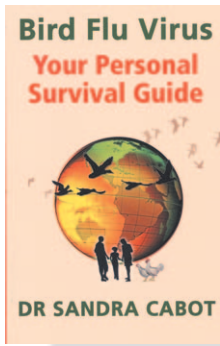


BOOKS



Bird Flu Virus: Your Personal Survival Guide

Dr Sandra Cabot
WHAS Pty Ltd,
Australia

REVIEW BY NICOLA SILVA

Most people are content to leave health matters to the authorities, but in the event of a bird flu pandemic, well informed and well prepared individuals will have the best chance of survival.

Dr Sandra Cabot, of *The Liver Cleansing Diet* fame, claims she is neither being alarmist nor premature in writing a survival guide for bird flu virus.

"It's just a matter of time before we have a nasty pandemic knocking on our door," Dr Cabot writes.

This is no cause for alarm but a clarion call for us to be prepared, rather than trust the authorities to take care of us. Australia has some of the toughest quarantine laws and health regulations in the world. But little can be done to prevent migratory wild birds that carry avian influenza viruses from infecting domestic birds.

For purposes of clarity, Dr Cabot points out that there are over 100 types of bird flu, ranging from not very contagious to highly contagious. The bird flu

virus in the news is a strain called H5N1, which first infected people in 1997. It is caught from direct contact with infected poultry or by touching contaminated surfaces. You cannot contract bird flu by eating infected poultry, provided it is well cooked. You can even safely visit countries where the bird flu virus has been reported - just avoid poultry farms and live animal markets. Basic hygienic practices like washing your hands frequently and thoroughly will keep you safe. Nor have there been any known cases of people catching H5N1 from wild birds.

So are the news reports about the likelihood of a bird flu pandemic sheer sensationalism? Not according to Dr Cabot and other respected medical sources quoted in *Bird Flu Virus: Your Personal Survival Guide*. The virus is deadly - 91 of the 169 people who have contracted the disease have died. Scientists fear that the H5N1 virus may combine with a human flu virus to create a new and highly contagious strain which will be spread through the air, thus creating a pandemic. This could happen during the autumn-winter period when both types of flu are most prevalent.

Australia is one of the best prepared countries and is stockpiling the antiviral drug Relenza to cover 40 per cent of its population. However antiviral drugs are not as effective against a virus as vaccines. And because this is a new strain it could be months before an effective vaccine is produced.

Dr Cabot argues that the best defence is a strong immune system, and

this is the real value of her book. *Bird Flu Virus: Your Personal Survival Guide* contains invaluable advice about how to use herbs, vegetables and fruits, culinary ingredients, even aromatherapy to build strong immune systems.

Numerous antiviral foods are readily available, such as medicinal mushrooms, seaweeds, citrus fruits, the cabbage, carrot and onion families, tomatoes, black-currents, tea, walnuts and more. Ginger, garlic and turmeric are three key ingredients in building a strong immune system. All we need do is find ways to incorporate these foods into our daily diet, and Dr Cabot helps by providing recipes to do just that.

The message of *Bird Flu Virus: Your Personal Survival Guide* is ultimately very positive, I believe. Should a pandemic occur, individuals have a very good chance of surviving, provided they build strong immune systems, stockpile essential items which Dr Cabot has listed, use infection control measures and stay informed. With the winter flu season almost upon us, this is an ideal time to try out some of the suggestions in this book.

MUSIC

Breath of Life

Lia Scallon
'Sounds of Sirius'

REVIEW BY
SUSAN MAXWELL-STEWART



It's a peculiar culture in which we Westerners reside. The words death and dying continue to routinely evoke reactions of sadness, fear, anxiety - sometimes embarrassment - even though death is the only experience 100 per cent guaranteed to occur in the lives of each and every one of us.

Baba Ram Das once described it thus: "We are all standing on the bus stop, waiting for the bus. Some of us will catch the five o'clock, others the 7.30, but we are all on a bus out of here!"

Lia Scallon's most recent release in her *Sounds of Sirius* series of channelled healing music, "Breath of Life", is essentially travel music for the dying (music to die to?). The sounds are designed to accompany and support

those consciously preparing to embark on their journey of leaving the body. Listening to the CD can also promote a state of receptivity, peace and acceptance in the friends and relatives sitting with the traveller in the departure lounge. It is also recommended to help heal past and present wounds of unresolved loss and unexpressed grief.

Lia describes the CD thus: "Breath of Life' is a beautiful gift from the Divine to help us change our perspective on the death process. We are offered a glimpse of what awaits us... the limitlessness of Spirit which is our true home...and we stand awestruck by its magnitude, beauty and love."

The music is predictably soothing and serene. Yet it's neither solemn dirge nor ecstatic angelic choir. The channelled language of Sirius in which Lia speaks and sings on these recordings is soft and harmonious and the CD's tone is more uplifting and inviting than sombre or mournful. There's nevertheless a mood of dignity, majesty and awe evoked by this music which has the ability to dispel the fear and contraction, anxiety and heavy melancholy so often surrounding the prospect of approaching death.

While listeners of many nationalities seem to recognise words from their own mother tongue, Lia suggests resisting any attempt to understand the language of Sirius, telling us that these are words of the Divine Eternal Mother which speak to the soul: "At some level, the soul recognises and knows exactly what is being said."

Lia's singing has been described as the voice of the Eternal Mother -gentle and caressing, nurturing and protective. Interwoven, sometimes inseparable, from Lia's vocals are the tones of a carillon crystal bowl, Japanese and Tibetan singing bowls, bells, chimes and cymbals played with sensitivity by percussionist, David Jones.

Each of Lia's *Sounds of Sirius* channelings are recorded in one take and it is therefore suggested to listen to the entire CD in a single sitting or to fall asleep listening to it at night, so that one experiences the full benefit of its healing.

Lia's music is unique and this latest release is possibly the most profound of her recordings, guiding listeners on their final journey, the return home to the infinite spaciousness of Essence and Spirit.


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