

Vaccines: The Cause or the Straw for Increased Illnesses and Developmental Issues?

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1.0 Introduction

We, as a society, have been led to believe that our diet and lifestyle have very little impact on our overall health. For instance, if we suffer with allergies, we should take an antihistamine like Zyrtec or, if we have acid reflux, we are told our stomach makes too much acid and are given an acid blocker such as Nexium. Even emotional issues like anxiety and depression are simply due to a drug deficiency. However, what is not expressed by modern medicine is that these 'illnesses' are merely symptoms of a dysfunctional body and our diet and lifestyle is the key to restoration. Throughout most of my life, I was also deceived by these beliefs. Fortunately, a few years ago, I was introduced to a naturopath who guided me back to a healthy life I haven't experienced since I was a young child. I couldn't believe how straightforward restoring health was and didn't understand why the numerous doctors I saw never correlated diet to my symptoms, so I decided to better educate myself. I quickly began to realize just how much impact our current environment and lifestyle has on our health. During this same time period, I saw various statements and articles regarding vaccines: both pro and con. I realized that our society has also been conditioned to think that vaccines are a necessity and are safe for our children. Since the mainstream viewpoints on our health and wellness were so far off, I questioned whether the vaccine debate could also be much more complicated than conveyed through the media. So, I allowed my newfound knowledge and this curiosity to lead me through this position paper.

There is a lot of controversy regarding vaccines being the major contributor to the increase of childhood diseases such as autism, asthma, hyperactivity, allergies, diabetes, various autoimmune and neurological disorders and many others. However, what if vaccines were merely the straw that broke the camel's back? This position paper will discuss the possibility

that the true origin of the deteriorating health in children and young adults is the combination of environmental pollutants passed from mother to baby in-utero, plus the added metals and chemicals introduced by vaccine injection which bypasses the body's normal detox, elimination and screening pathways. Introducing new toxins to an infant who has an immature immune system and is already overcome by inherited pollutants will definitely increase the probability for developing illness due to the disruption of normal body function. However, there are multiple natural health methods which can eliminate toxins and restore normal body function, thus decreasing the potential for illness. The focus of this position paper will include identifying the inherited toxic load and the vaccine ingredients while also describing how they impact normal body functions as well as identifying ways to decrease the impacts and ultimately restore innate body operations.

2.0 History & Overview

2.1 Normal body function

In order to determine how toxic substances inhibit the immune system's ability to function, we must first understand its innate function. Basically, this system is responsible for keeping us healthy and fighting off foreign invaders whether that be living invaders like viruses, bacteria, parasites and fungus or toxins such as heavy metals and chemicals. The immune system is comprised of many different parts that work in concert together as well as having the capability to differentiate between its own cells and foreign invaders. This system contains many different types of cells found body-wide in the blood, organs and tissues. White blood cells (leukocytes) are strategically located throughout the body and are immediately ready to jump into action wherever needed. Many of these leukocytes are contained in the lymphatic organs and tissues such as in the bone marrow, thymus gland, lymph nodes, spleen, tonsils and in

the lining of the digestive, respiratory, urinary and genital tracts.⁵ When the body identifies a foreign substance, it signals the immune system to come to the rescue. The body then naturally sends various substances to surround the impacted area, or invader, to protect the adjacent regions from further damage which causes inflammation. If the foreign particles are ingested, the liver (the first organ to receive blood from the intestines) processes and separates the products of digestion into usable and toxic constituents. It also alters the toxic constituents into less toxic forms making them safer for the body to eliminate.

We can experience many symptoms during this immune system activity such as inflammation, increased blood flow in the area, redness, pain, high temperature, rash, runny nose, cough, sore throat, body aches and tiredness. Regardless of the unpleasant symptoms, this process is essential because it sets up an environment to inactivate or remove dead/damaged cells and then replaces them with new, healthy cells (tissue repair). However, we have been conditioned to believe that these symptoms should be suppressed which then diminishes the ability of the immune system to fight off the invaders and restore the normal (innate) function. In addition, the means of suppression generally include toxic substances like drugs which further stifles the body's ability to heal the stressed area.

It is important to understand that the immune system is not mature upon birth. Newborns must come into contact with microorganisms to slowly strengthen and build their immune system much like building their muscles to stand and walk. A fetus/newborn receives protection through the mother both while in-utero and through the breastmilk after birth. This inherited immunity lasts several months while the infant's environment begins to naturally stimulate and strengthen the immune system with repeated exposure to foreign invaders. Therefore, the cycle of exposure, infection, inflammation and finally healing is beneficial throughout childhood and

adulthood because it allows the immune system to evolve and strengthen according to the changing environments and conditions.

2.2 Mainstream medicine

According to Lauren Feder, M.D., “Louis Pasteur, the controversial 19th century scientist, taught us about the germ theory, which remains an integral component of mainstream medicine. His theory is founded on a warfare model of disease: like invading armies, germs attack us from outside the body, and if we succumb, the result is illness. Vaccines developed from this logic; they are meant to “fight” invading illnesses by first mimicking that illness in the body, causing temporary immunization.”¹ Pasteur’s work suggests that viruses and bacteria actually attack the body. However, microorganisms such as viruses, bacteria, parasites and fungus are really just opportunistic, meaning if the living conditions are good (i.e. plenty of food, warm, lack of predators, etc.), they will thrive. If these good living conditions happen to be inside our body, we will begin to show symptoms due to the stress they inflict on our organs and systems. Just like all of God’s creatures, microorganisms have a specific function: to break down damaged, dead or dying material and return it back into their primary elements allowing the life cycle to begin again. Therefore, in order for microorganisms to thrive inside our body, our health must already be diminished. Dr. Antoine Bechamp, a microbiologist who lived in Pasteur’s time, proved this through numerous experiments with microorganisms and found that they “never attack or destroy healthy, living substances.”⁵

Vaccines, as stated above, were developed due to the germ theory logic where “certain white blood cells and related cells can be ‘taught’ to recognize these germs and then to ‘remember’ them for future reference”⁵ so the person will “be protected in the future from attacks by these same germs.”⁵ In other words, a vaccine containing a weakened germ is injected

into the body where the immune system then produces antibodies to eliminate the disease. The belief is that once these antibodies have been created, the body's immune system can respond faster to the same disease germs in the future with less symptoms.

The first recorded vaccination was in 1796 by Dr. Edward Jenner, a British physician who "believed that dairymaids who had caught cowpox (a minor disease) could not catch smallpox (a fatal disease). Jenner took diseased matter from the hand of Sarah Nelmes, a local dairymaid who had become infected with cowpox, and inserted this matter into the cut arm of James Phipps, a healthy eight-year-old boy. The boy then caught cowpox. Forty-eight days later, Jenner inserted smallpox matter into the boy where it had no effect."³ This initial vaccination, since it was 100% effective, is the basis for vaccine science.² However, what isn't well known is that the boy was revaccinated 20 times and died at the age of 20 of tuberculosis which has been linked to the smallpox vaccine.⁵

The words 'vaccination' and 'immunization' are typically used interchangeably, but there is a significant difference. Essentially, a vaccination is a formulation including microorganisms that is inserted into the body with the sole purpose of unnaturally increasing disease immunity whereas the term immunization refers to the immune response and protection from that particular disease. With this in mind, how do we determine if a vaccine really creates immunization, thus scientifically proving its effectiveness? One would think that comparing the health of vaccinated vs. un-vaccinated people would provide the answers. However, this is not how vaccine effectiveness is evaluated. According to Michael Gaeta, "vaccinated people are compared to other vaccinated people and only antibody titers are considered...and the titers are not predictive. For instance, in people who get measles, half of them have measles antibody titers that you can measure in the blood and half of them don't. If they have antibodies, doesn't that mean they're

protected? No. It absolutely does not. This is one of the biggest myths of vaccination – that by increasing antibody counts, it confers protection. If it did, then it would be an immunization.”²

Regrettably, the ability of vaccines to provide immunization continues to be unproven.

2.3 Naturopathy

Naturopathy upholds a very different approach where illness is primarily due to the body being in a stressed or weakened state. As explained above, microorganisms are drawn to sick, dying tissue and repelled by healthy tissue. Therefore, it is not the strength of the microorganism that creates dysfunction, thus illness; it is the fact that the body is already dysfunctional which attracts the microorganisms so they can complete their objective of breaking down tissue.

Judith DeCava said it perfectly “there are no specific diseases; there are specific disease conditions.”⁵ This viewpoint, very simply, identifies primarily two ways that the body becomes dysfunctional: 1) the presence of something that shouldn’t be there or 2) the absence of something that should. Our body was created to maintain homeostasis, so when a primary system or organ is stressed, other systems and organs try to help which ultimately exhausts the primary and secondary systems. Symptoms are the body’s way of telling us there is a problem and generally appear when the body can no longer maintain homeostasis. Consequently, naturopathic approaches to keeping us healthy focus on strengthening the body naturally using nutrition, cleansing, exercise, etc. For instance, if heavy metals are present in the body, it can cause stress on the nervous, immune and endocrine systems as well as other areas. Eventually, this toxicity will cause dysfunction due to the lack of homeostasis and the person will begin to have symptoms such as unexplained irritability and sudden anger, depression, numbness and tingling in the extremities, chronic fatigue, nighttime urination, cold hands and feet, bloated feeling, memory issues, constipation and/or diarrhea, muscular twitching, heartburn, skin rashes,

metallic taste in the mouth, insomnia, painful joints, excessive itching, tachycardia, etc.⁷ As the body continues to increase in stress and dysfunction, microorganisms move in and begin to thrive. However, when we naturally detox the heavy metals, the body can heal and restore proper function ultimately making the environment uninhabitable for microorganisms.

Conversely, when necessary nutrients are missing from the body, the response is much the same. However, in this instance, naturopathic methods such as whole foods & supplements are used to provide the missing nutrients allowing the body to strengthen.

2.4 Declining Health Trends

Over the past few decades, there is a significant overall trend of health deterioration which is substantiated by scientific reports. Neil Miller described that “allergic diseases such as asthma and eczema are rapidly increasing in both frequency and severity. Autoimmune diseases (afflictions in which antibodies or immune cells attack the tissues of one’s own body) have increased manifold in the past several generations. Perhaps the most ominous of all is the rise in childhood behavioral disorders, including hyperactivity and learning disorders, with approximately 15 percent of children now being classified as learning disabled. A substantial portion of today’s children are receiving frequent courses of antibiotics for treatment of recurrent ear infections and/or respiratory illness, a pattern which suggests an increasing prevalence of immune impairment when compared with earlier generations. Among young adults of today there are the newly emerging and poorly understood syndromes of chemical sensitivity and chronic fatigue, conditions which are disabling millions of our youth who should be entering the prime of their lives.”³ In addition, “preterm births have increased 23 percent over the past two decades, low-weight births have become more common...and the incidence of autism is

increasing, and is now almost 10 times higher than in the mid-1980's.”⁴ Unfortunately, this is just a small sample of the illnesses afflicting people, both young and old, at an alarming rate.

So, the question is why are the illnesses and frequencies skyrocketing? “Dr. Harold Buttram...concluded that the four fundamental causes of immune malfunctions and disorders are: 1) injected vaccines, 2) denatured and devitalized foods, 3) formula feeding of infants rather than breast feeding, 4) overuse of antibiotics. Stated another way, the cause of disease is chronic malnutrition and/or chronic poisoning – depleting, damaging, and impairing the body and its normal functions instead of building, caring, fueling and supporting its health.”⁵ I fully agree with this, but would also add environmental factors such as heavy metal and chemical pollutants, electromagnetic frequency pollution, higher incidence of scars (surgical, accidental, stretch marks, piercings, tattoos, etc.) and genetically modified foods. Our fresh fruits and vegetables are also grown with pesticides and fertilizers, so the chemicals are absorbed into the flesh making it next to impossible to remove them before consumption.

3.0 Toxicity and Pollutants

3.1 In-Utero toxicity










Today's world is filled with chemicals. They are in our water, air and soil; packaging for our food; construction of our homes; cookware; and the list goes on and on. These chemicals completely surround us in our daily lives. The Environmental Working Group, in 2005, reported that “U.S. industries manufacture and import approximately 75,000 chemicals and 3,000 of them at over a million pounds per year.”⁴ This is a huge number and the study is over 14 years old! Obviously, there is no way for us to completely avoid these chemicals and, since they are toxins to our body, there is no doubt that they are affecting our health. So, what about our children? If the mother is suffering from toxicity before becoming pregnant, does that toxicity impact the

fetus? The answer is sadly ‘yes’, but “health officials do not know how many of these chemicals pollute fetal blood and what the health consequences of *in-utero* exposures may be.”⁴ Therefore, the Environmental Working Group conducted a study of ten randomly chosen children to determine what, if any, pollutants were being passed through the umbilical cord. The results were astonishing! “Tests revealed a total of 287 chemicals in the group. The umbilical cord blood of these 10 children, collected by the Red Cross after the cord was cut, harbored pesticides, consumer product ingredients, and wastes from burning coal, gasoline and garbage.”⁴ Of these identified chemicals, “180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests.”⁴ Tables 3.1.1 and 3.1.2 classify the identified specific chemicals into nine classes and describe what they are used for or where they come from. As you can see, these chemicals are widely used in our society, absorbed in our food and very toxic.

What’s very disturbing is that of the 413 total chemicals tested for in this Environmental Working Group study, there were 101 chemicals found in ALL umbilical cord blood samples! In addition, the “dangers of exposure to these chemicals in combination has never been studied.”⁴ Sadly, there is no denying that our babies are being born with a significant toxic load, but remember this study is over 14 years old! Since the pollution in our environment continues to rapidly increase, I anticipate these numbers to already be much higher and, regrettably, I fear this is just the beginning.

Since we are completely surrounded by chemicals in today’s world, why are there not more studies on the impacts of chemicals in our society? Unfortunately, testing for these chemicals is very challenging and expensive because there are no regulations requiring chemical manufacturers to disclose ways to detect these chemicals. As a result, most laboratories are

Table 3.1.1 – Chemicals and Pollutants Detected in Human Umbilical Cord Blood⁴

	<p>Mercury (Hg) - tested for 1, found 1 Pollutant from coal-fired power plants, mercury-containing products, and certain industrial processes. Accumulates in seafood. Harms brain development and function.</p>
	<p>Polyaromatic hydrocarbons (PAHs) - tested for 18, found 9 Pollutants from burning gasoline and garbage. Linked to cancer. Accumulates in food chain.</p>
	<p>Polybrominated dibenzodioxins and furans (PBDD/F) - tested for 12, found 7 Contaminants in brominated flame retardants. Pollutants and byproducts from plastic production and incineration. Accumulate in food chain. Toxic to developing endocrine (hormone) system</p>
	<p>Perfluorinated chemicals (PFCs) - tested for 12, found 9 Active ingredients or breakdown products of Teflon, Scotchgard, fabric and carpet protectors, food wrap coatings. Global contaminants. Accumulate in the environment and the food chain. Linked to cancer, birth defects, and more.</p>
	<p>Polychlorinated dibenzodioxins and furans (PCDD/F) - tested for 17, found 11 Pollutants, by-products of PVC production, industrial bleaching, and incineration. Cause cancer in humans. Persist for decades in the environment. Very toxic to developing endocrine (hormone) system.</p>
	<p>Organochlorine pesticides (OCs) - tested for 28, found 21 DDT, chlordane and other pesticides. Largely banned in the U.S. Persist for decades in the environment. Accumulate up the food chain, to man. Cause cancer and numerous reproductive effects.</p>
	<p>Polybrominated diphenyl ethers (PBDEs) - tested for 46, found 32 Flame retardant in furniture foam, computers, and televisions. Accumulates in the food chain and human tissues. Adversely affects brain development and the thyroid.</p>
	<p>Polychlorinated Naphthalenes (PCNs) - tested for 70, found 50 Wood preservatives, varnishes, machine lubricating oils, waste incineration. Common PCB contaminant. Contaminate the food chain. Cause liver and kidney damage.</p>
	<p>Polychlorinated biphenyls (PCBs) - tested for 209, found 147 Industrial insulators and lubricants. Banned in the U.S. in 1976. Persist for decades in the environment. Accumulate up the food chain, to man. Cause cancer and nervous system problems.</p>

Source: Chemical analyses of 10 umbilical cord blood samples were conducted by AXYS Analytical Services (Sydney, BC) and Flett Research Ltd. (Winnipeg, MB).

Table 3.1.2 – Tests Show 287 Industrial Chemicals in 10 Newborn Babies⁴

Pollutants include consumer product ingredients, banned industrial chemicals and pesticides, and waste byproducts.

Sources and uses of chemicals in newborn blood	Chemical family name	Total number of chemicals found in 10 newborns (range in individual babies)
Common consumer product chemicals (and their breakdown products)		47 Chemicals (23-38)
Pesticides, actively used in U.S.	Organochlorine pesticides (OCs)	7 chemicals (2-6)
Stain and grease resistant coatings for food wrap, carpet, furniture (Teflon, Scotchgard, Stainmaster...)	Perfluorochemicals (PFCs)	8 chemicals (4-8)
Fire retardants in TVs, computers, furniture	Polybrominated diphenyl ethers (PBDEs)	32 chemicals (13-29)
Chemicals banned or severely restricted in the U.S (and their breakdown products)		212 chemicals (111-185)
Pesticides, phased out of use in U.S.	Organochlorine pesticides (OCs)	14 chemicals (7-14)
Stain and grease resistant coatings for food wrap, carpet, furniture (pre-2000 Scotchgard)	Perfluorochemicals (PFCs)	1 chemical (1-1)
Electrical insulators	Polychlorinated biphenyls (PCBs)	147 chemicals (65-134)
Broad use industrial chemicals – flame retardants, pesticides, electrical insulators	Polychlorinated naphthalenes (PCNs)	50 chemicals (22-40)
Waste byproducts		28 chemicals (6-21)
Garbage incineration and plastic production wastes	Polychlorinated and Polybrominated dibenzo dioxins and furans (PCDD/F and PBDD/F)	18 chemicals (5-13)
Car emissions and other fossil fuel combustion	Polynuclear aromatic hydrocarbons (PAHs)	10 chemicals (1-10)
All chemicals found		287 chemicals (154-231)

Source: Environmental Working Group analysis of tests of 10 umbilical cord blood samples conducted by AXYS Analytical Services (Sydney, BC) and Flett Research Ltd. (Winnipeg, MB).

unable to run the tests due to the lack of equipment and expertise. If the lab has the ability to test human tissue/blood for these chemicals, the cost is very expensive...the tests for this study cost a whopping \$10,000 per sample!⁴ Clearly, this is the main reason there aren't more studies conducted on the health effects from the toxic world we live in today.

3.2 Vaccine toxicity

As discussed above, vaccines were developed with the objective of artificially injecting a virus or bacteria in a weakened state to produce antibodies which would then defend the body in the future from the same virus or bacteria. Regardless, due to the way vaccine effectiveness is analyzed, there is no way to know if these vaccines really establish artificial immunity. Consequently, the next question that should be asked is “what is really in the vaccine” to determine if the risk of vaccine injection is worth the unknown possibility for artificial immunity to the illness. According to Judith DeCava, “each vaccine is made from decomposed protein, foreign to the body, which in itself can cause quick blood-poisoning. These foreign proteins include bacteria and/or ‘live’ or ‘dead’ viruses – toxoids which are toxins that have been treated to destroy their toxicity, but are still capable of inducing formation of ‘antibodies’. At least that is the supposition. These toxins are grown in cultures and/or nutrient ‘broths’ that contain decomposing, foreign proteins and harmful chemicals which also appear in the vaccines, such as monkey kidney cells or human diploid (containing two sets of chromosomes) cells, chick and duck embryos, beef heart infusion, dextrose (a refined sugar), antibiotics (such as neomycin or streptomycin), calf serum, phenol red (a chemical pH indicator and deadly poison), amino acids, casein and more. Stabilizers, inactivation chemicals, and preservatives are added such as sorbitol (a refined sugar), formaldehyde (a known cancer-causing agent), Thimerosal (a mercury derivative and extremely toxic chemical), alum, aluminum phosphate (aluminum has been connected with Alzheimer’s disease among others), aluminum and oil adjuvants (produces cancer in laboratory mice), acetone (a solvent used in nail polish remover; very volatile), glycerin (extract from fats which are putrefied and decomposed; harmful to many body tissues and organs), and more; all of these mentioned are known to be toxic.”⁵ In addition, many of

these items such as formaldehyde, aluminum, mercury and acetone are toxic enough to be managed by the Occupational Safety and Health Association (OSHA), for worker safety, and the Environmental Protection Agency (EPA), for proper management and disposal of a hazardous material.

The Center for Disease Control (CDC) website states “today’s vaccines use only the ingredients they need to be as safe and effective as possible” and they provide the information in Table 3.2.1.⁸ As you can see from the notes on this table, the CDC indicates that Thimerosal (ethyl mercury) is safe for injection into the body because the body processes it differently. However, in the first line of the table, they also indicate that you can get Thimerosal from eating certain kinds of fish. I grew up around Lake Erie where the population was warned to not eat over a certain amount of fish, and pregnant women were not to eat any, because of the mercury poisoning and accumulation in the body. If Thimerosal is safe because it is processed differently and it is found in the same fish we consume, then why were we warned to keep consumption of fish to a minimum? This definitely doesn’t make sense to me!

The CDC website also includes a summary of information extracted from manufacturers’ package inserts which lists the ingredients for each vaccine. I have listed, in Table 3.2.2, only those vaccines recommended within the first two years of life.⁸

On a side note, when I read Judith DeCava’s explanation of how the smallpox vaccine is manufactured, I was completely astonished and disgusted. She wrote: “A young calf has his belly shaved. Many slashes are made in the skin. A prior batch of smallpox vaccine is dropped into the slashes and allowed to fester over a period of days. During this time, the calf stands in a headstock so that he can’t lick his belly. The calf then is led out of the stock to a table where he is strapped down. His belly scabs and pus are scraped off and ground into powder. That powder

is the next batch of smallpox vaccine.”⁵ If people really understood that scabs and pus are a result of the immune system’s repair process trying to remove the infection and waste products from the body, would they really want this injected into their bloodstream? How could this really benefit any child?

Table 3.2.1 – What’s in Vaccines?⁸

Type of Ingredient	Example(s)	Purpose	Most common source found...
Preservatives	Thimerosal* (only in multi-dose vials of flu vaccine)	To prevent contamination	From eating foods such as certain kinds of fish
Adjuvants	Aluminum salts	To help boost the body’s response to the vaccine	From drinking water, infant formula or use of health products such as antacids, buffered aspirin and antiperspirants
Stabilizers	Sugars, gelatin	To keep the vaccine effective after manufactured	From eating food such as Jell-O and resides in body naturally
Residual cell culture materials	Egg protein	To grow enough of the virus or bacteria to make the vaccine	From eating foods containing eggs
Residual inactivating ingredients	Formaldehyde+	To kill viruses or inactivate toxins during the manufacturing process	Resides in body naturally (more in body than vaccines). Also found in automobile exhaust and household furnishing such as carpets and upholstery
Residual antibiotics	Neomycin	To prevent contamination by bacteria during the vaccine manufacturing process	Antibiotics that people are most likely to be allergic to – like penicillin – aren’t used in vaccines

*Thimerosal has a different form of mercury (ethyl mercury) than the kind that causes mercury poisoning (methylmercury). It’s safe to use ethyl mercury in vaccines because it’s processed differently in the body and it’s less likely to build up in the body – and because it’s used in tiny amounts. Even so, most vaccines do not have any Thimerosal in them.

+Formaldehyde is diluted during the vaccine manufacturing process, but residual quantities of formaldehyde may be found in some current vaccines. The amount of formaldehyde present in some vaccines is so small compared to the concentration that occurs naturally in the body that it does not pose a safety concern.

Table 3.2.2 – Vaccine Excipient Summary (excerpt)⁸

Vaccine	First shot	Total shots by 6 years old	Ingredients*
HepB	Birth	3	yeast protein, yeast DNA, deoxycholate, phosphonothioate linked oligodeoxynucleotide, sodium phosphate, dibasic dodecahydrate, sodium chloride, monobasic dehydrate, polysorbate 80
RV (Rotavirus)	2 Months	3	sucrose, sodium citrate, sodium phosphate monobasic monohydrate, sodium hydroxide, polysorbate 80, cell culture media, fetal bovine serum [DNA from porcine circoviruses (PCV) 1 and 2 has been detected in RotaTeq. PCV-1 and PCV-2 are not known to cause disease in humans.]
DTaP	2 Months	5	formaldehyde, aluminum hydroxide, sodium chloride, polysorbate 80 (Tween 80)
Hib	2 Months	4	sodium chloride, formaldehyde, sucrose
PCV13 (Pneumococcal)	2 Months	4	CRM197 carrier protein, polysorbate 80, succinate buffer, aluminum phosphate
IPV (Polio)	2 Months	4	calf bovine serum albumin, 2-phenoxyethanol, formaldehyde, neomycin, streptomycin, polymyxin B, M-199 medium
Influenza	6 Months	Annually	ovalbumin, formaldehyde, sodium deoxycholate, α -tocopheryl hydrogen succinate, polysorbate 80, Thimerosal (multi-dose vials), phosphate-buffered saline solution
MMR	12 Months	2	vitamins, amino acids, fetal bovine serum, sucrose, glutamate, recombinant human albumin, neomycin, sorbitol, hydrolyzed gelatin, sodium phosphate, sodium chloride monobasic, potassium chloride, neomycin, bovine calf serum
Varicella	12 Months	2	MRC-5 human diploid cells, including DNA & protein, sucrose, hydrolyzed gelatin, sodium chloride, monosodium L-glutamate, urea, sodium phosphate dibasic, potassium phosphate
HepA	12 Months	1	amorphous aluminum hydroxyphosphate sulfate, non-viral protein, DNA, bovine albumin, formaldehyde, neomycin, sodium borate, sodium chloride, other process chemical residuals

*Only one listed manufacturer used for the same vaccine.

4.0 Heavy Metal and Chemical Impacts to Normal Body Function

4.1 Body dysfunction and toxicity symptoms

Metal and chemical toxicity causes many dysfunctions in the body which present as a myriad of symptoms. Metals such as mercury and aluminum significantly suppress neurological and immune system operations in the body. These metals are not required for normal body function and, more disturbingly, they displace other nutrients such as iron, zinc, chromium, magnesium, copper, manganese, etc. that are required. So, if a person frequently ingests foods where the metals have displaced the nutrients, dysfunction in the body will ultimately result. For instance, if iron is displaced, the body cannot maintain a healthy amount of red blood cells and Anemia results; if zinc is displaced, then there are usually problems with the reproductive organs and/or eyes.⁶

Mercury is a strong neurotoxic metal and it “can cause many neuro-developmental conditions such as tics, speech delay, sleep disorders, attention deficit disorder and autism.”¹ A major contributor to mercury toxicity today is dental amalgam tooth fillings. Many people are not aware that the amalgam residues from filling teeth are considered a hazardous waste and must be managed and disposed of according to OSHA and EPA regulations. So why is amalgam used? Basically, it is cheap. However, amalgam use began because it was considered ‘stable’ (i.e. won’t decay or release toxins) as long as it is not subjected to heat or abrasion. So, this sounds like a perfect area for application...as long as you don’t chew or eat anything warm/hot, your amalgam fillings are stable! Obviously, this is not the case, and the application on teeth is probably one of the worst areas to use this material. Not only is it inevitable that you will ingest these poisons, but due to the close proximity, the location increases the toxicity risk in the salivary glands and brain. Since the brain is the neurological control center, it is easy to

understand that the effects of decreased neurological function due to mercury poisoning are horrifying. However, why are the effects on the salivary glands so important? These glands are responsible for salivary secretion which provides enzymes to begin the digestive process. The enzymes basically tag the food during the chewing process to initially identify what is coming through the digestive system allowing the body to prepare as necessary. If these glands become stressed due to the presence of toxic metals, they can easily become overwhelmed decreasing the ability to keep up with the demand of enzyme production and subsequently diminishing the body's ability to properly separate the products of digestion into useable and toxic elements. Thus, the metals and chemicals are not harmlessly excreted as they would be if these glands are functioning optimally, but instead stored in the body. Furthermore, it is a well-known fact that a strong immune system results from a healthy gut. Therefore, if digestion is negatively impacted, we can expect the function of the immune system will also degrade which will then stress other areas and the dysfunction will continue to escalate.

Aluminum is also a strong neurotoxic metal which can cause dementia, diminished mental function, forgetfulness, an inability to concentrate, Alzheimer's disease, seizures, bone softening/loss, kidney and cardiovascular damage, anemia, fatigue, etc.^{2, 5, 6} Unfortunately, we regularly utilize aluminum products such as cooking pans and utensils, canned goods, antacids, deodorant, etc. which can introduce aluminum into our bodies through ingestion and absorption through the skin.

Cadmium and Lead are additional, highly toxic metals that are readily found in today's environment. Cadmium is found in cigarette smoke, car fumes and other urban pollution which can cause Hypertension.² The Government is aware of the toxicity from lead poisoning because they have very stringent regulations for lead in paint. However, they have failed to acknowledge

lead solder which can still be purchased by the general public and is used in canned food packaging among many other applications.

Metal toxemia can present as many different symptoms, whether it be from food consumption or skin absorption. Less severe symptoms may include developmental and learning disabilities, hyperactivity, weakness “acne, graying of the skin, darkness around the eyes and headaches sometimes accompanied by diarrhea, indigestion or gastritis.”⁶ However, continued buildup or large doses of toxic metals can cause very significant symptoms such as Alzheimer’s disease, seizures, Multiple Sclerosis, encephalitis, blindness, deafness, multiple types of neuropathy, paralysis, retardation and even death because of the neurological impact on the body. According to Table 3.2.1, the Flu vaccine is the only one that contains Thimerosal (ethyl mercury) where there is a 432% increase in the incidence of Guillain-Barré Syndrome. This Syndrome is an autoimmune disease affecting the nervous system where the person suffers with symptoms such as muscle weakness, pain, numbness and paralysis.² However, Guillain-Barré Syndrome is also a side effect of other vaccines such as DTaP, Hib, Hep A & B and the MMR, which contain aluminum and/or very toxic chemicals such as Formaldehyde and Polysorbate 80.^{3,5} Therefore, in my opinion, metal toxicity, regardless of the metal, can cause significant neurological dysfunction and symptoms.

Unfortunately, the chemicals that are in our environmental are also very hazardous to our health. The chemicals listed in Table 3.1.2 are just the tip of the iceberg. We live in a sea of chemicals in our homes (flooring/building materials, plastic containers, cookware such as Teflon, cleaners, etc.), in our food (herbicides, pesticides, preservatives, sugar, etc.), in our water (chlorine and other chemicals used for decontamination), in our air (industrial plant exhaust, byproducts from fuel burning, etc.) and the list goes on and on. The body is not equipped to

manage the onslaught of chemicals from our environment and without regular cleansing the body will begin to show symptoms such as headaches, multiple types of arthritis, cancer, tooth decay and gum disease, asthma, allergies, pain, hives, brain fog, fatigue, poor functioning immune system, diabetes, etc.

4.2 In-utero developmental issues

The umbilical cord is a lifeline for the developing fetus, pulsing with nutrient and oxygen-rich blood. Regrettably, our toxic environment is generally reflected in the mother's body and, per the Environmental Working Group 2005 study presented above, these pollutants are then shared through the umbilical cord blood to the fetus. In-utero development is the fastest and most complex in our entire lives. During this time, the fetus is developing from a single cell to a fully functional body complete with organs and systems. Unfortunately, "industrial chemicals that interrupt this intricate process can, at high levels, wreak havoc in the form of severe birth defects, or at lower levels cause subtle but important changes in development that surface later in childhood as learning or behavioral problems, or in adulthood in the form of certain cancers or perhaps neurodegenerative disease."⁴ During development, the highest vulnerability is early in developmental stages when "cells are multiplying and differentiating into specific tissues and organs. Exposures during these times can lead to permanent damage. However, a child's vulnerability continues long beyond early pregnancy: the central nervous system, immune, reproductive and endocrine systems, for example, continue to mature even after birth."⁴ A child's vulnerability, coupled with their immature immune system, makes the chemical exposures much more dangerous because:

- "A developing child's chemical exposures are greater pound-for-pound than those of adults.

- An immature, porous blood-brain barrier allows greater chemical exposures to the developing brain.
- Children have lower levels of some chemical-binding proteins, allowing more of a chemical to reach ‘target organs’.
- A baby’s organs and systems are rapidly developing, and thus are often more vulnerable to damage from chemical exposure.
- Systems that detoxify and excrete industrial chemicals are not fully developed.
- The longer future life span of a child compared to an adult allows more time for adverse effects to arise.”⁴

The dangers are also intensified by the fetus’ behaviors prior to birth such as swallowing and breathing where the pollutants are brought into the body through the amniotic fluid which collects the baby’s urine. Since the fetus is regularly receiving pollutants through the umbilical cord, the urine excreted by the baby also contains these same pollutants. Later in the pregnancy, the mother begins to dissolve stored fat, releasing even more pollutants and adding to the amount received by the baby. The EPA acknowledged in their cancer risk guidelines that carcinogens average 10 times more potent for babies than adults and some chemicals are up to 65 times more powerful.⁴

The Environmental Working Group also linked the chemicals identified in the umbilical cord blood to specific health issues. Table 4.2.1 presents these issues ranging from birth defects to cancer, many of them affecting entire systems in our body. However, to really understand the

Table 4.2.1 – Chemicals Found in 10 Newborns are Linked to a Number of Health Problems⁴

Health Effect or Body System Affected	Number of chemicals found in 10 newborns tested that are linked to the listed health impact			
	Total found in all 10 newborns		Average amount	Range
	Total Number	Number by Chemical		
Cancer [^]	180	1 PAH; 7 PBBDD/F; 2 PFC; 11 PCDD/F; 12 OC; 147 PCB	133	92-155
Birth defects/developmental delays	208	Mercury; 1 PAH; 7 PBDD/F; 2 PFC; 11 PCDD/F; 7 OC; 32 PBDE; 147 PCB	151	101-176
Vision	1	1 OC	1	0-1
Hormone System	211	Mercury; 1 PAH; 7 PBDD/F; 2 PFC; 11 PCDD/F; 10 OC; 32 PBDE; 147 PCB	153	104-179
Stomach/Intestines	275	Mercury; 5 PAH; 7 PBDD/F; 2 PFC; 11 PCDD/F; 20 OC; 32 PBDE; 50 PCN; 147 PCB	194	147-227
Kidney	174	Mercury; 7 PBDD/F; 2 PFC; 11 PCCC/F; 6 OC; 147 PCB	128	84-149
Brain/ nervous system	217	Mercury; 2 PAH; 7 PBDD/F; 11 PCDD/F; 17 OC; 32 PBDE; 147 PCB	157	108-183
Reproductive system	263	Mercury; 3 PAH; 7 PBDD/F; 2 PFC; 11 PCDD/F; 10 OC; 32 PBDE; 50 PCN; 147 PCB	185	136-219
Lungs/ breathing	200	Mercury; 7 PBDD/F; 11 PCDD/F; 2 OC; 32 PBDE; 147 PCB	144	93-170
Skin	226	Mercury; 4 PAH; 7 PBDD/F; 11 PCDD/F; 6 OC; 50 PCN; 147 PCB	159	115-187
Liver	46	Mercury; 2 OC; 43 PCB	40	30-45
Cardiovascular system/blood	226	Mercury; 1 PAH; 7 PBDD/F; 2 PFC; 11 PCDD/F; 7 OC; 50 PCN; 147 PCB	162	117-190
Hearing	187	7 PBDD/F; 1 PCDD/F; 32 PBDE; 147 PCB	135	85-161
Immune System	177	Mercury; 7 PBDD/F; 2 PFC; 11 PCDD/F; 9 OC; 147 PCB	130	89-151
Male Reproductive System	245	Mercury; 7 PBDD/F; 6 PCDD/F; 2 OC; 32 PBDE; 50 PCN; 147 PCB	172	122-207
Female Reproductive System	196	7 PBDD/F; 2 PFC; 6 PCDD/F; 2 OC; 32 PBDE; 147 PCB	142	92-168

[^] Chemical listed as linked to cancer are those classified by the National Toxicology Program as “known” human carcinogens, or “reasonably anticipated” to be human carcinogens; or those classified by the Environmental Protection Agency as “known” or “probable” human carcinogens.

* Some chemicals are associated with multiple health impacts, and appear in multiple categories in this table.

effects of the chemicals passed from mother to infant, we have to know how they are transmitted and the impacts thereafter. According to this study:⁴

- Methylmercury – toxic
 - Infant transfer – amniotic and umbilical fluids
 - Linked health issues – severe neurotoxicity, including mental retardation; learning deficiencies & can delay mental development; developmental malformations; altered immune, reproductive, cardiovascular and kidney functions
- Polyaromatic hydrocarbons (PAHs) – toxic
 - Infant transfer – amniotic and umbilical fluids, inhaled, ingested or skin contact
 - Linked health issues – cancer; birth defects; toxic to the skin, blood, reproductive and immune systems
- Polybrominated dibenzodioxins and furans (PBDD/F) – toxic, persistent, bio-accumulative and lipophilic (fat-loving)
 - Body storage – in fatty tissues and fluids such as breast milk
 - Infant transfer – passed during pregnancy and lactation
 - Linked health issues – birth defects; reproductive, immune, nervous and endocrine system damage; endocrine-related cancers
- Perfluorinated chemicals (PFCs) – toxic, persistent, bio-accumulative
 - Body storage – persistent in the body for decades
 - Infant transfer – passed during pregnancy
 - Linked health issues – many types of cancer; increased cholesterol and stroke; suppresses the immune system; birth defects; reproductive effects

- Polychlorinated dibenzodioxins and dibenzofurans (PCDD/Fs, or chlorinated dioxins and furans) – extremely toxic, persistent, bio-accumulative and lipophilic (fat-loving) and are among the most toxic substances known to man
 - Body storage – in fatty tissues and fluids such as breast milk
 - Infant transfer – passed during pregnancy and lactation
 - Linked health issues – cancer, skin lesions; nervous, endocrine and immune system damage; altered carbohydrate and lipid metabolism, thyroid disruption; altered menstrual cycling; cardiovascular effects; endocrine-related cancers
- Organochlorine Pesticides (OCs) – toxic, persistent, bio-accumulative and lipophilic (fat-loving)
 - Body storage – in fatty tissues and fluids such as breast milk
 - Infant transfer – passed during pregnancy and lactation
 - Linked health issues – brain damage; hormonal disruptions
- Polybrominated diphenyl ethers (PBDEs) – toxic, persistent, bio-accumulative and lipophilic (fat-loving)
 - Body storage – in fatty tissues and fluids such as breast milk
 - Infant transfer – passed during pregnancy and lactation
 - Linked health issues – impacts to learning, memory and behavior which increase with age; hearing deficits; delayed puberty; decreased sperm count; fetal malformations; cancer; reduced enzyme activity
- Polychlorinated Naphthalenes (PCNs) – toxic, persistent, bio-accumulative and lipophilic (fat-loving)
 - Body storage – in fatty tissues and fluids such as breast milk

- Infant transfer – passed during pregnancy and lactation
- Linked health issues – severe skin reactions; liver toxicity; irritation of the eyes; fatigue; headache; anemia; impotency; anorexia; nausea
- Polychlorinated biphenyls (PCBs) – toxic, persistent, bio-accumulative and lipophilic (fat-loving)
 - Body storage – in fatty tissues and fluids such as breast milk
 - Infant transfer – passed during pregnancy and lactation
 - Linked health issues – a number of cancers; fetal and infant death; birth defects; brain damage; hormonal issues; skin lesions; thyroid disruption; damage to the nervous, immune and cardiovascular systems; decreased IQ; impaired psychomotor development

In 2005, when the Environmental Working Group conducted their study, many health issues were already increasing at an alarming rate (Table 4.2.2). As our world continues to manufacture chemicals at a frightening pace and these chemicals are released into our air, water and soil, there is no doubt that the health issues we face will increase dramatically.

Alarmingly, the chemical exposure during fetal development can not only impact the child's entire life, but also future generations. According to the Environmental Working Group, "adult diseases linked to newborns' low birth weight...cause adverse effects not only in those babies born small, but also in their children of any birth size, through heritable changes in gene expression that result in a phenomenon known as 'epigenetic inheritance'. Very different from genetic mutations which are physical changes in gene structure, epigenetic inheritance is instead characterized by certain genes being turned on or off...since genes are responsible for making the chemicals that build and repair the body, this unnatural forcing to a permanent on or off

position can have far-reaching consequences.”⁴ This notion is extremely alarming! Not only are our bodies already toxic, negatively impacting our normal body function and that of our offspring, but our future generations may also have genetic complications with their body’s ability to repair itself...this is a disastrous outlook for the human race!

Table 4.2.2 – Human Health Problems on the Rise⁴

AUTISM	10X	increase early 80’s-1996
MALE BIRTH DEFECTS	2X	increase hypospadias, 1970-1993
CHILDHOOD ASTHMA	2X	increase 1982-1993
ACUTE LYMPHOCYTIC LEUKEMIA	62%	increase in children, 1973-1999
CHILDHOOD BRAIN CANCER	40%	increase 1973-1994
PRETERM BIRTH	23%	increase mid 80’s-2002
INFERTILITY	5-10%	of couples
BIRTH DEFECTS	3-5%	of all babies
SPERM COUNTS	1%	decrease yearly 1934-1996

Sources: Yeargin-Allsopp et al. 2003, CDC 1995, Robison et al. 1995, Schecter 1999, Ananth et al. 2001, Branum and Schoendorf 2002, Swan et al. 1998, Paulozzi et al. 1997, Dunson et al. 2004, Trasande and Landrigan 2004, Jahnke et al. 2005 ⁴

4.3 Vaccine injuries & how they bypass the normal detox, elimination and screening pathways

Section 2.1 explains the body’s normal detoxification process. Not only does vaccination bypass this process by directly injecting the toxins into the bloodstream, but environmental toxins, such as metals and chemicals, suppress the function of the immune system. Without

proper functioning, the body is unable to effectively detox even if the vaccine was ingested and processed through the normal pathways. Therefore, adding vaccine injections to a suppressed immune system is a recipe for disaster. Michael Gaeta explained that “children need to get sick...the immune system is like a muscle (and) when you work a muscle, it gets stronger.”² Without vaccination, the body generally doesn’t contract multiple diseases at once. Therefore, the body’s immune system would only have to fight one illness at a time and without the added toxic load of a vaccine, thus allowing the body’s immune system to mature naturally and develop actual immunity to the illness.

According to Lauren Feder, M.D., the immune system has two lines of defense: the innate immune system and the humoral or adaptive immune system. The innate immune system consists of the initial barriers, the skin and mucous membranes in the mouth and gut, to protect the body from foreign invaders. If these foreign invaders pass the innate immune system, then the humoral or adaptive immune system is stimulated and begins to produce antibodies and other specialized immune cells such as T-cells to assist in the healing process. The adaptive immune system develops over time by responding to illnesses where it is able to remember, recognize and attack future invaders. This adaptive defense is the process in which the vaccination program is built. However, vaccines are administered through injection which bypasses the innate immune system. Basically, vaccines trick the body into thinking that it has been exposed to a specific illness, but it circumvents the initial barriers and directly triggers the adaptive immune system. Sadly, the only way the immune system truly learns and remembers how to protect the body from these foreign invaders is by exposure through the initial barriers and then to the adaptive immune system.¹ Not only does vaccination fail to offer lifetime immunity, but it shifts the vulnerability to later in life where the diseases are generally more dangerous. In addition,

injecting microorganisms directly into the bloodstream significantly increases the risk of subsequent illness because “it gains access to all of the major tissues and organs of the body without the normal advantage of a total immune response. Antibodies (T-lymphocytes) that do respond to the invading vaccine germs become committed to those germs and are unable to react to other challenges to the health of the child.”³

Since vaccine injection is an unnatural way for the immune system to function, it may instead cause a chronic immune system imbalance or malfunction.¹ In vaccinated communities, researchers have also found abnormalities in the thymus gland where T-lymphocytes are produced. These abnormalities “are associated with a variety of autoimmune and tumor producing diseases (e.g., many different types of cancer, leukemia, lupus erythematosus, and rheumatoid arthritis).”³ As stated earlier, the immune system naturally has the ability to distinguish between itself and foreign invaders. “Under natural conditions, enemy germs are attacked and rendered benign by the immune system. However, alien viruses injected into the body fuse with healthy cells, and continue to replicate along with those cells. This ultimately confuses the immune system to an extent where it can no longer differentiate between harmful and harmless conditions within the body. Under these circumstances, the immune system is likely to either invade its own cells (cancer), or ignore danger signs altogether, leaving the organism vulnerable to any number of autoimmune diseases.”³ There are also clinical suspicions that Sudden Infant Death Syndrome is caused by an unusual immune reaction to vaccine injections. Dr. Coulter explains that “vaccination affects in particular the top of the spine and the back of the skull through which the cranial nerves pass and has the effect of weakening the cranial nerves. Sudden Infant Death Syndrome is probably caused by an effect of vaccination on the vegas nerve, which provides the neural impulse to the lungs which causes us to breathe. If

the nerve is paralyzed by the vaccination, the impulse doesn't pass through and the baby simply stops breathing.”⁵

According to Neil Miller, “the entire postwar American generation is suffering from... ‘post-encephalitic syndrome’ – the name he gives to define a variety of vaccine-induced disabilities.”³ Encephalitis, or inflammation of the brain, can cause a variety of symptoms because it has the ability to affect any segment of the nervous system. “Autopsies after post-vaccinal encephalitis show a loss and destruction of myelin on the brainstem and spinal cord. Myelin covers and protects the nerves much like the insulation on an electric wire. Without myelin, nerve impulses are short-circuited and the nervous system remains undeveloped and immature...disabilities caused by the vaccines are often ‘disguised’ under different names: autism, dyslexia, learning disability, epilepsy, mental retardation, hyperactivity, and minimal brain dysfunction just to name a few. Juvenile delinquency, and unprecedented rise in violent crime, drug abuse, and the collapse of the American school system unable to contend with the estimated 20 to 25 percent of students mentally and emotionally deficient, represent other conditions that may be attributed to the vaccines.”³ Sadly, nervous system damage can be caused by the slightest vaccine reactions (i.e. fever, fussiness, drowsiness) as there is no correlation between the degree of cerebral damage and the severity of encephalitis.³

As you can see from Table 3.2.2, there are many hazardous chemicals included in the injections meant for a child's first years of life and these chemicals also have a negative effect on normal body function and infant development. However, looking closely at these added chemicals prompts several questions. For instance, why is sugar added to a vaccine that is directly injected into the body...it doesn't need to taste good, so what is the benefit of adding this toxic substance? Next, the table shows that proteins are added to vaccines except the body

cannot readily utilize proteins. They must first be digested and broken down into amino acids where only then can the amino acids be put into the bloodstream and utilized by the body.

Therefore, in vaccine form which bypasses the digestive process, proteins are nothing but toxins that have to be removed from the body. Lastly, the scariest question that comes to mind is what are the ramifications of adding DNA from human and other animal sources? We can use viruses to better understand this potential impact because they are “agents for the transfer of genetic imprints from one host to another. Since they contain pure genetic material (DNA and RNA) from a foreign organism, once injected into a human recipient, the new genetic material is incorporated into the invaded cells.”³ Have there been any studies to identify how/if adding DNA from other animals may change our DNA structure in future generations? Would animal DNA decrease our ability to detox from the added chemicals in our environment or a baby’s ability to create antibodies for the vaccinated disease? In my opinion, parents should weigh the risks of disease symptoms and complications (Table 4.3.1) versus the vaccine ingredients: is the potential in having serious complications IF your child contracts the disease itself (one risk) worth the guaranteed side effects, and potential serious complications, from vaccine ingredients plus still having the potential for contracting the disease (two risks)?

4.4 Introduction of successive toxins into an infant

As previously stated, naturally acquired illnesses are usually contracted one at a time. However, if vaccines are given according to the recommended schedule, the infant will receive multiple ‘infections’ at once plus other toxins which will, no doubt, overstimulate and overwhelm the child’s undeveloped immune system. Currently, there are “36 vaccine doses, many of them combined together, like the DTaP, the DTP, the MMR and the combo vaccines. That doesn’t even count the flu shot which kids are supposed to get, starting at age 2, once,

Table 4.3.1 – Vaccine – Preventable Diseases and the Vaccines that Prevent Them⁸

Disease	Vaccine	Disease Symptoms	Disease Complications
Chickenpox	Varicella	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis, pneumonia
Diphtheria	DTaP	Sore throat, mild fever, weakness, swollen glands	Swelling of the heart muscle, heart failure, coma, paralysis, death
Haemophilus influenzae type b	Hib	May be no symptoms unless bacteria enter the blood	Meningitis, intellectual disability, epiglottitis, pneumonia, death
Hepatitis A	HepA	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice, dark urine	Liver failure; arthralgia; kidney, pancreatic and blood disorders
Hepatitis B	HepB	May be no symptoms, fever, headache, weakness, vomiting, jaundice, joint pain	Chronic liver infection, liver failure, liver cancer
Influenza	Influenza	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia
Measles	MMR	Rash, fever, cough, runny nose, pink eye	Encephalitis, pneumonia, death
Mumps	MMR	Swollen salivary glands, fever, headache, tiredness, muscle pain	Meningitis, encephalitis, inflammation of testicles or ovaries, deafness
Pertussis	DTaP	Severe cough, runny nose, apnea	Pneumonia, death
Polio	IPV	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Pneumococcal	PCV13	May be no symptoms, pneumonia	Bacteremia, meningitis, death
Rotavirus	RV	Diarrhea, fever, vomiting	Severe diarrhea, dehydration
Rubella	MMR	Sometimes rash, fever, swollen lymph nodes	Very serious in pregnant women
Tetanus	DTaP	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

preferably twice a year.”² So, not only is the child heavily impacted by many vaccines by the age of 2, at that point we are supposed to begin injecting Thimerosal twice a year! As if this isn’t

bad enough, “there are 250 new vaccines being developed, with about 100 already in clinical trials!”² In addition, our environmental pollution is increasing at an alarming rate and many of these metals and chemicals accumulate in the body. Consequently, by the time a woman is ready to conceive, she may be very toxic which is proven to pass to the fetus. It is no wonder that we, as a population, are getting sicker with every generation! Unfortunately, if we continue with the current trend, I’m afraid it will only get worse.

There are many examples of adverse reactions to the current recommended vaccination program. Neil Miller stated that the Pertussis vaccine is “used in animal experiments to help produce anaphylactic shock and to cause an acute autoimmune encephalomyelitis (allergic encephalitis).”³ So, why would it not have the same impact on humans and potentially a higher impact on newborns? Encephalitis is an acute inflammation of the brain and myelitis is paralysis or inflammation of the spinal cord both of which are dangerous for adults let alone newborns! In addition, Judith DeCava wrote that this vaccine can “impair the action on inhibitory ‘neurotransmitters’ – chemical messengers in the brain – and enhance the action of excitatory neurotransmitters; in other words, it can disrupt brain chemistry. The toxin may, with a temporary disruption of the protective blood-brain barrier by one or more of several factors such as another illness or fever, facilitate access of toxin to nerve cells and result in seizures, neuronal [nerve cell] death, or both.”⁵ Of course this makes sense because it’s causing brain and spinal cord inflammation, but why is that reaction not expected to have any consequence initially or later in life? In spite of this significant neurological risk with just one vaccine, parents are supposed to combine this vaccine with the one for Diphtheria and Tetanus which increases the toxic load to an infant’s body even more. “A study published in the *New England Journal of Medicine* revealed that the tetanus booster vaccines cause T-lymphocyte (an essential white

blood cell type) blood count ratios to temporarily drop below normal. The greatest decrease occurred as much as two weeks later. These decreased ratios are similar to those found in persons with AIDS (Acquired Immune Deficiency Syndrome).”⁵ So, the DTaP vaccine has the potential to damage the brain while also significantly weakening the immune system and the vaccine schedule recommends it five times before the age of 5!

The example above shows that each vaccine by itself can result in many health issues, but according to the CDC’s recommended vaccine schedule, many of these vaccines are given at the same time.⁸ For instance, the first dose of DTaP, RV, Hib, PCV13 and IPV are recommended at two months in combination with the second dose of HepB (the first dose is within 24 hours of birth). These same vaccines, with the exception of HepB, are again recommended at four months. Unfortunately, this continues with multiple vaccines over and over through 4-6 years of age and then again in the teenage years. Assuming that vaccines actually create immunity, I don’t believe that this schedule allows the body time to process the microorganisms to build the subsequent immunity and remove the toxins from the vaccines when one healing cycle is 90 days and it may take multiple healing cycles to accomplish these tasks. Judith DeCava referenced a study of 18,000 children where “100 of these children had seizures between their first immunizations and their third birthdays. This amounts to one out of every 1,800 vaccinated children.”⁵ Sadly, between the current toxic load that infants face and the amount of new vaccines in testing, I have no doubt that these numbers will increase drastically.

Infants are exposed to an unprecedented amount of metals and chemicals, many of which have been identified in this document. The Environmental Working Group recognized that “the mixtures comprising a typical baby’s body burden create an environment in the body that is drastically different from what is produced in toxicology studies, nearly all of which focus on

single chemicals. Studies that target mixtures most often investigate simple mixtures at high doses encompassing only a handful of chemicals, rarely outside the same chemical class...but as a rule, toxicologists have not investigated mixtures that are considered representative of those found in people, much less in sensitive subpopulations such as developing children.”⁴ Keep in mind that the vaccination program is in addition to this inherited toxic load and the subsequent combination creates stress on every system and organ in the body with the most affected areas being the neurological and immune systems. Plus, these two systems are rudimentary at birth and develop through early childhood which further complicates the impacts. There is no doubt that the environmental pollutant load and the metals and chemicals from the vaccination schedule could, separately, create stress in the body leading to many symptoms. However, by combining that toxic load we have a recipe for disaster: not only for our children, but also for future generations!

5.0 Using Natural Health Methods to Restore and Maintain Normal Body Function

5.1 Obtaining good health before, during and after pregnancy

How many times have you, or someone you know, remained healthy after being around someone who was sick? If you are exposed to the same germs, why didn't you become sick too? Basically, the current health of our body determines how susceptible we are to the microorganisms we are exposed to. As explained above, we generally experience symptoms when our body is under enough stress (physical, emotional, nutritional, and spiritual) that it can no longer maintain homeostasis. So, if the body's immune system is strong, then it can effortlessly overcome exposures to microorganisms and/or toxins. On the other hand, those who suffer from chronic illness, smoke, take medications which can compromise the immune system,

etc. are much more susceptible to foreign invaders overwhelming their body's ability to eliminate them. In addition, poor nutrition, an overabundance of toxins, stress and a lack of exercise similarly inhibit the body's natural ability to function properly. Therefore, the key to being healthy is to predominantly eat good quality nutrient-dense foods to properly nourish the body, consistently cleanse the body of toxins, exercise regularly and decrease external stressors by practicing Yoga, meditation, prayer, etc. General cleanliness is also beneficial, but daily exposure to microorganisms keeps your immune cells strong due to frequent stimulation and reproduction.

Recognizing that there is no way to completely evade pollutants in today's world, it is imperative that you know how to minimize their impacts. There are many programs that restore and maintain great health, but the best one that I have found is from the Country Doctor Nutritional Center and their book *Your Personal Guide to the Ultimate Healing System*. Their procedures not only educate individuals on what a healthy diet entails and the importance of periodic cleansing, but also revolves around the idea that you cannot restore health without the answer to three questions: 1) Where is the stress in the body, 2) What is causing the stress and 3) How to clear the stress (what does the body need to restore function).⁹ I have witnessed countless people overcome numerous symptoms, some debilitating and even life threatening, and once again live more exuberant, fulfilling lives by simply following these procedures.

Throughout your life, diet and lifestyle are key to restoring or strengthening your body's ability to perform. Nevertheless, establishing any necessary changes prior to and during pregnancy will reduce the risk to the fetus and facilitate healthy growth in-utero. Use the following information for general health...before, during and after pregnancy as well as for the infant after birth:

- Eat a diet filled with fresh fruits and vegetables; grass-fed meat with no antibiotics or hormones; raw-unfiltered local honey; nuts and seeds; etc. The idea is to eat foods that are good quality, low in chemicals and various colors of the rainbow every day.
- Avoid, at least mostly, processed foods, grains, dairy, pork, fried foods, margarine and canola/corn oils, processed sugar, etc. “Refined sugar has been shown to suppress the immune system by reducing white blood cells dramatically (up to 50 percent) for hours.”⁵
- Drink filtered, good quality water. You need a minimum of ½-1 ounce of water per pound of body weight to sustain normal body function. If you drink anything else like coffee or tea, then you need to add the same number of ounces in water to that total. Also, if you are dehydrated, you need to increase your water consumption until corrected.
- Exercise regularly, at least 30 minutes 3-5 times per week.
- Get enough sleep, at least 7-9 hours nightly.

Regrettably, our foods do not contain all of the nutrients they once did because many of the soils used to grow these foods are nutrient deficient or the animals are eating nutrient deficient foods. Therefore, it is possible to take whole food supplements to increase the nutrients received through the diet. However, be aware that manufactured (or separated) nutrients are not the same. For example, the nutrients your body receives by eating an orange far outweigh taking an ascorbic acid pill. In order to digest and absorb the ascorbic acid that has been separated from the orange, the body must pull the remaining (missing) nutrients from storage. If these missing nutrients have been exhausted from the body’s storage, then the ascorbic acid is treated as a toxin and processed for elimination. Consequently, the body receives no benefits from the ascorbic

acid, but instead further depletes the body of essential nutrients. Therefore, when purchasing supplements, verify that they contain whole foods. Some examples of supplementation are:⁵

- To strengthen the immune system – Vitamins A, C-Complex, D and K; Selenium; Coenzyme Q10; Zinc; Magnesium; Copper; Iron; Probiotics; Glutathione; Echinacea; Garlic; Elderberry; Astragalus; Mullein
- To support the inflammation and repair process – Calcium; Turmeric; Ginger
- To assist in stress relief – Vitamin B Complex (B₂, B₆, B₁₂, folic acid and pantothenic acid B₅)
- To support tissue repair – Vitamin E Complex

Another good idea is to limit your exposure to metals and chemicals. This can be very difficult since we live in a world full of them. However, you can minimize your exposure in the following ways:^{4 & 6}

- Cookware
 - Do not use aluminum for cooking (pans, utensils, aluminum foil, etc.). Also, do not consume foods or drinks from aluminum packaging (fruits, vegetables, juice, soda, etc.)
 - Copper and enamel should also be avoided because they are generally made from cadmium which depletes zinc in the body.
 - Preferred cookware includes stainless steel, iron and glass. These contain iron and chromium which can be utilized in the body.
- Microwave – don't use it! It destroys the food making it nutrient deficient. If you must, then only use it with glass or ceramic containers to prevent added toxins.

- Water – drink only purified or filtered water to remove the added chemicals such as chlorine. Mineral and distilled water are wonderful.
- Fruits and vegetables – to remove herbicides and pesticides, soak them in a solution of water and Clorox. For every quart of water, add a teaspoon of Clorox and soak vegetables for about 20 minutes. After soaking in the solution, remove and soak in clear water for 1-1/2 hours to remove the Clorox.
- Meat and eggs – use organic, grass-fed meat with no added antibiotics or hormones. Ensure the animal feed is free of pesticides. Be aware that chickens eating pesticide feed will produce eggs tainted with pesticides...and if those eggs are allowed to hatch, the chick will also be toxic. Only eat good quality seafood such as wild Alaskan salmon. Canned tuna, as well as other lower quality and/or farmed seafood, can contain PCBs and mercury.
- Dental fillings – use only acrylic or gold fillings and ensure enamel tooth caps do not contain cadmium. If you have amalgam fillings and are planning to have them replaced, do so slowly (1-3 at a time). Replacing too many at once may release too much mercury & other chemicals possibly resulting in acute toxicity.
- Cosmetics and toiletries – ensure you use good quality (low chemical) products. These types of items can be sold with no safety testing.
- Cleaning products – avoid most, to include laundry products and artificial fragrances, as they contain many toxic chemicals. Use items like white vinegar, castile soap, essential oils, baking soda, citrus fruits, etc. Small amounts of bleach can be used infrequently, but do not mix it with vinegar because it creates chlorine gas which is very harmful.

- Household chemicals – use only low volatile organic compound (VOC) products for remodeling your home. Ensure good ventilation for new items such as carpeting, furniture, etc. because they will release VOCs for quite some time. Also, don't use stain repellants on clothing, bedding or upholstery.
- Fuels – use manual or electric yard tools instead of gas-powered. Also, avoid breathing gasoline fumes when refueling your car.

Lastly, you should follow an internal cleansing schedule to reduce toxin buildup and restore normal body function. According to Samuel and Dan Young, everyone should complete a bowel cleanse quarterly and liver/gallbladder, kidney/bladder, lymph, parasite and metal/chemical cleanses semi-annually.⁹ Most stores who sell whole food supplements have products to complete these cleanses, but I use the Country Doctor Herbals with their cleanse protocols which also include specific drinks to enhance the organ cleanses. It is important to note that cleansing should be conducted with enough time to allow your body to process and eliminate the toxins BEFORE pregnancy because you don't want excess toxins being processed through the body upon conception.

5.2 Vaccine Schedule Alternatives

Instead of vaccinating your child, you can use Nosodes. Nosodes are homeopathic remedies made from the same bacteria and viruses as the vaccines, but they are taken by mouth and have no preservatives, metals or chemicals. Since they are swallowed, these Nosodes will stimulate the immune system naturally which will create effective antibodies.

However, if you choose to vaccinate, there are also ways to minimize the associated risk to your infant. It is important to only vaccinate if your child is in good health. "If your child is currently sick or has been recently (in the past two weeks), wait until better. If your child is

cranky, fussy or not themselves, this may mean that they could be getting sick: wait until better. If your child has been on antibiotics, wait at least six weeks until getting a shot. Antibiotics weaken the immune system and it is not uncommon that children become sick soon after.”¹ In addition, I suggest using holistic methods to correct the deficiencies causing symptoms such as allergies, eczema, chronic ear infections, etc. before administering any vaccinations.

Selective vaccination is also an option. You can choose to not follow the recommended vaccine schedule by waiting until your child is older allowing the immune system to begin naturally maturing. Secondly, you may choose only the shots you want administered by educating yourself on the illness the vaccine is designed for, such as how common is the disease in your living area, what age is it normally contracted, what and normally how severe are the symptoms and risks, whether the vaccine risks outweigh the risk of infection, etc. A third suggestion is to stagger the shots to keep from overloading the body’s immune system. Allowing the body to recover in between shots can greatly reduce the chance of vaccine reactions. Regardless of the selective vaccination program you choose, it is important to communicate your wishes with your Doctor prior to vaccination because they may have to order special vaccine vials. At a minimum, I suggest that you only allow single dose vials for all vaccinations that you want administered to your child. Most severe adverse reactions occur in multi-dose vaccines. In addition, make sure the health worker administering the shot shakes the vial before they draw the injection ensuring even distribution. Metals and some chemicals will generally settle to the bottom of the vial which can lead to higher amounts being drawn into the shot spiking the dose.

Homeopathics or supplements (such as Black Currant, Briar Rose, Vitamins A and C complex, etc.) can be used a week or so before and after the shot to strengthen the body in

preparation for the injected immune challenge. On the day of the shot, Ledum Palustre 30C (1 hour before the shot and 2 doses every 12 hours after the shot), Thuja Occidentalis 30C (3 pellets twice daily for three days following the shot) and Chamomilla 30C as needed for fussiness following the shot.¹

6.0 Conclusion

Vaccines are flogged for causing many childhood illnesses, some being very serious, but they are also promoted as a necessity for population disease control. Regrettably, “no studies have compared developmental (growth, physically and mentally) or cognitive (thinking ability) function, for example, in vaccinated versus unvaccinated children.”⁵ Not only are vaccines harmful because of the ingredients, they are also dangerous because they don’t follow the normal detoxification, elimination and screening pathways. When injected directly into the bloodstream, the toxins can impact major tissues and organs prior to the activation of the inflammation process. As a result, these impacted tissues and organs can be damaged and the normal immune system processes may become confused and/or overwhelmed.

Although vaccines can cause a myriad of negative consequences, the information presented suggests that it’s more likely vaccines aren’t *THE* cause of children’s deteriorating health, but merely a product of a conjoined toxic load. This position paper described the toxic burden passed from mother to fetus in-utero and detailed the ingredients in the recommended vaccine schedule while also explaining how these toxins disrupt the innate function of the body. Many studies have proved that metal and chemical toxicity inhibits the body’s ability to perform and primarily results in neurological and immune system disorders. Unfortunately, these dysfunctions will also generally initiate a downward spiral into countless symptoms and illnesses throughout the child’s life as well as potentially impacting future generations. Even though a

“journal study found correlations between vaccines and 22 neurological conditions”², the quantity of environmental toxins has also dramatically increased. Therefore, I surmise that the substantial deterioration of children’s health is more likely caused by the amount of toxicity obtained in-utero and from the infant’s environment after birth (i.e. polluted breast milk, formula feeding, processed foods, chemicals in the home, etc.), where the added poisons from multiple vaccine injections are just the straw that broke the camel’s back.

Judith DeCava said that “insult or injury to tissue or abuse of the body all can result in illness or disease with concurrent symptoms. The natural biochemical process of inflammation is a consequence as it is the body’s attempt to repair, and this process brings its own symptoms. It would make biochemical and physiological sense to remove the cause of the insult or injury; and then, rather than adding toxic drugs or other foreign and noxious substances (such as vaccines) to interfere, suppress or stop these natural healing processes, it would be wise to support the body’s efforts for resolution, rebalance and repair.”⁵ Since there is no escaping the overabundance of toxic substance exposure from our world today, this paper also discussed ways to minimize exposure as much as possible. In addition, there are suggestions for restoring and maintaining health through good nutrition and safely (naturally) detoxing pollutants from the body. It is important to remember, however, that detoxing pollutants should be done prior to conception with enough time for the body to fully eliminate them. Restoring innate body functions prior to conception will decrease the toxic burden on the fetus, thus the inherited toxic load upon birth.

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8.0 Signed Certification Page



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