

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## THE VACCINE DILEMMA

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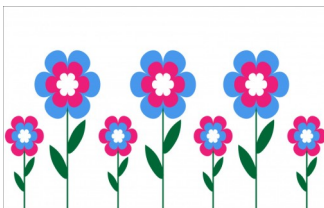
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In the late 1940s and early 50s, children received only two vaccines, small pox and DTP (diphtheria, tetanus, and pertussis). Today, when deciding whether or not to vaccinate their children, parents pick and choose from a schedule of 30 to 50 childhood vaccinations that are mandated or recommended by vaccine proponents. In this article I would like to outline a common-sense approach to making vaccine decisions. There have been many reports showing a link between autism and the MMR vaccine which indicates that many questions still remain about vaccines in general. In the United States, we give children more vaccines than in any other country in the world. Now children receive 70 doses of 16 vaccines, and 26 are given during the first year of life. It's all part of a plan to prevent deadly disease, but our infant mortality rate is still unacceptably high. Research studies confirm that increasing numbers of vaccines are associated with increasing incidence of infant death and countries with the lowest infant mortality rates are among those who give their kids the fewest immunizations—notably Sweden, Japan, and Iceland, where kids receive only 12 doses. The purpose of vaccines is to trigger the body to produce antibodies against antigens such as bacteria and viruses so that if we ever encounter them, we will not become infected with a harmful disease. Some vaccines contain whole live viruses or viruses that have been inactivated. Others are made with proteins, sugars, or toxins produced by bacteria or they are artificially engineered. Vaccines are used to promote herd immunity against contagious diseases. In theory, when most of the people in a community are immune to certain viruses or bacteria, those diseases will eventually disappear or become rare enough that some people can be safe unvaccinated because the chance of catching them will be extremely low. However, immunizations have varying degrees of effectiveness and studies show that outbreaks of infections such as measles occur among fully vaccinated children. Also, because microbes evolve new strains to replace ones that are disappearing, vaccines may reduce the risk of illness but those microbes are unlikely to ever be completely eradicated. Vaccines contain several ingredients in addition to the trigger itself. Human tissues and animal tissues are often needed to grow the bacteria and viruses used to make vaccines and sometimes they are found in the final product. They have the potential to trigger autoimmune reactions and allergies. In some cases, aluminum is added to make them more effective. Aluminum is widely recognized as a neurotoxin, and it has been shown to induce autoimmune reactions. It also makes shots more painful. When multiple vaccines are given at once, the total amount of aluminum administered often exceeds safe levels. Other additives may include mercury, MSG, and formaldehyde, a known carcinogen. ~ over ~

It is difficult to estimate the effects that tiny amounts of these chemicals have on children, but we do know that their bodies are most vulnerable to toxins while they are still developing, and that the most rapid immune and neurological development takes place in the first two years of life. We also know that infants do not have fully developed detoxification systems and their immature bodies may be unable to eliminate harmful vaccine ingredients during their first six months. Vaccine safety studies are designed by vaccine manufacturers to follow groups of children for a period of days or weeks after immunization. In the absence of too many severe acute reactions such as seizures, the vaccines are considered safe (although some product inserts warn that they have not been evaluated for the potential to cause cancer or impair fertility). Short-term safety studies tell us nothing about the long-term safety of vaccines, and no long-term studies have ever been done. This would require unbiased, randomized controlled trials in which one group of kids is immunized, another is not, both groups are followed for a period of years, and researchers compare the incidence of illnesses (such as autoimmune disease), brain injury, and death between the two groups. Because chronic neurologic and immune system disorders can surface years after immunization, it is impossible to draw definite conclusions about the long-term effects of vaccines based on the information currently available. The risks and benefits of vaccines should be evaluated on a case-by-case basis. Because people can be contagious before they start showing symptoms, it is also a good idea to postpone immunizations for anyone with a household member who has been sick during the past week. Caution should be exercised with individuals who have atopic illnesses, including allergies, asthma, hay fever, and eczema, or a family history of autoimmune disease. Also, girls or women who are pregnant, may become pregnant within three months, have given birth within three months, or are currently breastfeeding should avoid immunization, especially with live virus vaccines. According to the Vaccine Adverse Event Reporting System, most vaccine-related deaths occur during the first year of life and most side effects occur after the simultaneous administration of multiple vaccines.

## MARCH SPECIALS

Organic India—Tulsi Tea, assorted	25% OFF
Amy's—Gluten-free Pesto Pizza	25% OFF
Doctor Kracker—Culinary Crisps, assorted, 6 oz.	25% OFF
Evolution Fresh—Super Green Smoothie or Juice Blend	30% OFF
European Gourmet Bakery—Pudding Mix, 3.5 oz.	30% OFF
Favorit—Srawberry-Rhubarb Preserve, 12.3 oz	30% OFF
Field Day—Organic Cereal Bar, (fruit-filled), assorted	30% OFF
Jeff's Natural—Antipasto, Spicy Italian, 12 oz.	30% OFF
Somersaults—Sunflower Nuggets, 6 oz.	30% OFF
Walker's Shortbread—Gluten-free Cookies, assorted	30% OFF
Natracare—Cotton Baby Wipes	25% OFF
Alvita Products—Assorted Teas	25% OFF
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(Lunch Service 11 AM—2 PM)**

Check out our deli and natural food market—all in one place—for your shopping convenience. Warm your soul with our delicious soups, salads, sandwiches and daily special. Dine-in or Take-out. Breakfast and dinner service will be available in the future.

## HARM REDUCTION STRATEGIES

Investigate the vaccines that are available to you. Most are made by more than one manufacturer and their ingredients often vary. Make sure to avoid additives such as aluminum, antibiotics, MSG, formaldehyde, human or animal tissues, and thimerosal, especially during the critical first two years of life. All childhood vaccines are available in at least one thimerosal-free form. Well in advance of an office visit for vaccination, request and read carefully all of the warnings and contraindications from the package inserts, which often contain information not included on the CDC Vaccine Information Statements. Give individual vaccines rather than combined ones whenever possible. Some vaccines only come in combination. If a vaccine is being drawn from a multi-dose vial, make sure that the person administering it shakes the vial first to evenly distribute the contents. Don't give more than one aluminum-containing vaccine at a time. Don't give any aluminum-containing shots to premature babies or children with compromised kidney function.