



# Vaccination dangers

## Weighing the risks and benefits

Patty Smith, HD

**Vaccinations carry risk—the evidence is mounting. The “precautionary principle,” endorsed by the Canadian Supreme Court, argues that we take action now rather than later to protect health.**

We know about mercury in farmed salmon. Why don't we hear about the dangers of using thimerosal, a mercury derivative and known neurotoxin. Thimerosal was supposed to have been removed from vaccines in 1999, yet over 20 vaccines licensed in Canada today still contain this neurotoxin.

Vaccination researcher and author Harris Coulter, PhD, likens today's mass childhood vaccination programs to the slow poisoning of Roman citizens with lead pipes, leading to the decline of the Roman Empire. In his view, vaccinations

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unintentionally contribute to conditions such as hyperactivity, learning disabilities, autism, appetite disorders, and impulsive violence.

Vaccines contain a virtual “witches' brew” of dangerous substances: aluminum, formaldehyde, phenol, ethylene glycol, borax, acetone, and disease-causing viral materials implicated in modern autoimmune disorders. Scientists also depend upon animal tissue to produce the viral strains found in vaccines.

Vaccination is no longer unquestioned. All 27 US veterinary schools are re-examining annual vaccination, and British veterinarians wrote in *Veterinary Times* (January 2004): “In light of data now available showing the needless use and potential harm of annual vaccination, we call on our profession to cease the policy of annual vaccination.” It is high time that this important connection is made with human vaccinations.

So, what can you do? Should you decide that the risks outweigh the benefits, how can you protect yourself and your loved ones from disease? A good offence is your best defence—build the strongest immune system you can:

- Eat organic, chemical-free and hormone-free foods.
- Take a multivitamin/multimineral supplement, especially during times of stress.
- Tissue salts ensure your cells absorb and utilize nutrients. These are available in health food stores.
- Concentrated “green” foods contain the essence of healthy greens and are rich in vitamins, minerals, enzymes, and antioxidants.
- Flaxseed, hempseed, and fish oils provide necessary balance and concentration of essential fatty acids



(omega-3, -6, and -9) and proteins.

- Vaccinations are not mandated in Canada because of our constitutional rights. Limit vaccines to those you consider essential. Strengthen the immune system beforehand, and afterwards, and remove the shock homeopathically by, for example, giving the homeopathic remedy DPT to remove the shock of the DPT (diphtheria, pertussis, and tetanus) vaccine.
- Go to your local homeopath and ask for the remedy specific to the disease you want to prevent. For example *Varicellinum* (made from chickenpox viral material) can prevent chickenpox, and *Morbillinum* (made from measles virus) works against measles. For every disease there is a corresponding homeopathic remedy that will act preventively.

For more information, contact the Vaccination Risk Awareness Network ([vran.org](http://vran.org)), or NUPATH, the National United Professional Association of Trained Homeopaths ([nupath.org](http://nupath.org)). ☐

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