

Findings on Flu Shots and Neurodevelopment

First, it's important to note that there's no question that the flu is a substantial health risk and measures should be taken to prevent it. The issues that have been raised are over the ingredients in a flu vaccine, a lack of any long term safety studies regarding the ingredients in the shot, and whether or not these shots are effective in preventing hospital stays, lost work days, deaths, or the flu.

I first became compelled to research flu shots after having an autistic child come in to my clinic whose mother (and later – father) shared with me that the child's problems started after being injected with a flu vaccine. This particular child has had great success utilizing a program involving a grain-free diet, nutrients to boost intercellular glutathione, heavy metal detoxification, and corrective Chiropractic care.

Ingredients to Be Aware Of

The first established concern is that the vaccine contains neurotoxic agents like mercury, aluminum, and formaldehyde. Concerns over neurotoxins in vaccines came to light when Senator Dan Burton, who was elected to his twelfth term in November 2006 and is Chairman of the House Committee on Government Reform, stated in Senate, "My only grandson became autistic right before my eyes – shortly after receiving his vaccines."

Burton called for a removal of all vaccines containing the preservative Thimerosal (Which is present in the flu shot). "We all know and accept that mercury is a neurotoxin, and yet the FDA has failed to recall the 50 vaccines that contain Thimerosal."

Burton wrote, adding "Every day that mercury-containing vaccines remain on the market is another day 8,000 children are put at risk."

While various medical groups have said there is no connection between these vaccine ingredients and disease, others in the scientific community and many parent groups have another side to the story.

Recently this issue exploded in the media after parents and actresses Jenny McCarthy and Holly Robinson Peete (21 Jump Street star and Wife of form NFL quarterback Rodney Peete), who both have autistic children, appeared on Oprah. They both stated they had normal children until right after a vaccination. They stated, "We vaccinated our baby and then something happened."

Effectiveness in Preventing Hospital Stays, Reducing Lost Work Days, and Lowering Death Rates

On Oct. 31, 2006 an independent analysis by the internationally renowned Cochrane Collaboration of worldwide influenza vaccine studies, published in the British Medical Journal on Oct. 28, concluded there is little scientific proof that flu vaccine is safe and effective for children and adults and no evidence that it prevented or reduced deaths from

the flu, hospital stays, or time off work. "There is a big gap between policies promoting annual influenza vaccinations for most children and adults and supporting scientific evidence," said epidemiologist and vaccine expert Tom Jefferson who coordinated the comprehensive analysis for the Cochrane Collaboration.

Additionally, Jefferson points out that potential confusion between respiratory infections caused by influenza viruses and those caused by non-influenza viruses can result in misdiagnosis and gross overestimation of the true impact of influenza on death and illness in a given influenza season. On October 24th, 2007 The front page headline of the English Daily Mail read, "QUESTION MARK OVER FLU JABS ; Vaccine Does Not Reduce Hospital Admissions, Claim Experts"

The article cited research that showed, "Vaccinating millions does nothing to cut hospital admissions. There is no evidence that the annual campaign, which costs the NHS Pounds 115million, saves people from developing more serious illnesses. The study, following others which have cast doubt on the campaigns effectiveness, led to calls for it to be scrapped. "

The same article points out, "Researchers from George Washington University, Washington DC, said recently that no study had found a decline in flu deaths since 1980, even though vaccination coverage had increased from 15 to 65 per cent."

Concerns Whether or Not It Prevents the Flu

The process of creating the annual flu shot is a complicated one and actually begins almost a year ahead of time. The World Health Organization monitors flu activity around the world, looking for predominant strains. The WHO then selects the strains that they think are most likely to predominate in the northern hemisphere the next year.

This year, they missed 2 out of 3 strains making the vaccine only 1/3rd effective at best at affecting the flu. "There is an inherent vulnerability in trying to develop a vaccine now for what might happen six months from now when flu season starts," says infectious disease specialist Dr. Neil Rau.

In a book by Tim O Shea on vaccination, Michael Decker, MD of Aventis, the flu vaccine manufacturer admits: 'By the time you know what's the right strain, you can't do anything about it.' "

Alternatives to Preventing the Flu

This short article is not designed to give you medical advice on whether or not to get a flu shot. After consulting your doctor about your risks, there are many very effective, natural ways to keep your immune system healthy and help boost it, if necessary, to keep you well during "flu season."

The founder of a leading natural health care site, Dr. Joseph Mercola states, "People are

dying from the flu not because they didn't get their annual flu shot, but because they are already sick and have compromised immune systems. Therefore, the ultimate treatment for the flu, as Dr. Joseph Mercola puts it, is straightforward: proactive prevention."

Eating a junk food diet, leading a sedentary lifestyle, and burdening yourself with little sleep and unresolved physical and emotional stress will only serve to bring your immune system down, where it will be of little protection from the flu or any illness. If you really want help to fight against flu and infection without dangerous side-effects, consult physicians that use means of getting there that make sense. In our clinics, through the proper alignment and function of the spine and nervous system combined with a lifestyle also in alignment with immune function, our children and adults are not catching or concerned about the flu. Simultaneously, they're not at risk of being harmed by the treatments themselves.

British Medical Journal on Oct. 28,

Oct. 25 in the Journal of the American Medical Association (JAMA),

QUESTION MARK OVER FLU JABS ; Vaccine Does Not Reduce Hospital Admissions, Claim Experts Daily Mail; London (UK),

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Birmingham University public health lecturer Dr Peymane Adab, as told the GPs magazine Pulse

BMJ, Oct. 28, 2006

Cochrane Study, Oct. 31, 2006

The Lancet, Sept. 23, 2005 Danger Lurking In Flu Shots, Ciola, Greg, Oct. 8, 2007

O'Shea, Tim, The Sanctity Of Human Blood: Vaccination Is Not Immunization, eighth edition, pages 40, 41, 90, 91, Two Trees, San Jose, CA, 2004.

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