

# A look At the Flu Shot in 2018

Each year, the Centers for Disease Control and Prevention (CDC) and pharmaceutical businesses mount an aggressive effort in the mainstream press to convince Americans to get their flu shots. Flu shots are huge business: industry analysts estimate that over the next five decades, the U.S. flu vaccine market will be worth nearly \$3 billion yearly. Profit margins are increasing as producers increase cost premiums for the newer four-strain vaccines. The U.S. wants to disperse about 166 million doses for the 2017-18 flu season, which is up from 146 million doses in the past year.

Utilizing well-known vaccine spokespeople such as Paul Offit and Peter Hotez in addition to its extensive media partnerships and captive bureaucrats in CDC, the pharmaceutical sector has successfully eliminated the scientific discussion about influenza shot efficacy and protection for the public. But the science suggests significant dangers and reduced efficiency, both within the U.S. and globally. In 2010, Australia suspended its flu vaccination program for children because 5 in 110 kids were experiencing convulsions and other severe reactions only hours after receiving their flu shot. In 2014, Italian police suspended half a million doses of a flu vaccine containing a proprietary adjuvant after 13 questionable deaths occurred in individuals who received the shoot. In the U.S., neighborhood news contains a continuous flow of reports about healthy people acknowledged to have suffered serious injury after getting their flu shot.

**Recommended: *How To Detoxify and Heal From Vaccinations – For Adults and Children***

From the [worldmercuryproject.org](http://worldmercuryproject.org):

- A flu-vaccinated 12-year-old boy died at home after health workers failed to recognize that he was ill (January 2018, Sterling Heights, MI).
- A popular 37-year-old street vendor received a flu shot and died suddenly of “flu complications” (January 2015, Spokane, WA).
- A 5-year-old girl succumbed to influenza-related cardiac arrest after contracting “the same [influenza] strain for which she had been vaccinated” (January 2015, Las Vegas, NV).
- Two female healthcare workers in their twenties and thirties were required to get flu shots for their jobs and developed apparent flu-related sepsis (January 2015, Pleasant Prairie, WI and December 2014, Lee’s Summit, MO).
- Fourteen-year-old and 3-year-old girls who died after receiving flu shots were described as being “weakened...so severely that secondary complications made it impossible for them to survive” (January 2015, Des Moines, IA).
- A 7-year-old girl died four days after receiving a flu shot at her annual well-child check-up (January 2012, Barton, VT).

*Many other flu shot deaths may have been missed since the stubbornly incurious media rarely report the vaccination status of children who die of ‘flu’ or ‘flu-like’ symptoms.”*  
 – Robert F. Kennedy, Jr

## **This Year’s Flu**

The death toll for this year’s flu is rising, with an increasing number of cases reported regularly. This season is also notable due to how ineffective the flu shot is, rendering only 1 of 10 people who receive it “protected.” They state the average to be between 40 and 60% normally. Last year the flu vaccine was estimated to be approximately 42% effective at

preventing the flu.

## Hospitalizations and this Particular Strain

This year, the dominant flu strain is influenza A, otherwise known as H3N2. Most H3N2 virus isolates contain human, swine, and avian genes, and seasons where this strain is prevalent are characterized by a greater number of hospitalizations, deaths, and cases of the flu. The strain also mutates more quickly than other flu strains as it moves through populations, making it notoriously difficult for vaccines scientists to formulate an effective flu shot. That difficulty is reflected in the rates of flu effectiveness released from Australia (10% effective) and Canada (17% effective).

*Even when the vaccine is closely matched to the type of influenza that's prevalent, which doesn't happen every year, randomized, controlled trials of healthy adults found that vaccinating between 33 and 100 people resulted in one less case of influenza. In addition, no evidence exists to show that this reduction in the risk of influenza for a specific population – here in the United States, among healthy adults, for example – extrapolates into any reduced risk of serious complications from influenza, such as hospitalizations or deaths, among seniors.” – Peter Doshi*

## What's Wrong with This Flu Vaccine

Here is the initial data on how well the flu vaccine was working this season in the U.S. A study from the journal *Eurosurveillance* found the flu vaccine to be only 17 percent effective against H3N2 (the main flu subtype infecting the U.S. this season). In most adults, the study shows the shot would likely prevent only 10 percent of the H3N2 flu cases. More than 80 percent of confirmed US flu cases have

involved H3N2.

**Recommended: *How Viruses Work and How to Prevent and Eliminate Them Naturally***

So why is the flu shot particularly ineffectual this year? According to Edward Belongia, a senior epidemiologist at the Marshfield Clinic Research Institute in Wisconsin, the dominant strain this year and the flu shots egg-based origins may be combining to create a flu strain unaffected by the flu vaccine.

*In the process of adapting virus to grow in eggs, that seems to introduce further changes to the [H3N2] virus, which may impair the effectiveness of the vaccine..."*

## **What's Wrong with the Flu Shot Every Year?**

*From 2014 to 2015, the NVICP flu shot settlements increased from \$4.9 million to \$61 million—an 1100% increase. As the Vaccine Adverse Event Reporting System (VAERS), a voluntary surveillance system, is acknowledged by the government to capture as little as one percent of actual adverse events, the flu vaccine injuries and deaths are substantially underreported." – Sharyl Attkisson*

Sharyl's article quoted from above goes on to state that an important and definitive "mainstream" government study from almost 10 years ago was ignored because it showed that the mass vaccination program did not save lives. The data actually shows that deaths increased, not decreased, among seniors after being vaccinated.

*I worked [with] Lonza Biologics where they make the vaccines and chemicals that go in them. Went through 2 FDA inspections and [I] can tell you the Flu vaccine is a money making scam.*

*The doctors that make it don't even get the shots. I worked for a contract security company [company name redacted]. My job was to give access to labs to the FDA after badging them. We only showed them what was safe. Other 600 liter bags were hidden because they were not GMP compliant and would have been thrown away costing millions. The FDA sees what they are shown." – Former Lonza Biologics contractor, Anonymous, work history verified, slightly edited for clarity with permission*

*We could not correlate increasing vaccination coverage after 1980 with declining mortality rates in any age group. Because fewer than 10% of all winter deaths were attributable to influenza in any season, we conclude that observational studies substantially overestimate vaccination benefit". – Impact of Influenza Vaccination on Seasonal Mortality in the US Elderly Population*

*The study 'got little attention,' she says, 'because the science came down on the wrong side.' Whereas the researchers had set out to prove that the push for massive flu vaccination would save the world, the researchers were 'astonished' to find that the data did not support their presupposition at all. The data actually shows that deaths increased, not decreased, among seniors following vaccination." – Inquisitr.com*

Johns Hopkins scientist, Peter Doshi, Ph.D., issued a report in the prestigious British Medical Journal, according to NewsLI, asserting that the CDC policy of routinely recommending the flu vaccine is being based on "low-quality studies that do not substantiate claims." He says there is no evidence that the vaccine reduces deaths among senior citizens. Interestingly, Doshi cites an Australian study which found significant risks for children as well, stating that "one in every 110 children under the age of five had convulsions following vaccinations in 2009 for H1N1

influenza."

### Recommended: *Natural Remedies for Colds, Flus, and Other Common Viruses*

This study on flu virus transmission discovered that people shed flu virus particles at a rate of 6.3 times more when they received a vaccination in the current and previous season compared with those with no vaccinations in both seasons.

This Jama study found that the flu vaccine may be killing a significant number of senior citizens. And another study, titled *Influenza-related mortality in the Italian elderly: No decline associated with increasing vaccination coverage* shows more of the same. There are plenty more. We cannot find a quality (real) study that shows flu shot success. Drop a comment if you know of one, please.



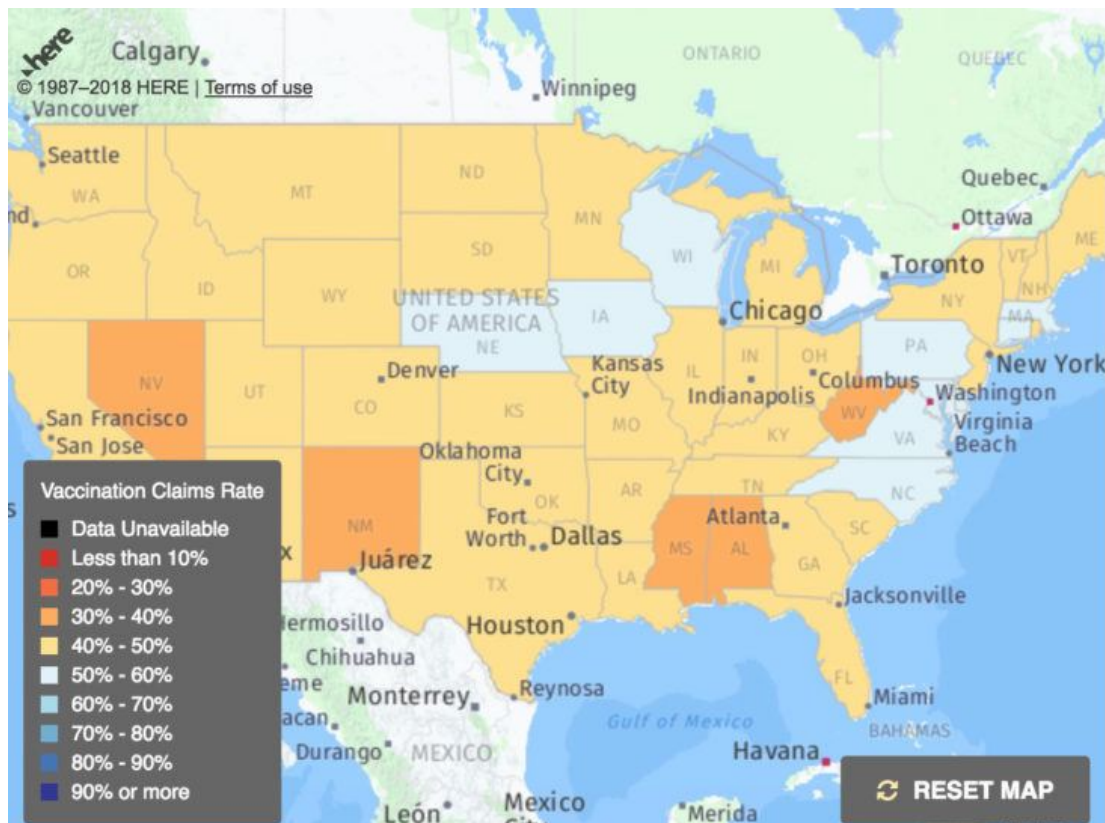
Green Med Info gathered 500 vaccine studies that show the adverse effects of many vaccines and how they outweigh their purported benefits.

## **Flu-Related Deaths And the States With the Highest Flu Shot Rates**

**North Carolina, Virginia, Iowa, Wisconsin, Nebraska, Pennsylvania, Massachusetts, and Delaware**

The plan was to find states that the vaccine program seemed to be working for, and then to figure out if there were other potential variables that could skew the results. For instance, I tried to find a state that significantly upped its vaccine rates and then had less cases of flu and/or flu deaths. I would then have looked into other potential variables, like other health initiatives the state launched or something. Much to my surprise, I did not find a single state that appeared to have reaped significant benefits from the flu vaccine. There were a few that had very slight increases with the flu vaccines along with very small decreases in the flu and flu deaths, but the numbers just weren't statistically significant.

These seven states were amongst the most vaccinated for the flu shot for the 2017-2018 season. This year the flu vaccine is said to protect only a third of people who got it. When the flu strain is more accurately predicted the flu vaccine is said to protect at least half the people who are inoculated.



In the latest update, the federal Centers for Disease Control and Prevention (CDC) reported 10 new child deaths and the highest flu hospitalization rate since the agency started keeping comparable records in 2010. The CDC reported the highest rate of flu-like illnesses since the flu pandemic of 2009. Since this flu season started, Americans have been hospitalized for the illness at a rate of 59.9 per 100,000 people – the highest rate recorded by this point in a recent flu season and a level not reached until the end of the previous severe season, 2014-2015.

**Recommended: *Influenza Vaccine – A Comprehensive Overview of the Potential Dangers and Effectiveness of the Flu Shot***

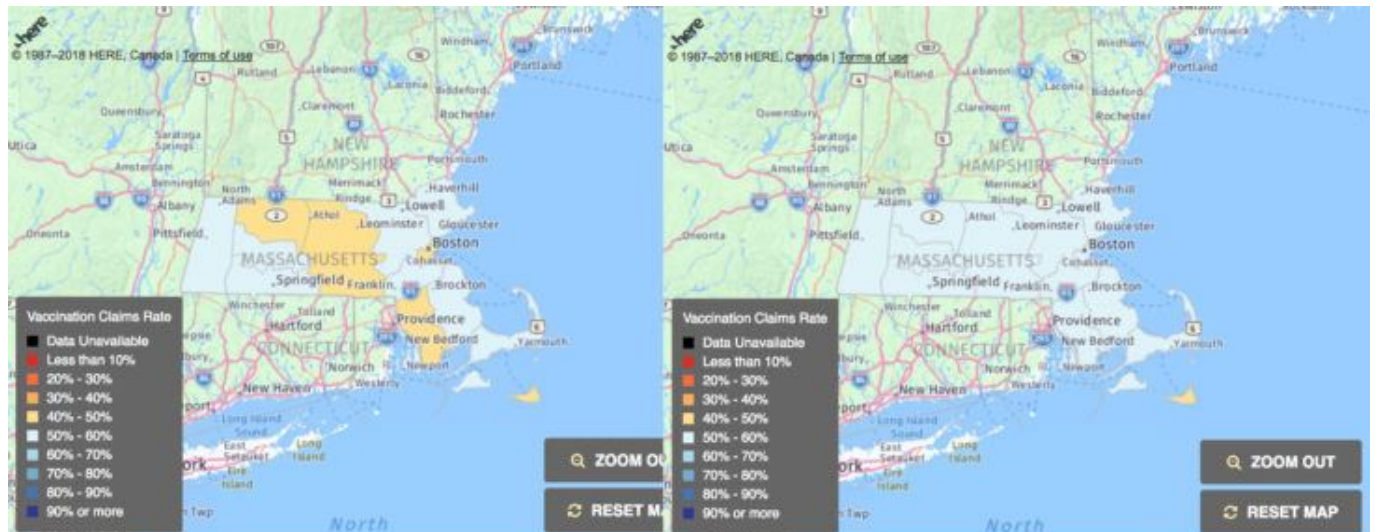
## Massachusetts Flu Vaccine Rates

Dr. Alfred DeMaria of the Massachusetts Department of Public Health said that central Massachusetts has had a consistently lower rate of flu-related illnesses this cycle.

*The central part of the state has been relatively spared for*

*most of the season – it's not clear why. But good for them,''*  
– Dr. DeMaria

It's easy to see why. Take a look at what changed in 2017. In the graphic below, see in the "central part of the state" how this flu season saw a substantial decrease in people receiving the flu vaccine versus last season.



## 2017-2018

## 2016-2017

# North Carolina Flu Vaccine Rates

Country	Year	Population	Urban population	Urban population %	Urban population density
Algeria	1990	10,700,000	5,200,000	48.6	1,000
Algeria	1991	10,750,000	5,250,000	48.8	1,000
Algeria	1992	10,800,000	5,300,000	49.1	1,000
Algeria	1993	10,850,000	5,350,000	49.3	1,000
Algeria	1994	10,900,000	5,400,000	49.5	1,000
Algeria	1995	10,950,000	5,450,000	49.7	1,000
Algeria	1996	11,000,000	5,500,000	50.0	1,000
Algeria	1997	11,050,000	5,550,000	50.2	1,000
Algeria	1998	11,100,000	5,600,000	50.4	1,000
Algeria	1999	11,150,000	5,650,000	50.6	1,000
Algeria	2000	11,200,000	5,700,000	50.9	1,000
Algeria	2001	11,250,000	5,750,000	51.1	1,000
Algeria	2002	11,300,000	5,800,000	51.3	1,000
Algeria	2003	11,350,000	5,850,000	51.5	1,000
Algeria	2004	11,400,000	5,900,000	51.7	1,000
Algeria	2005	11,450,000	5,950,000	51.9	1,000
Algeria	2006	11,500,000	6,000,000	52.2	1,000
Algeria	2007	11,550,000	6,050,000	52.4	1,000
Algeria	2008	11,600,000	6,100,000	52.6	1,000
Algeria	2009	11,650,000	6,150,000	52.8	1,000
Algeria	2010	11,700,000	6,200,000	53.0	1,000
Algeria	2011	11,750,000	6,250,000	53.2	1,000
Algeria	2012	11,800,000	6,300,000	53.4	1,000
Algeria	2013	11,850,000	6,350,000	53.6	1,000
Algeria	2014	11,900,000	6,400,000	53.8	1,000
Algeria	2015	11,950,000	6,450,000	54.0	1,000
Algeria	2016	12,000,000	6,500,000	54.2	1,000
Algeria	2017	12,050,000	6,550,000	54.4	1,000
Algeria	2018	12,100,000	6,600,000	54.6	1,000
Algeria	2019	12,150,000	6,650,000	54.8	1,000
Algeria	2020	12,200,000	6,700,000	55.0	1,000
Algeria	2021	12,250,000	6,750,000	55.1	1,000
Algeria	2022	12,300,000	6,800,000	55.3	1,000
Algeria	2023	12,350,000	6,850,000	55.5	1,000
Algeria	2024	12,400,000	6,900,000	55.7	1,000
Algeria	2025	12,450,000	6,950,000	55.9	1,000
Algeria	2026	12,500,000	7,000,000	56.1	1,000
Algeria	2027	12,550,000	7,050,000	56.3	1,000
Algeria	2028	12,600,000	7,100,000	56.5	1,000
Algeria	2029	12,650,000	7,150,000	56.7	1,000
Algeria	2030	12,700,000	7,200,000	56.9	1,000
Algeria	2031	12,750,000	7,250,000	57.1	1,000
Algeria	2032	12,800,000	7,300,000	57.3	1,000
Algeria	2033	12,850,000	7,350,000	57.5	1,000
Algeria	2034	12,900,000	7,400,000	57.7	1,000
Algeria	2035	12,950,000	7,450,000	57.9	1,000
Algeria	2036	13,000,000	7,500,000	58.1	1,000
Algeria	2037	13,050,000	7,550,000	58.3	1,000
Algeria	2038	13,100,000	7,600,000	58.5	1,000
Algeria	2039	13,150,000	7,650,000	58.7	1,000
Algeria	2040	13,200,000	7,700,000	58.9	1,000
Algeria	2041	13,250,000	7,750,000	59.1	1,000
Algeria	2042	13,300,000	7,800,000	59.3	1,000
Algeria	2043	13,350,000	7,850,000	59.5	1,000
Algeria	2044	13,400,000	7,900,000	59.7	1,000
Algeria	2045	13,450,000	7,950,000	59.9	1,000
Algeria	2046	13,500,000	8,000,000	60.1	1,000
Algeria	2047	13,550,000	8,050,000	60.3	1,000
Algeria	2048	13,600,000	8,100,000	60.5	1,000
Algeria	2049	13,650,000	8,150,000	60.7	1,000
Algeria	2050	13,700,000	8,200,000	60.9	1,000

As of February 15, 2018, the flu has killed 165 people in NC, according to The News & Observer. This season's flu deaths amount to more than five times the 25 flu-related deaths from a similar period last season. There was a 3% drop in flu shot

rates according to the hhs.gov site, putting NC in 8th place for the most heavily vaccinated state per capita.

## **Iowa Flu Vaccine Rates**

Iowa is suffering through one of its most severe flu seasons in years. The number of confirmed flu deaths in Iowa, as reported by DesMoines Register, puts the toll at 97 as of February 9th. That's up 28 from a year ago, same time. But, Idaho does show a slightly lower vaccination rate this year compared to last. On the other hand, thanks to an increase in population, while the percentage of vaccinated was a little lower, you have 19,911 more people getting vaccinated in Iowa this year so far, according to the hhs.gov site where we accumulated much of the information for this section.

## **Virginia Flu Vaccine Rates**

*The deaths of seven more children were reported this week, bringing the total number of pediatric deaths for the season, which began in October, to 37." – CBS 6, WTBR*

## **Nebraska, Pennsylvania, Delaware, and Wisconsin**

Similar reports from these states indicate the same trend, the at the very least, flu vaccine rates do not at all correlate to less incidence of flu or flu-related deaths.

**Recommended: *Flu Shot Facts Everyone Should Know***

## **States with Low Flu Immunization Rates**

Puerto Rico, Alaska, Nevada, New Mexico, West Virginia, Alabama, Mississippi, Idaho, Louisiana, California, Montana, and Wyoming are the least vaccinated states in the country, listed in order from least to greatest, and Washington DC,

while not a state, if counted as one comes in at #3. Cold weather radically increases one's likelihood of "catching" the flu or any common virus. With this in mind, and for simplicities sake, let's just consider Alaska, D.C., West Virginia, Idaho, Montana, and Wyoming. I may add the other states in later if the data proves relevant (feel free to drop a comment if I need to look at something). Alaska has the second lowest vaccination rate, just behind Alabama.

*Despite outbreaks Outside, Alaska's flu season has been normal" – Anchorage Daily News*

Then there's Montana,

*While other parts of the U.S. see severe flu outbreaks, Montana sees widespread, yet normal, season." – Billings Gazette*

Washington D.C. reports that no flu-related childhood deaths have happened so far, and we can't find any reports on any adult deaths. D.C. does not report statistical adult flu-related deaths, but they do say flu-related disease is on the rise like it is across the country. In January health officials in West Virginia reported their first pediatric flu death of the current season, and the first one to die of flu since the 2014-2015 season, according to U.S. News. Flu deaths in West Virginia are reported at 21, compared to 61 in Virginia (34% difference). West Virginia also received 263,987 flu vaccinations and Virginia took in 967,232 (27% difference). It looks as if the flu shot may have helped Virginia slightly, though not enough to be significant. Idaho's flu vaccination rate went from nearly 42% down to 40.4%. Due to population increase, they had 179,132 flu immunizations this season, 16,709 less than last season. Idaho is having a very rough flu season, with 52 dead as of January 26th, according to Idaho Statesman. They also were said to have had a bad year last year. Their vaccination rate stayed

around 40% for all of the years we could check.

But Wyoming is having it rough this year according to the Casper Star Tribune, "We continue to see widespread influenza across the state with indications of high activity levels," said state health officer and state epidemiologist Alexia Harrist. Wyoming, with its sparse population, reports "at least" 11 flu-related deaths as of February 9th, which is significant. Wyoming tends to hover just above a 40% vaccination rate according to the aforementioned hhs.gov site.

Incidentally, Oregon has been decreasing its vaccine rate for years, and they are not suffering like other states from this flu season. And it should be stated that Puerto Rico has the lowest rate of vaccinations, they report widespread flu cases, but fortunately not any known deaths yet. But there are "...three suspected cases that we are investigating."

## **So, what does this mean? Are flu vaccines dangerous?**

The reality is that there isn't anything here in state correlation research to prove that flu vaccines don't work, or that they increase the rate of death. Even if the numbers were all reported accurately there are way too many variables and still not nearly enough information. And in searching for the numbers, it does seem as though some of the information is difficult or impossible to get because the numbers don't look good for the vaccine companies, but that's just more speculation. Though, one can't help but wonder, if the numbers worked, wouldn't they be prominently displayed, easy for customers to find?

One would like to be able to find an obvious benefit. Even if all the previous studies aren't enough, looking at the state vaccine rates and their flu death rates, there is no proof that flu vaccines save lives, or even work well enough to compensate for the risks. And that's on a season when they get

it right. With a season like this one, there is no logical reason to get a flu shot, yet people continue to do so on the off chance that they will catch the right strain of flu and then that the vaccine will work as it should.

## Flu Vaccine Ingredients

Influenza vaccines contain neurotoxic and carcinogenic ingredients such as thimerosal, aluminum, and formaldehyde as well as bacterial endotoxin. The recommendation is to not use the nasal spray flu vaccine (LAIV) this season. Only injectable flu shots are recommended for use this season. Flu shots change regularly, so this ingredient list is only for 2018.

**Recommended: *6 Ways to Prepare for a Rough Flu Season***

**The 2017-2018 Flu Shot Is Said To Protect Against:**

1. An A/Michigan/45/2015 (H1N1)pdm09-like virus.
2. An A/Hong Kong/4801/2014 (H3N2)-like virus.
3. A B/Brisbane/60/2008-like (B/Victoria lineage) virus

Most flu vaccines guard against three strains of influenza. Some vaccines have four strains. These 2017-2018 flu vaccines will also include:

1. An Influenza B/Phuket/3073/2013-like (B/Yamagata lineage) virus.

Vaccine companies do their vaccines a little differently from company to company, and their formulas may change without notice. Ingredients also change from year to year. Here is a current list of flu vaccine ingredients according to the CDC.

Influenza (Fluzone: Standard (Trivalent and Quadrivalent), High-Dose, & Intradermal)	formaldehyde, octylphenol ethoxylate, gelatin, thimerosal, egg protein, phosphate buffers, sucrose
Influenza (Fluvirin)	nonylphenol ethoxylate, thimerosal (multidose vial—trace only in prefilled syringe), polymyxin, neomycin, beta- propiolactone, egg proteins, phosphate buffer
Influenza (FluMist) Quadrivalent	monosodium glutamate, hydrolyzed porcine gelatin, arginine, sucrose, dibasic potassium phosphate, monobasic potassium phosphate, ovalbumin, gentamicin sulfate, ethylenediaminetetraacetic acid
Influenza (Flulaval) Trivalent and Quadrivalent	thimerosal, formaldehyde, sodium deoxycholate, egg proteins, phosphate buffer
Influenza (Flucelvax)	Madin Darby Canine Kidney, cell protein, MDCK cell DNA, polysorbate 80, cetyltrimethylammonium bromide, ß- propiolactone, phosphate buffer
Influenza (Flublok)	monobasic sodium phosphate, dibasic sodium phosphate, polysorbate 20, baculovirus and host cell proteins, baculovirus and cellular DNA, Triton X-100, lipids, vitamins, amino acids, mineral salts

Influenza (Fluarix) Trivalent and Quadrivalent	octoxynol-10, $\alpha$ -tocopheryl hydrogen succinate, polysorbate 80, hydrocortisone, gentamicin sulfate, ovalbumin, formaldehyde, sodium deoxycholate, sodium phosphate-buffered isotonic sodium chloride
Influenza (Agriflu)	egg proteins, neomycin sulfate, kanamycin, barium, formaldehyde, polysorbate 80, cetyltrimethylammonium bromide,
Influenza (Afluria)	sodium chloride, monobasic sodium phosphate, dibasic sodium phosphate, monobasic potassium phosphate, potassium chloride, calcium chloride, sodium taurodeoxycholate, ovalbumin, sucrose, neomycin sulfate, polymyxin B, beta-propiolactone, thimerosal (multidose vials), egg proteins

Many flu vaccines are made by growing the viruses inside fertilized chicken eggs. This means that they contain a small amount of egg protein. A newer version of the vaccine, called Flucelvax, is grown in animal cells instead. This year, as mentioned, the egg is what apparently messed up the vaccine, so we wouldn't be surprised if we don't see this ingredient much more. Anyone with egg allergies are instructed to let their doctor know. Depending on the severity of the allergy, the patient may be recommended a different flu vaccine. There is considerable speculation that vaccines cause egg allergies (and other allergies like corn and peanut). It makes sense. When the body sees a substance that causes harm, and the body has no idea what that substance is or what should be done with it, the body can often begin to react to substances that accompanied the toxin.

## Preservatives

Vaccine manufacturers add thimerosal to multi-dose vaccine

vials to prevent pathogens from getting into the vial with each use. Thimerosal has been removed from many of the more common vaccines, but not for the multi-dose flu vaccine. Multi-dose vials contain more than just one dose of the flu vaccine. If you're not getting a flu shot from a multi-dose vial, your 2017-2018 flu vaccine will not contain thimerosal.

Thimerosal contains mercury, which is known as one of the most toxic substances on earth. The toxicity of mercury from a vaccine is far more complicated. There is organic, inorganic, and elemental mercury. These compounds have different effects on the human body. Organic mercury compounds are created when mercury combines with carbon. Microscopic organisms convert elemental and inorganic mercury to organic mercury called methylmercury. This is the kind of mercury that accumulates in the food chain, and it is the kind of mercury that is used in vaccines. When it is in its organic form and is pure mercury it's not nearly as dangerous, as a dental worker found out when they injected liquid pure organic mercury into her veins in an attempt to commit suicide. Ten months later she was said to be symptom-free. We doubt she was by our standards, but this still illustrates the point that it depends on what kind of mercury it is as to how dangerous it is. But there's a catch. As previously mentioned, less pure mercury is much more dangerous than pure, refined mercury. Contaminates interact with mercury to make the substance more dangerous to the body. There have been some studies and examples showing that organic mercury may be perfectly safe to use for injections, but they do not look at the effects of the ingredients combined.

## **Stabilizers**

Sucrose, sorbitol, and monosodium glutamate (MSG) are "stabilizers" that are used to keep vaccines potent. Vaccines lose potency over time without stabilizers, especially when

exposed to heat and light.

The sucrose comes from beet or cane sugar. sugar you spoon into coffee and sprinkle on berries. Sorbitol is an artificial sweetener that's also found in chewing gum. MSG is a flavor enhancer. Commonly thought of as an additive in Chinese food, it's used in many processed foods. Though certain people are sensitive to MSG, the amount found in the flu vaccine is very small.

## Antibiotics

Neomycin, gentamicin, and other antibiotics are added to vaccines in very small amounts. They stop bacteria from contaminating the vaccine.

## Polysorbate 80

This emulsifier prevents sauces and salad dressings from separating. In vaccines, polysorbate 80 keeps all the ingredients evenly distributed. Though large doses can cause some people to have reactions, the amount in the flu vaccine is very small.

## Formaldehyde

This natural compound is found in household products from glues and other adhesives to pressed-wood furniture. Formaldehyde is a gas that is soluble in water. It's used in the flu vaccine to inactivated influenza virus.

**Recommended: *Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked (Protocol Included)***

Routine exposure to large doses of formaldehyde is linked to eye and throat irritation, breathing trouble, and a higher risk for certain cancers. However, according to the CDC, most formaldehyde used in producing a vaccine undergoes removal from the vaccine solution before being packaged to be sent to

doctors and pharmacies.

Per the U.S. Food and Drug Administration, the level of formaldehyde that remains in a vaccine (such as the flu vaccine) is much lower than the amount that occurs naturally in the human body.

## **CDC Flu Shot Warnings**

### **Common Flu Shot Side Effects (CDC)**

- Soreness, redness, and/or swelling from the shot
- Headache
- Fever
- Nausea
- Muscle aches

### **Signs of A Severe Allergic Reaction to Flu Shot**

- Difficulty breathing
- Hoarseness or wheezing
- Swelling around the eyes or lips
- Hives
- Paleness
- Weakness
- A fast heartbeat or dizziness

The CDC states that life-threatening allergic reactions to the flu shot are rare. These signs would most likely happen within a few minutes to a few hours after the vaccine is given.

### **Individuals Who Should Not Get the Flu Shot**

- Children younger than 6 months, since they are too young to get a flu shot.

- Individuals with severe, life-threatening allergies to flu vaccine or any ingredient(s) in the vaccine.

## **Individuals Who Should Talk With Doctor Before Getting the Flu Shot**

- Have had a severe allergy to eggs or any of the ingredients in the vaccine.
- Have had Guillain-Barré syndrome
- Are not feeling well

**Recommended: *How to Detoxify From Antibiotics and Other Chemical Antimicrobials***

## **Conclusion**

Most of the vaccine injury cases are settled through the National Vaccine Injury Compensation Program. Nearly four in ten of the non-fatal injuries reported that period was for Guillain-Barre syndrome, a highly debilitating and potentially life-threatening disease. Studies have linked shown the connection between GBS and flu vaccines for years. Most of the other flu vaccine injuries from 2016-17 were very rare, life-threatening and life-changing diseases.

It's not any single vaccine ingredient that scares me, it's the combination. It's the repetition. And it's the mere fact that flu vaccines have to aggravate the body's immune system to work. Some of the listed ingredients are known not to exit the body well, especially a toxic body, and that means that ingredients designed to rev up one's immune system may be stuck in the body for an indefinite amount of time.

There is obviously risk involved when receiving a flu shot. How major those risks depend on your health, but it is absolutely ignorant to suggest that the risks are not real. If you are considering the flu shot or considering stopping your flu shot routine, I suggest you do what I recommend anyone do

when they are trying to make healthy changes. Read and get to know every single ingredient of everything you consume! Don't take my word for it, look at the ingredients and read up on them. Your doctor will not do this! And it is absolutely crazy to put something into your body that is known to have toxic ingredients and serious side effects without learning everything you can about it.

I don't think a vaccine is likely to do much damage. But it is indisputable that the more immunizations received the higher the risk. So, don't just consider what one vaccine can do to your body. Consider what multiple vaccines will do to the body, both from multi-dose vials and from previous shots taken. Then consider these vaccine ingredients that may or may not exit the body, and consider the buildup. Now consider this combined with the air pollution you breathe in, the alcohol you drink, the GMO foods you may consume, the lead in your lipstick, and the parabens you put on your skin.

### **Recommended Reading:**

- *Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*
- *How to Make the Healthiest Smoothies – 4 Recipes*
- *Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*
- *How To Detoxify and Heal From Vaccinations – For Adults and Children*
- *Doctors Against Vaccines – Hear From Those Who Have Done the Research*
- *Nurses Against Vaccines*
- *Celebrities Who Have Spoken Out Against Vaccines*
- *Statesmen Against Mandatory Vaccines*
- *Scientists Against Vaccines – Hear From Those Who Have Done the Research*
- *Detox Cheap and Easy Without Fasting – Recipes Included*

## Sources:

- *Flu Vaccine Effectiveness* – Vox
- *U.S. flu outbreak worsens; hospitalizations highest in nearly a decade: CDC* – Reuters
- *Flu Vaccine Increases Your Risk of Infecting Others by 6-Fold, Study Suggests* – Collective Evolution
- *The flu shot offers lousy protection against this year's worst strain. Blame eggs* – Vox
- *Human Exposure and Health Effects of Inorganic and Elemental Mercury* – NCBI
- *Thimerosal in Vaccines* – CDC
- *Vaccine Ingredients and Manufacturer Information* – Procon.org
- *Frequently Asked Flu Questions 2017-2018 Influenza Season* – CDC