

## About Vaccines

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I see many parents who are questioning the need to immunise their children. The big questions asked are "How safe are they?", "How effective are they", "How necessary are they?". Many average parents do not worry about these issues. They take their babies to the local doctor, and get the "shots" because "every else does it". The government has a campaign encouraging immunisations. Doctors are paid bonuses to immunise the population.

These parents do it blindly, following the leader, like sheep: they do not stop to think about it. Why should they? They are told that it is safe and effective and necessary. Where does this information come from? The Government? The doctors? Ultimately the information comes from the manufacturer. Can you believe them? Can you trust them? After all, there are few companies that say derogatory things about their own products. Many facts are hidden and not published. There is a possibility of a conflict of interest.

More people question the salesman when they buy a new car or washing machine, than when they have their children immunised! They get 2 to 3 quotes when they want to build a new car-port, yet when their children's health is at stake, they just follow the leader.

So, the parents who question immunisations are a breed apart. Perhaps better educated, perhaps brought up in a family that follows a more natural approach to health, or perhaps, and this is becoming more prevalent, they are suspicious of the modern medicine/multi-national drug companies. The average person does not come to the doctor asking questions about immunisations, they just "do it".

Those that question the need are thinking, analysing. They already have a suspicion about vaccines. Perhaps they had a friend whose baby reacted to a vaccine. Perhaps they know of a vaccine damaged child, there are so many possibilities, but the bottom line is that they are making a conscious effort to justify to themselves the need. These parents also have a different outlook on life and health. They live a healthier life-style. They eat better, use natural therapies, herbs, homeopathics, etc. The children grow up without the use of drugs and they are just that much healthier.

Whether this is due to not being immunised, or because of the healthier life-style or because of the non-use of drugs, I am not sure. Perhaps it is "all of the above" Whatever the cause, these children are healthy in the true meaning of the word. This doesn't mean they do not catch any infectious diseases but means they catch them less often, less severely and their immune systems are just that much better at coping and dealing with these infections.

From my vantage point, I see the two populations of children, the immunised and the non-immunised. I have the advantage in seeing the difference. In actual fact, I see the un-immunised relatively rarely, mainly

due to the fact that they are sick less often and because the parents treat them with simple home remedies, such as Tissue Salts, Homeopathics or herbs.

### Informed choices

The decision is not easy, even with all the literature about. Many are torn in two directions. They feel that the vaccines are unsafe and they do not want their children immunised and on the other hand, they still worry about the illnesses that their children may catch, due to propaganda and dogma released by the government. They feel damned if they do and damned if they don't.

Every parent must feel comfortable in their own minds about the decision they make. I, as the doctor cannot tell them what to do. I can only give advice, facts, and allow the parents to make up their own mind. This is based on an informed choice basis.

According to the government, if a parent wishes to become a Conscientious Objector, they have to see the doctor who should "counsel them". Unfortunately, most doctors give these parents a hard time and in the end refuse to sign. The people who want to become conscientious objectors have already made up their minds and have decided not to immunise and no amount of counseling or coercing will make them change.

Why such rigmarole? After all, anybody who wants to immunise their children do not go to the doctor wanting a conscientious objection form signed! Points to consider.

Research the topic. Do not just look at government or manufacturer literature.

Ask questions. Be suspicious. Get involved with groups such as VISA, AVN, etc to get a wider perspective of the issue. Once you have made your decision, do not stop there, keep on reading and researching. If you have decided not to immunise, remember that you are still responsible for the health of your child.

Despite all the hype, there are little, if any long term studies looking at immunisations. There are no blinded, placebo controlled studies. There are no studies comparing immunised with unimmunised children. Most studies compare a group of immunised children with a group of children receiving the vaccine under study.

Vaccines are a billion dollar industry. There are at least a billion good reasons why companies would like to continue to vaccinate and make more vaccines.

I will finish off with poem in a limerick form:

Vaccination  
An abomination  
You have a choice  
So use your voice  
Involve yourself in Education  
Perhaps you can make up your own.  
Send them to the VISA .