

# Beware the Flu Shot



On an Ohio radio show Nov. 25, 2003, a doctor stated 'If you have taken the flu shot more than 8 times in the last 10 years you have an 80% chance of getting **Alzheimers**' In addition, users of aspartame have adverse reactions because aspartame interacts with all vaccines.

Vaccines violate the natural processes whereby substances enter the bloodstream. They bypass the defensive capabilities of the liver, kidneys, colon, lymphatic system, and the immune system and deliver toxic waste directly into the body/bloodstream. Your body doesn't know what to do with mercury, aluminum, formaldehyde, chicken embryos, and microorganisms when it's fired into it like a missile. Some people can go into shock. Others have died and many have been seriously injured shortly after receiving a flu shot. **Guillain-Barré, temporary Multiple Sclerosis-like illness, breathing problems, hoarseness, wheezing, hives, paleness, dizziness, weakness, and rapid heartbeat have all been reported as side effects from the flu shot.**

## See what some Insider Doctors have to say about; The dangers of the Flu and the Flu Vaccines

### Stop Worrying About the Flu

By Dr. Joseph Mercola

Like diehard fans camping out overnight to be the first in line for concert tickets to their favorite performer, people are waiting in long lines hoping to get the flu vaccine. Yes, it's that time of year -- flu season and the media and the government have stirred the public into complete panic mode. Headlines flood newspapers reading, "Vaccine shortage leads public crisis" and on the hour radio broadcasts are bombarding the public with reports that the flu epidemic is coming and there aren't enough vaccines to fight it.

### Before You Run Out to Get the Flu Shot ... Do Your Homework

It's becoming increasingly difficult to separate facts from the hype created by the media and government officials. In order to make an informed decision of whether or not to get the flu shot, it is of utmost importance to do your homework. This involves doing thorough research of the safety issues surrounding the flu vaccination and then learning the preventative measures against getting the flu in the first place.

## **The Target Markets for the Flu Vaccine: Elderly and Children**

Generally, the flu vaccine is recommended for people ages 65 and older and to those with serious medical conditions that could quickly worsen as a result of serious complications from the flu. Reports from medical journals widely vary in the effectiveness for the elderly, ranging from 0 to 85 percent.

The CDC reports that 90 percent of deaths from influenza occur among the elderly. These kinds of statistics make it nearly impossible to credit the flu vaccine for prolonging lives in this age group, as 65 percent of all deaths (regardless of the cause) happen among the elderly.

Further, there are potential dangers to the flu vaccine, particularly to the already vulnerable elderly population. Dr. Hugh Fudenberg, one of the world's leading immunogeneticists, states the chances of getting Alzheimer's disease is 10 times higher if an individual has five consecutive shots than if they have one, two or no shots. This is likely due to the thimerosal (a mercury-derived preservative) and aluminum content of the vaccine.

Recommendations to give flu vaccinations to children were adopted on March 1, 2003. These recommendations include vaccinating children between 2 and 18 years who live in households containing children younger than 2 years of age. The most common type of flu vaccine given to children is called Fluzone, with each dose containing 25 ug of mercury. CDC recommendations include administering the flu vaccine to children beginning at six months of age and then on an annual basis, for the rest of their lives.

## **Does the Flu Vaccine Really Work?**

The flu vaccine can actually weaken the immune system and make you more predisposed to the illness.

The flu vaccine, whether in the shot or nasal form, is worthless at best and should be avoided. Not only are they loaded with toxic chemicals including mercury and aluminum, but many people come down with the flu shortly after receiving the shot. This is because it actually weakens the immune system, making the person more predisposed to the illness.

## **The Dangers You Need to Know About FluMist**

First, it is important to familiarize yourself with the side effects of FluMist, which include cough, runny nose/nasal congestion, irritability, headaches, chills, muscle aches and fever. Ironically, all of these symptoms bear striking similarities to the symptoms of the flu.

In addition, research has shown an increased risk of Bell palsy following intranasal flu vaccination, according to the [Global Advisory Committee on Vaccine Safety \(GACVS\)](#). The makers of the nasal flu vaccine in the study decided not to market it the following season due to the risk. According to GACVS, the greater risk of Bell palsy following immunization with this vaccine may have been due to specific vaccine components, or simply to use of the intranasal administration route. It is therefore possible that such complications of vaccine administration may also apply to other nasal vaccines.

The new live-virus vaccine (FLUMIST), which is squirted up the nose, was licensed by the FDA in June 2003 for use in healthy individuals between the ages of five and 50. It is not recommended for pregnant women or those with asthma, chronic lung or heart disease; chronic underlying medical conditions such as diabetes or kidney disorders; immune suppression or immune system problems; children or adolescents receiving aspirin therapy, anyone allergic to eggs; or those with a history of Guillain Barre syndrome. It should not be given simultaneously with other vaccines.

FLUMIST's vaccine live virus is shed after vaccination so the vaccinated are advised to avoid close contact with immune-compromised individuals for at least 21 days. Some hospital personnel are asking those recently

vaccinated with FLUMIST to avoid visiting patients in hospitals to prevent the risk of transmitting the vaccine strain virus to sick patients.

Source: [http://www.mercola.com/2004/oct/27/flu\\_options.htm](http://www.mercola.com/2004/oct/27/flu_options.htm)

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**By Dr Sherri Tenpenny**

News reports have been flooding us with articles warning that the impending flu season may be the worst in years. Even though it is difficult to separate the facts from the hype, a close evaluation of the flu vaccine will reveal that serious questions must be raised about the recommendations that are routinely touted, namely high efficacy with little risk. Anyone considering a flu shot should become informed about the substances coming through that needle, and should be determined to investigate the safety and efficacy issues that are still unresolved.

### **The vaccine virus**

Each year, a new vaccine is developed that contains three different viruses (one influenza B and two influenza A strains). CDC officials select the new viruses based on which viruses were prevalent during the flu season *in China and Australia the previous year*. The CDC admits that the viruses selected for the new vaccine are chosen on the basis of an “educated guess.”

### **What’s in a flu shot?**

The influenza virus is grown in “specific pathogen-free” (SPF) eggs. Eggs are tested for a variety of agents—usually between 23 and 31—to confirm the absence of those specific pathogens. Laboratories limit the number of agents that are screened due to the sheer abundance of potential viruses and/or bacteria to choose from. In addition, screening for every potential agent would be cost prohibitive. If none of the tested agents are detected, the vaccine is reported as “pathogen free.”

However, it should be understood that there is a distinct difference between “pathogen free” and “specific pathogen-free.” In its July 1996 report, the Institute of Medicine acknowledged that “although it is not possible to produce a completely uncontaminated animal, it is possible to produce an animal [or egg] certified to be free of specific pathogens. Viruses that are harmless to their animal host, however, may be potentially harmful to humans.

During the manufacturing process, antibiotics (neomycin, polymyxin B and gentamicin) are added to eliminate stray bacteria found in the mixture. The final solution can contain the following additives in any combination: Triton X-100 (a detergent); polysorbate 80 (a potential carcinogen); gelatin; formaldehyde; and residual egg proteins. In addition, many of the influenza vaccines still contain thimerosal as a preservative. Thimerosal (mercury) is being investigated for its link to brain injury and autoimmune disease.

## **Does the flu shot protect?**

There are no guarantees that the influenza viruses selected for the vaccine will be the identical strains circulating during a given flu season. In fact, it has recently been announced that this year's flu vaccine does not include the strain that is being reported by doctors in the community called the "A Fujian" strain. Outbreaks have been reported in Texas, Colorado and elsewhere that involve strains that do not match the current flu vaccine. CDC tests have confirmed that more than 80 per cent of the 55 strains of influenza virus isolated thus far are the A Fujian strain. Even so, the CDC still maintains that the current vaccine could provide cross-protection against the new variant, but the fact is, no one knows for sure.

Moreover, the majority of illnesses characterized by fever, fatigue, cough and aching muscles are not caused by the influenza virus. Non-influenza viruses (e.g., rhinoviruses respiratory syncytial virus [RSV], adenoviruses, and parainfluenza viruses) can cause symptoms referred to influenza-like illnesses (ILI). Certain bacteria, such as *Legionella* spp., *Chlamydia pneumoniae*, *Mycoplasma pneumoniae*, and *Streptococcus pneumoniae*, have been documented as the causes of ILI.

Notably, these microbes are not part of the flu vaccine. Unless an organism's antigen is contained within the vaccine, there is no protection conferred by the vaccine. It is estimated that most adults will average 1-3 episodes of ILI, and most children will average 3-6 episodes. The CDC also admits that "many persons who have been vaccinated against influenza can still get the flu"

## **A serious concern: Alzheimer's Disease**

Hugh Fudenberg, MD, an immunogeneticist and biologist with nearly 850 papers published in peer review journals, has reported that if an individual had five consecutive flu shots between 1970 and 1980 (the years studied), his/her chances of getting Alzheimer's Disease is ten times higher than if they had zero, one, or two shots.

Dr. Boyd Haley, Professor and Chair of the Department of Chemistry at the University of Kentucky, Lexington has done extensive research in the area of mercury toxicity and the brain. Haley's research has established a likely connection between mercury toxicity and Alzheimer's disease. In a paper published in collaboration with researchers at University of Calgary, Haley stated that "seven of the characteristic markers that we look for to distinguish Alzheimer's disease can be produced in normal brain tissues, or cultures of neurons, by the addition of extremely low levels of mercury."

Does this prove that the mercury contained in the influenza shot can be directly linked to Alzheimer's? No, absolutely not. But further research in this area is critically needed because the absence of proof is not the "proof of absence."

## **Flu vaccine now for children**

The Advisory Committee on Immunization Practices (ACIP) adopted a resolution effective March 1, 2003 that expanded the use of the influenza vaccine to include children aged 6-23 months. The recommendations also included vaccinating those aged 2 to 18 years who live in households containing children younger than 2 years of age.

The flu vaccine most commonly given to children is *Fluzone*>, a trivalent vaccine grown in chicken eggs.

Harvested with formaldehyde and containing the recommended ratio of 15 ug of each of the three prototype viral strains, each dose of *Fluzone*> also contains 25 ug of mercury. The new CDC recommendations include giving the influenza vaccine to children beginning at six months of age and then annually, for the rest of their lives. Children less than age 9 receiving their first flu shot, two doses of vaccine are recommended, with a minimum interval of one month between the two doses. However, the CDC does not provide a direct reference to substantiate this recommendation.

On June 17, 2003, the FDA approved an intranasal influenza vaccine for use in healthy persons aged 5–49 years. *Flumist*> is a **live-virus vaccine** that can cause a litany of problems.

## **Alternatives?**

If you choose not to receive the flu shot, have a discussion with your doctor regarding other options. However, some simple and possibly quite effective things you can do for yourself to prevent the flu include: 1) avoid white sugar; 2) exercise regularly; 3) get adequate sleep; 4) eat a healthy diet, omitting trans-fats; 5) drink plenty of purified water daily and 6) wash your hands. A common way people contract viral illnesses is by rubbing their nose or their eyes after their hands have been contaminated with a virus. The CDC states, “the most important thing you can do to keep from getting sick is to wash your hands.”

We are so used to taking medications—for prevention and treatment—that it is difficult to comprehend that these modest recommendations are really the most powerful ways to minimize the likelihood of getting the flu.

## **Other Natural Alternatives**

There are many very effective, natural products available to help boost your immune system and keep you well during flu season without needing to inject neurotoxic poisons and blood contaminants into your body. Your immune system is the only thing that prevents you from being riddled with opportunistic infections and a host of other chronic illnesses. You can't build immunity and shield the immune system with vaccines and poisonous pharmaceutical drugs. You can only modulate the immune system through natural methods.

Enhancing the immune system means you don't just boost one or two components. There are 22 different instruments or components to the immune system including T-cells, B-cells, Natural Killer cells (NK cells), macrophages, lymphocytes, leukocytes, monocytes, interferon, gamma globulin, interleukin 1,2,3,4, and other white blood cells. All 22 components must be orchestrated simultaneously like a symphony, in order to maintain optimum immunity. While there are an extensive number of natural alternatives to help boost your immune system, here is a short, but effective list of some of the most powerful immune enhancers being used in alternative medicine:

•**Oregano Oil:** This natural wonder has been used for thousands of years as an antibacterial, antiviral, antifungal, and antiseptic agent. Many people have reported that regular use of this product during the cold and flu season has prevented them from getting sick.

•**Colostrum:** This is the first fluid secreted by the mammary glands of mammalian mothers in the first days after giving birth. Colostrum contains high levels of protein and growth factors, as well as immune factors. It's used around the world as one of the most powerful immune boosters known to man. The best colostrum on the market comes from New Zealand cows. Outside of New Zealand it's very hard to guarantee that the cows were grass fed and free of antibiotics, growth hormones, and steroids.

- Olive Leaf Extract:** Fights all types of bacteria, viruses, fungi, and parasites and is good for virtually any infectious disease. Some religious scholars theorize that it is olive leaves that are being referred to in Revelation 22:2 that are used for the healing of the nations.
- Colloidal Silver:** This wonder product has been around for centuries and is reported to be one of the few things that helped protect people during the height of Bubonic plague.
- Royal Jelly:** Fed only to queen bees. Contains over 100 nutritional properties and has long been known to strengthen the immune system.
- Bee Pollen:** Plant pollen that bees harvest and pre-digest. Excellent for people with allergies and also strengthens the immune system.
- Aloe Vera:** Contains high amounts of mucopolysaccharides which kick in the immune modulators to fight off disease.
- Homeopathic Remedies:** There are some excellent homeopathic remedies that help build immunity and ward off the cold and flu. You can find many good homeopathic formulas at your local health food store or you can seek out a homeopathic specialist in your area that can custom blend formulas specifically targeted for your immune system.
- Mushroom Extracts (Shiitake, Reishi, D-Fraction Maitake):** Have excellent immune-boosting properties. Shiitake increases T-cell function, Reishi has anti-tumor properties, and Maitake enhances the activity of key immune cells known as T-helper cells or CD4 cells.
- Echinacea:** Excellent herb for the immune system and the lymphatic system. Echinacea has been shown to be very effective when it is cycled for 1-2 week periods throughout the cold and flu season. Early use of Echinacea at the onset of a cold or flu could help drastically diminish the duration and severity of illness.
- Vitamin C:** Helps prevent free radical damage and has antifungal and astringent properties. High doses of vitamin C throughout the cold and flu season can help tremendously to ward off infection.
- Garlic:** Has antibacterial, antiviral, antifungal, and antiseptic properties and has long been used to fight off and prevent colds and infections. Use 3-4 cloves on salad or crushed onto bread when your immune system is in a weakened state.
- Cayenne Pepper:** Is used for a litany of health problems. Cayenne Pepper heats the body up, improves circulation, and helps ward off colds, sinus infections, and sore throats. This magical substance should be used on a daily basis during the cold and flu season.
- Probiotics:** Help to maintain and rebuild intestinal flora. Flora plays a key role in keeping the immune system functioning optimally.
- Essential Fatty Acids:** Good fats like Omega 3's and Omega 6's play a major role in cellular health. Good fats also help to bring nutrients into the cell and discard waste. EFA's also contain high amounts of antioxidants which help to protect your immune system.
- Essential Oils:** There are many essential oils like Frankincense, Myrrh, Spikenard, Rose Oil, Thieves, and others that provide tremendous immune system protection. Essential oils have been used for thousands of years and have much Biblical support to back up their use. They can be diffused through aromatherapy or applied to your skin and feet.

•**Zinc:** An essential mineral that promotes a healthy immune system and fights free radicals. Zinc lozenges have been reported to be effective in relieving symptoms of the common cold and reducing duration of colds.

•**Alkaline Water:** It's very important to keep your body properly hydrated and your pH in balance. Make sure you consume at least half your bodyweight a day of water to adequately flush out toxins and hydrate your cells.

While all of these natural immune boosters can help you tremendously, nothing can replace what a good diet and exercise can do for you. You can't feed your body garbage and turn to these natural alternatives as a last resort. Keep in mind that it costs nothing to remove all processed food from the diet. Processed foods can diminish your immune system. The more man touches a food, the less you should consume it. Replacing processed foods with whole foods will also boost your immune system. Sugar and sweets should also be avoided at all costs, especially during the cold and flu season. Sugar severely weakens the immune system and is the fuel that foreign invaders feed on.

### **Making the decision**

You may decide to consult a physician who is schooled in alternative medicine to assess a variety of options for you and your family. What is most important, in the end, is to become as informed as possible regarding your options for keeping healthy and avoiding the flu.