

# THE *informed* PARENT

JULY 1993 THE BULLETIN OF 'THE INFORMED PARENT GROUP' ISSUE 4

## 'MOTHER WINS 20-YEAR BATTLE AGAINST VACCINE DRUG GIANT!..' 'VICTIM OF WHOOPING COUGH VACCINE WINS £2.75M AWARD!..'

*These two headlines told a challenging and emotional story during April and May this year when we learned of Margaret Best's triumph after a long fight for her son, Kenneth, now 23.*

The stories, which appeared in The Sunday Times and The Times, told at length of Mrs Best's endeavours for her son.

As the Sunday Times said: "She has been vindicated in her 20-year battle to prove that the whooping cough vaccine made by Wellcome and given to her baby son when he was just four-and-a-half months old left him unable to speak and trapped with a mental age of two for the rest of his life."

Mrs Best from Cork, Ireland, studied medical literature, court transcripts and thousands of pages of Wellcome internal documents to provide lawyers with sufficient evidence.

"We had to become scientists overnight," she is reported as saying.

The settlement of £2.75m was approved in the Dublin High Court and The Times reported that it was greeted with delight by British campaigners who said it would open the way for a series of cases to be brought in Britain against the Wellcome Foundation.

It is said that eight cases are in preparation in Britain and are awaiting approval for legal aid.

More than 600 people damaged by whooping cough vaccine have received payments in Britain since 1979, reported The Times. These have ranged from £10,000 to £30,000 and were paid under the government's vaccine damage scheme.

However no-one has won compensation through the courts. Two cases in the mid-1980s failed.

The Sunday Times stated:

"For decades, Wellcome received complaints of reactions to their vaccine, Trivax, including screaming fits and convulsions. But the company believed

*Welcome to our fourth newsletter in which we report on Margaret Best's outstanding achievements in the Dublin High Court for her vaccine-damaged son and give a viewpoint on consent and vaccination from Rosemary Fox of the Association for Parents of Brain Damaged Children.*

that these often had nothing to do with the vaccination and insisted there was no proven link with brain damage. In a succession of cases, they brought doctors to court who supported this view."

Margaret Best found leading experts in the United States, Germany, Britain and elsewhere who were prepared to travel to Dublin to testify that the whooping cough element of the vaccine - it also contains diphtheria and tetanus components - was to blame for some cases of brain damage.

Hers wasn't a lone fight all the way, which in no way diminishes the enormous effort she put into her campaign.

She eventually had some considerable help with her research. An airline flew her free three times to America to gather information. A Cork accountant put his telephone, fax and photocopier at her disposal. A young Cork solicitor to whom she eventually turned agreed to help on a 'no win, no fee' basis.

## DO I LET MY SON HAVE THE JAB?

Q. My little boy is due to have the whooping cough jab. I have heard that the jab isn't suitable if there is a family history of epilepsy, but my doctor said this is nonsense.

A. Doctors disagree about when, or even whether, the vaccine can safely be given, but the manufacturers recommend it should not be given to

children in the following instances:

\*When they have a personal or family history of idiopathic epilepsy or other inherited diseases of the central nervous system.

\*When they have a history of seizures, convulsions, cerebral irritation in the neonatal period, developmental neurological defect or other disorder of

the central nervous system.

\*When children have an acute infection or illness, particularly if they have respiratory symptoms.

\*When they've had a reaction to a previous dose of whooping cough vaccine.

(Taken from Dr Vernon Coleman's column in The People, 30.5.93)

# WHAT INFORMATION FOR PARENTS?

*Rosemary Fox, veteran campaigner for vaccine damaged children, writes exclusively for The Informed Parent.*

In the booklet "Immunisation Against Infectious Disease - 1992 Edition" one page in the introduction is devoted to the question of consent. This is the booklet which is prepared by the Department of Health for circulation to GPs, clinic doctors and everyone else involved in immunisation of children.

"Written or verbal consent," the statement says, "is required at the time of each immunisation after the child's fitness and suitability have been established."

Consent obtained before the day the child attends the clinic is only an agreement for the child to be included in the programme and is not consent to immunisation.

There is no reference to information to parents about the benefits and risks of the vaccination for babies - but interestingly enough, there is for older children.

"A child under 16 years of age may give consent for immunisation," the department's advice says, "provided he or she understands fully the benefits and risks involved. However, the child should be encouraged to involve a

parent/guardian in the decision."

Fully informed consent depends on a complete understanding, not only of the procedure involved but also of the reasons for it, the benefits to the child because of it and the possible extent of any risk involved.

There is no doubt that if this criteria is applied to vaccination today and for many years past, that there has seldom, if ever, been fully informed consent.

Governments make policy decisions about vaccination which the public seldom hears about.

For example, in the 1960s smallpox vaccination continued because of an agreement between various national health departments and the World Health Organisation to continue the vaccination until the disease was wiped out worldwide.

In this country the result of this policy decision was that more children were damaged by the vaccination than were at risk from the disease.

Today a similar policy is being adopted about polio vaccination and Government statistics show that most cases of polio today result from the vaccination of the child, or from close

contact with the vaccinated child by a relative or friend.

At the same time the World Health organisation boasts about the amount of money which is being saved by health authorities and governments worldwide because of the control of polio by vaccination, while the victims of polio vaccinations are left without compensation. Parents generally know nothing of this.

Given the present government scheme to reward doctors who get more than 90% acceptance to vaccination by paying them higher fees, there is unlikely to be any improvement in the arrangements to discuss vaccination with parents in a way which will ensure fully informed consent.

But all parents should remember that in this country, vaccination is not compulsory: parents have the final choice and they should not allow themselves to be bullied if they are unsure about what to do.

Fortunately, there are now more sources of independent information available to parents than was previously the case and they should be encouraged to use this to help with their decision.

*Rosemary Fox, Hon secretary, Association of Parents of Vaccine Damaged Children*

## GOING ON HOLIDAY?

If you're holidaying outside the European Community, writes Janet Pleshette, you'll find the leaflet T3 - Health Advice for Travellers - full of good advice, from precautions against over-sunning to which vaccinations you'll need where. It's free from any post office.

For a few people, vaccination can provoke pain, swelling, fever and general unwellness which persists long afterwards, confirmed by Dr Trevor Smith in "Homeopathic Medicine" (Thorsons £6.99.)

Former naturopath John Stirling,

now director of the supplement company BioCare, believes alternative medicine can help.

"For two days starting the day after your jabs," Stirling recommends, "take the homeopathic remedy Arnica, potency 6x, three times a day. Then for the next two days, take Thuja 6x, again three times a day."

Homeopathic remedies - on sale in health food stores and many chemists - must not be taken within 20 minutes of food or drink and you should avoid tea and coffee during treatment days.

In addition, he recommends one

gram of vitamin C plus 50mg of zinc daily, for one week before vaccination and for two weeks afterwards.

In countries where the water is suspect, Bio-Acidophilus may ward off the diarrhoea and other gastric upsets which can ruin your holiday.

Or if your friends can stand the smell, garlic is an excellent defence against holiday tummy. The deodorised version doesn't work so well. (*Taken from Health and Fitness, July 1992.*)

(You may be wary about having the recommended vaccinations, but it is worth consulting a homeopath, naturopath or your GP and gathering information before you make your decision.)

# JUVENILE ONSET DIABETES AND THE LIVE MEASLES VACCINE

One of our members believes that her daughter's recently diagnosed diabetes was caused by a measles vaccine.

And she would welcome contact with any other parents who have experienced anything similar.

Her story starts when her daughter was 11 months old and had a measles vaccination (not MMR).

"She had some reaction then, sort of cold symptoms - was generally unwell, chesty cough, runny nose, stinging, aching eyes.

"From that time on and for the next four years, she had problems with the arm in which she'd had the vaccine. There appeared to be considerable itching and discomfort and she would scratch the area until it bled.

"This got so bad that I spoke to the doctor and asked if anything could have gone wrong with the vaccination. The arm was also quite lumpy under the skin. About six months ago, this problem disappeared.

"She then became unwell, tired, listless, mood swings etc. In August 1992, she was diagnosed as

diabetic and admitted to hospital. She was devastated. For the rest of her life she'll need two injections of insulin a day and at least one blood test a day. The prognosis for her quality of life is not good.

"The medical profession assures me that diabetes is for life and is not curable. I won't accept this.

"Once recovered from the shock I started to do research. I wanted to know why she had diabetes as there is no family history of this condition."

This mother has tried nutritional supplements and "healing", and is determined to help her child.

"I would really like to contact any other parents who have experienced anything similar or anyone who can give me any idea of how I can reverse the drastic effect of this vaccine"

Please send any letters to The Editor, The Informed Parent, 114, Victoria Road, Elland, West Yorks. HX5 0QF.

Letters will, of course, be passed on to the mother and we might also wish to quote from some of them. Names will be omitted if writers prefer.

nutrition, the history of vaccination and possible side effects, I feel that vaccination is a crazy, frightening experiment on a massive scale and that we are the guinea pigs. And doctors are being paid not to question it. (They get £1,737 bonus if they can coerce 90% of the parents of under-fives on their lists to vaccinate their offspring.)

Vaccination is just one area of life where we are expected to do as we are told without questioning the powers that be. Our lives are filled with situations too, where the only available "facts" come from sources with a vested interest. So I found it encouraging to discover The Informed Parent, offering information and support to parents wanting to make their decision on vaccination, based on facts not "fear of death."

I am part of a workers' co-operative called Catalyst Collective that seeks to distribute information to enable people to make informed decisions or to take more control of their lives.

- We take a stall to events comprised of leaflets from a wide range of progressive organisations and a few items to sell.
- We hold workshops on varied subjects ranging from co-ops to vaccination to home education.
- We have information packs including the subject of vaccination which we send out to people.
- We sell books to raise money for a tree fund.

Our motivating belief is that people need to take more responsibility for their environment, their health, their education and their lives if we are to reverse the destruction that the 'free market mentality' is causing to our world, our bodies and our communities. You can't buy health, but someone can get rich and build a whole industry based on miracle cures, whilst 400 new incurable diseases are discovered each year and the real route to health - our food, our water and air - is messed about with and polluted with toxic chemicals.

*For more information about Catalyst, write to them at 56, Kingbench Street, Hull, HU3 2TX (0482-212437).*

*Catalyst's leaflets on vaccination cost £1 including p&e and their booklist of 10,000 titles costs £2.00.*

## MISSED APPOINTMENT

*Andy Hill from Catalyst\* missed his daughter's first vaccination appointment. Now he's glad he did...*

I'd never really given much thought to vaccination until the time came for my eldest daughter to have her first 'batch'. I've never been very good at being on time and I often miss appointments having a poor memory for such things. So my daughter, Joni, never turned up for her first appointment. I probably wouldn't have given the subject much thought then - we'd have made it to the next appointment - but for the emphasis put on it by my doctor and the health visitor.

I am a person who will not be pushed into a thing, particularly not through fear. When I'm told "Your child could die" I want to know more.

So I studied the leaflets that I had been given and they just did not tally. The numbers of deaths from the illnesses and the number of deaths from vaccinations could not be compared because one was a number and one was a percentage figure. Also, there was no mention of any side effects.

At that time I had no knowledge of vaccines, other than the little offered by my doctor, but I had a "gut feeling" that all was not as it was portrayed.

Joni's mother felt the same. The absence of any information that was not 100% pro-vaccination made us feel uneasy and so our daughter was not inoculated.

Nowadays I know, after some research, that our decision was right. Having found out about my immunise system,

# YOU AND YOURS

*The excellent Radio 4 programme "You and Yours" broadcast a report about rubella at the end of May which was heard by both myself (the editor of The Informed Parent) and Magda Taylor, secretary.*

It reported that rubella cases had risen and discussed the concerns that school vaccination may be wound down before the value of the MMR vaccines is better understood.

It discussed the possible infection of women with rubella in the early stages of pregnancy and suggested that booster doses of the vaccine seemed to be needed as the effect of the vaccine wore off.

However, there was no 'alternative' view given during the report and it seemed to be accepted that vaccination was "a good thing."

Both Magda and I wrote to the producers of the programme and received replies from the senior producer, Keith Jones.

"If teenage girls catch rubella in early pregnancy," he wrote, "their baby can be harmed. Vaccination removes this risk and cases of congenial rubella have fallen greatly since it was introduced. I find it difficult to accept that we were somehow not being objective by suggesting otherwise. Had we done so, it would not have been borne out by the statistics.

"We were and are, aware of concern about the possible side effects of vaccination but did not feel this issue of the balance of risk was central to the concerns we were reporting."

Although I am sure Keith Jones has more to do than read further information about vaccination, I felt a reply was necessary. I sent him a cutting from Here's Health (April 1990) by Leon Chaitow amongst other things.

An article which appeared in The Australian Nurses Journal in May 1978 made it clear that there was evidence against the effectiveness of the vaccine. Dr Beverley Allan of the Austin Hospital, Melbourne, conducted trials on army recruits. They were immunised and then sent on to training camp, where, in the past

regular epidemics of rubella had occurred. Four months after immunisation an outbreak occurred which affected 80% of the men who had been "protected." A further trial at a mental institution gave the same results, immunisation being unable to prevent the disease.

Of course, if people contract rubella naturally - which is a very mild disease - they acquire life-long immunity.

A report published in the British Medical Journal tells of 32 women, eight of whom had been satisfactorily immunised against rubella and the rest of whom had been screened as immune. All contracted rubella when they were pregnant. (BMJ November 16 1987.)

Of these women 13 chose to have abortions. Of the rest (19) only one had a child with a birth defect, although seven of the infants were found to have rubella antibodies in their cord blood; three of the mothers of these had shown no symptoms of the disease.

Hilary Butler of the Immunisation Awareness Society says: "The reality is that most babies survive rubella defect-free and it is not just a factor due to the timing of rubella. The individual's response to viral infection must be taken into account.

Leon Chaitow also points to the dangers of the rubella vaccine.

"About one quarter of all children receiving rubella vaccination have been shown in studies to develop some athralgia or arthritis response... Many people with severe arthritis are found to have live viral particles in their bloodstream, up to eight years after immunisation, despite having displayed a normal immune response to the procedure."

On top of this danger, Nobel prize-winner Dr John Enders also writing in the New England Journal of Medicine suggests that rubella vaccination of young girls actually

makes it more likely that they will contract rubella when they grow up, rather than less likely, as the vaccination only offers partial protection, unlike the full protection gained by having the illness.

Keith Jones from "You and Yours" wrote back again and his final paragraph reads: "Most studies and figures show congenital rubella has fallen greatly since vaccination was introduced. I do not dispute there are risks, nor will health professionals, but the balance of known risks favours vaccination. If there is mounting concern that it does not, You and Yours will report it again."

We would ask all members who feel strongly enough, to write in to any television or radio programme or any newspapers which discuss vaccination. Only this way can we achieve some recognition of our belief that information about the cons as well as the pros of vaccination are openly and easily available to all parents.

## ... WHO SAID THAT?

*"If you fail to have your child vaccinated against, say measles, and it contracts the disease and suffers permanent brain damage, then it would appear likely that it would have suffered brain damage anyway, on receiving the shot.*

*"Conversely if you have your child vaccinated and it develops brain damage, then the chances are your child would have been similarly adversely affected had it been exposed to the disease naturally.*

*"The only difference is that in the first case your child may or may not be exposed to the disease; there is always the possibility of avoiding it, only catching a mild dose, or building up a natural immunity.*

*"In the case of vaccination, you have taken chance out of the equation, you have deliberately exposed your child to the disease and it has been injected, thereby ensuring that all the body's lines of defences are circumvented, and the child gets a good, solid, instant dose of the germ, thereby disallowing any opportunity to build up an immunity."*

*From Inside news, May/June issue 1991, Queensland, Australia.*

# FEAR AND VACCINATION... ONE HOMEOPATH'S VIEW.

Women may remain blissfully unaware of the patriarchal society in which we live until the time they conceive and notify the medical authorities of the impending birth.

As soon as a woman books in at ante-natal clinic, she is often made to feel totally disempowered.

Women complain of being treated as part of a herd and their individual needs and requests are frequently disregarded. This can apply right through the pregnancy and birth until way after the child is born.

Women are more vulnerable emotionally at this time and this may account for their inability to assert their individual needs.

Women have often been known to spell out their ideal treatment during labour in the form of a birth chart only

to be over-ridden by the medics once they are in labour and less able to assert themselves.

When it comes to vaccination, women are made to feel irresponsible if they resist the shots for their child. Women are routinely preached fear from every angle in order to protect the population at large.

This approach does not address the individual needs of the child and family in question. There does not seem to be any safe middle ground where parents can discuss their misgivings regarding vaccination.

The fear element prevails and the negative aspects of vaccination are suppressed.

This smacks of a conspiracy of silence (combined with fear) to protect drug companies and the medical

authorities alike.

Homeopaths are open to discussing vaccination worries with individual parents and do not inflict their view on the parents. Homeopaths, by the same token, take the view that unvaccinated children should be protected with constitutional treatment.

Homeopathy builds up the individual constitution from within, so even if children 'catch' infectious diseases, they manage to throw them off without residual effects.

In being allowed to do this, children become healthier in the process. These illnesses become important landmarks in the maturation of the individual.

*(Elizabeth Adalian.)*

---

## VACCINATION - ONE OF MEDICINE'S SACRED COWS?

"This issue tackles what is arguably one of the single most emotive topics which face those of us concerned with natural health in regards to the long term health of our children....I am talking about immunisation."

These are the opening words of the editorial of the May issue of the Cornwall Natural Health News, written by its editor, Peter Smith.

The editorial introduces a series of articles which have been written for the magazine by Trevor Gunn, homeopath and author of a well-known booklet about vaccination.

In his article, Trevor Gunn says amongst other things: "Immunisation is an unnatural way of attempting to induce immunity. The micro-organisms and other vaccine components are placed into the body past its natural lines of defence. This could have grave consequences with regard to our health.

Vaccines have been known to cause conditions as mild as a sore throat, headache, fever or rash, to more severe conditions such as arthritis, paralysis, brain damage and death."

The magazine is a "not-for-profit" publication produced by St Austell Natural Health Centre, a registered charity, whose aims are to educate on natural health matters.

Future issues promise articles on Pure Water, Your First Aid Kit, Herbalism and Why Organic? as well as the second part of Trevor Gunn's article on vaccination.

The magazines cost 45p each plus postage.

If you live in Cornwall it has an excellent What's On section which could also benefit holidaymakers. And, especially good for visitors, is a long list of wholefood shops, vegetarian and vegan restaurants and vegetarian and

vegan bed and breakfast accommodation in Cornwall.

For more information write to The Editor, CNHN, Trenoweth Vean Cottage, Puggs Corner, Mabe, Penryn, Cornwall, TR10 9HZ.

### ...AND WHO SAID THE OTHER?

*"Most of the great epidemic diseases of the past have been overcome by social and cultural changes and by public preventative measures, rather than through the direct application of medical knowledge. This is true of cholera, tuberculosis, poliomyelitis and most of the infectious diseases. It could also be true of heart disease and stroke."*

**Dr R. Mulcaby, "Beat Heart Disease" 1982.**

# REACTION TO THE POLIO AND TRIPLE VACCINES

*In last month's newsletter, we highlighted the case of a child whose body became covered in weals six hours after his second polio and triple vaccine vaccination.*

*We asked homeopath Trevor Gunn BSc.LCH., to offer an explanation...*

I should like to give a possible explanation and I will of course assume, as the mother appears to have done, that the vaccines were responsible for this reaction.

Generally, vaccine components are injected directly into the body, past the body's usual lines of defence i.e. past the skin, mucous membranes and liver. Polio is an exception to this and is taken orally.

The vaccine micro-organisms, although de-activated in some way, are given in fairly high doses, compared to the amounts involved when contracting the disease naturally (polio included). Vaccines also contain a certain amount of toxic material used in the preparation and storage of the active vaccine components.

When contracting the disease naturally, the usual response to the pathogenic (disease producing) micro-organisms and their toxic by-products, is a generalised inflammatory reaction. This may consist of a raised temperature, increased blood flow, increased activity of white blood cells, and increased activity of natural micro-organisms and natural substances involved in the breakdown of pathogens and their toxic by-products. In severe cases it appears that blood antibodies are produced. These are able to deal with micro-organisms within the blood system.

This inflammatory reaction can be very severe or can be very mild, to the extent where the individual experiences very few noticeable symptoms. The degree of this reaction will, of course, depend on the individual's state of health.

A vaccine, however, tricks the body into thinking that the first lines of defence have been unsuccessful.

Therefore the body no longer initiates a generalised inflammatory response and, in most cases, although not in all, it is forced to produce blood antibodies. These blood antibodies will hopefully protect against future infection and remain in the body, along with certain other vaccine components, for a period of time that will again depend on the individual.

The weals on the young boy, is therefore not a typical reaction to a vaccine. It indicates a high-level inflammatory response, an allergic reaction. This suggests that your son is especially sensitive to one or other of the vaccine components and would have developed this sensitivity with the first vaccination.

The over reaction to the second vaccination is a typical reaction of the body, when confronted with a repeat dose of something that it is especially sensitive to. From the first vaccination, your son would have developed a sensitivity to a particular component of one of the vaccines, with very little reaction. The second vaccination would then stimulate a hyper-reaction. This is known as anaphylaxis and can be quite dangerous.

"Any person who collapses and dies, or who develops sudden, severe respiratory or skin symptoms within 15 minutes to a day after taking a vaccine could be suffering from a personal sensitivity i.e. an allergy to the poisonous contents of the vaccine. This type of reaction is known as anaphylactic shock, and anyone administering vaccines is trained in the emergency procedures that are needed should this occur, as it is known that death can ensue rapidly." (p.19. *Mass Immunisation: A Point in Question* by Trevor Gunn.)

This scenario illustrates the points raised by those questioning the safety and efficacy of vaccines.

Immunisation places a heavy burden on our immune reserves as most of the body's very effective immune systems have been by-passed. The vaccine components enter the body in high doses, past its usual lines of defence and forces production of antibodies, a reaction that ordinarily occurs only as a last resort.

One has to question the effects of vaccines on our health, especially in the under-developed body of a young child. Also, how effective is this practice of immunisation, that doesn't involve the full complement of the body's immune system?

## WHO SAID THIS?...

*"During the last considerable epidemic at the turn of the century, I was a member of the health committee of London Borough Council and I learned how the credit of vaccination is kept up statistically by diagnosing all the re-vaccinated cases of smallpox as pustular eczema, varioloid or what not - except smallpox."*

*George Bernard Shaw.*

*"I believe that vaccination prevented smallpox, or if it did not absolutely prevent it in every case, it modified the disease in some cases, and I believed that re-vaccination, if only frequent enough, gave absolute immunity."*

*"Experience has driven all of that out of my head. I have seen vaccinated persons get smallpox, and persons who had been re-vaccinated get smallpox and I have seen those who have had smallpox get it a second time and die of it."*

*Dr J.C.Ward.*

# KEEPING YOUR IMMUNE SYSTEM HEALTHY

Worried about your child's immune system?

Many parents who decide not to have their children vaccinated are concerned about keeping them healthy.

Janet Pleshette, a writer on nutrition, has given us the following advice.

She suggests that the nutrients needed for a healthy immune system are:

Vitamin A (or beta-carotene), Vitamins B1, B2, B6, B12, folic acid, pantothenic acid (B5), Vitamin C, Vitamin D (better obtained from exposure to natural light) and Vitamin E.

Also the minerals copper, iron, magnesium, manganese, selenium and zinc.

In his book "Maximum Immunity" (Gateway Books) Michael Weiner PhD recommends the following foods for high immunity:

Dairy products (only if the person is not allergic and doesn't have catarrh), eggs, fish, fruit, whole grains, nuts, cold-pressed oils (from health food stores - keep in fridge), garlic seasoning, sprouting seeds and grains, unfiltered honey, raw or briefly cooked vegetables, plenty of natural fibre.

For general advice on nutrition and illness including children's food consult Janet Pleshette's book "Health

on Your Plate" (Arrow). Also recommended is Sharon Yntema's book "Vegetarian Children" (Thorsons) and "Chemical Children" by Doctors Mansfield and Monroe (Century). The latter book explains about the chemicals in air, water, soil and food and how to identify possible troublemakers in your child's diet.

*If you have a sympathetic health visitor you could always consult her about any particular eating problem. Prospective parents who wish to improve their own nutrition before conception should consult Foresight, Woodhurst, Hydestile, Godalming, Surrey GU8 4AY.*

## NETWORK SUPPORT

*The support network has now been set up to enable members to get in touch with other members who live locally.*

*Please send a large SAE (A4) stating the counties or areas of interest to The Informed Parent, 29, Greybound Road, Sutton, Surrey, SM1 4BY.*

*Please note: by requesting lists of other members, your name and address will automatically become available in the support network.*

## BOOK REVIEW

### *Vaccines: Are They really Safe and Effective*

*by Neil Z. Miller (New Atlantean Press, Santa Fe, New Mexico.)*

Neil Z. Miller is not a health practitioner - he is a research journalist. And that's perhaps why his book is so well written and easy to read, offering an extremely well-presented case against vaccination.

As an American, Mr Miller is up against the mandatory vaccination programme in the USA and it was when his own son was born, that he decided to research more deeply into the whole issue.

He takes each vaccine separately and runs through the evidence he has accumulated precisely and intelligently.

There are the heart-rending case histories of children damaged or dead as a result of, he alleges, certain vaccines but he makes no apology for including these.

His summary suggests that diseases decreased due to nutritional and sanitary measures rather than vaccines; that none of the vaccines confer genuine immunity; and that all of the vaccines can produce side effects.

"The long term effects of all vaccines are unknown," he writes. "Particularly distressing are the implications that vaccines can be devastating to the young child's immature immune system."

He urges parents to come to their own decision after examining credible evidence from several sources.

"As parents, you are entitled to - and responsible for obtaining - the facts regarding the benefits and risks of vaccinating your children," he writes.

This book is available for £5 (inc. p.&p.) from : Vaccination Information, P.O.Box 43, Hull, HU1 1AA.

### *The Case Against Vaccination.*

*By Walter R. Hadwen J.P., M.D., L.R.C.P., M.R.C.S., L.S.A.*

Recently re-published 40-page booklet of an address given by Dr. Hadwen in 1896, exposing the fraud of vaccination from its very conception. Available for £1.50 (inc p. & p.) from: Vaccination Information, P.O. Box 43, Hull, HU1 1AA. Cheques made payable to: 'Vaccination Information'.

# TOWARDS HARMONY, HEALTH AND HAPPINESS

by *Felicity Evans*

I didn't want my child to have the same health problems as myself or his father. Major physical and mental health problems were rife on both sides of the family and some instinct drove me to stop the pattern from continuing or becoming worse.

It has worked.

I now have a delightful 15-year-old son, Iestyn. He is healthy, full of energy, highly creative and very loving. He enjoys school and works hard. He is helpful, supportive and cooperative.

In my twenties, I decided to improve my health. I started to follow naturopathic principles and it was then I first heard about the adverse effects of vaccinations - not only the problems that showed up immediately, like fevers, rashes and convulsions, but also the belief that vaccinations may actually cause long-term health problems or trigger major childhood illnesses like arthritis or the early breakdown of the immune system.

It just made sense to me.

When Iestyn was born he didn't arrive healthy and happy. He was hyperactive, bronchitic by four months; when he went on solids he stopped gaining weight; he had frequent diarrhoea; he had fevers, rashes; measles at nine months; mumps at two years.

He was dyslexic and had to go to private dyslexic school for two years.

We had a big struggle to work through all those difficulties, but we have.

Iestyn overcame his early bronchitis whereas his cousins became asthmatic. He is now in the top sets at school.

The weary, whiny, whingy toddler has become an easy, energetic teenager.

I can't separate out what benefits Iestyn has gained from having no vaccinations or from being on the right diet for him, or the importance of emotional outlets and support and the opportunity to realise his creativity;

the natural therapies and healing he has experienced. I think all this has been very important for Iestyn.

I expected confrontation about my not wanting him to receive any vaccinations. It worried me from his birth until the card stating his first appointment arrived.

I didn't have family support. I didn't know any other mothers who thought along the same lines. I didn't even have a book or a leaflet. Was I doing the right thing? Was I jeopardising his life in any way? Was I being anti-social? I just had the advice of a couple of people and my own instinct.

I went to the clinic. I said I didn't want Iestyn to have any vaccinations. That was it! I didn't have to argue or justify. To see Iestyn now I have absolutely no regrets. I am profoundly grateful for that early advice. I have seen his health improve and his becoming a much stronger child - physically, mentally, emotionally and spiritually. I don't fear illness. Iestyn is a good example and a responsible member of society. What more could he or I offer?

When I see his peers taking to cigarettes, alcohol or drugs in their early teens, giving up working at school, or becoming difficult at home, I can't say which aspects of a positive, healthy lifestyle have prevented Iestyn from having any of these problems, but I do know that all could have been a possibility for him.

Iestyn has the odd day of feeling different - like when everyone else has their BCG vaccination at school. One of his friends was ill on and off for months after this. We don't ignore future health - each day is a step towards good health and any problems are dealt with by natural therapies. For us, problems have lessened as the years go by and we haven't got caught up in the need for medication.

Being hyperactive, Iestyn did have one

dose of Phenergan. I didn't have any sleep that night and threw the bottle away. Earache medicine got as far as the fridge but was never needed. Iestyn did have one tetanus injection when we were abroad and he was badly bitten by a dog - I gave way to my fears and consequently he wheezed for two days.

Iestyn has had one painkiller - the first night after a severely broken wrist. He coped until he had his pre-med and then became restless and started to cry. I think this lowered his natural ability to cope with pain.

Iestyn has been in contact with chicken pox several times, deliberately but he's never noticeably had it. The same for rubella. He has had mumps and measles and with natural remedies coped fine. When he was tiny he had homeopathic protection for whooping cough. I certainly didn't want to suppress any illnesses. I aim to build health and naturally overcome problems.

I myself recovered from shingles in one week recently.

From my experiences with Iestyn I studied nutrition and food allergies and dietary therapy and I have worked as a health and family counsellor for 13 years as well as being a dyslexic teacher. Not only have I helped many families overcome the difficulties of hyperactivity and dyslexia but also the whole spectrum of health problems from tonsillitis to Asthma and a wide variety of learning difficulties and behavioural problems.

I was absolutely delighted to discover *The Informed Parent* and I am very glad to share my experiences and give whatever support I can.

*Felicity Evans, St Albans, Hertfordshire.*

*(If anyone wishes to contact Felicity, who specialises in dietary therapy and counselling, please write to the Support Network address, featured elsewhere in this newsletter.)*

*The views expressed in this newsletter are not necessarily those of the members or founder members. We are simply bringing these various viewpoints to your attention. This organisation is entirely voluntary and non-profit making.*

## AIMS AND OBJECTIVES OF THE GROUP

1. To promote awareness and understanding about vaccination in order to preserve the freedom of an informed choice.
2. To offer support to parents regardless of the decisions they make.
3. To inform parents of the alternatives to vaccinations.
4. To accumulate historical and current information about vaccination and to make it available to members and interested parties.
5. To arrange and facilitate local talks, discussions and seminars on vaccination and preventative medicine for childhood illnesses.
6. To establish a nationwide support network and register (subject to members permission).
7. To publish a newsletter for members.
8. To obtain, collect and receive money and funds by way of contributions, donations, subscriptions, legacies, grants or any other lawful methods; to accept and receive any gift of property and to devote the income, assets or property of the group in or towards fulfilment of the objectives of the group.