

Published based on [As swine flu recedes, health officials tally the lessons it taught - St. Petersburg Times](#)

# **As swine flu recedes, health officials tally the lessons it taught - St. Petersburg Times**

Traditional medicine uses shots and medicine to treat people whether they need it or not. One of the classic examples of over-reaction is the H1N1 or Swine Flu. While getting sick is never a good thing, over-reacting to a potential problem is even worse. In this case, just as many experts said from the beginning, the swine flu epidemic was grossly overstated.

While I do not want to belittle the people that suffered from H1N1, I do want to point out that at most, it was half as lethal as the common flu. Stated another way it was between 50% and 75% less severe than the common flu.

The Centers for Disease Control and Prevention estimated 7,900 to 16,500 people died of swine flu from April to mid-December 2009, acknowledging the challenge of such estimates because many people who catch the flu don't seek medical attention or get tested. Regular seasonal flu kills on average 36,000 people in the U.S. every year.

The real losers in this are the tax payers and all the people that paid the drug companies big bucks for the vaccines that now can't be given away. Again, big pharmaceutical companies made out like bandits by over exaggerating a problem that was less dangerous than the common flu.

Click the link below to read the full story.

[As swine flu recedes, health officials tally the lessons it taught - St. Petersburg Times](#)

You can also find this article published on [As swine flu recedes, health officials tally the lessons it taught - St. Petersburg Times](#)