

Healthy Living: Before the Hoopla for the Flu Vaccine Starts – Some Facts about Real Flu Prevention

By Veronica Collings, DC

Even the wisest of doctors are relying on scientific truths, the errors of which will be recognized within a few years time. –

Marcel Proust

When you get vaccinated, you are injected with some of the most lethal poisons known: Formaldehyde, mercury, aluminum, phenol (carbolic acid), borax (ant killer), ethylene glycol (antifreeze), dye, acetone (used in nail polish remover), latex, MSG, glycerol, sulfite and phosphate compounds, polysorbate 80/20, sorbitol, polyribosylribitol, betapropiolactone, Amphotericin B, plus... monkey, cow, chick embryo, pig, sheep, dog, etc. tissues and cells, often contaminated with animal viruses (**e.g., SV40** which is a known carcinogen), large foreign proteins, including gelatin and casein, aborted human fetus cells and human viruses, bacterial endotoxins, antibiotics, bacteria, genetically modified yeast, animal, bacterial and viral DNA (which, when injected, can be incorporated into the recipient's DNA).¹

This might not be so scary, if there was any proof that these poisons actually had any value, but the real studies, not the ones carried out by the pharmaceutical companies profiting from them (a/k/a a massive conflict of interest), show no benefit.

I found that the whole vaccine business was indeed a gigantic hoax. Most doctors are convinced that they are useful, but if you look at the proper statistics...you will realize that this is not so. – Archie Kalokerinos, M.D.

As if this weren't bad enough, how about the findings of Dr. Hugh Fudenberg, M.D., the world's leading immunogeneticist and the 13th most-quoted biologist of our times (nearly 850 papers in peer review journals)? He found that, if an individual has had five consecutive flu shots, his/her chances of getting Alzheimer's Disease is **ten times higher** than if he/she had two, one or no shots. He attributes the gradual



mercury and aluminum buildup in the brain as the cause of cognitive dysfunction. Give me the flu anytime. According to a statement from John Hopkins Newsletter, Nov. 1998, Alzheimer's is expected to quadruple. Is that why? Why take a chance?

A wonderful web site exposing the poor "junk science" of pro-vaccinators can be found at http://vaccinationnews.com/Out_of_Control/2003/Sept_9/OOCI.htm.

In all parts of the globe where the native population had changed from their natural foods to the use of commercial products, there began the infiltration of those dreaded diseases, tuberculosis, pneumonia and influenza...exactly parallel to the increase in their use of commercial foods. It made no difference whether the change took place in a high valley in the Swiss Alps or in an island of the sea in the Eastern or Western hemisphere. The identically same results followed the introduction of foods of civilized man. – Dr. Royal Lee, 1955²

The pharmaceutical establishment and the media who rely on advertising dollars of these huge conglomerates do not focus on health, but on sickness, fear and ratings. We repeatedly hear reports about the possibility of a flu epidemic, about sick birds, speculations that new mutations will spread to humans, fear

that it will spread around the globe. But how do these epidemics REALLY happen? Is it just bad luck to catch a terrible virus? Or do we set ourselves up by being environmentally polluted and nutritionally deficient. Synthetic denatured "food" has had its negative impact on our health. The result is a weakened and constantly challenged immune system.

To build ourselves up, we must restore the essential building blocks for health so our body can better handle the threat of infection. Reduce toxins, eat whole foods rich in nutrients, enhance digestion and assimilation with enzymes and probiotics and take whole food concentrate supplementation as an adjunct to your whole foods. My favorite immune system builders are available from StandardProcess.com I use Immuplex all year round for prevention, along with cod liver oil for the real food source of vitamin D. If, for whatever stressor, I fall short, I use Congaplex to rebuild my stress glands and recover quickly. There are also many effective herbal and homeopathic preparations both for prevention and side effect-free support if you do have a bout with flu-like symptoms. Feel free to contact my office for more information on what's available and what's right for you. Stay well and I'll see you on the dance floor.

¹ Childhood Vaccination: Questions and Answers by Tedd Koren, DC

² The Nutritional Essentials Newsletter – Special Issue – Flu

About the Author: Dr. Collings is a summa cum laude graduate of Pennsylvania College of Chiropractic. As a holistic health care provider, she utilizes only natural remedies. Her offices are in Plymouth Meeting, PA. Visit her web site at www.drveronicacollings.com for more information. She and her husband, Greg, can be seen dancing in many locations around the Delaware Valley.