HEALTH WATCH 4

NORWALK / NORWALK-LIKE VIRUS

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There is a rough virus making the rounds. It hits fast and hard causing vomiting, diarrhea, fatigue and headache. It lasts for about 2-3 days. It's called the “Norwalk Virus” or “Norwalk-like Virus.” People are making the mistake of thinking it’s the flu, but it is not. It’s a virus that’s its own and is not related to this season’s flu viruses. If you are taking the MBP Flu Season Balancing Solution, it will not strengthen your body against the Norwalk-like Virus. If this virus has hit your area, or if you’d just like to get a head start with strengthening your body against the Norwalk-like Virus, take the Immune, Lymphatic and Digestive Systems Balancing Solutions twice daily until you hear that this virus is no longer active in your area. The Norwalk-like Virus is similar to the Norwalk Virus — a virus that has been around since the 1960s (thank you to a customer for an article on the history of the virus). They’re not sure how it will run its course. So you will have to listen to what is being said about this virus in your area — or be aware of when your neighbors stop coming down with it. The CDC is saying that the Norwalk Virus is being passed around through ingestion and caution people to wash their hands frequently, especially after changing your baby’s diapers or going to the bathroom. The virus is moving through the body’s digestive system and can exit with vomiting or bowel movements. Also, apparently people are feeling really awful when infected with this virus. Keeping your immune and digestive systems strong will greatly help you if you become exposed to or infected by this virus.

And just a reminder: the flu season is in full force. So now’s the time to start taking your Flu Season Balancing Solution twice daily.

And a hint: I automatically take the Immune and Lymphatic Systems Balancing Solutions twice daily now. (I used to take them once daily.) Every time we turn around, it seems, we are being hit with a new microbial outbreak or some major environmental breakdown that is causing serious pollution problems. The best way to avoid becoming sick from these kinds of problems is to maintain a strong and well-functioning immune system. If you pay attention to the news coverage of the people getting sick and dying from infections or pollution problems, they’re always saying that these people already had weak immune systems. So it’s pretty obvious: The key to surviving the present times is keeping our immune system strong. That’s why I’m taking these two Solutions twice daily. I thought I’d pass my decision along for you to consider for yourself, family and friends.

Good luck out there!

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