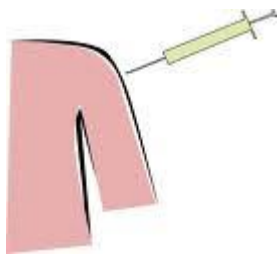


Vaccines – your choice?

Vaccination or Immunization is a choice that parents need to understand. Currently this is also an issue for pregnant women and the general population more than ever as vaccines arrive in the UK

The purpose of this article is not to tell you what to do, but to give you information that will allow you to make informed consent and decide based upon the information out there.



“By 1853, Parliament began passing laws to make the untested vaccine compulsory throughout the British Empire. Other countries of Europe followed suit. Once the economic implications of compulsory vaccinations were realized, few dared to disagree. Then, as now, the media were controlled by the vaccine manufacturers and the government, who stood to make huge money from the sale of these spurious vaccines.”... Tim O’Shea, D.C.

What’s in the regular flu shot?

Egg proteins: including avian contaminant viruses

Gelatin: known to cause allergic reactions and anaphylaxis are usually associated with sensitivity to egg or gelatin

Polysorbate 80 (Tween80™): can cause severe allergic reactions, including anaphylaxis

Formaldehyde: known carcinogen

Triton X100: a strong detergent

Sucrose: table sugar

Resin: known to cause allergic reactions

Gentamycin: an antibiotic

Thimerosal: mercury is still in multidose vials

Do Flu Shots work?

This is a summary of recent research looking at the seasonal flu shot. The Swine Flu shot has not been so extensively tested as the seasonal shot.

Not in babies: In a review of more than 51 studies involving more than 294,000 children it was found there was “no evidence that injecting children 6-24 months of age with a flu shot was any more effective than placebo. In children over 2 yrs, it was only effective 33% of the time in preventing the flu.

Reference: Vaccines for preventing influenza in healthy children.” The Cochrane Database of Systematic Reviews. 2 (2008).

Not in children with asthma: A study 800 children with asthma, where one half were vaccinated and the other half did not receive the influenza vaccine. The two groups were compared with respect to clinic visits, emergency department (ED) visits, and hospitalizations for asthma. **CONCLUSION:** This study failed to provide evidence that the influenza vaccine prevents pediatric asthma exacerbations.

Reference: “Effectiveness of influenza vaccine for the prevention of asthma exacerbations.” Christly, C. et al. Arch Dis Child. 2004 Aug;89(8):734-5.

Not in children with asthma (2): “The inactivated flu vaccine, Flumist, does not prevent influenza-related hospitalizations in children, especially the ones with asthma...In fact, children who get the flu vaccine are more at risk for hospitalization than children who do not get the vaccine.” Reference: The American Thoracic Society’s 105th International Conference, May 15-20, 2009, San Diego.

Not in adults: In a review of 48 reports including more than 66,000 adults, “Vaccination of healthy adults only reduced risk of influenza by 6% and reduced the number of missed work days by less than one day (0.16) days. It did not change the number of people needing to go to hospital or take time off work.” Reference: “Vaccines for preventing influenza in healthy adults.” The Cochrane Database of Systematic Reviews.

1(2006).

Not in the Elderly: In a review of 64 studies in 98 flu seasons, For elderly living in nursing homes, flu shots were non-significant for preventing the flu. For elderly living in the community, vaccines were not (significantly) effective against influenza, ILI or pneumonia.

Reference: “Vaccines for preventing influenza in the elderly.” The Cochrane Database of Systematic Reviews. 3(2006).