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 2032: 1 in 2

Number of doses recommended by age six per the CDC vaccine schedule in 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

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 unvaccinated children: 0.2-3 percent

Rate of asthma in vaccinated children: 6-15 percent

Rate of ADHD in unvaccinated children: 1-2 percent

Rate of ADHD in vaccinated children: 8-11 percent

Projected income to pharmaceutical industry from vaccines 2020: $59 billion

Percent yearly increase in vaccine sales needed to reach projected income goal by 2025: 12.63 percent

References at www.westonaprice.org/wp-content/uploads/ImportantFacts.pdf.

AVAILABLE TO DOWNLOAD AT WHERESNOAH.ORG

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, liverwurst, 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 intregity and helps detoxify.
- Vitamin C from fresh fruits and vegetables (preferably organic) 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 two 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 B_{12} 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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PMB Box 106-380
4200 Wisconsin Avenue, NW
Washington, DC 20016
(202) 363-4394
info@westonaprice.org
www.westonaprice.org/vaccinations

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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 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. A polio-like disease is becoming common in U.S., called acute flaccid myelitis, which is a type of transverse myelitis, a known side effect of vaccinations.

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 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 almost 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. It's common for drug and vaccine side effects to be under-reported.

MYTH: Vaccines have been well tested for safety and effectiveness.
TRUTH: There is controversy as to whether appropriate (inert) placebos are used in vaccine safety studies. There has been no safety testing at all for multiple vaccines given at one time. The flu vaccine is at best 40-60 percent effective; today measles is occurring primarily among those previously vaccinated.

MYTH: The anti-vaccination movement is something new and was started by a "fraudulent" researcher named Andrew Wakefield, MD.
TRUTH: Dr. Wakefield's findings have been scientifically corroborated. Since the first vaccinations, which were for smallpox, citizens have mounted vigorous opposition after seeing adverse effects, including death, in their children from the vaccines. (The smallpox vaccination was eventually discontinued because of frequent life-threatening reactions.)

For references and further information, visit 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 fetuses; 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.

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

2-PHENOXYETHANOL: Can cause headaches, 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.

POTASSIUM CHLORIDE: Used to cause cardiac arrest as the third drug in the "three drug cocktail" for executions by lethal injection.