



SEPTEMBER 2011

# The Spinal Column

*This newsletter provided compliments of Upper Cervical Health Centers of America®*

## The Flu Shot



**Know the facts that they don't tell you.**

**It's that time of year again. Summer is winding down, school is back in session, fall is on the horizon and yes...it's time for the pharmaceutical companies to start their massive advertising campaign for the flu vaccine.**

It will go something like this: first, we will be bombarded with "news reports" (written by big pharma) warning that THIS year's flu strain will be one of the worst ever and that everyone from newborns through our most senior population should line up to get their shot; then there might be news of a "shortage" of the vaccine so HURRY to get it! finally, when spring rolls around we'll find out that this year's flu strain was different from the ones included in the vaccine and we were just "lucky" to have gotten through this season ok. It's the same routine over and over again, year after year and pharmaceutical companies stand to make literally billions of dollars from the flu vaccine.

Big Pharma is quite good at using FEAR to motivate us to get the vaccine. Unfortunately, what they don't disclose are the many reasons you may NOT want to get vaccinated. While no one can tell you which choice to make, hopefully the following information will help you make a more informed decision.

In health care, "immunity" describes your body's ability to resist a particular infection or toxin. Very simply, flu vaccines are "intended" to help your body build immunity against the flu virus.

If you got the chicken pox 30 years ago, you could sit in a poorly ventilated room today full of sick kids with chicken pox, and you wouldn't have to worry about getting reinfected. That's what's so great about *natural* immunity – it's permanent.

Unfortunately, flu viruses behave differently than the chicken pox. Thousands of different strains of the flu virus exist, and they continuously change over time making them less predictable. You're probably immune to hundreds of these strains already, but there are plenty more your body has never encountered. So when September/October rolls around, Americans face an onslaught of news reports [advertisements] encouraging you to "get your flu shot."

However, what most people don't realize about the flu shot is that it's made over 6-months in advance and contains just three different strains of flu (remember, there are thousands). An 18-member panel

votes each year in a committee to decide which 3 strains will be included in the vaccine. Basically they get together to analyze some world data and then attempt to predict the future. As one FDA representative put it, "picking the best combination is a mixture of science, luck, and seat-of-the-pants instinct."

So what happens after these researchers find out that the strains they chose were wrong? Nothing. Dr. Michael Decker, head of scientific affairs at Aventis (one of three U.S. vaccine makers) says: "By the time you know what's the right strain, you can't do anything about it."

That means millions of doses are manufactured, packaged, shipped, and delivered long before researchers know for sure which strain is active/present. But that's okay, these manufacturers care more about your health and well-being than the hundreds of millions of dollars in lost revenue. They'll probably just incinerate the vials and start over... right?

Actually, they're publicly traded companies with a fiduciary responsibility to their shareholders to make money, not lose it... so no, they're not going to just scrap their investment. These vaccines are still pushed onto the public without telling you in advance that they are incapable of protecting against this season's strain.

Oh, by the way, don't be surprised if the person administering the shot is just as surprised to hear this as you are. Many health care professionals are oblivious to how flu vaccines are manufactured.

It is troubling how strongly it's implied that if you get a flu shot, you won't get the flu. This is simply not the case. In fact, when the strains don't match up, the vaccine is not effective.

But these are smart people, so this sort of thing doesn't happen very often, does it? Well let's take a look over the past decade and see how their guesswork panned out:

Between 2003 and 2004, *USA Today* reported, "**Flu shots had little effect.**" *The Associated Press* in that same year announced, "**Flu Shot unable to combat virus strain.**" In 2005, *Reuters* reported, "**Flu shots may not save lives.**" After the 2007 flu season, *Reuters* announced again, "**The CDC said it had clear indications that the flu viruses have mutated, making the current vaccine less effective.**"

Consider the 2009 swine flu, which we were warned would kill millions, if not tens of millions of people. It turned out to be a complete "dud" as far as pandemics go, but health agencies and governments around the world still managed to create massive fear of this hybrid flu virus. In fact, studies showed that the H1N1 swine flu symptoms and risk of serious illness was no worse than the seasonal flu.

Yes, the researchers choosing the strains are smart people, but they're not clairvoyant. They'll defend these events by saying that the benefits outweigh the risks. Not only are these vaccines ineffective but by exposing yourself to the preservatives and added chemicals of the flu shot, you're taking a risk.

*(Continued on back page...side effects of vaccines)*

# The Flu Shot

## Consider the following risks:

### Toxic Ingredients



One of the major risks of flu shots are the potentially dangerous ingredients they contain. Flu shots often have ingredients like **Formaldehyde, Triton X-100, and Thimerisol.** Research has proven that **Formaldehyde** is a carcinogen

which has been linked with cancers of the brain, nasal tissues, and even leukemia. **Triton X-100** is a chemical found in flu shots is considered a probable carcinogen and is harmful if swallowed, and may cause severe eye irritation. **Thimerisol**, which has been in vaccines produced by GlaxoSmithKline and Aventis-Pasteur, is a mercury derivative known to be dangerous to humans. Ingesting as little as 3 mg/kg can cause necrosis, central nervous system injury, coma, and death!

### Alzheimer's Disease

According to world renowned scientist Dr. Hugh Fudenberg, anyone who has had five consecutive flu shots raises his/her risk of getting Alzheimer's disease by 10 times. According to Dr. Fudenberg, the gradual mercury buildup in the brain eventually leads to cognitive dysfunction.

### Guillian-Barré Syndrome

Guillain-Barré syndrome is a serious neurological disorder that can cause paralysis and in some cases even death. The Institute of Medicine (IOM) conducted a thorough scientific review of Guillain-Barré syndrome (GBS) and concluded that people who received the swine influenza vaccine had an increased risk for developing GBS.

Whether or not to get a flu shot is ultimately your decision. After you've taken time to learn about the vaccine, how it's made, and the potential effects it can have, you too will be able to make an informed decision.

## Evaluate Natural Approaches to Wellness & Healing

Old fashioned, common sense approaches to protecting yourself from the flu or helping the healing process if you do get sick include:

- **First and foremost, get checked regularly by your Upper Cervical Doctor to insure that your immune system is functioning optimally.**
- **Drink plenty of water, get adequate sleep and wash your hands regularly throughout the day.**
- **Eat a healthy diet rich in vitamins and minerals, especially foods containing vitamin C (such as citrus fruits) and vitamin D and spend a few minutes a day in sunlight to help your body make and store vitamin D.**
- **Exercise regularly when you are well.**

*Credit in part to Dr. Adam Tanase*

## Doctor Scott Glocke



When Dr. Glocke was 10-years-old he was affected with serious health problems. He experienced terrible headaches, severe stomach and bowel problems and sinus problems. After receiving his first Upper Cervical Correction, his symptoms subsided. He received such amazing results that he made the decision to become an Upper Cervical doctor. Over the past 10 years, he has witnessed numerous miracles through Upper Cervical Care and is excited to educate this area about the best kept secret in health care.

## Join Us For An Upper Cervical Orientation Class

Learn about Upper Cervical Care and its numerous health benefits. We will explain the TRUTH about how you get sick, and how you can get and stay well without the use of drugs or surgery.

**EVERY OTHER WEDNESDAY, 6:15PM**  
**IT MAY JUST CHANGE YOUR LIFE**

*Call today for dates and to reserve your seat!*

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