

# Swine Flu Pandemic? Five (Avoidable) Things That Can Get You Killed by Mike Adams, the Health Ranger, NaturalNews Editor

by Mike Adams, the Health Ranger, NaturalNews Editor

(NaturalNews) In an influenza pandemic, there are five things that can greatly increase your risk of death. A recent NaturalNews special report (<http://www.naturalnews.com/RR-FiveB...>) reveals these five dangerous things alongside the five most powerful anti-viral [natural remedies](#). Today, we publish an excerpt from that report, bringing you the five things that can actually get you killed in a pandemic.

Avoiding these five things may literally save your life. As H1N1 influenza continues to spread (it's in all fifty states now and is sweeping through the prison system), making sure you don't fall victim to one of these five mistakes may be hugely important to your health and safety.

## #1 Thing that can get you killed in a pandemic: Arsenic

As revealed in a recent story on NaturalNews (<http://www.naturalnews.com/026307.html>), drinking well [water](#) contaminated with [arsenic](#) greatly increases susceptibility to H1N1 influenza [infections](#). Arsenic is present in the water supply of tens of millions of people across the United States right now (now to mention the citizens of Canada, the UK, Australia and other countries). Low levels of arsenic are even "approved" by the EPA!

Check with your local water company to find out the arsenic levels in your water, and if you do find arsenic in your water, make sure you use a water filter (Aquasana is a good brand I recommend) to remove the arsenic.

## #2 Thing that can get you killed in a pandemic: Antibiotics

Taking [antibiotics](#) *before* a [swine flu](#) infection greatly increases your risk of being killed by swine flu. How do we know that? Because antibiotics wipe out the friendly flora that have been scientifically proven to boost the body's defenses against influenza (<http://www.naturalnews.com/026265.html>).

This is why, during any pandemic, doctors must exercise extreme caution when handing out antibiotics. While antibiotics can be extremely helpful during the [pneumonia phase](#) of a viral infection (when [bacteria](#) invade the lungs), they can be deadly if given to patients too soon (during the pre-pneumonia phase).

In addition, there's the whole concern over antibiotics abuse creating yet more dangerous superbugs in [hospitals](#). Imagine the combination assault of a deadly new strain of the H1N1 [influenza](#) virus *plus* an antibiotic-resistant [superbug](#) sweeping through the hospitals of the world... That's a very dangerous combination indeed!

## #3 Thing that can get you killed in a pandemic: Lack of sleep

Getting fewer than six hours of sleep each night increases your risk of contracting [colds](#) (such as influenza) by a whopping **300 percent!** Read more in this NaturalNews article: [http://www.naturalnews.com/News\\_000...](http://www.naturalnews.com/News_000...)

As you read that, keep in mind that there is technically no difference between a "cold" and a "flu." They are two different words describing the same thing.

Eight hours of sleep each night will substantially boost your immune function, giving you the metabolic tools you need to fight off potentially deadly influenza infections.

## #4 Thing that can get you killed in a pandemic: Lack of vitamin D

Virtually everyone living in the U.S., Canada and the U.K. is chronically deficient in [Vitamin D](#). Those living in Australia are usually better off, as there's more of a sunshine culture there, but even Aussies can find themselves vitamin D deficient if they live their lives indoors and don't venture into the real world to catch some healthy rays.

Vitamin D deficiency is, without question, one of the primary causes of influenza susceptibility (<http://www.naturalnews.com/021229.html>). Having sufficient vitamin D circulating in your blood is one of the best defenses against infection (<http://www.naturalnews.com/024982.html>).

Health authorities in the U.S. and other western nations are currently engaged in a campaign to keep the population vitamin D deficient. This is achieved by brainwashing people into thinking sunlight alone causes [skin cancer](#). That's a big medical lie, of course. Even the *Journal of the National Cancer Institute* has published scientific research showing that [sunlight exposure](#) *reduces* the risk of skin cancer (<http://www.naturalnews.com/007632.html>).

The American Cancer Society, of course, spreads extremely dangerous [disinformation](#) about sunlight exposure, seeking to make sure that no ray of sun ever touches the

skin of any person. This "darkness" campaign will soon be exposed as a death sentence for the People as the next pandemic takes the lives of those stupid enough to believe that moderate sunlight exposure is bad for their health.

In the next great pandemic, when the [hospital](#) beds are overflowing with the dead, and school gymnasiums are taken over as holding cells for the constant stream of incoming body bags, the dead will consist almost entirely of those who believed the lies of the American Cancer Society and the disinformation of the FDA and Big Pharma. This is one case in which misplaced faith in a corporate-controlled medical monstrosity can literally cost you your life.

Click the link below for a picture from the 1918 Spanish Flu that may give you some idea of what to expect during the next great pandemic:

<http://graphics8.nytimes.com/images...>

(What's missing from this photo, of course, are the armed military personnel, toting automatic rifles, who will shoot any infected person who attempts to escape the facility.)

#5 Thing that can get you killed in a pandemic: Antacid prescription [drugs](#) In a pandemic, use of popular antacid drugs can actually increase your risk of death. How? A study published in the *Journal of the American Medical Association* (JAMA) concludes that these PPI drugs significantly increase the risk of *deadly pneumonia*.

Read the full story here: [http://www.naturalnews.com/026361\\_d...](http://www.naturalnews.com/026361_d...)

These acid-suppressing medications, it turns out, are linked to a 30 percent increase in the risk of acquired pneumonia. And if you're suffering from something like the swine flu, pneumonia is the most common cause of death. It's the secondary bacterial infections, after all, that killed most people in 1918, and that's what's likely to cause the greatest number of fatalities in the next great pandemic as well.

If you want to protect yourself from influenza, avoid taking antacid drugs (including over-the-counter antacids).

[http://www.naturalnews.com/z026393\\_pandemic\\_NaturalNews\\_influenza.html](http://www.naturalnews.com/z026393_pandemic_NaturalNews_influenza.html)