

# **Bird Flu Prevention The Natural Healthy Way**

## **“How To Avoid Catching Bird Flu And Other Viruses...”**

## **“Beat colds And Influenza Now!”**

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### **What is the best way to prevent catching viruses like the Bird Flu?...**

Cleaning your hands could be the simplest method of avoiding viruses like the bird flu, influenza, the common cold and even SARS.

The health departments of the United States, Canada, the United Kingdom and Australia all recommend you wash your hands with soap and warm water as a basic precaution against these viruses.

Germs like the bird flu, common cold and influenza virus usually hitchhike their way into your body through contact between your fingers and the mucus membranes of your eyes and nose.

When your mother told you “don’t touch your face with your hands,” she was providing an excellent anti-viral recommendation.

### **How does a virus make it onto your hands?**

[www.flu-bird.com/home.html](http://www.flu-bird.com/home.html)

Airborne droplets from a cold or flu virus can travel up to eight metres.

You can pick up the virus where the droplets land on frequently touched objects like doorknobs or telephones.

Even shaking hands is a common method of transmission.

Once the virus is on your hands touching, rubbing or scratching your nose or your eyes completes the cycle of transmission.

### **Can you catch bird flu from eggs and poultry?**

This could be possible. The question is answered in detail along with how you can protect yourself in the full “Advanced Hygiene Secrets” audio CD and report.

Details are at the end of this report...

### **Don't touch your face with your hands...**

Simply avoiding the habit of touching your eyes, nose and mouth can reduce your chance of contracting both influenza or bird flu.

But it is human nature to touch your face subconsciously.

We even touch our faces while we sleep.

We can also pass on a virus to someone else through hand to hand contact so hand washing becomes especially important in reducing the spread of viruses.

### **Clean your fingernails...**

Cleaning your fingernails requires particular attention.

Experiments in the 1960's by world-renowned skin specialist Dr Albert Kligman found over ninety percent of viruses and bacteria on your hands take refuge under your fingernails and thumbnails.

The skin under your fingernails lacks the horny layer that helps protect the rest of your skin.

Without this horny layer and with your fingernails for protection viruses and bacteria find it far easier to survive.

With this in mind these are some basic guidelines for effective hand washing gathered from the various health departments and the National Hygiene Foundation in the United States...

1. Using a natural soap, apply or push the soap up under your fingernails and thumbnails then wet your hands with running water.

Warm water is preferable as many viruses lose their natural attraction to your hands when exposed to heat.

2. Spend at least ten seconds rubbing your hands together to work up a lather.

Rubbing your nails across your palms will help clean your fingernails.

Rinse your hands with more warm, running water.

3. Drying your hands with a disposable paper towel is recommended over cloth towels, which can harbour bacteria and viruses.

Pay special attention to drying your hands thoroughly. You pass infections more easily when your hands are wet.

If possible turn off the tap with a paper towel to avoid recontamination of your hands.

4. Wash your hands every time you go to the toilet and whenever they're soiled. Pay particular attention to hand washing after touching people's hands or handling money.

### **Use natural soap.**

Also consider the type of soap you use.

Dr Kenneth Seaton from the National Hygiene Foundation invested over twelve

years and experimented with over five thousand different formulations of soap before identifying and developing the best soaps for hand washing.

In tests with thousands of subjects he found most bar soaps, liquid soaps and medicated soaps ineffective at reducing the load of bacteria and viruses under the fingernails.

Antibacterial soaps are more effective short term but a special report by the United States Centers for Disease Control recommended against long term use of antibacterial soaps due to potential skin damage from the harsh antibacterial agents.

Damaged skin is *more* likely to harbour viruses and bacteria.

Ingesting the antibacterial agents in these soaps could also destroy natural intestinal bacteria essential for good digestion and bowel health.

Long term use of antibacterial soaps might also encourage the development of resistant strains of viruses and bacteria referred to loosely as “superbugs”.

Worse still, attempting to completely eliminate viruses using antibacterial soaps and solutions could reduce natural immunity and especially slow the development of a young child's immune system.

For full details of exactly what kinds of soaps you should use for hand washing and what you can use if you don't have access to soap see the full “Advanced Hygiene Secrets” Audio CD and report.

Details are at the end of this report.

Most important of all take the time to wash and dry your hands thoroughly and avoid contact between your face and hands.

This is probably the simplest, first line of personal defence against influenza and the common cold.

But is there a simple method of slowing down these viruses once they've entered your body?

**Slowing the progression of a virus...**

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When a respiratory virus like influenza or the common cold is inside your body it usually multiplies in your nasal passageways gradually working its way down your respiratory tract.

These viruses multiply faster when your nasal passageways are cool - while standing in the cold night air or in front of an air conditioner for example.

So you're more likely to develop a cold or flu during winter or in an air-conditioned room.

Your body responds to a developing virus by increasing mucous production and raising body temperature.

This explains the runny nose and fever when you catch the flu.

This clever defence mechanism serves several purposes.

Most respiratory viruses are heat sensitive.

Raising body temperature can slow their multiplication.

The extra mucous helps carry the virus out of your nasal passageways either to your stomach or out of your body through your nose or mouth.

You can mimic and even improve on your body's natural defences to a virus with a novel therapy called a *facial dip*...

Dr Kenneth Seaton, a pioneer in hygiene research, noticed during the summer months in Australia when children swam regularly in the ocean they experienced a much-reduced incidence of colds, flus, sinusitis and allergies.

Swimming in salt water can effectively clean the nasal passageways, washing away viruses, bacteria and allergens.

### **Facial dips.**

So to mimic this action of cleaning your nasal passageways with salt water Dr Seaton developed the *facial dip*.

To perform a facial dip you fill a bowl or sink with warm salt water, immerse your

face, blink several times and blow bubbles through your nose.

This raises the temperature in your nasal passageways and helps wash away any viruses.

**95% reduction in respiratory infections.**

So how effective are facial dips and hand washing in preventing respiratory infection?

An Australian study in 1985 performed by Dr Seaton showed a combination of cleaning the hands with his specially designed *cleanzology* soap and performing daily facial dips with his facial dip solutions **reduced the incidence of severe respiratory infections and allergies by up to ninety five percent.**

This short report has barely scratched the surface of the fascinating world of advanced hygiene.

Read on for in depth knowledge that can help you and your family avoid killer viruses like the bird flu and SARS and ordinary but dangerous viruses like the common cold and influenza.

You'll also learn how advanced hygiene could help prevent bacterial infections, improve your skin, help fight acne problems, reduce your risk of cancer, even help you live longer...

***Read On To Claim Your \$28 “Advanced Hygiene Secrets” Report PLUS \$56 Worth Of Cutting Edge Health Audio CDs FREE...***

**“How To SLASH Your Risk  
Of BIRD FLU  
The Common Cold And Influenza...”**

**“Scientifically Sound  
Natural And 100% Guaranteed!”**

[www.flu-bird.com/home.html](http://www.flu-bird.com/home.html)

**World Renowned Research Scientist Published 5 Times In The Prestigious JNMA Reveals His “Top Secret” Discovery That Can Reduce Your Risk Of Catching Colds And Influenza By Up To 95%!...**

If you'd like to learn the simple, ridiculously cheap or even FREE ways you can help protect you and your family from killer viruses like avian influenza and...

Drastically slash your chance of catching the common cold, influenza, many bacterial infections – possibly even your risk of cancer...

**“If You'd Like A  
VIRUS BLASTING Life Extending  
Simple And Easy Super Therapy That's Natural  
Safe And Scientifically Proven...”**

...then this is the most important letter you'll ever read. Here's why...

Hi I'm Andrew Cavanagh an Australian health writer and member of the Australasian Medical Writers Association.

For years I've written health features for newspapers from Cairns Australia to Colorado USA.

I've also written three health books including a ground breaking book on depression and the hilarious Undersize Me diet and lifestyle manual...

Years ago searching for information on how to reverse sinus problems I discovered research that can have a profound positive influence on your body's defence against viruses like the bird flu, the common cold and influenza...

**“I Discovered  
A Scientific GENIUS Who Invested  
Over 15 Years Developing A System...”**

**“To Help Stop Viruses  
Like The Common Cold Influenza And The Bird Flu  
DEAD In Their Tracks...”**

A system you can start using in your home today for mere pennies...

And this is not some hokey therapy without substance or scientific credibility...

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This research scientist's findings were published 5 TIMES in the prestigious Journal Of The National Medical Association.

I initially found this research through another internationally respected health professional and best-selling author from Canada.

Everywhere I looked this research scientist's credentials were solid, the respect he'd gained from his peers was overwhelming...

**“And His Approach To  
Stopping Viruses COLD Is So Obvious  
And So Brilliant You'll Be  
Amazed And Thrilled At How Simple It Really Is...”**

I've put all this research into plain language you can understand and recorded it all on a full audio CD and in a written report you can download in just minutes from now.

This “Advanced Hygiene Secrets” audio was based on an hour long radio interview I gave that was delivered to over 40 commercial radio stations across Australia.

I've condensed this interview down and ADDED some critical frequently asked questions you need the answers to if you want to avoid those killer viruses.

If you'll give me less than 60 minutes I'll help you...

**“Bird Flu Proof” Your Body  
And Give You Powerful Immunity Against  
The Common Cold, Influenza  
And Bacterial Infections...”**

[Click here to order now](#)

You'll get a full audio that gives you the meat of 15 years of brilliant research from one of the world's leading research scientists...

AND years of my own research that began way back before the SARS epidemic.

I've searched for all the keys to fighting viruses like the common cold, influenza, killer viruses like the bird flu and SARS and chronic diseases like sinusitis and allergies.

In my years of extensive health research into viruses and common diseases I was astonished to find most health professionals are making the same simple mistakes

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that can leave you vulnerable to bird flu, colds, influenza and more...

**“Are You And Your Doctor  
Making These Common Mistakes  
That Could Leave You  
Vulnerable To The Bird Flu  
Influenza, The Common Cold And More?...”**

I'll reveal to you every mistake you could be making right now and show you a whole range of simple, natural steps you can take immediately to protect you and your family.

In this ground breaking audio I'll share with you...

- The most common way of catching a virus like the common cold, influenza or the bird flu...
- The answer to this terrifying question...

**“Can You Catch Bird Flu  
From The Chicken Or Eggs You Eat?...”**

I'll give you the shocking answer and the simple secret to protecting yourself...

- The secret of how viruses like the bird flu get into your body and the simple steps you can take to stop those viruses dead in their tracks...
- How to recognize bird flu symptoms and what you should do first if you think you have the virus.
- How a “madman” from the 19<sup>th</sup> Century can reveal to you the most vital health key if you want to avoid most viruses and bacterial infections. Especially if your want to avoid the dreaded bird flu.
- Why there's some hitch-hikers you NEVER want to pick up and what that has to do with your health.
- Most of what you'll hear about viruses is old wives tales but there's one piece of advice you've heard from Grandma you should pay special interest to you and how to make sure you follow this key health advice the RIGHT way...

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Does this information work? Read what Lurline Gibb from Mareeba Australia says...

[www.flu-bird.com/home.html](http://www.flu-bird.com/home.html)

*“I had the first symptoms of a flu and before going out in the evening I followed your simple hygiene directions.*

*“Normally once I get the flu it's a week or two of coughing and nose blowing and I was out VERY late that night.*

*“I was amazed when I woke up the next morning and the flu was gone!”*

*- Lurline Gibb, Mareeba Australia*

And that's just scratching the surface...

I'll reveal to you the astonishing health and hygiene secrets I've discovered from around the world in my years of research including...

- The five anti virus steps common in Japan that helped them avoid an outbreak of SARS and how you can follow these five anti virus steps to avoid the bird flu, SARS, influenza and the common cold.

**“The 5 Key Reasons  
Antibacterial Soaps Could Be Hazardous  
To Your Health And Are  
NOT Recommended By Health Authorities...”**

- The secret of exactly what you should use to wash your hands – this will surprise you...
- A secret about a certain part of your body you MUST understand if you want to be healthy and avoid contracting viruses, bacterial infections and more.
- How you could be doing the health equivalent of licking the toilet floor of a filthy smelly motor home repeatedly every day. This audio will give you the key knowledge and the motivation to stop immediately!
- A colossal health mistake you could be making habitually several times a day without even thinking that is linked to autoimmune diseases like rheumatoid arthritis, multiple sclerosis and more...

And this habit is so easy to fix. Once you realize how dangerous and disgusting it really is like most people you'll stop immediately...

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- How you could be unwittingly letting a cocktail of dangerous germs, bacteria, chemicals, insecticides, pollutants and worse into your body and the simple step you can take to avoid this.
- Why chopsticks or even a simple knife and fork can be an ally if you want outstanding health....
- The two supplements most likely to help relieve the symptoms of a cold or influenza and the little known secrets to taking these cheap natural supplements for maximum effect.
- Simple diet guidelines that can help increase the power of your immune system and help you fight of a virus if it does get in your body...

[Click here to order now](#)

Remember you'll be learning an advanced hygiene system that's proven to work in the real world.

You could get almost immediate relief just like my friend and client Brendan Mether from Cairns...

*“When Andrew first introduced me to this amazingly simple system I was suffering constantly from repeated bouts of colds or influenza. My doctor had diagnosed me with bronchitis...”*

*“I'd barely get over one cold or flu and another would come along. I was getting to know my doctor way too well and the antibiotics he prescribed barely helped with the symptoms.”*

*“After two years my life had become a misery...”*

*“After starting with this hygiene system my health improved almost immediately and now a year later I can't remember the last time I had a full blown cold or flu!”*

Brendan Mether, Bayview Heights, Australia

And the secrets packed into this audio CD keep coming including...

- A little known secret to healthy skin. This is so simple and so profound you'll kick yourself when you hear it...

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## **“What You MUST Avoid Doing If You Or Your Children Suffer From Pimples...”**

And how if you don't avoid this mistake you'll be making your acne problem so much worse.

- How you could be suffering right now from one of the most common diseases in the western world and not even realize it...

How leaving this disease untreated could lead to asthma attacks, colds, serious bouts of influenza, infections, even meningitis – an infection that can result in brain damage.

This audio program will explain to you what this disease is, the suffering it could be causing you and how to relieve it FAST!

[Click here to order now](#)

It's like having me right there in your home sharing years of research honed down to simple step by step instructions to help you avoid deadly viruses and bacteria...

Like having me there telling you exactly the mistakes you're making that are putting you and your family at risk and telling you how to change immediately – the simplest, easiest way...

You'll be amazed at the depth of knowledge on this audio. You'll discover...

- Why you absolutely NEED a specific type of hair on your body and a simple way to keep that hair healthy.

## **“A Therapy Nearly NO ONE Knows Yet It Is Powerfully Effective At Clearing Up Sinus Conditions And Problems With Airborne Allergies...”**

And this therapy will cost you less than two cents to do in the comfort of your own home.

How this therapy can also help slow the progression of a virus – sometimes stop it dead in its tracks... You'll get detailed instructions in this report.

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And it will help you clear out a blocked nose or blocked sinuses – usually in a few seconds or a few minutes!

- Five more simple natural secrets to clear a really stubborn blocked nose. You'll love this list and you'll be thrilled when you can finally breathe easy again.
- Why nearly every ear nose and throat specialist recommends an inferior version of this therapy for sinus problems and why this scientifically proven technique is so much safer and often far more effective.
- The problem with nasal sprays that could lead to serious infection and how to avoid this problem...
- A deadly healthy mistake you could be making that leaves you with a blocked nose, colds, influenza and sinusitis. If you don't stop making this health mistake you could end up with serious lung cancer, emphysema or heart disease.
- How blowing your nose the wrong way could lead to serious infections and a painful middle ear condition you'll definitely want to avoid.

This audio program will show you the simple secret to nose blowing that will help you avoid both these serious side effects...

And the information packed in this audio CD goes on and on including...

**“The Simple Secret  
To Relieving Or Avoiding Many Airborne Allergies  
Like Hay Fever...”**

You'll be amazed at how you can use a simple, two cent therapy to relieve the stuffed up nose and runny eyes that come with most airborne allergies. And you can do it in less than a minute!...

- One part of your body many people don't clean daily and why this could be a HUGE key to reducing the number of allergic attacks you have.

[Click here to order now](#)

Read how the power of this fantastic hygiene system helped Pamela McDowell from Grand Junction Colorado overcome her allergy and sinus symptoms...

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*“For over 26 years every hay fever season I'd suffer weeks of itchy red eyes, a plugged up nose and persistent sinus headaches.”*

*“My doctors gave me allergy shots and prescription antihistamines but these never dealt with the root cause of my allergies.”*

*“It's fantastic to know using this hygiene system I can now IMMEDIATELY and NATURALLY treat my allergy symptoms as soon as they appear and get instant relief.”*

*Pamela McDowell, Grand Junction, Colorado*

And you'll get even more ground breaking health and hygiene secrets including...

- The neglected hormone that is one your body's most powerful antioxidants and how the only way to increase levels of this hormone is by improving your hygiene.
- How to power up your immune system without taking a single vitamin. This is the most powerful technique you'll ever discover for enhanced immunity and health.
- You'll be amazed at how a study published in the prestigious Journal Of The National Medical Association can show you how to reduce your risk of cancer simply, naturally and easily – yet this technique has been ignored by mainstream medicine.
- The embarrassingly simple secret the Japanese and some African tribes have discovered that can help reduce your risk of prostate cancer.

This is so obvious yet I'll bet nearly anything you've never thought of it.

- How these advanced hygiene secrets are likely to help you live longer. Could this be the long searched for fountain of youth?

**“The Secret Link Between  
Hygiene And Stress And How Good Hygiene  
Could Actually Reduce Your  
Levels Of Stress...”**

- How stress is linked to nearly every major western disease – most likely including the conditions you suffer from – and how advanced hygiene might be

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a major help.

- The amazing link between hygiene and intelligence.
- Could the advanced hygiene secrets in this audio put you and your family on the road to genius like Albert Einstein, Leonardo Da Vinci and Thomas Edison?

You'll learn exactly how better hygiene could make you smarter and the hygiene steps you must take if you want a healthier sharper brain.

[Click here to order now](#)

Remember this is NOT an unreadable scientific treatise.

I've put this whole audio program into plain simple everyday language you can understand...

**“You'll Have Step By Step Instructions  
Explaining To You Exactly How To Follow These  
Advanced Hygiene Guidelines...”**

And SLASH your risk of catching viruses like the bird flu, the common cold and more...

These instructions are so simple a child could follow them.

You'll have the peace of mind knowing that you're doing every thing you can in a natural healthy way to protect your children from deadly diseases like the bird flu AND...

The common cold, influenza, bacterial infections and food poisoning.

You could even be helping make your child smarter.

How much will you pay for this fantastic audio?

Think of how much money this information packed audio CD could save you in just a year...

**“How Often Do You  
Go To Your Doctor With A Cold Or Flu  
Or Sinus Problems?”**

[www.flu-bird.com/home.html](http://www.flu-bird.com/home.html)

How often do you take a child or someone else in your family because they've picked up a virus somewhere and you just want to be sure it's not something dangerous?

Imagine the money you save and the peace of mind you'd have if you and your family never caught a virus, a cold or a flu to begin with.

Imagine a household without blocked sinuses, hay fever and other airborne allergies.

Think of how much work time you're losing because you or your family are sick with a cold or flu.

You'll be getting the best information available anywhere in the world to prevent colds, influenza, sinus problems and more...

If you were to talk to me in person you'd pay \$250 an hour and I'm VERY good – believe me it would be worth every penny.

But you won't pay \$250 for this audio CD.

### **“You Won't Even Pay The Price Of A Doctor's Appointment...”**

For a very limited time you can claim this audio CD for just US\$28.

But you must act now...

This ground breaking “Advanced Hygiene Secrets” audio CD will soon be a part of a full 6 CD comprehensive diet and lifestyle package that will sell for \$197.

In fairness to my clients buying the whole package once I have the full set of CDs for sale I intend to remove this single CD from sale and only make it available as part of the full package.

I'd hate for you to miss out.

Claim your copy of this advanced hygiene secrets audio CD right now by clicking on the button below.

[Click here to order now](#)

You'll be able to order by cheque or credit card completely safely.

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**“And If You Order NOW  
I'll Also Give You \$84 Of FREE Bonuses...”**

Because I'm in the health business for the long run I'm going to give you an extra \$84 worth of high quality bonuses with your advanced hygiene secrets audio CD.

Why?

I know you'll be so THRILLED at the fantastic value you get from me and the unparalleled quality of the information in this package that you'll seriously consider any other product I might offer you in the future.

I know if I give you the greatest value health information on earth you'll become a long term highly valued client and you'll buy from me over and over.

So here are the \$84 worth of bonuses I'm giving you completely FREE with your advanced hygiene secrets audio CD...

**Bonus #1 FREE “Advanced Hygiene Secrets” Report  
Download \$28 Value...**

I'll give you a written version of the “Advanced Hygiene Secrets” program you can download to your computer and read immediately.

I could sell this valuable 30 page report for \$28 or MORE just by itself...

But I'm giving it to you completely FREE when you claim your “Advanced Hygiene Secrets” audio CD along with...

**Bonus #2 FREE “Undersize Me Secrets” Audio CD \$28  
Value...**

You'll get the groundbreaking “Undersize Me Secrets” audio CD as a second completely FREE bonus.

Normally sold at US\$28 the “Undersize Me Secrets” audio CD is packed with healthy, natural diet and lifestyle tips you can start using immediately to transform your health including...

- The biggest secret to losing weight and keeping it off forever...
- The foods you must eat if you want a powerful immune system...

- A little know therapy that can eliminate negative emotions in just minutes! This is crucial because being depressed or angry can compromise your immune system and leave you more vulnerable to viruses...
- And much much more...

Your "Undersize Me Secrets audio CD is jam packed with over 15 years of research condensed down into simple, practical information you'll use every day...

And there's more...

### **Bonus #3 FREE "Undersize Me Diet And Lifestyle Manual" Audio CD \$28 Value...**

The groundbreaking diet and lifestyle manual on audio CD - packed with a boatload of common sense information to help you revolutionize your health the natural healthy way.

The Undersize Me manual on audio CD reveals little known health secrets about exercise, sleep, diet and much much more...

Every piece of information packed into this audio CD will help you improve your general health and power up your immune system naturally.

So you'll get your Advanced Hygiene Secrets audio CD, the full, immediate download of the Advanced Hygiene Secrets report, the Undersize Me Secrets Audio CD AND the Undersize Me diet and lifestyle manual on audio CD.

Total value of \$US112. Four times the bargain \$US28 you'll pay for the whole package!

And the quality of the information in your audio CD package is 100% guaranteed. I'll give you your...

### **12 Month Risk Free Trial**

As I do for all my health programs this audio CD comes with my unprecedented full 12 month satisfaction guarantee.

If you're not absolutely thrilled with the quality and value of the information packed in your audio CD you can return it any time in the 12 months after buying it and I will refund 100% of your purchase price PLUS the cost of postage and handling.

But I KNOW you'll be over the moon...

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**“This Audio CD Really Is PACKED  
With Ground breaking High Quality Information  
Not Available  
ANYWHERE Else In The World...”**

Information that can save you from colds, influenza, bird flu, SARS, bacterial infection and more...

Claim your copy of the “Advanced Hygiene Secrets” right now and your bonus “Advanced Hygiene Secrets” report download...

AND your two bonus Undersize Me audio CDs now while they're still available at this never to be repeated US\$28 price by clicking on the button below...

[Click here to order now](#)

You can order by cheque or credit card online.

It's 100 times safer than using a credit card at your local store.

**P.S.** Improving your hygiene is not just GREAT for your health it's also your moral duty.

Do you want to be passing on potentially deadly viruses and bacteria to your family, friends and workmates?

Do you want to leave the members of your family vulnerable to colds, influenza and even deadly viruses like the bird flu and SARS.

**“It's A Shame For Your Family To Suffer  
When You Can  
Protect Them So Easily...”**

For just US\$28 you can have your jam packed “Advanced Hygiene Secrets” audio CD and your two FREE bonus Undersize Me bonus audio CDs rushed to you...

AND download the written “Advanced Hygiene Secrets” report immediately.

Click below right now and start your hygiene health revolution and take those first vital steps in protecting yourself and your family...

[Click here to order now](#)

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### Disclaimer

It is very important you consult a doctor before making changes in your diet and lifestyle, or before taking vitamin and/or food supplements.

References to any products, services or links does not constitute or imply their endorsement or recommendation by the author.

While all care is taken with the accuracy of the facts and procedures in this book the author accepts neither liability nor responsibility to any person with respect to loss, injury or damage caused, or alleged to be caused directly or indirectly by the information contained in this book.

The purpose of this book is to educate and inform. For medical advice you should seek the personal advice and services of a medical professional.

This book is meant as an aid to normal professional therapy and medical advice. The information here is not meant to replace the therapy and advice a psychologist, psychiatrist or a medical professional can supply.