

Medical Herbalism Eletter

Periodically published by the North American Institute of Medical Herbalism

Contact us at <http://medherb.com> or <http://naimh.com>

July 2009

This Issue: Focus on Influenza:

- Rethinking the 1918 Pandemic: Excess mortality not all due to viral strain
- Influenza Prevention:
- Treatment of Febrile Illness: Focus on influenza
- Treating the Dry Cough of Influenza

New CD-Set and Audio Course: Vitalist Treatment of Acute Symptoms

This was originally developed as a course for clinical herbalists engaged in a Clinical Internship and Residency in our teaching clinic in Boulder, CO. The course has evolved over the last seven years, and is now part of our primary pre-clinical training. A data disk has full notes, readings, and texts. 30 audio disks are recordings of our classroom presentations, edited and tracked for convenience. This 2-album set may be purchased separately, or with an additional tuition payment, may be taken for credit. See <http://naimh.com> for course description and track list. Regular price: \$299. Sale price, summer 2009: \$250.

Summer Sale: All audio courses on sale in July and August

All our CD-ROM distance learning sets are priced at 20% off for the monthz of July and August. Sets may be purchased separately, or with an additional tuition payment, may be taken for credit. See <http://naimh.com> for course descriptions. The sale prices are listed at the site store.

Influenza: Lesson for the clinic from 1918

by Paul Bergner

Abstract: Avian influenza and the potential threat of a major influenza pandemic have been among the top news stories over the past year. Public health concern is high because of the high human mortality rate associated with bird flu and fears of the potential for emerging strains to spread from human to human. Coupled with the news stories are accounts of the deadly 1918 influenza pandemic. The "superbug" theory of pandemic influenza generally attributes all excess mortality to the strength of the pathogen and ignores all other factors involved in host resistance. This theoretical stance does not withstand close critical examination, particularly in light of what is historically known about the 1918 pandemic. Factors such as urbanization, micronutrient malnutrition, poor diet, vitamin D deficiency, and host-weakening iatrogenic disease may have contributed significantly to mortality in the 1918 pandemic, and these factors may have been as important as the pathogenic potential of the virus. An examination of these factors from 1918 leads to recommendations for prevention or treatment during future pandemics.

<http://naimh.com/Influenza-1918.pdf>

Influenza prevention: Immunization and Tamiflu are not enough

by Paul Bergner

Abstract

Vaccination and antiviral drugs are the standard public health measures available for pandemic influenza; these will be insufficient to provide protection for the great majority of individuals affected. Other methods of increasing host resistance may be available with dietary changes, nutritional supplementation, and herbal medicines. Research supporting the efficacy of such measures is reviewed.

<http://naimh.com/Influenza-prevention.pdf>

Influenza: Treatment of Acute Febrile Disease

by Paul Bergner

Influenza typically presents with a moderate to high fever. Fever is a normal and healthy reaction of the human immune system, and suppression with aspirin or other drugs may prolong a respiratory infection or make it more severe. Natural and herbal treatments for fever are described.

<http://naimh.com/Influenza-Acute-Febrile-Disease.pdf>

Influenza: Treatment of the Dry Cough

by Paul Bergner

A common symptom of influenza is the dry cough, caused by infection and destruction of the respiratory epithelium. Many traditional expectorant herbs are ineffective in this cough, or may aggravate it. Demulcent and relaxant-expectorant herbs are described, and simple quick-formulas for acute treatment are presented.

<http://naimh.com/Influenza-Dry-Cough.pdf>