

Dr. Brownstein's Blog on How to Prevent Corona Virus

How to Prevent Corona Virus? Avoid the Flu Shot

I recently posted a third blog post on coronavirus (['Corona Virus Part III: Say It Ain't So!' 2.26.20](#)) I was not planning to write another one so soon but that changed when I saw the report in the New York Times. The headline in the February 25, 2020 article in the New York Times article reads, "How to prepare for the Coronavirus." Right below the headline, in large font, it states, "Wash your hands. Keep a supply of medicines. Get a flu shot."

I have no problems with the idea of washing hands. That is a good antimicrobial technique. As for keeping a supply of medications, the author of the article is making the point of having a 30-day supply of medications on hand in case you cannot go out to get them. I have no issue with that advice.

Get a flu shot? WHAT? WHERE DID THAT COME FROM?

The writer states, "Infectious disease specialists strongly recommend flu vaccination. And the best protection for older people against bacterial pneumonia is, paradoxically, to vaccinate children..."

Folks, this is another example of FAKE NEWS! The flu vaccine has **never** been shown to protect against pneumonia.

I would suggest the opposite is true; **those who get the flu vaccine will be more at risk for other non-flu-like infections such as coronavirus.** (1) This idea that the flu vaccine disrupts the immune system's ability to fight infections is nothing new. In fact, it was first described in 1960 in relation to the flu vaccine.

I wonder if the flu vaccine was mandated in China before the coronavirus epidemic began. That could explain why so many Chinese were infected with coronavirus.

It is important to keep in mind that the flu vaccine regularly fails most (usually over 90%) who receive it. Not only does it NOT protect you against the flu, it gives the immune system problems identifying other strains of the flu as well as different non-flu like viruses such as...coronavirus.

The take home message to help prevent coronavirus is...wash your hands and *avoid* the flu vaccine.

To learn more about virus', vaccines and other health issues from a holistic point of view, join me on Saturday, March 7th for my annual lecture, ['Holistic Medicine for the 21st Century'](#). See below for details.

To Everyone's Good Health!

~Dr B

David Brownstein, MD is a conventionally trained Board-Certified Family Physician with the additional overlay of holistic principles.

While Dr. Brownstein does not claim to have a cure for any illness, he does believe that we can enhance the individual's immune system by supporting the 'host' & the terrain of the host. The human body is well designed and the immune system, when given the proper support, can optimally function.

Disclaimer: The information on this account should not be used as medical advice. Any therapies that are discussed should be supervised under the guidance of your physician or licensed healthcare professional.