

WILL VACCINES KILL YOU? NOT EXACTLY

Well, it's that time of year again. It feels like the kids have just gotten out of school but physicals for next year are requested already. In addition to making sure the youngsters are healthy enough to play sports or go to camp, the purpose of the doctor visit is to determine whether all immunizations have been given on schedule.

I know that most parents have the welfare of their children first and foremost in their minds and hearts. But I also know that most parents only hear one side of the story when it comes to vaccines.

Do you remember how many vaccines you received as a child? I got smallpox, DPT and oral polio vaccines. Polio was a frightening illness then. Now most polio worldwide occurs from exposure to the live vaccine.

The current immunization schedule for healthy children 0-6 years is for **49 vaccines** starting at birth. Even a fan of vaccines would admit this is a large number of vaccinations. There is no question that certain vaccines have improved health in children in 3rd world countries. But the United States is not a 3rd world country.

Consider the following:

- Vaccine protection is not guaranteed and often wears off.
- Vaccines are not tested in the frequency or combinations given in practice.
- Thimerosal is still used in some vaccines even though it has been shown to be toxic to the nervous system and may be linked to autism.
- Adults who have had 5 or more flu shots increase their risk of Alzheimer's Disease by 10 times.
- Rotavirus vaccine was withdrawn because of fatalities in infants.
- Swine flu vaccination was halted in 1976 due to increased cases of Guillan Barre syndrome.
- Vaccine complications are more frequent when immunizations are given close together.
- Vaccine complications are also increased when nutrition is poor or the immune system is already weakened, for example by a preexisting chronic disease like asthma or diabetes.

What can you do?

- Read as much as you can about the vaccination you plan to get.
- Ask for vaccinations to be given 6 months apart or longer and one at a time.
- Don't vaccinate a child that is ill or taking antibiotics.
- A child with neurological symptoms (such as seizures, hyperactivity, slow development, etc) should be carefully evaluated as to whether vaccines should be given or omitted.
- Consider delaying immunizing children until after 2 years of age.

- Stop vaccinations if you notice developmental delay or any adverse reaction to a vaccine until you learn more.

Would you allow your child to get a shot that caused autism? Of course not. Do vaccines cause autism? Sometimes, in certain sensitive children. Do we know which ones are at risk in advance? No. Can we trust the studies that say vaccines are safe? As much as you can trust the scientists that happen to work for the companies who make the vaccines. So the bottom line? Do your homework.

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