

## Myths and Truths About Vaccination

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

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

MYTH: Vaccinated individuals do not put others at risk.

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

MYTH: Vaccinations give life-long immunity.

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

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

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

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

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

MYTH: Vaccinations are completely safe.

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

MYTH: Vaccinations have been well tested for safety.

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

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

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

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

## Harmful Ingredients in Vaccines

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

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

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

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

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

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

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

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

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

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

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