

8 MYTH BUSTING HEALTHY LIVING AND Vaccine Reports

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SAMPLE

MYTH BUSTING

HEALTHY LIVING REPORT

Focus on: Cancer: Is There A Cure?

Few diseases strike more fear in the heart than cancer. But what is it? Cancer is simply a part of your body that is growing too much. When cancer cell populations increase in number they generally also enlarge in size. That's why a cancer is often called a tumor—Greek for a swelling.

MYTH: Cancer is incurable.

FACT: There are many cancer cures.

Although the standard medical approach of chemotherapy, radiation and/or surgery (poison, burn and cut) has been a failure in curing nearly all cancer patients, there are many successful natural approaches.

MYTH: Cancer has always been a major killer.

FACT: Cancer has increased from a rare illness (from one person in 9,000 to one in two or three) within decades—the blink of an eye in human history.

MYTH: There's more cancer today because people are living longer.

FACT: Humans have lived long healthy lives for millennia without ever having cancer. The tremendous increase of childhood cancer shows that cancer is not a disease of aging.

MYTH: Cancer doesn't disappear naturally.

FACT: The natural disappearance of cancer, called spontaneous remission, is an acknowledged fact and has been recorded in thousands of cases. [Hirshberg C, O'Regan B. *Spontaneous Remission: An Annotated Bibliography*. Sausalito, CA: Institute of Noetic Sciences, 1993.] Your body has the ability to remove the tumor when it (the tumor) is no longer needed.

MYTH: The cancerous tumor is trying to kill us.

FACT: New research reveals that the tumor has a purpose. Andreas Moritz, in *Cancer Is NOT A Disease – It's A Survival Mechanism*, explains that cancer is a response to internal toxicity. Cancer is how the body tries to keep us alive when we are in danger of imminent death from poison; cancer cells feed off our toxic buildup. Only by addressing the cause of the tumor can we have a real cure.

The tumor is so important to the body that it is supplied with special blood vessels. Why would the body try to destroy itself? It makes more sense that the tumor is serving a purpose.

A recent journal article affirms this hypothesis:

Cancer is a natural wound healing-related process.... However, if the cause of the wound or if the wound persists ... the continuous wound healing process will lead to a clinical cancer mass.... The

*logic of this cancer mechanism is consistent with the rationales of the other physiological metabolisms in the body – for survival. [Meng X et al. A new hypothesis for the cancer mechanism. *Cancer Metastasis*. 2012;31(1-2):247–268.]*

Ancient peoples practiced detoxification such as: sweat lodges, saunas, hot baths, colonics, herbs, massages and other cleansing procedures. Ironically, today's world is so much more toxic and yet we largely ignore cleansing and detoxification.

MYTH: There is a genetic cause of cancer.

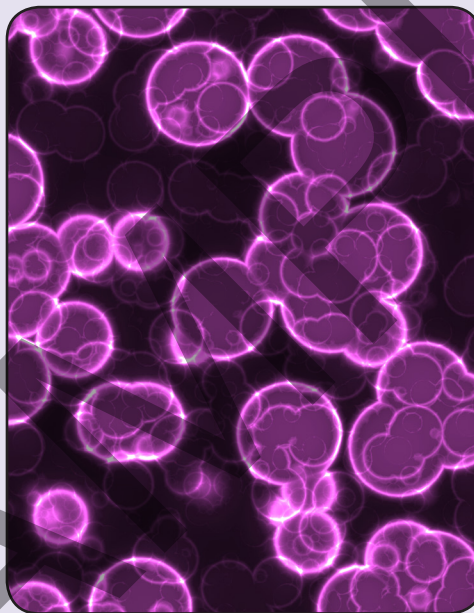
FACT: The hunt for a cancer gene or genes is a waste of time and research dollars. Genes cannot be the sole causal factor since our genetic composition

hasn't changed in the past few thousand years. Still, some women, told they have a "cancer gene," have had their healthy breasts cut off to prevent cancer. This makes as much sense as chopping off your head to prevent migraines. The science of epigenetics reveals that genetic expression changes when the cells' environment changes. We must understand the environmental triggers.

MYTH: Emotional stress causes cancer.

FACT: How can we blame emotions as the sole cause of cancer when human emotions such as fear, anger and anxiety are nothing new in the human condition? We had barely any cancer for thousands of years in spite of war, famine, plague and intense stress.

Yet emotions have a powerful modulating effect on the immune and endocrine systems and can play a significant role in all disease processes. Many cases of spontaneous remission have been recorded after emotionally cathartic experiences.



MYTH: Modern medicine is winning the war on cancer.

FACT: The medical approach to cancer has been a failure, as cancer experts tell us:

Evidence has steadily accrued that (cancer therapy) is essentially a failure. [Temple NJ et al. The war on cancer – failure of therapy and research: discussion paper. *J Royal Society of Medicine*. 1991;84:95-98.]

Some 35 years of intense effort focused on improving treatment must be judged as a qualified failure.... [Bailar JC, Gornik HL. Cancer undefeated. *N Engl J Med*. 1997;336:1569-1574.]

The National Cancer Institute and the American Cancer Society have misled and confused the public and Congress by repeated false claims that we are winning the war against cancer – claims made to create public and Congressional support for massive increases in budgetary appropriations. [Epstein S. *The Politics of Cancer – Revisited*. Fremont Center, NY: East Ridge Press, 1998.]

... the percentage of Americans dying from cancer is about the same (now in 2004) as in 1970 ... and in 1950. [Leaf C. Why we're losing the war on cancer. *Fortune*. 2004;149(6):76-97.]

MYTH: A cure is “just around the corner.”

FACT: Organizations that depend on donations have been claiming “a cure is just around the corner” for nearly 100 years in order to raise funds. For example:

Inevitably ... we can look forward to something like penicillin for cancer, and I hope within the next decade. [Cornelius Rhoads, MD, Sloan Kettering Cancer Center, 1953]

We are so close to a cure for cancer. We lack only the will and the kind of money ... that went into putting a man on the moon. [American Cancer Society full-page ad in the *New York Times*, 1969]

... with a billion dollars for ten years we could lick cancer. [R. Lee Clark, MD, Director of the M.D. Anderson Hospital and Tumor Institute, testimony to Congress, 1969]

Cancer deaths can be cut in half by the year 2000. [Peter Greenwald, MD, Director of the National Cancer Institute's Division of Cancer Prevention and Control, 1989]

The medical profession has no “cure around the corner.” Many people feel it's all a marketing ploy to increase donations.

MYTH: Chemotherapy is safe.

FACT: Chemo is the most dangerous, damaging, poisonous drug ever put into the human body. If it touches the skin it can cause severe chemical burns. When injected directly into one's blood vessels chemotherapy causes: cancer, brain damage (chemo brain—impaired memory and thinking), unrelenting diarrhea, hair loss, heart damage, immune system damage, impotence, stroke, suicide, weight loss, deafness, loss of taste, kidney damage, neuropathy, nausea, vomiting, bone marrow suppression and the risk of toxic death.

You cannot heal with poison. Charlotte Gerson, director of the Gerson Institute, San Diego, CA

Remember, there are worse things than death. One of them is chemotherapy. Charles Huggins, MD, winner of The Nobel Prize in Physiology or Medicine, 1966

Bottled death. Vice President of the US, Hubert Humphrey, who died of bladder cancer

MYTH: Chemotherapy is effective.

FACT: A cancer drug is said to be “effective” if there is tumor shrinkage. However, temporary tumor shrinkage does not mean the patient lives longer or with an improved quality of life.

The quantitative impact of chemotherapy on survival is minuscule. [Haskell CM. Chemotherapy and survival of patients with non-small cell lung cancer: a contrary view. *Chest*. 1991;99:1325-1326.]

Cancer researcher Ulrich Abel, MD contacted 350 medical centers and reviewed thousands of papers from biomedical journals on the results of chemotherapy. His paper “Chemotherapy And Advanced Epithelial Cancer: A Critical Review” [*Biomedicine and Pharmacotherapy*. 1992;46:439-452] reported that the success rate of chemotherapy was “appalling.” Dr. Abel found no proof that chemotherapy “can extend in any appreciable way the lives of patients suffering from the most common organic cancers.” For cancers that cause 90% of cancer deaths, “chemotherapy has never proven to do any good at all.”

Others report the same:

In a study of every randomized, controlled clinical trial from 1990 to 2004 the 5-year survival rate for the most common forms of cancer was zero or close to zero. [Morgan G et al. The contribution of cytotoxic chemotherapy to 5-year survival in adult malignancies. *Clinical Oncology*. 2004;16(8):549-560.]

The futility of chemotherapy was revealed when it was discovered that chemo can make cancer worse by triggering tumor growth. That may be why tumors often shrink initially (from chemo), but then rapidly increase and resist chemotherapy. [Sun Y et al. Treatment-induced damage to the tumor microenvironment promotes prostate cancer therapy resistance through WNT16B. *Nature Medicine*. 2012. Published online: 05 August 2012]

Those few people who recover from cancer and were given chemo may have healed in spite of, rather than because of, chemotherapy.

MYTH: MDs would undergo chemotherapy if they had cancer.

FACT: The danger and ineffectiveness of chemotherapy is revealed when oncologists refuse it for themselves.

The personal views of many oncologists seem to be in striking contrast to communications intended for the public. [Abel U. Ein gnadenloses zuviel an therapie: teil zweifel an den chemischen waffen. *Der Spiegel*. 1987;26:128.]

Many oncologists would decline chemotherapy for themselves or their families. [Moore MJ, Tannock IJ. How expert physicians would

wish to be treated if they developed genitourinary cancer (abstract No. 455). *Pro ASCO*. 1988;7:118.]

In another study, 81% of respondents refused chemotherapy for themselves or would refuse to administer it to their families. When asked why, the answers were: it isn't effective and it's toxic. "If experts refuse to participate in a trial, should uncomprehending patients be asked to consent?" [Mackillop WJ et al. The use of expert surrogates to evaluate clinical trials in non-small cell lung cancer. *Br J Cancer*. 1986;54:661-667.]

MYTH: Once diagnosed with cancer, you must begin treatment immediately.

FACT: Many cancers are slow growing.

On average the tumor is ten years old ... before it can be detected and with few exceptions is health endangering or life threatening. [Friberg S et al. On the growth rates of human malignant tumors: Implications for medical decision making. *J Surgical Oncology*. 1997;65(4):284-297.]

Cancer is a slow growing disease and they've got time to think about it ... the doctor however will pressure them to make a decision within hours to get the breast cut out or the prostate cut out or a piece of the colon cut out ... but ... this disease on average has been going on for ten years before they discovered it and it'll probably go on for another ten, 15 or 20 years before it kills them. [John J. McDougall, MD in *Healing Cancer From Inside Out* (2nd edition). Documentary produced by Ravediet.com, 2008.]

You can live with an untreated tumor for just as long as you would with one that has been shrunk or eliminated by chemotherapy (or radiation) ... tumors almost never kill anyone unless they obstruct the common bile duct or other vital passages ... chemotherapy has never been shown to have curative effects for cancer. [Moritz A. *Cancer Is NOT A Disease – It's A Survival Mechanism* (3rd ed.). Landrum, SC: Ener-chi Wellness Press, 2009:29.]

MYTH: Killing the tumor will cure the patient.

FACT: In most cases after medical intervention tumors may shrink but the cancer often comes back (recurrence) with a vengeance.

We have a multi-billion dollar industry that is killing people, right and left, just for financial gain. [Glenn Warner, MD in Robbins J. *Reclaiming Our Health: Exploding the Medical Myth and Embracing the Source of True Healing*. Tiburon, CA: H.J. Kramer Inc., 1998.]

MYTH: No one knows how to cure cancer.

FACT: There are many successful cancer cures. Many thousands of people have reported the disappearance of their cancers after using various therapies and healthcare approaches. [Weil A. *Spontaneous Healing*. NY: Knopf, 1995.] [Hirshberg C, Barasch MI. *Remarkable Recovery*. NY: Riverhead Books, 1995.]

MYTH: We don't know what causes cancer.

FACT: The one common denominator behind cancer in the brain, breast, colon, skin, blood and other body parts is

toxic damage. Toxins can cause cancers. As our exposure to toxins increases, cancer increases.

Otto Warburg, MD noticed something odd about cancer cells—they breathe differently than normal cells. They don't use oxygen, but instead use fermentation (anaerobic respiration). Toxins impair tissue oxygenation.

The prime cause of cancer is the replacement of the respiration of oxygen (oxidation of sugar) in normal body cells by fermentation of sugar. ... It cannot be disputed that cancer could be prevented if the respiration of the body cells would be kept intact. [Warburg O. The Prime Cause and Prevention of Cancer. Lecture delivered to Nobel Laureates on June 30, 1966 at Lindau, Lake Constance, West Germany.]

Factors That Contribute To Cancer

There is more toxicity today than ever before in human history. This is a partial list of practices and sources of toxicity.

Suppression of symptoms: usually with drugs, prevents the body from externalizing toxins. By preventing or suppressing fever, diarrhea, vomiting, skin eruptions, infection and natural detoxification, toxicity increases.

Vaccination: children (and adults) are injected with some of the most powerful toxins known including mercury, aluminum, formaldehyde, phenol, carbolic acid and many other carcinogenic chemicals. Vaccination suppresses the immune system.

Heavy metals: mercury and aluminum from vaccines, dental amalgam, antiperspirants, aluminum cookware.

Bizarre foods: MSG; hydrogenated oils (i.e. Crisco™, margarine); aspartame, NutraSweet™, Splenda™ and other fake sugars; and junk foods that have no nutritional value such as sugar and processed foods.

Constipation: impacted fecal matter interferes with oxygen and may lead to colon cancer, rectal cancer, Crohn's disease, colitis, diverticulitis, polyps and tumors.

Chemical out-gassing: from carpets, paints, clothing, plastics.

Underwire bras and tight clothing: impairs lymph drainage.

X-rays, mammograms, CT scans: promote cancer.

Microwave use: creates chemicals linked to cancer.

EMFs: use of cell phones has been linked to brain and other cancers.

Dentistry: root canal and wisdom tooth socket infections, crowns, cavitations, mercury and other metals create toxicity and inflammation.

Chronic traumatic emotional stress: weakens the immune system.

Structural distortions (subluxations): decreased blood flow and/or oxygenation.

Environmental toxins: chlorinated and fluoridated water, pesticides, herbicides.

Non-fermented soy: tofu, edamame, soy milk and soy milk products, soy formula, soy oil and soy lecithin are linked to cancer. Tempeh, natto, miso, soy sprouts and soy sauce are fermented and safe.

Natural Cancer Cures & Resources

True cancer cures detoxify (rid the body of the toxins), cleanse, strengthen, rebalance, de-stress and nourish body tissues. The overarching goal is to remove stagnation, blockages, subluxations and interferences to proper body function and enhance energy, oxygen, movement and cleansing. The following list is not exhaustive and these approaches are often used in combination under the guidance of health professionals.

Classical homeopathy: balances body chemistry, eliminates toxins, improves body function, strengthens and heals the immune system.

Chiropractic: releases/removes subluxations that create disease, improves natural healing, balance and body function.

Biological/holistic dentistry: for removal of toxic teeth, cavitations and mercury. *It's All in Your Head* and other books by Hal Huggins, DDS, discuss dentistry. To locate a holistic or biological dentist in your area: <http://www.iaomt.org> or <http://mercury-freedentists.com>.

Traditional Chinese medicine and ayurvedic (Indian) medicine

Qigong, tai chi, yoga and exercise: to move stagnant energy, promote detox and oxygenate the system.

Sunlight: optimizing vitamin D levels dramatically decreases nearly all cancer risk.

Sauna, liver and gallbladder flush, massage, bodywork, heavy metal detox: all excellent approaches to promote cleansing and detoxification.

Nutrient-dense foods: Dr. Weston A. Price noticed that people who eat traditional foods don't get cancer, heart disease, diabetes or have dental problems. Eat grass-fed beef, wild caught seafood, organic/biodynamic raised foods, natural oils and fats. www.westonaprice.org, www.ppnf.org.

Herbs and supplements: to cleanse and nourish such as Essiac tea; 7 Herb formula (<http://stores.dc1store.com/StoreFront.bok>); mistletoe (Isclador, derived from mistletoe is the most prescribed cancer medicine); Hoxsey Therapy (http://www.cancure.org/hoxsey_clinic.htm)

Gerson Therapy: Max Gerson, MD developed a successful cancer cure of detoxification, enemas, cleanses and nourishing foods that are used at the Gerson Institute. <http://gerson.org/gerpress/>.

Coley's toxins: around 1900, William B. Coley, MD developed a vaccine to promote fever and rash. Over 1,000 cures of cancer were reported.

Milk cure: detox protocol developed by J. R. Crewe, MD. <http://www.realmilk.com/milkcure.html>.

Sodium bicarbonate treatment: developed by Tullio Simoncini, MD. <http://www.curenaturalcancro.com>.

Hydrogen peroxide therapy and other alternative cancer treatments: http://www.cancertutor.com/Articles/Overview_of_Best.html.

Books & Videos

Cavanaugh M. *The One-Minute Cure: The Secret to Healing Virtually All Diseases*

Clark H. *The Cure for All Diseases*

Clark H. *The Cure and Prevention of All Cancers*

Fallon S, Enig M. *Nourishing Traditions*

Moritz A. *Cancer Is Not A Disease – It's A Survival Mechanism*

Moritz A. *The Amazing Liver and Gall Bladder Cleanse*

Moritz A. *Timeless Secrets of Health and Rejuvenation*

Moss RA. *Questioning Chemotherapy*

Price W. *Nutrition and Physical Degeneration*

Healing Cancer from Inside Out on www.youtube.com

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HEALTHY LIVING REPORT

Focus on: Alzheimer's disease (AD): Is it inevitable?

Repository of memory, creator of civilization, crafter of culture, keeper of the flame that makes us unique: our mind. It is our ultimate possession. Strip us naked and take all our possessions—our mind remains.

To lose one's mind is the tragedy of Alzheimer's disease (AD). As the brain deteriorates there is a lobotomy-like effect. There appears to be no sign of struggle, just a silent and painless fading of talent, memory, speech, thought and voice, as the victim disappears into a blur. There is no "rage, rage against the dying of the light," rather a slow, inexorable dimming.

Caregivers helplessly watch as their loved ones wither into a shell of the person they once were. Death must surely be a welcome liberation.

MYTH: Alzheimer's has always been around.

FACT: AD is a new disease. In fact it was not until 1976 that its prevalence and severity was recognized. [Katzman R. The prevalence and malignancy of Alzheimer disease: a major killer. *Arch Neurol*. 1976;33(4):217-218.]

A leading Alzheimer researcher searched for papers on AD:

I looked everywhere. I looked on three continents ... no matter where I looked, I couldn't find anything that indicated there was very much AD prior to the 1960s.... I don't believe for a second [that AD was not noticed] because of all diseases, Alzheimer's is one of the most difficult to miss.... The only other plausible explanation is that it was less frequent then than it is now. [Murray Waldman, MD, presenter at the 9th International Conference on Alzheimer's and Parkinson's disease in a *Medscape Psychiatry* interview. <http://www.medscape.com/viewarticle/590106>]

Although AD used to be a rare disease, in less than a generation it has gone from an obscure neurologic diagnosis to a leading cause of debility and death. Currently nearly 5 ½ million Americans have AD; it is the 6th leading cause

of death in the US and the 5th leading cause of death for those over 65 in the US. [Thies W, Bleiler L. 2012 Alzheimer's disease facts and figures. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*. 2012;8(2):131-168.]

MYTH: Old age means senility.

FACT: Old age has not been traditionally equated with senility. People previously have lived long lives without losing their mental faculties.



I am old enough to remember when most elderly died without becoming demented. In fact, most neurodegenerative diseases have increased dramatically over the past 30 years. [Russell Blaylock, MD. Personal communication. July 3, 2012.]

In no literature, lay, medical, or religious is the idea of old age and senility linked. The concept of widespread senility among the elderly only appears in any literature in the late 70s and early 80s. In fact according to the OED senility only meant old until the 1960s when it acquired the additional meaning of demented. [Murray Waldman, MD. Personal communication. July 5, 2010.]

MYTH: Alzheimer's disease is a psychological disorder.

FACT: Although AD manifests with psychological or emotional

symptoms, Alzheimer's disease is a brain disorder. It was named for German physician Alois Alzheimer who first described it in medical literature in 1906. He discussed a patient with an unusual personality disorder whose brain, on autopsy, was found to have shrunk.

Autopsies reveal that in AD there is brain cell (neuron) death, there are widespread fatty deposits in small blood vessels in the brain and there is an accumulation of tangles and clumps of protein in and around brain cells. [Thies W, Bleiler L. 2012 Alzheimer's disease facts and figures. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*. 2012;8(2):131-168.]

MYTH: AD is increasing because the elderly population is increasing.

FACT: AD is growing faster than the elderly population is increasing. When Dr. Waldman (cited above) investigated the number of femur fractures since 1960 he found that they increased in a linear fashion as would be expected in an aging population. However, when he looked at AD incidence, he found the increase was not linear but exponential!

MYTH: AD is only a disease of the elderly.

FACT: AD is now affecting younger and younger people. For example, the story of a man with “early-onset” AD, living in a nursing home, unable to speak or feed himself was headlined on AOL HealthNews, July 7, 2009: Doctors said my husband was just depressed—in fact he had Alzheimer’s at 36.

Early-onset Alzheimer’s—pre-senile dementia—is thought to affect 15,000 people under 65 in the UK. ‘However, the true figure is probably three times higher,’ according to the Alzheimer’s Society. [http://www.dailymail.co.uk/health/article-1197927/Doctors-said-husband-just-depressed—fact-Alzheimers-36.html]

According to the Alzheimer’s Association, AD is occurring in the 5th, 4th and even 3rd decade of life. [Thies W, Bleiler L. 2012 Alzheimer’s disease facts and figures. *Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association*. 2012;8(2):131-168.]

MYTH: AD is different from dementia.

FACT: Alzheimer’s disease (AD) is the most common form of dementia. The word “dementia” means “deprived of mind.” Millions of older people are placed into this category when they exhibit memory loss, confusion, changes in personality and dwindling ability to perform everyday activities.

The second most common type of dementia, called vascular or multi-infarct dementia, is caused by blockages in small blood vessels in the brain (mini-strokes).

The symptoms of most dementias include confusion, slurred speech and/or impaired thinking. However memory loss is often not present and that’s the distinguishing feature of Alzheimer’s disease.

In most dementias the person’s “whole mind” is not lost—some talents and abilities are not affected. AD robs the person of their whole mind.

MYTH: AD is decreasing.

FACT: AD is increasing. Epidemiological data collected over a 25-year period shows the incidence of AD in the 1960s was 2% in people over the age of 85 years, whereas today, most experts accept that the incidence of AD in this population is 50%. It is 20% over the age of 75 and 10% in individuals over the age of 65 years. From 2000 to 2006 Alzheimer’s deaths increased 46.1%! [Murray Waldman, MD, presenter at the 9th International Conference on Alzheimer’s and Parkinson’s disease in a *Medscape Psychiatry* interview. <http://www.medscape.com/viewarticle/590106>]

To go from barely noticed to one out of six deaths is a catastrophe. AD now joins the list of other major killers and debilitating disorders of civilized nations—cancer, heart disease, diabetes and autism.

MYTH: Memory lapses are a sign of oncoming Alzheimer’s.

FACT: AD is not mere forgetfulness.

For example, forgetting where you put your car keys may be a sign of aging but forgetting what to do with those keys could be AD. Other symptoms of AD include agitation, suspiciousness, combativeness, repetition and wandering.

MYTH: Genes will unlock the secrets of Alzheimer’s.

FACT: Although researchers are exploring genetic causes, AD can’t be a genetic disease because genetic diseases don’t suddenly surface in a population; something else must be happening.

Since AD is a new disorder we must ask, “What are we doing or being exposed to now that we weren’t doing or being exposed to just a few decades ago?”

MYTH: No one knows the cause of AD.

FACT: AD appears to be due to brain toxicity. AD victims have elevated mercury levels in their brains. [Ehmann WD et al. Brain trace elements in Alzheimer’s disease. *NeuroToxicology*. 1986;7:197-206.] [Thompson CM et al. Regional brain trace-element studies in Alzheimer’s disease. *NeuroToxicology*. 1988;9:1-8.]

Research reveals that mercury poisoning causes symptoms similar to those suffered by AD victims.

Dr. Boyd Haley, Professor and Chair of the Department of Chemistry at the University of Kentucky, Lexington has established a likely connection between mercury toxicity and AD. [Haley BE. The relationship of toxic effects of mercury to exacerbation of the medical condition classified as Alzheimer’s disease. *Medical Veritas*. 2007;4:1510-1524.] Working with researchers at the University of Calgary, Dr. Haley reports: “Seven of the characteristic markers that



we look for to distinguish Alzheimer's disease can be produced in normal brain tissues, or cultures of neurons, by the addition of extremely low levels of mercury ... Alzheimer's diseased patients have at least 3 times higher blood levels of mercury than controls." [Leong CCW et al. Retrograde degeneration of neurite membrane structural integrity of nerve growth cones following in vitro exposure to mercury. *NeuroReport*. 2001;12(4):733-737.]

MYTH: Mercury toxicity and Alzheimer's are different.

Fact: Mercury toxicity and AD have identical symptoms [Neal PA, Jones RR. Chronic mercurialism in the hatters' fur-cutting industry. *JAMA*. 1938;110:337-343.] [Maghazali HI. Psychiatric aspects of methylmercury poisoning. *J Neurology, Neurosurgery, and Psychiatry*. 1974;37:954-958.] [Siblerud RL et al. Psychometric evidence that mercury from silver dental fillings may be an etiological factor in depression, excessive anger, and anxiety. *Psychological Reports*. 1994;74:67-80.] [Fagala GE, Wigg CL. Psychiatric manifestations of mercury poisoning. *J Am Acad Child Adolesc Psychiatry*. 1992;31:306-311.] AD victims become:

Socially uninhibited or lose all initiative and interest in activities ... delusions, hallucinations, and sleep disorders ... grossly inappropriate judgment and sometimes are misdiagnosed as being depressed or psychotic. [Golden R. Dementia and Alzheimer's disease. *Minnesota Medicine*. 1995;78:25-30.]

MYTH: Mercury from vaccines does not cause AD.

FACT: Hugh Fudenberg, MD, one of the world's leading immunogeneticists (over 850 papers published in biomedical journals) reports that if an individual had five consecutive flu shots his/her chances of getting Alzheimer's disease is ten times higher than if they had zero, one or two shots. [Hugh Fudenberg, MD, presentation, National Vaccine Information Center conference. Arlington, VA, September 1997.]

Dr. Fudenberg claims the mercury found in most flu vaccines builds up in the brain. Note: Mercury, even in trace amounts (which are toxic), is still found in many child and adult vaccines.

MYTH: Dental fillings don't put mercury in the brain.

FACT: "Silver" fillings (amalgams) are 50% mercury and can outgas for decades, all the while the mercury is absorbed into the brain in toxic amounts. In the book *Alzheimer's Disease* (described as "the best single book on the topic" by the *New England Journal of Medicine* [Beal MF. Alzheimer Disease, review of *Alzheimer Disease*, by RD Terry et al, eds. *New England Journal of Medicine*. 1994;331:620.]) the authors state: "Chronic low level Hg [mercury] toxicity in AD should be considered as a potential pathogenetic factor." [Terry RD et al. Brain trace elements in Alzheimer disease. In Terry et al., eds., *Alzheimer Disease*. NY: Raven Press, 1994;363.]

Other sources of mercury are (especially large) fish, cosmetics, soil, pesticides, film, paint and plastics.

MYTH: Aluminum is not linked to AD.

FACT: Aluminum is a neurotoxin and is linked to AD. Aluminum is also used in many vaccines and is a brain toxin linked to AD. Neuroscientist Chris Shaw, PhD links the aluminum hydroxide used in vaccines to Parkinson's, amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease), autism and Alzheimer's. [Tomljenovic L, Shaw CA. Do aluminum vaccine adjuvants contribute to the rising prevalence of autism? *J. Inorg. Biochem*. 2011;105(11):1489-1499.] After mice in Shaw's laboratory were injected with aluminum they exhibited symptoms of Parkinson's, Alzheimer's and Lou Gehrig's disease. In an interview Dr. Shaw stated,

No one in my lab wants to get vaccinated.... We weren't out there to poke holes in vaccines. But all of a sudden, oh my God—we've got neuron death! [<http://www.ageofautism.com/2012/03/the-aluminum-threat-a-interview-with-chris-shaw.html>]

Other sources of aluminum include: processed cheeses, white flour and baking powder. Fluoridated water increases aluminum absorption in the brain. Fluoride is also toxic to the brain, and is linked to the formation of beta-amyloid plaques (seen in AD) and damage to various brain structures. [Varner JA et al. Chronic administration of aluminum-fluoride or sodium-fluoride to rats in drinking water: alterations in neuronal and cerebrovascular integrity. *Brain Research*. 1998;784(1-2):284-298.]

MYTH: There is no way to prevent, halt or reverse Alzheimer's disease.

FACT: It may be possible to prevent, halt or reverse AD. Reversal or halting the progression of AD has been reported after removal of mercury amalgams. Tom Warren reversed his AD by removing mercury dental fillings and dental infections and avoiding food allergens. In *Beating Alzheimer's, A Step Towards Unlocking the Mysteries of Brain Diseases* he comments on the response to his discovery:

By the time I finished writing Beating Alzheimer's three other persons in our hometown regained their short-term memory following the identical program that reversed my AD. A daughter of a 93-year-old woman wrote that her mother recovered from AD.... I am aware of physicians who use my book to help patients regain their short-term memory. Several years ago, a physician reversed his own AD and has returned to full time practice. Two nurses reversed schizophrenia.... Occasionally someone tells me I saved his or her life. [Warren T. *Beating Alzheimer's, A Step Towards Unlocking the Mysteries of Brain Diseases*. Garden City Park, NY: Avery Publishing, 1991.]

Mary T. Newport, MD reversed her husband's AD by adding coconut oil to his diet. Her work went viral on

YouTube and is discussed in her book *Alzheimer's Disease, What if there was a cure?* [Newport M. *Alzheimer's Disease, What if there was a cure?* Laguna Beach, CA: Newport MT Basic Health Publications, 2011.]

Russell Blaylock, MD, a neurosurgeon, comments on coconut oil:

Ketones are the only other fuel that brain cells can use other than glucose but unlike glucose they do not produce free radicals or lipid peroxidation when they are metabolized and can suppress excitotoxicity and inhibit microglial activation, all important processes in

Alzheimer's disease prevention and treatment. Extra virgin coconut oil is high in medium chain fatty acids, that also suppresses AD destruction. Both short chain and medium chain fatty acids reduce brain pathology. [Personal communication. July 3, 2012.]

Stop Alzheimer's Now! by Bruce Fife, ND, puts the latest information all together to protect your brain from degeneration and to prevent and reverse AD, Parkinson's, ALS (Lou Gehrig's Disease) and macular degeneration. [Fife B. *Stop Alzheimer's Now*. Colorado Springs, CO: Piccadilly Books, Ltd., 2011.]

Recommendations for anyone with or without AD or neurological disorders:

1. Get checked for heavy metal toxicity (urine challenge test and other tests) to discover your heavy metal "load." You may need to see a healthcare practitioner to have this test prescribed for you.
 2. Begin a detoxification program. Have mercury fillings removed by a dentist who specializes in their safe removal. To find a holistic dentist go to www.holisticdental.org. Popular detoxification of heavy metals includes EDTA chelation and oral chelation therapy. Additional detox therapies include: organic cilantro; baths with hydrated bentonite clay.
 3. Avoid allergens. Because of malfunction or weakness of your immune system due to toxicity, certain foods may cause toxic brain reactions, especially aspartame and other artificial sweeteners, monosodium glutamate (MSG) and refined, processed foods.
 4. Avoid all vaccines; even those labeled as "mercury or thimerosal free" may contain "trace" amounts that are dangerous.
 5. Eliminate all aluminum: cookware, utensils, foil, underarm deodorants, any drinks in aluminum cans.
 6. Work with a trained homeopathic practitioner to remove aluminum and mercury from the body and the brain.
 7. Root canal teeth can cause the brain damage (tubulin reduction) seen in AD. Hal Huggins, DDS states: "It might be worthwhile to consider the presence of root canals in people with Alzheimer's." [<http://www.hugginsappliedhealing.com/alzheimers.php>]
 8. Use nutritional therapy. In addition to coconut oil, many foods and supplements may improve brain function. *Stop Alzheimer's Now!* (mentioned above) is an excellent source of nutritional and other approaches.
 9. Subluxations cause pressure on the brain and spinal cord that affect brain and body function. Doctors of Chiropractic specialize in locating and correcting subluxations. This should be a part of everyone's healthcare especially anyone suffering from AD or any neurological disorder.
- Changes in the brain have been detected up to 25 years before the signs of Alzheimer's are noticed. It therefore would be prudent for everyone to get checked for toxicity and subluxations while they are still young and have the will and energy to make changes in their lives and promote healing. [www.cosmosmagazine.com/news/5815/signs-alzheimer-s-may-show-25-years-earlier]

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MYTH BUSTING

HEALTHY LIVING REPORT

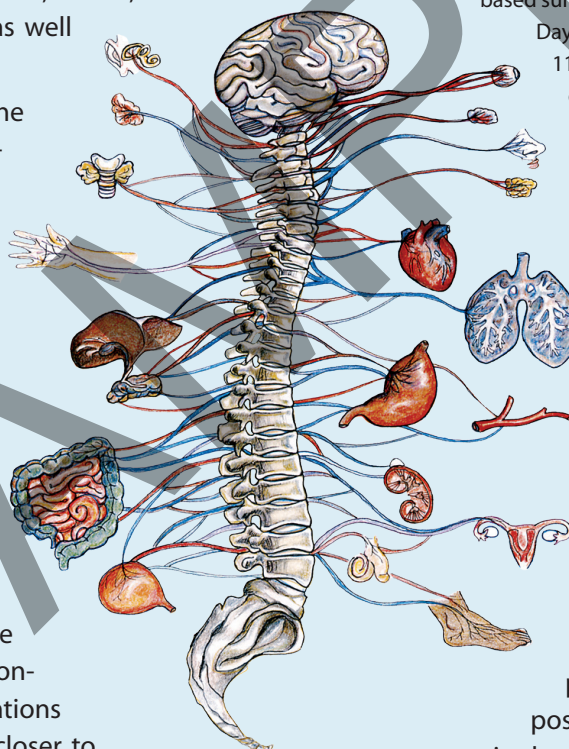
Focus on Chiropractic: Natural Healthcare from Within

MYTH: Chiropractic care is only for back, neck, nerve, muscle and similar problems.

FACT: Chiropractic is a healing art for the entire person. It is for people, not diseases. Chiropractic's purpose is to release a serious form of stress caused by small distortions in body structure called subluxations. Subluxations can cause great suffering and body malfunction affecting your nerves, muscles, energy, brain function, internal organs, discs, bones, tendons, ligaments and posture as well as overall health and vitality.

Of paramount importance is the subluxation's effects on the nervous system. Your nerves coordinate and help control the function of all your organs, muscles, glands and body systems (including the immune system). A subluxation can interfere with the information and energy that flow through the nervous system. This can cause your entire body to not function at its optimum (to become dis-eased). A dis-eased person is a weakened person and can become fertile ground for nearly any disease or condition to develop. When subluxations are released the body functions closer to its natural healing potential.

Chiropractic is not for a particular condition and yet because it affects the entire body it is for people who suffer from any condition. Walk into a chiropractor's office and who do you see? People with all kinds of problems—colds, flu, allergies, hearing problems, ear infections, spinal or disc problems, pain, whiplash, arthritis, insomnia, stress, vision problems, headaches, PMS, allergies, bed-wetting, colic, high blood pressure—the list is very long.



Millions of people have visited their neighborhood doctor of chiropractic for nearly every health condition!

[Ressel O, Rudy R. Vertebral subluxation correlated with somatic, visceral and immune complaints: an analysis of 650 children under chiropractic care. *JVSR*. October 18, 2004;1-23.] [Boone WR, Oswald P, Holt K et al. Long term assessment of blood indices and immune panel profiling of subjects receiving chiropractic care: a pilot study. *JVSR*. June 7, 2006;1-11.] [Alcantara J, Ohm J, Kunz D. Treatment-related aggravations, complications and improvements attributed to chiropractic spinal manipulative therapy of pediatric patients: a practice-based survey of practitioners. *Pediatric CAM Research Day, University of Alberta, Canada*. December 11, 2007.] [Nyiendo J, Olsen E. Characteristics of 217 children attending a chiropractic college teaching clinic. *JMPT*. 1988;11(2):78-84.] [Clum G. Jocks and chiropractic care. *The Latest Stuff from Gerry*. November 1998 issue (on-line).] [Lauro A, Mouch B. Chiropractic effects on athletic ability. *Chiropractic: The Journal of Chiropractic Research and Clinical Investigation*. 1991;6:84-87.]

MYTH: Subluxations are caused only by severe injuries.

FACT: Subluxations are caused by stress of all kinds:

physical stress, emotional stress and chemical stress (toxins). Examples of physical stress include poor posture, accidents, sitting or working in the same position for long periods and trauma. Even a stressful birth or a childhood

fall can cause health problems that may not surface until decades later. Emotional stress could be shocks, stressful memories and other emotional issues. Much chemical stress comes from toxins in the environment.

Nearly everyone has subluxations; they are a "hidden epidemic." For that reason you and your family need to see a doctor of chiropractic—just as you get your eyes, teeth and blood pressure checked!

MYTH: I can tell if I have a subluxation by myself.

FACT: **Not always.** While there are a number of signs that you may have a subluxation—lack of energy, pain, limited range of motion, “brain fog”—a subluxation is not always symptomatic. Subluxations can be likened to dental cavities; you may have one developing for a long time with no noticeable symptoms. That’s why periodic chiropractic examinations are so often recommended.

However, after a period of time under chiropractic care some people become much more sensitive and they can actually be able to tell when they need a chiropractic adjustment. Oftentimes the effects of subluxations are gradual and slowly eat away at your well-being in tiny increments, little noticed until they’ve accumulated for a while. It’s been said that although it may be possible to know when you have subluxations, it is rarely possible to be sure you don’t have any. For that reason, an occasional checkup by a chiropractor is advisable.

MYTH: Chiropractors are not doctors.

FACT: **Doctors of chiropractic practice a separate and distinct healing system** that has a different approach to health than doctors of medicine. Chiropractors do not have medical (MD) degrees. They earn doctor of chiropractic (DC) degrees granted by chiropractic colleges. The education is similar to that of a medical doctor in some respects and different in others. Chiropractic education involves thousands of hours of intense academic study and clinical practice. Chiropractic colleges are recognized by the U.S. Office of Education and agencies throughout the world.

People like going to chiropractors because they approach healthcare in a unique manner. Instead of the disease orientation (diagnosis and treatment of disease) that MDs have, your chiropractor’s purpose is to enhance your health and promote your natural self-healing ability. Chiropractors emphasize the importance of going to the cause of your health problems, rather than treating the symptoms. Your chiropractor does this by analyzing your body for, and eliminating, your subluxations.

MYTH: Chiropractic is a recent discovery.

FACT: **Chiropractic is thousands of years old.** Nearly every culture all over the world has recognized the intimate relationship between overall health and body structure. Of course it wasn’t called chiropractic in ancient times.

Modern chiropractic was discovered in Davenport, Iowa in 1895 when Dr. D.D. Palmer, a natural healer, performed the first chiropractic “adjustment” on his deaf janitor, Harvey Lillard. Lillard had been deaf for seventeen years after a slight accident and his hearing returned after Dr. Palmer adjusted his spine.

At first Dr. Palmer thought he had discovered a cure for deafness. But as patients with digestive troubles, sciatica, menstrual troubles, migraine headaches, epilepsy, heart problems, vision problems and many other conditions responded to his “hand treatments” (as he first called them), he realized that he had discovered something more far-reaching indeed.

[Palmer DD. *The Chiropractor’s Adjustor*. Portland, OR: 1910.]

Chiropractors are highly trained professionals who help many millions of people each year with their natural, safe procedures.

MYTH: Chiropractic is not scientific.

FACT: **Chiropractic draws upon the latest scientific insights from anatomy and physiology, including psychoneuroimmunology** (mind/body research) and at the same time respects the ancient concepts of self-healing, life energy and a holistic approach to health. In practice your chiropractor may avail him/herself of the most modern, sophisticated instruments to locate structural, nervous system and functional imbalances or abnormalities.

MYTH: Chiropractic care is dangerous.

FACT: **Chiropractic is among the safest of the healing arts.** As proof, one merely has to compare malpractice rates between chiropractors and other healthcare professionals. Chiropractors’ malpractice premiums are a small fraction of those for medical doctors, especially orthopedists and surgeons.

MYTH: Chiropractic care is used only by a few “health nuts.”

FACT: **Millions of people see their neighborhood chiropractors each year; people from all walks of life choose chiropractic.** They usually choose chiropractic because it is a natural method of regaining health and wholeness without polluting the body with chemicals and worrying about side effects. The number of people visiting chiropractors is growing year after year and chiropractic is spreading over the world. Demographic studies usually show that chiropractic patients are often above average in education and know more about healthcare in general.

Originally discovered in America, chiropractic now spans the world, with practitioners in most countries and with chiropractic colleges in North America, Europe, Japan, Australia, Africa and New Zealand.

Why is chiropractic so popular? Chiropractic helps people function better physically and emotionally. People usually feel better, recover from sickness, disease and disability faster and minimize the use of drugs and surgery in their lives! Many who choose a chiropractic lifestyle report less stress, more vitality and more life enjoyment!

[Meade TW. Randomized comparison of chiropractic and hospital outpatient management for low back pain: results from an extended follow-up. *British Medical Journal*. August 5, 1995;311.] [Blanks RHI, Schuster TL. A retrospective assessment of network care using a survey of self-rated health, wellness and quality of life. *JVSR*. 1997;1(4):1.] [Marino MJ, Phillippa ML. A longitudinal assessment of chiropractic care using a survey of self-rated health, wellness and quality of life: a preliminary study. *JVSR*. 1999;3(2):1-9.] [Owens EF, Hoiriis KT, Burd D. Changes in general health status during upper cervical chiropractic care: PBR progress report. *Chiropractic Research Journal*. 1998;5(1):9-16.] [Burd D, Hoiriis KT, Owens EF. Changes in general health status during upper cervical chiropractic care: a practice-based research project update. *Chiropractic Research Journal*. 1999;6(2):65-70.] [Splendori F. Chiropractic-therapeutical effectiveness-social importance: incidence of absence from work and hospitalization: survey on a sample of 17,142 patients. Italy, 1987.] [Study associates chiropractic with better health in the elderly. *Today's Chiropractic*. November/December 1996.]

MYTH: Chiropractic is just for adults.

FACT: Chiropractic is for people of all ages.

From newborns to the elderly, all age groups are able to benefit from chiropractic care. Newborns may need care, especially if they had a difficult or traumatic birth. On the other end, people can be adjusted well into their advanced years with no ill effects. People suffering from bone disease or osteoporosis may need special care if they are exceedingly "brittle."

MYTH: Pregnant women should avoid chiropractic care.

FACT: If there is one group that needs chiropractic care more than any other, it is pregnant women. Chiropractic care has been a blessing to untold numbers of pregnant women who have found it has given them greater ease, relaxation and comfort. Midwives and pregnant women have reported that chiropractic care helps labor and delivery go easier. Chiropractic has also been used to prevent breech births and the need for caesarian sections; adjustments to the pelvis have been followed by the baby reorienting him/herself into a better position.

MYTH: Anyone who has experienced a serious accident cannot have chiropractic care.

FACT: Chiropractic is always needed, and especially so when a person has had a severe trauma or life-threatening condition. In such a situation, getting a chiropractic adjustment may make the difference between life and death.

Chiropractic is not against emergency first aid—stopping bleeding, restoring breathing, attending to broken bones, stitching wounds, restoring fluids and other procedures needed to save life and limb. When the situation has stabilized and it is safe to do so, chiropractic care should be given to remove interference to the proper function of the body so it may work at optimal efficiency to heal its wounds.

Chiropractic draws upon the latest scientific insights from anatomy and physiology, including psychoneuroimmunology.

MYTH: Chiropractic cannot help surgical candidates.

FACT: In many cases people who were told by orthopedic surgeons and other MDs that they absolutely needed surgery were pleasantly surprised to find that chiropractic care got them out of pain and disability without the need for surgery.

While there are undoubtedly times when surgery, even back surgery, may be needed, in many cases chiropractic care can prevent it. As a general rule, if it's not an emergency situation it's best to get a chiropractic second opinion. It could save you from unnecessary surgery.

MYTH: A person who had back surgery cannot see a chiropractor.

FACT: Many people who have had various kinds of spinal surgery often discover a return of their same back pain (or increased pain and disability) a relatively short time after the surgery. There are so many of these people around that the condition has a special name: "Failed Back Surgery Syndrome." These people can usually receive chiropractic care without undue worry.

Chiropractic care may save them from future operations. It's best to check with your chiropractor on a case-to-case basis.

MYTH: If a medical doctor tells me "I have to learn to live with it," I must "learn to live with it."

FACT: For over a hundred years chiropractors have amazed people given that kind of life sentence that they can "learn to live without it." And whether that's physical pain or disability, a certain disease and condition or even brain and neurological problems, you never know what potential for healing you have until you've seen a chiropractor. Sometimes the power of the chiropractic adjustment has even amazed chiropractors.

MYTH: People should go to a chiropractor only when they don't feel well.

FACT: Waiting may be dangerous. The common medical approach of waiting for symptoms to appear before addressing one's health is neither scientific nor beneficial because by the time symptoms first appear you could have been deteriorating for years. The chiropractic approach is to get your body working well now! Chiropractors can analyze your body and locate (and correct) your subluxations before symptoms appear and before problems get worse.

Of course, if you presently are ill and suffering, you need your natural healing ability enhanced so you can better fight disease and return yourself to a state of balance and health. That is a fact no matter what disease or condition you may have. By correcting your subluxations, chiropractors help activate your natural healing ability to function at its optimum—to awaken your "inner healer."

That's why increasing numbers of people are seeing chiropractors for health problems—but not only for health

problems. Many people are also seeing chiropractors to maintain and enhance their health, for better sports performance, for natural immunity and a drug-free lifestyle.

MYTH: Chiropractic should only be used as a last resort.

FACT: Chiropractic should generally be sought out first. Because it is very effective for health maintenance and optimal body function it should, as a general rule, be sought out no matter what the problem. Why? Since chiropractic is natural, gentle, non-toxic and very safe it should, as a general rule, be used first before more dangerous approaches such as drugs, surgery and radiation are used. Surgery can change a body for life and every drug, from over-the-counter medications to prescription drugs, has numerous side effects and adverse reactions. For example, every year thousands of people die from aspirin and NSAIDS (non-steroidal anti-inflammatory drugs) such as Tylenol™. There is no such thing as a safe drug. That is why it is good to try non-drug approaches first, if at all possible.

MYTH: If you go to a chiropractor once you always have to go.

FACT: Chiropractic care is a natural way to achieve and maintain good health. Chiropractors recommend periodic care because subluxation stress can build up from day-to-day life. In a way chiropractic is like a safety valve, releasing pressure from your system. If the pressure stays high, if the stress is unrelieved then the body and overall health will suffer.

Like everything else we value and want to hold on to in our lives, our good health is worth the periodic investment needed to keep it.

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MYTH BUSTING

HEALTHY LIVING REPORT

Focus on: Ideal Nutrition for Optimal Health

MYTH: There is no one way to eat that's best for everyone.

FACT: There are underlying principles to healthy eating that will work for everyone.

The way to discover these principles for ideal nutrition is to find places in the world where people have optimal health and find out what they eat.

Weston A. Price, DDS wanted to know why his younger patients were less healthy than their parents and grandparents. Intrigued by stories of remote populations that exhibited excellent health, he traveled to 14 such cultures. He found the inhabitants were strong, happy, robust and healthy with no dental caries (cavities), straight teeth, good bone structure and high resistance to disease. They did not suffer from the chronic illnesses of the modern world such as cancer, heart disease, arthritis, diabetes, infertility, difficult childbirth, impotence and mental illness.

People from all over the world were studied: sequestered Swiss villages, isolated Gaelic communities, Eskimos and Indians of N. America, natives of Melanesia and Polynesia, African tribes, Australian Aborigines, New Zealand Maori and South American Indians. Although they lived in many different climates and altitudes, they all had one thing in common – they ate traditionally. Traditional diets consisted of organic, nutrient dense foods.

MYTH: Modern agribusiness produces foods as healthy as the foods eaten in “traditional diets.”

FACT: Most modern foods are nutrient deficient.

Dr. Price discovered that traditional societies following their traditional diets consumed four times the water-soluble vitamins, calcium and other minerals, and ten

times the fat-soluble vitamins than people consuming modern “civilized” diets.

Traditional diets were analyzed by Dr. Price and found to be much higher in healthy fats and oils (oils used by traditional societies included olive oil, chicken fat, coconut oil, whole milk, butter, eggs, cheese, meats, fish) than modern diets. Just as importantly, traditional diets did not include refined sugar, high fructose corn syrup, refined flour, margarine or vegetable oils such as corn, safflower, canola or soy, all of which cause inflammation and are linked to heart disease, cancer, diabetes and other chronic diseases. In addition, refined carbohydrates including sugar, high fructose corn syrup and white flour are devoid of nutrients and actually deplete the body of nutrients. Sugar is also associated with tumor growth. Of course, traditional people used no artificial sweeteners, no artificial flavors and colors, no genetically modified foods, and especially no pasteurized, homogenized or reduced fat milk or milk products.

MYTH: Genetically modified, refined and factory farmed foods provide adequate nutrition.

FACT: Factory foods, although they may fill us up, leave us deficient in nutrients.

Fruits and vegetables, unless grown using traditional, organic principles of soil renewal, are today largely grown in depleted soils and contain a fraction of the nutrients contained in fruits and vegetables grown on non-depleted, mineral rich soil.

Factory cows are fed corn and soy, kept in inhumane conditions and are often given antibiotics and hormones. They are not as healthy as cows permitted to graze on grass in the open air. Meat and dairy products from these animals are less health promoting, with less favorable omega 6:3 ratios. In addition, farmed



fish live in terribly crowded conditions, swim in their own waste, are fed unnatural foods and given drugs to stimulate growth. Farmed salmon is an unappetizing grey and is artificially colored pink to look like wild-caught salmon. As with cows fed foods they do not naturally eat, they have unhealthy omega 6:3 ratios. Chickens are often kept in crowded inhumane conditions and fed drugs to mature quicker and produce more eggs. Pesticides, found in most (non-organic) commercial juices, vegetables and fruits, are linked to many cancers.

Modern health is deteriorating due, in large part, to inadequate nutrition. We may have a lot to eat but the food has less nutritional value. We have to eat much more food to get the nutrients our ancestors did eating less. This is possibly one reason for the modern obesity epidemic – people have to eat more food to get the nutrition they need.

For thousands of years our ancestors thrived on the nutrient dense foods that nature provides including raw milk (non-pasteurized, non-homogenized, full fat) and its products: cream, butter, cheese, yogurt, kefir, etc. from grass-fed cows, goats and sheep. Other traditional nutrient dense foods are grass-fed beef; wild-caught seafood (today because of mercury and other toxins smaller deep-sea fish like cod, halibut, mackerel and sardines are safest); soup stocks and beef and chicken broths and lacto-fermented foods. Especially important for health are traditional fats and oils such as olive oil, chicken fat, lard, goose grease, duck fat, palm oil and coconut oil that have always been a part of a healthy humanity's diet.

MYTH: How healthy we are depends more on genetics and less on diet.

FACT: Genetic health is largely dependent on diet.

Everywhere in the world when traditional peoples adopted a so-called modern diet their health deteriorated; they began to manifest the physical and mental illnesses known as "diseases of civilization." However, their relatives or fellow tribe, clan or society members who continued to eat traditionally did not suffer from these new diseases. A healthy diet will improve genetic expression, permitting you to maximize your physical and emotional potential; an unhealthy diet will adversely affect genetic expression and you will limit your ability to reach your full potential.

MYTH: Current research is just beginning to help us understand how extensively a pregnant woman's diet affects the health of her baby.

FACT: A pregnant woman's diet has always been known to affect the health of her baby.

For thousands of years traditional cultures ensured a healthy future generation by giving both the mother and father-to-be special nutrient dense foods. Dr. Price studied some of these groups of people just as they were being introduced to modern foods. Perhaps the most tragic finding of his work was that the children born to parents eating modern foods were less healthy. These children showed dental deformities, severe narrowing of the face, buck teeth, crowded teeth (such as impacted wisdom teeth), weak jaws and crooked teeth – all signs of poor nutrition. This was a reflection of nutritional deficiencies of the entire body and it comes from poor pre-natal as well as poor childhood nutrition. It was observed that the children suffered mentally as well as physically from the lack of essential nutrients necessary for optimal brain and nervous system growth.

MYTH: Artificial colors and flavors are approved for use and are therefore safe.

FACT: Artificial flavors and colors, often found in "junk" food, are linked to various cancers.

Cancer was once a rare disease but now affects as much as one-third of the population. Modern societies have seen a terrific rise in cancer as the use of artificial colors and flavors, MSG, aspartame, unhealthy vegetable oils, processed foods and additives were added to the diet. In addition to the "junk" in our diet, the deficiency in healthy fats, fat soluble vitamins, cholesterol, essential fatty acids and other nutrient dense foods has led to cancer's rise.

MYTH: Soy is a healthy food source.

FACT: No culture has ever used soy as a food source.

Except for fermented soy (tempeh, miso, natto, tamari and soy sauce), used mostly as a spice, soy is nowhere used as a food source. Unfermented soy, including tofu, soybeans, soymilk, soybean oil, soy lecithin, soy protein and other soy derivatives, contains anti-thyroid agents linked to hypothyroidism, thyroid cancer, weight gain, lethargy, dementia and constipation.

Soy also contains female hormones (phytoestrogens) that are linked to reproductive problems, infertility and decreased sex drive. Soy was eaten by Buddhist monks to reduce libido. Couples wishing to conceive a healthy child should avoid soy.

MYTH: Infant soy formula is a healthy alternative to breastfeeding.

FACT: Infant soy formula should be avoided as it is unhealthy and unnatural for infants.

Infants fed soy formula have 13,000 to 22,000 times more estrogen compounds in their blood than controls. This is the estrogen equivalent of 5 birth control pills/day. [Setchell KD et al. Isoflavone content of infant formulas and the metabolic fate of these early phytoestrogens in early life. *American Journal of Clinical Nutrition*. 1998; Supplement:1453S-1461S.] Researchers believe that is why girls are showing signs of puberty as early as age 5 or 6 (other environmental estrogen-mimickers are PCBs and DDE). [Freni-Titulaer LW et al. Premature thelarche in Puerto Rico. A search for environmental factors. *Am J of Dis Child*. 1986;140(12):1263-1267.] Animal studies have linked soy to retarded or disturbed sexual development in male offspring suggesting that pregnant women should avoid soy in their diets. [Wisniewski AB et al. Exposure to genistein during gestation and lactation demasculinizes the reproductive system in rats. *Journal of Urology*. 2003;169:1582-1586.]

MYTH: Soy prevents cancer.

FACT: Soy may be a contributing factor to some cancers.

Two chemicals in soy (genistein and daidzein) are linked to childhood leukemia and breast cancer. [de Lemos ML. Effects of soy phytoestrogens genistein and daidzein on breast cancer growth. *Ann Pharmacother*. 2001;35(9):1118-1121.] In addition, genistein is linked to uterine cancer. [Newbold R et al. Increased uterine cancer seen in mice injected with genistein, a soy estrogen, as newborns. *Cancer Research*. 2002;61(11):4325-4328.] Soy has also been linked to pancreatic cancer [Liener IE. Letter to the editor: Soybean protease inhibitors and pancreatic carcinogenesis. *J. Nutr*. 1996; 126:582-583.] and leukemia. [Abe T. Infantile leukemia and soybeans – a hypothesis [editorial]. *Leukemia*. 1999;13:317-320.]

MYTH: Low cholesterol and low fat diets are healthy.

FACT: Your body needs good fats and oils and that includes cholesterol.

Cholesterol, mostly made by your liver, with only about 5% coming from dietary sources, is a necessary

component of your cells and is a vital nutrient. Low cholesterol, low-fat diets are linked to cancer, heart disease, depression and shorter life span. Fat is essential for health. Just make sure the sources of fat are traditional fats and oils and not commercial (hydrogenated or partially hydrogenated) fats and oils that are full of trans fats.

Hydrogenated fats from vegetable oils have been linked to sexual dysfunction, cancer, atherosclerosis, diabetes, obesity, immune system dysfunction, low-birth-weight babies, birth defects, decreased visual acuity, sterility, difficulty in lactation and problems with bones and tendons.

[Enig MG. *Trans Fatty Acids in the Food Supply: A Comprehensive Report Covering 60 Years of Research*, 2nd Edition. Silver Spring, MD: Enig Associates, Inc, 1995]

MYTH: Artificial sweeteners such as aspartame (NutraSweet™), sucralose and others are a safe alternative to sugar that help with weight loss.

FACT: Aspartame and other artificial sweeteners are worse than refined sugar.

They are linked to brain tumors, birth defects, diabetes, epilepsy, seizures, aggression, anxiety, depression, fatigue and memory loss, eye and ear problems, kidney problems, heart palpitations as well as many other conditions. Plus, they cause weight gain.

MYTH: We should limit our salt intake.

FACT: Salt is necessary for life and health.

However, that depends on what we refer to as salt. If we consider the refined or table salt available in most food stores then the above myth makes more sense. Table salt – pure sodium chloride (NaCl with sodium ferrocyanide and ferric ammonium citrate added as anti-caking agents and sodium carbonate added to preserve color) – is unhealthy.

Your body needs real, naturally produced salt. Traditional cultures have used sea salt which contains



84 elements vital to life – sodium, magnesium, silicone, chloride, calcium, titanium, manganese, iron, copper, zinc, selenium, zirconium, silver, iodine, platinum, gold and many more – the elements found in the ocean where life originated.

[www.himalayanlivingsalt.com]

[Ferreira P, Hendel B. *Water and Salt: the Essence of Life*. NY: Natural Resources, 2003.]

MYTH: The only symptom of dehydration is thirst.

FACT: Dehydration is very common and thirst isn't always the most obvious symptom.

The symptoms of dehydration may include depression, disc problems, hypertension, digestion and elimination problems, weight gain, heart disease, fatigue, asthma, allergies and many other health problems. Water is a vital nutrient that is essential for the optimal functioning of every cell and organ.

MYTH: Juices, coffee, tea and other liquids are just as good as water.

FACT: Not all liquids are alike in their ability to rehydrate.

When we try to quench our thirst with tea, coffee, juices, beer, soda and alcohol instead of water we risk dehydration. Distilled and reverse osmosis filtered water are often too pure and cannot be properly utilized by the body. Avoid fluoridated and chlorinated water – fluoride and chlorine have both been linked to thyroid damage and chlorine has been linked to bladder cancer.

General rules for ideal nutrition and optimal health:

- ✓ Eat organic, nutrient dense foods.
- ✓ Eat the foods that were eaten traditionally where you or your ancestors came from.
- ✓ Avoid refined and processed foods, fast food and fad foods.
- ✓ Drink enough water to stay hydrated.
- ✓ Enjoy sunlight – just don't burn.
- ✓ Employ physical (and mental) detox regularly.

Web sites for more information:

www.westonaprice.org

www.ppnf.org

Recommended Reading

Nourishing Traditions by Sally Fallon. Washington, DC: New Trends Publishing, 2001. An excellent cookbook and nutrition guide.

Nutrition and Physical Degeneration 7th Edition by Weston A. Price, DDS. La Mesa, CA: Price Pottenger Nutrition Foundation, 2008. Dr. Price's research and story of his travels has inspired generations of scientists and non-professionals. It is replete with fascinating photos documenting the effects nutrition has on health.

The Untold Story of Milk by Ron Schmid, ND. Foreword by Sally Fallon Morell. The history, politics and science of nature's perfect food: raw milk from pasture-fed cows. Washington, DC: New Trends Publishing, 2009.

The Whole Soy Story by Kaayla T. Daniel. PhD, CCN. The dark side of America's favorite health food. Washington, DC: New Trends Publishing, 2005.

Your Body's Many Cries for Water by F. Batmanghelidj, MD. Don't treat thirst with medications. Falls Church, VA: Global Health Solutions, Inc., 1992.

The above books are available from Koren Publications, Inc. 800-537-3001 or www.korenpublications.com

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MYTH BUSTING

HEALTHY LIVING REPORT

Focus on: Sunlight, sunscreen and tanning

MYTH: The sun is to be avoided.

FACT: The sun is our source of life.

Our lives, our health and well-being are truly dependent on the sun. The human body is nourished directly by eating foods, drinking fluids, or breathing air that has been vitalized by the sun's light energy.

– Jacob Liberman, OD, PhD

The sun is our source of life – without its energy bathing our planet we would have no plants – no grasses, fruits, vegetables and trees – and therefore no animal life and certainly no people.

Without the warming, nourishing, energizing, healing radiation from our nearest star our home planet would be as lifeless, and colorless, as the moon.

No wonder it has been worshipped in many cultures since time immemorial. It is our ultimate source of energy and life and it is absolutely indispensable for our health.

MYTH: Sunlight is dangerous to our health.

FACT: Sunlight is a source of health and healing.

Look at all the things sunlight does for you; it is more amazing than any drug imaginable. It can improve your mood and relieve depression; increase your endurance; increase your sex hormones; boost your immune system and improve resistance to infection; balance your metabolism and help you lose weight; strengthen your bones and muscles and protect you from osteoporosis; lower your blood pressure and blood sugar; lower your risk of heart disease, diabetes, arthritis, Parkinson's and multiple sclerosis; and even help prevent tooth decay and psoriasis and can be used as a disinfectant.

What other substance can do all that? Plus, it's available without a prescription – and it's free!

Heliotherapy (sunlight therapy)

All these great sun-giving properties are nothing new; the sun's healing powers have been recognized since time immemorial. Sunlight was used as therapy in ancient Egypt and ancient Greece. In more recent times, heliotherapy successfully treated infected wounds and ulcers often after other treatments failed. Rather than wrapping wounds in bandages which often served to "incubate" the bacteria, doctors realized that sunlight dried and disinfected wounds quickly and gently. During WWI heliotherapy was used to prevent and treat tetanus and gangrene; to cure tuberculosis, rickets, burns, varicose ulcers, osteomyelitis, abscesses and anemia and to heal fractures.

Sunlight therapy had specific protocols depending on the patient, and was introduced in a prescribed manner.



The role of Vitamin D

Your skin makes Vitamin D, essential for sustaining vibrant health, when exposed to sunlight. Vitamin D is needed for calcium absorption (to prevent osteoporosis), for improved muscular coordination and for protection from cancer, heart disease,

autoimmune diseases and radiation-induced tissue damage.

Vitamin D is also involved in the regulation of over 1,000 different genes – it's important for genetic health. It is much more than a vitamin; some researchers consider it a hormone absolutely necessary for a healthy life.

[www.vitamindcouncil.com/research.shtml]

[Ginanjar E, Sumariyono SS et al. Vitamin D and autoimmune disease. *Acta Med Indones*. 2007;39(3):133-141.]

[Lin J, Manson JE et al. Intakes of calcium and vitamin D and breast cancer risk in women. *Arch Intern Med*. 2007;167(10):1050-1059.]

[Robien K, Cutler GJ, Lazovich D. Vitamin D intake and breast cancer risk in postmenopausal women: the Iowa women's health study. *Cancer Causes & Control: CCC*. 2007;18(7):775-782.]

That is why news from a March 2009 study published in the *Archives of Internal Medicine* is so alarming: researchers found that three out of every four Americans are deficient in vitamin D. The deficiency has gotten worse in the prior ten years in part because so many people have been scared into avoiding sunlight and using sunscreen, hats and long sleeves to cover their body. In addition, those who are obese have greater vitamin D deficiency. According to Bruce Hollis, MD of the Medical University of South Carolina: "We know that obesity and increased BMI causes vitamin D to somehow disappear from the blood."

[www.npr.org/templates/story/story.php?storyId=102280117]

In addition to sunlight, you can get Vitamin D from your diet. Good sources of vitamin D include oily fish (sardines, herring), fish livers (cod liver oil), fish eggs, and the butterfat and organ meats from grass-fed animals.

MYTH: Sunlight causes cancer.

FACT: Sunlight reduces the risk of many cancers.

Should sunlight be avoided because of cancer worries? Actually, quite the opposite is true. One researcher states it bluntly: "Reducing exposure to solar radiation, far from preventing cancer, may have the opposite effect."

[Marks R, Melia J, Hawk JLM. Sunlight and health (letter). *British Medical Journal*. 1999;319:1066.]

These observations are nothing new. In 1941, Frank Apperly, MD found that sunlight produces immunity to cancer. His research revealed that cities in the northern latitudes had 150% more cancer than those in the sunniest southern latitudes.

[Apperly FL. The relation of solar radiation to cancer mortality in North America. *Cancer Res*. 1941;1:191-195.]

This finding was re-affirmed in 1993 by Gordon Ainsleigh, MD who reviewed 50 years of scientific research into the effects of sunlight on health. He concluded that the benefits of regular sun exposure appear to outweigh by a considerable degree the risks of squamous-basal skin cancer, accelerated aging and melanoma. He found trends in epidemiological studies suggesting that widespread adoption of regular moderate sunbathing would result in approximately a one-third lowering of breast and colon cancer death rates in the United States. Colon cancer and breast cancer are the second and third leading causes of cancer deaths in North America and Dr. Ainsleigh estimated that about 30,000 cancer deaths would be prevented each year if moderate sunbathing on a regular basis became the norm.

[Ainsleigh HG. Beneficial effects of sun exposure on cancer mortality. *Preventive Medicine*. 1993;22:132-140.]



A more recent study revealed that 13 malignancies have an inverse correlation to solar radiation. That means the more sun exposure the less breast, colon, ovary, lung and prostate cancer and non-Hodgkins lymphoma (as well as 7 other cancers).

[Grant WB. An estimate of premature cancer mortality in the U.S. due to inadequate doses of solar ultraviolet-B radiation. *Cancer*. 2002;94(6):1867-1875.]

[Smedby KE, Hjalgrim H, Melbye M. Ultraviolet radiation exposure and risk of malignant lymphomas. *JNCI*. 2005;97(3):199-209.]

A June 15, 2005 study published in the influential journal *Cancer Research* found that the risk of prostate

cancer was reduced by a full 50 percent in men who had high levels of sun exposure during their lifetimes, compared with men who had low lifetime levels.

Dr. Zane Kime, in his book *Sunlight Could Save Your Life*, describes how he encouraged one of his patients with breast cancer to sunbathe. She was a 41-year-old woman whose breast cancer had spread to her lungs and bones. She had already undergone a mastectomy and chemotherapy but to no avail. Dr. Kime did not treat the cancer directly but instead removed refined foods and polyunsaturated oils and fats from her diet. She was also encouraged to spend time sunbathing and the combination of diet and sunlight seems to have achieved remarkable results. Within a few months the patient was back at work and in the years that followed there were no apparent symptoms of her metastasized cancer.

[Kime ZR. *Sunlight*. Penryn, CA: World Health Publications, 1980.]

How does sunlight protect against cancer? Vitamin D production is considered the mechanism. "The association between latitude and breast cancer suggests that higher UV-B (ultraviolet B) exposure is protective ... spurs production of vitamin D.... Other research suggests vitamin D may help ward off cancer."

[Grant WB. An ecologic study of dietary and solar UV-B links to breast cancer mortality rates. *Cancer*. 2002;94:272-281.]

[Boscoe FP, Schymura MJ. Solar ultraviolet-B exposure and cancer incidence and mortality in the United States, 1993-2002. *Cancer*. 2006;6:264.]

MYTH: Sun exposure causes skin cancer.

FACT: Sunlight is only one factor for developing skin cancer.

The fairer the skin, the more easily it is sunburned and damaged. By far the biggest risk for skin cancer is simply having fair skin – with or without the use of sunscreen. There's no substantial evidence that using sunscreen protects you from skin cancer. In addition, ninety percent of skin cancers are basal and squamous cell carcinomas, which are rarely life threatening and are usually easily removed by simple outpatient surgery. These are the ones caused by excess solar radiation. But why doesn't everyone with fair skin who gets a lot of sun get skin cancer? Other factors, especially poor nutrition and toxicity, have been implicated as co-factors in cancer development.

What about melanoma?

Melanoma is a serious form of skin cancer that is malignant and can spread to internal organs, often leading to death. Melanoma usually appears in areas not exposed to the sun.

Sam Shuster, MD, specialist in dermatology, says that melanoma occurrence decreases with greater sun exposure and can increase with the use of sunscreens.

[Shuster S. Is sun exposure a major cause of melanoma? No. *British Medical Journal*. 2008;337:a764.]

I think you might dispense with half your doctors if you would only consult Dr. Sun more.
– Henry Ward Beecher

His findings are verified by researchers who concluded that increased sun exposure actually increases the survival rate from melanoma.

[Berwick M, Armstrong BK, Ben-Porat L et al. Sun exposure and mortality from melanoma. *J Natl Cancer Inst*. 2005;97:195-199.]

Research indicates that lack of sunlight kills thousands more people than ever die of skin cancer.

MYTH: Sunscreen use protects your health.

FACT: Sunscreen may increase your risk of cancer.

SPF sunscreens appear to increase your chances of getting melanoma and, in fact, to increase your risk of developing vitamin D deficiency diseases such as brittle bones (osteoporosis), autoimmune diseases, rheumatoid arthritis and other conditions.

How much sunscreen is dangerous? An SPF 8 sunscreen reduces UVB penetration by 98% and essentially abolishes vitamin D production.

[Holick MF. Vitamin D: a millennium perspective. *Journal of Cellular Biochemistry*. 2003;88:296-307.]

Sunscreen use increases nevi formation on the skin, which is a strong predictor of melanoma. A review of studies led researchers to state: "Epidemiological studies suggest that sunscreen use is associated with an increased risk of melanoma skin cancer."

[Autler P, Dore, JF, Cattaruzza MS et al. Sunscreen use, wearing clothes, and number of nevi in 6- to 7-year-old European children. *JNCI*. 1998;90(24):1873.]

Most alarming is a May 24, 2010 report from researchers at the Environmental Working Group that sunscreen may cause more cancer than it prevents. Sunscreens do not prevent ultraviolet light from damaging skin cells and causing tumors and lesions. About 60% of sunscreens tested contain the hormone-disrupting chemical oxybenzone, which penetrates the skin and enters the bloodstream. In addition most sunscreens contain vitamin A and its derivatives, retinol and retinyl palmitate, that may speed up the very cancer that sunscreen is supposed to prevent.

[<http://www.ewg.org/2010/sunscreen/full-report/>]

MYTH: Tanning and tanning booths are dangerous.

FACT: Tanning is nature's protection.

Practice "safe sun." Use common sense. Except for albinos (who congenitally lack melanin) our bodies will respond to extra sun by developing a tan to a greater or lesser degree. Take it slow so your skin won't burn. Dr. Allan Halpern, Chief of Dermatology at Memorial Sloan-Kettering Cancer Center in New York, says that people just shouldn't overdo it: "I am advocating common sense," he said.

We can't emphasize enough that you need sunshine. Harvard University professor of medicine and nutrition Dr. Edward Giovannucci, lecturing at an American Association for Cancer Research meeting, said vitamin D might help prevent 30 deaths for each one caused by skin cancer. "I would challenge anyone to find an area or nutrient or any factor that has such

consistent anti-cancer benefits as vitamin D," said Dr. Giovannucci.

[www.direct-ms.org/pdf/VitDPopularArticles/SunshineMayPreventCancer.pdf]

MYTH: It's better for your health to stay out of the sun.

FACT: Sunlight is essential for health.

All life, human included, developed, evolved and thrives under natural sun exposure. Sunlight is an essential nutrient; you need it for a healthy life. Don't avoid the sun, embrace it!

Enjoy the sun – just use common sense and don't burn.

Suggested Reading & Resources

The Healing Sun: Sunlight and Health in the 21st Century by Richard Hobday, Forbes, Scotland: Findhorn Press, 2000.

Light: Medicine of the Future by Jacob Liberman. Santa Fe, NM: Bear and Company, 1991.

Sunlight by Zane R. Kime. Penryn, CA: World Health Publications, 1980.

Nutrition and Physical Degeneration (Sixth Edition) by Weston A. Price. Lemon Grove, CA: Price-Pottenger Nutrition Foundation, 2004.

An excellent discussion of the dietary sources and safety of Vitamin D by Chris Masterjohn, called *From Seafood to Sunshine – A New Understanding of Vitamin D Safety*, can be found on The Weston A. Price Foundation website at: <http://www.westonaprice.org/basicnutrition/vitamin-d-safety.html#sunlight>

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MYTH BUSTING

VACCINE REPORT

Focus on Gardasil™: the cervical cancer vaccine

MYTH: Human Papillomavirus (HPV) is dangerous.

FACT: HPV is usually harmless.

Nearly all adults carry HPV in their bodies and in almost all instances HPV is harmless. It causes no symptoms and is naturally eliminated from the body. No treatment is needed (i.e., it is self-limiting).

For example, out of 200 women with HPV, 199 will be unaffected – their bodies will clear the virus with no symptoms. That 200th woman will develop cervical cancer in a few decades but only if other factors are involved such as malnutrition, repeated exposure to toxins, extended use of oral contraceptives, smoking, exposure to harmful chemicals and multiple sex partners. Christiane Northrup, M.D. emphasizes this: "Remember, it is not HPV per se that causes the cancer. It's the immune system's inability to fight the virus that is the issue. The rapid, widespread, and unquestioning acceptance of the HPV vaccine as "the answer" to cervical cancer prevention speaks volumes about our cultural misunderstanding of the root causes of health and disease."

[www.ghchealth.com/forum/viewtopic.php?p=2956&sid=4d0011c7833b2ab04facfer23fd6b4db]

Although it is true that a woman with cervical cancer may also have an HPV infection, there is no proof HPV caused her cancer. Cancer cells are more susceptible to infection than normal cells and the HPV could merely be an indicator (rather than the cause) of abnormal cell growth.

[Duesberg PH and Schwartz JR. Latent viruses and mutated oncogenes: no evidence for pathogenicity. *Progress in Nucleic Acid Research and Molecular Biology*. 1992;43:135-204.]

MYTH: Gardasil™ is a cervical cancer vaccine.

FACT: Gardasil™ was developed to prevent a limited number of HPV infections.

Gardasil™ was developed to prevent 4 out of 127 types of HP (Human Papillomavirus) virus (HPV) infections yet it is advertised as an anti-cervical cancer vaccine.

[www.fda.gov/bbs/topics/news/2006/new01385.html]

MYTH: HPV causes cervical cancer.

FACT: There is no proof that HPV causes cervical cancer.

Although the shot is given to "prevent" cervical cancer caused by HPV, the U.S. Food and Drug Administration (FDA) clearly states that there is no proof HPV is the cause of cervical cancer.

[Most [HPV] infections are short-lived and not associated with cervical cancer... *FDA News*. P03-26, March 31, 2003.]

MYTH: Cervical cancer rates are on the rise, affecting many women.

FACT: Cervical cancer has been in decline for years with no vaccine.

Cervical cancer declined by 74% from 1955 to 1992 without any vaccine. Cervical cancer is in fact relatively rare in the U.S., accounting for 0.7% of cancer diagnoses and death. Additionally, according to the American Cancer Society, cervical cancer declined an additional 17% between 1998 and 2002.

MYTH: Gardasil™ is an effective vaccine against cervical cancer.

FACT: Gardasil™ is ineffective in preventing cervical cancer and may actually cause cervical cancer.

The uselessness of this vaccine was reported in a study published in the *Journal of the American Medical Association*, "No significant evidence of a vaccine therapeutic effect was observed ... it is unlikely that vaccination could have a significant beneficial impact on rate of lesion progression. There is little, if any, therapeutic benefit from the vaccine in the population we studied."

[Hildesheim A, Herrero R, Wacholder S. Effect of Human Papil-

lomalavirus 16/18 L1 virus-like particle vaccine among young women with preexisting infection. *JAMA*. 2007;298(7):743-753.]

While there is no evidence that Gardasil™ prevents cervical cancer, the FDA reports that there is evidence that the vaccine can cause a harmless HPV infection to become precancerous, increasing the chances of developing precancerous lesions by 44.6%!

[FDA VRBPAC Background Document: Gardasil™HPV Quadrivalent Vaccine. May 18, 2006. www.fda.gov/ohrt/dockets/ac/06/briefing/2006-4222B3.pdf]

MYTH: Gardasil™ is thoroughly tested for safety.

FACT: Gardasil™ has not been thoroughly tested for safety.

Merck's package insert (page 8) says: "Gardasil™ has not been evaluated for the potential to cause carcinogenicity (cancer) or genotoxicity (gene mutation)." In addition, Gardasil™ has not been tested for its ability to cause sterility.

Barbara Loe Fisher of the National Vaccine Information Center (NVIC) asks: "How many girls will develop fertility or reproductive problems, cancer or damage to their genes, all of which Merck admits in its product insert that it has not studied at all? We just don't know enough to be mandating Gardasil™ for anyone, much less vulnerable 11 to 12-year-old girls entering puberty." [www.nvic.org]

This view is echoed by none other than Diane M. Harper, M.D., a chief developer of the Gardasil™ vaccine. She calls mandating the vaccine for 11-year-old girls "a great big public health experiment." [www.kpcnews.com/articles2007/03/14/online_features/hpv_vaccine/hpv01.txt]

She also said, "The vaccine has not been out long enough for us to ... understand what all of the potential side effects are going to be."

[FWdailynews.com]

MYTH: Gardasil™ is safe.

FACT: Gardasil™ is dangerous.

Gardasil is still touted as being safe despite the fact that as of September 2010, Gardasil and Cervarix™ (GlaxoSmithKline's HPV vaccine) have been implicated in at least 71 deaths and over 17,700 medical injuries of young girls, some as young as 11 years old. 1,100 girls required emergency hospitalization.

[www.opednews.com/articles/Will-Merck-s-Gardasil-HPV-by-Richard-Gale-100526-802.html] [www.prisonplanet.com/india-halts-hpv-vaccine-trial-after-six-girls-die-us-does-

nothing-in-response-to-67-deaths-and-counting.html] [http://truthaboutgardasil.org]

According to government and independent researchers only 1%-10% of adverse vaccine reactions are ever reported; Gardasil therefore may be causing from 177,000 to 1.7 million adverse events.

As of May 2010, 16,140 adverse events were reported in the United States.

While many adverse events were not life-threatening, reported events included 53 deaths. Among the deaths, 11 occurred within a week after vaccination and 7 occurred within two days. Blood clotting was the cause in one-fourth of all deaths. One girl died from inflammation of the heart, one from arrhythmia and one from meningitis. An 11-year-old died from anaphylactic reaction and a 17-year-old girl died the very day she was vaccinated.

[www.cdc.gov/vaccinesafety/vaccines/hpv/gardasil.html]

[www.whale.to/vaccine/vaers_gardasil.html]

[www.reuters.com/article/healthNews/idUSN2231596120080722?feedType=RSS&feedName=healthNews&sp=true]

Reports from the Vaccine Adverse Event Reporting System (VAERS) include:

- 14-year-old female. Received vaccine, took 6 steps, fell to the ground, 60 sec grand mal seizure. Foaming at mouth. ID: 305259-1
- Female vaccinated with Gardasil. Experienced coma and is now paralyzed. Outcome unknown. ID: 303188-1
- 20-year-old female. 01-APR-2008 vaccinated with Gardasil....Died four days later. ID: 310262-1

Other adverse reactions

Other reported reactions include pain and swelling at injection site, fever, nausea, vomiting, diarrhea, blood clots, muscle pain, gastroenteritis, appendicitis, pelvic inflammatory disease, asthma, bronchospasm, juvenile arthritis, rheumatoid arthritis and lupus.

Also, Guillain-Barre Syndrome, myalgia/paresthesia, loss of consciousness, sudden collapse, chest pain, heart irregularities, kidney failure, eye disorders, fainting, paralysis, Bell's Palsy (facial paralysis), seizures, convulsion, joint pain, rashes, itching, hives, depression, fatigue, menstrual irregularities, reproductive system complications, HPV, genital warts, vaginal lesions and many other serious health problems have been reported after Gardasil™ vaccination.

The National Vaccine Information Center (NVIC) Health Policy Analyst, Vicky Debold, R.N., Ph.D., reports: "Young girls are experiencing severe headaches, diz-

ziness, temporary loss of vision, slurred speech, fainting, seizures, muscle weakness, tingling and numbness in the hands and feet and joint pain. Some of the girls have lost consciousness during what appears to be seizures."

Diane M. Harper, M.D. told *Medscape Oncology*, "Serious neurologic, thromboembolic, and autoimmune complications have been reported in patients who received human papillomavirus (HPV) vaccines.... The side effects that have been reported are real and they cannot be brushed aside."

[www.medscape.com/viewarticle/578110 Medscape (July 26, 2008).]

Gardasil may be one of the most dangerous vaccines in general use today. A February 2009 report, by the U.S. government's Vaccine Adverse Events Reporting System, states that Gardasil had at least 15 times as many stroke reports and up to 30 times more health problems when compared with Menactra (meningococcal) vaccine.

[NVIC Vaccine Risk Report. February 9, 2009.]

Spontaneous abortion and fetal abnormalities after Gardasil™ vaccination

Thirty-three out of seventy-seven pregnant women who received the vaccine experienced side effects that included spontaneous abortion and fetal abnormalities. The Gardasil™ package insert states that, "If you are pregnant or planning to get pregnant, you should not receive this vaccine."

[Gardasil adverse events include deaths, seizures, judicial watch says. *FDAnews Drug Daily Bulletin*. Oct. 11, 2007;4(200). vaclib.org/news/2006/Judicial-Watch-Report.htm]

MYTH: The HPV vaccine is safe for boys.

FACT: No one knows.

Gardasil is now being pushed for males age 9 to 26 to "protect" against genital warts and extremely rare penile and anal cancers. However boys infected with HPV rarely have symptoms, and as with girls and women, infections disappear rapidly and naturally. How many boys will die, become sick or be hospitalized after taking this expensive (\$400) vaccine? We do not know. Our children are guinea pigs in an experiment from which drug companies are making billions.

MYTH: Medical doctors always report vaccine injuries.

FACT: Medical doctors rarely report vaccine injuries.

Underreporting is estimated at between 90-99%. This means that for every 100 people who are hurt by a vaccine, only one to ten are reported to the government agency collecting this information (even though it is required by law). The real number of vaccine injuries from Gardasil™ (and other vaccines) is surely many, many times the number reported (9,700 Gardasil™ adverse reactions as of July 22, 2008).

[Statement of the National Vaccine Information Center (NVIC), Hearing of the House Subcommittee on Criminal Justice, Drug Policy and Human Resources, "Compensating Vaccine Injuries: Are Reforms Needed?" September 28, 1999.]

[Kessler DA. Introducing MEDWatch: a new approach to reporting medication and device adverse effects and product problems. *Journal of the American Medical Association*. 2 June 1993;269(21):2765-2768.]

MYTH: The ingredients in Gardasil™ are safe.

FACT: The ingredients in Gardasil™ are dangerous and life-threatening.

In addition to viri, Gardasil™ contains 225 mcg of aluminum, a neurotoxin (kills nerve cells) that can enter the brain. It can cause inflammation at the injection site leading to chronic joint and muscle pain and fatigue. Aluminum has also been associated with Alzheimer's and cancer. Gardasil™ also contains L-histidine, polysorbate 80 (linked to infertility in mice) and sodium borate – boric acid – an insecticide and anti-fungal banned in the U.S. as a food additive and toxic to all cells.

[Tuberoze.com]

[vaclib.org/links/a.htm#alum]

[www.nvic.org/doctors_corner/lawrence_palevsky_aluminum_and_vaccine_ingredients.htm]

[www.vran.org/vaccines/polio/vaccine-pol.htm]

[*Food Chem Toxicol*. 1993;31(3):183-190. Institute of Preventive and Clinical Medicine, Limbova, Bratislava.]

MYTH: The HPV will not mutate or change as a result of Gardasil™.

FACT: The HPV may mutate or change as a result of Gardasil™.

By attacking only 4 out of 127 viri in a family we may create an ecological niche that causes other subtypes to flourish.

This has already occurred with the Prevnar™ and HiB (meningitis) vaccines, which are given to children. The number of infections from all members of those families of microorganisms is unchanged or may have actually increased.

We are already seeing this with Gardasil™. In one study a relatively large number of women who did not develop precancerous lesions from the viri strain in the Gardasil™ vaccine developed precancerous lesions from other HPV strains not associated with the vaccine.

In 78 separate cases of girls vaccinated with Gardasil™, patients experienced an outbreak of warts in the groin and genital area, even among girls who tested negative for HPV. Other outbreaks of warts were found on the face, hands and feet and were all caused by strains of the papilloma virus.

[www.injuryboard.com/national-news/fda-adverse-reports-on-gardasil-made-public.aspx?googleid=]

The vaccine has not been out long enough for us to ... understand what all of the potential side effects are going to be.

– Diane M. Harper, M.D.

In *Medscape Oncology*, Sharmila Makhija, M.D., who investigates vaccines for Merck and GlaxoSmithKline, commented that the emphasis on just 2 types of HPV – 16 and 18 – could result in the emergence of more virulent cancer-causing strains.

[www.medscape.com/viewarticle/578110]

MYTH: Cervical cancer is a young woman's disease.

FACT: Deaths from cervical cancer occur primarily among older women.

Peak mortality for white women is between the ages of 45 and 70 years, and peak mortality for African American women is in their 70's.

[<http://www.son.wisc.edu/ce/programs/asynch/bccd/Cervical1/4-1-incidence.htm>]

Why mandate the shot for pre-teenage girls if deaths from cervical cancer occur primarily among older women?

The HPV vaccine is routinely recommended for girls 11 and 12 years of age and is given in a series of three injections over a six-month period...also recommended for girls and women 13 through 26 years of age who did not receive it when they were younger.

[<http://www.cdc.gov/vaccines/vpd-vac/hpv/default.htm>]

No one knows the cumulative effects of these injections.

According to Cosette Wheeler of the University of New Mexico, who conducted clinical trials of Gardasil™, "Unless you force people to get it, penetration is low." Gardasil™ "could become the best-selling vaccine in history" as Merck "prepares to expand its use to men." Merck made \$1.4 billion in Gardasil™ sales in the drug's first year on the market.

[<http://www.gnhealth.com/gardasil.html>]

For more information go to <http://www.vaclib.org/news/2006/gardasil.htm>

Gardasil™ product insert: <http://www.fda.gov/BiologicsBloodVaccines/Vaccines/ApprovedProducts/UCM094042>

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MYTH BUSTING

VACCINE REPORT

Focus on Childhood Vaccines: Are they safe, effective or necessary?

MYTH: Everyone gets their children vaccinated.

FACT: A growing number of parents are rejecting vaccination for their children.

They are doing this with the desire to have healthy, robust, happy children who will grow into strong, healthy adults.

MYTH: Vaccination is safe.

FACT: The U.S. government has so far paid out over \$2 billion dollars to compensate the victims of vaccination.

The U.S. government's special "Vaccine Court" has been overwhelmed with over 5000 cases of parents who claim their child became autistic after receiving routine shots. The evidence indicates that this is just the tip of the iceberg.

MYTH: Vaccinated children are healthier than non-vaccinated children.

FACT: There is no proof vaccinated children are healthier than non-vaccinated children.

No major study has compared vaccinated and non-vaccinated children to see which are healthier. Are vaccinated children healthier than non-vaccinated children? In fact, the opposite appears to be true. Autism, allergies, asthma, attention deficit disorder, diabetes, dyslexia, tumors and so many other conditions are prevalent in vaccinated children, yet rare in vaccine-free children.

[Pearce N et al. Is infant immunization a risk factor for childhood asthma or allergy? *Epidemiology*. 1997;8:678-680.]

[McKeever TM, Lewis SA, Smith C. Does vaccination increase the risk of developing allergic disease?: A birth cohort study. *Thorax*. 2002;57:Supplement III.]

[Cantwell A, Rudnick P. No autism in never-vaccinated children. <http://www.rense.com/general85/cant.htm>]

[Testimony of Philip Incao, MD. Hepatitis B vaccination testimony in Ohio. March 1, 1999.]

[Ronne T. Measles virus infection without rash leads to disease in adult life. *The Lancet*. 1985;1(8419):1-5.]

Research comparing vaccinated and non-vaccinated populations has been avoided by pharmaceutical companies and government agencies. However, some smaller studies by independent scientists are most revealing. For example, in one study of vaccinated children, 23.1% had asthma and 30% had allergic illnesses. Among the non-vaccinated children there was a zero incidence of asthma or allergies.

[Pearce N et al. Is infant immunization a risk factor for childhood asthma or allergy? *Epidemiology*. 1997;8:678-680.]

In another study, vaccinated children had 14 times more asthma and 9.4 times more eczema than non-vaccinated children.

[McKeever TM, Lewis SA, Smith C. Does vaccination increase the risk of developing allergic disease? A birth cohort study. *Thorax*. 2002;57:Supplement III.]

Clinicians (and parents) have long noticed the increase in health problems caused by vaccines. Philip Incao, M.D. observed, after 40 years of practicing medicine, "In my medical career I've treated vaccinated and non-vaccinated children and the non-vaccinated children are far healthier than the vaccinated ones."

[Personal communication with author. February 13, 2006.]

MYTH: Vaccine research compares vaccinated to non-vaccinated children.

FACT: Vaccinated children are not compared to non-vaccinated children in safety tests.

Here we find a bit of statistical manipulation. When pharmaceutical companies research vaccine "safety" they compare children vaccinated with a previously approved vaccine to children vaccinated with the new vaccine. In other words, vaccinated children are

compared to vaccinated children. Their logic is that if the number of deaths and injuries is similar in both groups, the new vaccine is approved. All this says is that the new vaccine is no more dangerous than the approved product, which is likely to be dangerous to begin with.

MYTH: Vaccines mimic normal exposure to disease.

FACT: Vaccinations introduce toxins in an unnatural manner.

Germes normally enter the body through the nose and mouth and are filtered through numerous layers of immune system defenses (e.g. skin, mucous membranes, digestive system). When a vaccine is injected, the toxins bypass these layers of the immune system, thus preventing the body's total immune response (fever, rash, diarrhea, etc.). Further, vaccination introduces harmful substances directly into the blood where they have access to the internal organs. These substances are listed below.

MYTH: Vaccines are merely filled with very dilute solutions of germs.

FACT: Vaccines are filled with toxic materials.

Our children are injected with toxic chemicals. Among them are formaldehyde, mercury (dangerous even in "trace" amounts), aluminum, phenol (carbolic acid), borax (ant killer), ethylene glycol (antifreeze), dye, acetone, latex, MSG, glycerol, polysorbate 80/20, sorbitol, antibiotics, human fetal cells, as well as monkey, cow, chick, pig, sheep and dog tissues and cells, and animal, bacterial and viral DNA. [Physicians Desk Reference. 2009.] This is only a partial list. Parents who are very careful about their child avoiding junk food with artificial colors and flavors would be shocked to find out what is injected into their child's bloodstream.

MYTH: Vaccines are responsible for the drop in mortality from infectious diseases.

FACT: Deaths from infectious diseases had dropped dramatically before vaccination.

Deaths from measles, pertussis (whooping cough) and other diseases that had claimed many lives early in the 20th century had dropped by 95%-98% by the 1960s before mass vaccination campaigns.

[Illich I. Chapter 1: The Epidemics of Modern Medicine in *Medical Nemesis*. NY: Bantam Books. 1976.]

As clean water, fresh food, better sanitation and less crowded housing all contributed to an improved standard of living, deaths from childhood diseases dramatically decreased naturally.

MYTH: Childhood diseases are usually dangerous and should be feared.

FACT: Childhood diseases strengthen and mature a child's immune system.

Numerous studies reveal that infectious diseases of childhood are in fact beneficial for long-term health. While fevers, rashes, diarrhea, vomiting, pustules, malaise and other symptoms are uncomfortable to children and scary to parents, the result is a healthier, stronger child. Developmental growth spurts have often been seen after a childhood illness.

For example, one study revealed that childhood diseases are associated with a lower cancer risk in adulthood. [Albonico HU, Braker HU, Husler J. Febrile infectious childhood diseases in the history of cancer patients and matched controls. *Medical Hypotheses*. 1998;51(4):315-320.]

In another study, a history of common colds or influenza was associated with a decreased risk of stomach, colon, rectal and ovarian cancers. [Abel U, Becker N, Angerer R et al. Common infections in the history of cancer patients and controls. *J Cancer Res Clin Oncol*. 1991;117(4):339-344.] Other researchers found that having two childhood viral infections reduced the risk of heart disease by 40%; four infections was associated with a 60% decreased risk; and six infections lowered the risk by as much as 90%!

[Pesonen E. "Hygiene hypothesis" linked to heart disease risk. IV World Congress of Pediatric Cardiology and Cardiac Surgery, September 2005.]

In almost every case, the best approach to treating childhood infectious disease is to let the illness run its course. Provide comfort and nourishment so that the child's own immune system can do its job. Once the crisis is past we find a child who will be healthier for the rest of his/her life. This is an ancient understanding that goes back to Hippocrates, the Father of Medicine, who said, "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."

MYTH: Vaccines prevent disease.

FACT: Outbreaks and epidemics occur in vaccinated populations. This is a common occurrence.

Fully vaccinated children come down with the disease they were vaccinated against. As one study reported, "[Pertussis] infections are common in an immunized population ... more prevalent than previously documented."

[He Q, Vujanen MK, Arvilommi H et al. Whooping cough caused by *Bordetella pertussis* and *Bordetella parapertussis* in an immunized population. *JAMA*. 1998;280:635-637.]

MYTH: The benefits of vaccination outweigh the risks.

FACT: There is no proof that the purported benefits of vaccination are greater than the risks.

This is perhaps the most important criticism of vaccination. No one knows what the chances are that a child may be hurt or even killed from a vaccine because, in order to do a risk/benefit analysis, we need to know how many children are being hurt. We do not know this because doctors rarely report vaccine injury. According to the U.S. Food and Drug Administration (FDA), "Doctors underreport adverse vaccine reactions by 90%."

[Vaccine Injury Compensation: A Failed Experiment in Tort Reform? Statement of the National Vaccine Information Center, Barbara Loe Fisher, Co-founder & President, Advisory Commission on Childhood Vaccines, November 18, 2008.]

This percentage may actually be conservative. In a meeting at the Institute of Medicine in Washington, D.C., James Froeschle of Connaught Laboratories dropped this bombshell: "The company estimates about a 50-fold underreporting of adverse events."

[Adverse events associated with childhood vaccines, evidence bearing on causality. Washington DC: Institute of Medicine presentations. 11 May 1992;328:Appendix B.]

That means that for every 50 children injured by a vaccine only one is reported. The other 49 injuries, as far as the government and medical profession are concerned, never happened.

The truth is that no one knows if vaccines are safe because the research is flawed. As John B. Classen, M.D., M.B.A., formerly of the National Institutes of Health, has stated, "The studies used to support

immunization are so flawed that it is impossible to say if immunization provides a net benefit to anyone ... proper studies have never been performed."

[Classen JB. Diabetes epidemic follows hepatitis B immunization program. *New Zealand Medical Journal*. 1996;109:195.]

J. Anthony Morris, Ph.D., former Chief Vaccine Control Officer, FDA, states it even more plainly: "There is a great deal of evidence to prove that immunization of children does more harm than good."

[<http://www.vaccinationdebate.com/web3.html>]

One study revealed that childhood diseases are associated with a lower cancer risk in adulthood.

We do not know how many children are really hurt. Medical historian and researcher Harris Coulter, Ph.D. writes that "between 15 and 20% of American school children are considered learning-disabled with minimal brain dysfunction directly caused by vaccine damage."

[Coulter HL. *Vaccination, Social Violence and Criminality: The Medical Assault on the American Brain*. Washington, DC: Center for Empirical Medicine. 1990;xiii.]

If we include all the children today with asthma, allergies, learning disorders, autism, bipolar disorder, ADD/ADHD and other neurological conditions, the number that are injured by vaccines may be as high as one in two.

MYTH: Vaccines improve a child's health.

FACT: Vaccines are linked to multiple health conditions.

We have never before had a population filled with so many children suffering from all kinds of chronic physical and mental disorders. Many of these conditions were rare or non-existent before mass vaccination. This is no coincidence. Vaccines have been poorly tested; vaccinated children are not followed to see if there are long-term effects. This was noted by U.S. Rep. Dan Burton in a letter to the *Los Angeles*

Times (April 24, 2000): "Instead of hiding our heads in the sand to protect the status quo, it is time to admit that [there are] no adequate studies to determine the long-term effects of vaccines on our children and future generations."

Medical doctors, government officials and vaccine manufacturers have been hiding their heads in the sand, pretending that vaccine-injured children are not really there. The children may not be able to speak for themselves, but their parents give voice to their cries for justice. According to Dr. Robert Mendelsohn, "Immunization against relatively harmless childhood diseases may be responsible for the dramatic increase in autoimmune diseases ... such as cancer, leukemia, rheumatoid arthritis, multiple sclerosis, Lou Gehrig's disease, lupus and Guillain-Barre syndrome."

[Mendelsohn R. *How to Raise a Healthy Child – in Spite of Your Doctor*. NY: Ballantine Books. 1987:102.]

MYTH: Vaccines save lives.

FACT: Vaccines kill infants.

They cause crib death (SIDS – sudden infant death syndrome). After more than 30 deaths were reported from DPT vaccination, Japan raised the minimum age of vaccination from 2 months to 2 years. Until then they had been following the American schedule of beginning vaccination at two months. When the schedule was changed, crib death, infantile seizures, meningitis and other infectious diseases in infants virtually disappeared. Japan went from 17th in

infant mortality to the lowest in the world. However, serious infectious diseases such as meningitis sharply increased in 2-year-olds as they became the first age group to be vaccinated.

[Cherry JD et al. Report of the task force on pertussis and pertussis immunization. *Pediatrics*. 1988;Supplement:973.]

Harris L. Coulter, Ph.D. writes: "Crib death was so infrequent in the pre-vaccination era that it was not even mentioned in the statistics, but it started to climb in the 1950s with the spread of mass vaccination." [Coulter HL. *Ibid*, xx.] Robert Mendelsohn, M.D., who said so many things so well, said, "Pediatricians continue to defend vaccination to the death. The question parents should be asking is, 'Whose death?'"

[Mendelsohn R. *Ibid*, 104.]

No amount of flawed or misleading studies paid for by pharmaceutical companies and government agencies claiming that vaccines are safe can stop the rising number of autistic and otherwise brain injured children. No amount of junk science can halt the damage, not as long as vaccines – poorly tested, toxic and dangerous – continue to be injected into our children.

Respect for the natural immune process, breastfeeding, a traditional nutrient-dense diet and avoidance of toxins whether ingested or injected – plus a lot of love – are what a child needs to grow into a healthy, happy adult.

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MYTH BUSTING

VACCINE REPORT

Focus on: Flu Shot: Safe and Effective or Dangerous and Useless?

MYTH: The flu causes over 36,000 American deaths every year.

FACT: The flu causes relatively few deaths.

Flu and pneumonia deaths are lumped together giving the false impression that thousands die of the flu. However, according to official US government figures:

- In 2002 the total number of flu + pneumonia deaths was reported at 65,984.
- Out of those 65,984 deaths only 753 were from the flu or 1.1% of the total.
- In 2001 the total number flu + pneumonia deaths was reported at 62,123.
- Out of those 62,123 deaths only 267 were from the flu or .4%.

[www.cdc.gov/nchs/data/nvsr/nvsr52/nvsr52_13.pdf]
[www.cdc.gov/nchs/data/nvsr/nvsr51/nvsr51_05.pdf]

MYTH: If I have flu symptoms I have the flu.

FACT: Most people with flu-like symptoms do not have the "flu."

Most people suffering from fever, fatigue, cough and aching muscles may think they have the flu, but instead have an "influenza-like illness" or ILI. ILI are associated with over a hundred non-flu germs such as rhinoviruses, parainfluenza viruses, respiratory syncytial virus [RSV], adenoviruses, Chlamydia pneumoniae, Streptococcus pneumoniae and many others, but not the flu virus. [MMWR. 2001;50(44):984-986.] In one study the CDC found that only 13.4% of people who had flu symptoms actually had the flu. The remaining 86.6% had an ILI.

[www.cdc.gov/flu/weekly/weeklyarchives2006-2007/weekly20.htm]

MYTH: The flu shot protects against the flu.

FACT: There is no proof that flu shots protect against the flu.

J. Anthony Morris, Ph.D., former Chief Vaccine Control Officer, US Food and Drug Administration (FDA) said, "There is no evidence that any

influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza. The producers of these vaccines know that they are worthless, but they go on selling them anyway."

For example, the product insert for a 2011-2012 flu vaccine from GlaxoSmithKline states: "There have been no controlled trials adequately demonstrating a decrease in influenza disease after vaccination with FluLaval®."

MYTH: The flu shot protects babies.

FACT: The flu shot is ineffective for babies.

In a review of more than 51 studies involving more than 294,000 children it was found there was no evidence that injecting children 6-24 months of age with a flu shot was any more effective than placebo.

[www.cochrane.org/reviews/en/ab004879.html]

MYTH: The flu shot benefits children's immune systems.

FACT: Repeated vaccination at a young age increases the risk of influenza in older age.

This may be due to overall weakening of the immune system from the unnatural way the vaccines enter the body. It is only natural flu infection that strengthens the immune system.

[Carrat F et al. Repeated influenza vaccination of healthy children and adults: borrow now, pay later? *Epidemiol Infect.* 2006;134(1):63-70.]

MYTH: The flu shot protects asthmatic children.

FACT: There is no evidence the flu vaccine helps asthmatics.

In one study 400 children with asthma were given flu vaccine and 400 children with asthma did not receive the influenza vaccine. The two groups were compared with respect to clinic visits, emergency department (ED) visits and hospitalizations for asthma. The study failed to provide evidence that the influenza vaccine prevents pediatric asthma exacerbations.

[Christly C et al. Effectiveness of influenza vaccine for the prevention of asthma exacerbations. *Arch Dis Child.*



MYTH: The flu shot will prevent my child from getting serious illness.

FACT: The flu shot increases the chances your child will be hospitalized.

Not only is the flu shot useless for children, it is dangerous. At the 105th International Conference of the American Thoracic Society in San Diego. May 20, 2009, it was reported that "Youngsters who had received the flu vaccine had three times the risk of hospitalization, as compared to children who had not received the vaccine. For kids with asthma, there was even a higher risk ..."

[www.thoracic.org/sections/publications/press-releases/conference/articles/2009/abstracts-and-press-releases/joshi.pdf]

In spite of these findings The Centers for Disease Control and the American Academy of Pediatrics continue to recommend annual influenza vaccination for all children 6 months to 18 years and The National Asthma Education Program continues to promote annual flu vaccination of asthmatic children.

MYTH: The flu shot protects adults.

FACT: The flu shot is more or less useless for adults.

In a review of 48 reports involving more than 66,000 adults, the benefit of getting vaccinated was minimal (if any). At most the researchers felt that "vaccination of healthy adults only reduced risk of influenza by 6% and reduced the number of missed work days by less than one day (0.16) days. It did not change the number of people needing to go to hospital or take time off work."

[www.cochrane.org/reviews/en/ab001269.html]

MYTH: The elderly are protected by the flu shot.

FACT: The elderly are not protected by the flu shot.

In a review of 64 studies, for elderly people living in nursing homes, flu shots were non-significant for preventing the flu. For elderly living in the community, vaccines were not (significantly) effective against influenza, ILI or pneumonia.

[www.cochrane.org/reviews/en/ab004876.html]

A common problem in nearly all medical research is the bias of the researchers. For example, in one famous study, researchers revealed that even though immunization rates in the elderly increased from 15% in 1980 to 65% there has been no decrease in

deaths from influenza and pneumonia.

[Eurich DT et al. Mortality reduction with influenza vaccine in patients with pneumonia outside "flu" season: pleiotropic benefits or residual confounding? *Am J Respir Crit Care Med*. 2008;178:527-533.]

These researchers reviewed earlier flu studies and found that they "substantially overestimate the vaccine's benefit."

[Simonsen L et al. Impact of influenza vaccination on seasonal mortality in the US elderly population. *Archives of Internal Medicine*. 2005;165:265-272.]

In addition to finding that studies "greatly exaggerate vaccine benefits" the researchers repeated their finding that "evidence is insufficient to indicate the benefit, if any, that elderly people derive from the vaccination."

[Simonsen L et al. Mortality benefits of influenza vaccination in elderly people: an ongoing controversy. *Lancet Infect Dis*. 2007;7(10):658-666.]

MYTH: The flu shot protects the elderly from pneumonia.

FACT: The flu shot does not protect the elderly from pneumonia.

One of the reasons the elderly are told to get a flu shot is to prevent their getting pneumonia, which can result in death. However, research shows the flu shot has no effect on pneumonia.

[Jackson M et al. Influenza vaccination and risk of community-acquired pneumonia in immunocompetent elderly people: a population-based, nested case-control study. *The Lancet*. 2008;372:398-405.]

A later study also found that the flu vaccine does not reduce severe complications from the flu, in-hospital death, influenza or pneumonia admission in the elderly.

[Manzoli L, Villari P, Granchelli C et al. Influenza vaccine effectiveness for the elderly: a cohort study involving general practitioners from Abruzzo, Italy. *J Prev Med Hyg*. 2009;50(2):109-112.]

MYTH: The flu vaccine is well-researched.

FACT: No one knows how dangerous the flu vaccine is because it has not been properly studied.

Flu vaccines have not been evaluated for their ability to cause cancer or mutations or whether they can cause reproductive problems such as sterility. It is not known whether flu vaccine can cause fetal harm when administered to a pregnant woman or can affect future reproductive ability. It is not known whether flu vaccine is excreted in human milk. Animal fertility studies have not been conducted.

According to the manufacturers the flu vaccine should

not be administered to anyone with hypersensitivity to any flu shot components. Most people do not know if they are sensitive to any of these ingredients in the flu shot until they are given the shot.

MYTH: The flu vaccine is safe.

FACT: There have been reports in Europe of narcolepsy as well as reports of seizures and convulsions following the flu vaccine.

In Australia, a flu vaccine was banned in April 2010 for children after dozens of reactions of vomiting, high fevers and convulsions, among other severe reactions.

[www.medicalnewstoday.com/articles/200044.php]

[www.naturalnews.com/029586_Australia_vaccines.html]

Injuries that may take weeks or months to surface will probably not be recognized as related to the shot. A partial list of possible vaccine reactions includes: hot flashes/flushes, chills, fever, malaise, shivering, fatigue, asthenia and facial edema. In rare cases, hypersensitivity reactions have led to anaphylactic shock and death. Other reactions include: diarrhea, nausea, vomiting, abdominal pain, headache, dizziness, neuralgia, paraesthesia, confusion, febrile convulsions, Guillain-Barré Syndrome, myelitis (including encephalomyelitis and transverse myelitis), neuropathy (including neuritis) and paralysis (including Bell's Palsy).

[Package insert. Influenza Virus Vaccine Fluvirin® 2010-2011 FORMULA 6.3 Postmarketing Experience]

MYTH: Flu shots are not linked to brain damage.

FACT: Flu shots are 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 the mercury in the shot is the ingredient that causes the brain damage. Multidose vials of the flu vaccine contain mercury.

[Hugh Fudenberg, MD. Presentation at the National Vaccine Information Center's First International Conference on Vaccination, September 1997, Arlington, VA.]

Dr. Fudenberg's findings were given more weight in another study that found that Alzheimer's brains have more mercury. Researchers found twice as much mercury in the brains of those who died of Alzheimer's as controls. An area of the brain that deals with memories and sensations had 4 times the mercury as controls.

[Thompson CM et al. Regional brain trace-element studies in Alzheimer's disease. *Neurotoxicology*. 1988;9(1):1-8.]

MYTH: The ingredients in the flu shot are safe.

FACT: The flu shot contains mercury and other toxic chemicals.

There are 25 micrograms of mercury per dose in most flu shots (multidose vial). That level is judged safe by the FDA for a 550 lb. person.

In 1999, government agencies called for the removal of mercury in vaccines. In 2001, the American Academy of Pediatrics stated, "mercury in all of its forms is toxic to the fetus and children." Despite these actions, many of this year's flu vaccines still contain mercury.

[http://www.organicconsumers.org/2006/article_3400.cfm]

MYTH: It's safe to vaccinate during pregnancy.

FACT: Vaccination during pregnancy is dangerous and useless.

Researchers found that vaccinating mothers does not reduce respiratory illness in their infants nor reduce respiratory illness in their newborns. "Maternal influenza vaccination did not significantly affect inpatient outpatient and inpatient visits for acute respiratory illness."

Some flu shot ingredients

Chicken embryos – those allergic to chicken, including eggs and feathers, can become seriously ill from the vaccination

Sodium phosphate – can affect heart and central nervous system

Sodium deoxycholate – a tumor promoter and DNA damaging agent

Mercury – a brain and nervous system toxin

Formaldehyde – cancer causing

Beta propiolactone – toxic to the liver and to the intestinal tract

Gentamicin sulfate & polymyxin – antibiotics

Neomycin sulfate – antibiotic

MSG (monosodium glutamate) – causes brain damage in experimental animals

Gelatin – obtained from selected pieces of calf, pork and cattle skin

Polyethylene glycol-p-isoctylphenyl ether – 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.

Manufacturer states: FOR RESEARCH USE ONLY.
NOT FOR HUMAN OR DRUG USE.

[France EK et al. Impact of maternal influenza vaccination during pregnancy on the incidence of acute respiratory illness visits among infants. *Arch Pediatr Adolesc Med.* 2006;160:1277-1283.]

Why do pediatricians recommend pregnant women eat less tuna to avoid mercury but also recommend the mercury-laden flu shot?

MYTH: Acute illness damages your body and is bad for you.

FACT: Acute illness is historically considered beneficial.

For thousands of years healers have recognized the necessary role of acute infectious illness. Hippocrates, the "Father of Medicine," recognized the role such illness played in the larger picture of health. 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.

The cleansing or detoxifying aspect of illnesses such as the flu (fever, vomiting, diarrhea, sweating) are uncomfortable and yet may be of great benefit. When properly managed, acute infectious illness leaves a stronger, cleaner, healthier person in its wake.

Researchers have discovered that those who had febrile infectious childhood diseases have less cancer as adults. [Albonico HU, Braker HU, Husler J. Febrile infectious childhood diseases in the history of cancer patients and matched controls. *Medical Hypotheses.* 1998;51(4):315-320.] Another study revealed that "a history of common colds or ... influenza ... was associated with a decreased risk of stomach, colon, rectum and ovarian cancer." [Abel U, Becker N, Angerer R et al. Common infections in the history of cancer patients and controls. *J Cancer*

Res Clin Oncol. 1991;117(4):339-344.] In yet another study the subjects who reported a history of infectious diseases such as colds and flu showed a 30% reduction in risk of brain tumors. [Schlehofer B et al. Role of medical history in brain tumor development results from the international adult brain tumor study. *International Journal of Cancer.* 1999;82:155-160.]

MYTH: Lowering fever shortens the duration of an illness.

FACT: Lowering fever keeps you sick longer.

Fever is one of your body's most powerful healing mechanisms. 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.

[Plaisance KI et al. Effect of antipyretic therapy on the duration of illness in experimental influenza A, *Shigella sonnei*, and *Rickettsia rickettsii* infections. *Pharmacotherapy.* 2000;20(12):1417-1422.]

MYTH: The flu vaccine is changed every year to combat the next flu.

FACT: No one knows what flu will be circulating next season.

It's impossible to predict with any precision what vaccine will work when flu season starts. It is not possible in advance of the influenza season to predict what vaccine will be needed to match the flu strain that is circulating. In some years when vaccine and circulating strains were not well matched, no vaccine effectiveness was demonstrated. As one study reported, "Vaccination may not provide overall economic benefits in most years."

[Bridges CB et al. Effectiveness and cost-benefit of influenza vaccination of healthy working adults: a randomized controlled trial. *JAMA.* 2000;284(13):1655-1663.]

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