

The Truth about the Flu Shot

1. What's in the regular flu shot?

● Egg protein and avian contaminant viruses	● Thimerosal (mercury): in multi-dose vials	● Polysorbate 80:allergen; infertility in mice
● Formaldehyde: carcinogen	● Triton X100: detergent	● Sucrose: table sugar
● Resin: known allergen	● Gentamycin: antibiotic	● Gelatin: known allergen

2. Do flu shots work?

● **Not in healthy babies:** A review of 51 studies involving more than 294,000 children it was found there was “no evidence that injecting children 6-24 months of age with a flu shot was any more effective than placebo. In children over 2 yrs, it was only effective 33% of the time in preventing the flu. **Reference:** “Vaccines for preventing influenza in healthy children.” The Cochrane Database of Systematic Reviews. 2 (2008).

● **Not in children with asthma:** A study 800 children with asthma, half were vaccinated and the other half did not receive the influenza vaccine. The two groups were compared with respect to clinic visits, emergency department (ED) visits, and hospitalizations for asthma. *CONCLUSION:* This study failed to provide evidence that the influenza vaccine prevents pediatric asthma exacerbations. **Reference:** “Effectiveness of influenza vaccine for the prevention of asthma exacerbations.” Christly, C. et al. Arch Dis Child. 2004 Aug;89(8):734-5.

● **Not in children with asthma (2):** “The inactivated flu vaccine does not prevent influenza-related hospitalizations in children, especially the ones with asthma...In fact, children who get the flu vaccine are *three times more at risk for hospitalization* than children who do not get the vaccine.” **Reference:** The American Thoracic Society’s 105th International Conference, May 15-20, 2009, San Diego.

● **Not in adults:** In a review of 48 reports (more than 66,000 adults), “Vaccination of healthy adults only reduced risk of influenza by 6% and reduced the number of missed work days by less than one day (0.16) days. It did not change the number of people needing to go to hospital or take time off work.” **Reference:** “Vaccines for preventing influenza in healthy adults.” The Cochrane Database of Systematic Reviews. 1 (2006).

● **Not in the Elderly:** In a review of 64 studies over 98 flu seasons of elderly living in nursing homes, flu shots were non-significant for preventing the flu. For elderly living in the community, vaccines were not (significantly) effective against influenza, ILI or pneumonia. **Reference:** “Vaccines for preventing influenza in the elderly.” The Cochrane Database of Systematic Reviews. 3(2006).

3. What about the new Swine Flu vaccine?

- Some of the new H₁N₁ (swine flu) vaccines are going to be made by Novartis. These shots will probably be made in PER.C6 cells (human retina cells) and contain MF59, a potentially debilitating adjuvant. **MF-59** is an oil-based adjuvant primarily composed of squalene.
- *All* rats injected with squalene (oil) adjuvants developed a disease that left them crippled, dragging their paralyzed hindquarters across their cages. Injected squalene can cause severe arthritis (3 on scale of 4) and severe immune responses, such as autoimmune arthritis and lupus.
Reference (1): Kenney, RT. Edleman, R. "Survey of human-use adjuvants." Expert Review of Vaccines. 2 (2003) p171. **Reference (2):** Matsumoto, Gary. Vaccine A: The Covert Government Experiment That's Killing Our Soldiers and Why GI's Are Only the First Victims of this Vaccine. New York: Basic Books. p54.
- Federal health officials are starting to recommend that most Americans get three flu shots this fall: one regular flu shot and two doses of the vaccine made against the new swine flu strain. School children who have never had a flu shot are targeted for **four shots in the fall** - twice for seasonal flu, twice for pandemic swine flu. (July 15, 2009 news)
- HHS Secretary Kathleen Sebelius has been talking to school superintendents around the country, urging them to make plans to use buildings for mass vaccinations and for vaccinating kids first. (CBS News, June 12, 2009.)

4. What can you do? *You can't do it all, but you can do something!*

- Give this information to everyone you know and love, especially church members, social groups, school teachers and administrators, and first responders (EMTs, Paramedics, Firemen, etc). Contact your local police, sheriff, city council members, county commissioners and chamber of commerce. Discuss your concerns about forced vaccinations. Their support is important to maintain your right to refuse.
- Email or fax this information to local TV and radio stations. Call or fax to your State and National political representatives.
- Connect with other activist organizations – those who support 2nd amendment issues, the environment and animal rights. Help spread the word about their passion and get them involved with yours.
- Write a small article for LOCAL, community newspapers. Watch for samples on www.PandemicFluOnline.com
- Check out www.oathkeepers.org. Share this with your local law and military folks. A pdf for easy printing is available on www.DrTenpenny.com
- Have at least 3 weeks of food and water on hand; be prepared to voluntarily self-quarantine.
- Stock up on Vitamin D₃ (3000 IU per person), Vitamin A, Vitamin C, fish oil, and zinc.

As stated years ago by Margaret Mead, "Never doubt that a small group of thoughtful committed citizens can change the world; indeed it is the only thing that ever has."

For more daily updates and information

www.VacLib.org www.PandemicFluOnline.com www.DrTenpenny.com