

Vaccine Information

Accept ~ Delay ~ Decline



Parents in today's culture are hungry for information regarding many medical interventions recommended for their children.

It is important to find a pediatrician that supports your vaccine approach.

How Vaccines Work – by Robert Sears, MD, FAAP

Vaccines work by fooling the body's immune system into thinking that the disease is attacking. When a live virus, inactivated whole-cell bacteria, or just portions of a germ are injected or swallowed in a vaccine, the immune cells recognize it as the disease and created an immune response. This immunity is "remembered" for many years. So if the real disease ever invades, the immune system is ready with an immediate response, thus

preventing the disease or making it less severe. Most vaccines last 10-15 years.

Are vaccines 100% effective?

No, they are not... Vaccine efficacy varies, but in general most vaccines are about 85-95% effective in preventing disease. In a roomful of 100 vaccinated kids, only about ten of the kids will catch that illness.

Excerpted from: *The Vaccine Book*,

by Dr. Robert Sears

Declining Vaccines

Dr. Sears recommends keeping your child's immune system in top condition if you choose to delay or decline vaccines.

Immunity Boosters

(May also be used several days before and after vaccinations)

- Breastfeed for 1-2 years
- Avoid nurseries or daycare
- Seek medical care early at signs of illness
- Keep your kids at home if they are ill
- Eat a diet absent of sugar and junk foods and processed foods
- Eat many veggies and fruits daily
- Buy organic produce and meats to reduce chemical exposure, if it's possible for your budget
- Take the following supplements daily: Omega 3 Fatty Acids (fish oil), Probiotics, Vitamin A (1500IU), Vitamin C (150mg)

Vaccines are required

by law if:

- Your child attends public school
- Your child attends daycare
- Your private school or daycare requires it – All private institutions have the right to deny entry

You may decline if:

- Vaccines infringe or your religious beliefs (Religious Exemption)
- Your doctor(s) recommend against vaccines for medical reasons (Medical Exemption)

Vaccine Religious Exemption Forms may be obtained from the St. Louis City or County Health Department

Resources:

St Louis City Health Department
<https://www.stlouis-mo.gov/citygov/health/>

St. Louis County Health Dept.
<http://www.stlouisco.com/HealthandWellness/AboutYourDepartmentofPublicHealth>

National Vaccine Information Center (NVIC)
www.nvic.org

Dr. Sears Vaccine Information
www.askdrsears.com

Vaccine Adverse Event Reporting System
www.vaers.hhs.gov

Vaccine Risks and Side Effects

Common Side Effects:

- Fussiness
- Fever
- Body aches
- Redness at site of shot
- Swollen limb on side of shot
- Rash
- Hives
- Vomiting
- Diarrhea
- Poor appetite
- Sleepiness
- Nodule at site of shot

Severe and Rare Side Effects:

- Seizure
- Swelling and inflammation of the brain (encephalitis)
- Brain injury
- Guillain-Barre Syndrome

**Report side effects to your doctor*

Severe side effects can be reported to www.vaers.hhs.gov

Ingredients, continued

Aluminum: added for efficacy. It is a known neurological toxin that accumulates in tissue, including the brain. We are unsure of "safe" levels for babies and adults. There are some vaccines that are aluminum free.

Mercury: (Thimerosal) has been removed from many vaccines or reduced to trace amounts in others in recent years. Mercury is a known toxin.

Formaldehyde: added as a preservative in very small amounts. It is a known carcinogen linked to kidney and genetic damage when inhaled. The effects of injected formaldehyde are unknown.

MSG: (monosodium glutamate) is a chemical used for flavoring that is linked to brain impairment. It is found in very small quantities in vaccines.

2-Phenoxyethanol: a preservative that is a known toxin that is linked to reproductive defects that is also used in cosmetics, pesticides and other pharmaceuticals. Small amounts are used.

Sodium deoxycholate: harmful if swallowed, inhaled or absorbed through skin; irritant of the eyes and lungs. Tiny amounts are used. (Sears, 2007)

References:

- Klein, N., Fireman, B., Yih, W., Lewis, E., Kulldorff, M., Ray, P., . . . Weintraub, E. (2010, July). Measles-Mumps-Rubella-Varicella Combination Vaccine and the Risk of Febrile Seizures. *Pediatrics*, 126(1), e1-e8. doi:10.1542/peds.2010-0665
- Sears, R. W. (2007). *The vaccine book: Making the right decision for your child*. New York: Little, Brown.
- Shui, I., Baggs, J., Patel, M., Parashar, U., Rett, M., Bolongia, E., . . . Weintraub, E. (2012, February 8). Risk of Intussusception Following Administration of a Pentavalent Rotavirus Vaccine in US Infants. *Journal of the American Medical Association*, 307(6), 598-604. doi:10.1001/jama.2012.97.

Concerning Ingredients in Vaccines

There are many different additives included in vaccines that some consumers are concerned about. For more information about which ingredients are included in the vaccines that you are considering, please refer to the ingredient list provided with the vaccine (package insert), or check out The Vaccine Book, by Dr. Sears.

Animal and Human Tissues: In the past, monkey kidney cells used to make vaccines were shown to be contaminated with the SV-40 virus that is linked to tumors and cancer – these cells are still used to make the polio vaccine, but are now tested to be sure they are clear of viruses before manufacturing. The worry with using animal tissues is that smaller infections that are caused by "prions" could be injected into humans, which may result in adverse effects. There are many unknowns about how prions or foreign DNA from animal tissues affect humans when used in vaccines. Below is a list of tissues used to make various vaccines:

- Human blood proteins (albumin)
- Human lung cells
- Human fetal lung cells
- Human cell lines
- Cow serum (the liquid part of blood)
- Cow tissue extract
- Monkey kidney cells
- Guinea pig embryo cells
- Chicken embryos
- Chicken kidney cells
- Chicken eggs

(Sears, R, 2007)

Vaccine Schedules:

Full schedule may be found at:

<http://www.cdc.gov/vaccines/schedules/easy-to-read/child.html>

Alternative schedules may be found at:

<http://www.loving-attachment-parenting.com/alternative-vaccination-schedule-dr-sears.html>

We support your right to choose whether or not to vaccinate your children. We are happy to assist you in finding a pediatrician or family physician that will support your choice.

