stomach cramping and possibly nausea. The flu grows in an *alkaline* environment (every liquid has a 'pH level', which tells us how acidic it is. Alkaline liquids are the opposite of acids, with water being 'neutral'). It continues to expand into the stomach, which is normally *acidic*. The flu virus wins, which makes your stomach want to empty and then make lots of acid. Vomiting is your body's way of fighting the loss of acid in your stomach due to the virus.

A similar problem is occurring in the large intestine. The bowels are designed to draw water back into your body from the waste product. It can't handle the high-alkaline flu virus (acid cancels alkaline, but both can burn!) As a result, the large intestine flushes the area as quickly as possible, and diarrhea occurs.

At this point, the flu controls your body, and can keep control for *days*, unless you kill the virus. The body fights back by increasing its temperature (known to us as a FEVER). No medication actively *fight*s the flu; they focus on the *symptoms* of the flu, letting your body fight alone. Frequently the medications that claim to help you also prevent the body from fighting back! A good example is the desire to reduce fevers, which is one of the body's best weapons. A fever is *necessary*, and only stays if it's needed.

### The Solution

As we stated above, the flu lives in an alkaline environment. So the answer to our dilemma is to eat nothing that will feed the flu virus. There is one food that actually kills the flu: TOMATOES! Tomato stays mildly acidic throughout the entire digestive process, killing the flu virus. Tomato juice is the ideal choice, because you can drink a lot more tomatoes than you can eat!

### Looking again at the symptoms for the intestinal flu:

1. Nausea &/or Vomiting.
2. Diarrhea.
3. Fever over 100°.

(Continued on next page)

This information and advice published or made available through the Painless-Chiropractor.com web site is not intended to replace the services of a physician, nor does it constitute a doctor-patient relationship. Information on this web site is provided for informational purposes only and is not a substitute for professional medical advice. You should not use the information on this web site for diagnosing or treating a medical or health condition. You should consult a physician in all matters relating to your health, and particularly in respect to any symptoms that may require diagnosis or medical attention. Any action on your part in response to the information provided in this web site is at the reader's discretion. Readers should consult their own physicians concerning the information on this web site. The owners of this site make no representations or warranties with respect to any information offered or provided on or through the Painless-Chiropractor.com web site regarding treatment, action, or application of medication. The owners of this site are not liable for any direct or indirect claim, loss or damage resulting from use of this web site and/or any web site(s) linked to/from it.

## STOMACH FLU REMOVAL: SAME DAY RELIEF!

If you have any 2 of the above, you don't have a cold -- you have the stomach flu. Stop eating immediately, and start drinking tomato juice. It cannot be V-8 or any substitute, because the flu will feed on it. Drink an 8oz. glass as quickly as possible. Follow it with another. Even if you throw this up, keep drinking! Your stomach has no virus left then, and the tomato juice will calm your stomach and stop the vomiting and nausea. If the Vomiting doesn't stop after 2-3 glasses, seek medical attention to rule out food poisoning or other illness. Otherwise, continue to drink an 8oz. glass every 1/2 hour. Fresh tomatoes and tomato puree are also good to eat, but nothing that wasn't once a tomato!

"When Can I Stop?" Frequently you feel better within the day. With a bad flu, you should expect to feel better the next day. If you don't improve by then, see your doctor. There may be another problem.

The flu lives in you long after you begin to feel better. If you stop drinking tomato juice too soon, OR if you eat anything else, the remaining virus will come back with a vengeance (the strong survive longest!) Continue drinking tomato juice every half-hour for 8 hours after all 3 symptoms are completely gone. 😊

### SUMMARY- To Beat The Flu:

As soon as you have any 2 of the following symptoms:

① Nausea &/or Vomiting, ② Diarrhea, or ③ Fever.

- Drink an 8 oz. glass of tomato juice as quickly as possible.
- Eat or drink NOTHING that is not a tomato, except water and nutritional supplements.
- Continue drinking 8 oz of tomato juice EVERY HALF HOUR, and only stop after ALL your symptoms are gone for 8 hours, NOT before!

Lastly, Remember – If you continue to have symptoms, *or even if you're just not sure*, Give us a call!!

This information and advice published or made available through the Painless-Chiropractor.com web site is not intended to replace the services of a physician, nor does it constitute a doctor-patient relationship. Information on this web site is provided for informational purposes only and is not a substitute for professional medical advice. You should not use the information on this web site for diagnosing or treating a medical or health condition. You should consult a physician in all matters relating to your health, and particularly in respect to any symptoms that may require diagnosis or medical attention. Any action on your part in response to the information provided in this web site is at the reader's discretion. Readers should consult their own physicians concerning the information on this web site. The owners of this site make no representations or warranties with respect to any information offered or provided on or through the Painless-Chiropractor.com web site regarding treatment, action, or application of medication. The owners of this site are not liable for any direct or indirect claim, loss or damage resulting from use of this web site and/or any web site(s) linked to/from it.