Flu Shot Effectiveness Lessens After 28 Days

In exchange for a shot that most recently rendered a mere 1 in 10 who people who receive it protected, you get an increased risk of actually getting the flu and exposure to side effects like headaches, fever, sepsis, convulsions, asthma, other respiratory problems, and paralysis. While many of those side effects can lead to permanent issues, a new study from the Kaiser Permanente Northern California finds that the vaccine's ability to protect you from the flu may not be so long-lasting. The risk of getting the flu rose by 16 percent twenty-eight days after getting the vaccine, and that risk continued to increase throughout the flu season.

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

The Study

Published in *Clinical Infectious Diseases*, the Kaiser Permanente study looked at 44,959 individuals who had tested positive for the flu from September 2010 to March 2017. Subjects had been given the inactivated flu vaccine. Those who had been tested 42 to 69 days after being vaccinated had 1.32 times the odds of testing positive for any variation of influenza than those tested within 14-41 days of receiving the shot. Patients tested more than 5 months after their shot had 2.06 the odds of testing positive for the flu.

Related: *How to Heal the Gut*

The Pressure

The pressure to get the flu shot (or any vaccine) is intense. Many employers, especially in the healthcare field (go

figure), require it, and advertisements and media proclaiming the importance of protecting yourself and the others around you from the flu are everywhere. If you're in a situation where the flu shot becomes a must, it's imperative you don't treat it as actual protection from the flu. In fact, the first thing you need to do after getting the shot is getting the preservatives used in the vaccine out of your system.

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

The System

The flu shot is not about the flu. If it was, they would have dropped it a long time ago. It seemed like every article released about the vaccine last year included a quote from a carefully selected expert, designed to communicate to you how important it is to get the flu shot…in spite of this article you finished reading about how ineffective it is. This latest study is no different. Researchers concluded that health care providers should carefully consider the timing of the shot during flu season.

But let's face it. If anything, the manufacturers of the flu vaccine will cite this study as a reason to vaccinate people more than once during flu season. Twice the profit and twice the protection! What could go wrong…??

Sources:

- *Study: Flu vaccine protection starts to wane within weeks* – CIDRAP
- *Intra-season Waning of Influenza Vaccine Effectiveness* – Oxford Academic
- *Influenza Vaccine – A Comprehensive Overview of the Potential Dangers and Effectiveness of the Flu Shot* – Organic Lifestyle Magazine