Could two kitchen favorites ward off swine flu?

As I watched the panic over swine flu build over the last several months, I started to get a little worried. About the flu itself, sure, but I worried even more over what mainstream medicine offered as an answer. Whole camps and schools full of children being given Tamiflu preventatively (it causes some pretty nasty side effects). The CDC going ahead with a vaccine plan despite the lack of evidence for both effectiveness and plan safety.

I couldn’t help but wonder if we were going to end up in an even worse spot thanks to these efforts to control the flu. Then my eyes settled on a little bottle on my desk.

A formula I take with me every time I get on a plane—I simply won’t travel without it. A formula that is clinically proven to keep viruses and airborne infections from invading the body.

I’ve been using it to ward off colds successfully for a few years now. And I had to wonder—if this simple formula blocks viral infections from ever taking hold of your system, could it protect us from swine flu?

I immediately opened a new email, eager to find out if my idea had any weight to it.

It turns out my hunch could be right. Nasaleze Travel, the little bottle that’s been my constant travel companion, could actually play an important role in protecting your family from swine flu (and all manner of other nasties). Without worrying about the side effects of Tamiflu, and without injecting unproven vaccines into your system.

Proven by thousands of years of use

My email was almost immediately answered by Matt Duxbury, the Export Director for Nasaleze (it’s made in the UK). Matt immediately put me in touch with Peter Josling, a UK expert on garlic and colds who actually conducted a clinical study on Nasaleze Travel back before this whole swine flu mess blew up.

Peter commented on the overuse of anti-viral drugs (maybe you’ve noticed Tamiflu is being given out like candy to schoolchildren whether they’re infected or not). He takes comfort in knowing the natural anti-viral ingredients in Nasaleze Travel have been used for thousands of years with no problem.

He went on to tell me that peppermint and wild garlic are both “excellent natural anti-viral agents.” Explaining how Nasaleze Travel works, he said it uses a special cellulose (the main component of cell walls in plants) to trap viral particles in the nasal cavity. Unlike liquid nasal sprays (which are usually just drained by the nasal tract anyway), this one uses a cellulose powder, which turns into a gel on contact with the moisture in the nasal cavity.

This gel is similar to normal mucus, acting as a barrier against inhaled pollen, dirt, allergens, and other invaders. It naturally inhibits bacteria and viruses, but only to a certain extent. Of course, Nasaleze Travel goes a step further with the natural anti-viral power of peppermint and wild garlic extract. They destroy the nasties that get trapped in the gel formed by the cellulose.

Nasaleze Travel cuts infections by about 65%

Now, there haven’t been any clinical trials on Nasaleze Travel and swine flu, though Matt said they’re discussing the possibility. Still, I just had to tell you about it because of Peter’s comments and my own personal experience with the formula, and because of Nasaleze Travel’s power when it comes to preventing cold viruses from taking hold of your body.

But clinical studies have shown that taking Nasaleze Travel daily or before entering an environment likely to be high in airborne germs can significantly reduce the chances of catching a cold.

And in a pilot study on the formula, 52 volunteers received either a plain cellulose spray or one with powdered garlic extract (Nasaleze Travel). The active treatment group had significantly fewer colds than the group taking plain cellulose (about 65% fewer infections). They also experienced far fewer “sick days”—126 days of illness in the active group versus 240 days in the control group. And while 11 volunteers in the control group experienced multiple infections, only 2 in the Nasaleze Travel group did.

The only drawback reported by the active group was that they could easily taste the powdered garlic extract, but it didn’t keep anyone from using it.

I have to say, while the peppermint does mask the taste a bit, the garlic is definitely there. I did get used to it, though, and in my opinion it’s more than worth it.

Dr. Ron Cutler, principal lecturer in microbiology at the University of East London, has also been supportive of Nasaleze Travel. He says, “Nasaleze Travel works by strengthening the nasal barrier against external germs and irritants, it actually helps the nose to filter out germs and dust so preventing the viruses and airborne infections from invading the body. You could say it’s an addition to the body’s armory to help protect against colds and flu - before they start.”

Like I said, my own personal experience with Nasaleze Travel has been nothing but positive—no matter how much the person in the seat behind me coughs, no matter how crowded the plane, I am getting far fewer “travel colds” nowadays. And, believe me, I used to pick up every bug that came my way.

For the latest coverage on swine flu (and all of your other most urgent health concerns), be sure to sign up for the HSI e-Alert. It’s delivered to your email inbox five days a week and covers all the late-breaking health news too urgent to wait for the next issue. Visit www.hsibaltimore.com to enroll.

Ordering information for Nasaleze Travel is in the Member Source Directory below.
