

***Advanced Family Chiropractic***  
**“Advanced Chiropractic Care for the Whole Family”**  
**219 West Main Street**  
**Montour Falls, NY 14865**

Phone 607-535-7080

***Robert H. Berry D.C.***  
**Fax: 607-535-7007**

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### **THE FACTS ABOUT THE FLU**

Another influenza season is beginning, and the U.S. Center for Disease Control and Prevention (CDC) will strongly urge Americans to get a flu shot. In fact, the CDC mounts a well-orchestrated campaign each season to generate interest and demand for flu shots. But a recent study published in the October issue of the *Archives of Pediatric & Adolescent Medicine* found that vaccinating young children against the flu appeared to have *no impact* on flu-related hospitalizations or doctor visits during two recent flu seasons. At first glance, the data did suggest that children between the ages of 6 months and 5 years derived some protection from vaccination in these years. But after adjusting for potentially relevant variables, the researchers concluded that **"significant influenza vaccine effectiveness could not be demonstrated for any season, age, or setting"** examined.

Additionally, a Group Health study found that flu shots do *not* protect elderly people against developing pneumonia -- the primary cause of death resulting as a complication of the flu. Others have questioned whether there is any mortality benefit with influenza vaccination. Vaccination coverage among the elderly increased from 15 percent in 1980 to 65 percent now, but there has been no decrease in deaths from influenza or pneumonia. There is some evidence that flu shots cause Alzheimer's disease, most likely as a result of combining mercury with aluminum and formaldehyde. Mercury in vaccines has also been implicated as a cause of autism.

Three other serious adverse reactions to the flu vaccine are joint inflammation and arthritis, anaphylactic shock (and other life-threatening allergic reactions), and Guillain-Barré syndrome, a paralytic autoimmune disease. One credible hypothesis that explains the seasonal nature of flu is that influenza is a vitamin D deficiency disease. Vitamin D levels in your blood fall to their lowest point during flu seasons. Unable to be protected by the body's own antibiotics (antimicrobial peptides) that are released by vitamin D, a person with a low vitamin D blood level is more vulnerable to contracting colds, influenza, and other respiratory infections.

Studies show that children with rickets, a vitamin D-deficient skeletal disorder, suffer from frequent respiratory infections, and children exposed to sunlight are less likely to get a cold. The increased number of deaths that occur in winter, largely from pneumonia and cardiovascular diseases, are most likely due to vitamin D deficiency.

Unfortunately, now, for the first time, flu vaccination is also being pushed for virtually all children -- not just those under 5. This is a huge change. Previously, flu vaccine was recommended only for youngsters under 5, who can become dangerously ill from influenza. This year, the government is recommending that children from age 6 months to 18 years be vaccinated, expanding inoculations to 30 million more school-age children. The government argues that while older children seldom get as sick as the younger ones, it's a bigger population that catches flu at higher rates, so the change should cut missed school, and parents' missed work when they catch the illness from their children. Of course, this policy ignores the fact that a systematic review of 51 studies involving 260,000 children age 6 to 23 months found no evidence that the flu vaccine is any more effective than a placebo.

Back in 2005, The Federal Advisory Committee on Immunization Practices (ACIP) recommended

that all children between 6 months and 5 years old receive flu shots each year. Now they have expanded their guidelines to include children up to 18 years, which means **everyone** except those between the ages of 19-49, who are in good health, are urged to get a flu shot. It should come as no surprise to find out that a majority of the ACIP members who came up with these guidelines have financial ties to the vaccine industry, and stand to gain personally for every additional person getting a yearly injection. It's actually the only explanation that makes any sense for recommendations as insane as these.

**Three Reasons to Reconsider Flu Shots.** There are three major reasons why this government push to vaccinate 84 percent of the U.S. population with a yearly flu vaccine is so incomprehensible:

1. The majority of flu shots contain 25 micrograms of mercury; an amount considered unsafe for anyone weighing less than 550 pounds! And which groups are most sensitive to the neurological damage that has been associated with mercury? Infants, children, and the elderly.
2. No studies have conclusively proven that flu shots prevent flu-related deaths among the elderly, yet this is one of the key groups to which they're pushed.
3. If you get a flu shot, you can still get the flu (or flu-like symptoms). This is because it only protects against certain strains, and it's anyone's guess which flu viruses will be in your area. So why would you take a flu shot – EVERY YEAR -- that has NEVER been proven to be effective, that can give you the very illness you're trying to prevent, and has potential long-term side effects that are far worse than the flu itself?

The powers that be have done an excellent job of instilling fear into the population so they believe that they must get a shot to stay healthy, but the simple reality is it's doing you more harm than good. And, even if the flu vaccine could effectively prevent the flu, there have been several examples in past years where government health officials have chosen the incorrect influenza strains for that year's vaccine. In 2004, the National Vaccine Information Center described how CDC officials told everyone to line up for a flu shot that didn't even contain the influenza strain causing most of the flu that year.

**Two-Thirds of This Year's Flu Vaccines Contain a Full-Dose of Mercury.** According to Dr. Donald Miller, MD, two-thirds of this year's flu vaccines contain 25 micrograms of thimerosal. Thimerosal is 49 percent mercury by weight. Each dose of these flu vaccines contains more than **250 times the Environmental Protection Agency's safety limit for mercury**. By now, most people are well aware that children and fetuses are most at risk of damage from this neurotoxin, as their brains are still developing. Yet the CDC *still* recommends that children over 6 months, and pregnant women, receive the flu vaccine each year. In addition to mercury, flu vaccines also contain other toxic or hazardous ingredients like:

- 1 Formaldehyde -- a known cancer-causing agent
- 2 Aluminum -- a neurotoxin that has been linked to Alzheimer's disease
- 3 Triton X-100 -- a detergent
- 4 Phenol (carbolic acid)
- 5 Ethylene glycol (antifreeze)
- 6 Various antibiotics: neomycin, streptomycin, gentamicin – which can cause allergic reactions in some people

