



The
Thinking Parent's
Guide to
Vaccines

Kresha Faber

Nearly every modern parent is faced with the weighty question of how and when to vaccinate their children. Thus, we've put together this brief guide as a practical resource to encourage thoughtful, informed decision-making on this very contentious issue.

This guide does not advocate for any specific vaccination method. There are both risks and benefits associated with every scenario. Please make liberal use of the tools and additional resources listed at the end of this article to help you with your decision-making.

May the joy in your home be nourished as you seek to live thoughtfully and intentionally.

Kresha Faber
Author/Editor
NourishingJoy.com

*All hyperlinks in this article are clickable,
provided your PDF reader allows hyperlinks to be active.*

© 2013 Kresha Faber

You are free to distribute this guide, offer it for download, or share it in any other way, PROVIDED it is not offered for sale or altered in any way.

The Thinking Parent's Guide to Vaccines

When my first child was born, I didn't blink an eye at the large schedule of vaccinations awaiting her. We showed up exactly on time for every appointment and carefully checked off every single shot.

But then, I ran across a reference to the fact that one of the injections she had just received included aborted human fetal tissue. I was sickened. Could that possibly be true?

I opened up her vaccination record book and counted through the 31 injections she had received - was it possible that she had the genetic cells of 31 other people in her?

It was that question - whether the answer was true or not - that propelled me to seek out every piece of vaccination information I could get my hands on.

WHY VACCINATION MATTERS

Disease is real - and can be serious. But it's also important to keep in mind that there are two different types of disease.

Illnesses such as the common cold, most stomach bugs, and similar viruses are diseases that the body fights off with proper rest and nutrition.

This is where the crux of the vaccination debate lies - do we best establish immunity through natural means or through specialized, manufactured ones, namely the modern vaccine?

However, chronic or acute disease is such that the body cannot fight it off without outside help, whether that's in the form of antibiotics, vaccines, or other forms of treatment.

It is absolutely essential that our bodies build up immunity to these chronic diseases and that our immune systems are vigorous and strong (though not overly so, as we see with auto-immune diseases where an overly zealous immune system attacks itself). Proper rest and nutrition are crucial to this, but so is building and establishing immunity.

This is where the crux of the vaccination debate lies - do we best establish immunity through natural means or through specialized, manufactured ones, namely the modern vaccine?

And as many may not know, vaccination and immunization are not the same thing!¹

REFERENCES:

1. <http://gnowfglins.com/2013/02/08/4-things-you-didnt-know-about-vaccines/>

To Vaccinate or Not to Vaccinate?

ARGUMENTS FOR VACCINATION

Those who support mandatory vaccination cite the following reasons as why it's important to vaccinate children fully and on-time:

- Childhood diseases can be devastating or fatal, but they can be controlled or eliminated with vaccines, provided that all children are vaccinated.
- Since serious disease can be debilitating or fatal, the benefits of vaccination greatly outweigh the risks associated with vaccines, which tend to be minimal in comparison.
- Widespread vaccination programs have nearly eliminated the common childhood diseases from the US since their introduction in the 1950's.
- The timing of each vaccine is crucial and intentional - vaccines are purposely administered to newborns to counteract the waning of antibodies the baby inherited from the mother in vitro. Subsequent doses are provided at carefully measured intervals to maximize the immunological response.
- Those who do not vaccinate their children are putting the entire society at risk for the sake of their own children, which is unethical and dangerous.

ARGUMENTS AGAINST VACCINATION

Those who desire to avoid vaccination cite these rationale:

- The risks associated with vaccines are real, which include toxic mercury exposure, genetically modified particles in the vaccines, contracting the vaccinated disease, and vaccine injury including neurological and autism spectrum disorders. While there has not been extensive research recorded to prove those risks, proponents cite that the anecdotal evidence is mounting at undeniable rates.
- Traditional vaccines are given via injection, which introduces a disease into the body in an unnatural fashion. For example, influenza naturally enters the body through the mouth, nose, ears, or eyes and by and large is a respiratory mucosal infection, but the vaccine introduces the disease directly into the bloodstream.
- In the US and Canada, the recommended vaccination schedule begins at birth or shortly thereafter. Anti-vaccination supporters claim that it is unjustifiable to expose a baby under 1-2 years of age to any vaccine risk, since the baby's immature nervous system, immune system, and brain are at such critical times of growth. They also argue that it's "too much too soon". As of 2012, there are 38 vaccinations recommended in the first six years, as compared to ten in 1983.
- There is conflict of interest on the part of the pharmaceutical companies that manufacture and market the vaccines ^{2,3} - anti-vaccination advocates often state that information provided by these companies cannot be trusted to be for the good of the child
- A child of any age should not be exposed to more than one vaccine at a time. For example, the DTaP-IPV shot – which is given three times in the first six months, then twice more before the age of 5 ⁴ – includes diphtheria, tetanus, pertussis, and polio all in one vaccine.
- It is too simplistic to say that vaccinations alone reduced or eliminated certain childhood diseases from the US. Clean water, improved hygiene, and urban sanitation systems have also played a significant role in ousting polio, smallpox, and other diseases from our midst ^{5,6}
- There are too many ethical questions about what manufacturers use to produce and preserve vaccines – aborted fetal tissue, green monkey kidney tissue, and genetically modified human tissue are all used today in various vaccines for culturing and stabilizing the product. ⁷

According to the source article, *vaccinations* are used to prevent a number of serious diseases concurrently, and utilize dead or weakened bacteria or viruses to create immunity in the body.

Immunizations refers to the process by which a person is exposed to a disease or illness through natural means and therefore builds up immunity to it.

One public health nurse with whom I spoke also was careful to remind me, “Remember, vaccines were created to protect an entire population, not an individual.”

HOW TO DECIDE

So, in the midst of all the torrents of information available, how do you go about deciding what will work best for you and your child?

First, know that you have alternatives. Contrary to common belief, you have options when it comes to deciding how and when to vaccinate - it’s not an all-or-nothing proposition.

Second, take the time to examine each vaccine carefully and decide whether it’s right for your child and your community at this point in time.

Feel free to use the Vaccine Evaluation Worksheet at the end of this article to take notes on each vaccine and think through its ethical, physical, and communal impact for each child.

THE ALTERNATIVES

DELAY VACCINATIONS - Dr. Donald Miller, Dr. Robert Sears, and other physicians recommend starting vaccines at age 2 rather than at birth or in the first few months of life. Here’s a look at the schedule Dr. Miller recommends.

VACCINATE AGAINST ONE DISEASE AT A TIME - Another alternative therapy is to vaccinate against only one disease at a time. For example, in the current standard schedule, a 2-month-old baby receives four injections vaccinating against 7 diseases in one visit, which can overload the immature immune system. An alternative schedule would introduce only 1 disease every 6 months.

HOMEOPATHIC IMMUNIZATIONS - Homeopathy is all about stimulating the body to build its own defenses. Homeopathic nosodes are highly effective and can be used at any age. Some practitioners advocate that homeopathic treatment be used only in the case of an epidemic or for travel, but they can also be applied as routine prophylaxis as well.

REQUEST THE PRESERVATIVE-FREE VERSION OF EACH VACCINE - There are preservative-free versions available for most vaccines, which will help you avoid mercury and other toxic substances in your injections.

KNOW WHAT’S LEGAL WHERE YOU LIVE - Each state in the US has different laws about vaccine exemptions and what the ramifications are for not vaccinating. Educate yourself on local law as part of your decision-making process and you’ll be well prepared to talk rationally with health care professionals, school officials, and other members of the community.

CANCEL THE APPOINTMENT IF THERE’S ANY SIGN OF ILLNESS - A person of any age - but especially children - need a fully healthy immune system to handle a vaccine. If your child has the sniffles, is unusually fussy or cranky, or has been ill in the last 2 weeks, cancel the appointment. If complications are going to happen following a vaccine, it will be because the immune system can’t keep up, so give your child the best chance possible to build healthy antibodies and fight off infection.

2. http://www.nytimes.com/2009/12/18/health/policy/18cdc.html?_r=2

3. http://www.naturalnews.com/027789_Dr_Julie_Gerberding_Merck.html

4. <http://www.phac-aspc.gc.ca/im/is-cv/index-eng.php#a>

5. http://www.naturalnews.com/027203_vaccination_health_vaccines.html

6. “I would rather use the long-term, tried-and-true ways to prevent epidemics— sanitation, nutrition, hygiene, health-awareness—and save the emergency measures, like mass vaccinations, for true emergencies.” – Howard Morningstar, MD – “Vaccine Debate,” *Mothering Magazine*, July-August 2009, pg 51

7. <http://articles.mercola.com/sites/articles/archive/2011/07/10/this-shocking-fact-is-never-disclosed-on-any-vaccine-informed-consent-form.aspx>

RESOURCES

FILM:

“The Greater Good”

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

ORGANIZATIONS:

National Vaccine Information Center

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

National Network for Immunization Information

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

ECHAMP – European Coalition on Homeopathic and Anthroposophic Medicinal Products

<http://www.echamp.eu/positions/position-papers.html>

Immunization Action Coalition

<http://www.nvic.org/resource-center/www.immunize.org>

Institute for Vaccine Safety at John Hopkins
Bloomberg School of Public Health

<http://www.vaccinesafety.edu/>

USEFUL RESOURCES:

CDC Vaccine Guide

<http://www.cdc.gov/vaccines/>

Health Canada recommended vaccination schedule

<http://www.phac-aspc.gc.ca/im/is-cv/index-eng.php>

Printable Forms: Vaccination Exemption, Informed Consent, Affidavits, etc.

<http://www.vaclib.org/exemption.htm#ama>

Vaccine Ingredient Lists from the Centers for Disease Control

<http://www.cdc.gov/vaccines/pubs/pinkbook/index.html#appendices>

Vaccine Ingredient Lists from The Institute of Vaccine Safety at John Hopkins-Bloomberg School of Public Health

http://www.vaccinesafety.edu/package_inserts.htm

Exemption Laws by State from GenerationRescue.org
<http://www.generationrescue.org/resources/vaccination/exemption-laws-by-state-2/>

Boost Your Child’s Immune System by Dr. Bob Sears

<http://www.askdrsears.com/?q=topics/vaccines/boost-your-childs-immune-system>

A User-Friendly Vaccination Schedule by Dr. Donald W. Miller Jr.

<http://www.lewrockwell.com/miller/miller15.html>

Dr. Sears’ alternative vaccination schedule

<http://www.askdrsears.com/?q=topics/vaccines/alternative-vaccine-schedule>

ARTICLES:

“Vaccine Debate,” Mothering Magazine, July-August 2009

<http://www.motheringshop.com/product-p/digreprint-vaccdebate.htm>

“Why Immunize?” from the National Network for Immunization Information

<http://www.immunizationinfo.org/parents/why-immunize>

“Our 5 Part Plan for Vaccinations and How Do School Exemptions Work?” from Kelly the Kitchen Kop

<http://kellythekitchenkop.com/2009/12/part-2-our-5-part-plan-for-vaccinations-and-how-do-school-exemptions-work.html>

The Medical Effects of Using Human DNA in Vaccines and the Ethics of Using Aborted Fetal Tissue from Dr. Joseph Mercola

<http://articles.mercola.com/sites/articles/archive/2011/07/10/this-shocking-fact-is-never-disclosed-on-any-vaccine-informed-consent-form.aspx>

“The Emergence of Vaccine-Induced Diseases” from Dr. Joseph Mercola

<http://articles.mercola.com/sites/articles/archive/2011/04/29/the-emergence-of-vaccine-induced-diseases.aspx>

“Are You Concerned Over Genetically Modified Vaccines?” from Dr. Joseph Mercola

<http://articles.mercola.com/sites/articles/archive/2012/10/02/vicky-debold-on-gmo-vaccines.aspx>

“The Challenge to Mass Vaccination” from Barbara Loe Fisher

http://web.mac.com/rblaylock/Russell_Blaylock_M.D./Published_Papers_files/Vaccines%20and%20autism.pdf

“The Danger of Excessive Vaccination During Brain Development” by Dr. Russel L. Blaylock
http://web.mac.com/rblaylock/Russell_Blaylock_M.D./Published_Papers_files/Vaccines%20and%20autism.pdf

“The Thoughtful Parent’s Guide to Thinking Through Vaccinations” at Keeper of the Home
<http://www.keeperofthehome.org/2011/02/the-thoughtful-parents-guide-to-thinking-through-vaccinations.html>

BOOKS:

Viruses, Plagues, and History by Michael B. A. Oldstone
<http://www.amazon.com/gp/product/0195134222/>

The Vaccine Book by Dr. Robert W. Sears, MD, FAAP
<http://www.amazon.com/gp/product/0316180521/>

*The Parents’ Concise Guide to Childhood Vaccinations by Lauren Feder, MD
<http://www.amazon.com/gp/product/1578262518/>

Vaccines: The Thoughtful Parent’s Guide by Aviva Jill Romm
<http://www.amazon.com/gp/product/0892819316/>

The Vaccine Guide: Risks and Benefits for Children and Adults by Randall Neustaedter
<http://www.amazon.com/gp/product/1556434235/>

Make an Informed Vaccine Decision for the Health of Your Child: A Parent’s Guide to Childhood Shots by Dr. Mayer Eisenstein
<http://www.amazon.com/gp/product/1881217361/>

**The Parent’s Concise Guide to Childhood Vaccinations by Lauren Feder, MD is a particularly excellent vaccination guide for the thoughtful parent*

Use a Vaccine Thinksheet

It is often helpful to put into writing all the information related to each particular vaccine in light of each child.

Since vaccines are immuno-stimulants and many are created with allergenic materials (e.g. eggs), you may come up with different decisions for different children according to their needs and overall health.

Putting your thoughts into writing can also help you revisit each decision years down the road as you re-evaluate for a new child or if you’ve decided to delay a certain vaccination and need to re-think its timing.

If you have ethical issues with any ingredients, writing down the entire list in each vaccine can help you spot those ingredients you find questionable.

Tip: Don’t feel that you have to fill in an answer for EVERY question - just fill it out as much as you’re able and you’ll still have a good overview from which to base your decisions.

Use this worksheet to gather vaccine information into one convenient, at-a-glance location. Don't worry about filling in every question, as it is likely that not every question will apply to every family. Find helpful resources at NourishingJoy.com/a-common-sense-guide-to-vaccines

Child's Name _____

Age _____

Name of Vaccine _____

Diseases This Vaccine Protects Against _____

SUMMARY (Use this area for easy reference as you talk with healthcare providers.)

DATE: _____

CHILD'S HEALTH PROFILE

Does my child currently have food allergies, eczema, rashes, or other auto-immune issues that can compromise the immune system?

Is there family history of neurological disorders, allergies, or immunological disorders?

Has this child reacted to a vaccination before?

If this vaccination requires a series of shots, has this child received any of the series previously?

NOTES

VACCINE INGREDIENT LIST

Find ingredient lists and product information at www.vaccinesafety.edu/package_inserts.htm OR www.novaccine.com/vaccine-ingredients/

This vaccine is a:

- | | |
|---|------------------------------------|
| <input type="checkbox"/> nasal spray | <input type="checkbox"/> injection |
| <input type="checkbox"/> oral solution | <input type="checkbox"/> other |
| <input type="checkbox"/> homeopathic nosode | |

Complete ingredient list:

Contraindications:

DISEASE & VACCINE INFORMATION

How does this disease naturally enter the body?

Is this disease treatable and/or preventable by natural means? If this vaccine is for international travel, does the child already have any natural immunity to the disease?

How often will the child need to get the vaccine in order to be protected?

Are there any benefits to gaining immunity to this disease through natural infection rather than through the vaccine?

How long has this vaccine been on the market?

Has this vaccine been sufficiently tested? Are there any concerns about how the studies were conducted?

POSSIBLE RISKS & ETHICAL ISSUES

If my child contracts this disease, what is the probable outcome? What are the risks?

If my child receives this vaccine, what is the probable outcome? What are the risks?

Is the disease common where the child lives or is going to be traveling? What is the likelihood of contracting the disease? How is the disease spread?

Are there any ethical issues associated with this vaccine? (e.g. use of aborted fetus tissue, cultured in genetically modified human tissue, use of green monkey or other animal tissue, etc)

Would there be any legal or ethical ramifications if my child doesn't receive this vaccine? Am I/Are we willing to bear those?

How will our decision affect our community - medically, emotionally, and spiritually?