

“Ask The Wellness Doc.”

The Flu Shot... In The Dark?



It's Flu season again and that means shots! Lots and lots of shots, approximately 180 million will be made at a cost of 3.69 billion, a lot of shots, a lot of waste. 80 million shots were thrown out last year. That's 1.6 billion in waste. Why? Well when you search the research, 2010 was also one of the highest refusal rates on record. 70% of people refused the flu shot last year! Surprisingly last year was one of the best flu seasons on record, with the lowest rate of flu deaths in years. This statistic alone has raised many eyebrows in the scientific field. This leaves us wondering, "Should we look deeper into vaccination and its efficacy?"

Here some facts you'll find when investigating this question.

- There is no single virus that causes the flu. Influenza is a group of symptoms used to describe an illness that is caused by many viruses.
- Viruses constantly change or mutate everyday to survive detection and destruction by immune cells. This makes it almost impossible for the CDC to guess the right virus strain because it may not exist yet.
- In a single Year, the CDC identified **863 DIFFERENT** influenza viruses.
- The flu shot is trivalent and contains only three attenuated viruses.
- The latest statistic from the National Institute of Health states "Giving young children flu shots appeared to have no impact on flu related doctor visits or hospitalizations" www.ncbi.nlm.nih.gov/pubmed

Then there are the side effects of the vaccine. "Side effects, but doctor it's just a little bit of the flu?" That's a common misconception. Here are the most up to date ingredients of the basic flu vaccine.

Formaldehyde, Thimerosal (a mercury-based preservative), Aluminum, Phenol (carbolic acid), Borax (ant killer), Ethylene glycol (antifreeze), Disinfectant, Dye, Acetone (nail polish remover), Latex, MSG, Glycerol, Polysorbate 80/20, Neomycin and Streptomycin (antibiotics), and animal tissue to sustain the virus.

These ingredients are where the side effects come from - the side effects don't come from the virus. It's the additives that are used to harbor and preserve the vaccine. These chemicals create a toxic concoction that assaults the immune and nervous systems. It's not a surprise that post vaccination reactions are so common. In fact, according to the FDA and CDC, there has been an increase in febrile seizures among children younger than 2 who receive Fluzone, the trivalent inactivated influenza vaccine recommended for children 6-23 months of age. This is also the common method of vaccination in many local elementary schools. Last year Fluzone, which is a vaccine mist sprayed up the nose of children, was used in a local school. Instead of having this done in a controlled sterile environment, the school choose the school cafeteria! Really, the cafeteria was chosen to mist a vaccination which can potentially get into the air and onto surfaces? With the dangerous side effects known, I believe if vaccination is done in schools a controlled, sealed, environment should be chosen.

Vaccines are also being related to the rise of allergies in the population. Vaccines trigger allergies by introducing

large foreign protein molecules into your body that have not been properly broken down by your digestive tract (since they are injected). Your body can respond to these foreign particles in the form of an allergic reaction. https://www.mercola.com/article/vaccines/immune_suppression.htm

Do your doctors know this information? Well according to the ABC News Special, December 9, 2008 "Do Health Care Professionals Get Their Flu Shots?" 1600 health care professionals were surveyed and only 40% got the flu shot. In Britain it's only 17% and other countries have even banned the flu shot. Australia, Finland, Sweden, and the UK have all banned the flu vaccine for children stating "the risks of the vaccine outweigh the possible benefits." www.mercola.com

What's the bottom line? I didn't write this article to scare people and make them not get vaccinated. I did write this article to make people aware that they need to ask questions and make an informed decision on vaccination for themselves and their family.

Visit www.nvic.org There you will find the latest vaccine information so you can make the best possible decision for you and your family. As always, like us on Facebook, follow us on Twitter and visit our website at www.aacfamilywellness.com. Our goal is to educate the community on all aspects of health and wellness so we can have a healthier planet! Until next time, Be Well!



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