

What is your PURPOSE?

To be more specific, what is the purpose on how to rear your children? What is the reasoning behind what we do and how we take care of our kids? In terms of vaccines, this is a debate about how to build a strong and balanced IMMUNE SYSTEM.

What is your BELIEF?

The second question is simple, what do you believe to be true about the Immune System? Through my education, the Immune System needs to be in a state of BALANCE to be effective and strong.

What is your ACTION?

This is where it gets tricky. If you have defined your Purpose and your Belief; then your ACTION has to be congruent. Because my Purpose is to improve the function of my child's Immune System and my belief is that a strong Immune System requires balance, then my congruent PLAN of ACTION is to make choices that fall in line with my Purpose and my Beliefs.

Conclusion:

Define your Purpose and Belief using logical truth, reason and science & avoid contradiction.

To make it easy to see the 2 Sides to Vaccines, I have outlined The Purpose of Avoiding Vaccines and The Purpose of Vaccinating. If the Action is congruent with my Purpose and Beliefs, then I will add it to my Plan of Action. If the Action is contradictory to my Purpose and Beliefs than I cannot act upon it, for it will go against my Purpose and contradict my Beliefs.

The Purpose of Avoiding Vaccines

- To build a strong IMMUNE SYSTEM
- Make choices that strengthen the immune system
- To allow the body to heal and fight off infection through a balanced immune system

The Purpose of Vaccinating

- To IMMUNIZE
- To eliminate disease
- To save lives and decrease morbidity
- To use RCT and EBR (science) to prove safety and efficacy
- To prevent infection using a "shotgun" approach
- To make a PROFIT

Before we dive into congruency and contradiction with the 2 sides, let me give you some background information:

What are we fighting against? The Germ Theory Exposed

- We have more bacteria in our bodies than we do cells. The most predominant forms of life are viruses, bacteria and fungi, each with countless numbers of varieties and strains. These forms of life have been around longer than we have. We are NOT going to get rid of them. We have to learn to work with them.

SEED vs SOIL

- It is NOT the Seed or the GERM that allows us to get sick. It is the Soil or the strength of our Immune System that determines whether or not we get sick. If the immune system is weak it leaves us more susceptible to illness.
- Ask yourself WHY in a household Mom and Brother can catch a cold, but baby Sister and Dad show no signs of the infection?
- Dr. Fred Barge (Chiropractor) said, "If the Germ Theory were true, than there would be NO one around to believe it."

Let's begin by looking at The Purpose of Avoiding Vaccines

The Purpose of Avoiding Vaccines

- To build a strong IMMUNE SYSTEM
 - **"Balance is the Key"**
- Make choices that strengthen the immune system
 - Let your children get sick. Are symptoms of sickness bad?
- To allow the body to heal and fight off infection through a balanced immune system
 - Philipp Incao, MD gives his take from Mercola.com

"In order to use vaccinations wisely, we need to understand exactly how they work. Until recently, the mechanism of action of vaccinations was always understood to be simply that they cause an increase in antibody levels (titers) against a specific disease antigen (bacterium or virus), thus preventing infection with that bacterial or viral antigen. In recent years science has learned that the human immune system is much more complicated than we thought. **It is composed of two functional branches or compartments that may work together in a mutually cooperative way or in a mutually antagonistic way depending on the health of the individual.**

One branch is the humoral immune system (or Th2 function), which primarily produces antibodies in the blood circulation as a sensing or recognizing function of the immune system to the presence of foreign antigens in the body. The other branch is the cellular or cell-mediated immune system (or Th1 function), which primarily destroys, digests and expels foreign antigens out of the body through the activity of its cells found in the thymus, tonsils, adenoids, spleen, lymph nodes and lymph system throughout the body. This process of destroying, digesting and discharging foreign antigens from the body is known as the acute inflammatory response and is often accompanied by the classic signs of inflammation: fever, pain, malaise and discharge of mucus, pus, skin rash or diarrhea.

These two functional branches of the immune system may be compared to the two functions in eating: tasting and recognizing the food on the one hand, and digesting the food and eliminating the food waste on the other hand. In the same way, the humoral or Th2 branch of the immune system tastes and recognizes and even remembers foreign antigens

and the cellular or Th1 branch of the immune system digests and eliminates the foreign antigens from the body. But just as too much repeated tasting of food will ruin the appetite, so also too much repeated stimulation of the "tasting" humoral immune system by an antigen will inhibit and suppress the digesting and eliminating function of the cellular immune system. In other words, over stimulating antibody production can suppress the acute inflammatory response of the cellular immune system!

This explains the polar opposite relationship between acute discharging inflammations on the one hand and allergies and autoimmune inflammations on the other hand. The more a person has of one, the less he or she will have of the other! A growing number of scientists believe that the increase in America, Europe, Australia and Japan in allergic and autoimmune diseases (which stimulate the humoral or Th2 branch of the immune system) is caused by the lack of stimulation of the cellular or the Th1 branch of the immune system from the lack of acute inflammatory responses and discharges in childhood. We need to identify the factors which cause this shift in the function of the immune system or which cause allergies and autoimmune diseases in childhood to increase!

If we now return to the original question of the mechanism of action of vaccinations, we find what I believe is the key to the puzzle. A vaccination consists of introducing a disease agent or disease antigen into an individual's body without causing the disease. If the disease agent provoked the whole immune system into action it would cause all the symptoms of the disease! The symptoms of a disease are primarily the symptoms (fever, pain, malaise, loss of function) of the acute inflammatory response to the disease.

So the trick of a vaccination is to stimulate the immune system just enough so that it makes antibodies and "remembers" the disease antigen but not so much that it provokes an acute inflammatory response by the cellular immune system and makes us sick with the disease we're trying to prevent! Thus a vaccination works by stimulating very much the antibody production (Th2) and by stimulating very little or not at all the digesting and discharging function of the cellular immune system (Th1). Vaccine antigens are designed to be unprovocative or "indigestible" for the cellular immune system (Th1) and highly stimulating for the antibody-mediated humoral immune system (Th2).

Perhaps it is not difficult to see then why the repeated use of vaccinations would tend to shift the functional balance of the immune system toward the antibody-producing side (Th2) and away from the acute inflammatory discharging side (the cell-mediated side or Th1). This has been confirmed by observation especially in the case of Gulf War Illness: MOST VACCINATIONS CAUSE a SHIFT in IMMUNE FUNCTION from the Th1 side (acute inflammatory discharging response) TO the Th2 side (CHRONIC AUTO-IMMUNE or ALLERGIC RESPONSE).

The outcome of this line of thought is that, contrary to previous belief; vaccinations do not strengthen or "boost" the whole immune system. Instead vaccinations over stimulate the "tasting and remembering" function of the antibody-mediated branch of the immune system (Th2), which simultaneously suppresses the cellular immune system (Th1) thus "preventing" the disease in question.

WHAT in reality IS PREVENTED IS NOT the DISEASE BUT the ABILITY of our CELLULAR IMMUNE SYSTEM to MANIFEST, to RESPOND to and to OVERCOME the DISEASE!

There is no system of the human being, from mind to muscles to immune system, which gets stronger through avoiding challenges, but only through overcoming challenges. The WISE USE of VACCINATIONS would be to USE THEM SELECTIVELY, and NOT ON a MASS SCALE. In order for vaccinations to be helpful and not harmful, we must know beforehand in each individual to be vaccinated whether the Th1 function or the Th2 function of the immune system predominates.

In individuals, in whom the Th1 function predominates, causing many acute inflammations because the cellular immune system is over reactive, a vaccination could have a balancing effect on the immune system and be helpful for that individual. In individuals, in whom the Th2 function predominates, causing few acute inflammations but rather the tendency to chronic allergic or autoimmune inflammations, a vaccination would cause the Th2 function to predominate even more, aggravating the imbalance of the immune system and harming the health of that individual. This is what happened in Gulf War Illness.

The current use of vaccinations in medicine today is essentially a "shotgun" approach that ignores differences among individuals. In such an approach some individuals may be helped and others may be harmed. If medicine is to evolve in a healthy direction, we must learn to understand the particular characteristics of each individual and we must learn how to individualize our treatments to be able to heal each unique human being in our care.

VACCINATIONS are usually effective in preventing an individual from manifesting a particular illness, but they DO NOT IMPROVE the overall STRENGTH or HEALTH of the individual nor of the immune system. Instead, VACCINATIONS MODIFY the REACTIVITY of the IMMUNE SYSTEM, decreasing acute discharging inflammatory reactions and INCREASING the TENDENCY to CHRONIC ALLERGIC and AUTO-IMMUNE REACTIONS.

Epidemiologic studies have shown that as families improve their living conditions, hygiene, nutrition, literacy and education, the risk of life-threatening acute infectious , inflammatory diseases very much decreases. Families with poor living conditions, hygiene, nutrition and literacy would generally be most likely to benefit from vaccinations. Families with good living conditions, hygiene, nutrition and education probably would benefit from vaccinations very little or not at all. Individuals with a tendency to allergic or autoimmune diseases are LIKELY to BE HARMED BY VACCINATIONS.

SIDE EFFECTS of VACCINATION are usually ALLERGIC or AUTOIMMUNE inflammatory reactions caused by the shift of the immune system's reactivity from the Th1 side to the Th2 side. Modern medicine is just beginning to recognize this. Modern MEDICINE HAS NOT SCIENTIFICALLY MEASURED the RISK/BENEFIT RATIO of ANY VACCINE. Research into the risks of vaccines is very inadequate, according to two comprehensive reports on vaccines by the U.S. Institute of Medicine in 1991 and 1994.

My preceding explanation of how vaccinations affect the immune system is true also in animals. Vaccinations cannot make animals healthier, but only good handling, environment and nutrition can make animals healthy and resistant to disease. Vaccinating pigs may prevent them from having illness from one particular strain of virus but will not improve their overall resistance to other illnesses nor even to other strains of the same virus.

It is important to remember that an infection with a particular virus or bacterium does not necessarily cause illness unless the resistance of the individual is low. In the case of Japanese Encephalitis Virus (JEV), most infections cause no symptoms and less than 0.1% of infected individuals develop severe encephalitis. Individuals living in poor conditions, with poor hygiene, nutrition and education are at higher risk of serious illnesses from JEV or any other infection. In such individuals a vaccination would most likely be helpful.

VERY OFTEN the MEDIA EXAGGERATE the EXTENT of such outbreaks. Each individual should freely decide, based on knowledge and not on fear and hearsay, whether he or she or a child would benefit from a vaccination."

IMMUNE SYSTEM BALANCE explained by Dr. Philip Incoa

Wow, a great article from a Medical Doctor that explains "How to use vaccines wisely". Unfortunately, the way we are using them is destroying many of our immune systems. As a parent, I cannot take that chance.

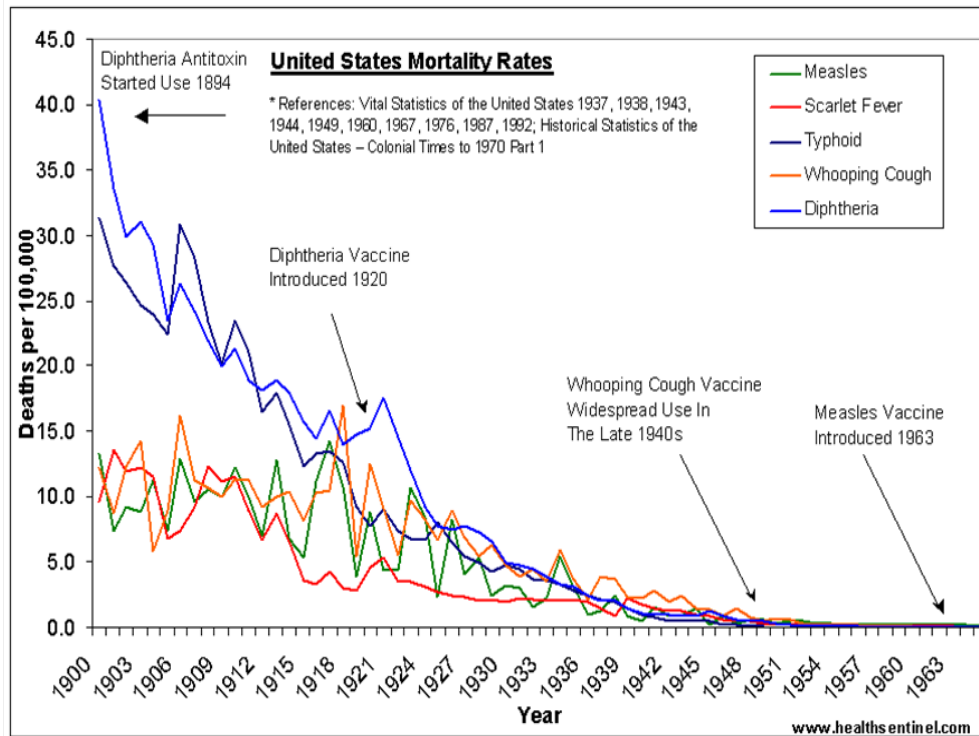
Just so we get this straight, I am NOT against vaccines, I am against contradictions that go against my purpose and beliefs. The way we are using vaccines and the vaccines we are creating are NOT necessary and are causing imbalance and weakness to our immune system.

If used them wisely and sparingly and when needed, vaccines could be beneficial.

Now let's take a look at the other side.

The Purpose of Vaccinating

- To IMMUNIZE
 - o Contradiction: Immunization or immunity does NOT exist with a vaccine. That is why BOOSTER's are needed. Immunity can only be gained by going through an infection.
- To eliminate disease
 - o Contradiction: "Nearly 90% of the total decline in mortality (scarlet fever, diphtheria, whooping cough, and measles) between 1860 and 1965 occurred before the introduction of antibiotics and widespread immunization." Illich, I. Medical Nemesis. Chapter 1-The Epidemics of Modern Medicine, NY: Bantam Books 1976
 - o NATURAL NEWS reported that Vaccine failure admitted. Whooping Cough (Pertussis) outbreaks higher among children already vaccinated
 - Off the CDC's Facebook page:
 - 336 cases of whopping cough reported
 - 73% fully vaccinated on the recommended schedule (245.28)
 - 22% vaccinated but behind on schedule (73.92)
 - 5% fully unvaccinated (16.8)
 - o NATURAL NEWS also reported Mumps outbreak spreads among people who got vaccinated against mumps
 - In New Jersey, a county spokeswoman told CNN that 77 percent of those who caught mumps had already been vaccinated against mumps
 - o Vaccines are NOT eliminating disease, they are weakening IMMUNE SYSTEMS
- To save lives and decrease morbidity
 - o The majority of the credit for SAVING LIVES and DECREASING MORBIDITY due to INFECTION has to be given to the introduction of **proper hygiene, sanitation, adequate nutrition, a complete diet and the introduction of refrigeration.**



- To use RCT and EBR (science) to prove safety and efficacy
 - o Contradiction: There has NEVER been a Vaccinated vs Unvaccinated Study done by the manufactures, CDC, AMA or FDA.
 - o All studies on vaccines are done by the manufacturer. They are playing JUDGE and JURY.
 - o Here are a couple studies that I found to be interesting:
 - Cal-Oregon Unvaccinated Study among more than 9,000 boys age 4-17. The survey found vaccinated boys were more likely to have neurological disorders compared to their unvaccinated peers.
 - Vaccinated boys were 222% more likely to have Attention Deficit Hyperactivity Disorder (ADHD), and 61% more likely to have autism.
 - A study of nearly 14,000 children showed vaccination against DPT or tetanus was associated with a 2.0X greater rate of asthma, 1.81X higher rate of sinusitis, and 2.22X greater rate of nose/eye symptoms than in the unvaccinated
- To prevent infection using a "shotgun" approach
 - o Bottom line the amount of vaccines recommended from 1983 to today has increased by more than 3 fold, up from 12 to more than 40 by age 6.
 - When does anyone ever encounter multiple infections during one sitting?
 - During 1 visit you could be injected with up to 11 vaccines.
 - o The ones size fits all does not work in medicine, so why are they trying to do it with Vaccines?

- Profit and convenience?
- o Another concern is that we are injecting all of the kiddos with agents used to bind and preserve the bacteria or virus that we know nothing about:
 - formaldehyde, mercury, aluminum, phenol (carbolic acid), borax (ant killer), ethylene glycol (antifreeze), dye, acetone (nail polish remover), latex, MSG, glycerol, polysorbate 80/20, sorbitol, monkey, cow, chick, pig, sheep and dog tissues and cells (may be contaminated with animal viruses), gelatin, casein, human fetus cells, human viruses, antibiotics, genetically modified yeast, animal, bacterial and viral DNA.
 - Let's say I injected an apple with all of these things, would you feed it to your child?
 - Autoimmune connection (Molecular Mimicry): Injected Vaccination is seen as a foreign invader. The injection bypasses the immune system and is injected into bloodstream
 - The problem is that Vaccinations are cultured with tissue that mimics are own
 - Cannot separate the tissue from the virus or bacteria
 - Thus, the body may attack its own tissue, because it may believe its own tissue is a foreign invader
- To make a PROFIT
 - o Contradiction: Vaccine companies are free of liability for damages
 - The government has paid out over 1.7 billion to vaccine damaged families (10,000+ children)
 - Currently over 4900 families are at trial with the gov't claiming vaccines caused their child's autism
 - There has been a separate VACCINE court set up to hear cases involving vaccine injury that is not subject to the TORT system (to protect Vaccine Manufacturers)
 - Will only pay out \$250,000
 - Paid for through TAX dollars
- Don't Be Fooled by the School's
 - o Unvaccinated children can get into public and most private schools using vaccine exceptions depending on your state. (Religious, Philosophical or Medical)
- VAERS (Vaccine Adverse Event Reporting System)
 - o It is estimated that (conflicting websites) that as many as 120,000 reports have been made but as many of 140,000 deaths have been registered since 1990.
 - o Either way, 1 adverse reaction or 1 death is too many. (We have worked with multiple cases of Autism, SPD and Hypersensitivities associated with vaccines injury)
 - o It is estimated that less than 10% of all vaccine reactions are reported

- Biggest Contradiction
 - Why am I taking the time to write down how vaccines work? Shouldn't it be the job of those that are vaccinating?
 - The truth is, I care about your health and the strength of your IMMUNE SYSTEM.

If you decide that Vaccines fit your Purpose than Vaccinate Wisely

- Use them selectively and NOT on mass scale
- We must learn to individualize our treatments
- DO NOT vaccinate near a cold, illness, or when your child is on antibiotics or has recently completed a round of antibiotics
- Consider delaying vaccines until your child is 18-24 months old (80% of brain development occurs during the 3rd trimester and 2nd year of life)
- Try not to get more than one vaccine at any single visit to the doctor (Spread them out every 6 months)

How to build a Strong Immune System

- Let Children Get Sick
- The immune system must be challenged in childhood if it is to function properly in adulthood. Infectious diseases of childhood strengthen and mature the child's immune system.
 - Growth spurts are often seen after a child has experienced an acute infectious disease.
- Childhood diseases are protective against chronic illnesses such as allergies, asthma, cancer, skin conditions and auto-immune diseases.
 - In India measles is referred to as "Visitation by a Goddess."
- Immune System Boosters
- Chiropractic Care, Antioxidants, Mushroom Extracts, Selenium, Zinc, Probiotics, Breast Feeding, Fish Oil, Viral and Bacterial Infections, Dirt, Dust, Dander

What can Parents do?

- Support symptoms, do not "stuff" them
 - We get sick to get well
- Use medications as they are intended
 - in emergency situations
- Use natural alternatives to drugs and chemicals

- Find a doctor who listens and coaches, avoid those who only “tell”
- Don’t be satisfied with only 1 option, get a second opinion

Conclusion

- Define your BELIEFS
- Act upon your Beliefs WITHOUT Contradiction
- Follow your PURPOSE (We ALL want Healthy Kids with a Strong IMMUNE SYSTEM)
 - o How do we get there???
- **BALANCE IS THE KEY!!!**

Do your own research!!! (Please understand, I am not for or Against Vaccines, I am for educating yourself. I am also about staying congruent to your purpose and beliefs. If there was an infection that I did not think my family could fight against, we would be the first in line. At this time, that is just not the case. So, please use this information to stimulate your own journey in educating yourself on the decisions you need to make for your own family. The info above is for education purposes only. I am NOT telling you what or what not to do in regards to vaccines. It is your decision. Make your own educated choices. Remember, you can always decide to vaccinate, but you can never decide to un-vaccinate.)

Good vibes and much luv~

Dr. D

References

<http://www.greatergoodmovie.org/>

(Check out the "Learn More" section)...

Here are the LINKS listed:

Vaccine Safety, Awareness and Rights Issues

[NVIC – National Vaccine Information Center](#)

[SafeMinds](#)

[Age of Autism](#)

[TheVaccineBook.com by Dr. Bob Sears](#)

[Think Twice Global Vaccine Institute](#)

[Dispelling Vaccination Myths, Alan Phillips](#)

[Dr. Sherri Tenpenny](#)

[Vactruth.com](#)

[VaccineDecision.info](#)

[Mercola.com](#)

[Natural News](#)

[Mothering.com](#)

[Pathways to Family Wellness](#)

[The Canary Party](#)

[Medical Veritas](#)

[Office of Medical and Scientific Justice](#)

[Generation Rescue](#)

Rights and Legal Resources

[NVIC- Advocacy Portal](#)

[NVIC State Vaccine Requirements](#)

[Vaccine Rights](#)

[Shoemaker and Associates](#)

[Conway, Homer and Chin-Caplan, P.C.](#)

[Elizabeth Birt Center for Autism Law and Advocacy](#)

Conventional Perspective

[American Academy of Pediatrics](#)

[The Children's Hospital of Philadelphia](#)

[ACIP – Advisory Committee On Immunization](#)

[Practices](#)

[CDC – Centers for Disease Control and Prevention](#)

[FDA – Food and Drug Administration](#)

[NVICP – National Vaccine Injury Compensation](#)

[Program](#)

[Vaccines.gov](#)

[VAERS – Vaccine Adverse Events Reporting System](#)

[World Health Organization](#)