

## Important Facts

Number of studies linking vaccines to neurological and autoimmune issues common to autism: 130

Number of studies quoted by vaccine promoter Paul Offit showing no vaccine-autism link: 14

Rate of autism in the 1980s: 1 in 10,000

Rate of autism today: 1 in 59

Projected rate of autism in 2025: 1 in 2

Number of doses recommended by age six per the CDC vaccine schedule 1972: 2

Number of doses recommended by age six per the current CDC vaccination schedule: 50

Amount of aluminum in the four doses at the two month baby checkup: 1,225 mcg

Maximum allowable aluminum per day for intravenous parenteral feeding: 25 mcg

Amount of aluminum received by fully vaccinated eighteen-month old baby: 4,925 mcg

Number of studies proving safety of injecting aluminum into human infants: 0

Amount of mercury in liquid the EPA classifies as hazardous waste: 200 ppb

Amount of mercury in "trace," "thimerosal-free" vaccines: 2,000 ppb

Amount of mercury in some single-dose vaccines and some infant flu shots: 50,000 ppb

Amount of mercury in multi-dose flu vaccines, given to pregnant women: 50,000 ppb

Number of current vaccines proven effective: 0

Number of current vaccines proven safe: 0

Cost of caring for a child diagnosed with autism over his lifespan: \$3,000,000-\$5,000,000

Liability of vaccine manufacturers for vaccine injury: 0

Rate of asthma in vaccinated children: 6-15%

Rate of asthma in unvaccinated children: 0.2-3%

Rate of ADHD in unvaccinated children: 1-2%

Rate of ADHD in vaccinated children: 8-11%

Projected income to pharmaceutical industry from vaccines 2025: \$48 billion

References at [www.westonaprice.org/wp-content/uploads/WAPFVaccinationIndex.pdf](http://www.westonaprice.org/wp-content/uploads/WAPFVaccinationIndex.pdf).

## A Diet for Natural Immunity

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

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

## If Forced to Vaccinate...

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

# Vaccination

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