

## Flu Shot Facts -- Battling Influenza

Why do people get flu shots? Because they believe the advice of their doctors and health agencies who recommend the vaccines for most everyone, young and old.

Yet, many people are not aware of the real facts behind flu shots -- and their potential ineffectiveness, side effects, and harmful additives.

While it's possible to find some positive data about flu shots, there is a significant amount of data from both mainstream medical journals and alternative media sources that question flu shots' usefulness and efficacy. For instance:

- "We've got an exaggerated expectation of what vaccines can actually do," said one study author, Dr. Tom Jefferson. "I'm hoping American and European taxpayers will be alerted and will start asking questions."
- A study in *The Lancet* found that even among people for whom the vaccine is most recommended (the elderly), protection can be as low as 30 percent.
- Only 36,000 Americans die from the flu infection each year, yet an average of 195,000 Americans have died each year from 2000 to 2002 due to potentially preventable, in-hospital medical errors. This means that "over five times as many people will die because they happen to be in the hospital and are unlucky enough to experience a preventable error, than will die from getting the flu, if the vaccine itself doesn't put them in the hospital."

The article's author, research scientist Wilton Alston, sums things up by saying about flu shots, "At best it appears that one is opting to inject a foreign substance with likely only 25-45% effectiveness while hoping that no side-effects occur. (Anyone care to pay for the chance to play Russian roulette?)"

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### **Dr. Mercola's Comments:**

This article is packed with useful facts about flu shots, including some from yours truly, that you can use to inform any of your friends or loved ones who are still considering getting one.

Folks, we are in prime season for flu shots in the United States, so don't be surprised if you see them being promoted everywhere from your doctor's office to your local grocery store.

Some hard-hitting evidence was released last month that I think should make anyone think twice about them: flu vaccines have never been proven to prevent flu-related deaths in people over age 65, which is one of the key groups for which they're recommended

Let me say that again to make sure you did not skim over it.

### **Flu Shots Have NEVER Been Proven to Prevent Fu-related Deaths in Those Over 65.**

You may also be shocked to learn that the Centers for Disease Control and Prevention (CDC) grossly distorts the facts about flu deaths. If you go to the CDC's main flu page, you'll see their statistic that about 36,000 people die from the flu in the United States each year.

But if you search a little harder, you can find the actual number of people who died from the flu in 2005 (this is the most recent data that's available). Want to take a guess at what it is?

In 2005, 1,806 people died from influenza, not 36,000. And in 2004, there were just 1,100 flu deaths.

The statistics the CDC gives are skewed partly because they classify those dying from pneumonia as dying from the flu, which is not at all true or accurate. For instance, their 2005 statistics lump influenza and pneumonia deaths together, at 62,804 deaths.

But broken down, there were 60,998 deaths from pneumonia and just 1,806 from the flu.

This will not stop the powers-that-be from touting their yearly fall warnings about this year's upcoming flu season, and all the flu deaths that will follow. The media (which is largely controlled by corporations, many of which are making or selling the flu shots or the junk food that will actually make you more vulnerable to the flu) would have you believe that getting the flu shot is all you need to do to stay healthy all winter.

### **How to Prevent the Flu Without Getting a Flu Shot**

For most people the flu shot does not make you healthy; it does just the opposite and weakens your immune system. It appears that some of you in the medical field are beginning to catch on to this, as less than 40 percent of health care workers got flu shots in 2006.

The reasons why the workers opted to not get vaccinated were right on:

- They didn't believe the vaccine would work
- They believed their immune systems were strong enough to withstand exposure to the flu
- They were concerned about side effects

## Flu Shot Facts -- Battling Influenza - Articles

If you follow a healthy lifestyle, you will not have to worry about getting the flu. Take it from me -- I've never received a flu shot, and I haven't missed a day of work due to illness in over 20 years. The key steps that I follow to stay flu-free, which I suggest you follow too, include:

- Get plenty of sunshine or vitamin D
- Eat right for your nutritional type, including avoiding sugar
- **Exercise**
- Get adequate sleep
- Address emotional stress
- Wash your hands regularly

Also, keep an eye out for my upcoming Special Report all about the flu and flu shots. It will contain detailed information for you and your loved ones to safely avoid the flu this year and in the years to follow.