

Annual influenza vaccine: Review of current attitudes, effectiveness and natural evidence based alternatives in the likelihood of Influenza Pandemic

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Influenza Pandemic remains a global threat (WHO), yet from a pharmaceutical perspective, we remain woefully ill-equipped. Health Care Workers (HCW) themselves are statistically the most influenza vaccine hesitant group in the population. With calls being made to make influenza vaccine programmes compulsory, evidence needs to be taken seriously and a critical assessment made. The speaker will discuss what is the growing consensus of the ineffectiveness of the influenza vaccine and the reasons. According to Professor of Virology at Warwick University, Andrew Easton, "A judgement should be made about replacing this [influenza] vaccine in the current climate of limited NHS budget. A re-think is also needed as other therapeutic aids are showing promise." The speaker will discuss alternative evidence based herbal medicine and supplements that specifically match the pharmacological action of drugs to reduce influenza incidence and mortality, and boost natural immunity to provide long standing protection. Topics include increasing interferon and how this works not only as a prophylactic and treatment for influenza but, by addressing Major Histocompatibility Complex (MHC) dysfunction, simultaneously has the capacity to reduce the incidence of autoimmune disease (caused by molecular mimicry). Other topics include viral replication inhibition using natural neuraminidase and polymerase inhibitors and compounds in herbal medicine that specifically reduce the inflammatory cascade known as the cytokine storm, associated with high mortality in influenza pandemics.

Speaker Biography

Carina Harkin holds 3 internationally recognised level 8 (EQF/AQF/NFQ/Level 6 Ofqual) Bachelor of Health Science degrees in Complementary and Alternative Medicine (CAM), being the world's first triple degree CAM graduate and she is completing a Master in Public Health MPH. Receiving substantial training in pharmacology and having worked in pharmacies. She is adept in drug/nutrient and drug/herb safety and specialises in matching the pharmacological action of drugs with active constituents found in herbs. Carina has an online herbal dispensary and supplies organic pharmacy grade herbal extracts worldwide. Carina has experience treating antimicrobial resistant disease including MRSA, MDR-TB, MDR Streptococcus pneumonia and Haemophilus influenza, MDR Candida, Neglected Tropical Disease (NTD) and the rising tide of Non Communicable Disease. She holds a teaching qualification and is an experienced lecturer with 20 years clinical experience. She has worked in Public Health, as an acupuncturist at the Northern Hospital Melbourne, where she conducted a world first trial A Prospective, Randomised Control Trial of Acupuncture for Select Common Conditions within the Emergency Department and in Box Hill Hospital's Drug and Alcohol Rehabilitation Unit. Her goal is to see the integration of CAM into mainstream healthcare hence she is completing a master's in public health. She wants help shape future Public Health Policy to improve Global Health Outcomes using Traditional Medicines and she is writing her dissertation on The Use of Herbal Medicine to Address the Greatest Global Threat; Antimicrobial Resistance.

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