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Do Adult Vaccines Protect From Illness?

Sixteen Adult Vaccines Risk vs. Benefits

The 3 Most Important Questions About Vaccines and Their Answers

Start Your Journey Into the Controversial World of Vaccination Here

How to Reverse the Damaging Effects of Immunization

Eliminating Deadly Poison

5 Vaccination Myths

Exercising Your Right Whether or Not to Vaccinate

Detoxification and Health Restoration after Vaccination

Three Important Steps to Clear Toxic Vaccine Ingredients from Your Body

The Spotty History of Vaccinations

Advancement and Evidence of Development



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Letter from the editor

Vaccines are a touchy subject, maybe more so than politics and religion. The pro vaccines people believe that the non-vaccinated are putting everyone at risk. The anti crowd believes that the immunization risks far out way the benefits.

Home Cures That Work is about looking at all the information from a neutral standpoint. We ask some questions and communicate the answers so you can make the best possible decision for yourself, your children or your grandchildren.

Those who are choosing not to vaccinate or get immunized are not just doing it based on belief. They are basing their decision on science and information, some of which is presented in this issue.

There are dozens upon dozen of vaccines and immunizations available today. Some might be completely safe, harmless and necessary. Take a look at Dr. Saunders article for examples.

As per the adverse affects and dangers associated with vaccinations, it's time to inject a dose of reality into the rumor-driven debate.

So whether you believe in convincing people to vaccinate because it is safer than the complications of any disease, or that freedom in making your own healthcare decision over your own body means stopping vaccinations all together, you have access to all the information here at Home Cures That Work.

Just the vax... and nothing but the vax.

Cheryl Ravey
Editor, Home Cures That Work



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Do Adult VACCINES Protect From Illness?

by Dr. Scott Saunders, M.D.

Sixteen Adult Vaccines Risk vs. Benefits

There is nothing on Earth more controversial than vaccines. Ever since that historic day in May 1796 when Edward Jenner gave a young girl the first vaccine, the cowpox virus that prevented her from getting smallpox, entire populations have been polarized over the use of vaccines. Few have not taken sides. Some say vaccines are the cause of illnesses of all types: autism,

neuropathy, asthma, and so forth. While others say they do no harm at all and only help prevent disease. The debate is even more heated when the government forces people to get vaccines they don't want.

The use of vaccines to prevent illness got a slow start. Louis Pasteur was born about the time Edward Jenner died. It wasn't until 1885 that Pasteur vaccinated a 9 year old boy bitten by a rabid dog with the first rabies vaccination. Since that time, many new vaccines have been developed to protect people from multiple illnesses.

The Centers for Disease Control and Prevention currently recommends 49 doses of 14 different vaccines before the age of six. This does not include other vaccinations that are

available for travel to other countries. At this time, the medical evidence should tilt the balance of the debate towards the government allowing parents and individuals to make their own decisions and those for their children.

The fact is there are risks to vaccinations. It's important to be informed of these in order to make a decision. The big question on everybody's lips is: "Which vaccines should I get, and when?"

It's hard to know whom to trust when manufacturers use government to force vaccines on the entire population. Today, it seems that the public health establishment is obsessed with developing vaccines against every conceivable microorganism, and these government programs are bent to include everyone, every child, and every infant in the immunization loop.

Herd Immunity

In California, and now all over the United States, representatives of those who sell vaccines are talking about a concept called “herd immunity.” This is the theory that if a certain percentage of the population has vaccinations, then they won’t spread the illness, and the whole society is protected.

Literature from those who market vaccines to the public often state that if most of a population are immune to a disease, then it protects those who aren’t vaccinated.

This causes peer-pressure to get vaccinated. As a result, schools, friends, and neighbors may not allow unvaccinated children around, believing that they could pass diseases. This theory, however, has been disproved. Russell Blaylock, MD, a neurosurgeon, explains the situation.[1]

“When I was in medical school, we were taught that all of the childhood vaccines lasted a lifetime. This thinking existed for over 70 years. It was not until relatively recently that it was discovered that most of these vaccines lost their effectiveness 2 to 10 years after being given. What this means is that at least half the population, that is the baby boomers, have had no vaccine-induced immunity against any of these diseases for which they had been vaccinated very early in life. In essence, at least 50% or more of the population was unprotected for decades.

If we listen to present-day wisdom, we are all at risk of resurgent massive epidemics should the vaccination rate fall below 95%. Yet, we have all lived for at least

30 to 40 years with 50% or less of the population having vaccine protection. That is, herd immunity has not existed in this country for many decades and no resurgent epidemics have occurred. Vaccine-induced herd immunity is a lie used to frighten doctors, public-health officials, other medical personnel, and the public into accepting vaccinations.”

Herd immunity is a myth that won’t go away because it is the only way to justify forced vaccination for an entire population.

Natural Vaccination

The creation of a vaccine may also induce the need for it. The chickenpox vaccine nicely illustrates the difference between natural immunity and vaccine immunity.

When I was a child, my friend Tony down the street got the chickenpox and my mom brought us over to play with him. We didn’t usually play at Tony’s house. I thought it was funny that other children of the neighborhood came over as well. It was like a party! That was the only time I went inside his house. Within a few days, I also had red spots, and itching. I remember crying because my mom told me not to scratch. Obviously, I wasn’t very obedient because I still have a scar on my face.

Immunity wanes over time, whether you get the chickenpox or you get the vaccine. However, when children get chickenpox, the adults around them get “vaccinated” by exposure, giving them a natural booster. These periodic “re-vaccinations” throughout life from children and grandchildren keep up the immunity of most of the

population. So, a single childhood illness provides “lifetime immunity.”

Now, however, children are vaccinated against chickenpox. Thus, the adults around them don’t have any natural booster for their own immunity. As a result, the rate of shingles, a secondary type of chickenpox, has skyrocketed in recent years.

The vaccine manufacturer has conveniently created the need for a shingles vaccine, which is the exact same thing as the chickenpox vaccine, only 100 times stronger.

Achieving Herd Immunity

The ability for a vaccine to provide



protection against an illness depends on how it stimulates the immune system to react. We look at antibody levels, but now know that most viral illnesses are intracellular - they infect inside the cells. So, viruses are controlled through the innate, or cellular immune system, including macrophages and NK (natural killer) cells. This is why antibodies may not be protective. Thus, a vaccine that stimulates the body to produce antibodies against a virus may not actually be effective at preventing disease. Besides this, there are really several reasons for outbreaks of diseases in populations that have been “fully vaccinated” against them.

- Many don't respond to the vaccine
- Antibodies decline rapidly in some
- “Booster” vaccinations don't always cause more antibodies

All these factors combined, approximately 50% of people are protected following a vaccine, depending on the illness. This explains why nobody has ever achieved the 95% threshold that is theoretically needed to achieve “herd immunity” that prevents outbreaks of vaccine-preventable diseases.

Vaccine Effectiveness

There has always been a question of the effect vaccines have had on the rates of disease. We are told that vaccines have been the cause of a drop in rates of infections in the world population. Actually, there is probably a modest effect at best, as illustrated by the following graph, which gives us the big picture of multiple infectious diseases.

We can see that these common illnesses were declining throughout

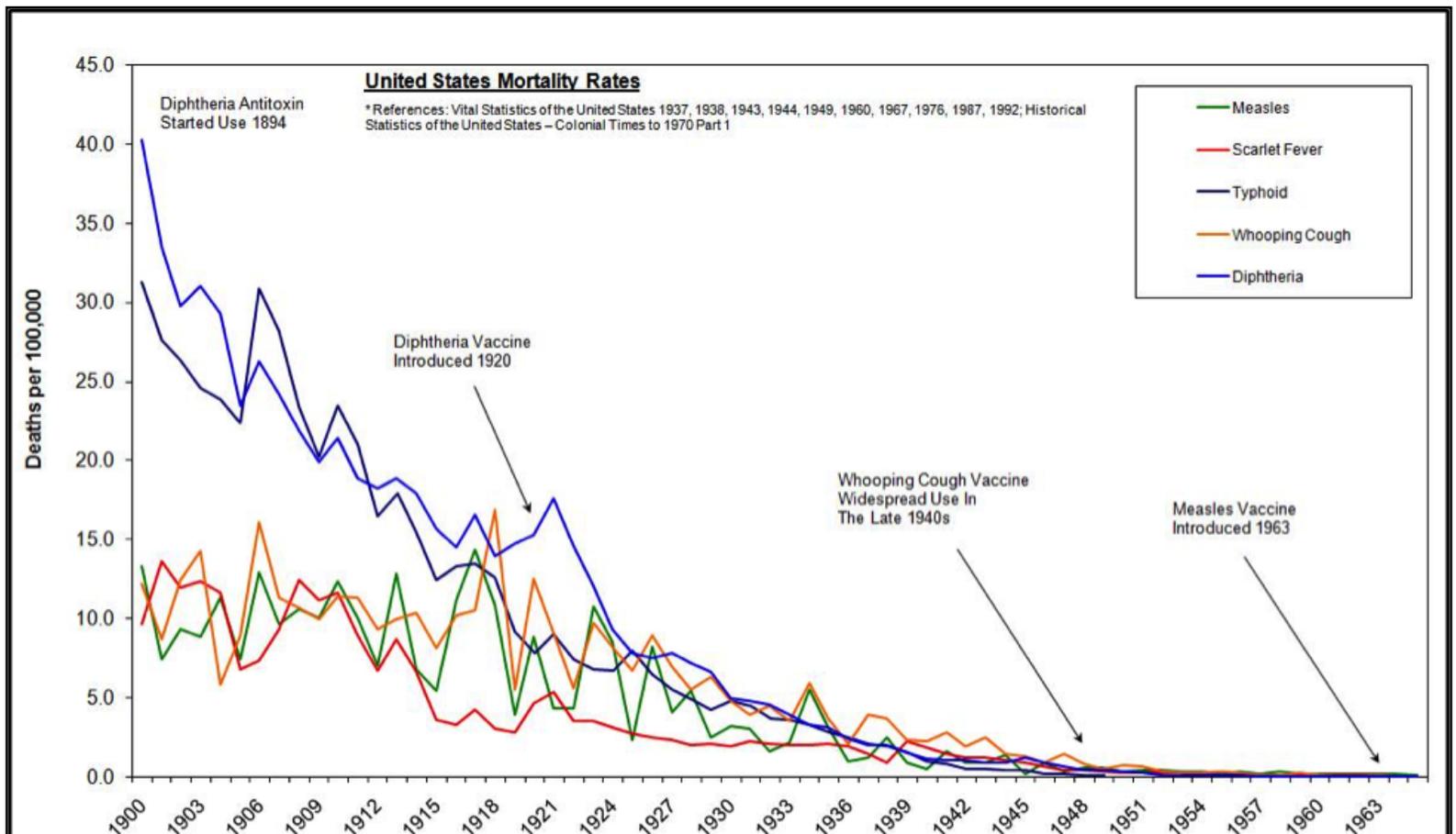
the early part of the 20th century, whether they had a vaccine or not. This is attributable to multiple factors including:

- Cleaner streets that were no longer filled with dung because people began driving cars.
- Cleaner water with good sewage treatment.
- Cleaner food due to refrigeration.

Thus, an effective vaccine in 1900 meant a lot more to a population than it does since 1950.

Adult Vaccine Risks vs. Benefits

Now, with all of this information, are you ready to make decisions on which vaccines to get, and when? Probably not. Does this mean that vaccines are not useful? Not at all!



In my office we have a travel clinic where we carry most vaccines, even ones that other doctors never see such as Japanese Encephalitis and Yellow Fever. Because of this, I need to know which vaccines are appropriate for each person and pass this information to inform my patients on which they desire.

Here I will provide you the significant risk of complications – and benefits if present – of each adult vaccine. You should have a choice in what substances are injected into your body – at any age. And, to be perfectly clear, it should be the government’s job to protect that choice – not take it away! Don’t let a physician push any immunization on you to comply with the CDC’s recommendation for adult vaccination before you know the risks! Here is what to expect.

Yellow Fever

Of all the vaccines available, only Yellow Fever is required for travel to certain tropical areas of Africa and South America. However, this well-studied vaccine has limitations. It doesn’t work well in younger children and older adults, and can cause serious side-effects. Some countries require an international record of vaccination with an official seal in order to enter the country if you have been in a country that has Yellow Fever. This is thought to prevent the spread of Yellow Fever to the countries that don’t have it. However, mosquitos spread Yellow Fever so the other way to prevent this illness is to avoid mosquito bites.

Hepatitis B

Many believe Hepatitis B should not be given to infants at large. The

illness is easily controlled now that we have a good test for it. It cannot be spread by casual contact; it requires blood or body fluid contact. Thus, I tell people who are traveling to areas where Hepatitis B is common that the alternative to the vaccine is to avoid risky behavior such as:

- Doing things that may cause severe injuries requiring blood transfusion
- Having sexual relations with the local population
- Sharing needles with others

Many can opt-out of this vaccination if they are at low risk for such things.

The Flu Shot

The local hospital in Santa Barbara has a program that is common around the country. They require every employee to have a flu shot. If they can’t because of allergy to the vaccine, for example, then that employee is required to wear a mask while at work. These programs are meant to force people into getting a vaccine that doesn’t work. The effectiveness of the flu vaccine every year is questionable, at best.[2] Every year we get the same story: “This year the flu vaccine didn’t work, but next year we’ll get it right.”[3]

I used to carry the vaccine for influenza as part of the travel clinic, and provided it to those



who desired it. But now I don’t because the risks clearly outweigh the benefits. What’s more, after seeing two people contract Guillain-Barre Syndrome and another with seizures after a flu vaccine, I looked into alternatives to the flu shot.

Clearly, the best alternative is to take high doses of vitamin D during the flu season. In fact, it has been found that the “flu season” happens because there is less sunshine during the winter, and thus people create less vitamin D.[4]

My patients get 50,000 IU of vitamin D per week during the flu season.

Hepatitis A, Polio, and Typhoid Fever

Even though these are not related, and don’t come together, they have similar modes of transmission.

When children get chickenpox, the adults around them get “vaccinated” by exposure, giving them a natural booster. These periodic “re-vaccinations” throughout life from children and grandchildren keep up the immunity of most of the population. So, a single childhood illness provides “lifetime immunity.”

These infectious diseases primarily come from an unclean food and water supply. There is no transmission of these illnesses in treated water (added chlorine). So, reserve these vaccinations for travel to areas where the water supply isn't clean.

Measles, Mumps, Rubella (MMR)

These viruses do have a small chance of causing problems in adults, and the vaccine may help prevent complications. I usually recommend it for those going into puberty if they don't already have immunity. A simple blood test will determine the immune status.

Pneumonia

The CDC recommends adults get a pneumococcal vaccine to prevent pneumonia, but that isn't what it does. Of the 90 strains of streptococcus pneumoniae, the vaccines may only protect against 7, 13, and now 23.[5] The FDA didn't originally license the vaccine for pneumonia or ear infections, the two illnesses for which it is marketed. It is really only for those who have no spleen to prevent the bacteria from getting in the blood. In any case, the risks of the vaccine clearly outweigh the benefits so I don't recommend it for anyone.

Shingles

This vaccine is a strong chickenpox vaccine, as discussed above. The actual statistics are a 50% reduction of the shingles in three years after getting the vaccine. The absolute numbers are not as nice. The risk of shingles in any given year is about 1 in 600 so the vaccine will reduce your risk to 1 in 300 for about 3 years.[6] But, since the risks of the vaccine are small I leave this to the

individual. Those who are worried about shingles may want to get it. Remember, because children are now getting the chickenpox shot you may not be getting "boosters" from them.

Diphtheria, Pertussis, and Tetanus (DTaP)

The tetanus shot is actually useful and low risk. The benefits clearly outweigh the risks. Tetanus can happen from any deep wound; it doesn't require a "rusty nail," and the organism is found worldwide. I recommend a dose in childhood about the time children begin to walk, and a booster every ten years. Another option is to have the initial vaccine, and then if there are any deep wounds to give the booster within two days of the injury. The other two parts of the vaccine are questionable, as noted above in the graph, but are no longer available separately.

Meningococcal Meningitis

Currently there is a lot of press about meningitis on college campuses. However, the statistics for the vaccine aren't great. According to the CDC, "A retrospective cohort study conducted over 5 years (1992–1997) indicated that the overall incidence of meningococcal disease among college students was similar to that among the U.S. population of persons the same age. However, rates of disease among students living in dormitories were somewhat higher than rates among students living off campus (3.2/100,000 and 1.0/100,000, respectively — over 5 years)."[7]

The decline in incidence of Meningococcal meningitis in the 1990s was general among all types, not just the ones in the vaccine. The vaccine doesn't cover the most



common cause of meningitis in infants, type B. Moreover, college students who had the vaccine also got the disease at a similar rate as those who didn't, and the death rate didn't change, about 10%.[8] The vaccines aren't very effective. In this case, the risks outweigh the benefits of vaccination so I don't recommend it.

Human Papilloma Virus (HPV)

For those who are concerned about cervical cancer there are two vaccines against the virus known to cause it, or at least some of the strains. This is important because the vaccine itself has caused the less important strains to flourish, while those contained in the vaccine are declining.

The research on these vaccines indicate that, "In 2007-2010, the overall prevalence of HPV was 50 percent in the vaccinated girls (14-19 years), but only 38.6 percent in the unvaccinated girls of the same age. Therefore, HPV prevalence dropped 27.3 percent in the unvaccinated girls, but only declined by 5.8 percent in the vaccinated group. In four out of five

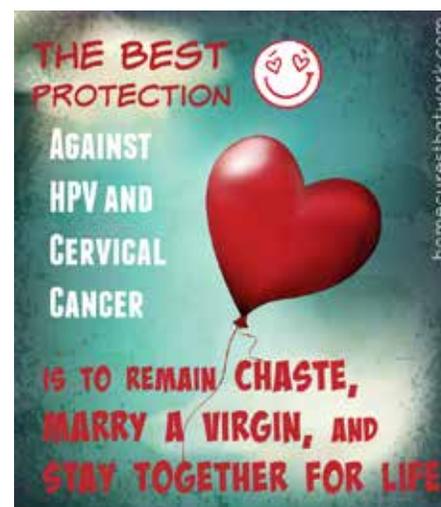
different measures, the unvaccinated girls had a lower incidence of HPV."[9]

In other words, those who had the vaccine had more HPV than those who didn't. There are many other problems with this vaccine, including increased cancer, so I don't recommend it. The best protection, in fact 100%, against HPV and cervical cancer is to remain chaste, marry a virgin, and stay together for life.

Clearly there is no "one-size-fits-all" approach to vaccinating adult or children. I am in favor of true, complete informed consent, which means a person hears the full spectrum of pros and cons regarding a medical option and then is given the choice to refuse. If you know the risks and benefits of each, you can make an informed decision and apply the correct principles to your individual situation. It's also essential that you search for good information, ask for absolute numbers and analyze them yourself. Most of the information given to the general public is incomplete and even deceptive.

Information stimulates discussion. Vaccination needs to be questioned and debated. There are too many "sins of omission and commission" in the continual war over vaccines.

Vaccines may cause more harm to the health of the individual than the "protection" and "benefit" they purportedly provide. Take the time to investigate the potential risk of vaccines before being forced to make that "on-the-spot decision" of whether or not to vaccinate, knowing that with additional information you would have chosen differently.



Sources: [1] <http://www.vaccinationcouncil.org/2012/02/18/the-deadly-impossibility-of-herd-immunity-through-vaccination-by-dr-russell-blaylock/> [2] Ohmit SE, Petrie JG, Malosh RE, et al. Influenza Effectiveness in the Community and the Household. *Clinical Infectious Diseases* Feb. 14, 2013. [3] <http://abcnews.go.com/Health/flu-years-vaccine-worse-thought/story?id=28249130> [4] <http://www.webmd.com/cold-and-flu/news/20090223/low-vitamin-d-levels-linked-to-colds> [5] http://www.immunize.org/askexperts/experts_pneumococcal_vaccines.asp [6] <http://www.cdc.gov/shingles/about/overview.html> [7] <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5407a1.htm> [8] <http://www.cdc.gov/vaccines/pubs/pinkbook/downloads/mening.pdf> [9] http://www.theonc.org/author.asp?section_id=2414



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DETOXIFICATION AND HEALTH RESTORATION AFTER

by Amanda Box, N.D.

VACCINATION

Three Important Steps to Clear Toxic Vaccine Ingredients from Your Body

Having been in the natural health industry for nearly 15 years, I've been on the receiving end of all sorts of criticism. I've heard the natural methods I've supported for years referred to as new age, witchcraft, a placebo effect, old wives tales and hippy.

But, I prefer to describe natural medicine using words like effective, safe, holistic and natural. I've seen lives changed, health transformed, and diseases cured using alternative medicines like herbs, supplements

and, most importantly, a healthy diet.

I'm not opposed to all conventional medicines. I believe some pharmaceutical medicines have their place and truly have no natural replacement.

However, I must say the most heated discussions I have ever been a part of regard the controversial subject of vaccination. Vaccine debates can get downright ugly. I've seen fear mongering tactics and mudslinging coming from both sides.

But beneath the vaccine controversy regarding autism, measles outbreaks and safety for children, lies one simple truth. Vaccines do not make us healthy.

Some of you may argue with this statement, but please hear me out. When I use the word "healthy," I mean free of any harmful side effects. Healthy also implies that something improves the body's state of wellness. Unfortunately, vaccines do the opposite. They damage our health by compromising the

integrity of our immune system.

Vaccine Damage

Vaccines contain a cocktail of chemicals ranging from heavy metals, like mercury, to toxic preservatives such as formaldehyde. These toxins accumulate in the body's tissues and can lead to:

- Neurological issues
- Chronic fatigue
- Digestive disorders
- Fibromyalgia
- Lupus
- Diabetes

However, the most common symptoms from vaccine damage include:

- Acne
- ADD/ADHD
- Food allergies
- Asthma
- Digestive disorders
- Insomnia
- Eczema
- Liver and kidney problems
- And more

Many of the health issues caused by vaccines are rooted in autoimmune reactions. This is because the body recognizes many of the toxic chemicals in vaccines as foreign invaders. When these chemicals accumulate in different areas of the body, the immune system activates and attacks. Inflammation is the result of this attack, which leads to pain, degeneration of tissue and even disease. The vaccines themselves are also designed to stimulate the immune system, which results in even more inflammation. Unless you cleanse these toxins from the body, the symptoms will continue.

Many of you have chosen to vaccinate or you cannot avoid vaccination due to a job requirement. If this is the case, I urge you to consider detoxification. Vaccine antigens weaken the body's immunity and its toxic preservatives cause damage and inflammation. Furthermore, repeated vaccinations can be extremely damaging to the body. The toxins continue to build and often migrate from place to place at any time throughout the body causing systemic damage. This is why, in many cases, vaccine damage occurs months or even years after the shot was administered!

3-Steps to Health

Thankfully, our bodies have the innate ability to heal and come into balance when given the proper resources. Accumulated toxic chemicals from vaccines can be broken down and cleansed from the body. There are three important steps to clear toxic vaccine ingredients from the body and regain your health:

1. Detoxification
2. Nourishment
3. Maintenance

Following these three steps is imperative after vaccination. They will detoxify the body of harmful toxins, but also bring the body back into balance and a state of good health!

Detoxification

Incorporating the proper supplements will both stimulate and accelerate the detoxification process. It is important to cleanse the blood, intestinal tract and liver because these organs are the main hotbeds of toxin accumulation. The following supplements can be used to draw vaccine toxins out of the body safely and effectively.

Activated Charcoal

Activated charcoal has the amazing ability to attract toxins like a magnet. It uses a process called adsorption, which is different than absorption. During adsorption, material passes

into or through a tissue or material. Adsorption, however, involves the attraction of material to the surface, similar to a magnet.

When you ingest activated charcoal, it attracts toxins and heavy metals like mercury. Because it is not digested, it stays inside the digestive tract until it is eliminated, taking the toxins out with it in your waste!

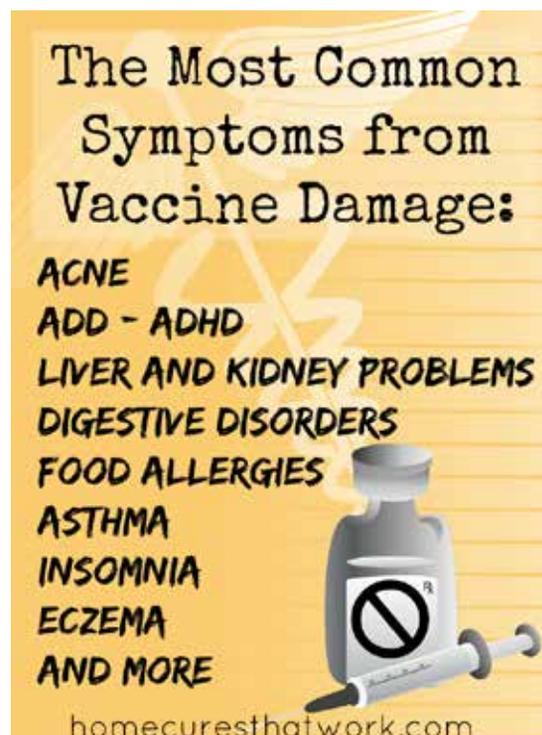
Just a warning, charcoal will turn your stools black. It is recommended that you take some sort of laxative to keep your bowels moving in order to push the waste out of your body. Also, because charcoal is so powerful, it can sometimes interfere with mineral absorption. Therefore take it on an empty stomach at least an hour before eating or taking vitamins.

For vaccine toxin detoxification, take 2000 mg a day for one month. Divided this into two doses, one for the morning and one for the evening. A half dosage can be given to children under 12.

Chlorella

This powerful green food, micro-algae is very small in size. Its small size and molecular structure make it excellent at detoxification. Similar to charcoal, chlorella bonds to metals and chemicals, removing them safely out of the body. This makes chlorella a dynamic choice for post-vaccine detoxification. It safely and effectively bonds to heavy metals and chemical residues that are left behind in the body after vaccination. Chlorella is also rich in chlorophyll, which aids in:

- Repair and growth of tissues
- Balances the body's pH



- Processing of oxygen

Chlorella is perfectly safe for children and can be given in a dosage of 2000 mg a day. Adults can take 2000-5000 mg a day.

Blood Cleansing Blend

Vaccine residues and chemical by-products can remain in the blood for years after vaccination. This makes cleansing the blood itself very crucial for system-wide post vaccination detoxification.

When purchasing an herbal blend for blood detoxification, it is important to make sure it contains at least two of these three powerful blood detoxifiers.

Burdock

This powerful blood purifier has been used for centuries to cleanse the blood and increase elimination of wastes. This root eliminates long-term impurities from the blood quickly through its action on the liver and kidneys. Burdock root is also said to neutralize and eliminate poisons in the system.

Yellow Dock

Another powerful blood purifier, yellow dock helps cleanse the blood by removing waste products from the system. It is also a liver cleanser and does so by stimulating bile flow. Increased bile flow equals increased elimination of toxins. Yellow dock root also contains anthraquinones and anthraquinone glycosides, which give it a cleansing laxative effect. It not only improves elimination of wastes out of the body, but also reduces bowel inflammation.

Red Clover

Known for the last few centuries for its ability to clean “dirty blood,” red clover acts as an excellent blood purifier. It is also known for its anti-cancer properties. Dr. John Christopher, a pioneer of herbal medicines, called it the “antidote to cancer.” This herb also has diuretic properties as well as liver cleansing properties. Some great blood cleansing blends that contain these detoxifying herbs include:

- Eclectic Institute’s Blood Support
- [Flor-Essence Herbal Tea Blend](#)
- [Gaia Red Clover Supreme](#)

Natural Fiber

During detoxification, you must consume additional fiber to keep the bowels moving, as well as absorb excess toxins. As you are detoxifying, vaccine residues will end up in your waste and eventually be carried out of the body. Adding fiber helps sweep the bowels, cleaning up accumulated toxins and rotting

fecal matter in the intestinal tract.

There are several great forms of fiber. Some of my favorites include:

- Chia Seeds
- Flax Fiber
- Apple Pectin

Renew Life makes an amazing fiber blend called Fiber Smart that also contains soothing herbs and beneficial probiotics. I highly recommend it during your detoxification.

Herbal Laxative

During post vaccination detoxification, toxins can accumulate in the intestinal tract as they are making their way out of the body. Unfortunately, if they are not eliminated in a timely fashion, they can be reabsorbed into the bloodstream! This makes keeping your bowels moving very important!

Taking an herbal laxative during detoxification helps keep waste moving out of the body. Frequent bowel movements during detox will help you avoid detox symptoms such as fatigue and headaches.

I personally recommend Triphala. It is an Ayurvedic herbal blend, which supports digestion and regular bowel movements. Other herbs such as cascara sagrada and senna can be harsh and cause cramping. Triphala is much more gentle and works well for daily bowel elimination.

Nourishment

The most important part of supporting detoxification and health is a well balanced diet. NO matter what supplements you take, without eating



properly, your body won't be able to properly detoxify. This is because proper detoxification cannot occur if you are continuing to fill your body with foods that add to toxin accumulation.

This healthy, detox promoting diet should be followed for at least a month after vaccination. However, I encourage you to incorporate these principles into a life-long commitment of lifestyle change and health! Try this detox protocol even if you were vaccinated years ago. Detoxing periodically every year for heavy metals, environmental pollutants, microbes, toxic food chemicals and inoculations is a wise and prudent way to prevent future health issues and to stay on the wellness track.

The first step is to eliminate foods that contribute to toxic overload in the body. These foods should NOT be consumed during detoxification:

- Processed foods (boxed or canned in particular)
- Fast foods
- Sugar
- Refined grains

Removing these foods from your diet allows the body to efficiently use its elimination channels and cleanse accumulated toxins.

Instead, fill your plate with plenty of vegetables. Some of the best veggies for detoxification include:

- Broccoli
- Organic spinach
- Kale
- Collard greens
- Garlic
- Asparagus

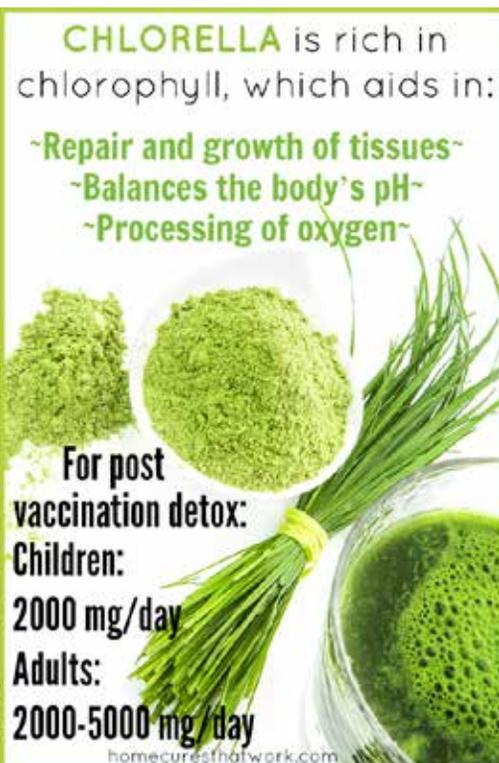
Healthy, toxin free sources of protein are also important. Avoid fish because they often contain mercury and other heavy metals. Many sources of chicken and beef can also contain chemicals from pesticide-laden feed and antibiotic use. Instead, choose from these healthy sources of protein:

- Grass-fed beef
- Free-range chicken
- Free-range eggs
- Quality sugar-free whey, hemp, or rice protein

Healthy fats are also important in detoxification. Refined oils such as canola are high in pesticide residues. Instead, incorporate healthy oils such as:

- Grass-fed butter
- Olive oil
- Coconut oil

It is also important to drink plenty of water throughout the day. Fluid flushes toxins out of the body.



Women should typically drink 3 liters a day and men 4 liters. Avoid sugar-laden drinks including fruit juice. Green tea, herbal teas and lemon water are great beverages for flushing toxins from the body.

Maintenance

Once you have detoxified your system and nourished it with the proper foods, it is time to maintain your new state of health and wellness! Maintenance requires 3 important steps:

- Following a healthy, well-balanced diet free from toxic additives
- Regular exercise
- Supplementation of health building supplements

With all the supplements on the market, it may be difficult to choose what to take on a daily basis. However, I recommend a daily foundation of supplements that include:

1. Quality Multivitamin

Multivitamins are important to fill in the gaps where you may miss from what you're eating. I personally don't recommend taking a multivitamin daily, but rather every other day. Multi-vitamins contain unnecessary amounts of vitamins and much of them wasted because they aren't absorbed. Taking them every other day allows the body to absorb more.

It is also important to note that you shouldn't buy your vitamin from a big box store. These vitamins are cheaply made and have very poor absorption rates. Whole food vitamins purchased from quality companies are best. Some of my favorite brands are Garden of Life, MegaFood and Pure Essence.

2. Antioxidants

Supplementing with some form of antioxidant helps slow the aging process and keep our bodies healthy. Free radicals are destructive and can cause damage throughout the body. Antioxidants neutralize these free radicals, preventing diseases such as diabetes, heart disease and cancer! There are so many antioxidants to choose from. However some of my favorites include:

- Turmeric
- Resveratrol
- CoQ10

3. Fish Oil

Essential fatty acids (EFAs) contained in fish oil are great for heart health, memory and skin hydration. Fish oil also contains anti-inflammatory properties. This makes it useful in treatment and prevention of problems such as psoriasis, rheumatoid arthritis. Many of us don't get enough EFAs in our diet and supplementing with fish oil is a great way to keep our bodies balanced and healthy!

4. Probiotics

Often overlooked, but probably one of the most crucial parts to maintaining health, is the state of your gut. Eighty

percent of your immune system is located in your digestive system! This makes a healthy gut paramount in maintaining optimal health.

Probiotics are friendly bacteria that help your body thrive. They enable your body to better digest and assimilate your food. Probiotics also increase your immune response and have anti-inflammatory effects. Furthermore, probiotics are powerful detoxifiers and are capable of drawing out toxins as well as fighting toxic microbes in the gut.

Probiotics can be consumed in foods such as yogurt, kefir, and kombucha. They can also be supplemented in pill form, which I highly recommend. A great daily dose would be a probiotic with several strains and at least 15 billion cultures per capsule. Renew life and Garden of Life are companies that I have used and trust for quality probiotics.

Pre-Vaccination Buffers

For those of you who plan to vaccinate or are required to for your job, I recommend using a homeopathic remedy called Thuja. Take a dose of 30 c immediately after being vaccinated and every

hour thereafter for 4 hours. This homeopathic medicine can help can help neutralize possible side effects that can occur hours or even months after vaccination!

I also recommend taking 2 charcoal tabs immediately before vaccination as well, to absorb any toxins that might end up in the intestinal tract. Both of these can be purchased at your local health food store or online.

Vaccines are not healthy and you don't have to let them rob you of your health!

- Take the steps to detoxify your body from the toxic chemicals and heavy metals found in vaccines with safe and effective supplements.
- Nourish your body with toxin-free, life promoting foods, which will enhance detoxification and restore your health.

Lastly, maintain your health with daily supplements to support total body wellness.

No matter where you stand in the vaccine debate, one thing is true. If you've been vaccinated, then take the time to detoxify your system. It is a smart and powerful way to gain a life that is full of robust lifelong health.



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.

3 MOST IMPORTANT QUESTIONS ABOUT

VACCINES



Typhoid (Typhim VI/ Typherix)		3 years
Typhoid Oral Capsules	(3-4)	1-5 years
Vivaxim (Hep A & Typhoid)	(1)	1yr (HepA) / 3yr Typhoid
Yellow Fever		10 years

AND THEIR ANSWERS

Start Your Journey Into the Controversial World of Vaccination Here

Nearly 10 years ago I was pregnant with my first child. I was a supplement manager at a local health food store and finishing up my Naturopathy degree. My co-workers began to bombard me with questions whether I was going to vaccinate my baby. I was simply trying to get past the morning sickness and extreme

fatigue. Vaccinations for my baby were the last thing on my mind.

Honestly, up until that point, I had not given much thought to vaccines in general. Vaccination was not the controversial subject then that it is today. Terms like anti-vaxxers and pro-vaxxers didn't even exist yet!

Mothers who shopped in the health food store told me stories about their child's vaccine injuries. But I had never personally looked into the negative effects of vaccination. Being a naturalist at heart, I knew that I would likely find the same side effects and dangers with vaccines that are so prevalent with pharmaceutical drugs.

As I was going over my baby girl's birth plan provided by my doctor, I noticed that it included a Hepatitis B shot. Why would they give my newborn a shot for Hepatitis B? I realized at that point I couldn't dodge the subject any longer.

Thus began my journey into the controversial world of vaccination.

I began by searching out the answers to these 3 questions:

- Are vaccines medicine or poison?
- Do they prevent us from becoming sick or make us sick ?
- Are all vaccines necessary?

In this article, I will explain what I found in searching for answers. I believe knowledge is power and we should never rely on an organization or government to tell us what is best. You have the right to choose whether or not you or your child should receive particular vaccines. This is a fundamental health freedom issue that medical authorities using the force of government are trying to deny people all across the United States.

Even as I write this, bills are being proposed to take away this right to choose and force vaccination upon us all. In California, should the [proposed bill SB 277](#) become

law, every resident in the state from preschool to the age of 18 will be forced to be vaccinated with every mandated vaccine in order to reside in California and be eligible for any public or private school.

This would strip parents of their right to exempt their children from one, some, or all vaccines no matter their religious philosophical or ethical beliefs! This is an infringement on our freedoms and an outrageous step that could lead to thousands of vaccine induced injuries and even deaths.

Which brings me to the first question.

1. Are vaccines medicine or poison?

Vaccines are often deemed one of the greatest medical advances of all times. Millions of people now view vaccination as the savior from infectious deadly diseases. However, there is much more than meets the eye. Better nutrition, clean water and improved sanitation have profoundly contributed to the decline of many of the diseases that we now vaccinate against. Vaccines are definitely not the sole reason behind the decline of these diseases.

Few people stop and question what vaccines contain and their potential side-effects on the human body. How often does a parent ask to read the package insert for the vaccine their child is about to receive? Rarely, I would venture to say.

Sadly, we blindly trust the medical and pharmaceutical industry and we do not question their expertise or motives. Furthermore, the media strategically blacks out anything negative regarding vaccines.

It is time to ask more questions about what we are truly putting inside our children and our own bodies.

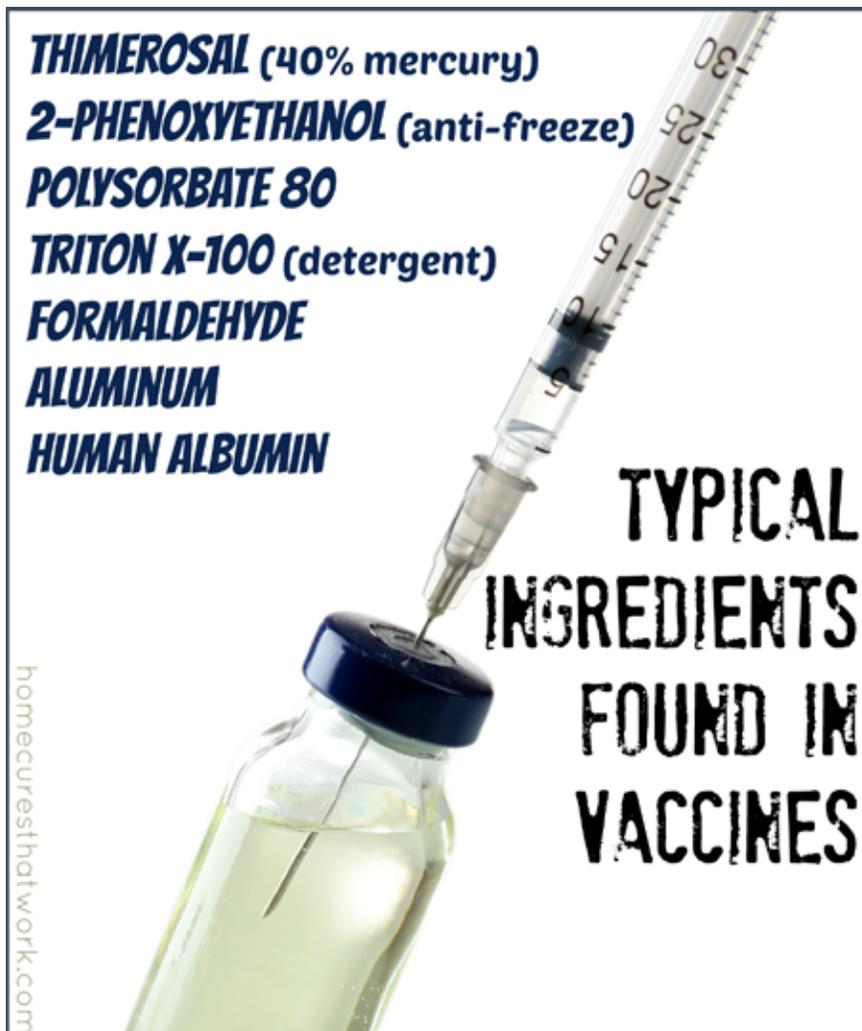
Furthermore, I believe medical professionals should be far more transparent with the ingredients and possible side effects before injecting a person with a cocktail of chemicals! Every year more than 25,000 vaccine reactions are reported to the US government. These reactions include severe injury and even death! It is also estimated that these reported reactions only account for 1-10% of the total actual reactions per year!

This means that literally millions of reactions to vaccinations have occurred over the last few years![1] As a result, the U.S. government has paid out more than \$1.5 billion in its Vaccine Injury Compensation Program to families of children who have been injured or killed by vaccines.[2]

With all the uncertainty surrounding the safety and efficacy of vaccines, it's critical to protect your right to make independent health choices and exercise voluntary informed consent to vaccination.

That being said, lets take a look at some of the typical ingredients found in vaccines and the possible negative consequences on the human body.

- **Thimerosal** – This toxin is over 40% mercury by weight! Mercury



is highly toxic! It kills brain cells, causes severe damage to the nervous system, kidneys, digestive system and a host of other tissues in the body. Mercury toxicity can lead to complete kidney failure... and more.

- **Polysorbate 80** – Side effects can range from allergic reactions to cancer.
- **Triton X-100** – A detergent and derivative of mercury. Side effects include brain and kidney damage.
- **Formaldehyde** – A cancer causing toxin can cause liver damage, gastrointestinal issues, reproductive deformation, respiratory distress and neurological damage. (Yes, this embalming fluid is being put into LIVE people!)
- **2-Phenoxyethanol** – This is antifreeze and extremely poisonous. It causes kidney and liver damage, as well as cardiac failure.[3]
- **Aluminum** – Enhances the toxicity of mercury, therefore making the minimum mercury tolerance underestimated. It can also cause cancer, liver toxicity and Alzheimer's.
- **Human albumin** – This is the protein portion of blood from pooled human venous plasma. Injecting this can result in a loss of body cell mass and cause immunodeficiency and viral infection. Or, the human blood donated by screened donors may contain SV40, AIDS, cancer or Hepatitis B from drug addicts.[4]
- **Phenoxyethanol** – A glycol ether/chemical is highly toxic to the nervous system, kidneys, and liver.
- **Ammonium Sulfate** –

Made by mixing ammonia with sulfuric acid. It lowers the pH of the body causing acidosis. It is also a liver, neurological and respiratory toxicant.

This list is just the tip of the iceberg. The toxic additives in vaccines are far too numerous to list in this article. However, the point in listing these toxic chemicals is to expose the risks that vaccines can have on the human body. Vaccine side effects can be far more harmful than just the mild fever and redness at the injection site that the nurse warns you about. Don't wait for something bad to happen before you begin researching the side effects.

From an ethical standpoint, you may be surprised to learn that several vaccines are derived from aborted fetal tissues! The rubella, hepatitis A, and varicella vaccines are all cultured in aborted fetal tissue.

Although I don't want to fully delve into the autism argument, I will point

out that an article published in the Journal of Public Health, found a spike in autism rates when the use of human fetal cell vaccines increased.[5] These vaccines that are manufactured with human fetal cells are also associated with childhood leukemia and lymphoma!

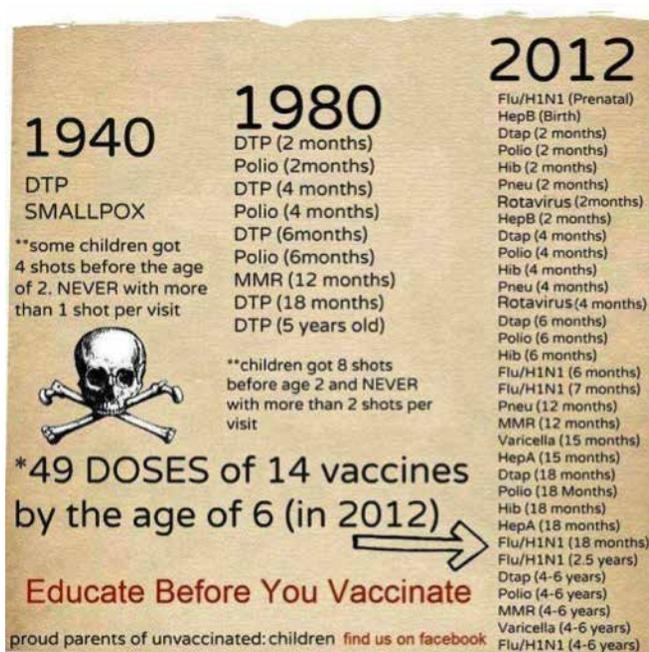
2. Do vaccines prevent us from being sick or make us sick ?

Unfortunately, I don't believe we can definitively answer this statement. Vaccines work by creating antibodies, which can prevent you from acquiring that specific illness. However, that isn't always the case. Vaccinated persons can not only still acquire the disease, they can also spread it! In 2011, it was documented that a twice vaccinated person spread the measles virus to multiple people![6]

Something called vaccine shedding can occur with live virus vaccines, as well. Vaccine shedding occurs when the live virus from the vaccine, moves through the human body and is present in the feces and saliva. Anyone around that vaccinated person can then potentially contract the disease.

This problem existed with the oral polio vaccine, which was one of the reasons it was taken off the market in the US. The polio vaccine isn't the only culprit, however. Both the CDC and the WHO acknowledge that viral shedding may occur after the administration of the nasal spray flu vaccine and the rotavirus vaccine.

As mentioned earlier, the sheer number of chemical additives



in vaccines have the potential to cause an even more serious disease than the one it seeks to prevent! Neurological damage and cancer are just a few among the many possible outcomes from vaccines.

Can vaccines prevent disease? Well sure. But, they can also make you sick by creating a toxic overload in your body, causing damage and lowering your immunity. This is particularly the case in infants and the elderly who already possess lowered immunity.

3. Are all vaccines really necessary?

A lot has changed with vaccinations in the last 35 years. The medical community now recommends that babies in the United States receive 26 doses of vaccines before age 1 with a total of 49 doses by the time he/she is 6 years of age! This number is truly astronomical! Giving just 7 vaccines to a 13-pound, two-month old infant is equivalent to 70 doses in a 130-pound adult! What's even more disturbing is that more than one shot is often given during the same visit. This only increases the chances of vaccine injury and toxic overload from the poisonous additives.

In 1980, only 9 vaccines were given to children. Of those, 8 were given before the age of 2. Shots were given one per visit and vaccine reactions were minimal compared to today's rigorous vaccine schedule.

Contrary to popular belief, vaccines actually suppress the immune system. They can make some people more susceptible to coming down with a viral or bacterial infection. The chemicals, lab altered viruses and bacteria, and

foreign DNA/RNA from animal and human cells in the vaccines cause this compromised immunity.[7] Excitotoxins present in many vaccines may also cause neurological issues in an infant's rapidly developing brain. Repeated exposure of these toxins from multiple vaccines can damage a baby's immune system and their brain!

When parents approach me about vaccinating their children, I tell them they must ultimately weigh out the risks with the benefits. Is putting 26 chemical cocktails into a developing infant really the best idea?

Furthermore, what are the risks of some of these diseases themselves? Chickenpox (varicella), for example was a common illness up until 15 years ago when the vaccine became very popular. It was rarely referred to as a deadly disease and parents even held parties to get their children exposed to promote lifelong natural immunity!

Hepatitis B, the vaccine given to babies literally hours after being born, is spread by blood, shared needles from drug use and sex. Why on earth would they give this vaccine to a newborn? The rationale is based on preventing the baby from contracting Hep B from a positive mother. However, for the millions of birthing mothers who do not have Hep B, there is really no founded reason! I remember questioning my first pediatrician about this vaccine and his response was, "It's just in case your child makes risky lifestyle choices." What a ridiculous reason to vaccinate a perfectly healthy baby!

If you choose to vaccinate,

many doctors and natural health practitioners are recommending an alternative vaccine schedule for the 1st year of a child's life.

Dr. Donald Miller recommends vaccines, but with far fewer vaccines beginning after age 2. To allow the immune system sufficient time to recover and stabilize between shots, no more than one vaccine is given every six months, one at a time. He also recommends:

- No vaccines that contain thimerosal (mercury)
- No live virus vaccines (except for smallpox, should it recur) - this eliminates MMR, chickenpox and rotavirus

Dr. Donald Miller's alternative vaccine schedule is as follows. Beginning at 2 years old, give the following one at a time, spaced at every six months:

- Pertussis (acellular - aP, not whole cell)
- Diphtheria (D)
- Tetanus (T)

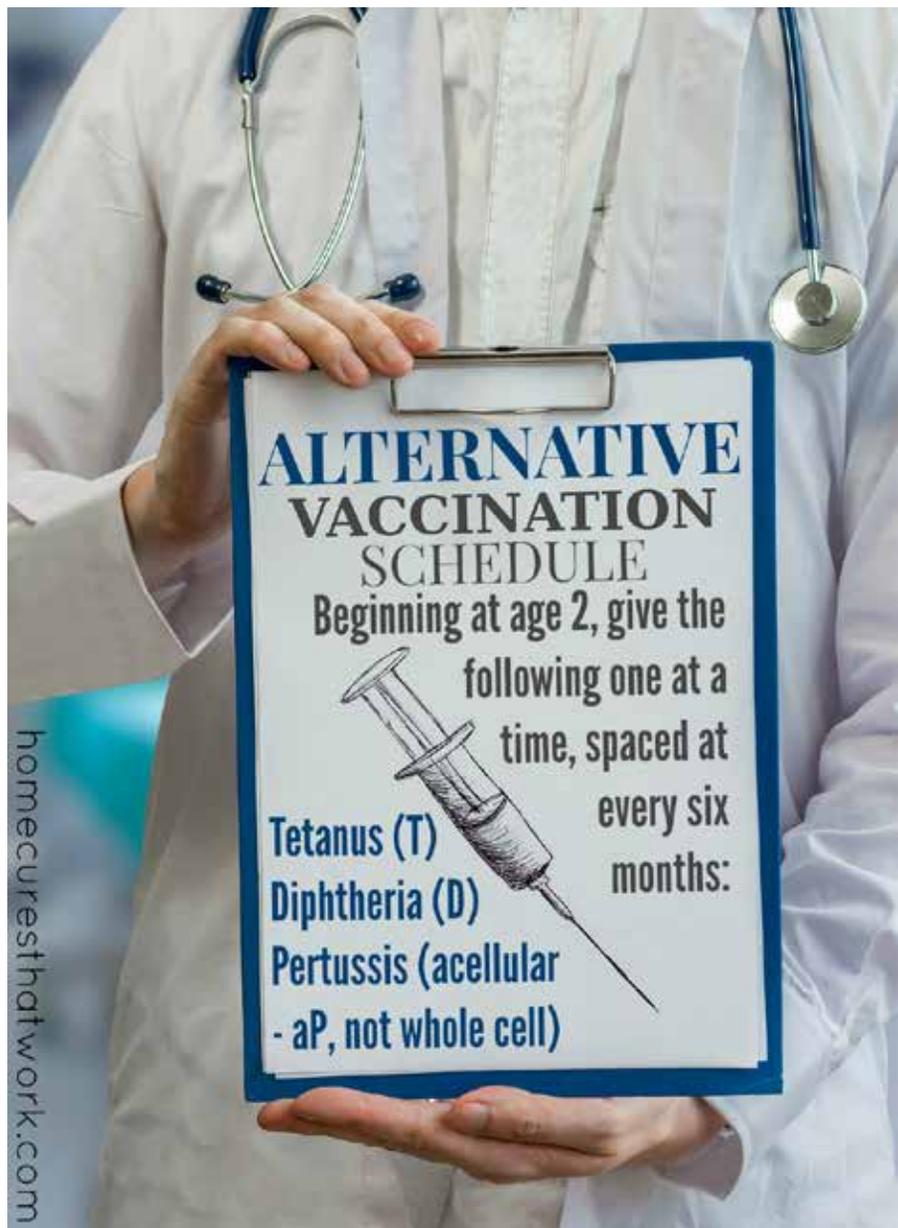
However, for those of you who choose not to vaccinate, I recommend the website Vaccine Liberation to research your state exemption laws. Even those who follow an alternative vaccine schedule or choose to forego certain vaccines may need to use exemptions for public and private school admissions.

But what about adult vaccinations? The influenza vaccine is one of the most unnecessary and clinically unfounded of all the vaccines. It rarely works and contains some of the worst offenders when it

comes to chemical additives like thimerosal. A recent study found that the flu vaccine prevents type A or type B influenza in only 1.5 out of every 100 vaccinated adults![8]

A balanced diet, plenty of vitamin D and regular exercise are far better and safer methods at preventing the flu than the vaccine itself.

Remember, vaccines are not 100% safe and they can often cause more harm than good. It is always best to educate yourself, read the ingredients and weigh out the risks with the benefits. I do not believe in infringing on someone's right to choose what they believe is best for themselves or their children. However, I do believe that everyone has the right to know the risks and possible side effects of vaccines.



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Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.

by Rob Fischer



5 Vaccination Myths

Exercising Your Right Whether or Not to Vaccinate

Perhaps many reading this article are like me. We've grown up during the era of vaccinations and have never experienced any long-term negative complications from a vaccination. But now we're hearing of a growing movement that is raising serious concerns about the health of vaccinating—especially vaccinating small children.

Why the sudden alarm about vaccinations? Aren't vaccinations responsible for warding off

massive outbreaks of diseases like polio, whooping cough, mumps, measles and rubella?

The big question I'd like to focus on is whether individuals should have the right to choose whether or not to vaccinate themselves and their children. Do we have a moral obligation to vaccinate and be vaccinated? Does the government have the right to tell us who, how often, and against what diseases we must be vaccinated?

Let's look at some of the major issues and then you decide.

Myth #1: Vaccinations Have Staved Off Massive Epidemics

Actually, although that is the widespread belief, it wasn't the vaccines that brought about the dramatic reduction in these diseases, but improved hygiene, nutrition and sanitation. Polio, whooping cough, measles, mumps and rubella, for

instance, were all in radical decline before the vaccinations were developed and administered.[1]

Many who adamantly support extensive immunization fear that non-vaccinated children will infect their children. This makes no sense logically or medically, since the purpose of a vaccine is to protect the individual and the spread of such communicable diseases.

In this regard, some refer to "herd immunity," arguing that diseases simply can't spread in a community where a high enough percentage of the population is vaccinated against them. But this is an old, unproven hypothesis that defies logic.[2]

Myth #2: Vaccinations Immunize a Person Against Disease

Everybody knows that by injecting weak or dead viruses, the body develops antibodies. But does this combat and protect you from

the real virus? Actually, we now know that this only holds true temporarily—and, not always.

Furthermore, the World Health Organization (WHO) has admitted that “Children under two years of age do not consistently develop immunity following vaccination.” In fact, vaccinating can actually compromise their immune system.[3]

In a recent 2012 whooping cough outbreak in California, doctors discovered that the majority of children who contracted whooping cough had been vaccinated against it!

- In fact, 81% of the children with whooping cough had received the full series of “immunizations” against the disease.
- Another 11% had received only part of the whooping cough regimen.
- Only 8% had not received any whooping cough vaccinations.[4]

Here is a perfect example of how the “herd immunity” hypothesis failed. The team of doctors who studied this whooping cough outbreak theorizes that the effectiveness of the vaccine wears off after several years. The truly disturbing part of this is that the drug maker Glaxo Smith Kline had never performed long-term studies to determine the on-going effectiveness of the vaccine.[5]

A similar 2014 outbreak of the mumps in Ohio revealed the same outcome. Individual infected with mumps included a large population of those vaccinated. Among 28 cases of the mumps, all had been “immunized” against the mumps except for one

person.[6] Understanding this, the late Dr. Robert Mendlesohn, MD, in his book, *How to Raise a Healthy Child in Spite of Your Doctor*, asserted, “vaccinated individuals are 14 times more likely to contract mumps than unvaccinated.”[7]

If you think you are safe with the flu shot, think again. Four Canadian studies released in 2009 demonstrated that a seasonal flu shot increases the probability that one will contract H1N1 flu by 250%![8]

According to the US Centers for Disease Control and Prevention, the effectiveness of the influenza vaccine for the 2014-15 flu season is 19%.[9] In spite of this pathetic performance, the CDC still insists, “Getting a flu vaccine each year is the best way to prevent the flu.”[10] The flu vaccine really does increase your risk for serious pandemic flu illness!

While the flu virus is primarily spread through coughing, sneezing, or touching items contaminated by an infected person, “it is also possible for vaccine strain influenza to be transmitted by persons who have recently received live attenuated influenza virus nasal vaccines.”[11] This holds true for seven days or more following administration of the vaccine.

In other words, it is possible to contract a disease from a person who has been infected with it through immunization. In fact, government pamphlets warn, “Children who have been vaccinated should avoid close contact with people with severely weakened immune systems for around two weeks after being vaccinated.” Vaccine experts also

warn that children “May have to stay away from elderly relatives for a few days after vaccination.”[12] The takeaway: the unvaccinated can become infected from the vaccinated.

Another problem is that viruses are constantly mutating. Antibodies developed against one virus will not be effective at warding off its mutant cousins.[13] One wonders whether vaccinating actually assists in the mutation and development of superbugs. Bacterium and viruses may be turning into strains that can no longer be controlled.

So we find that immunizing can actually lead to greater chances of contracting the disease for which one is being inoculated.

Myth #3: Vaccinations Are Safe

According to the pharmaceutical companies’ own fact sheets and disclaimers, vaccinations are brimming with toxins. These include dozens of known chemicals, heavy metals and allergens that we willingly inject into our bloodstream and that of our children.

Some of these chemicals include:

- Formaldehyde (embalming fluid)
- Benzethonium chloride
- Ammonium sulfate
- Phenol-a
- Beta-propiolactone
- Phenoxyethanol
- Potassium chloride, and many others[14]

The heavy metals found in many vaccinations are primarily:

- Aluminum, in one form or another
- Thimerosal, which is nearly 50% mercury.[15]

Currently, there is huge controversy about whether these specific heavy metals administered in vaccines are responsible for the monumental rise in autism and other brain disorders.

A new scientific study demonstrates that mercury-based thimerosal used as a vaccine preservative causes neural damage similar to that in autism patients.[16]

Yet, “The CDC’s Advisory Committee on Immunization Practices (ACIP) recommends that all Americans six months of age or older get a flu shot every year throughout life. The CDC states that babies between six and eight months old should receive two doses of influenza vaccine one month apart.”[17]

But according to Dr. Russell Blaylock, MD, “Multiple vaccines given close together over-stimulate your brain’s immune system and via the mechanism of ‘bystander injury,’ destroy brain cells.”[18]

Doctors Shaw and Tomljenovic explain, “We show that Aluminum-adjuvanted vaccines may be a significant etiological factor in the rising prevalence of ASD. Given that the scientific evidence appears to indicate that vaccine safety is not as firmly established as often believed, it would seem ill advised to exclude pediatric vaccinations as a possible cause of adverse long-term neurodevelopment outcomes, including those associated with autism.”[19]

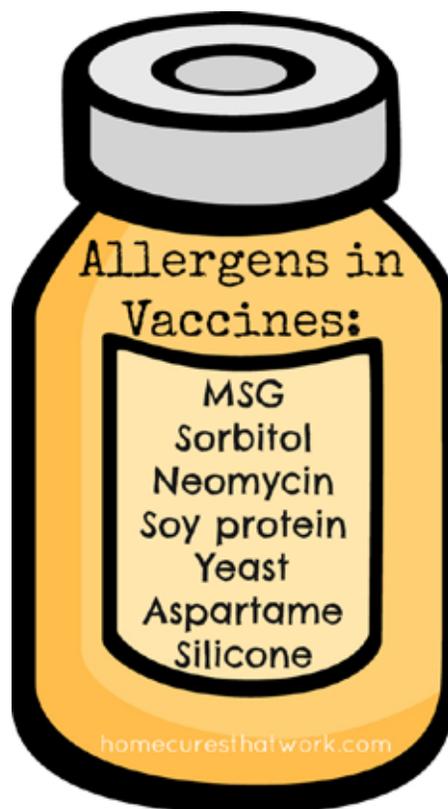
So isn’t at least one potential answer staring us in the face?

Myth #4: Vaccines Are Allergen Free

Many people are unaware of the problems associated with allergic reactions to vaccine components. Allergic reactions to vaccines is common. They allergens found in many vaccines include:

- MSG
- Sorbitol
- Neomycin
- Soy protein
- Yeast
- Aspartame
- Silicone[20]

Each ingredient is cause for alarm. But when mixed together with dozens of chemicals in a serum that is injected directly into the bloodstream, the synergistic effects can be catastrophic. [21] This is quite a burden to



saddle the young or old with.

Myth #5: Vaccination Purity

Another reason for concern has to do with vaccine contamination. Each year, vaccines are recalled due to various contamination issues. In 2010, several vaccines were discovered to have

- Pig virus DNA
- DNA fragments from bird leucosis virus
- DNA fragments from a virus similar to monkey retrovirus.[22]

According to the National Vaccine Information Center, “As of November 2013, there have been more than 93,000 reports of reactions, hospitalizations, injuries and deaths following influenza vaccinations made to the federal Vaccine Adverse Events Reporting System (VAERS), including 1,080 related deaths, 8,888 hospitalizations, 1,801 related disabilities and over 1,700 cases of GBS.”[23]

Since 1986, the federal government has paid out over \$3 billion to individuals injured by vaccines through the National Vaccine Injury Compensation Fund.[24]

Finally, many vaccines are developed using tissues from aborted human fetuses, and tissues from monkeys, dogs, guinea pigs, chickens, pigs and other animals.[25] Again, many conscientious people have a problem with this and rightly so.

The Bottom Line

Set aside any hint of conspiracy theory or other whacky notions and review the data as objectively as possible. And keep in mind that the

large pharmaceutical companies exist primarily to make money, not to heal people. I'm not saying this is good or bad, it's just the way of business.

The vaccination industry is a money-making venture, driven by the dollar. Shareholders of drug companies want to see profits and these companies cannot stay in business unless they continue to make money. Business decisions

are made primarily on the basis of financial viability rather than what's best for someone's health.

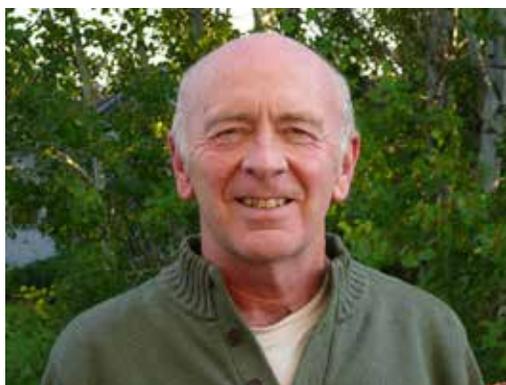
Remember too that the drug companies are exempt from lawsuits due to alleged problems caused by the vaccinations they create. [26]

Finally, consider that the number of board certified medical doctors, naturopaths, bio-chemists, and

other health practitioners is growing who believe we should have the choice whether to vaccinate ourselves and our children.

How about you? Given the information cited above, wouldn't you like the prerogative to exercise your right whether to vaccinate? Please let your choice be informed and respect the choice of others.

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Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master's degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors

THE SPOTTY HISTORY OF VACCINES

Small pox. The Plague. Polio. They all sound like ancient diseases—because they are, for the most part. However, what confuses people is what exactly eradicated them. Those who feel they have an answer to this fall into two different camps.

- Those that believe vaccines brought an end to these diseases.
- Those that feel advancements in society, such as sanitation, are to thank for controlling feared diseases.

This spotty history of vaccination takes you down a confusing road of advancements and evidence for both camps. But which do you believe?

Vaccine History

The first vaccine was given in 1796 by Edward Jenner, a doctor who lived in Berkeley, England: “Taking pus from a cowpox lesion on a milkmaid’s hand, Jenner inoculated an eight-

year-old boy, James Phipps. Six weeks later Jenner variolated two sites on Phipps’s arm with smallpox, yet the boy was unaffected by this as well as subsequent exposures,” explains the authors of [The History of Vaccines and Immunization](#) (THVI).

Next came Louis Pasteur, a French chemist, who developed the rabies vaccine in 1885. While this was technically a rabies antitoxin to be taken post-infection, he was integral in defining the term we still use today for vaccine.

The current-day definition of vaccine is, “Suspension of live (usually attenuated) or inactivated microorganisms (e.g., bacteria or viruses) or fractions thereof administered to induce immunity and prevent infectious disease or its sequelae,” according to (THVI).

Between the years of 1890 and 1950, vaccine development was in full swing; during this time the Bacillus-Calmette-Guerin (BCG) vaccination was invented, which is still in use today, according to [Immune.org](#). The introduction of immunizations in these years also included the diphtheria vaccine and the first licensing of the

pertussis vaccine ([Vaccine Timeline](#)).

The next major vaccination moment came in 1967, when the WHO publicized a major campaign against small pox. Within 10 years the disease was non-existent.

Fast forward to 2014 and there are “no known cases” of Polio in India, which was once considered the Polio Capital of the World, according to [How Plumbing \(Not Vaccines\) Eradicated Disease](#). (HPED)

Societal Advancements

Opposition to vaccination has existed as long as vaccination itself. In the 1800s, those opposed to vaccinations cited issues with religion, efficacy, sanitation, politics and science. Anti-vaccination positions and vaccination controversies are not limited to the past. Those against vaccinations not only disagree with the safety, science and politics. They believe it was not vaccinations that ended many of our world’s deadliest diseases.

What did? Advancements in sanitation. There is no question that improved hygiene, sanitation

and better living conditions helped to stop the transmission of many diseases. Diphtheria, measles and whooping cough declined due to better diet, living conditions, and sanitation. Vaccines played an insignificant role, if any, with eradicating these diseases.

2 Sanitation Case Studies

1.) During the 1800s in London, most people used pumps to get their drinking water. These pumps pulled water from the Thames River, which is where raw sewage and animal waste was often dumped.

During this time, cholera killed thousands of people, including 500 people in just 10 days in SOHO. However, Dr. John Snow determined that poor water sanitation was the cause of the outbreak. He traced it back to one contaminated pump. The pump was removed, and the epidemic quickly abated. He is now considered one of the pioneers of epidemiology and “father of public health.”

2.) In 1994, Rwandan refugee camps were constantly struggling with dysentery. Refugees had no access to bathrooms, and used common areas when they had to go. Heavy rains flooded the area, and within a day, 2,000 people were dead from the spread of disease. “Once U.S. and UN officials brought in purified water and encouraged people to use outhouses and latrines for defecation, the incidences of dysentery fell,” according to research by [Organic Lifestyle Magazine](#).

Vaccinations in a Sanitary World

The question remains: What is really

needed to stop and prevent disease? A majority of the population adheres to the advice of Western medicine practitioners in regards to health care—these health professionals support the use of vaccines.

But it is simply unwise to blindly depend on information coming directly from vaccine makers’ PR departments, from health officials, agencies or foundations that are mired in conflicts of interest with the vaccine industry. The WHO, the governments of most developed countries, pharmacists, and doctors actually profit from promoting vaccines. What if, just what if, the same amount of money that has been spent on vaccines over the past decade had been spent on sanitation facilities, healthy, GMO-free food and clean water instead?

You can see how a trail clearly winds between these major players and vaccine profits at [NaturalNews.com](#).

So the new question is...

Are government health agencies and vaccine manufacturers pushing vaccines because they’re keeping us from disease, or because they bring significant profits?

To Vaccinate or Not To Vaccinate?

Unfortunately, as is the case in most controversies, both the pro- and anti-vaccine movements provide valid claims, making it hard to decide what to believe. As such, it’s important to err on the side of caution.

Start by educating yourself with reliable vaccine information. Here are two sources to start your research:

[Use this list](#), from the Centers for Disease Control and Prevention, to get an idea of the many vaccines required for children and adults. Note that it does not include the ingredients in every vaccine.

[Use this list](#) to check what can be found in the vaccines on the previous list.

Many who are against vaccines are simply against the amount given to children, at one time, at a very young age—49 doses of 14 vaccines before age 6, according to the [National Vaccination Information Center](#).

Discuss this concern with a naturopath or holistic health practitioner for suggestions on how you can strike a balance between vaccinating and not vaccinating. If you believe that vaccinations cause autism or have other dangerous side effects, speak with them about alternatives.

Vaccines have a long and storied history, dotted with revolutions, discoveries and eradications. However, as with any complex story, there’s a catch—did vaccines really eliminate these diseases? Or, in fact sanitation was responsible, why are we still using vaccines to keep our civilization healthy?

It’s up to you to find the right answer for you and your family. Seek out a naturopath you trust to discuss your options. Just because vaccines have a long history, doesn’t mean we have to believe they’re right for us now.

HOW TO REVERSE THE DAMAGING EFFECTS OF IMMUNIZATION

Eliminating Deadly Poison

Everyone should understand and know what can be done after vaccination to mitigate collateral damages.

The fallout can be quite severe and much more frequent than federal health officials want you to know. Unfortunately, most of the toxic ingredients from vaccines accumulate in our bodies and will not leave the body without assistance.

Vaccines can send the immune system into overdrive and cause one's inflammatory response to go haywire. The goal, in part, should be to support the body's ability to detoxify unwanted and harmful substances by a variety of means.

The whole concept of detoxing is really quite simple. Detoxing attempts to restore balance by

supporting the body's elimination channels and by binding to metals, chemicals, and toxins so they can be safely removed from the body.

There's a misconception that detoxing is harsh or can only be done via chelating and fasting. The absolute best way to counteract the harmful effects of a vaccine is through food and a few good supplements.

Here is one gentle detox idea to help your body detoxify from heavy metals and other vaccine toxins and recover your health from Advanced Bionutritionals. They constantly blow me away with their insightful research. Now one of their resident doctors, Dr. Nan Fuchs, reveals some truly chilling information about a deadly poison lurking in our food.

Food has synergistic properties. The PectaSol® Detox Formula can help remove some of the toxic ingredients and undo some of the harmful effects. But let me warn you now – this information is pretty intense. If you think you can handle

it, please take a look below.

Can you tell which one of these “healthy” meals is loaded with one of the deadliest poisons in history?



The answer below may shock you...

These meals all look extremely healthy, don't they?

You'd never guess that one of them contains dangerously high levels of one of the most deadly poisons known to man. A poison so lethal that it only takes an amount the size of a pea to kill you. And only micrograms to throw a monkey wrench into virtually every bodily function.

This deadly toxin is astonishingly

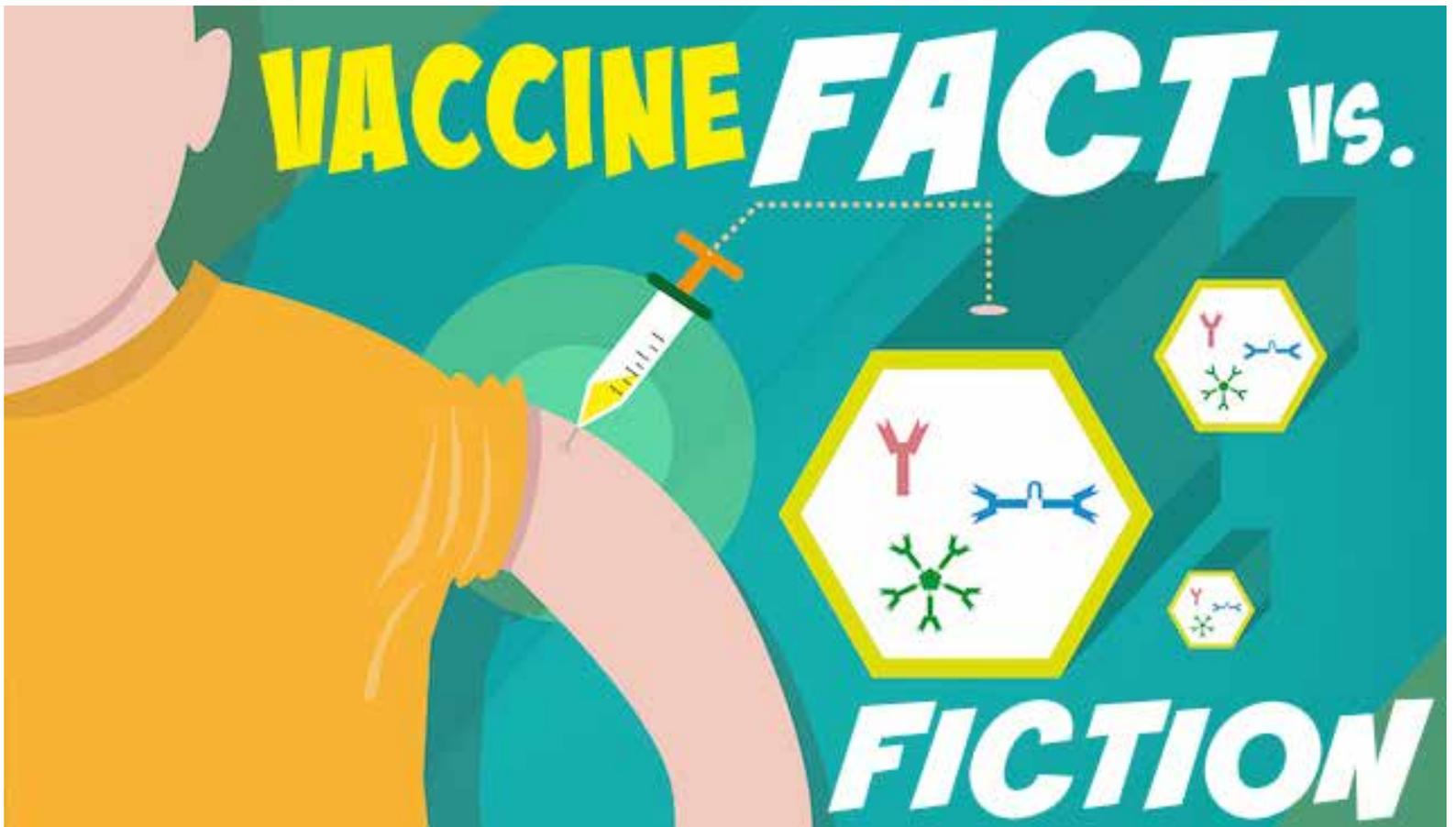
versatile — able to cause damage even at low doses. It's easily absorbed in the stomach and intestines and from there it can spread out and damage your entire body including your skin, lungs, liver, kidneys and more.

Because this deadly poison has no color or odor, it's almost impossible to detect. Worse, it harms you slowly and insidiously. You get sicker and sicker without raising the typical doctor's suspicion. By the time you or your doctor realizes

you've been poisoned it's too late! This poison is so hard to detect, it was used throughout history to kill off unsuspecting spouses and wealthy relatives. It has been implicated in the death of kings and queens. And best-selling novelist, Agatha Christie, calls it her murder weapon of choice.

What is this poison lurking in your food?

[Find out here!](#)





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Depression	High Blood Pressure	Ulcers
Diabetes	Hypothyroidism	Urinary Tract Infection
Erectile Dysfunction	Irritable Bowel Syndrome	Wholesome Frequency Music
Fat Loss	Joint Pain	Yeast Infection

OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.