

## Resources

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# Do you know what's in a

# flu shot?



What you really  
need to know  
about the flu shot.

# You need to know...

## Do you know what's in a flu shot?

Every year people are urged to get the flu shot. According to the media, the medical establishment and the government, we are facing a possible flu epidemic, the flu shot is safe and it saves lives. Let's take a closer look at these statements.

## How many people really get the flu?

Most people suffering from fever, fatigue, cough and aching muscles think they have the flu. They do not. Instead they have an "influenza-like illness" (ILI) associated with many different "germs" such as rhinoviruses, respiratory syncytial virus [RSV], adenoviruses, parainfluenza viruses, *Legionella* spp., *Chlamydia pneumoniae*, *Mycoplasma pneumoniae* and *Streptococcus pneumoniae* but NOT the flu virus.<sup>1</sup>

In one study, the Centers for Disease Control (CDC) found that only 13.4% of people who had flu symptoms actually had the flu. The remaining had an ILI.<sup>2</sup>

Why, if most flu-like illness is not associated with the flu virus, do we even need a flu shot?

## Is the flu shot effective?

According to Sherri Tenpenny, DO, vaccine researcher, "The fact that the flu shots are ineffective in every age group hardly seems to matter to those who continually promote their use. Multiple studies published in highly reputable publications have documented that flu shots are ineffective in all ages."<sup>3</sup>

## How many people die from the flu?

You may have heard that the flu kills over 30,000 Americans every year. That is simply not true.

Government statistics lump flu and pneumonia deaths together, but flu deaths are only a small fraction of the total. For example, in 2002 when the flu plus pneumonia deaths were reported at over 60,000, only 753 were flu deaths.<sup>4</sup> In 2001 the total number of flu deaths was 267.<sup>5</sup> Does this justify giving a poorly tested and dangerous vaccine to millions of people?

## Flu shots contain mercury – a neurotoxin that damages brain and nerve cells

There are 25 micrograms of mercury per dose in most flu shots. That number is five times the maximum amount judged safe by the CDC for a 110 lb. person.

A survey of over 9,000 Americans found that an overwhelming majority did not know this. Moreover, "More than 75% of Americans said a pregnant woman or a child should not get a mercury-laden flu shot," said Lisa Handley of PutChildrenFirst.org whose son became autistic after a flu shot.

In 1999 government agencies called for the removal of mercury in vaccines. However, many vaccines are still permitted to have unsafe levels of mercury. Some of this year's flu vaccines still contain mercury.<sup>6</sup>

Nobody really knows what this mixture of chemicals and microorganisms does in our bodies.



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## Flu shot is linked to Alzheimer's disease

According to Hugh Fudenberg, MD, the world's leading immunogeneticist, the chances of getting Alzheimer's disease is ten times higher if an individual has had five consecutive flu shots. Dr. Fudenberg states that mercury in the shot causes the brain damage.<sup>7</sup>

## Flu vaccination during pregnancy is dangerous and useless

Researchers found that vaccinating mothers does not reduce respiratory illness in their newborns or infants. "Maternal influenza vaccination did not significantly affect infant outpatient and inpatient visits for acute respiratory illness."<sup>8</sup>

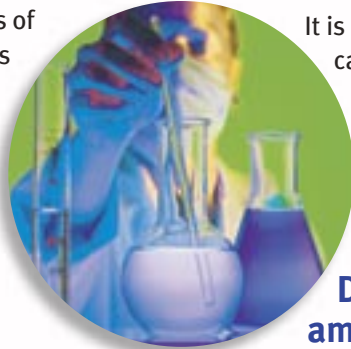
The American Academy of Pediatrics states "mercury in all of its forms is toxic to the fetus and children." Yet pediatricians who tell pregnant women not to eat tuna to avoid mercury still recommend the mercury-laden flu shot even though mercury injected into the mother is able to cross the placental barrier and enter the fetus.

## Flu shot for children?

In 1999, 25 children died from the flu in the entire United States. In 2000 that number decreased to 19, to 13 in 2001 and to 12 in 2002. The CDC began to push for flu shots for kids in 2003. That year the number of flu deaths in children jumped to 90.<sup>9</sup>

## Flu shot damages the immune system

No one knows the long-term consequences of repeated influenza vaccinations – it's never been tested (same with all vaccines). Repeated vaccination at a young age increases the risk of influenza in older age. This is possibly due to overall weakening of the immune system.



However, natural flu infection strengthens the immune system.<sup>10</sup>

## Flu shot is not completely tested

It is not known if flu vaccines can cause cancer or mutations or cause sterility, reproductive problems or fetal harm when administered to a pregnant woman. It is also not known whether flu vaccine is excreted in human milk.<sup>11</sup>

## Does the flu shot save lives among the elderly?

Even though immunization rates in those over 65 have increased 50% in the past 20 years researchers found no decline in flu-related deaths. Researchers report that studies "substantially" overestimate the vaccine's benefit.<sup>12</sup>

## Benefits to having illness

Hippocrates, the "Father of Medicine," recognized the role illness plays in the larger picture of health when he wrote, "Diseases are crises of purification, of toxic elimination. Symptoms are the natural defenses of the body. We call them diseases, but in fact they are the cure of diseases."

In one study flu sufferers who took aspirin or acetaminophen were sick an average of 3.5 days longer than people who did not take the drugs.<sup>13</sup>

The cleansing or detoxifying aspect of illness (fever, vomiting, diarrhea, sweating) may be why getting colds, flu and infectious diseases has been associated with a decreased risk of cancer.

Researchers found that those who had febrile infectious childhood diseases have less cancer as adults<sup>14</sup> while another revealed that "a history of common colds or ... influenza ... was associated with a decreased risk of stomach, colon, rectum and ovarian cancer."<sup>15</sup>

Don't let fear tactics dictate your healthcare decisions. Make an informed choice.

# ingredients

## mercury (thimerosal)

One of the most poisonous substances known. Has an affinity for the brain, gut, liver, bone marrow and kidneys. Minute amounts can cause nerve damage. Symptoms of mercury toxicity are similar to those of autism.

## formaldehyde (formalin)

Major component of embalming fluid; poisonous if ingested. Probable carcinogen; suspected gastrointestinal, liver, immune system, nerve, reproductive system and respiratory poison. Linked to leukemia, and brain, colon, sinus, nasopharynx and lymphatic cancers.

## gentamicin sulfate & polymyxin b (antibiotics)

Allergic reactions can range from mild to life-threatening.\*

## chicken embryos

The flu vaccine is made with fluids from chick embryos inoculated with specific type(s) of influenza virus. People who are allergic to these products (egg or chicken) or to any of the other ingredients in a vaccine can become seriously ill from the vaccination.

## sodium phosphate

Symptoms may include vomiting, lethargy, diarrhea, blood chemistry effects, heart disturbances and central nervous system effects. May cause inflammation and pain on prolonged contact, especially with moist skin.

## gelatin

Produced from selected pieces of calf and cattle skins, demineralized cattle bones and pork skin. Allergic reactions have been reported.\*

## polysorbate 80

Known to cause cancer in animals.

## neomycin sulfate (antibiotic)

Interferes with Vitamin B6 absorption. An error in the uptake of B6 can cause a rare form of epilepsy and mental retardation. Allergic reactions can be mild to life-threatening.\*

## monosodium glutamate (msg/glutamate/glutamic acid)

Being studied for mutagenic, teratogenic (developmental malformation and monstrosities) and reproductive effects. A neurotoxin. Allergic reactions can range from mild to severe.\*

## sodium deoxycholate

Promotes tumors and damages DNA.

## octoxynol-10 (triton® x-100)/ octoxynol-9 (polyethylene glycol-p-isooctylphenyl ether; octylphenoxyethoxyethanol)

Spermicide (kills sperm). Can cause chills, confusion, dizziness, fever, lightheadedness, muscle aches, peeling of the skin. Causes severe eye irritation. Harmful if swallowed, inhaled or in contact with skin. Toxicology not fully investigated. May contain traces of ethylene oxide or dioxane, which are probable human carcinogens. Manufacturer's website, [www.Calbiochem.com](http://www.Calbiochem.com), states: FOR RESEARCH USE ONLY. NOT FOR HUMAN OR DRUG USE.

## beta propiolactone

Known to cause cancer. Suspected respiratory, gastrointestinal, liver, skin and sense organ poison.

**NOTE:** Vaccine should not be administered to anyone with known systemic hypersensitivity to any component of the vaccine.

\* It is almost impossible to know in advance of exposure if a child or adult has an allergy.