

# 10

## COMMON SENSE TIPS WHEN VACCINATING YOUR CHILD

By Cris Italia

**W**hile vaccines are essential to our children's health, our vaccine schedule is unfortunately compromised. There has been little to no testing on what kind of affects our current government suggested schedule has on children. A closer look at the ingredients used in our childhood vaccines include toxins and metals, such as: antifreeze, aluminum, mercury, anthrax and so many more. Our government has responded by removing thimerosal, a mercury based preservative in vaccines, but there are still so many questions remaining such as the amount children receive in the first two years of life.

Over the last decade childhood vaccines have been linked to the rise of autism and developmental disabilities. While we don't know if there is a direct link (there are studies that claim there is and others that frown against any possibilities), what we do know is that our government can't tell us for certain about the harms multiple vaccines in one doctor visit may cause or if some children may have a harder time excreting toxins or metals used in our vaccines, leaving their immune system potentially exposed.

Below is a list we've compiled for new moms or women who are planning to have children. This list is a collaborative effort that includes editorial staff, parents, doctors and therapists from *Spectrum Magazine's* advisory board. While we are not certified to provide you with medical advice, years of research, writing and interviews have given the *Spectrum* staff a chance to put together a list we feel comfortable with for families.

- 1. Never vaccinate during pregnancy.**
- 2. Never vaccinate at birth.**
- 3. Refuse vaccines containing thimerosal.** While government is currently producing thimerosal/mercury free vaccines, some vaccines have a shelf life of several years. Ask to see package inserts so that you can view ingredients. Some DTaP, Hepatitis B and flu vaccines still contain thimerosal.
- 4. Never allow your child to receive multiple vaccinations during a single doctor's visit.**
- 5. Never vaccinate a sick child or if a child is on antibiotics.**
- 6. Never receive combined vaccines such as DTaP, MMR.** Ask to receive those vaccines separately.
- 7. If a child develops a fever or adverse reactions ask why.** Talk to more than two child health professionals before deciding to let your child receive your next vaccine. Report the reaction to VAERS (Vaccine Adverse Event Reporting System).
- 8. If your child has a second negative reaction, your child's body may be rejecting certain ingredients in them.** Seriously consider ceasing the vaccine schedule.
- 9. Know your rights. Don't be bullied.** If your doctor is forcing you to follow a strict schedule remember that the current vaccine schedule is only "suggested" by the government, not mandated. If your doctor refuses to work with you, find a new doctor.
- 10. Educate yourself and don't count on your child's doctor as your only source for vaccine safety.**