

## Flu Shots

There are two things that can be said about flu vaccines:

1. They are at best useless, and
2. they are potentially deadly.

Flu shots are deadly neurotoxic, and the neurotoxic effects are cumulative.

Studies show that people who have 5 or more flu shots over the course of their lifetime have a 40% higher chance of Alzheimer's (due to the mercury and aluminum that is in every flu shot (and many childhood vaccinations)), as the gradual buildup of these elements in the brain causes cognitive dysfunction.

According to Hugh Fudenberg, MD, a leading immunogeneticist and 13<sup>th</sup> most quoted biologist of our times (who had nearly 850 papers in peer review journals), in people who had five consecutive flu shots between 1970 and 1980 (the years studied), the chance of getting Alzheimer's Disease was ten times higher than if they had one, two or no shots. (1) When Dr. Fudenberg was asked why this was so, he said it was due to the mercury and aluminum that is in every flu shot (and many childhood shots). The gradual mercury and aluminum buildup in the brain causes cognitive dysfunction. Alzheimer's is expected to quadruple. (2)

(1) Dr. Fudenberg at the NVIC International Vaccine Conference, Arlington, VA September, 1997. Quoted with permission.

(2) John's Hopkins Newsletter Nov 1998.

In addition to the long-term brain-toxic effects, are there immediate side effects from the flu shot? Serious side effects? Deadly side effects? Here are the flu vaccine disasters reported for just a single year to the Vaccine Adverse Event Reporting System (--- and remember, these are only the reported adverse reactions --- there are many more serious reactions to flu shots that go unreported, or reactions that are never correlated with a recent flu shot):

- 2,980 hospitalizations
- 405 prolonged hospitalizations
- 260 permanent disabilities
- 797 life-threatening events
- 203 deaths

--- And --- flu shots do not work. The vaccine is derived from the previous year's influenza viruses; there is absolutely no decrease in death from influenza because of the flu shots.

As flu season begins, it is far too early to tell which flu strains will dominate. There is no way to tell as each flu season begins whether this will be a bad year

or a good year --- a year when only a few people get sick and quickly get over the flu, or a year with a virulent strain of flu with the potential to do serious damage. One of the greatest absurdities of flu shots is that not only is it too early to tell as flu season begins which strains of flu will be dominant, but also it is far too early to tell a full year before flu season begins. --- And yet, it is a full year in advance when the “experts” take a guess at which flu strains they should pretend to protect us against with the next year’s flu vaccine.

The truth is that the flu vaccine can actually increase your risk of getting more powerful and potentially deadly strains of the flu. Yes, not only does the flu shot increase your chance of getting the flu, but also it increases your risk of not just any flu, but increases your risk of getting the more deadly strains of the flu. The antibodies your body creates against the flu shot are absolutely impotent against the more powerful flu strains --- and --- they actually help the nastier virus to multiply. (The phenomenon is called fusion enhancing.) Several studies from the height of the swine flu pandemic several years ago found that people vaccinated against seasonal flu had approximately double the risk of swine flu than those that did not get vaccinated at all.

Data from the Center for Disease Control itself (the biggest government funded agency promoting flu shots) shows that flu shots had a protection rate of only 9% among senior citizens. That figure of 9% does not mean the flu shot protected 9% (approximately 1 out of 11) seniors from the flu. No --- it means that it only protected 9% of the seniors who got the flu from being hospitalized. Flu hospitalization rate among seniors in a recent year was 0.116%. In other words, 1 out of 1,000 seniors who got the flu were hospitalized.

The best protection rate they can come up with for the flu vaccine is that it protected 9% of those people from hospitalization. --- In other words, the best they claim is that 1 out of 10,000 seniors who got the flu did not have to go to the hospital. That is it --- the entire “protection” offered by the flu shot is that seniors, those at highest risk of severe complications from the flu, were “protected” at a rate of only 1 out of 10,000. The other 9,999 seniors received no protection whatsoever.

In summary, a meta-analysis of 31 studies spanning 44 years of scientific research reveals that the flu vaccine has little or no effect on those 65 or older. Research from 1968 through 2001 shows no evidence that the flu shots reduced death rates in the elderly.

If you want more than 100X times the protection of flu shots, then adhere to these 3 simple procedures:

- Wash your hands, and keep your hands away from your face and eyes
- Eat Well to Be Well
- Supplement with Activator