



VACCINATION: THE CHOICE IS YOURS

Pasteur, the prized author of the germ theory upon which infectious disease medicine is founded upon said this on his deathbed: *"Le germe n'est rien, c'est le terrain qui est tout."*

Translation: *The microbe is nothing, the soil [or inner terrain] is everything.*

Dr. Rudolph Virchow, the father of cellular pathology, said *"If I could live my life over again, I would devote it to proving that germs seek their natural habitat—diseased tissues—rather than causing disease"*.

As a Naturopath my passion is to educate us about our health and anything to do with our health, so we can make informed decisions. Our wellbeing is our responsibility, however it is vital that we are aware of the most up to date information.

I will always support decisions you make for yourself or your children and offer advice to promote your health. I am not trying to tell you to vaccinate or not vaccinate, I just want you to be able to make the decision which is right for you and your family, based on all the available facts.

Vaccination is a contentious issue. There is enormous pressure brought to bear on people to vaccinate. This is especially so for parents. Unfortunately the main stream medical fraternity and any organisation which goes under the purview of the government will only tell us that we **HAVE** to follow the vaccination schedule or we are putting our self, our children or others at incredible risk. So I felt it was important to tell you the other side of the story so you can decide for yourselves.

Questions to ask before we vaccinate ourselves or our children:

1. Am I or my child sick right now?
2. Have I or my child had a bad reaction to a vaccination before?
3. Do I or my child have a personal or family history of vaccine reactions, neurological disorders, severe allergies or immune system problems?
4. Do I know the disease and vaccine risks for myself or my child?
5. Do I have full information about the vaccine's side effects?
6. Do I know how to identify and report a vaccine reaction?
7. Do I know I need to keep a written record, including the vaccine manufacturer's name and lot number, for all vaccinations?
8. Do I know I have the right to make an informed choice?

If you do choose to vaccinate, always keep a **written record** of exactly which shots/vaccines you or your child have received, including the manufacturer's name and vaccine lot number. Write down and describe in detail **any** serious health problems that develop after vaccination and keep vaccination records in a file you can access easily.



If we do chose to vaccinate ourselves or our children there are simple measures we can take to help reduce any harmful effects.

- Take large quantities of Vitamin C before and for a week after the vaccination.
- Take homeopathic Thuja before and for a week after the vaccination.
- Take Vitamin A or increase foods high in Vitamin A, such as carrots, sweet potatoes, pumpkin, spinach, butternut squash, turnip greens, mustard greens, and free-range eggs before and after vaccination.
- Make sure you are completely healthy before the vaccination.
- Space out the vaccinations, they do not have to be given all at once.
- Delay the timing of the vaccinations, preferably start after our children are 2 years old.
- Place an ice pack on the injection site to reduce inflammation.
- Eat a diet high in bioflavonoids and anti-oxidants, the more colourful a food the higher the antioxidant content.
- Take a multivitamin in the weeks before and after the vaccination.
- If breast feeding take very large quantities of the above nutrients.
- It is important to talk to your Naturopath for advice on appropriate dosages.

The Untold Facts

Vaccines are not just the vaccine.

Vaccines contain many toxic chemicals, preservatives, heavy metals, mercury, aluminum phosphate, allergens, phenol (carbolic acid), MSG, formaldehyde and other harmful substances. For a full list of ingredients in vaccines and the possible side effects you could go to these sites: <http://www.generationrescue.org/resources/vaccination/vaccine-ingredients-and-side-effects/http://healthwyze.org/index.php/component/content/article/60-vaccine-secrets.html>

Some people argue these toxins are in very small amounts. It is important to remember they are being given to babies and children. They do not have the ability to process these toxins as an adult would, in addition the percentage per body weight is nothing like that of an adult. Many of these harmful chemicals will accumulate. Exposure to toxins during the critical stages of development, before age two, has potentially detrimental effects on the brain. These days multiple vaccines are given at the same time, so the total loading of these detrimental substances increases with each vaccine given.

The FDA requires, that all injectable solutions contain no more than to 25 mcg of Aluminum; *"we at least know that this level is safe."* However we need to be aware of the concentrations of Aluminum in the following Vaccinations;

DTaP (diphtheria, tetanus, and pertussis): **170–625 mcg**, depending on manufacturer

Hepatitis A: **250 mcg**

Hepatitis B: **250 mcg**

Hib (for meningitis; PedVaxHib brand only): **225 mcg**

HPV: **225 mcg** Pediarix (DTaP–hepatitis B–polio combination): **850 mcg**

Pentacel (DTaP–Hib–polio combination): **330 mcg**

Pneumococcus: **125 mcg** (emphasis added)¹



A recent study conducted by Canadian scientists Professor Christopher Shaw and Dr. Lucija Tomljenovic revealed that the more vaccines children receive containing the adjuvant aluminum, the greater their chance is of developing autism, autoimmune diseases and neurological problems in the future. The researchers compared the number of vaccines recommended by the Centers for Disease Control and Prevention (CDC) during the period from 1991 – 2008 and the changes in the autism rates during the same period. They wrote:

"Those countries with the highest level of aluminum-adjuvanted vaccines had the highest autism rates."²

How vaccines are made.

Vaccinations are made by growing, or culturing, the virus or bacterium in cells derived from various animal sources such as: monkey kidney, foetal calf blood, chick embryos, aborted human foetal lung and yeast to name a few. "It is now widely recognized that cultures of primary cells may frequently be contaminated with viruses derived from the host animal"³ In 1993 a journal "Vaccine", published an article stating "*Virus contaminated cell cultures are a major problem in the bio industry... Cell cultures can be permanently virus infected...*"

Using statistical analysis and data from the US Government, UK, Denmark and Western Australia, scientists at Sound Choice Pharmaceutical Institute (SCPI) found that **increases in autistic disorder correspond with the introduction of vaccines using human foetal cell lines and retroviral contaminants.**

This study published in the September 2014 reveals a significant correlation between autism and three specific vaccines: MMR (measles, mumps, and rubella); Varicella (chickenpox); Hepatitis-A vaccines.⁴ All of these vaccines were manufactured in fetal cell lines known to be contaminated with retroviruses.

*"Instead of conducting safety studies [the FDA] regulated the amount of human DNA that could be present in a vaccine to no greater than 10ng. Unfortunately, Dr. Deisher's team discovered that the fetal DNA levels ranged anywhere from 142ng – 2000ng per dose, way beyond the so-called 'safe' level."*⁵

"There are a large number of publications about the presence of HERV (human endogenous retrovirus – the only re-activatable endogenous retrovirus) and its association with childhood lymphoma,' noted Dr Deisher. *The MMR II and chickenpox vaccines and indeed all vaccines that were propagated or manufactured using the fetal cell line WI-38 are contaminated with this retrovirus. And both parents and physicians have a right to know this!*"⁶



Many vaccines are grown in animal cells, so animal tissues are included in the solution that is injected. Animal tissues are safe when their protein materials are digested through normal gut function. However there are large proteins deliberately included such as egg albumin, gelatin and casein. When injected, these normally harmless proteins are unusable and toxic to the body. The immune system is triggered by these proteins to produce an unnatural sensitization to all of the ingredients. This explains why allergies such as lactose intolerance, and egg and nut allergies have suddenly become common in recent history.⁷

There is now a growing body of evidence that certain vaccinations are linked to the rise in Type 1 and 2 Diabetes. This disease may not appear till two or four years after the vaccinations.⁸

Vaccines by Pass Our First level of Immunity.

Vaccinations damage the developing immune system in young babies and children. The immune system is a complex process which involves Th1 and Th2 responses. (Types of T Lymphocytes or white blood cells). When we contract a disease it is usually through the respiratory or mucus membranes coming into contact with the germ responsible (pathogen). This elicits a Th1 (first level) response which produces chemicals and macrophage (a type of white blood cell) response to kill invading pathogens. Then the Th2 (second level) response is activated to produce antibodies against the foreign pathogen. However when we are injected with a manufactured vaccine it by passes the first part of the process. This has several repercussions; firstly it generates an imbalanced response which over stimulates the second level and secondly it means we are not developing the part of the immune system responsible for dealing with germs as we would normally encounter them. It is like having an electric fence but failing to turn it on.

Babies are born with immature immune systems in which the second level dominates. So giving a vaccination confuses the normal development of their immune system and further pushes them into the second level dominance. This can cause autoimmune disease (e.g. juvenile diabetes), allergic disorders (e.g. eczema, asthma and life threatening anaphylactic allergies to everyday foods like peanuts) and frequent infections (e.g. colds and ear infections).

The World Health Organization (WHO) underscored this fact in their report titled, Immunization, Vaccines and Biologicals. They wrote that, ***"Children under two years of age do not consistently develop immunity following vaccination."*** Therefore, vaccines can fly "below the radar" of our immune system.⁹

Vaccinations do not necessarily confer immunity.

Vaccines only give antibody responses to the particular strain of the virus or bacterium in the vaccine, not to the wild or mutated strains we will encounter in our lives. Vaccination can actually sensitize a person, making them more susceptible to the infection they are supposed to protect against.¹⁰



Many other scientists have likewise noted that people who have been vaccinated will not only develop the infection, but do so with increased severity. This lowered immunity may last from months to years after the vaccination.¹¹ Merck Sharpe and Dohme manufacturers of many vaccines state on the data sheets of the vaccines "As for any Vaccine, vaccinations with (name of vaccine) may not result in protection in all vaccine recipients."¹²

Vaccines may actually cause the illness they are supposed to prevent.

Poliomyelitis ("polio") is caused by intestinal viruses that spread from person to person in stool and saliva. Local transmission of wild polio virus in Australia probably ceased in 1962.¹³ However the use of the Oral Polio vaccine can cause the continuation of the infection. There has been the emergence of circulating vaccine-derived polioviruses (cVDPVs) outbreaks occurring at a rate of once or twice per year, since the year 2000¹⁴ *The Medical Journal of Australia* discovered "the relation of prophylactic inoculations [*polio vaccines*] to the onset of poliomyelitis [*polio*]" as far back as 1951, this is then called Vaccine-Associated Paralytic Poliomyelitis (VAPP). The polio vaccine program paralyzed 47,500 children in India in 2011 and those injured by the vaccine died at twice the rate of those infected by "wild" polio!¹⁵

The MMR vaccine also contains live viruses and according to an MMR 2 manufacturer's data sheet from Merck, Sharpe and Dohme, *'It is not known whether measles or mumps vaccine virus is secreted in human milk.* Recent studies have shown that lactating postpartum women immunised with live attenuated rubella vaccine may secrete the virus in breast milk and transmit it to breast-fed infants. Caution should be exercised when M-M-R II is administered to a nursing woman.¹⁶

Measles outbreaks have occurred in schools with vaccination rates over 98 % in all parts of the U.S. including areas that had reported no cases of measles for years. As measles immunization rates rise to high levels measles becomes a disease seen only in vaccinated persons.¹⁷

Vaccines may cause perpetuation of the infection in the community.

People Vaccinated against Whooping Cough may unwittingly become carriers of Whooping Cough and become potential transmitters of the illness to unprotected people. The whole-cell vaccine for pertussis is protective only against clinical disease, not against infection (so you may be infected with Pertussis but not show signs of the infection). It has been noted that DPT vaccine does not fully protect children against the level of clinical disease defined by WHO. So anyone who is vaccinated with DPT may be acting as a silent reservoir in the transmission of pertussis in the community.¹⁸

Measles, chicken pox and polio have been passed on to other people from vaccinated individuals. This has been documented in several scientific journals.¹⁹

This pattern can be seen for many infections. Those who have been vaccinated are more susceptible to the illness, suffer a more severe form of the illness and can become passive carriers of the illness.²⁰



Germ, Hygiene and the reduction in infectious diseases.

In the 19th Century scientists discovered that germs, viruses and bacteria, actually caused illness. The decline in the incidence of contagious diseases may actually have been due to improvement in public health related to water quality and sanitation, less crowded living conditions, better nutrition, and higher standards of living. Historically all the childhood infections and other infections were declining before a vaccine was even made.²¹

In England the incidence of polio had decreased by 82% before the polio vaccine was introduced. The seemingly dramatic decline in polio cases after introduction of polio vaccine coincided with a change in diagnostic criteria from paralysis lasting 24 hours or more to paralysis lasting at least 60 days. Polio incidence actually increased after vaccine was introduced; the oral polio vaccine became the sole cause of paralytic polio in North America until it was discontinued there.²²

In 1975 Germany stopped requiring pertussis (whooping cough) vaccination. Today less than 10% of German children are vaccinated against pertussis. The number of cases of pertussis steadily decreased to <1 case/100,000 inhabitants *even though far fewer children are receiving pertussis vaccine*, until vaccination was reintroduced in 1991. Now the rates of whooping cough are again increasing.²³

Measles mortality rates had declined by 97% in England before measles vaccination was instituted. The unvaccinated Amish communities had no cases of measles at all between 1970 and 1987.²⁴

Vaccination is supposed to prevent illness and thus improve your health. This is not always so.

As [Barbara Loe Fisher](#), founder of the National Vaccine Information Center (NVIC), stated: "*The truth is, nobody knows how many vaccine victims there are in America, how many of the 1 in 6 learning disabled children; or the 1 in 9 with asthma; or the 1 in 100 who develop autism; or the 1 in 450 who become diabetic, can trace their chronic inflammation, disease and disability back to vaccine reactions that have been dismissed by public health officials and doctors for the past century as just "a coincidence."*

As of August 2012, about half of the 2,982 awards for vaccine injury and death totalling nearly \$2.5 billion dollars made under the U.S. 1986 National Childhood Vaccine Injury Act involve pertussis containing vaccines. Many paediatric neurologists acknowledge that vaccination, including the use of vaccines for smallpox, rabies, influenza, mumps, measles, tetanus, polio and pertussis, can and does occasionally cause neurological complications that can lead to permanent brain dysfunction.²⁵

Since the introduction of mass vaccinations there has been a marked decline in children's overall health. Autism has increased to 1/100 in America; Eczema to 1/5; Asthma to 1/9; Anaphylactic food allergies has doubled in the last decade; Type 1 diabetes in children has doubled since 1980. Two studies done in New Zealand in 1992 and 1995 show that unvaccinated children clearly have less allergies, less otitis media (ear infections), less tonsillitis, less running noses, less epilepsies and less ADHD.



Vaccine safety has never been proven.

Studies to compare the overall long-term health of vaccinated versus unvaccinated people have never been done. Nor have studies been done to discover the combined and cumulative effects of so many vaccines. Safety studies prior to vaccine licensing are typically inadequate and limit follow-up to a few days or weeks. The Joint Committee on Vaccination and Immunisation has been shown to have deliberately withheld safety information from both medical practitioners and the general public.²⁶

Vaccinations are manufactured by big Pharmaceutical companies to make money.

Pharmaceutical companies are not doing this for altruistic reasons or to promote health. In America legislation has been enacted to exempt these companies from being sued for any detrimental effects of vaccination. I have never heard of any other situation where the manufacturer of a product cannot be sued if that product causes harm. This fact alone gives us reason to doubt the information provided by these companies as to the safety or efficacy of their products. In America on October 1, 1988, the National Childhood Vaccine Injury Act of 1986 (Public Law 99-660) created the National Vaccine Injury Compensation Program (VICP). The link takes you to a table listing all the adverse effects from vaccinations, for which you can be compensated.²⁷

The very people who do the research into the benefits or risks of vaccinations are the companies who make them, hardly an unbiased procedure. This is reminiscent of tobacco companies publishing research stating that tobacco was good for your health.

A new peer reviewed paper published recently presents convincing evidence that the rapid increase in the number of vaccines given to US children has now created a state of immune overload in the majority, or close to the majority, of young US children and that this is being manifested by related health issues including epidemics of obesity, diabetes, and autism. The new paper is authored by immunologist J. Bart Classen, MD. ***"The best data indicates that vaccine induced chronic disease is now of a magnitude that dwarfs almost all prior poisoning of humans including poisoning from agents like asbestos, low dose radiation, lead and even cigarettes."***²⁸

The Choice Is Yours.

I hope this newsletter has given you the information which will help you make an informed choice.

I do not wish to tell you what to do, as the health of you and your family is your responsibility.

My intention is to keep you aware of the latest research and facts.

I will always support any decision you make and offer advice to help you and your family be as healthy as possible.



- ¹ Dr Robert Sears pediatrician, *Is Aluminum the New Thimerosal?* Mothering in 2008
- ² www.ncbi.nlm.nih.gov/pubmed/23609067
- ³ Frank Fenner MBE, MD "The Reactivation of Animal Viruses" *British Medical Journal* July 1962.
- ⁴ *Journal of Public Health and Epidemiology* September 2014: 6(9); 271-284 (PDF)
- ⁵ www.fda.gov/downloads/AdvisoryCommittees/.../UCM319573.pdf http://s3.amazonaws.com/soundchoice/soundchoice/wp-content/uploads/2012/08/DNA_Contaminants_in_Vaccines_Can_Integrate_Into_Childrens_Genes.pdf
- ⁶ https://bioethicsarchive.georgetown.edu/pcbe/transcripts/sept08/deisher_statement.pdf
- ⁷ <http://www.vaccines.net/vaccine-induced-immune-overload.pdf>
- ⁸ <http://www.ncbi.nlm.nih.gov/pubmed/14679101>
<http://www.ncbi.nlm.nih.gov/pubmed/12793601>
- ⁹ http://who.int/immunization/position_papers/influenza_grad_efficacy_age_2to24_months.pdf
<http://www.who.int/ith/vaccines/meningococcal/en/>
- ¹⁰ Craighead "Disease accentuation after immunization with inactivated microbial vaccines" *Journal of Infective Disease*: 131 (6): 749-754
- ¹¹ Wright *Lancet*: 14 September: 715-723
- ¹² <http://www.medsafe.govt.nz/profs/Datasheet/p/ProQuadinj.pdf>
- ¹³ <http://www.health.gov.au/internet/main/publishing.nsf/Content/cda-pubs-cdi-1999-cdi2303-cdi2303g.htm>
- ¹⁴ *N Engl J Med* 2010; 362:2346-2349 June 24, 2010
- ¹⁵ *Indian Journal of Medical Ethics* April-June 2012
- ¹⁶ <http://www.medsafe.govt.nz/profs/Datasheet/p/ProQuadinj.pdf>
- ¹⁷ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1646939/>
- ¹⁸ http://wwwnc.cdc.gov/eid/article/6/5/00-0512_article
- ¹⁹ <http://www.eurosurveillance.org/images/dynamic/EE/V15N35/art19652.pdf>
<http://cid.oxfordjournals.org/content/early/2014/02/27/cid.ciu105>
- ²⁰ <http://www.vaccineriskawareness.com/Vaccine-Shedding>
- ²¹ http://www.vaccinationcouncil.org/media/Obamsawin_Vaccination_Tables.pdf
- ²² <http://vran.org/about-vaccines/vaccine-essentials/vaccination-the-basics/>
- ²³ <http://www.biomedcentral.com/1471-2334/9/22>
- ²⁴ Sutter et al. 1991 *Journal of Infective Disease*: 163: 12-16
- ²⁵ <http://www.nvic.org/vaccines-and-diseases/Whooping-Cough.aspx>
- ²⁶ <http://nsnbc.me/wp-content/uploads/2013/05/BSEM-2011.pdf>
- ²⁷ <http://www.hrsa.gov/vaccinecompensation/vaccineinjurytable.pdf>
- ²⁸ Classen JB, *J Mol Genet Med* 2014, S1:025

Further reading:

<http://www.vaccineriskawareness.com/Vaccine-Shedding>

<http://thepeopleschemist.com/reasons-dont-vaccinate-children-vaccine-supporters-shouldnt-give/>

<http://vactruth.com/2014/08/17/dtap-vaccine-myths/>

<http://vran.org/about-vaccines/vaccine-essentials/vaccination-the-basics/>

<http://vactruth.com/2014/01/28/toxic-levels-of-aluminum/>

<http://vran.org/science/science-supporting-vaccine-risk/vaccination-failure-and-disease-transmission/>