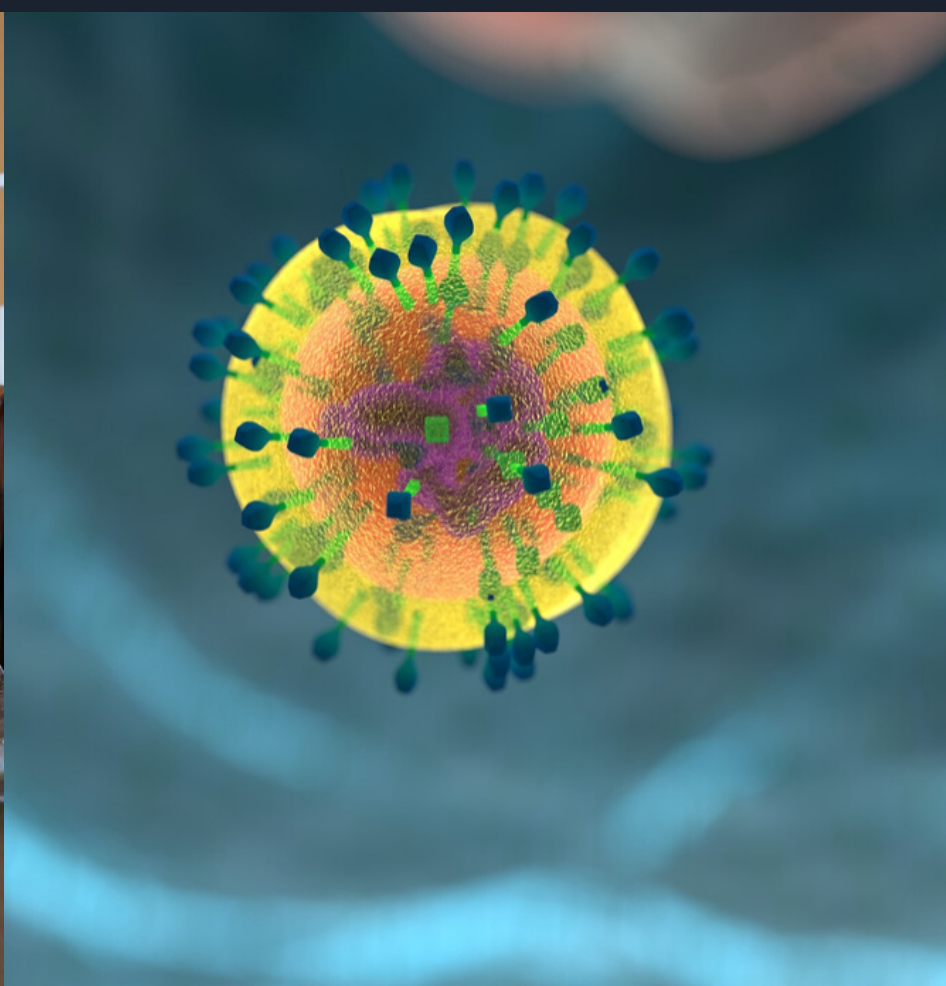


# 10 REASONS TO AVOID INFLUENZA VACCINES

BY DR. SHERRI TENPENNY, DO, AOBNMM, ABIHM



# 1

Between 1998 and 2017, **only 15%** of all influenza-like illness was caused by an influenza virus.

Since the influenza vaccine is given to prevent illness caused by the influenza virus, **this means the influenza vaccine fails to protect 85% of the time.**



Over 19 years, **only 15%** of all influenza-like illness was caused by influenza viruses.

**Source:**  
 CDC: Weekly Flu Activity & Surveillance Reports  
 Oct.(wk 40) to May (wk 20) each year.  
<https://www.cdc.gov/flu/weekly> and MMWR  
 summary reports for each year

YEAR	Total Specimens Tested	Total Influenza Viruses Isolated	% swabs that were influenza	19 year average
1997-98	99,072	12,929	13.05	
1998-99	102,105	14,512	14.21	
1999-00	106,768	14,681	13.75	
2000-01	99,497	10,506	10.56	
2001-02	109,139	16,402	15.03	
2002-03	96,871	9,841	10.16	
2003-04	130,577	24,649	18.90	
2004-05	157,759	23,549	14.92	
2005-06	179,772	11,145	11.91	
2006-07	179,268	23,753	13.20	
2007-08	225,329	39,827	17.67	
2008-09	173,397	24,793	14.29	
2009-10	468,218	91,152	19.46	
2010-11	246,128	54,226	22.03	
2011-12	169,453	22,417	13.22	
2012-13	311,333	73,130	23.49	
2013-14	308,741	53,470	17.31	
2014-15	691,952	125,462	18.13	
2015-16	639,456	64,921	10.15	



**15.34%**

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 2/26/2017



Many multi-dose influenza vaccines still contain 25 mcg of mercury per dose. Influenza vaccines - with mercury - are given to pregnant women, babies beginning at 6 months, and then annually to children, adults, and seniors.

**2010:** “This study documents that thimerosal (mercury) injected into baby rats at the same doses used in pediatric vaccines or higher **injures neurons in several brain regions**...It provides clear **evidence of neurotoxicity** at pharmacologically relevant doses of thimerosal.”

**Reference:** Olczak, Mieszko, et al. “Lasting neuropathological changes in rat brain after intermittent neonatal administration of thimerosal.” *Folia Neuropathol* 2010; 48 (4): 258-269



**2003:** A study compared 400 asthmatic children, 1–19 years, who received an influenza vaccine to 400 asthmatic children who were not vaccinated.

**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



Credit :<http://footage.framepool.com/en/shot/204057349-shortness-of-breath-asthmatic-inhaler-breathless>

Influenza vaccines are made from eggs and contain residual egg protein.

**2010:** The National Institute of Allergy and Infectious Diseases (NIAID) published a monograph which states:

“Patients who have IgE antibodies to an allergen are at **high risk** of a serious reaction with **systemic exposure** to that allergen. Thus, patients who have IgE-mediated egg allergy are at **risk for anaphylaxis** if injected with vaccines containing egg protein.”

**Reference:** Guidelines for the Diagnosis and Management of Food Allergy in the United States  
<https://www.foodallergy.org/sites/default/files/migrated-files/file/niaid-clinician-summary.pdf>



Credit :<http://www.rtmagazine.com/2018/03/fda-committee-2018-2019-influenza-vaccines/>

**2011:** Shoulder Injury Related to Vaccine Administration (SIRVA) has been added to the National Vaccine Injury Compensation Table. Debilitating pain develops within 24 hours that can last months to years.

Between 2005 and 2018, more than 2,500 persons have received compensation from the government for an injury associated with an influenza vaccine. To date, the US Government program has awarded \$3.9billion to persons injured by a vaccine.

**Reference:** National Vaccine Injury Compensation Program table of payouts. <https://www.hrsa.gov/sites/default/files/hrsa/vaccine-compensation/data/monthly-stats-july-2018.pdf>



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**2014:** A Cochrane Review concluded:

*“Influenza vaccines have a very modest effect in reducing influenza symptoms **and** on working days lost in the general population, including **pregnant women.**”*

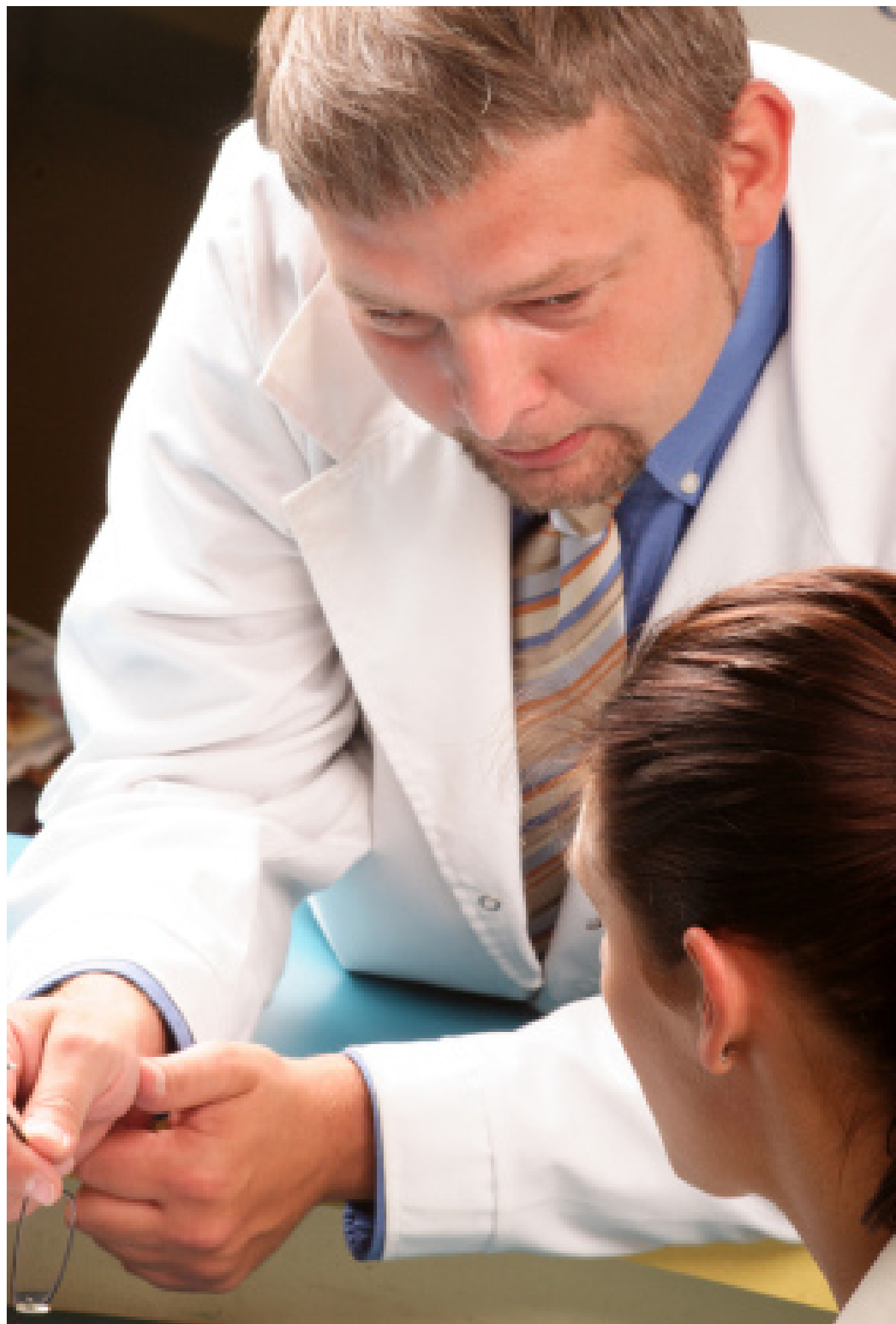
**Reference:** Demicheli V, et al. “Vaccines for preventing influenza in healthy adults. Cochrane Database of Systematic Reviews 2014, Issue 3.



Credit : <https://abcnews.go.com/Health/pregnant-women-prescribed-potentially-dangerous-antibiotics-cdc/story?id=52294961>

According to **Drugs.com**, the influenza vaccine interacts with **207 drugs** (675 brand and generic names), leading to mild to moderate reactions, and requiring a dosage adjustment.

Do you know if your medication is on the list? Does your doctor?





## ***FROM PACKAGE INSERTS:***

The flu shot, **FluBlok**, is made from the armyworm and contains insect DNA.

<https://www.timesunion.com>



Credit : <https://edvfood.com/2015/10/24/vegan-flu-shots-2015-update/>

## *FROM PACKAGE INSERTS:*

The flu shot, **FluCellVax**, is made from dog kidney cells and contains dog DNA.



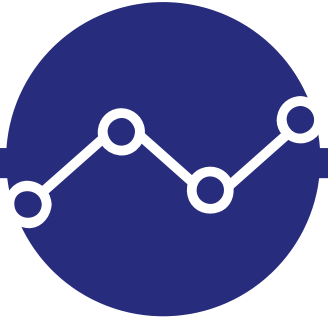
***FROM PACKAGE INSERTS:***

The flu shot, **Fluad** approved for seniors contains latex, the toxic adjuvant MF-59, barium and formaldehyde.



Credit :<https://khabar.ndtv.com/news/food/vaccination-is-also-important-for-old-people-1457484>





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