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Hello John Austwick here from [marketonthenet.info](http://www.marketonthenet.info) with another review created for [Motivational Radio](#)

**The subject of this review is The H1N1 swine flu virus.**

OK this is not the usual type of review, Terry our program manager came up with a very valid question, is the HINI Swine Flu Virus, flu shot a conspiracy or whether the World Health Organization really concerned for legitimate reasons?

So this is as much an investigative report as a review.

**So What is H1N1 influenza?**

H1N1 influenza (referred to as “swine flu”) is a respiratory disease caused by type A influenza virus. People do not normally get swine flu, but human infections can and do happen. In April 2009, hundreds of cases of human infection with H1N1 influenza were reported in several countries and US states. H1N1 flu is designated Pandemic.

## **What is pandemic influenza?**

Pandemic influenza is a global outbreak of any new flu virus that spreads easily from person-to-person and causes serious illness and death.

## **Pandemic flu**

- occurs a few times each century
- is caused by a new virus to which people have little to no immunity
- leads to more severe symptoms
- causes more deaths
- can not be prevented with a vaccination until one specific to the new strain is developed.

## **Who is at risk for getting H1N1 influenza?**

Cases of swine flu have most commonly occurred in people who have direct contact with infected swine until.

In April 2009 the H1N1 influenza virus began to pass easily from person-to-person when an infected person had close contact with another person. A person who has H1N1 influenza may be able to infect other people one day before his/her symptoms develop to seven days after showing symptoms.

## **How is H1N1 influenza spread?**

H1N1 influenza is spread like seasonal flu, when a person coughs or sneezes, sending contaminated respiratory droplets into the air where another person may inhale them.

Sometimes people may become infected by touching a contaminated surface or object and then touching their own eyes, nose or mouth.

## **What are the symptoms of H1N1 influenza?**

The symptoms of H1N1 influenza are similar to the symptoms of seasonal flu, and may include fever, cough, sore throat, body aches, headache, chills, runny or stuffy nose and tiredness. Some people also reported having nausea, vomiting and diarrhea. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause underlying chronic medical conditions to worsen.

What is the best way to protect myself against H1N1 influenza?

Health officials encourage community members to protect themselves by following common sense, proven disease prevention methods, including—

- .. Frequent hand washing with soap and water,
- .. Keeping a distance of at least six feet from people who are sick, and

.. Avoiding touching your eyes, mouth or nose.

Individuals who are sick are encouraged to protect their family and their community by —

.. Staying home while ill,

.. Covering their cough or sneeze, and

.. Avoiding sharing personal items such as utensils, drinks or a toothbrush with family members.

### **What should I do if I develop symptoms of H1N1 influenza?**

People who develop flu-like symptoms AND have a history of recent travel to a location where cases of H1N1 influenza have been confirmed, or have had close personal contact with someone who has a confirmed case of H1N1 influenza, should contact their health care provider.

### **How is H1N1 influenza treated?**

Two antiviral medications have proven to be somewhat effective against H1N1 influenza. A vaccine is in development to combat the disease.

### **From the world health organization**

“Of the planet's six-point-eight-billion people, only half can be vaccinated against the H1N1 virus because the world's drug makers don't have enough capacity to fill the need.”

The World Health Organization says drug makers can only produce about three-billion doses a year.

So far they have not been able to increase output that would assure everyone was vaccinated.

Last May the organization had predicted that nearly five-billion doses could be made.

About 300 million doses provided by rich nations will be sent to nearly 100 developing nations beginning in November.

### **From local health care sources:**

Here in the United Kingdom I have talked with a training officer from NHS Direct this is the first line medical service, vaccine will be available from November, in limited quantities, Prioritized first for expectant mothers followed by children with underlying health problems.

As it takes approximately six months to develop a vaccine and then the time for production it could be some time before there is enough vaccine available just to cover people with underlying health problems.

At the time of this report the who website outbreak news for the 16<sup>th</sup> October makes for interesting reading, [ [http://www.who.int/csr/don/2009\\_10\\_16/en/index.html](http://www.who.int/csr/don/2009_10_16/en/index.html) URL available in the down loadable transcript ] it is far too detailed to be included here.

In a nutshell it does say the most at risk groups are pregnant ladies particularly in months 6 to 9, young children under 2 years old and all with underlying problems of assumer and or chronic obstructive pulmonary disease .

To date about 33% of patients requiring ICU beds had NO diagnosed underlying problems.

America, Europe and north Asia are all reporting Influenza-Like Illness (ILI) well above seasonal baseline rates with high rates of pandemic H1N1 2009 virus detections in clinical laboratory specimens.

**So back to the question,** is the HINI Swine Flu Virus, flu shot a conspiracy or whether the World Health Organization really concerned for legitimate reasons?

Although it is now reported a good percentage of people fully recover without any medication whatsoever, it has also been reported some people do not respond to the antiviral medications already available.

Not every country in the world provide statistics but from the ones that do, so far, their have been around 400,000 cases of swine flue resulting in 5000 deaths, that is one person in every 80 die as a result of contracting swine flu.

Just the fact that about 30% of previously healthy people needing ICU and respiratory care is a strong indicator the vaccine should be available for everyone.

So my answer to the question is YES the World Health Organization is legitimately concerned with regards to vaccine.

If you are in one of the high risk groups, expectant mothers, infants under 2 years or suffer any respiratory problems, then I advise being vaccinated as soon as sufficient quantities are available.

If you contract any flu type symptoms PLEASE do follow the guidelines, stay at home, cough and sneeze into paper tissue and dispose of properly, wash hands regularly with soap and water, do seek medical advice particularly if breathing becomes labored.

The transcript of this report will be available for download in pdf format from <http://motivational-radio.com> and <http://www.marketonthenet.info/reviews>

This has been John Austwick from <http://www.marketonthenet.info> in association with <http://www.motivational-radio.com> wishing you good health and happiness. Good night.