Are You Getting A Flu Shot?

by Dr. Andrew T. Brady

Here are 10 reasons why I will not be:

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1. The flu shot contains aluminum (a known neurotoxin), mercury (in some), formaldehyde (a known carcinogen), DNA and kidney cell protein from a cocker spaniel (MDCK), Triton X-100 (a detergent used in many cleaning products) and virus fragments.

2. Statistically speaking, you are more likely to die in a car accident on your way to get the flu shot than from the flu itself.

3. The CDC tries to make the annual death toll from the flu sound like an actual health crisis by combining pneumonia deaths and flu deaths. The CDC defends this by saying pneumonia is a complication from the flu. There is no evidence that getting a flu shot prevents pneumonia; they are caused by different viruses.

4. The flu shots currently given have NEVER been tested for mutagenic or carcinogenic potential. This means that the flu shot could cause genetic mutations.

5. The flu shot has killed 1,080 people, hospitalized 8,888 and permanently disabled 1,801. The flu shot has also caused Guillian Barre Syndrome in 1,700.

6. The flu virus mutates every year, so the shot you are receiving might not even be the right virus. This is why the flu shot was only 19% effective last year.

7. Some say they get the flu shot because they don't want to spread it to family or friends who have weak immune systems. There is no evidence that shows the flu shot prevents people from spreading the virus.

8. Common side effects of the flu shot include, but are not limited to: headache, malaise, nausea, fever, injection site pain, achiness. This sounds like the same thing as the flu to me.

9. Every U.S. vaccine manufacturer has pled guilty to fraud in the last four years alone. These are the companies "educating" our doctors about their flu shots.

10. Vaccine manufacturers cannot be sued if you become permanently disabled by one of their flu shots. They are protected by the government.

The flu isn't a "season," it's an inability to adapt to the virus due to decreased sun exposure and water intake, combined with increased sugar intake and stress. Making sure you are sufficient in Vitamin D, limiting sugar intake, staying hydrated, daily exercise, spinal adjustments, washing your hands and optimal nutrition are the best ways to protect yourself from the flu.

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