

GETTING OVER IT *Naturally*

healing the natural way...

To Vaccinate or NOT???

The most common question I get in my practice is "What is your opinion of vaccinating children?" My opinion is just that "My opinion"! What I prefer to tell my patients is to make an informed decision by doing your research. I then give patients the links to websites that are for vaccination and websites that are against vaccination. Only after you have read the information can you then make a knowledgeable choice. That being stated, in **my** opinion I would not vaccinate my child. Here is my reasoning.

Vaccines bypass the body's normal immune defence system. When vaccines are injected into the body's bloodstream it bypasses the immune system's first line of defence (T1). It then goes right to the second line of defence (T2) that causes distress to the body. Generally, diseases are introduced to the body through the nose, mouth, skin and lungs, which triggers the first line defence that usually fights illness before it reaches the bloodstream.

The benefit of going through these symptoms (because there has to be a positive) is that we get natural immunities to this virus and any relative of this virus. These antibodies now stay in our bodies for life, unlike a vaccination that needs to be repeated. Our bodies are designed to fight off all the viruses that it encounters and heal itself. Think back to your childhood. Were there vaccinations for chickenpox? No! I remember chickenpox parties so parents could expose their children to the virus. About 99% of us came through the chickenpox virus just fine. It was not the most comfortable virus to experience...scratching and looking like Casper the friendly ghost as you were covered with Calamine Lotion...but now you have those antibodies and are unlikely to get the more severe version of this virus; shingles, as an adult.

Probably the most important reason that I would not vaccinate my child has to do with the fact that vaccines contain dangerous chemicals; formaldehyde, aluminium phosphate, phenol (carbolic acid), alum, acetone, Thimerosal (a preservative comprising of 50% ethyl mercury). Many of these chemicals are neurotoxic; and have been linked to Autism, ADD, and other neurological disorders. Just thinking about putting these chemicals in my child's body makes me cringe! Canadian infants may be injected with up to 8 vaccines at one time, starting at the age of two months. By age 6, a child could have received up to 41 doses of 11 vaccines. Think of all the chemicals that are in their small bodies.

Fear is another good reason people get vaccinated. People are fearful of getting a virus and going through the symptoms. This can be seen with the pandemonium of H1N1. Dr James L. Chestnut B.Ed., M.Sc., D.C., C.C.W.P; a renown **WELLNESS AUTHOR, LECTURER and CLINICIAN** based in British Columbia; discusses the effectiveness of getting the flu vaccine and his thoughts puts thing into perspective.

"One of the sources of controversy is that vaccine benefits are often reported as relative risk reductions not absolute risk reductions so when one applies the results in real life one quickly realizes that the actual reduction of risk for those vaccinated vs. not vaccinated is not statistically significant. They often report that the flu vaccine reduces hospitalizations or deaths but they report the relative difference between vaccinated vs. unvaccinated not the absolute difference. In other words there might be 5000 people in each study group and there may be 4 deaths amongst those unvaccinated and 2 deaths among those vaccinated. This relative difference is reported as a "50% reduction in deaths in those vaccinated vs. not vaccinated". Of course what this really means is that if you are vaccinated, and you get the flu, you have a 2 in 5000 chance of death. If you are unvaccinated and you get the flu you have a 4 in 5000 chance of death. An absolute difference of 2 in 5000 - not even remotely significant and certainly not worthy of the national vaccination campaigns and the billions of dollars spent on the vaccines. YES, they do report things this way!!"

VACCINATIONS ARE **NOT MANDATORY** IN CANADA. Know your rights as a parent. Make an informed choice and if you choose not to vaccinate there is an affidavit that you can get signed by a notary and submit to your child's school (located below). This will ensure that your child can attend school and you will not be asked to have your child immunized. Today, many parents assume that having their child immunized is the correct thing to do. But are vaccinations more dangerous than the disease? There is a growing body of evidence showing valid risks associated with what society now considers routine vaccinations.

The choice is yours. Please do your research and understand all you can about vaccinations and your child. Here are the resources I provide my parents with:

Resources:

<http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/02vol28/dr2809ea.html>
<http://www.immunize.cpha.ca/en/vaccine-safety.aspx>
<http://www.vitalitymagazine.com/search/node/Children%27s+Vaccinations>
http://www.vitalitymagazine.com/the_vaccination_dilemma
<http://www.vran.org/>
<http://www.straight.com/article/vaccines-show-sinister-side>

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