

REAL Health Breakthroughs

from William Campbell Douglass II, M.D.

5 Vaccinations You Should Never Get

Pharmaceutical companies haven't been shy about sticking generations of Americans with round after round of vaccines to prevent even obscure illnesses. Trust me, kids have a better chance of tap dancing on the moon with Elvis than dying from rubella.

Of course, Big Pharma has decided not to limit their junk vaccines to the children's market. Over the past several years in particular, drug companies have aggressively marketed vaccines for adults, using scare tactics to get otherwise sane people to roll up their sleeves in droves. Many of these vaccines are useless, and some are downright dangerous. These five vaccinations are the worst of the worst.

1. Human Papillomavirus (HPV)—Gardasil

One of the biggest designer vaccinations that Big Pharma is shoving down our throats these days is the HPV vaccine, Gardasil. This vaccine is needless and, history has shown, dangerous. Yet women are paying \$360 a pop to be injected with it.

The most frustrating part of this whole sham is that Gardasil's manufacturer, Merck, has drawn on the aid of cancer—medicine's greatest boogeyman—in order to sell its product. Merck would have us believe that by inoculating against HPV, we'll stop cervical cancer, at which point Gardasil becomes the “cure for cancer.” This is such a load of bull that we're going to need a backhoe to dig our way out.

According to FDA reports made public through the Freedom of Information Act (that means the government wasn't volunteering this information, by the way), Gardasil has been linked with a variety of dangerous and even deadly side effects.¹ Just since September 2007, the vaccine has been linked to 10 deaths from blood clotting, arrhythmia, and at least one allergic reaction. The vaccine has further been linked to 10 spontaneous abortions and six instances of Guillain-Barre Syndrome, a disease that causes the immune system to attack the nervous system, and which may lead to paralysis.

The FDA report further included evidence of nearly 150 instances of serious injury that resulted from the vaccine, and a multitude of outbreaks of warts on the genitals, face, hands, and feet. These warts are most likely caused by the HPV virus and are a condition that should have been avoided through the use of the vaccine.

And while these side effects certainly haven't affected every patient, the effects are so serious that no sane person should want to subject themselves or their children to this injection. This is especially true when prevention is as simple as keeping your pants on.

You see, the “dirty” little secret about HPV is that it's a sexually transmitted disease. Want to avoid HPV? Skip the shot and get some condoms.

2. Shingles—Zostavax

Another useless vaccine with a major corporate push is the shingles vaccine Zostavax. The only reason more people don't get it is that many insurance companies won't cover it. You know why? It costs up to \$200 per shot, and it's an unnecessary preventative for a disease that is completely treatable and not very serious.

My recommendation is that you boost your immune system with zinc and vitamins C and E, then hang around with some kids in your family when they have the chicken pox (more on that later).

Merck—which manufactures Zostavax and also brought us Gardasil—has no clue about the long-term effects of the vaccine. The study on long-term effects conducted for FDA approval only lasted 42 days, so there is no real data on negative consequences of Zostavax over periods of several years. If you take the vaccine, understand you'll be signing yourself up as a guinea pig in a human drug trial.

The irony here is that the whole shingles “scare” is probably the result of over-fanatical efforts by drug companies to vaccinate children against chicken pox. At least one study has shown that repeated exposure to children with chicken pox increases the immune system's resistance to shingles.² Essentially what this means is that by helping our youngsters suffer through their chicken pox, we were building our immunity to shingles. When kids stop getting chicken pox, we start getting shingles. So, in a sense, Zostavax is a drug-company cure (and a very unproven one at that) for a problem caused by the drug companies.

3. Influenza

Yearly flu shots have become standard operating procedure for people of all ages. The CDC practically mandates an annual inoculation for children aged 6 months to 19 years, adults over 50, and even pregnant women. Each fall, when the colder weather forces us to huddle together for warmth, the CDC passes the warning that your family, friends, and colleagues are all little more than flu incubators. Millions rush to their doctors, hospitals or clinics to get their shots.

But here's the big news: the flu vaccine doesn't work. Year to year, the makers of the flu vaccine make a *guess* about which flu strains will be the most prevalent and then mix them accordingly. There is currently no system in place to track the effectiveness of the vaccine and to use this data to compile the next flu vaccine. The process is arbitrary enough that they might as well stick some sugar water in a syringe and cross their fingers.

For the elderly and the very young in particular, I can't recommend exposing potentially weak immune systems to the flu for no net gain.

As always, I recommend building a more powerful immune system with safe natural methods and staying away from jab-happy MDs when the cold months are upon us.

4. Whooping cough

Lately, the mainstream media has been harping on individual cases of pertussis, or whooping cough, as if a global pandemic is waiting around the corner. Big Pharma has their lapdogs pushing out statistics that reveal hundreds of thousands of deaths from whooping cough each year.

The truth is, this is a global statistic that is accounted for by the prevalence of the disease in third world countries without the medical resources to cure a cold, let alone whooping cough. There are only a handful of deaths attributed to this disease in the United States each year, and most of those are infants—some of whom are too young to get the vaccine.

So why is the CDC now pushing for every person to be immunized in infancy and then receive five more booster vaccinations as they advance into adulthood and old age? You have almost no chance of getting whooping cough as an infant, and you have even less chance as an adult. At \$60 per booster plus the initial cost of childhood vaccination, the CDC wants us to spend \$300 over the course of our lifetimes on a useless vaccine.

We are not living in the barely tamed wilderness of yesteryear. We are living in a modern society with appropriate sanitation, better nutrition, and access to health care that limits the spread of disease and treats diseases like whooping cough with ease. In the modern age, unless you plan on traveling to the third world, there is no need to go injecting yourself with a “weakened” strain of a disease that you may never encounter, and can be easily cured of if you do happen to get it.

5. Measles, Mumps, Rubella, & Chicken pox—ProQuad

Now that I’ve taken time to tell you about the dangers of some of Big Pharma’s adult vaccines, I am going to sound the alarm for the little ones in your family. If the CDC and pharmaceutical companies have their way, every child born in the United States will get jabbed with enough needles to leave them looking like a voodoo doll; and all this before their second birthdays. The ProQuad vaccine is a cocktail of vaccines that includes the traditional measles, mumps, and rubella, plus a dose of chicken pox that is five times what a child would get in a regular vaccination.

Time has shown that toddlers given the ProQuad injection were twice as likely to have a seizure as toddlers who received MMR and chicken pox vaccinations separately. The seizure data has even caused a government advisory panel on vaccines to step back from recommending ProQuad as their method of choice.

These new horrors only add fuel to the fire that should burn down the vaccination regime. This dangerous all-in-one is a prime example of how impersonal assembly line medicine is doing more harm than good.

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1 Jane Akre, July 9, 2008, InjuryBoard.com, FDA Adverse Reports on Gardasil Made Public, <http://www.injuryboard.com/national-news/fda-adverse-reports-on-gardasil-made-public.aspx?googleid=243428>

2 Bisson, M. et al, March 29, 2002, ScienceDirect.com, Exposure to varicella boosts immunity to herpes-zoster: implications for mass vaccination against chickenpox, http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6TD4-45FYY5Y1&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=5ecff59fb0795f4db6f8adc3b330e55f

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