

# Do you know what's in the Flu Shot?

## ***What you really need to know about the flu shot***

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Every year people are urged to get the flue shot. According to the media, the medical establishment and the government, we are facing a possible flue epidemic, the flu shot is safe and it saves lives. Let's take a closer look at these statements.

*How many people really get the flu?*

Most people suffering from fever, fatigue, cough and aching muscles think they have the flu. They do not. Instead they have an 'influenza-like illness' (ILI) associated with many different 'germs' such as rhinoviruses, respiratory syncytial virus, adenoviruses, parainfluenza viruses, Legionella spp., Chlamydia pneumoniae, Mycoplasma pneumonia and Streptococcus pneumoniae but NOT the flu virus. In one study, the Center for Disease Control CDC found that only 17.1% of the people who had flu like symptoms actually had the flu. The remaining had ILI.

Why, if most flu-like illness is not associated with the flu virus, do we even need a flu shot?

*Is the Flu Shot effective?*

According to Sherri Tenpenny, DO, vaccine researcher, "The fact that the flu shots are ineffective in every age group hardly seems to matter to those who continually promote their use. Multiple studies...have documented that flu shots are ineffective in all ages. "

*How many people die from the flu?*

You have heard that the flu kills about 36,000 Americans every year. That is simply not true.

Government statistics lump flu and pneumonia deaths together, but flu deaths are only a small fraction of the total. For example, in 2002 when the flu plus pneumonia deaths were reported to over 60,000, only 753 were flu deaths. In 2001 the total number of flu deaths was 267. Does this justify giving a poorly tested and dangerous vaccine to millions of people?

The CDC states: "Seasonal influenza-related deaths are deaths that occur in people for whom seasonal influenza infection was likely a contributor to the cause of death, but not necessarily the primary cause of death...Only a small proportion of deaths...are estimated to be influenza-related... only 8.5% of all pneumonia and influenza deaths and only 2.1% of all respiratory and circulatory deaths were influenza-related.

Flu Shots contain mercury – a neurotoxin that damages brain and nerve cells

There are 25 micrograms of mercury per dose in many flu shots; five times the maximum amount judged safe by the CDC for a 110 lb. person.

"More than 75% Americans said a pregnant woman or a child should not get a mercury-laden flu shot, said Lisa Handley of PutChildrenFrist.org whose son became autistic after a flu shot.

### *Flu shot is linked to Alzheimer's*

According to Hugh Funderberg, MD, the world's leading immunogeneticist, the chances of getting Alzheimer's is ten times higher if an individual has had five consecutive flu shots. Dr. Funderberg stated that mercury in the shot causes the brain damage.

### *Dangerous and useless during pregnancy*

Vaccinating mothers does not reduce respiratory illness in their newborns or infants. "Maternal influenza vaccination did not significantly affect infant outpatient and inpatient visits for acute respiratory illness."

The American Academy of Pediatrics states "mercury in all of its forms is toxic to the fetus and children. "Yet pediatricians who tell pregnant women not to eat tuna to avoid mercury still recommend the mercury-laden flu shot even though mercury injected into the mother is able to cross the placental barrier and enter the fetus.

### *Flu shot for Children?*

In 1999, 25 children died from the flu in the entire US. In 2000 that number decreased to 19, to 13, and to 12, in 2002. The CDC began to push for the flu shots for kids in 2003. That year the number of flu deaths in children jumped to 90. From 2010 to 2016 the annual average number of flu-associated pediatric deaths was 113.

### *Shot damages the immune system*

No one knows the 4 long-term consequences of repeated influenza vaccinations – It's never been tested (same with all vaccines). Repeated vaccination at a young age increases the risk of influenza in older age. This is possible due to overall weakening of the immune system. However, natural flu infection strengthens the immune system.

### *Flu shot is not completely tested*

It is not known if flu vaccines can cause cancer, mutations, sterility, reproductive problems or fetal harm when given during pregnancy. It is also not known if flu vaccine is excreted in human milk.

### *Does the flu shot save lives among the elderly?*

Even though immunization rates in those over 65 have increased 50% in the past 20 years researchers found no decline in flu-related deaths. Researchers report that studies "substantially" overestimate the vaccine's benefit.

### *No effect on complications*

A review of 50 reports that included 70,000 participants found that flu vaccination had no effect on hospital admissions or complication rates. The vaccine caused harm and Guillain-Barre Syndrome. "There is no evidence that they [flu vaccines] affect complications, such as pneumonia, or transmission..."

### *Benefits of symptoms*

Hippocrates, the “Father of Medicine,” recognized the role symptoms play in the larger picture of health when he wrote, “Diseases are crises of purification, of toxic elimination. Symptoms are the natural defense of the body. We call them diseases, but in fact they are the cure of diseases”.

For example, flu sufferers who took aspirin or acetaminophen were sick 3-5 days longer than people who did not take the drugs.

The cleansing or detoxifying aspect of illness (fever, vomiting, diarrhea, sweating) may be why getting colds, flu and infectious diseases is associated with decreased risk of cancer.

Researchers found that those who had febrile infectious childhood diseases have less cancer as adults while another study revealed that ‘a history of common colds or...influenza...was associated with a decreased risk of stomach, colon, rectum and ovarian cancer.

Don’t let fear tactics dictate your healthcare decisions.

Make an informed choice.

Nobody really knows what this mixture of chemicals and microorganisms does in our bodies.

## **Ingredients**

### *Egg protein*

Many flu vaccines are made by growing the viruses inside fertilized chicken eggs. This means that they contain a small amount of egg protein. A newer version of the vaccine, called Flucelvax, is grown in animal cells instead.

People allergic to egg or chicken or to any of the other ingredients in a vaccine can become seriously ill from the vaccination.

### *Preservatives*

Vaccine manufacturers add the preservative thimerosal to multidose vaccine vials. Thimerosal prevents dangerous bacteria and fungi from getting into the vial with each use.

Thimerosal contains mercury, which can be toxic in large doses. There isn’t enough evidence to show the small amount contained in the flu vaccine is dangerous. But if you’re concerned, thimerosal-free versions of the flu vaccine are available.

### *Mercury*

One of the most poisonous substances known. Has an affinity for the brain, gut, liver, bone marrow and kidneys. Symptom of mercury toxicity are similar to those of autism.

### *Stabilizers*

Sucrose, sorbitol, and monosodium glutamate (MSG) are used to keep vaccines stable. They prevent vaccines from losing potency, even when exposed to heat and light.

Sucrose is the same table sugar you spoon into coffee and sprinkle on berries. Sorbitol is an artificial sweetener that's also found in chewing gum. MSG is a flavor enhancer. Commonly thought of as an additive in Chinese food, it's used in many processed foods. Though certain people are sensitive to MSG, the amount found in the flu vaccine is very small.

### *Antibiotics*

Neomycin sulfate, gentamicin, and other antibiotics are added to vaccines in very small amounts. They stop bacteria from contaminating the vaccine. Interferes with Vitamin B6 absorption. Can cause epilepsy and mental retardation. Allergic reactions can be mild to life-threatening.

### *Polysorbate 80*

This emulsifier prevents sauces and salad dressings from separating. In vaccines, polysorbate 80 keeps all the ingredients evenly distributed. Though large doses can cause some people to have reactions, the amount in the flu vaccine is very small. Known to cause cancer in animals.

### *Formaldehyde*

This natural compound is found in household products from glues and other adhesives to pressed-wood furniture. Formaldehyde is a gas that is soluble in water. It's used in the flu vaccine to inactivate influenza virus.

Routine exposure to large doses of formaldehyde is linked to eye and throat irritation, breathing trouble, and a higher risk for certain cancers. Linked to leukemia and brain cancers.

Major component of embalming fluid; suspected gastrointestinal, liver, immune system, nerve, reproductive system and respiratory poison.

### *Sodium phosphate*

Symptoms may include vomiting, lethargy, diarrhea, blood chemistry effects, heart disturbances and central nervous system effects; inflammation and pain on prolonged contact, especially with moist skin.

### *Gelatin*

Produced from selected pieces of calf and cattle skins, demineralized cattle bone and port skin. Allergic reactions have been reported.

*Sodium deoxycholate*

Promotes tumors and damages DNA.

*Octoxynol*

Spermicide (kill sperm). Can cause chills, confusion, dizziness, fever, lightheadedness, muscle aches, peeling of the skin. Causes severe eye irritation. Harmful if swallowed, inhaled or in contact with skin. May contain traces of ethylene oxide or dioxane, which are probable human carcinogens.

NOTE: Vaccine should not be administered to anyone with known systemic hypersensitivity to any component of the vaccine. It is almost impossible to know in advance of exposure if a child or adult has a hypersensitivity.

Resources & References

[www.vaclib.org/basic/fluindex.htm](http://www.vaclib.org/basic/fluindex.htm)

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