

# VACCINES TRUTHS AND MYTHS: PART 1

By Dr Katia Meier



Unscientific, emotion-laden outbursts and blatant, profit-driven lies blur the lines between vaccine truths and myths in the media. Fortunately, the population is waking up by taking research into their own hands.

Many doctors just regurgitate what they've been spoon-fed in pharmaceutical-sponsored medical schools. Many doctors and educated people come to learn the truth about vaccines when a life event forces them to do so. As a doctor and a mother, I am sharing the results of my personal vaccine truth-finding mission.

When I entered medical school, my physician mother shared alternative literature about vaccines – which I was reluctant to look at. She insisted that I learn more than what I was taught in medical school and residency, where I was told to adhere to the current “standard of care” without question. The growing, sick feeling in my gut became harder to ignore as I witnessed strapped-down, infant boys being circumcised without anesthesia (screaming in pain) and myself giving multiple vaccines at well-child checkups without knowing what risks or benefits they may hold for this child.

As I approached motherhood myself, I conducted my own research into vaccines. I was shocked to learn that the ‘conventional wisdom’ I was taught was not based on well-supported scientific evidence and sound research. Medical safety studies were insufficient

or nonexistent. Med school was teaching assumptions and doctrines as fact.

## Illusion of Disappearing Disease

According to Dr. Susanne Humphrey in *Dissolving Illusions*, vaccines have been credited with the eliminating diseases, but the data does not support this. The decline of many infectious diseases preceded the introduction of vaccines – sometimes by decades. By the time the measles vaccine was introduced in 1963, measles had already declined to its current prevalence 20 years prior. The true reasons for the decline in infectious diseases were better living conditions, like running water, less crowding and an increased priority on hygiene.<sup>1</sup> It is illogical to think these diseases would increase without vaccines.

## Advisory Board's Integrity

Patients and doctors want to believe that the agencies created to advise, research and guide us in decisions of choosing health options for ourselves and our children are doing just that; unfortunately these agencies' alliances are not with patient's health but with their own profits from the drugs and vaccines they are supposed to regulate. Scientific studies, manipulated in favor of profits, throw the principle of “First, do no harm” out the window.

The pharmaceutical industry is the biggest defrauder of the federal government under the False Claims Act. Over the past five years, they have

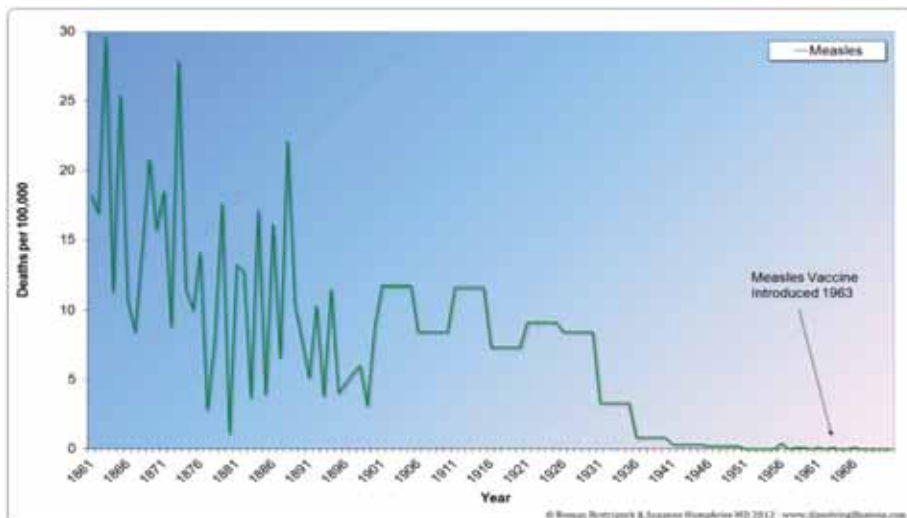
been fined \$19.2 billion for attempts to bring ineffective and malfunctioning products on the market – including vaccines.<sup>2</sup> The controversial Measles Mumps Rubella vaccine (MMR), which was found in court several times to cause autism<sup>3,4,5</sup>, has come under new scrutiny as its manufacturer, Merck, is now facing two lawsuits for deliberately falsifying study outcomes to make the vaccine look effective when actual outcomes suggest otherwise.<sup>6</sup>

According to Barbara Loe Fisher, the president of the National Vaccine Information Center (NVIC), “On Aug. 27, 2014 a senior scientist at the Centers for Disease Control and Prevention (CDC) publicly admitted that he and other CDC officials, including the current CDC's Director of Immunization Safety, published a study about MMR vaccine safety in 2004 that ‘omitted statistically significant information’ and ‘did not follow the final study protocol.’<sup>7</sup>

Congress declared vaccines to be “unavoidably unsafe” creating the National Childhood Vaccine Injury Act in 1986, which does nothing to protect children but shields the vaccine manufacturers from liability for any damage caused by their vaccines. In 2011 The U.S. Supreme Court ruled *again* that vaccines are “unavoidably unsafe.”<sup>10</sup> The National Vaccine Compensation Fund (NVCF) was created to compensate vaccine-damaged children from taxpayer funds, rather than vaccine manufacturers' profits. It has paid out over \$3.1 billion to severely vaccine-damaged patients from 1998 to 2015 with at least 1,943 cases still pending.<sup>8</sup> Further, the Association of American Physicians and Surgeons estimates only 10% of vaccine adverse reactions are reported to the Vaccine Adverse Event Reporting System (VAERS), and the real numbers are much higher.<sup>9</sup>

To be preemptively exonerated from any liability does not give the manufacturing industry any incentive to try to produce safe and effective vaccines. Since no one can hold them accountable, is it any surprise that they are not?

The measles's vaccine alone has caused 98 deaths in the US since 2003 while the actual measles disease has caused none.<sup>11,12</sup> According to a study that investigated the VAERS database



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from 1990 to 2010, “Our findings show a positive correlation between the number of vaccine doses administered and the percentage of hospitalizations and deaths.”<sup>13,14</sup> Another study finds that most adverse drug reactions are related to vaccines.<sup>15</sup> Between 1963 and 1999, millions of healthy children got infected with the oral live polio vaccine causing paralysis and death in many.<sup>16,17</sup>

The flu shot, notorious for its ineffectiveness, is completely experimental. It is never tested for efficacy nor safety

before it goes on the market. The CDC admits that the last year’s flu vaccine was again a failure, providing efficacy in up to 60% of patients, with other experts estimating efficacy as low as 0-7 %.<sup>18,19</sup> Further, studies show the flu shot interferes with healthy immune response in children by hampering T-cell immunity<sup>20</sup> and actually increases the risk for respiratory virus infections.<sup>21</sup> While the flu shot has limited benefit, it may actually promote the disease it pretends to protect against. The flu shot

was related to an increased influenza outbreak during the influenza pandemic between 2008 and 2009.<sup>22</sup>

The HPV vaccine, truly unnecessary, has caused thousands of severe adverse reactions, paralysis and deaths. Cervical cancer is preventable in other ways that are less harmful and more effective. I am sure that the popular Gardasil slogan: “one less” was not meant to mean one less girl ... but in reality this vaccine seems to do a much better job of destroying girls lives than preventing cervical cancer.<sup>23,24,25,26,27</sup>

In our practice, we strive to create a welcoming environment where everyone can feel heard, accepted and cared for no matter where they stand on the topic of vaccines. We provide resources for further education and help our patients make truly informed decisions about their own and their children’s health.

Article references may be found online at [MileHighNaturalAwakenings.com](http://MileHighNaturalAwakenings.com). Dr Katia Meier of Clear Sky Medical can be reached at 303-790-7860. See ad page 2.


Part 2 of Vaccines will be published in the July issue of Natural Awakenings.

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# VACCINES TRUTHS & MYTHS: PART 2

By Dr Katia Meier



## VACCINES AND IMMUNITY

A widespread, erroneous idea exists that vaccines create lifelong immunity, but this is not the case at all. Vaccine-created immunity is temporary at best and insufficient as it only stimulates half the immune system. It is unknown and unpredictable how long this immunity lasts as it has not been studied and most likely has a huge range in individual variations.<sup>28</sup>

Undergoing the actual disease process is the only way to achieve lifelong immunity and to be able to pass on this immunity to the fetus and newborn through breast milk-protecting the newborns for the first 2 years of their lives or longer. Vaccine-created immunity cannot be passed on to the newborn.

Vaccinations and immune status do not always correlate. To call vaccines “immunization” is wishful thinking since about 10% fail to produce antibody levels, even after two doses of the measles vaccine.<sup>29</sup>

## HERD IMMUNITY

“Herd immunity” is the theory that when most of the population is immune to a disease, the vulnerable are protected. This theory does not apply to vaccine-created immunity because:

1. Vaccines never create lifelong immunity. Duration of any immunity created is unknown and untested.

2. Vaccine-created immunity is insufficient as it stimulates only half of the immune system.
3. Vaccine created immunity cannot be passed down to the newborn.
4. Vaccines containing live, attenuated viruses (MMR and the flu mist nasal spray) can cause the disease they are trying to protect against.

For a population to acquire “herd immunity,” most members would have to undergo the disease process, acquiring lifelong and complete immunity – not immunity that wears off over time. They must also pass this immunity from mother to newborn. None of this is possible from vaccines. Therefore, unvaccinated people can’t destroy “herd immunity” that doesn’t exist. In fact, vaccine-created artificial, insufficient and temporary immunity undermines true “herd immunity” and increases the risk of disease for the most vulnerable members of society: newborns and the elderly.<sup>30</sup>

## ARTIFICIAL VACCINE IMMUNITY

The artificial immunity created by the pertussis vaccine lasts up to three years and it does not stop the spread of the disease. Requiring those visiting a newborn to get a pertussis booster, may result in a false

sense of security and an infection of the newborn.<sup>31</sup> Real immunity may have more to do with an individual’s overall health and nutrition status. In fact, an unvaccinated person can have perfect lifelong immunity to measles or other infectious diseases without ever having any symptoms of the disease at all, though usually after having gone through the disease process.

This is why it comes as no surprise that so-called “vaccine preventable diseases” sometimes break out in the *vaccinated population*. These outbreaks are sometimes caused by the actual strain of the virus used in the vaccination.<sup>37</sup> These disease outbreaks are vaccine failures - not caused by failure to vaccinate.<sup>40</sup>

## TOXIC INGREDIENTS UNTESTED

Vaccines contain many different toxic ingredients – most of which have never been tested for safety but have been *assumed* to be safe. Independent research suggests otherwise.

Aluminum, a known brain-damaging toxin, has been used as an adjuvant to increase antibody response for the past 90 years. It has never undergone safety testing. When injected, it is 100% absorbed, and due to its very positive charges, finds its way into the brain where it may accumulate and cause damage. Aluminum is linked to Alzheimer’s dementia and other neurological diseases.<sup>32,33,34</sup>

Peanut oil, used in vaccines since the 1960’s, does not have to be disclosed as an ingredient on the package insert. The current peanut allergy epidemic is the leading cause of food-related anaphylactic deaths in the U.S. with between 100-150 deaths/year. Vaccines may contain egg protein, milk protein (casein), or soy protein. One has to wonder if the current food allergy epidemic has something to do with what we are injecting into our children’s bodies. Unfortunately no testing or disclosures are being done on this

very life altering and life threatening medical risk of food allergies and vaccines.<sup>35</sup>

According to the WHO, the U.S. has one of the highest infant mortality rates compared to other industrialized countries; simultaneously it has one of the highest vaccination rates. Dr Viera Scheibner, SIDS researcher, states that “vaccination is the single most prevalent and most preventable cause of infant deaths”<sup>36</sup>

## What other factors lead to adverse reactions?

**Timing:** One study suggests that African-American boys injected with the MMR vaccine before 24 and 36 months of age face a significant increase in diagnosis of autism.<sup>37</sup>

**Glyphosate:** The main ingredient in Monsanto’s RoundUp binds and eliminates manganese. Per Dr Sennef’s research, manganese deficiency can make the glutamate in vaccines more toxic to the brain.<sup>38</sup>

**Malnourishment:** Vitamin deficiencies increase complication rates from both the vaccines and the disease itself. A good vitamin A status reduces risks for complications in measles and it’s vaccine.<sup>9</sup>

**A low immune system** can allow a live, attenuated vaccine virus to infect the receiver as well as spread to other healthy people. Research shows that some autistic children retain the vaccine strain virus permanently in their organs.<sup>40</sup>

**Taking acetaminophen** in conjunction with a vaccine may increase it’s toxicity.<sup>41</sup>

## Healthier without vaccines?

A German study published in 2011 that compared the health of 8000 vaccinated and unvaccinated children showed that vaccinated children are 2-5 times sicker than

unvaccinated children over the long term.<sup>42</sup> Most of the study respondents were from the U.S.

This correlates very well with my own medical experiences over the past 16 years including experiences with the Amish community in Wisconsin where I worked for four years as a family practitioner.

## SUMMARY

Most vaccines are untested, and have *not* undergone double blind, randomized studies as required for any other medication; they are, by definition, experimental in nature. There is insufficient evidence that vaccines are safe and effective for everyone. Part of the Hippocratic Oath, “First, do no harm,” should warrant a more cautious look at vaccines, more safety studies and more research. But with current laws exonerating vaccine manufacturers from any liability, this is unlikely to happen anytime soon.

The potential harm is great. Documented cases include: death, paralysis, permanent brain damage and lifelong illness after vaccination – a child’s God-given potential forever destroyed by just one injection. Although two out of three applicants are denied compensation, the government-funded National Vaccine Compensation Fund has already paid out *billions* to those whose health was permanently damaged by vaccines. The families of the victims who are denied often face total financial ruin due to health care and legal costs.

It is and should remain the patient’s choice to consent to a medical procedure freely after examining the risks and benefits with unbiased guidance from their doctor. The AMA is strongly behind this medical principle and human right, stating that “Informed consent is a basic policy in both ethics and law that physicians must honor.”<sup>43</sup>

“If we are to remain a free society, we must have the right to choose. We who support vaccine freedom of choice respect the choice to vaccinate. Given the above, the choice to refuse vaccines must also be retained, and equally respected.”<sup>44</sup> America was

founded on the principals of personal freedoms, but these freedoms don’t come free, they have to be defended constantly so we can all enjoy them and have them available for our children in the future.

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## MORE LOCAL INFO

Immunizations of children have become a shrill discourse in the public arena. Both the pro and anti immunization camps have used fear and intimidation to persuade parents decisions. Creating a fearful state for the parents is a tremendous disgrace, as they are unlikely to make the best decision.

In the privacy of my office, I find that many parents are anxious to make the best decision for their child and are confused by the information they’ve encountered. I intentionally create a neutral, intellectual and emotional space for parents to air their concerns safely and without being judged.

Once this nonjudgmental discourse is underway I spend some time updating the dialogue with the most recent information. Many parents haven’t accessed this information, except by the popular media or have crossed conflicting information on the internet. Presenting this new information more clearly is usually received by parents with gratitude.

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