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Vaccines and Immunization Programs

Since July 30, 2012, I have been researching the facts about immunization programs in the United States. I have thought long and hard about this matter and my responsibility to my patients to tell the truth.

This all started by an article in the New York Times, “Whooping Cough is Coming Back”, Kent Sepowitz on 7/29/12.

For more than forty years that I have been in practice, I have been asked many times by my patients about immunization of their children, how safe is it? Today especially, expectant mothers are asking can immunizations cause autism. What can I do to protect my child if I choose not to go along with this mandate?

I sometimes wonder how the chiropractic profession has become the lightning rod for this controversy, but I know all too well what the answer will be. The simple fact that our bodies are designed to defend itself and that healing comes from the inside-out and not the outside-in.

The system of immunization began with the observation of Edmund Jenner in 1796 that milkmaids that worked around cows did not get small pox, a very serious and often fatal infection. He devised a method of taking material from a cowpox lesion and puncturing it into the skin would prevent small pox. This is where the term vaccination had come from and was done as a standard part of immunization till 1968, when the World Health Organization (WHO) declared in 1969 that small pox was conquered and we no longer had to be vaccinated for this dreaded disease.

All of the immunization programs have been fostered by the Germ Theory of Disease from the 19th Century which is now a fundamental part of modern medicine. However this Germ Theory is based on a faulty premise know as Koch’s Postulate. Simply stated the postulate: 1.) The microorganism must be found in (person) suffering from the disease, 2.) These microbes should be isolated and germ grown in a pure culture, 3.) The cultured microbes should be introduced to a healthy person and 4.) This should produce the identical disease in that person. Koch’s Postulates are wrong simply because the introduction of a pathogen can only cause the disease to occur in the “susceptible individual”. This brings me to the reason of this current Newsletter. Three articles appeared in the New York Times Health Section, if you can read these articles it will help you understand the facts of immunization. 1.) 7/23/12 Vaccines vs. Virus, C. Claiborne Ray, 2.) 7/29/12, “Whooping Cough Is Coming Back”. Kent Sepkowitz, and 3.) 8/6/12 “Sleeping Less May Dampen Vaccine Response”, Nicholas Bakalar.

The first article points out that vaccine for certain viral diseases works well because the virus does not mutate a lot and helps the body produce antibodies against that virus (polio), but there are some that mutate rapidly, which are exceptions (influenza and HIV).

The second article points out the upsurge of whooping cough (Pertussis) is 13 times higher than usual and that $\frac{3}{4}$ of these cases reported are in vaccinated individuals. How is this possible? The reason for failure of immunization programs is that vaccines are becoming victims of their own success. The more we inoculate, the less diseases are around and our bodies don't learn to fight for themselves. The second and most important factor is that no vaccine can guarantee absolute (100 %) protection, the average is about 70 to 80 percent protection, and that still leaves some 20 to 30 percent of those who receive the immunization susceptible to getting the disease. However it might make it milder than if you did not receive the vaccine.

The third article showed that sleeping less causes a lowered response to vaccine. This was measured on blood levels of antibodies for hepatitis B vaccines, but this should carry over to all vaccines that are being used today.

Now to the United States as being the most over vaccinated and immunized country in the world-demanding that every child will currently receive 16 different vaccines and in 75 shot by the time they reach high school or they would not be able to go to school. Is this really necessary? Continuing these facts, children by the age of five, if they follow the CDC guidelines, would have received 36 different vaccine shots. That is twice as much as any other country in the world, which average only 18. A very revealing fact that the World Health Organization shows that the US ranks 34 in infant mortality, which means the death of children below age of five. If these immunizations provide such protections to our children and they protect against so many communicable diseases why then is the US not number one amongst the 196 member nations?

Things you should know before making choices on immunization of your children and yourself. Ask your doctor what preservatives are used in the particular vaccine, what adjuvant is used, does this vaccine contain mercury-containing preservative (Thimersol), has this vaccine been stored properly, usually meaning refrigerated between 35 to 46 degrees and check that the expiration date has not expired. Currently there are a total of 25 vaccines available, 16 of which are recommended for our children. The question that ran through my mind was do we really need to immunize for all of these conditions? When I was growing up we were immunized for Small Pox, Diphtheria, Pertussis, and Tetanus and Polio, that seem to work quite well and I believe we were a lot healthier than the current generation.

Other factors you should know about in making your decisions, these can all be checked at CDC.gov under the "Ingredients of Vaccines-Fact Sheet". I had mentioned adjuvant, this used to make your body react in a stronger way to the vaccine. The most common adjuvant used today in vaccines is gels or salts of Aluminum such as aluminum hydroxide also known as alum. Also remember the flu vaccines are grown in eggs so if you are sensitive to eggs you have been forewarned. Antibiotics are used to control the growth of bacteria, but not penicillin, also used are Formaldehyde to inactivate bacterial products for toxoid vaccines and finally MSG or Monosodium glutamate and 2-phenoxy-ethanol as stabilizers.

If you refer back to previous Health Bulletins/Newsletters, #1-Flu Vaccines, #29-Shingles, and #34 Pills-Powders-Potions, Have You Had Enough? I think you will make an educated decision, what you should do and not be influenced by the advertising of the pharmaceutical industry and the scare tactics that are seen constantly on television.