

## Important Facts

Number of studies linking vaccines to neurological and autoimmune issues common to autism: 130  
Number of studies quoted by vaccine promoter Paul Offit showing no vaccine-autism link: 14  
Rate of autism in the 1980s: 1 in 10,000  
Rate of autism today: 1 in 59  
Projected rate of autism in 2025: 1 in 2  
Number of doses recommended by age six per the CDC vaccine schedule 1972: 2  
Number of doses recommended by age six per the current CDC vaccination schedule: 50  
Amount of aluminum in the four doses at the two month baby checkup: 1,225 mcg  
Maximum allowable aluminum per day for intravenous parenteral feeding: 25 mcg  
Amount of aluminum received by fully vaccinated eighteen-month old baby: 4,925 mcg  
Number of studies proving safety of injecting aluminum into human infants: 0  
Amount of mercury in liquid the EPA classifies as hazardous waste: 200 ppb  
Amount of mercury in "trace," "thimerosal-free" vaccines: 2,000 ppb  
Amount of mercury in some single-dose vaccines and some infant flu shots: 50,000 ppb  
Amount of mercury in multi-dose flu vaccines, given to pregnant women: 50,000 ppb  
Number of current vaccines proven effective: 0  
Number of current vaccines proven safe: 0  
Cost of caring for a child diagnosed with autism over his lifespan: \$3,000,000-\$5,000,000  
Liability of vaccine manufacturers for vaccine injury: 0  
Rate of asthma in vaccinated children: 6-15%  
Rate of asthma in unvaccinated children: 0.2-3%  
Rate of ADHD in unvaccinated children: 1-2%  
Rate of ADHD in vaccinated children: 8-11%  
Projected income to pharmaceutical industry from vaccines 2025: \$48 billion  
References at [www.westonaprice.org/wp-content/uploads/WAPFVaccinationIndex.pdf](http://www.westonaprice.org/wp-content/uploads/WAPFVaccinationIndex.pdf).

## A Diet for Natural Immunity

A good diet can help children develop strong natural immunity to infectious and chronic disease without the risk of vaccinations:

- Minimize sugar, additives and processed food.
- Raw whole milk is highly nourishing and contains many components that help build natural immunity.
- Vitamins A and D in cod liver oil provide powerful protection against disease.
- Cholesterol-rich foods like egg yolks, livers, butter and cream help build a strong nervous system and support good gut integrity.
- Fermented foods like sauerkraut provide protective bacteria in the digestive tract.
- Gelatin-rich bone broth contributes to good gut integrity and helps detoxify.
- Vitamin C from fresh fruits and vegetables and from fermented foods like sauerkraut helps fight infectious illness.
- Red meat, seafood and kefir are good sources of zinc, which is an important nutrient for the immune system.

### If You Must Vaccinate. . .

- Wait until the child is at least three years old.
- Do not give more than one vaccination at a time.
- Never vaccinate when the child is sick.
- Be sure that the vaccines are thimerosal-free.
- Supplement the child with extra cod liver oil, vitamin C and B12 before and after each shot.
- Put your child to bed and keep him quiet for at least twenty-four hours after a shot.
- Do NOT give aspirin, tylenol or other NSAIDs either before or after a shot.
- Obtain a medical exemption if the child has had a bad reaction to a vaccination or has a family history of vaccine reactions, convulsions or neurological disorders, severe allergies and/ or immune system disorders.

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## Vaccination

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## Myths and Truths About Vaccination

MYTH: Vaccination is the main contributor to the twentieth century decline in infectious disease.

TRUTH: Infectious diseases (measles, diphtheria, whooping cough and tetanus) were in steep decline before the advent of vaccinations, thanks to better sanitation, cleaner water and improved living conditions. Scarlet fever also declined, even though there has never been a vaccination for it.

MYTH: Vaccinated individuals do not put others at risk.

TRUTH: Public health officials are aware of the fact that vaccinated individuals can spread the disease for which they have been vaccinated for up to several weeks after getting the vaccine. Adults have contracted polio from their recently vaccinated infants.

MYTH: Vaccinations give life-long immunity.

TRUTH: Immunity from vaccinations is temporary at best; health officials now recommend booster shots at regular intervals because the immunity from vaccinations wears off. Outbreaks of measles and whooping cough have occurred in fully vaccinated populations.

MYTH: It was vaccinations that stopped the deadly plague of polio.

TRUTH: Polio can be triggered by nervous system poisoning from teething powders containing mercury (now banned) and pesticides like lead arsenate and DDT. Polio declined in the U.S. when DDT was outlawed. Polio is making a comeback in the U.S., but it is called by a different name—acute flaccid myelitis—which occurs most frequently in August and September when children are getting their vaccinations for school.

MYTH: Measles, mumps, whooping cough and chicken pox are life-threatening childhood diseases.

TRUTH: Death from these diseases in the U.S. is extremely rare, and basically non-existent in well nourished children. When contracted in childhood, these diseases are mild and give immunity for life; having these illnesses in childhood also protects us against more serious disease like cancer later in life. Whooping cough (pertussis) has actually become more virulent since the introduction of the pertussis vaccine.

MYTH: Vaccinations are completely safe.

TRUTH: The National Vaccine Injury Compensation Program has paid out over four billion dollars for vaccination injuries and death since 1989. These payments come from a tax on vaccines; the pharmaceutical companies that make the vaccines are free from all liability for damages caused by their products. Only a very small percentage of vaccination injuries are reported or receive compensation

MYTH: Vaccinations have been well tested for safety.

TRUTH: Most vaccines are rushed through the FDA approval process with very inadequate safety testing. There has been no safety testing at all for multiple vaccines given at one time.

MYTH: The anti-vaccination movement is something new and was started by a “fradulent” researcher named Andrew Wakefield, MD.

TRUTH: Dr. Wakefield’s findings have been scientifically corroborated. Since the first vaccinations, which were for small pox, citizens have mounted vigorous opposition after seeing adverse effects, including death, in their children from the vaccines. (The small pox vaccination was eventually discontinued because of frequent life-threatening reactions.)

For references and further information, visit [westonaprice.org/vaccinations](http://westonaprice.org/vaccinations).

## Harmful Ingredients in Vaccines

ALUMINUM: Toxic to brain and kidneys. Children with autism have very high concentrations of aluminum in their brains.

AMINO ACIDS AND FOREIGN PROTEINS INCLUDING EGG ALBUMIN: Associated with autoimmune disorders including type I diabetes.

FORMALDEHYDE OR FORMALIN: Embalming fluid; classified as a human carcinogen; toxic to nerves, liver and kidneys.

BENZETHONIUM CHLORIDE: Can cause seizures, coma, respiratory depression, central nervous system depression, convulsions and urinary system reaction.

GLUTARALDEHYDE: A disinfectant that can cause asthma, allergic reactions, respiratory problems and diarrhea.

PROTEINS FROM FETAL TISSUE: Taken from aborted babies; associated with an increased risk of autism.

THIMEROSAL: Contains 50 percent mercury, the second most poisonous element known to man. Even “thimerosal-free” vaccines contain traces of mercury.

MSG: MSG may cause migraine headaches, sleeping disorders, irritable bowel syndrome, asthma, diabetes, Alzheimer’s disease, Lou Gehrig’s disease, attention deficit disorder, seizures, stroke and anaphylactic reaction.

CTAB (CETYLTRIMETHYLAMMONIUM BROMIDE): The Material Safety Data Sheet lists many serious health effects from CTAB.

2-PHENOXYETHANOL: Can cause headache, shock, convulsions, weakness, kidney damage, cardiac failure, kidney failure and death.

POLYSORBATE 80: Facilitates mercury and aluminum crossing the blood-brain barrier. May cause blood clots, stroke, heart attack and death.