Flu Vaccine Controversy...Revisited

by Dr. Domenic Febbraro

Along with brighter colors and cooler weather, this change in season is unfortunately tainted with fear and misinformation regarding our vulnerability to the dreaded flu. So, I’m writing this to provide accurate information with respect to the harm the flu is reported to cause--such as the deaths of approximately 36,000 Americans each year. This is simply not true, as you will see, although the vaccine manufacturers would probably have you think otherwise.

According to the Centers for Disease Control & Prevention (CDC), the number of people who died from the flu in 2001 reached approximately 260; in 2002 approximately 750; and more recently in 2004 approximately 1100. Unfortunately, those who died from the flu were likely unhealthy to begin with, as the flu rarely claims the lives of those who are in reasonably good health. To balance our perspective on the impact of flu-related deaths, consider that the CDC has reported in recent years that approximately 100,000 people die each year from adverse reactions to properly prescribed and properly taken medications. The media gives this information very little attention, but seemingly never fails to insinuate an impending epidemic. The media gives this information very little attention, but seemingly never fails to insinuate an impending epidemic. The media gives this information very little attention, but seemingly never fails to insinuate an impending epidemic. The media gives this information very little attention, but seemingly never fails to insinuate an impending epidemic.

But is the vaccine really effective? Or safe? In fact, last year the highly regarded medical journal--The Lancet--reported that the flu vaccine does not affect (or improve) the mortality rate of the elderly, (which is the very reason the elderly are told to receive the vaccine!), and past medical research that stated otherwise was based on faulty data. Last year’s report in The Lancet was not unusual, considering that there are no long-term efficacy or safety studies performed on the vast majority of vaccines. Also, flu vaccines administered in the past few years failed to match the circulating strains of influenza virus, rendering them worthless. Furthermore, consider the comments (summarized) from the world’s leading immunogeneticist--Hugh Fudenberg, MD--who stated at the NVIC (National Vaccine Information Center) International Vaccine Conference in Virginia, 1997--that an individual who has had five consecutive flu shots has a substantially (ten times) higher chance of developing Alzheimer’s disease later in life. The connection to this disabling disease involves the vaccine’s ingredients, and the harm they are known to cause (thanks to biological science).

So let us consider what the flu vaccine actually contains, and whether you would consider these “ingredients” healthy, or health-promoting. Certainly we consider the ingredients listed on food labels, so why not look at some of the flu shot’s ingredients:

- **Thimerosal:** mercury preservative and known neurotoxin (implicated as a causative factor in the epidemic of neurodevelopmental disease).
- **Formaldehyde:** embalming fluid used to kill viruses, (classified as a potential carcinogen/cancer-causing).
- **Neomycin, Gentamycin:** antibiotics.
- **Influenza viruses:** most are inactivated.
- **Monosodium Glutamate (MSG/Glumatic Acid):** a neurotoxin (allergic reactions can range from mild to severe)
- **Egg or chicken protein**
- **Octoxinol 9:** a vaginal spermicide
- **Betapropiolactone:** a disinfectant

(To name a few) (Ingredients vary depending on the manufacturer)

Reading this should be unsettling to say the least, and if you find this “label” acceptable, I would urge you to reconsider. To receive the flu vaccine, or any other vaccine, one must carefully weigh the risks and benefits. Also, give serious consideration to the growing evidence of harm revealed in the epidemic of neurodevelopmental and autoimmune diseases in the last few decades that parallel the increasing number of required vaccinations. I believe that open discussions and unbiased scientific studies, independent of pharmaceutical influence, must become the rule with respect to this critical issue, not the exception. Most importantly, as a health care provider, I would urge you to focus on strengthening your immune system from within, naturally, by adopting a wellness paradigm of eating, moving, and thinking well, and receiving Chiropractic care as a natural and powerful approach to beating the flu this season! Health has always come from within each and every one of us---science has always supported that!

(For more information on the flu vaccine and related information, visit the [National Vaccine Information Center’s website at www.nvic.org](http://www.nvic.org).

At Health First Chiropractic, Dr. Domenic Febbraro serves Hampton Township and surrounding communities with over 12 years of clinical experience in pediatric and adult corrective spinal care. A graduate of Central Catholic High School in 1988, he received his doctorate from Life University, School of Chiropractic in 1996. He is a member of the Chiropractic Fellowship of PA. His purpose is to educate and adjust as many families as possible toward optimal health through natural Chiropractic care!

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