

Dear Friends of Minerva:

Many of you have been asking me how to tell the difference between the cold and the Swine Flu. Below I have included a table that will provide you with this information.

The Difference between Cold and Swine Flu Symptoms

Symptom	Cold	Swine Flu
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present of 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

I would like to invite everyone to my Healing Angels of the Energy Field. This is a wonderful class that I would love to share with you. Please review the class information below and go to the website or call to register today. I hope to see you there.



**Come and Join us
Saturday-October 24, 2009**

THE HEALING ANGELS OF THE ENERGY FIELD

Instructor:

Betty deMaye-Caruth, PhD, RN,CHTP, RM/T, IET/I

Time:

10:00 am - 5:00 pm

Place:

**Minerva Educational &
Wellness Treatment Center
52 Deer Lane, Honesdale, PA 18431**

Class Fee:

\$65 per person

Register at:

www.minervaed.com

Minerva Educational and Wellness Treatment Center is offering a one day class to put you in touch with the Angels of the Energy Field. Meet and work with Ariel, Raphael, Gabriel, Celestina, Faith, Cassiel, Daniel, Sarah and Michael.

- ~ **No prior angel experience needed**
- ~ **See how these special angels can help you in your self-healing spiritual journey**
- ~ **Meet and work with the Healing Angels**
- ~ **Learn to "Heartlink" with your Angels**
- ~ **Add a new spiritual dimension to your healing**
- ~ **Gain new powerful allies in healing**

Receive a copy of the special workbook *The Healing Angels of the Energy Field* by Stevan J. Thayer, which identifies the healing angel and its healing gift for each energy anatomy area.

Visit us ONLINE for additional class information or register at:

www.minervaed.com or call 570-253-8060

Yours in good health,

Dr. Betty