



WellnessOne Newsletter

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This Devastating Mistake Can Wreck Your Immune System...

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Vaccines can contain live or killed lab altered microorganisms, and also carcinogens, heavy metals, and mutated proteins. Recent news can give you an indication of the unsuspected results that can occur when you inject such a cocktail into your body.

Results from a Swedish study found a roughly 400 percent increased risk of narcolepsy in children and adolescents vaccinated with Pandemrix. The results are similar to those found in a Finnish study.

According to the Swedish Lakemedelsverket:

"An ongoing case inventory study ... is expected to give further support to the results ... and will hopefully contribute with new knowledge on the clinical course of the disease and possible risk factors. These results are expected to be available this summer."

Sources:

» [Lakemedelsverket March 29, 2011](#)

Dr. Mercola's Comments:

As you know, health authorities around the globe fiercely maintain that vaccines are safe, regardless of what's happening in the real world. Time and again, serious side effects from vaccines are overlooked and swept under the rug as being "coincidental."

But just how many coincidences does it take before a pattern emerges, and how long do you stare at the pattern before you acknowledge that it's there?

It's all very convenient to ascribe all vaccine reactions to sheer chance; brushing them aside with comments like, "they would have gotten ill anyway due to predisposition."

However, once you take the time to truly investigate the information we already have at our disposal, in the form of medical studies and disease statistics, it's quite clear that a pattern is



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staring us right in the face. In a nutshell, this pattern could be summarized by saying that vaccines generally *reduce health* and *worsen health outcomes*.

Patterns of Vaccine-Induced Disease

There are all sorts of research showing that vaccines can, and do, cause or contribute to disease—either the disease the vaccine is supposed to protect against, or other diseases. Here's are but a few examples that I've covered in previous articles:

- [Vaccinating children against chickenpox can increase the risk of adult shingles](#). Shingles, also known as herpes zoster, is a painful blistering rash that is potentially dangerous in the elderly. According to researchers at Britain's Public Health Laboratory Service (PHLS), while vaccination might save thousands of lives over time, thousands of elderly people may also suffer the painful effects of shingles and even die prematurely from the complications of shingles.

Interestingly enough, instead of reconsidering the strategy of vaccinating against this typically harmless childhood disease, the pharmaceutical industry simply responded by [creating a shingles vaccine for seniors](#). The vaccine, according to some studies, has been shown to prevent shingles about half the time.



- Of the children who contracted chickenpox in an outbreak in Maryland in 2001, [75 percent of the affected had been vaccinated](#) against the disease.
- Similarly, last year the US experienced the largest outbreak of mumps since 2006. More than 1,000 people in New Jersey and New York fell ill, yet [77 percent of those sickened were vaccinated against mumps](#).
- In 2007, it became clear that the use of the vaccine Prevnar, used against pneumonia, meningitis, and deadly bloodstream infections in young children, has [unleashed a superbug that is resistant to all currently available drugs](#).

In the U.S. Prevnar is given to infants as four shots between the age of 2 months and 15 months. It covers seven of the 90-odd strains of the strep bacteria, and although diseases from the seven covered strains have declined, one strain called 19A has developed super resistance and is now spreading.

- Certain vaccines have also been linked to a rise in type 1 diabetes in a number of studies. [One such study, published in 2003](#) to further investigate this connection concluded that clusters of cases of type 1 diabetes mellitus (T1DM) may be linked to six different vaccines: the haemophilus influenza B (HIB), pertussis, MMR, and [BCG vaccine](#). The authors stated:

"The identification of clusters of cases of T1DM occurring in consistent temporal time periods allowed a link between the hemophilus vaccine and T1DM to be established. The current findings indicate there are also clusters of cases of T1DM occurring 2-4 years post-immunization with the pertussis, MMR, and BCG vaccine. The data are consistent with the occurrence of clusters following mumps infection and the progression to T1DM in patients with antipancreatic autoantibodies."

- In the late 1960's, an experimental vaccine in development, [the RSV \(respiratory syncytial virus\) vaccine](#) killed two infants, and a staggering 80 percent of all children who received it were hospitalized with severe respiratory disease.

A report issued eight years later concluded that the reason for this abysmal failure was because the children's antibodies did not bind to the inactivated virus to produce a protective immune response, meaning their immune system could not recognize the infectious invader. Instead, the dead virus circulated throughout their bodies, triggering a massive immune system attack.

This last example is part and parcel of what many pro-vaccine-safety educators have been saying about other vaccines as well – that they can create serious health problems for those who are injected with lab altered microorganisms that can wreak havoc on immune function. And, when several vaccines are administered together, or in close succession, their interaction may completely [overwhelm your child's developing immune system](#).



Narcolepsy—A Now Confirmed Side Effect of the Latest Flu Vaccine

Last year, Sweden and Finland sounded the alarm as a disproportionate number of youths suddenly developed narcolepsy after being vaccinated with the H1N1 swine flu vaccine. Other European countries, such as France, Germany and Norway, also reported cases of the rare sleeping disorder, causing the EU to launch an investigation.

In Sweden, the Medical Products Agency (Läkemedelsverket) began their inquiry in August 2010, [the results of which are now published](#).

The verdict?

The Pandemrix vaccine against H1N1 influenza increases the risk of narcolepsy in children and adolescents under the age of 20 by *400 percent*.

For every 100,000 children/adolescents vaccinated, 4.06 of them ended up being diagnosed with narcolepsy, compared to the normal incidence, which is 0.97 cases per 100,000. That means that for every 100,000 children vaccinated, three are *guaranteed* to develop narcolepsy as a result of the vaccine.

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[Finland also conducted an investigation](#) into the Pandemrix vaccine. There, the vaccine was found to increase the risk of narcolepsy by *900 percent* in children and adolescents below the age of 19!

As a result of these findings the Swedish Medical products Agency (MPA) concluded that the vaccine should be withdrawn from use in children and adolescents.

The Pandemrix vaccine was not licensed for use in the US, and so far none of the flu vaccines licensed here have been linked to narcolepsy. However, it just goes to show how little anyone really knows about the interaction between vaccines and health, and how easily something can go awry.

Other Harmful Effects of 2010 Flu Vaccines Around the World

As you may recall, [Australia also temporarily suspended its seasonal flu program for children under the age of five](#) last year, after detecting an abnormal number of side effects within 12 hours of vaccination, compared to previous years. Side effects included high fevers and seizures.

A one-year-old child also went into a coma after receiving the flu vaccine. However, three months later, the [Australian Department of Health resumed seasonal flu vaccinations](#) for young children, stating that "*the higher than usual occurrence of fever and febrile convulsions appears to be confined to the vaccine Fluvax,*" and advised parents to simply vaccinate their children with some other brand of flu vaccine.



In August of last year, [the Korea Herald also reported](#) that nearly 2,600 side effects had been reported to the Korea Centers for Disease Control and Prevention in association with the swine flu vaccine. There, side effects included fevers, headaches and allergic responses, and 10 deaths.

In the US, the H1N1 flu vaccine has now been statistically linked with [abnormally high rates of miscarriage](#) and stillbirths.

Why Vaccinations Can Be so Dangerous

The presumed intent of a vaccination is to help you build immunity to potentially harmful organisms that cause illness and disease. However, your body's immune system is already designed to do this in response to organisms that invade your body naturally.

Most disease-causing organisms enter your body through the mucous membranes of your nose, mouth, pulmonary system or your digestive tract – NOT through an injection.

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These mucous membranes have their own immune system, called the IgA immune system. It is a different system from the one activated when a vaccine is injected into your body. Your IgA immune system is your body's first line of defense. Its job is to fight off invading organisms at their entry points, reducing or even eliminating the need for activation of your body's immune system.

However, when a virus is injected into your body in a vaccine, and especially when combined with an immune adjuvant, your IgA immune system is bypassed and your body's immune system kicks into high gear in response to the vaccination. Adjuvants can trigger unwanted immune responses, as they can cause your immune system to *overreact* to the introduction of the organism you're being vaccinated against.

Make no mistake about it, injecting organisms into your body to provoke immunity is contrary to nature, and [vaccination carries enormous potential to do serious damage to your health.](#)

The Problem with Artificial Immunity (Vaccination)

Since vaccines bypass your natural first-line defense (your IgA immune system), they are never 100 percent protective because they provide only temporary, typically inferior immunity compared to that your body would receive from naturally contracting and recovering from a disease.

In the case of many childhood diseases, such as mumps for instance, [immunity is typically permanent](#) when you contract and recover from it in childhood.

According to Barbara Loe Fisher, president and co-founder of the National Vaccine Information Center:

"Vaccines are supposed to fool your body's immune system into producing antibodies to resist viral and bacterial infection in the same way that actually having the disease usually produces immunity to future infection.

But vaccines atypically introduce into the human body lab altered live viruses and killed bacteria along with chemicals, metals, drugs and other additives such as formaldehyde, aluminum, mercury, monosodium glutamate, sodium phosphate, phenoxyethanol, gelatin, sulfites, yeast protein, antibiotics as well as unknown amounts of RNA and DNA from animal and human cell tissue cultures.

Whereas natural recovery from many infectious diseases usually stimulates lifetime immunity, vaccines only provide temporary protection and most vaccines require "booster" doses to extend vaccine-induced artificial immunity.

The fact that manmade vaccines cannot replicate the body's natural experience with the disease is one of the key points of contention between those who insist that mankind cannot live without mass use of multiple vaccines and those who believe that mankind's biological integrity will be severely compromised by their continued use."



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So, is it really better to protect children against all infectious diseases early in life through inferior temporary immunity from vaccines? Wouldn't it be better for the majority of healthy children to experience certain contagious infections in childhood, especially if they are usually mild like chicken pox, and allow them to get more robust, longer lasting immunity?

Another important question, from a vaccine policy standpoint, is whether or not vaccine complications ultimately cause more chronic illness and death than the infectious diseases do. Unfortunately, such investigations have not been done, but again, there is growing evidence that too much vaccination is leading to a deterioration in health in growing numbers of children and adults, who were otherwise healthy prior to receiving one or many different vaccines.

Would You Knowingly Inject Yourself with Toxins?

The main "active" ingredient in a vaccine is either killed bacteria or live viruses that have been attenuated (weakened). However, that's by no means the sole ingredient in vaccines. All vaccines also contain a variety of chemicals; some of which are more toxic than others.

Most seasonal flu vaccines, for example, contain 25 mcg of mercury [dangerous levels of mercury](#) in the form of thimerosal, a vaccine preservative. Mercury is a known neurotoxin and thimerosal containing vaccines have been associated with long-term immune, sensory, neurological, motor, and behavioral dysfunctions. (Aluminum is another neurotoxin that is used in some vaccines as an adjuvant and has been associated with neurological problems such as Alzheimer's disease and dementia).



Just imagine the potential brain damage you're exposing yourself to if you get a seasonal flu vaccine *every single year!*

But thimerosal is not the only concern when it comes to flu vaccines. You also have the dangers of immune adjuvants like [squalene](#) or [aluminum](#) to contend with. (Aluminum adjuvants are used in approved U.S. influenza vaccines while other countries may allow squalene to be added as an adjuvant).

Other [toxic substances found in various vaccines](#) include:

Ethylene glycol (antifreeze)	Triton X100 (detergent)
Formaldehyde – a known cancer causing agent	Monosodium glutamate (MSG)

Neomycin and streptomycin (antibiotics)	Phenol (carbolic acid)
Aluminum -- a neurotoxin linked to Alzheimer's disease	Polysorbate 80 (Tween80™) – which can cause severe allergic reactions, including anaphylaxis

(To determine which vaccines contain which ingredients, see this [CDC list](#).)

Personally, I don't think too many people would knowingly and voluntarily inject even one of these ingredients into their bodies. No, injecting detergent and antifreeze would seem ridiculous to most people, knowing how dangerous it can be swallow even a small amount of these caustic substances. And yet, every parent is asked, or even required by law, to repeatedly inject these and other toxic chemicals into their infants!

Make Educated Decisions

Before making a decision on vaccinating your children against anything, I strongly urge you review the side effects and risks involved. Making this effort could make a tremendous difference in the health of your child.



- Remember: Vaccines can cause serious health problems including brain inflammation and autoimmune disorders, allergies, ear infections, and more
- There's a very real association between vaccine complications and learning and behavioral disorders in children
- The components of vaccines have never been proven safe
- The ingredients and contaminants in vaccines can be detrimental to your health

There are far safer and more effective ways to protect your children and yourself against disease. For example, [a Japanese study](#) from last year showed that school children taking vitamin D3 supplements were **58 percent less likely to catch influenza A**. That's a **higher effectiveness than any flu vaccine can claim**, and doesn't come with a barrage of potentially devastating side effects!

There are numerous studies like these, showing the *superior effectiveness* of natural strategies in the prevention of disease.

Overall, your best defense against any disease is a robust immune system, which vaccines can compromise. So supporting your immune system should always be at the top of your list.

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Vitamin D is one crucial component for optimal health, so I urge you to get your children's [vitamin D levels tested](#), and, if found deficient, to follow my recommendations for optimizing their levels.

Do this, and they'll be less likely to catch a cold or flu this year.

Remember, all of the information you need to boost your immune system and health is available, for free, on my Web site in a clear, concise format that is [broken down for beginners, intermediate, and advanced \(http://www.mercola.com/nutritionplan/index.htm\)](#). I encourage you to browse through this information today for tips on how to stay healthy, naturally.

Protect Your Health Freedom

I always like to remind everyone that we cannot take our freedom to make informed, voluntary vaccine choices in America for granted. There is an attack on non-medical vaccine exemptions in state public health laws that is being led by the pharmaceutical lobby to severely restrict or even eliminate the religious and philosophical exemptions to vaccination.

If we don't stand up NOW for our right to make vaccine choices for our children, the day could come when we wake up and find out that we have no choices left.



I encourage you to get involved with the work that the National Vaccine Information Center (NVIC) is doing to protect YOUR right to choose which vaccines you want your children to get, including the legal right to use all, some or no vaccines at all. Register for the free NVIC Advocacy Portal that educates you about how to communicate effectively with your state legislators. Stay informed about what is happening in your state and make your voice heard.

Go to www.NVICAdvocacy.org and register today to take action.

Also, make sure to ask your WellnessOne practitioner about natural ways to stay healthy without vaccines, like Vitamin D.

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