

# Vaccines and the Immune System

With Steven Horne

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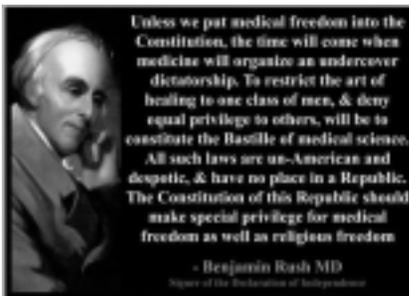
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## Part One: Defending Freedom of Choice



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## My Background (and Bias)

- I was vaccinated and received orthodox medical care when I was growing up
- I started using herbs and alternative therapies because I wasn't getting the results I wanted from modern medicine
- I will utilize orthodox medicine occasionally, but for the most part I take care of myself with natural remedies



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### More Background

- My wife and I utilized natural remedies to raise our children and were able to successfully treat almost every health issue in our family with herbs, nutrition, chiropractic care and other natural methods
- We chose not to have our children vaccinated




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### My Position

- I believe that a person should have the right to make their own choices about vaccinations, both for themselves and their children for the following reasons:
  1. I believe firmly in freedom of choice when it comes to medical care
  2. Like all medical treatments, vaccines have risks associated with them and we should not force someone to take risks they don't want to assume
  3. There are other ways to protect oneself against contagious diseases
  4. We may be able to develop safer ways to enhance immunity if we allow for human freedom and creativity to advance

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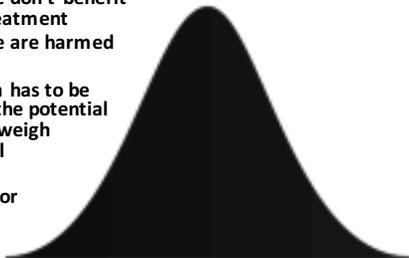
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### Medical Treatments

- When we "prove" a medical treatment is effective, we are only proving that it works in the majority of cases
- Some people don't benefit from the treatment
- Some people are harmed by it
- So a decision has to be made: "Do the potential benefits outweigh the potential risks?"
- This is true for vaccines




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## Risky Decisions

- We all take risks everyday, calculating that some things are worth the risk, others are not
- For instance, many people are killed in car accidents, but most of us accept the risk of driving and try to minimize that risk by being careful drivers
- In a free society we can chose to take risks, as long as we aren't trespassing on the rights of others



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## About My Own Decision

- I was planning to have my children vaccinated and my oldest daughter received her first round of vaccines
- So, what made me change my mind?
- Two factors:
  - Calculating risks versus benefits
  - Recognizing what a vaccine actually does



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## Supporting the Decisions of Others

- I have never tried to talk someone out of a medical treatment they believe is necessary
- Examples:
  - Vaccinations with others and my own children
  - Chemotherapy and radiation treatments
  - Surgical procedures



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### Modern Medicine Has Value

- I do not question the fact that modern medicine has great value
- There are many times in my life where I have utilized modern medicine and been very grateful for it
- There are also times when I have chosen not to utilize modern medicine and have had great results




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### Freedom of Choice is Essential

- We shouldn't let fear cause us to give up our right to freedom
- Are we really smart enough to run other people's lives?
  - How much does it cost?  
I'll buy it  
The time is all we've lost  
I'll try it  
And he can't even run his own life  
I'll be damned if he'll run mine
  - Lyrics to *Sunshine (Go Away Today)* by Jonathan Edwards




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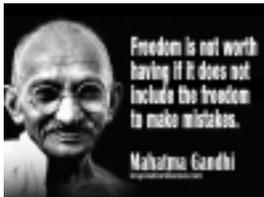
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### Useful Innovations

- Is anyone forcing you to clean your home, use a refrigerator, use a toilet, etc.?
- As human beings we are always looking for ways to do things better, and to protect our health and safety
- When someone is trying to force you to do something "for your own good" you should seriously question their motives
- When something is really for our own good, we can usually be persuaded to adopt it voluntarily




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### Disease and Fear

- Why is this such a controversial topic?
- It is because most people have a strong fear of disease
- None of us want to be sick and we also want to protect the health of those we love
- Fear can often be used to manipulate us so we feel we should control other people's lives
- I don't believe we should make decisions based on fear




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### Just a Century Ago...

- Diseases were rampant in cities in Europe and North America
- In 1900 the three leading causes of death were:
  1. Influenza and pneumonia
  2. Tuberculosis
  3. Gastrointestinal infections
- Infectious diseases most of us never hear of today like smallpox, typhoid, cholera, dysentery, typhus fever, diphtheria, scarlet fever, yellow fever, consumption (tuberculosis), puerperal fever were rampant
- None of us want to see a return of this

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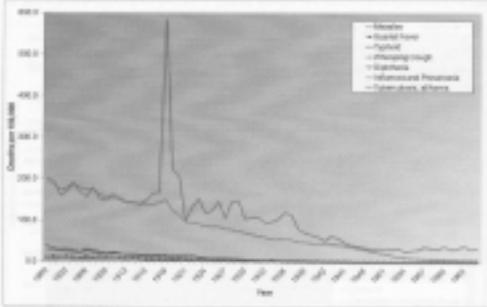
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### Decline in Infections 1900-1965



Graph 11.11: United States mortality rates from various infectious diseases from 1900 to 1965.

Source: *Dissolving Illusions* by Suzanne Humphries, MD and Roman Bystrianyk

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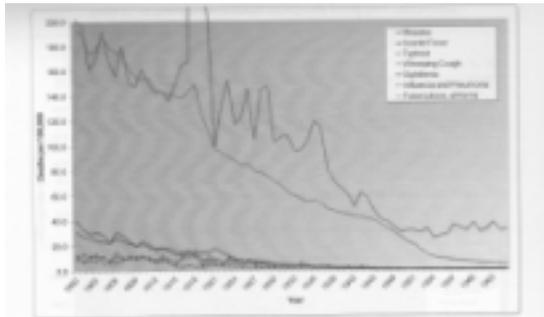
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### Magnified View



Graph 13.12: United States mortality rates from various infectious diseases from 1900 to 1963 magnified view.

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### Were Vaccines the Primary Cause of this Decline?

- One of the biggest fear tactics used to try to scare people into getting vaccinated is that these high rates of infectious diseases will return if people stop being vaccinated
- Is this true? Are vaccines the only reason for this decline in contagious disease?




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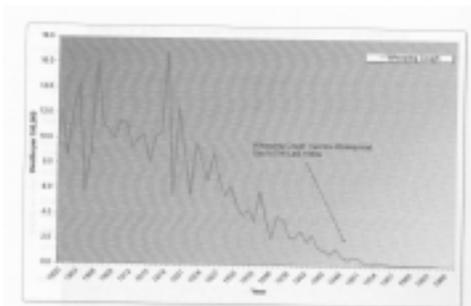
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### Whooping Cough



Graph 13.5: United States whooping cough mortality rate from 1900 to 1967.

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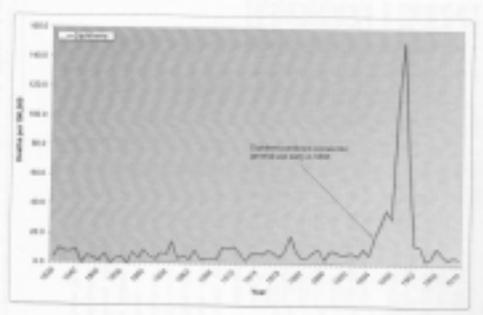
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### Diphtheria England 1880-1910



Graph 11.7: England, diphtheria mortality rate from 1880 to 1910.

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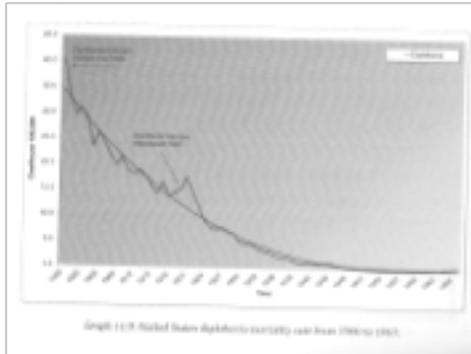
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### Diphtheria US 1900-1967



Graph 11.8: United States diphtheria mortality rate from 1900 to 1967.

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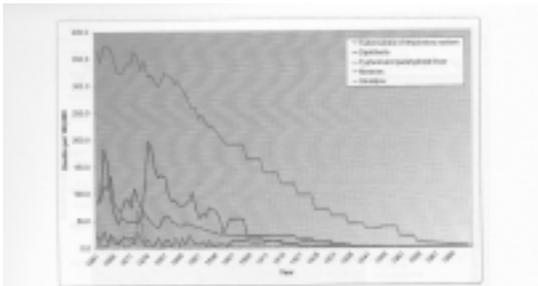
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### Various Diseases 1861-1970



Graph 11.10: Measles, tuberculosis, diphtheria, cholera, measles, and smallpox mortality rates from 1861 to 1970.

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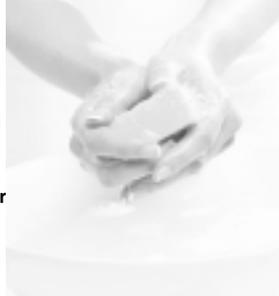
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## Sanitation

- Improved sanitation has played a huge role in the decline of infectious diseases
  - Water purification and sewage treatment
  - Waste management
  - Refrigeration and other food preparation and preservation advances
  - Internal combustion engines




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## Part Two: The Immune System is the Hero




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## Parts of the Immune System

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| <ul style="list-style-type: none"> <li>• Protective Surfaces           <ul style="list-style-type: none"> <li>– Skin - 2 sq. meters</li> <li>– Mucus Membranes – 400 sq. meters               <ul style="list-style-type: none"> <li>• HCl</li> <li>• Friendly flora</li> </ul> </li> </ul> </li> <li>• Innate Immunity           <ul style="list-style-type: none"> <li>– Inflammatory responses</li> <li>– White Blood Cells               <ul style="list-style-type: none"> <li>• Macrophages</li> <li>• Neutrophils</li> <li>• Natural Killer Cells</li> <li>• Complement proteins</li> </ul> </li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Adaptive Immunity           <ul style="list-style-type: none"> <li>– White blood cells               <ul style="list-style-type: none"> <li>• B-Cells</li> <li>• T-Cells</li> </ul> </li> <li>– Antibodies (Immunoglobulins)               <ul style="list-style-type: none"> <li>• IgG</li> <li>• IgA</li> <li>• IgM</li> <li>• IgE</li> <li>• IgD</li> </ul> </li> <li>– Cell-mediated immunity</li> </ul> </li> </ul> |
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## Protective Surfaces

- The body's protective surfaces form the first layer of immune defense
- Cleanliness is part of how we help these protective surfaces do their job
- HCl and friendly microbes (biofilm) aid the protective of gastric membranes




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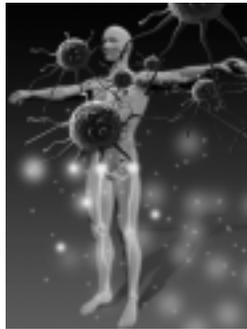
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## Innate Immunity

- Most of the immune function is found in the innate immune system
- This is the second line of immune defense in the body's protective system
- Most of what we call natural immunity arises from the innate immune system




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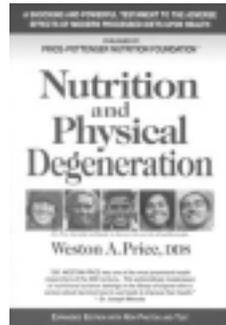
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## Immune Activity Requires Nutrition

- Immune activity requires nutrients like:
  - Vitamin C
  - Vitamin D3
  - Vitamin A
  - Zinc
  - Selenium
  - Essential fatty acids
  - Antioxidants
- Without these nutrients, the immune system may not function properly
- In addition, toxins such as mercury can interfere with immune function




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### Good Nutrition is Essential

- Whether you vaccinate or not, you still have to pay attention to good nutrition
- Good nutrition will protect you against all diseases
- If you do chose to vaccinate, good nutrition will minimize vaccination risks




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### Natural "Vaccines"

- I used natural immune boosters daily with my children during cold and flu season
- I called them my herbal "vaccines" because they boost innate immune system function to help the body fight all infections
- My children were rarely sick, and when they were sick, they recovered extremely quickly
- I also recommend that people take herbal immune boosters prior to getting vaccinated

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### Natural Immune Boosters

- Vitamins A, C, D
- Zinc
- Immune Stimulant  
Herbs: Echinacea, medicinal mushrooms (reishi, miatake, cordyceps, etc.), astragalus
- Aromatics: Thyme, lemon, rosemary, sage, etc.




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### Mind-Body Connection

- Stress reduces immune responses, so children who are under stress are more likely to get sick
- I've also discovered that self-esteem enhances immunity
- Raising children in love, without violence is also critical to immunity




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### My Biggest Discovery: The Cold IS The Cure

- My first and biggest break through in understanding natural healing came when I realized that the symptoms associated with acute infection are NOT the result of the infection
- They are actually the result of the immune system fighting the infection




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### The Disease Crisis



- As the immune system mounts its attack against virally infected cells there are increasing symptoms until the disease reaches it's crisis, where the body is able to successfully expel the infection
- After the "crisis has passed" symptoms decrease

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## Measles

- Enters through the lungs, enters cells and begins replication and spreading
- During the incubation period (about 10-14 days), the disease enters the internal organs
- During this time the person does not feel sick
- Symptoms begin once antibodies for the measles virus start appearing in the blood
- The symptoms are the worst at the very time when the immune system is most active
- In other words, the disease symptoms are the results of the body successfully fighting the disease, not the disease itself
- Plus, the virus is expelled through the same avenue through which it entered the body (i.e., the respiratory system) via coughing and sneezing
- From: *Dissent in Medicine: Nine Doctors Speak Out* by Robert Mendelsohn, Chapter Immunizations: A Dissenting View by Richard Moskowitz, MD

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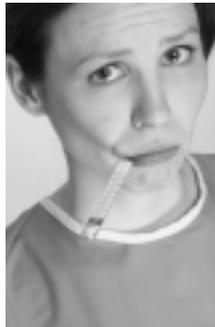
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## Signs of Innate Immune Activity

- Inflammation
- Fever
- Sinus drainage
- Coughing
- Vomiting
- Diarrhea
- Skin eruptions (measles, pox, etc.)




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## Detoxification

- Although immunity is usually thought of in terms of being able to fight infectious organisms, part of the body's defenses include the ability to detoxify chemicals
- Microbial endotoxins are a major problem in bacterial infection and the body's ability to detoxify them is part of its immune defenses
- This is part of why "drinking plenty of fluids" helps the body fight infection




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## Toxins

- Toxins can also weaken immune responses
- Chemicals of all kinds, including mercury and other heavy metals, solvents, pesticides, chemotherapy and even antibiotics can weaken the body's immune system
- Vaccines contain small amounts of toxins, which the body must also get rid of as a response to the vaccine, which is why people often develop symptoms after a vaccine




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## Working with the Symptoms

- The fastest way to recover from acute illness is to support what the body is trying to do in expelling the disease
- This is done primarily through:
  - Resting
  - Drinking plenty of fluids
  - Keeping channels of elimination (bowels, urinary system, sweat glands, lungs, etc.) open and moving
- Sweat therapy with herbal diaphoretics, is particularly helpful for viral infections

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## Two Steps to Better Responses

- I recommend people who are getting vaccinated do two things:
  1. Take immune boosting herbs and nutrients prior to the vaccination to ensure good immune reactions
  2. Take detoxifying supplements (blood purifiers) after the vaccinations
- If people experience symptoms (fever, runny nose, rashes, etc.) after a vaccine, I treat it the same way I would an acute infection, helping to open the channels of elimination to help the body detoxify

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## Adaptive Immune System

- B-Cells
  - Produce antibodies to "tag" cells for destruction
  - 100 million different kinds
- T-Cells
  - When they encounter the proper antigen, they start cloning themselves
  - Killer T-Cells make contact with antigen bearing cells and trigger them to commit suicide
- Antibodies
  - IgG - most abundant type (the type stimulated by vaccines)
  - IgA - involved in mucosal immunity (first line of immune defense)
  - IgD - found on membranes of B-cells
  - IgE - responds to allergens and parasites
  - IgM - found on membranes of B-cells

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## Adaptive Immune System

- The adaptive immune system learns who the enemy is from the innate immune system
- The innate immune system encounters common pathogens in everyday life, which helps it "learn" what to be on "alert" for
- The innate immune system collects information about incoming pathogens and helps formulate a "plan" for the adaptive immune system to follow
- The adaptive immune system uses antibodies to "tag" cells for destruction
- This is the part of the immune system that vaccines depend on to produce immune reactions

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## How a Vaccine Works

- A vaccine presents a challenge to the adaptive immune system, which reacts by creating antibodies
- Vaccines by-pass the first and second line of immune defense and rely on the this third line of immune defense, adaptive immunity
- It is important to recognize that it is the immune system responding to the vaccine that creates immunity, not the vaccine itself




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## Attenuated (Live) Vaccines

- Attenuated (weakened) form of the “wild” virus or bacterium
- Must replicate to produce an immune response
- Immune response virtually identical to natural infection
- Usually produce immunity with one dose unless administered orally
- Severe reactions possible
- Can be interfered with by circulating antibodies
- Fragile – must be stored and handled carefully or the viral components can die and the vaccine will be ineffective
- Examples: measles, mumps, rubella, vaccinia, varicella, zoster, yellow fever, rotavirus, intranasal influenza
- Source:  
<https://www.cdc.gov/vaccines/pubs/pinkbook/downloads/prinvac.pdf>

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## Inactivated Vaccines

- Organisms in the vaccine can't replicate
- Less affected by circulating antibody than live vaccines
- Always require multiple doses (booster shots)
- Immune response mostly humoral
- Antibody titer (measurable antibody response) will diminish with time
- Examples
  - Whole-cell vaccines: Viral: polio, hepatitis A, rabies; Bacterial (not available in US): pertussis, typhoid, cholera, plague
  - Fractional vaccines: Subunits: hepatitis B, influenza, acellular pertussis, human papillomavirus, anthrax; Toxoids: diphtheria, tetanus

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## Active and Passive Immunity

- Passive immunity is the transfer of antibody produced by one human or other animal to another
- The most common form of passive immunity is that which an infant receives from its mother
- Antibodies are transported across the placenta during the last 1–2 months of pregnancy
- As a result, a full-term infant will have the same antibodies as its mother
- These antibodies will protect the infant from certain diseases for up to a year (longer if the infant is nursed for a longer period of time)

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### Herd Immunity

- The herd immunity argument is an admission that vaccines do not create immunity in some people
- But herd immunity is largely the result of passive immunity and the adaptation of populations to specific diseases over time
- For some good rebuttals to the heard immunity argument, see the following:
  - <http://www.h4cblog.com/vaccines-and-the-myth-of-herd-immunity>
  - <http://blindedbythelightt.blogspot.com/2013/01/natural-immunity-vs-artificial-immunity.html>

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### Other Options

- Weston Price discovered that native populations were largely immune to local diseases and only became susceptible when they adopted Western diets
- Edward Bach, who developed the Bach flower remedies, also developed homeopathic "vaccines" called nosodes, which may alert the innate immune system to help fight the infections
- If vaccine companies have to please the public to sell their product, then they will also be motivated to come up with safer (and possibly more effective) vaccines

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### Part Three: Vaccine Safety Concerns



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## 1. Vaccine Inserts

- Why aren't parents given the right to read the vaccine inserts and sign a consent form that they have read and understand the risk of vaccination before submitting to it




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## 2. Dialog

- Why are fear and intimidation used to get people to be vaccinated instead of actual data?
- Why are doctors and researchers who question vaccination routinely intimidated and threatened?




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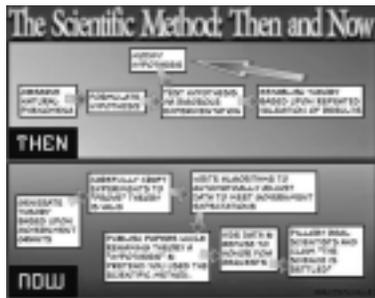
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## 3. Research

Why is research about problem with vaccination routinely ignored by mainstream sources when defending vaccination?




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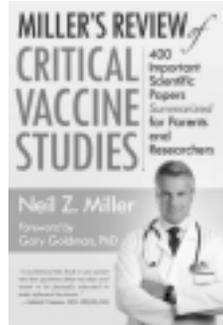
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**Studies from *Miller's Review of Critical Vaccine Studies* by Neil Z. Miller**

- This book contains a short summary of 400 articles from peer-reviewed medical journals raising questions about vaccine safety
- In the slides that follow I share the findings of some of these studies
- Check out the book: <http://vacbook.com/mro.htm>
- You can also find a list of vaccine studies on my blog at [modernherbalmedicine.com](http://modernherbalmedicine.com)




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**Published Vaccine Studies 1**

- Developed nations that require the most vaccines tend to have worse infant mortality rates
- Infants who receive the most vaccines have the worst hospitalization and death rates
- Baby monkeys given vaccines according to the US schedule had abnormalities in the region of the brain affecting social and emotional development
- A CDC-sponsored database shows significant links between thimerosal in vaccines and neurodevelopmental disabilities

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**Published Vaccine Studies 2**

- Young rats injected with thimerosal in doses equivalent to those used in infant vaccines developed severe brain pathologies
- There is abundant evidence that thimerosal-containing vaccines are neurotoxic and should not be given to pregnant women or children
- 180 studies provide evidence that thimerosal is dangerous; thimerosal-containing vaccines are unsafe for humans

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### Published Vaccine Studies 3

- Aluminum in vaccines can cause autoimmune and neurological damage
- Aluminum in vaccines can cause chronic fatigue, sleep disturbances, multiple sclerosis-like demyelinating disorders and memory problems
- Aluminum adjuvants added to vaccines are “insidiously unsafe” and may cause long-term cognitive deficits

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### Published Vaccine Studies 4

- Children who are fully vaccinated against pertussis are still susceptible to the disease
- Pertussis vaccines caused new, vaccine-resistant strains of pertussis to emerge, and increased cases of the disease
- A resurgence of whooping cough is caused by waning vaccine immunity and small mutations in *B. pertussis* that evade pertussis vaccines

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### Published Vaccine Studies 5

- Herd immunity may never be achieved because high vaccination rates encourage the evolution of more severe disease-causing organisms
- Clinical trials show no evidence that HPV vaccination can prevent cervical cancer; serious adverse reactions are common
- Measles can be spread from fully vaccinated people to other fully vaccinated people

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### Published Vaccine Studies 6

- Universal chickenpox vaccination program is neither effective nor cost-effective and caused a dramatic rise in shingles
- Vaccinating children against chickenpox increases the risk of shingles in teenagers and adults
- Adults exposure to children with chickenpox protects against shingles

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### Published Vaccine Studies 7

- Unvaccinated children come from families with highly educated mothers who don't let doctors influence their decisions
- Mothers who don't vaccinate their children are highly educated, value scientific knowledge and are sophisticated at research vaccines
- Highly educated parents and healthcare workers reject vaccines for their children
- Conflicts of interest are pervasive within the vaccine industry and compromise the objectivity of vaccine safety research

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### Published Vaccine Studies 8

- Anyone who is critical of vaccines may be unfairly suppressed, exposed to threats, censorship, and loss of their livelihood
- Authorities are tracking anti-vaccine information on the internet
- Authorities want to censor free speech and anti-vaccination information on the internet
- The CDC received money from the pharmaceutical industry that influences decisions it makes about the public welfare

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### 4. Disease Processes

- There is evidence that the immune system learns how to handle infection by dealing with microbes in childhood
- Our obsession with sterilization, antibiotics, vaccines and other artificial ways of trying to prevent these diseases may actually be weakening our immunity




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### A Differing View

- "...I have seen numerous children with recurrent fevers of unknown origin, associated with a variety of other chronic complaints, chiefly irritability, temper tantrums, and increased susceptibility to colds, tonsillitis, and ear infections, which were similarly traceable to the pertussis vaccine, and which responded successfully to treatment with homeopathic DPT nosode."
- "It is dangerously misleading...to claim that a vaccine makes us "immune" or protects us against an acute disease, if in fact it only drives the disease deeper into the interior and causes us to harbor it chronically, with the results that our responses to it become progressively weaker..."
  - Richard Moskowitz, MD in *Dissent in Medicine: Nine Doctors Speak Out* by Robert Mendelsohn

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### Has Belief in "Science" Become a Religion?




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### 5. Prevention

- Vaccination does not do away with the need to protect the body with good nutrition, stress management, sanitation, etc.
- Plus, it is impossible to immunize against all infections




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### In Summary

- I don't think childhood diseases are that difficult to treat; and treating them naturally actually results in a stronger immune system
- I believe we are trading acute infectious diseases for increased neurological disorders, allergies and autoimmune reactions, and other chronic diseases with overly aggressive vaccine programs
- I believe parents should be allowed to make informed choices as to what they feel is in the best interests of their own children; and all medical treatments should be under informed consent

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**Question and Answer Period**



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