

## **Do you know what's in a flu shot?** Presented by Dr. John Ferguson

Every year groups of people are urged to get the flu shot. This year there is even more pressure because it is recommended that everyone get it (except those under 6 months of age - I feel that it is because they know how much harm it could cause to a young, developing child and their immune and nerve systems). And what happened to the pandemic that was supposed to kill millions last year? Deborah Cohen reports in the British Medical Journal how the H1N1 scare was just a big "hoax" and that top scientists who convinced the World Health Organization (WHO) to declare H1N1 a global pandemic held close financial ties to the drug companies that profited from the sale of those vaccines.<sup>16</sup> I suppose those seeking profit did not read the study explaining that if every person took **2000 units of Vitamin D3** daily (a safe amount) that it would cut cancer deaths by 50-75% in one year and be **five times more effective than mass vaccination!**<sup>17</sup>

**True story: A school in Massachusetts had a recent flu clinic for students and the community in its gymnasium. A vaccine syringe was dropped, shattered and its contents spilled onto the floor. An evacuation of the entire gym was called and a hazardous waste protocol ensued. See the irony here?**

According to the media, the medical establishment and the government, we are facing a possible flu epidemic yet again, the flu shot is safe and it saves lives. *I realize that factual perspective is neither newsworthy nor popular when people are in the midst of a mob mentality of fear but I'm willing to risk unpopularity in order to encourage people to be guided by science, reason, and logic this flu season. Irrational fear usually comes from asking the wrong questions or failing to ask the right ones. As I often point out it is not what we don't know that poses the greatest danger, it is what we think we know that is false.* Let's take a closer look at the facts.

**How many people really get the flu?** Most people suffering from fever, fatigue, cough and aching muscles think they have the flu. They do not. Instead they have an "influenza like illness" (ILI) associated with many different "germs" such as rhinoviruses, respiratory syncytial virus [RSV], adenoviruses, parainfluenza viruses, Legionella spp., Chlamydia pneumoniae, Mycoplasma pneumoniae and Streptococcus pneumoniae but NOT the flu virus.<sup>1</sup> In one study, the Centers for Disease Control (CDC) found that only 13.4% of people who had flu symptoms actually had the flu. The remaining had an ILI.<sup>2</sup> Why, if most flu-like illness is not associated with the flu virus, do we even need a flu shot?

**Is the flu shot effective?** According to Sherri Tenpenny, DO, vaccine researcher, "The fact that the flu shots are ineffective in every age group hardly seems to matter to those who continually promote their use. Multiple studies published in highly reputable publications have documented that flu shots are ineffective in all ages."<sup>3</sup>

**How many people die from the flu?** You may have heard that the flu kills over 30,000 Americans every year. That is simply not true. Government statistics lump flu and pneumonia deaths together along with secondary bacterial infections, but flu deaths are only a small fraction of the total. For example, in 2002 when the flu plus pneumonia deaths were reported at over 60,000, only 753 were flu deaths.<sup>4</sup> In 2001 the total number of flu deaths was 267.<sup>5</sup> Does this justify giving a poorly tested and dangerous vaccine to millions of people? Those that are immune compromised or have underlying conditions are the victims of the virus, not healthy individuals.

**Flu shots contain mercury – a neurotoxin that damages brain and nerve cells** There are 25 micrograms of mercury (labeled thimerosal) per dose in most flu shots. That number is five times the maximum amount judged safe by the CDC for a 110 lb. person. A survey of over 9,000 Americans found that an overwhelming majority did not know this. Moreover, "More than 75% of Americans said a pregnant woman or a child should not get a mercury-laden flu shot," said Lisa Handley of PutChildrenFirst.org whose son became autistic after a flu shot. In 1999 government agencies called for the removal of mercury in vaccines. However, many vaccines are still permitted to have unsafe levels of mercury. Some of this year's flu vaccines still contain mercury.<sup>6</sup>

**Flu shot is linked to Alzheimer's disease** According to Hugh Fudenberg, MD, the world's leading immunogeneticist, the chances of getting Alzheimer's disease is ten times higher if an individual has had five consecutive flu shots. Dr. Fudenberg states that mercury in the shot causes the brain damage.<sup>7</sup>

**Flu vaccination during pregnancy is dangerous and useless** Researchers found that vaccinating mothers does not reduce respiratory illness in their newborns or infants. "Maternal influenza vaccination did not significantly affect infant outpatient and inpatient visits for acute respiratory illness."<sup>8</sup> The American Academy of Pediatrics states "mercury in all of its forms is toxic to the fetus and children." Yet pediatricians who tell

pregnant women not to eat tuna to avoid mercury still recommend the mercury-laden flu shot even though mercury injected into the mother is able to cross the placental barrier and enter the fetus.

**Flu shot for children?** In 1999, 25 children died from the flu in the entire United States. In 2000 that number decreased to 19, to 13 in 2001 and to 12 in 2002. The CDC began to push for flu shots for kids in 2003. That year the number of flu deaths in children jumped to 90.<sup>9</sup>

**Flu shot damages the immune system** No one knows the long-term consequences of repeated influenza vaccinations – it's never been tested (same with all vaccines). Repeated vaccination at a young age increases the risk of influenza in older age. This is possibly due to overall weakening of the immune system. However, natural flu infection strengthens the immune system.<sup>10</sup>

**Flu shot is not completely tested** It is not known if flu vaccines can cause cancer or mutations or cause sterility, reproductive problems or fetal harm when administered to a pregnant woman. It is also not known whether flu vaccine is excreted in human milk.<sup>11</sup>

**Does the flu shot save lives among the elderly?** Even though immunization rates in those over 65 have increased 50% in the past 20 years researchers found no decline in flu-related deaths. Researchers report that studies “substantially” overestimate the vaccine’s benefit.<sup>12</sup>

**Benefits to having illness** Hippocrates, the “Father of Medicine,” recognized the role illness plays in the larger picture of health when he wrote, “Diseases are crises of purification, of toxic elimination. Symptoms are the natural defenses of the body. We call them diseases, but in fact they are the cure of diseases.” In one study flu sufferers who took aspirin or acetaminophen were sick an average of 3.5 days longer than people who did not take the drugs.<sup>13</sup> The cleansing or detoxifying aspect of illness (fever, vomiting, diarrhea, sweating) may be why getting colds, flu and infectious diseases has been associated with a decreased risk of cancer. Researchers found that those who had febrile infectious childhood diseases have less cancer as adults<sup>14</sup> while another revealed that “a history of common colds or ... influenza ... was associated with a decreased risk of stomach, colon, rectum and ovarian cancer.”<sup>15</sup>

**Don't let fear tactics dictate your healthcare decisions. Make an informed choice.**

**Ingredients** – Ask yourself if you would or allow your kids to **touch, play with or ingest** any of these ingredients before considering a flu shot. If the answer is “no”, **why get the shot?**

**mercury (thimerosal)** *One of the most poisonous substances known. Has an affinity for the brain, gut, liver, bone marrow and kidneys. Minute amounts can cause nerve damage. Symptoms of mercury toxicity are similar to those of autism.*

**formaldehyde (formalin)** *Major component of embalming fluid; poisonous if ingested. Probable carcinogen; suspected gastrointestinal, liver, immune system, nerve, reproductive system and respiratory poison. Linked to leukemia, and brain, colon, sinus, nasopharynx and lymphatic cancers.*

**gentamicin sulfate & polymyxin b(antibiotics)** *Allergic reactions can range from mild to life-threatening.\**

**chicken embryos** *The flu vaccine is made with fluids from chick embryos inoculated with specific type(s) of influenza virus. People who are allergic to these products (egg or chicken) or to any of the other ingredients in a vaccine can become seriously ill from the vaccination.*

**sodium phosphate** *Symptoms may include vomiting, lethargy, diarrhea, blood chemistry effects, heart disturbances and central nervous system effects. May cause inflammation and pain on prolonged contact, especially with moist skin.*

**Gelatin** *Produced from selected pieces of calf and cattle skins, demineralized cattle bones and pork skin. Allergic reactions have been reported.\**

**polysorbate 80** *Known to cause cancer in animals.*

**neomycin sulfate (antibiotic)** *Interferes with Vitamin B6 absorption. An error in the uptake of B6 can cause a rare form of epilepsy and mental retardation. Allergic reactions can be mild to life-threatening.\**

**monosodium glutamate (msg/glutamate/glutamic acid)** *Being studied for mutagenic, teratogenic (developmental malformation and monstrosities) and reproductive effects. A neurotoxin! Allergic reactions can range from mild to severe.\**

**sodium deoxycholate** *Promotes tumors and damages DNA.*

**octoxynol-10 (triton® x-100)/octoxynol-9 (polyethylene glycol-p-isooctylphenyl ether;**

**octylphenoxypolyethoxyethanol) Spermicide (kills sperm).** *Can cause chills, confusion, dizziness, fever, lightheadedness, muscle aches, peeling of the skin. Causes severe eye irritation. Harmful if swallowed, inhaled or in contact with skin. Toxicology not fully investigated. May contain traces of ethylene oxide or*

dioxane, which are probable human carcinogen.. Manufacturer's website, [www.Calbiochem.com](http://www.Calbiochem.com), states: FOR RESEARCH USE ONLY. NOT FOR HUMAN OR DRUG USE.

**beta propiolactone** Known to cause cancer. Suspected respiratory, gastrointestinal, liver, skin and sense organ poison.

**NOTE: Vaccine should not be administered to anyone with known systemic hypersensitivity to any component of the vaccine. \* It is almost impossible to know in advance of exposure if a child or adult has an allergy.**

### **Some simple, natural things to do to keep your immune system going strong are:**

~Drinking pure, clean **water** daily (half ounce for every pound of body weight daily); Eat plenty of antioxidant-rich **fruits and veggies**; **Vitamin D3** (helps control the innate immune response which controls your adaptive (antibody) response. 2000 units/day of Vit D3; 400 units for infants/kids; **Cut out sugar, grains and dairy**; Take **Vitamin C and A, Zinc and Fish Oil**. **Get adjusted** by a wellness **Chiropractor** like myself – adjustments stimulate natural immune responses; Take **probiotics** (healthy bacteria grown on fruit/veggie sources - not ones grown on dairy, wheat or soy); Regular **sleep** (including 15 minute naps) and **movement** (exercise/stretch...at least 30 minutes daily); **Avoid sources of stress**: poor diet choices, emotional and/or work-related stress, drugs and vaccines (man-made chemicals with side effects!).

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