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## **Autism & Vaccines**

Dedicated to my grandchildren

### **Personal Vaccine History**

When I was young, there were very few vaccines. I remember getting a tetanus shot when I was young after stepping on a rusty nail. It was not actually a vaccine though. That shot for Tetanus was actually a treatment. Everyone got a smallpox vaccine. I got several. You see, the smallpox vaccine was supposed to cause a scar if it worked. Since I did not get a scar, they kept giving the vaccine to me. I don't remember how many I got, but it was more than two. I never got the scar.

When I was in grade school, the polio vaccine was discovered. We all lined up at school to get the vaccine. Polio was a terrible disease. Children were paralyzed for life when they had the paralyzing form of polio. Everyone was grateful for a vaccine to prevent it.

I never received another vaccine in childhood, though I did have cases of mumps, measles, Rubella and chicken pox. I was uncomfortable for a few days, but that was all. Having had these childhood diseases, I obtained permanent and lifetime immunity to them.

I remember when the influenza vaccine was first released. Everyone signed up to get one. I also remember becoming extremely ill afterwards. Though we were constantly told, "You can't get the flu from the vaccine", it certainly felt like I had the flu. I never got another flu vaccine.

I have had the flu a few times in the last 40 years. It kept me from going to work for a few days. I felt terrible for those a couple of days. But I don't recall feeling any worse than I did from the flu vaccine.

The year I was taking care of my mother and she was in a rehab facility after breaking her hip, I had the flu again. I did take Tamiflu, a medication to treat the flu, this time because I needed to be well faster so I could help my mother. I was well in two days.

While I have not read of this anywhere, I have observed that actually having the flu appears to provide immunity to getting it again any time soon.

### **My Children's Turn**

When my own children were born, I was still in the "Doctors know everything" mode. It never occurred to me to question the safety or validity of vaccines. My daughter was born in June. She received the Polio vaccine in August, another Polio plus Diphtheria, Tetanus & Pertussis (DPT) in September, another Polio and DPT in November, the DPT in January. By March she began having chronic ear infections and by June chronic urinary tract infections and skin rashes.

The Measles, Mumps and Rubella (MMR) were three different vaccines back in the early 1970's. She received each one separately, one month apart. Another Polio vaccine was given another month later. Within one month of that, she had severe pain in her foot and could not walk. One month later she received another DPT. By May of that year, she was almost two years old and the urinary tract infections became almost constant. Between the urinary tract infections and the ear infections, she was sick for the next 9 years. At one time she was on antibiotics for an entire year. If she stopped taking them, she immediately became ill.

When she turned 11 years old, she was given a tetanus vaccine. She was sick with high fever for four days after. She never received another vaccine under my care.

In the first 10 years of her life, she was on antibiotics for 1273 days or 40% of the time. She received 27 vaccines. As a young mother, I did not think there was a connection. I still thought doctors knew everything.

Ultimately it was my daughter's chronic urinary tract infections (UTI) that would teach me otherwise.

When my daughter was two years old, I had a son, also born in June. By September he had his first Polio and DPT vaccines. One month later he received another set of both. Two months later he received another DPT. That's when he started getting sick. He had multiple ear infections with antibiotics and tubes placed in his ears and tonsils and adenoids removed by the age of 18 months. He had pneumonia, many food and inhalant allergies, terrible eczema, he rarely slept his first year of life, he was diagnosed with Amblyopia, an eye condition and ultimately, he was diagnosed with Type I Diabetes. He had 17 vaccines and took antibiotics 24% of the first 3 years of his life.

When my daughter was 7 years old, the doctor we were seeing for the UTI's, prescribed two psychiatric drugs for the bladder infections, Valium and the antidepressant, Tofranil. Of course, my daughter had no psychiatric problems so I thought this was rather odd. When I questioned the doctor about it, he just said, "You have to do this. This is the only way she will get well."

So I followed doctor's orders. After all, I still believed doctor's knew everything.

It turned out that these prescriptions would not be the answer to my daughter's good health. In fact, she got worse! The drugs and the way they were prescribed had an adverse effect on my daughter's immune system. Instead of getting better, she had the worse UTI she had ever had. The doctor told me to stop the drugs abruptly, even though I told him that I thought she had a bad reaction one time when she missed a dose. I knew Valium was an addictive drug, why didn't the doctor?

The response to this rapid withdrawal from an addictive substance made her very ill. She was very sick for the next three years. One doctor thought she might have Leukemia. It was a very scary time.

### **Medical School at Age 39**

You know the saying, "Fool me once, shame on you; fool me twice, shame on me." I was done with being fooled by doctors.

My children were sick so often and I had lost so much confidence in doctors, I rarely took them to see them any more. They did not receive any more vaccines and they stopped being sick. I still did not see the connection.

At the age of 39, I started medical school for the sole purpose of protecting my family. I felt that if I did not know what doctors know, what happened to my daughter could happen again.

I did learn what doctors learn and became a licensed physician. At the same time I learned what doctors don't learn. It all made sense to me now.

The focus in medicine seemed to be on prescription drugs. Even though we learned about physiology and biochemistry in medical school, as soon as we took the pharmacology course, it was all about drugs from then on.

When I started my practice, I decided not to give vaccines to my patients. I still didn't have any clear knowledge about vaccine safety, but my gut was telling me there was something to be concerned about. I did not want to be responsible for damaging a child.

At the time, the State of Texas had only a medical and religious exemption for parents who did not want to vaccinate. It seemed that more and more of the parents in my medical practice were concerned about giving their children vaccines.

Many did not feel they could use the religious option so I began testing the children for vaccine antibodies. If the child had taken one vaccine for one disease, I tested to see if they had become immune from just that one shot. If they had done so, they did not require another. The blood work could be used for an exemption too.

### **Texas Gets Conscientious Objection**

In 2003, through the successful lobbying of two mothers, the State of Texas passed legislation allowing for conscientious objection to vaccines. Parents could now just opt out. They did not need a medical or religious exemption. Even though this conscientious objection was now legal, most schools and most pediatricians did not inform families that they had a choice whether to vaccinate or not vaccinate. They continued to insist that the children must be vaccinated before attending school, which was not true. Why would they lie?

The Texas state law is clear. If you do not choose to vaccinate your child or if you choose to not use certain vaccines, a form is available from the Texas Public Health Department for conscientious objection. The parent must complete the form, have it notarized and their child did not have to take another vaccine. Approximately twenty states have similar laws.

In my practice I began seeing more and more children diagnosed with Autism. Most of the parents of these children were convinced that their child was developing perfectly normally until they received a certain series of vaccines.

Across the country this same cry was being heard. "Vaccines damaged my child."

### **Another Generation to Worry About**

About this time, my first grandchild was born. I happened to be visiting the hospital after her birth. The nurse came into the room to give my newborn granddaughter a Hepatitis B vaccine. I was shocked! What on earth were they thinking? I had no idea this was standard procedure, to give a baby, less than 24 hours old, a vaccine for Hepatitis B.

Hepatitis B is a disease found in IV drug abusers, prostitutes and sometimes, medical workers who may have become exposed to it from a patient. Hepatitis B was not a disease that a newborn baby could possibly get. It was virtually impossible. The hospital tests the moms and already knew that they do not have the disease. What was the point of giving this vaccine to a baby, so shortly after their birth? It made no sense.

Until now, I guess you could say I was sitting on the fence where vaccines were concerned. I didn't want to give them to my patients and felt it should be a parent's right to decide if they wanted to vaccinate or not.

This experience with my own grandchild slipped me right off that fence. I began doing my own research. It seemed that there was quite a bit of mercury in vaccines at that time, even in the Hepatitis B vaccine given at birth. Infants were exposed to significant levels of mercury, a known neurotoxin, in the first year of life from the vaccines.

### **Autism Incidence Goes Up, Up, Up!**

As the incidence of autism went up, studies indicated that the increases correlated with the increased number of mercury-containing vaccines a child received. Pediatricians denied that mercury was the cause. So did the government and the drug companies. While they made this denial, the government was quietly removing mercury from all other medical sources. They even told mother's to not eat fish while they were

pregnant because of the mercury in fish. Still, they denied that mercury caused any problems in children. Eventually, most, but not all, of the mercury was removed but we were told it was only because of the pressure from parents, not because it was dangerous.

The mercury was not removed from all vaccines but many doctors told their patients it was gone. It was removed or lowered in many vaccines but mercury is still in flu vaccines, tetanus, meningitis and cervical cancer vaccines.

During the “mercury is toxic” debate, there were studies published indicating that vaccines with mercury were safe and did not cause autism or other developmental problems. One such study was published in the Journal of Pediatrics. After this study was published, it came as no surprise that pediatricians around the country were now convinced that vaccines were completely safe and do not cause autism. Of course, they would think this. Their professional publication said so.

### **The Real Truth**

However, they had not received the whole story. Doctor and then Congressman Dave Weldon, from Florida, exposed a problem with the study that all pediatricians were now using as proof that vaccines were safe. Congressman Weldon discovered notes from a meeting held with members of the CDC and representatives of the pharmaceutical companies that make vaccines. The first study they reviewed found “a clear and significant association between exposure to thimerosal (mercury) and autism and neurological developmental delays.” Dr. Weldon reported that these notes also revealed “A June 2000, version of the study applied various manipulations to reduce the autism association.” Even though the original study did find this clear and significant association between the mercury in vaccines and autism and other developmental delays, the study that was actually published in The Journal of Pediatrics for all pediatricians in the world to read, was the one that had been manipulated to show no association at all.

Of course, pediatricians think that vaccines are safe, that is what everyone is telling them. That is what is published in their medical journal. If they dig a little deeper, they might find that the information they received is just not true.

One pediatrician told me he does depend on The American Academy of Pediatrics to keep him informed and does not do his own research on the subject. This is unfortunate because as I have done more and more research on my own, I find that much of what doctors and the public are being told about vaccines is simply not the case.

Vaccines need something called an adjuvant to work. An adjuvant is something toxic that causes the body to make an immune response to it. By attaching the vaccine to this toxic substance, the body makes an immune response to try to remove this foreign toxin from the body. In doing this, the body creates immunity to the attached bacteria or virus that is the vaccine.

So when the mercury was removed it had to be replaced by something else that is also toxic. Aluminum was chosen. You’ve heard the expression, “Be careful what you wish for”? In this case, wishing for mercury to be removed and having it happen, did not improve things. Based on the current medical literature, it appears that aluminum is a worse toxin than mercury could ever have been. The incidence of autism has increased in even greater numbers since the addition of aluminum into vaccines.

The CDC report released recently found a 78 percent increase of cases of autism from 2002 to 2008. The incidence of autism is now 1 in 88 children across the board and 1 in 54 boys in the U.S. The latest data comes from medical and school records collected from more than 300,000 8-year-olds in 14 states across the country in 2008. A 78% increase in autism cases since replacing mercury with aluminum.

### **More Studies**

In addition to the study that Dr. Weldon discovered showing a clear association between vaccines and autism, there are many others just in the past year:

1. The Journal of Toxicology of Environmental Health reported a positive association between autism prevalence and childhood vaccines across the US population. A positive and statistically significant relationship was found: The higher the proportion of children receiving recommended vaccinations, the higher the prevalence of autism and speech/language impairment. A 1% increase in vaccination was associated with an additional 680 children having autism or speech/language impairment.
2. The Journal of Inorganic Biochemistry reported that aluminum, the most commonly used vaccine adjuvant, is a demonstrated neurotoxin and a strong immune stimulator. A significant correlation exists between the amounts of aluminum administered to preschool children and the current prevalence of autism in seven western countries. Children from countries with the highest autism prevalence appear to have the highest exposure to aluminum from vaccines and this significantly correlates with the increase in autism in the United States over the last two decades.
3. A German study of 8000 children found that vaccinated children had at least 2-5 times more diseases and disorders than unvaccinated children. Vaccinated were twice as likely to have allergies, 8 times more likely to have asthma, 5 times more ear infections, 4 times more hyperactivity and 12 times more seizures. This data was supported in several other studies as well.

There are many other studies that also show a correlation between vaccines and autism and other disorders.

### **Vaccines Toxicity**

In addition to mercury and aluminum, there are many other toxic substances in vaccines. Here is a list of those toxic substances in vaccines as reported by the pharmaceutical company themselves:

sodium ethylmercurithiosalicylate (or thimerosal, a mercury derivative – still in many vaccines in trace amounts-tetanus, meningitis, cervical cancer & flu)  
 propylene glycol (aka polyethylene glycol, one type of antifreeze -- yes, it's true!)  
 phenol (a disinfectant dye),  
 formaldehyde (a preservative and disinfectant),  
 ammonium sulfate  
 aluminum hydroxide,  
 aluminum phosphate  
 benzethonium chloride,  
 polysorbate 20,  
 polysorbate 80,  
 sorbitol,  
 polyribosylribitol,  
 MRC5 proteins,  
 betapropiolactone,  
 tri(n)butylphosphate,  
 freeze-dried polysaccharide antigens (from Neisseria meningitidis),  
 monosodium glutamate,  
 potassium monophosphate,  
 potassium diphosphate,  
 human serum albumin,  
 washed sheep red blood cells,  
 porcine (pig) pancreatic hydrolysate of casein,  
 embryonic fluid (chicken egg),  
 hydrolyzed gelatin (calf and cattle skins, cattle bones and pork skin),  
 calf serum,  
 fetal bovine serum,  
 fetal rhesus diploid cells (FRhL-2 cell line),

African green monkey kidney heteroploid cells

Vero cell line human diploid cells (human aborted fetal tissue)

Antibiotics: neomycin, neomycin sulfate, streptomycin, polymyxin B, amphotericin B, gentamicin sulfate

Would any of us want to ingest any of these toxins? I wouldn't. Yet everyday these toxins are injected into the bodies of infants.

### **Why Some Are More Likely Injured Than Others**

Trauma to the immune system, including trauma from vaccination, can initiate a systemic inflammatory condition that may fail to self-limit, and become more aggressive in individuals with a Glutathione S-Transferase (GST) deficiency and/or an impaired Cytochrome P450 pathway (CYP) (*Phillips et al, 2010*). What this means is that people who have either of these impairments are at greater risk to having side effects to vaccines. Fortunately we can now test for these two deficiencies through the blood.

For those who live in a state that does not allow for conscientious objection of vaccinations, children can be tested to see if they are missing either of these. If they are, it should, in my opinion, allow for a medical exemption.

In Texas, everyone attending any public school, from preschool through college has the right to make a conscientious objection and opt out of taking vaccines. Many private schools also honor the state law that allows this.

### **Tell Us the Truth**

I don't know why schools and many doctors do not tell the truth about vaccine rights. If they don't know that the state of Texas has given families this right, they should be educated. Many parents have been told their child cannot enter school without the required vaccines. Either the school personnel are very ignorant of the law or they are outright lying to the parents. Whichever it is, every school personnel should know the law and tell the truth about it. Often you can find the information on the school districts website.

New reports from Family Practice News indicate that 75% of parents are concerned about the safety of childhood vaccines. The higher the socio-economics of the parents and the more educated the parents are, the more likely they were to not want their child vaccinated or request a modified vaccine schedule.

For me, personally, the more I find information that indicates the government or the drug companies are not telling the truth about vaccines, the more I will question them and doubt their safety. You can't put all those toxins into a vaccine and tell me it is safe to inject them into a young child. You can't watch the incidence of autism increase and increase and see the correlation with the number of vaccines children get and tell me they are not the cause. It just doesn't make sense on any level.

The only way I see that trust can be established where vaccines are concerned is for the government and drug companies to admit their mistakes, stop covering up their mistakes and move forward with the truth. Every state should allow conscientious objection. When it comes to injecting toxic substances into a baby's body, the parents are the only ones who should have the right to make that decision.