

Do Vaccines Really Protect Your Health?

Read this issue and learn how safe and efficient vaccines really are and what you can do to build a healthy immune system naturally and safely.



Vaccines are hailed as one of the miracles of modern medicine. They are credited with reducing the incidence of infectious diseases and saving lives. People have such strong faith in vaccines that governments have passed laws requiring children to be vaccinated to enter public schools. The number of available vaccines continues to grow and media messages everywhere encourage people to immunize themselves and their children.

There is also a growing body of people who are concerned about the safety and effectiveness of vaccines. They are opting *not* to immunize their children or get vaccines for themselves. These people point to a lack of objective scientific proof that vaccines really work and the serious side effects they can have. They also know the research that suggests that vaccines may be contributing to more serious health problems like cancer, autoimmune diseases and behavior and learning problems in children. These people feel the risks of vaccines outweigh the benefits.

It's not our purpose in this newsletter to convince you not to vaccinate yourself or your children. That is a decision you should make for yourself after researching the facts. Our purpose is to present you with information for your consideration about the "dark side" of immunizations and some natural options for creating immunity.

But, before we do, let's address the question, "Do vaccines themselves make you immune?" The answer may surprise you, but it is a most definite, "No!" The real truth is this:

Vaccines Don't Make You Immune, Your Immune System Makes You Immune

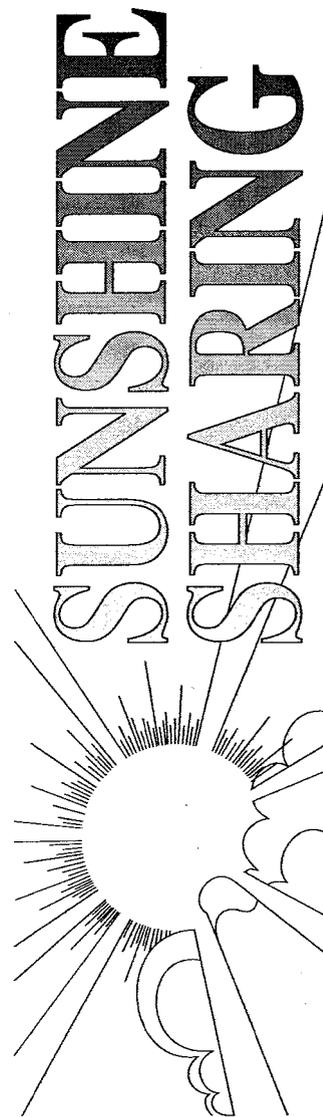
That's right! A vaccine doesn't create immunity. A vaccine challenges your immune system to mount a response to an artificially-created threat. The vaccine is a "weakened" form of the disease to which it is supposed to make you immune. *If your immune system is strong enough*, then it will create antibodies against the illness for which you are being immunized.

That's because your immune system was designed to fight disease. When your body perceives the presence of organisms that don't belong there, it mounts a response that fights the infection. After it has successfully defeated a particular infection, the body's immune system retains the antibodies it used to fight that infection so it can readily destroy it again. This is what we call immunity.

So, the real hero in this story isn't the vaccine, it's the immune system. It is a strong immune system that enables a body to mount any immune defense, whether it is against the components of a vaccine or a normal infection. Therefore, the most important thing we can do to stay healthy, whether we choose to be vaccinated or not, is to maintain a strong immune system.

The fact that the immune system must mount a successful response to the vaccine in order for it to work is also the reason why vaccinations can "backfire." If the immune system is too weak to mount an effective response, the compounds in the vaccine can damage the body, producing serious, and even life-threatening, consequences.

That's why the first thing we will discuss in this month's Sunshine Sharing will be maintaining a healthy immune system. We'll also discuss some of the potential problems with vaccines and how to detoxify from them, if you've already had them.



Important Notice

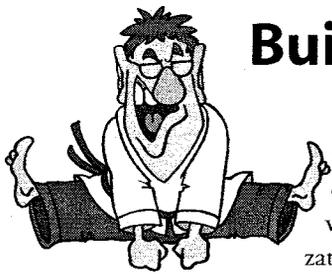
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Building an Immune System That Kicks *#@!



We realize that the issue of vaccines is an emotionally “loaded” one. People in both camps—those who are for compulsory immunization and those who question the widespread use of these drugs—are very passionate about their positions.

However, one thing people on both sides of the fence should agree on is that it is important to maintain a healthy immune system. After all, a healthy immune system is essential to making a vaccine work, as we pointed out on page one. So, here are some tips for keeping your immune system strong, whether or not you choose to vaccinate.

Vaccines Won't Make Up for a Poor Diet

When Weston Price, author of *Nutrition and Physical Degeneration*, toured the world in the 1930s, he found native peoples living on their traditional diets rarely got sick. The nutritional density of their diets helped them have strong immune systems. If these same people started eating the foods of Western civilization (refined sugar and flour, processed oils and canned goods) they became more susceptible to disease.

So, our first line of protection against disease is to eat a diet of natural foods, avoiding refined and processed foods as much as possible. Vaccines can't make up for a junk food diet, so be sure to eat lots of fresh fruits and vegetables, whole grains and legumes, healthy fats and naturally-raised animal foods.

Take a “Shot” of Pleasure in Life

There is ample research that demonstrates that our immune system responds to stress and our mood. Excessive anger, sadness, negativity and stress depress our immune function, while pleasure, hope, love, joy and laughter all enhance it. Even in difficult times like these, we should make the time to indulge in life's little pleasures and find reasons for fun and laughter. If you eat a healthy diet and learn to fill your heart with love and joy, you'll have a better “shot” at fighting off anything that comes your way.

“Shape Up” Your Immune System with Herbs

Unlike vaccines, which can only challenge your immune system, there are many herbs and supplements that can actually boost your immune system. Whether or you choose to get vaccinated, doesn't it make sense to boost your immune system to help it fight off whatever comes at you? Think of the following herbs and supplements as “coaches” for your immune system that will help whip it into tip-top shape.

For starters, let's consider echinacea, one of the very best single herbs for boosting immunity. Echinacea can be used when infections are “going around” to reduce your risk of getting them. You can take **Echinacea purpurea** in capsules, or use the liquid **Ultimate Echinacea**, a combination of three different species of echinacea that puts the immune system on “full alert.” Echinacea can be used as a preventive when infections are going around to keep children

and adults from “catching” bacterial or viral infections. Echinacea also reduces inflammation and inhibits the spread of infection.

Elderberry Plus combines astragalus, elderberry and reishi into a chewable tablet that helps the cells to resist viral infection. It's another excellent choice for keeping children healthy through the cold and flu season and can be taken daily for prevention.

For adults, one of the best products for stimulating the immune system is **Immune Stimulator**. This formula features beta-glucans and arabinogalactan, polysaccharides which stimulate an immune response similar to echinacea. You can also get the benefits of these immune-boosting substances, along with echinacea, in **Fizz Active Immune**. These effervescent tablets are a fun and convenient way to give your immune system a boost.

Another great immune stimulant for adults is **Trigger Immune**. This formula is particularly valuable for the elderly or when a person feels generally tired and “rundown.”

Breast-feed Your Children

Mother's breast milk transfers immune factors to infants and research shows that children who are breast-fed have healthier immune systems (and better cognitive development) than children who are bottle fed. An infant's immune system is not very well developed, which is why nature provides us with a natural way to boost their immune system through a substance called colostrum, which is also available as an immune-boosting supplement.



Be Informed: Read the Insert

When is the last time your doctor shared with you the insert that comes with each shot? These inserts tell you the ingredients in the vaccine and its potential side effects. Isn't this information you ought to have in order to make an intelligent decision about whether a vaccine is right for you or your child?

Vaccines are typically made by incubating disease organisms in animal or human tissue, which means they can contain animal blood and pus, tissue from dogs, monkeys, rabbits or other animals, and egg proteins. This diseased tissue is then treated with substances like mercury, aluminium phosphate, acetone, formaldehyde and other toxic compounds to “kill” or “weaken” the infectious organisms. This is what they inject into your blood stream.

Potential side effects of vaccines can range from fevers and infections (yes, the vaccine can actually infect some people with the disease) to damage to the brain and nervous system resulting in permanent nerve damage, retardation, paralysis or even death. Vaccines may also weaken the immune system in some cases.

It's a wise idea to consider the potential side effects of any medication before taking it. After all, as the consumers, we should have the right to determine for ourselves if the potential benefits of any therapy out-weigh the potential risks, shouldn't we?

Vaccines May Not Be Such a "Hot Shot"

The vast majority of Americans submit to vaccines without ever bothering to question either their efficacy or their safety. So, we'd like to present you with some of the issues raised by opponents of compulsory vaccination. This information is not intended to constitute "proof," but hopefully these ideas will spark your interest and motivate you to investigate the subject more thoroughly.

Vaccine Side Effects

Like any drug, vaccines have potential side effects. As noted in the panel "Be Informed: Read the Insert" on the facing page, there are a number of highly toxic compounds in vaccines. The body's immune system has to mount a response to build up antibodies against the weakened microbes in the vaccine, and it has to be able to detoxify from the mercury, formaldehyde and other compounds used to weaken the organisms.

But, what happens if the body's immune system isn't strong enough to do this? In that case, the vaccine can actually "backfire" causing serious damage to the body. This is not secret. All you have to do is read the warning label provided with the vaccine and look at the potential side effects. There is evidence that vaccines may be linked to all of the following conditions:

- Sudden infant death syndrome
- Mental retardation and autism
- Blindness and hearing impairment
- Respiratory diseases
- Seizures and paralysis
- Cancer and leukemia
- Multiple sclerosis and other autoimmune disorders

Clearly, vaccines are not without risk. However, one can minimize vaccine risk, by following a few simple rules. First, don't have vaccines if you or your child suffer from severe allergies, have epilepsy or other conditions which might make you sensitive to vaccines or have a sibling that has had a bad reaction to a vaccine. You should be able to push for a medical waiver in these cases.

It is probably wise to postpone getting vaccines if you or your child has been recently ill or is severely weakened or physically depleted. Consider taking supplements like **Ultimate Echinacea**, **Immune Stimulator** and/or **Trigger Immune** to build up your immune system prior to getting a vaccine. Furthermore, babies don't have a very strong immune system, so your children are much less likely to have a bad reaction to shots if you wait until they are at least two before getting them immunized.

Questioning the Effectiveness of Vaccines

For many people, questioning the efficacy of vaccines is like questioning the validity of their religious beliefs. But, it is important to remember that unlike other drugs, vaccines are not subjected to double-blind studies to determine their effectiveness. The reasons are obvious. It would not be moral to provide one group of people with the real vaccine and another group with a placebo and then expose both groups to an infection to see if the vaccine was effective. So, the "proof" of the efficacy of vaccines is theoretical and statistical. The decline in the incidence of contagious diseases is

generally seen as proof that the vaccines work.

Researchers into the vaccine controversy have raised some serious questions with this hypothesis. We present some of their arguments in abbreviated form for your consideration.



For starters, opponents of vaccines point to the fact that most of the diseases were already on the decline before the vaccines were introduced. It is probable that improved sanitation has had more to do with the decline in contagious diseases than vaccines.

Secondly, because vaccines are assumed to work, medical doctors often overlook cases where an immunized person actually comes down with the disease. They are likely to assume the problem is something different and report it as such. For instance, some researchers believe that multiple sclerosis (MS) is actually a form of polio contracted through vaccines. Cases of MS rose at the same rate cases of polio declined.

Thirdly, there is statistical evidence that vaccines may not always work. When the pertussis vaccine for whooping cough became mandatory, incidence went up 300%. There was a notable decrease in polio prior to the initiation of the vaccine; upon introduction, there was a rise in incidence. There are other similar cases of disease rates climbing with mandatory vaccination. There are also cases of outbreaks among fully immunized people.

Are the Risks Worth It?

In considering any medical therapy, we believe people should be fully informed about both the potential benefits and risks involved. That way they can make an informed decision as to whether they believe the potential benefits out-weigh the potential risks.

If you do some research, you may find that the risks for some vaccines are acceptable and choose to have them. For others, it may be clear that the risk of problems from the disease is statistically less than your risk of injury from the vaccine. To learn more, consult some of the resources below.

Additional Help and Information

If you have questions about vaccines consult some of the resources below and talk to the person who gave you this newsletter. Their contact information should be found at the top of page four.

It's Not Such a Hot Shot After All DVD with Steven Horne (www.treelite.com)

Vaccinations: A Thoughtful Parents Guide by Aviva Jill Romm

Vaccines: Are They Really Safe and Effective? by Neil Z. Miller

Vaccine Safety Manual by Neil Z. Miller

Immunization: The Reality Behind the Myth by Walene James

Vaccination, Social Violence and Criminality by Harris L. Coulter

DPT: A Shot in the Dark by Harris L. Coulter

Say No to Vaccines by Dr. Sherri Tenpenny

Dangers of Compulsory Immunizations: How to Avoid Them Legally by

Attorney Tom Finn

National Vaccine Information Center, <http://www.nvic.org>

Before You Get That Vaccine...

...know that vaccines have some risks that may outweigh their benefits and that there are effective ways you can boost your immune system without taking a shot in the dark!

Get the whole story inside.



Vaccination Tips

If you decide to vaccinate your children, or have a vaccine yourself, it may be a good idea to take something to boost your immune system for a few days before the vaccine. For children, consider using **Ultimate Echinacea** and the **Chewable Elderberry Plus**. For adults, especially the elderly, Immune Stimulator and Trigger Immune would be good choices. For both children and adults you should also consider taking **Super Omega-3** essential fatty acids and a multiple vitamin along with extra **vitamin C**.

After having a vaccine, take something to help the body detoxify from the solvents and heavy metals they contain. A good blood purifier like **VS-C** or **All Cell Detox** would be helpful. **Vaccine Detox** homeopathic can also be used by all ages to minimize side effects and aid the immune system in mounting a successful response to the vaccine. Since vaccines often contain heavy metals, **Heavy**

Metal Detox, Algin, N-Acetyl Cysteine and/or Alpha Lipoic Acid can also be considered as part of a heavy metal cleanse.

If you or your child has a reaction to a vaccine, such as a fever or irritability, you should immediately report this to the doctor. They may tell you that it was not related to the vaccine, but you should have your concerns go on record.

You can use the same types of remedies you'd use to combat fevers, colds and flu. **Elderberry Plus** or **Elderberry Defense** would be good options. **Yarrow** and peppermint tea is a good choice for children who have a fever or act cranky and irritable after vaccines. **VS-C** may also be helpful. An enema with **Catnip & Fennel** in the water can be helpful for bringing down fevers.

For further tips and suggestions, talk to the person who provided you with this newsletter. They have additional resources and information.