



## Flu Vaccine Answers to your Questions...

The flu this year started earlier than last year. The good news – we appear to be over the hump as weekly numbers reported by the Washington Department of Health are waning.

Still wondering if you should get the flu vaccine?

In my practice, I would only recommend it to those of fragile health and compromised lung function especially if over the age of 50 and for infants. People in this category are the ones that can die from influenza. People who care-take for infants or adults with immune and lung compromise should also consider getting the vaccine.

I don't recommend it to people in the rest of the population. We have seen the billboards and commercials recommending the flu-shot but how many of us have heard about the research from our doctors? Read on and decide for yourself.

1. Findings from a comprehensive review of 50 published reports by the highly credible Cochrane Collaboration should discourage healthy people from getting the flu shot: "The results of this review seem to discourage the utilisation of vaccination against influenza in healthy adults as a routine public health measure. As healthy adults have a low risk of complications due to respiratory disease, the use of the vaccine may be only advised as an individual protection measure against symptoms in specific cases."

Specifically, the EVIDENCE REFUTES the claims that the flu vaccine prevents the flu; the EVIDENCE REFUTES the claim that it prevents viral transmission in healthy adults; and the EVIDENCE REFUTES the claim that the vaccine prevents complications and "saves lives."<sup>iii</sup> It appears that the only studies in favor of the vaccine are paid for by the vaccine companies.

2. The percentage of cases reported that actually tested positive for the flu ranges from 9.4% mid-March 2014 to 23.8% in mid-January 2014 in Washington State, **meaning the majority of cases would not have been protected by the vaccine anyway.** Hmm. What's the push this year? According to the Washington Department of Health, emergency room visits this year have been higher compared to previous years – by how much was not reported. And of those hospitalized, twice as many were in the 18-64 age category compared to last year, with the majority of those hospitalized being persons aged 50 or older.<sup>iii</sup> Let's not forget those drug companies have lots of vaccines to get rid of!



3. Reactions to the vaccine can happen to anyone and can be severe. In 2013 the Department of Justice reported tort cases – people suing due to damages – due to the flu vaccine more than any other vaccine on the market!<sup>iv</sup> Reactions range from Guillain-Barre syndrome – causing weakness, numbness, pain and sometimes total paralysis – to multiple sclerosis and other polyneuropathy issues.

4. Mercury. The preservative used in vaccines - thimerosal - contains mercury. That means every year you're getting another load of mercury to add to everything else your body has already accumulated. The only way to get a mercury-free vaccine is to ask for a single dose vial or the nasal mist. And even those will still have trace amounts – the mercury level even in the 'preservative free' products is still above the EPA limit of safe exposure for pregnant women. For this reason, I do not encourage pregnant women to get the flu vaccine; the mercury will pass to the infant through the breast milk once born. Mercury is a known neurotoxin – meaning toxic to your brain and nervous tissue.

What should you do then if you decide to forgo the flu vaccine? I recommend optimizing vitamin D levels through the winter; most people need 4000-5000IU daily. I also recommend taking 2000mg buffered vitamin C daily and avoiding sugar, alcohol and caffeine, especially if you are starting to feel sick. Come in and let us know your concerns so that we can tailor a plan specific to your needs and situation.

Wishing you a healthy happy rest of the 2014 winter season!

Dr. Olivia Franks, ND

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<sup>i</sup> [www.ahrp.org](http://www.ahrp.org) **Cochrane Collaboration: Flu Vaccines of No Benefit**

[www.ahrp.org](http://www.ahrp.org)

<sup>iii</sup> <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD001269.pub4/pdf/abstract>

<sup>iii</sup> [www.doh.wa.gov/portals/1/Documents/5100/fluupdate.pdf](http://www.doh.wa.gov/portals/1/Documents/5100/fluupdate.pdf)

<sup>iv</sup> <http://www.hrsa.gov/vaccinecompensation/dojaccvpresentation.ppt>