

## ARE VACCINES GOOD FOR YOUR CHILDREN?

I recently read the two-part series which outlined the values of vaccines to our children. While the information was detailed and the doctors and references impressive, I could not help but wish for a third part to the series, one which takes, at least a momentary look at the "other side" of this story. After all, is not the reason that we are questioning the value of vaccines because it is possible that they are not, in fact, always good for our children?

I became interested in health over ten years ago when my eldest daughter was forced to withdraw from the fourth grade due to unexplained illness. For a number of years, years in which we saw endless pediatricians, specialists, and cat scans, I put my life on hold as I went from one doctor to the next, each time desperately hoping that he or she would reveal to me the cause of my daughter's illness. This never happened. Certainly, these doctors were all well educated, intelligent, and had dedicated their lives to the health profession, but none of them were able to cure my daughter. Instead, they offered us fifteen-minute meetings, a series of tests, and another set of referrals.

After a while, convinced that my child did not have to be sick or remain on drugs and out of school forever, I began doing my own research. While I had no medical degree that qualified me to become her professional, I became, in a sense, her research assistant, and began making my own decisions about whom she would see. My daughter is now 25 years old and totally recovered from what we eventually discovered were extreme chemical sensitivities, caused by a "bad gut" and triggered by a newly-constructed basement classroom. I have not stopped researching since her recovery, and my interest and involvement in health issues has only grown. And, so, as a mother whose daughter would have benefited a great deal if the "other side of the story" had been far more available in pediatricians' offices that we frequented, I thought I would share what I have learned over the past decade about vaccines. The information below comes from numerous doctors and sources that I highly respect:

---Vaccines have not been subjected to thorough studies. There has never been a single long-term study comparing the health and welfare of vaccinated to unvaccinated children. Multiple examples can easily be found of vaccinated children acquiring the very illness they have been vaccinated against. My own personal study is my family. My parents and grandparents lived into their eighties and nineties with good health and almost no vaccines. I had only a few and have always been very healthy, even though I had the usual childhood illnesses – measles, mumps, and chicken pox.

---Vaccination prevents natural immunity. When a child becomes infected with a communicable disease, his immune system responds through a sophisticated web of interlocking reactions that can produce immunity for life to naturally acquired childhood diseases. These defenses exist, in part, to keep invading microbes and viruses from taking hold in the deeper systems and organs of the body. But vaccines are injected

directly into the blood stream, bypassing the natural immune response. This deprives the body of the ability to naturally develop life-long immunity to normal childhood diseases like measles, mumps, and chicken pox.

---Children are being given too many shots! My father, who died last year at age 90, had hardly any vaccines and lived a very healthy life. Thirty years ago, children received a total of four vaccines, but today a child may receive 37-50 vaccines during the early, formative years, when his developing immune system is most vulnerable. Even an adult immune system would be challenged by so many vaccines given in such a short period of time. The DPT vaccine (three vaccines together) forces an immune response to diphtheria, tetanus, and pertusis on the same day, an event that would never happen in real life.

---The medical profession is extremely reluctant to acknowledge adverse reactions to vaccination, even when the reaction is instantaneous or occurs within a few hours. Reactions that occur days, weeks, or years later are almost never attributed to the vaccine. Some doctors are wondering, though, if vaccines are causing a weakened immune system that may be responsible for the dramatic increase in cancer in children.

---Vaccines can harm. I have heard too many moms tell me their child was just fine until he or she had shots-- to believe that children are never harmed by vaccines. Mothers know their own children better than anyone.

Because of the dramatic increase in the number of injuries from childhood vaccines over the past decades, Congress enacted the National Childhood Vaccine Injury Act of 1986, setting up a fund to compensate parents for injured or dead children. To date, the fund has paid out over \$1.2 billion to parents with over 12,000 reports made every year. But for parents of autistic children, costs will continue forever, both emotionally and financially. And if David Kessler, former FDA Commissioner, is correct and 90-99 percent of all injuries are not even reported, the true number of children injured or killed by vaccines would be 1.2 million or more per year.

Vaccines contain both live and dead viruses, killed bacteria, genetically engineered DNA and chemical preservatives. One well-known example of a long-term negative vaccine reaction occurred with the polio vaccine used in the late 1950s, into the early 1960's. This vaccine was later found to be contaminated with a monkey virus, SV40, which had tainted the vaccine during production. Even after the tainted virus was discovered, it was still given to American children for three more years with government approval. Thirty years later, SV40 has been isolated in bone, brain, and lung cancers.

Babies are given Hepatitis B vaccine at birth, when immune systems are very new, for what is primarily an adult disease transmitted through blood and body fluids. High-risk populations include drug users, and people with many sexual partners, health care

workers exposed to blood, and babies born to infected mothers. My children's pediatrician admitted there is a very low risk for babies. Since the vaccine is recommended for the first day of life, Merck was asked for safety data on newborns. They replied, "We have none. Our studies were done on 5- and 10- year olds." And there is no safety data on combining this with other vaccines. Since the introduction of this vaccine, there have been hundreds of reports in the medical literature citing central nervous system diseases, multiple sclerosis, Guillain-Barre syndrome, arthritis, severe rashes, fever, chronic fatigue, and Sudden Infant Death Syndrome (SIDS) as a direct result of the vaccine. A study in New Zealand reported a 60 percent increase in juvenile diabetes after a massive campaign to vaccinate babies from 1988 to 1991. Over 50 percent of the doctors surveyed in the UK refused to take the hepatitis B vaccine themselves, citing the known dangers.

-- Sometimes vaccine reactions are worse than the disease. With regard to hepatitis B vaccine, why subject tens of millions of infants to the known dangers of this vaccine when the few babies actually at risk can be identified by simply screening the mother? Even if parents decide they want this shot, why must it be given on the first day of birth, before parents have had time to assess the baby's health status? If the baby's immune system is not strong, the effects are usually worse. The baby becomes infected instead of vaccinated, according to Dr. Natasha Campbell-McBride, M.D. Why is this vaccine given to infants, if not for profit? My own children's pediatrician admitted the reason is to get in into babies, whenever they can.

In addition to problems with genetically engineered vaccines, many vaccines—notably the MMR, chicken pox and Sabin polio vaccines—inject live viruses into the body. Various stabilizers and preservatives are added including formaldehyde, lead, aluminum and MSG. The mercury-based preservative thimerisol is still added to flu vaccines, even though parent groups have asked that it be removed. Also, the medical industry has continued to use old lots of vaccines with thimerisol rather than pull them from the market. Dr. Russell Blaylock, M.D. neurosurgeon and author of the book "Excitotoxins, The Taste that Kills," strongly objects to vaccines, and points out the dangers of the added MSG and other neurotoxins on the brain, causing an increase in brain tumors.

--Vaccines don't always prevent disease. Multiple examples have been found of vaccinated children acquiring the very illness they have been vaccinated against. Time and again vaccines have simply not worked against the disease they are targeted to prevent. A 1978 survey of 30 states showed that more than half of all children who contracted measles had been fully vaccinated. Sweden abandoned its whooping cough vaccine after it examined 5,140 cases of whooping cough in 1978 and found that 84 percent had been vaccinated three times. The medical literature is filled with example after example of the failure of vaccination to furnish protection against common childhood diseases.

--Vaccination did not end epidemics. While we have all been taught that vaccination ended the world's many deadly epidemics, an honest and careful review of original historical medical sources, publications and statistics from the past two hundred years reveals that infectious diseases declined 90 percent before mass vaccination was ever introduced.

Experts attribute the cessation of epidemic diseases not to mass vaccination, but to a major sanitation reform movement. Even the Center for Disease Control (CDC) reported in 1999 that infectious diseases declined in the past century due to improvements in sanitation, water and hygiene. Vaccination against whooping cough, diphtheria, measles and polio all occurred only at the very end of the life cycle of each epidemic, exposing the fallacy of the claim that vaccination ended epidemics.

The only exception to this decline in the epidemic disease is smallpox, which, contrary to all we have been taught, actually increased with the advent of mandatory vaccination and decreased only after an organized uprising by parents and doctors forced European governments to end their mandatory vaccination programs. Even though the World Health organization claims credit for the eradication of smallpox through vaccination, the fact is that small pox declined in countries around the world whether the population had been vaccinated or not. As Dr. Glen Dittman said in 1986, "It is pathetic and ludicrous to say we vanquished smallpox with vaccines, when only 10 percent of the population were ever vaccinated. "

--Vaccinations make big money for big pharmaceuticals. The children of the United States are the most highly vaccinated population in the world, due to heavy lobbying by the vaccine industry. Millions of dollars are provided by the multi-national pharmaceuticals for publicity. They recently have been lobbying to promote their new Gardasil vaccine to young girls. It was never well studied and some girls have died or become injured. For more information on this vaccine, contact the National Vaccine Information Center. [www.NVIC.org](http://www.NVIC.org).

---TODAY'S EPIDEMIC IS AUTISM! According to Dr. Natasha Campbell-McBride, who treats autistic children very successfully, our epidemic of autism is bigger than the polio epidemic of the past. Spectrum illnesses include autism, ADD, ADHD, dyslexia, dyspraxia, schizophrenia, bipolar disorder, depression, obsessive-compulsive disorder, hyperactivity and other neuro-psychological and psychiatric problems. These children also may have constipation or diarrhea, headaches, joint pain, food allergies, and often are picky eaters. All these illnesses begin in the gut, she says. "Every so-called psychological and mental disorder is a digestive disorder at its core – whether it is schizophrenia, bipolar, obsessive-compulsive behavior, substance abuse, depression or just a cranky teenager – look first at their digestive system."

How did they get this way? Babies need good gut flora or bacteria to have a good immune

system and a working gut-brain connection. Donna Gates and Dr. Natasha Campbell-McBride who treat these children tell us that babies are born with sterile bodies and sterile digestive systems. During birth, as the baby goes through the birth canal, she swallows the first mouthfuls of bacteria and that becomes the baby's gut flora. So whatever is in the mother's birth canal becomes the baby's gut flora and basically her immune system. Until the era of antibiotics and the contraceptive pill, the majority of women had normal healthy flora and that is what they passed on to their children. However, mothers that are giving birth to babies today were raised on antibiotics, sugar, and imitation food. Even the feed given to chickens and cattle has antibiotics included. The mothers themselves do not have good bacteria to give to their children at birth. Instead they give them yeast and other bad bacteria.

Babies with unhealthy immune systems cannot tolerate vaccines well. They cannot detoxify easily and they become infected, instead of vaccinated. These children are given cereal grains containing gluten at an early age when their digestive systems are not yet formed. Gluten is in wheat, rye, barley, spelt, and oats and is an extremely difficult to digest protein. It should be withheld until the child is older with a better developed gut, and then always should be soaked first to help break down the gluten and neutralize anti-nutrients. If not, this undigested food feeds more bad bacteria in the gut, so a good immune system never gets established. This then leads to ear infections and other illnesses and antibiotics, which kill off what good bacteria he may have. Then more vaccines are given and the child's health gets worse and worse. Dr. Campbell-McBride says at this stage it can be a vaccine that is the last straw and leads to autism. But a good number of the children in her clinic have autism before they get vaccines, due to the low immune function and bad gut they start out with at birth.

HOW TO CURE AUTISM “Autism is a serious disorder, but it is perfectly curable,” says Dr. Campbell-McBride. The younger the child when treatment begins, the better results will be. Her treatment is individualized and is based mostly on diet. Fermented foods or probiotic supplements must be given to build up the good intestinal flora and allow the body to begin to detoxify. Nutritional deficiencies may have to be addressed. Sugars, gluten, dyes, chemicals, and junk food, and pasteurized milk must be eliminated. For more information on treatment, I again suggest you do your research. Excellent sources are listed below.

[www.WESTONAPRICE.ORG](http://www.WESTONAPRICE.ORG). Wise Traditions Journal carries Dr. Campbell-McBride's article on Gut and Psychology Syndrome. Also read the Journal article by Lynn Born, a source of much of this information

[www.bodyecologydiet.com](http://www.bodyecologydiet.com) for information from Donna Gates and to order the book, Gut and Psychology Syndrome

The Truth About Children's Health by Robert Bernardini, M.S.

[www.mercola.com](http://www.mercola.com) for information on your rights to refuse vaccines

[www.fourfoldhealing.com](http://www.fourfoldhealing.com), Dr. Tom Cowan has excellent articles on how to feed children

[www.KellyDorfman.com](http://www.KellyDorfman.com), Nutritionist who treats autism and other disorders in children

Other nutritional consultants to help you with this program are:

Katherine O'Brien, Nutritionist, 703-683-1260

Alana Sugar, Certified Nutritionist, 703-566-9682

Margie Hasley, Highest Health, Total Body Modification, (TBM) practitioner, 703-642-5930

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