

FLU VACCINATION

Should You Get The Flu Shot?

Every year we hear about the impending flu season that is about to befall us. We often hear phrases like “killer flu,” “risk of death,” “epidemic,” “the worst in years,” and “deadly strain.” These phrases are designed to create panic.

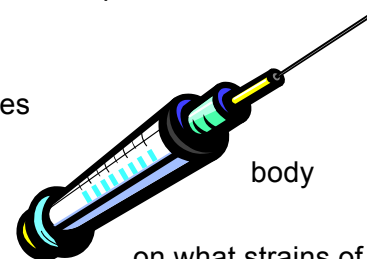
Commonly patients tell us “my doctor says I have to get it.” Many are coerced by their medical doctors to have the shot. Before receiving the flu vaccine, remember, the majority of the hype about the flu (also known as influenza) is profit driven.

In past years the flu epidemic did not prove to be as profitable as expected, so this year they are gearing up in advance. The Centers for Disease Control (CDC) has devised a blueprint to ensure the economic success of this season’s flu vaccine. The plan includes “The Seven-Step Recipe for Generating Interest in, and Demand for, Flu (or any other) Vaccination.” The intent is for the government and their drug company partners to use major news media to send scheduled, fear-based messages in an attempt to convince the public that the flu shot is necessary.

Even before the flu season begins, they are planning on announcing that “new” strains “associated with severe illness and serious outcomes” are anticipated. They will also mention, “preparing for the world’s next big flu epidemic.” The words “pandemic” and “deadly” will be used to instill fear. They plan on having medical experts and public health authorities publicly state concern and alarm, and urge influenza vaccination. They even plan on showing pictures of ill children and affected families, and then pictures of people being vaccinated. The language used will be intended to create hysteria that will increase the demand for a pharmaceutical product.

Before heading down the vaccine road, get the facts:

- ◆ The flu (influenza) vaccine, like all vaccines, only provides temporary immunity (if any at all), and that immunity is different than the long lasting immunity produced by the when the disease occurs naturally.
- ◆ The production of the flu vaccine each year is based on what strains of virus are causing flu in other parts of the world, such as Europe, Asia and Australia. There is no guarantee that the strains picked will be the strains found in the US that year. The viruses chosen are an educated guess. Vaccine effectiveness depends on the match between vaccine strains and circulating viruses and cannot be determined by laboratory testing.
- ◆ When the match between the vaccine and circulating viruses is close, the inactivated flu vaccine is thought to be 70-90% effective in giving temporary immunity to selected strains in healthy persons under 65 years old. For those over 65 years old, the efficacy rate drops to 30-40%. However, sometimes health officials do not correctly predict which flu strains will be most prevalent and the vaccine’s effectiveness is much lower for that year. Many times in the past 10 years health officials have not correctly predicted the correct flu strains.
- ◆ **Influenza viruses are not the only things that cause flu-like symptoms.** The majority of illnesses characterized by fever, fatigue, cough and aching muscles are not caused by the influenza (flu) virus. Non-influenza viruses that cause flu-like symptoms include rhinoviruses, respiratory syncytial virus (RSV), adenoviruses and parainfluenza viruses. Certain bacteria such as Legionella, Chlamydia pneumonia,



Mycoplasma pneumoniae, and Streptococcus pneumonia can also cause flu-like illnesses. These organisms are not part of the flu vaccine and thus the vaccine confers no protection. In the last 11 years, only about 15% of all flu-like illnesses are actually caused by the influenza virus.

◆ **What does the influenza (flu) vaccine contain?:**

Aluminum - implicated as a cause of brain damage; suspected factor in Alzheimer's disease, dementia, seizures and coma.

Formaldehyde - embalming fluid; poisonous if ingested. Linked to leukemia, brain, colon and lymphatic cancer.

Ethylene glycol - antifreeze; toxic to all cells and capable of disabling the immune system's primary response mechanism.

Mercury - a hazardous waste and the second most toxic substance on earth.

Causes brain damage and destroys the immune system.

Dangerous microorganisms

None of these chemicals are natural, nor do they strengthen the immune system.

Toxins, chemicals, and heavy metals all radically alter or damage normal biochemistry. This damage can lead to health problems, disease, autoimmune disease and/or early death.

- ◆ **Reactions to the flu vaccine:** The most common reactions to inactivated flu vaccine are fever, fatigue, painful joints, and headache. The most frequently reported serious reaction, which usually occurs within 2 weeks of vaccination, is Guillain-Barre' syndrome (GBS), an immune mediated nerve disorder characterized by muscle weakness, unsteady gait, numbness, tingling, pain and paralysis. Recovery takes several months and can include residual disability. Less than 5 percent of GBS cases end in death.

- ◆ Brain and nerve disorders such as encephalopathy, optic neuritis, partial facial paralysis, and brachial plexus neuropathy as well as vasculitis have also been reported following the flu vaccine, although a definite causal relationship has not been established.

- ◆ **Contraindications:** According to vaccine manufacturers, contraindications (reasons to avoid the vaccine) for the inactivated flu vaccine are fever, an impaired immune system, egg or mercury allergy, and history of Guillain-Barre' syndrome.

- ◆ **Is it safe during pregnancy?:** In years past, pregnancy was also a contraindication to flu vaccine, but today the CDC recommends inactivated flu vaccine for women more than 14 weeks pregnant even though most inactivated flu vaccines contain the mercury preservative, thimerosal. Mercury has been associated with brain damage and developmental delays in newborns whose mothers were exposed to high levels of mercury during pregnancy. The package insert published by the flu vaccine manufacturers states that "Animal reproduction studies have not been conducted with influenza virus vaccine. It is also not known whether influenza virus vaccine can cause fetal harm when administered to a pregnant woman.

- ◆ **What about the mercury in the vaccine?:** In 1999, the Environmental Protection Agency (EPA) and the Food and Drug Administration (FDA) directed the vaccine manufacturers to take mercury out of all childhood vaccines. In October 2001, the Institute of Medicine issued a report that said it is "biologically plausible" that mercury-containing vaccines could cause injury to the brain but there have been too few scientific studies conducted to prove conclusively that mercury in vaccines has caused brain damage. Nevertheless, the Institute of Medicine recommended that drug companies remove mercury from all vaccines and over-the-counter drugs.

In compliance with this recommendation a preservative-free vaccine formulated for

children ages 6 to 35 months, with only a trace amount of Thimerosal, is available in a limited amount. It is distinguished by a pink syringe plunger rod in the pre-filled syringe. All adult formulations still contain Thimerosal.

- ◆ **What about Alzheimer's Disease?:** You should also know, according to Hugh Fudenberg, MD, one of the world's premier immunogeneticists and biologists, the chance of getting Alzheimer's disease is 10 times higher if an individual has had 5 consecutive flu shots (studies done from 1970-1980) than if they had 1,2 or no shots. Dr. Fudenberg stated this is due to the aluminum and mercury in the shots. Alzheimer's is expected to quadruple over the next few years.
- 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 the University of Calgary, Haley stated that "seven of the characteristic markers 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.

What is Afluria?

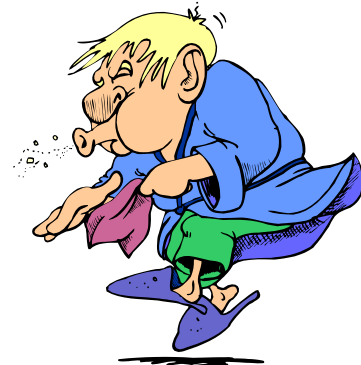
Afluria is a Flu vaccination made by CSL and licensed by Merck. It was first introduced in Australia. In March 2009, children in Australia and New Zealand, mostly under 5 years old, experienced a significantly increased rate of fevers and febrile seizures after receiving Afluria. Many were hospitalized and several children died. In August 2010, the FDA reported that the manufacturer, CSL, fell short of safe GMP requirements in several areas, including failing to investigate unexplained black particles in the vaccine vials.

If you plan to receive the flu vaccine, please ask your doctor for the name of the flu vaccine you are about to receive, the name of the manufacturer, the lot number and ask to read the package insert. If you are about to be given Afluria, please ask your doctor to order a different vaccine for you, especially if it is for a child.

What About FluMist?

What is FluMist? It is a flu vaccine that is squirted up the nose much like nasal spray. This intranasal influenza vaccine contains live, attenuated (weakened) flu viruses that replicate in the nasopharynx (nose and throat) of the recipient. It contains the same strains of virus that the flu shot contains.

The FDA licensed FluMist in June 2003 for use in healthy individuals between the ages 5 and 50. It is not recommended for pregnant women, individuals with asthma, chronic lung or heart disease, or those with chronic medical conditions such as diabetes, kidney disorders, immune suppression (those with eczema, cancer, HIV/AIDS, organ transplant recipients, autoimmune diseases), people who are immune suppressed due to treatment with steroids, chemotherapy, radiation or other immunosuppressive therapies or their close contacts, immune system disorders, those on aspirin therapy, those with allergies to eggs or mercury, children under 5 and adults over 50, and those with a history of Guillan-Barre' Syndrome.



The most common side effects include “cough, runny nose, nasal congestion, irritability, headaches, chills, muscle aches and a fever greater than 100°F. These symptoms are nearly identical to those the flu vaccine is designed to prevent.

One of the major causes for concern is the vaccine’s most prevalent side effects, runny nose and nasal congestion. It has been documented that the live viruses from the vaccine are shed and potentially spread into the community from recipient children for up to 21 days and even longer from adults. According to the package insert, viral shedding puts breastfeeding infants at risk if mother has been given FluMist. **The virus can also be spread with sneezing. The FluMist package cautions its recipients to avoid close contact with immune compromised individuals for at least 21 days.** This all totaled comprises as much as 60% of the entire US population.

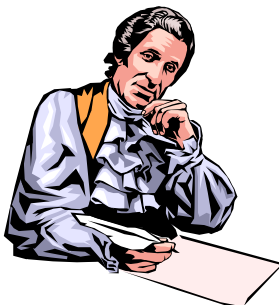
FluMist should NOT be given along with any other vaccines, because no studies have shown the safety of giving Flu mist with other vaccines. The product manufacturer’s insert advises waiting at least two weeks after receiving a killed vaccine and at least one month after receiving a live-virus vaccine (MMR, Chicken pox), before receiving FluMist.

One of the most troubling concerns over forceful injection of FluMist into the nose is the potential for viruses to enter directly into the brain. At the top of the nasal passages is a paper-thin bone called the cribiform plate. The olfactory nerves (for smelling) pass through this bone and line the nasal passages, carrying messenger molecules to the brain that are identified as smells. The olfactory tract has long been recognized as a direct pathway to the brain. Intranasal injection of certain viruses has resulted in a serious brain infection called **encephalitis**, presumably by direction infection of the olfactory neurons that carried the viruses to the brain.

Flu Shot Hurts Asthmatics

"Got asthma - better get a flu shot" is what medical doctors have been telling patients. However, more recent research reveals that just the opposite may be true: giving an asthmatic a flu shot doesn't protect him/her from attacks but instead makes their condition worse. Researchers took 800 asthmatic children and placed them into two groups of 400 each. One group got the flu shot, the other didn't. Researchers were surprised to find that the children in the vaccinated group were nearly twice as likely to visit the ER because of their asthma.

Christy C, Aline CA, Auinger P, Effectiveness of influenza vaccine for the prevention of asthma exacerbations *Archives of Disease in Childhood*, August 2004;89:734-735.
<http://adc.bmjournals.com/cgi/content/abstract/89/8/734>



"I know of no safe depository of the ultimate powers of the society but the people themselves, and if we think them not enlightened enough to exercise control with a wholesome discretion, the remedy is not to take it from them, but to inform their discretion by education."

-Thomas Jefferson.

Anti-Fever Drugs May Prolong the Flu

When people get the flu, they're often advised to take a couple of aspirin or acetaminophen for pain and fever. But when they do they may end up battling the sickness even longer.

This is what researchers from the University of Maryland Schools of Medicine and Pharmacy reported in the December 2000 issue of *Pharmacotherapy*, the official journal of the American College of Clinical Pharmacy.

In a series of studies, volunteers were injected with one of three common types of flu virus. During the studies, some of the subjects were given aspirin or acetaminophen for relief of symptoms such as fever. The study compared the duration of illness in those who received the medication with those who did not. Study results indicated that use of anti-fever therapy prolonged illness in subjects infected with Influenza A. The researchers suggested that the body may actually know what it's doing when it triggers a fever. **IMAGINE THAT!**

Fever is a process whereby the body raises its internal temperature to accelerate metabolism. This increase in metabolic rate speeds up the body's defensive and elimination processes by activating white blood cells to neutralize and destroy foreign toxic substances. The purpose of a fever is to aid in the restoration of health. ***We need to remind ourselves that symptoms are not an attack upon the body by the outside environment, but are a manifestation of the body's innate ability to maintain health. All we need is the wisdom to know how to work with it and not to place obstacles in the path of the healing process.***

What are the Alternatives to the Flu Vaccine?

Believe it or not, there are many things you can do to stay healthy during flu season. The problem is so many people have weakened immune systems because of their horrendous dietary choices, lack of exercise and stressful lives. A body with a weakened immune system provides a fertile breeding ground for bacteria and viruses because the defense mechanisms, which attack these bugs before they multiply and infect us, are suppressed.

If your body's immune system works as it should, you won't have to worry about the flu. What you need to do is **boost your immune system**. Here's how:

1. **Avoid Sugar.** Sugar decreases the function of your immune system almost immediately. Avoiding sugar is the single most important dietary factor you can address to avoid the flu. Stevia is a great natural sweetener alternative.
2. **Get enough rest.** If your body is overly fatigued, it will be harder for it to fight infection by the flu virus (or any other bacteria or virus). Your body does most of its healing while you sleep.
3. **Eat garlic regularly.** Garlic is antibacterial, antiviral and anti-fungal. Lab tests have found garlic to be more effective against different types of bacteria than antibiotics. These benefits apply to fresh, raw garlic that has been crushed.
4. **Exercise.** Regular moderate exercise helps the body eliminate wastes and helps improve immune system function.
5. **Stay hydrated.** Water is necessary for every body function. When you are dehydrated, your body functions less efficiently. Lack of water can cause fatigue, dry skin, headaches, stomachaches, and constipation. You should drink about 1 quart of water for every 50 pounds of body weight.

6. **Wash your hands.** Washing your hands regularly decreases your likelihood of spreading a virus to your nose, mouth or other people. Antibacterial soaps should also be avoided. They produce drug resistant bacteria that are more virulent (highly infectious).
7. **Eat quality foods.** Avoid processed foods, refined carbohydrates and hydrogenated oils. Eat organic when possible. Stick to lean meats, raw nuts, seeds, fresh fruits and vegetables.
8. **Take a multivitamin.** Eating well is essential for health. However, our current food supply is less nutritious because our soils are so depleted of vitamins and minerals. We recommend a good quality vitamin that does not contain synthetic vitamins, or use a whole-food supplement that does not contain artificial colors or preservatives, and is free of wheat, corn, soy and dairy. **Vitamin D3** is essential to avoiding the Flu. The Vitamin D Council recommends 1000 IU/day for children and 2000 IU/day for adults.
9. **Take fish oil.** Omega-3 fatty acids found in fish oil are essential for brain health, heart health and immune function. Make sure you look for “molecularly distilled” fish oil which removes mercury and PCB’s.
10. **Take probiotics.** Having proper probiotic bacteria in your digestive system is essential for your health and well-being. A deficiency in probiotics can lead to numerous severe health problems. Probiotics are essential for balanced gastrointestinal function and are essential for many metabolic requirements such as synthesizing vitamins and short chain fatty acids as well as digesting fiber and proteins. Probiotic bacteria are also important for immune function. They directly protect from infection by competing with the unhealthy bacteria, viruses and fungi we are exposed to every day.
11. **Avoid caffeine.** Caffeine puts your body in a state of stress, which suppresses your immune system.
12. **Stay positive/ decrease stress.** Optimists have healthier immune systems, suffer fewer infections and are not as adversely affected by stressful life events. Deep breathing, relaxation tapes, and meditation all help to decrease the negative effects of stress on the body.
13. **Keep your nervous system healthy.** The immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. The immune system, like every other system in the body, is coordinated and controlled by the nervous system. Chiropractic care works to improve the function of your nervous system. Studies show those under regular chiropractic care have stronger immune systems because their nervous systems are functioning properly.



The Great Flu Pandemic of 1918 was the greatest plague of modern times. It is estimated to have killed between 25 and 40 million people worldwide. About half a million were killed in the United States. History shows us that those under chiropractic care during the flu pandemic had a far better chance of survival. One example: medical doctors in Davenport, Iowa, treated 93,590 patients, with 6116 deaths (6.5%). At the Palmer College of Chiropractic in Davenport, Iowa, 1,635 flu cases were adjusted, with only one fatality (0.06%). Outside Davenport, chiropractors adjusted 4,735 flu cases, with only six deaths (0.13%). In 1919, Palmer published “The Flu and You.” The ratio of flu cases cared for versus deaths were as follows: Medical care: 1 out of 17 died. Osteopathic care: 1 out of 36 died. Chiropractic care: 1 out of 886 died.

Sources:

- 1) Jefferson, T. Influenza Vaccine-Policy versus Evidence, BMJ, Oct 2006, 333:912-915.
- 2) <http://nvic.org/Diseases/influenzafacts.htm>
- 3) Tenpenny, Sherri. Flu and Flu Vaccines, What’s Coming Through That Needle. DVD Teenpenny Productions, 2010

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WHAT IS THE COCHRANE COLLABORATION?

The Cochrane Collaboration is an international, non-profit, independent organization, established to ensure that up-to-date, accurate information about the effects of healthcare interventions is readily available worldwide. It produces and disseminates systematic reviews of healthcare interventions, and promotes the search for evidence in the form of clinical trials and other studies of the effects of interventions.

The Cochrane Collaboration prepares Cochrane Reviews and aims to update them regularly with the latest scientific evidence. Members of the organization (mostly volunteers) work together to provide evidence to help people make decisions about health care.

There are more than 28,000 people working within The Cochrane Collaboration in over 100 countries (as of June 2010), half of whom are authors of Cochrane Reviews. The number of people has increased by about 20% every year for the last five years.

Cochrane Collaboration Vaccine Project

Flu Shots Don't Work For Children

Review of 51 studies involving more than 260,000 children, including 17 papers translated from Russian.

There is “no evidence that injecting children 6 to 23 months of age with flu shots is any more effective than a placebo.”

Source: “Vaccines for preventing influenza in healthy children.” The Cochrane Database of Systematic Reviews. 1(2006). (Last assessed up-to-date: September 30, 2007)

“We were astonished to find only one safety study of inactivated flu vaccines in children under two years; that was carried out 30 years ago and only in 35 children.”

Source: Kennedy, Laura. “Flu Shots for Toddlers Not Backed By Evidence, Major Study Says.” Health Behavior News Service, 24 Jan 2006.

Flu Shots for Children with Asthma

- 1996 - 2006: A retrospective cohort study was done at the Mayo Clinic. Charts of 263 children aged 6 months to 18 years, who had laboratory-confirmed influenza were reviewed.
- Children without asthma who had received the flu vaccine had three times the risk of hospitalization compared to children who did not receive the vaccine.
- Asthmatic children had a significantly higher risk of hospitalization if they had the flu shot compared to those who did not.

Source: 105 International Conference of the American Thoracic Society in San Diego, presented on May 19, 2009.

Flu Shots Don't Work For Adults

Review of 25 reports involving 60,000 adults.

“Vaccination of healthy adults only reduced risk of influenza by 6% and only reduced the number of missed work days by less than one day (0.16 days).”

“Universal immunization of healthy adults was **not supported** by the results of this review.”

Source: “Vaccines for preventing influenza in healthy adults.” The Cochrane Database of Systematic Reviews. 1(2006).

Flu Shots For Seniors

Review of 75 research studies over 40 years.

“Due to the poor quality of the available evidence, any conclusions regarding the effectiveness of influenza vaccines for people 65 years or older can not be drawn.”

Source: Jefferson, T., et al. “Vaccines for preventing influenza in the elderly.” The Cochrane Database of Systemic Reviews. 2010, Issue 2

Information from the FluMist Package Insert

FluMist should not be given to **children under 24 months of age** due to increased risk of wheezing and hospitalization.

FluMist should not be given to **children under 5 years of age** who have a history of wheezing because of the potential for asthma exacerbations and hospitalization.

FluMist should not be given to any individuals with asthma or active wheezing.

FluMist is contraindicated in persons receiving asthma therapy or therapies that contain aspirin because of risk of serious reactions and high fevers.