

# The Truth about the Flu Shot

*"By 1853, Parliament began passing laws to make the untested vaccine compulsory throughout the British Empire. Other countries of Europe followed suit. Once the economic implications of compulsory vaccinations were realized, few dared to disagree. Then, as now, the media were controlled by the vaccine manufacturers and the government, who stood to make huge money from the sale of these spurious vaccines."... Tim O'Shea, D.C.*

## 1. What's in the regular flu shot?

- Egg proteins: including avian contaminant viruses
- Gelatin: known to cause allergic reactions and anaphylaxis are usually associated with sensitivity to egg or gelatin
- Polysorbate 80 (Tween80™): can cause severe allergic reactions, including anaphylaxis
- Formaldehyde: known carcinogen
- Triton X100: a strong detergent
- Sucrose: table sugar
- Resin: known to cause allergic reactions
- Gentamycin: an antibiotic
- Thimerosal: mercury is still in multidose vials

## 2. Do flu shots work?

- **Not in babies:** In a review of more than 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, where one 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, Flumist, does not prevent influenza-related hospitalizations in children, especially the ones with asthma...In fact, children who get the flu vaccine are *more at risk for hospitalization* than children who do not get the vaccine.” **Reference:** The American Thoracic Society’s 105<sup>th</sup> International Conference, May 15-20, 2009, San Diego.
- **Not in adults:** In a review of 48 reports including 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 in 98 flu seasons, For 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 shot?

- A new report from a WHO advisory group predicts that global production of vaccine for the novel H1N1 influenza virus could be as much as 4.9 billion doses a year, far higher than previous estimates.
  - The report says that vaccine makers are expected to produce about 780 million doses of seasonal flu vaccine for the northern hemisphere's 2008-09 flu season for the
- June 12 Announcement:
  - The new H<sub>1</sub>N<sub>1</sub> (swine flu) vaccine is going to be made by Novartis. It 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, Tween 80 and Span85.
  - *All* oil adjuvants injected into rats were found toxic. *All* rats developed an MS-like disease that left them crippled, dragging their paralyzed hindquarters across their cages.
  - Squalene caused severe arthritis (3 on scale of 4). Squalene in humans at 10-20 ppb (parts per billion) lead to severe immune responses, such as autoimmune arthritis and lupus.
 

**Reference:** Kenney, RT. Edleman, R. "Survey of human-use adjuvants." Expert Review of Vaccines. 2 (2003) p171.

**Reference:** 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 will probably recommend that most Americans get three flu shots this fall: one regular flu shot and two doses of any vaccine made against the new swine flu strain.
 

**Reference:** Washington Post, Wednesday, May 6, 2009
- HHS Secretary Kathleen Sebelius is talking to school superintendents around the country, urging them to spend the summer planning what to do if the government decides it needs their buildings for mass vaccinations and vaccinating kids first.
 

**Reference:** CBS News, June 12, 2009.

#### 4. Is Mandatory Vaccination Possible?

- 1946: US Public Health Service was established and EO 9708 (Executive Order) was signed, listing the communicable diseases where quarantines could be used. 1946 and 2003, cholera, diphtheria, TB, typhoid, smallpox, yellow fever, & viral hemorrhagic fevers were added.
- April 4, 2003: EO 13295 added SARS to the list.
- April 1, 2005: EO 13295 added "Influenza caused by novel or re-emergent influenza viruses that are causing, or have the potential to cause, a pandemic." EO 13295 also:
  - The president gave the Sec. of HHS the power to quarantine, his or her discretion.
  - Sec of HHS has the power to arrange for the "apprehension and examination of persons reasonably thought to be infected." A cough or a fever could put a person at risk for being quarantined for an extended period of time without recourse.

- January 28, 2003: Project BioShield was introduced during Bush's State of the Union Address. This created permanent and indefinite funding authority to develop "medical countermeasures."
  - The NIH was given authority to speed approval of drugs and vaccines. Emergency approval of a "fast tracked" drug and vaccine can be given without the regular course of safety testing.
- December 17, 2006: Division E: The Public Readiness and Emergency Preparedness Act was added as an addendum to Defense Appropriations Bill HR 2863 at 11:20p on Saturday night, long after House Committee members had signed off on the bill and gone home for the holidays. Section (b)(1) states:
  - The Sec of HHS can make a determination that a "disease, health condition or threat" constitutes a public health emergency. He or she may then recommend "the manufacture, testing, development, administration, or use of one or more covered counter measures..." A covered countermeasure defined as a "pandemic product, vaccine or drug."
  - Division E also provides complete liability protection for *all* drugs, vaccines or biological products deemed a "covered countermeasure" and used for an outbreak of *any kind*.
  - Complete liability protection has been given to drug companies for *any* product used for *any* public health emergency declared by Sec of HHS.
  - Pharma is now protected from all accountability, unless "criminal intent to do harm" can be proven by the injured party. They are protected from liability even if they know the drug will be harmful.

#### **4. What can I do? These are just a few suggestions; please come up with more of your own! Add to this list and spread the word.**

- Give this information to everyone you know and love.
- Contact local first responders (EMTs, Paramedics, Fireman, etc). Tell them what is will be in the flu shots and that \*they\* will be the first ones to get it.
- Contact local police and discuss concerns about mandatory vaccination. You go to church and to the grocery store with these folks and their kids play with your kids. They are not "scary" people. Take them coffee and a treat to get in the door... ☺
- Contact local city council members about your liberties. You need their support to maintain your right to refuse.

- Write a small article for LOCAL, community newspapers. Watch for samples on [www.DrTenpenny.com](http://www.DrTenpenny.com)
- Have at least 3 weeks of food and water at your house and be prepared to voluntarily self-quarantine if given no other options.
- Stock up on Vitamin D3 (3000IU per person), Vitamin A, Vitamin C, etc and homeopathics for the flu
- Someone told me if you had to get the shot, \*immediately\* afterward, rub the area hard and brisk with 1/2 of a freshly cut lemon. I don't know if that will help, but it certainly can't hurt.
- Check out [www.oath-keepers.org](http://www.oath-keepers.org) . A pdf of their oath for easy printing will be on [www.DrTenpenny.com](http://www.DrTenpenny.com) I am sharing this with local military recruitment office, reservists and retired military people we know.
- Connect with other activist organizations – those who support 2<sup>nd</sup> amendment issues, the environmental and animal rights. Help spread the word about their passion and get them involved with yours.

You can't do it all,  
but you can do something!

**\* 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 information go to**

**[www.SayingNoToVaccines.com](http://www.SayingNoToVaccines.com) or [www.DrTenpenny.com](http://www.DrTenpenny.com)**

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