

Vaccination resources

by Randall Neustaedter, OMD, LAc

Organizations and Websites

Centers for Disease Control and Prevention
National Immunization Program Public Inquiries

Mailstop E-05
1600 Clifton Rd., NE
Atlanta, GA 30333
(800) 232-SHOT
International Travel Hotline: (877) 394-8747 or (404) 332-4559
www.cdc.gov

U.S. government organization with in-depth website on vaccines, vaccination policies, standards, recommendations, and diseases. Extensive information on international travel including disease incidence by region, current vaccine recommendations, and travel advisories.

National Vaccine Information Center

512 W. Maple Avenue, #206
Vienna, VA 22180
(800) 909-SHOT or (703) 938-DPT3
www.909shot.com

A parent-sponsored group that lobbies for safer vaccines and freedom of choice legislation; advises parents on legal rights; publishes a legal referral directory, booklets on the vaccine-injury compensation system, and instructions for filing claims. Website includes access to a newsletter, referral information, special reports, an extensive catalog of books and materials, and an email news service

Vaccine Adverse Event Reporting System

P.O. Box 1100
Rockville, MD 20849-1100
(800) 822-7967

www.fda.gov/cber/vaers/vaers.htm • The National Childhood Vaccine Injury Act requires health care providers to report specific adverse events following particular vaccines. This is the surveillance system established to collect the reports. Parents, other relatives, or anyone aware of the occurrence of an adverse event may also file a report. Call or visit the website for reporting forms.

www.cure-guide.com • Randall Neustaedter's website; includes updates to his book, *The Vaccine Guide*, and many articles on natural health care for children.

<http://home.san.rr.com/via/> • Vaccine Information & Awareness contains links to most other websites and newsgroups with vaccine information, including both pro-vaccine and pro-choice sites.

www.whale.to • A huge site of articles that question the advisability of vaccinations; a comprehensive and searchable database of information and links across the Internet.

www.thinktvice.com • Has ordering information for books on vaccines and other health-related topics; and an inclusive list of worldwide vaccination support groups and information services.

www.vaccineinfo.net • Operated by a Texas-based consumer group, Parents Requesting Open Vaccine Education (PROVE). Includes vaccine topics in the media, legal issues, and access to an email news service.

www.vaccines.org • Provides consumers and professionals with data on diseases and vaccines, current research, official international vaccine websites, contacts for medical journals and associations, and research centers.

www.tripprep.com • Operated by a private company, Shoreland, Inc.; contains health conditions and recommendations, country by country.

Books

The Immunization Resource Guide, Diane Rozario, 2000.
The most complete single resource for books, organizations, information services, publishers, and government offices that have anything to do with vaccines, both pro and con. Extensive annotated bibliography, address lists, book reviews, and organization descriptions.

Vaccination: The Issue of Our Times, Peggy O'Mara, editor, 1997.
A comprehensive collection of articles, research, and references. Contributors include physicians, public health workers, and parents.

A Shot in the Dark, H.L. Coulter and B.L. Fisher, 1991
Documentation of the devastating effects of the pertussis vaccine, including vivid case examples and an exposé of the campaign for mandatory immunization of children regardless of the risks.

Vaccination & Immunization. Dangers. Delusions and Alternatives, L. Chaitow, 1996.

Covers the history of immunizations, refuting Pasteur in favor of Antoine Bechamp and explaining the immune system response to vaccination.

Vaccines: Are They Really Safe and Effective? N. Miller, 1992
Immunization: Theory vs. Reality, N. Miller, 1996

Both books take a hard-hitting critical approach to vaccinations. The first presents the issues surrounding each vaccine in summary form. The second provides detailed descriptions of the vaccine industry's tactics.

Vaccination, Social Violence, and Criminality: The Medical Assault on the American Brain, H.L. Coulter, 1990.

Describes childhood vaccines as a possible cause of encephalitis characterized by learning problems, developmental delays, behavior disorders, and autism.

What Every Parent Should Know about Childhood Immunization, J. Murphy, 1993.

A thorough and understandable critique of vaccination, based on arguments about toxicity, low efficacy, and failure to establish true immunity to disease

Handbook of Homeopathic Alternatives to Immunization, Susan Curtis, 1999.

Discusses the opposition to vaccinations citing short and long-term adverse reactions. Most of the book is devoted to describing various infectious diseases and homeopathic remedies for prevention and treatment.

Homeopathy in Epidemic Diseases, Dorothy Shepherd, 1996.

A brief but practical guide on the use of homeopathy in epidemic diseases.

The Vaccine Guide, Randall Neustaedter, 2002.

Revised and expanded edition packed with information for parents and consumers wanting to make informed choices about childhood immunizations, flu shots, and vaccinations for international travel.

Vaccinations: A Thoughtful Parent's Guide: How to Make Safe, Sensible Decisions... Aviva Jill Romm



Weigh the pros and cons

Guidelines for parents researching immunization

by *Miranda Castro, FSHom, CCH*

Try to start this process when you are pregnant rather than wait until after the baby is born when you are more vulnerable and may find it hard to resist persuasion, however friendly. Ideally, partners need to be involved in this decision-making process.



Miranda Castro is a British homeopath who has been living happily in the U.S. since 1994. She is a Fellow of the Society of Homeopaths (UK) and past President of the North American Society of Homeopaths. She is author of *The Complete Homeopathy Handbook*, *Homeopathy for Pregnancy, Birth and Your Baby's First Years*, and *A Homeopathic Guide to Stress*. She lives, practices, and teaches in Southeast Florida and can be contacted at mirandacastro@homepat.net

<p>Weigh the pros and cons of each vaccination.</p>	<p>What are the known risks (short and long term) of each vaccination? What is the known efficacy of each vaccination? What are the known risks of the disease?</p>
<p>Gather information from both sides.</p>	<p>Make copious notes from books, articles, websites, doctor and homeopath visits; sort this information into columns—pros, cons, and miscellaneous!</p>
<p>Take your feelings into account.</p>	<p>Do you have any gut feelings around this issue? What are they? How much anxiety and/or fear do you have around illness, for example? Will a decision to "not vaccinate" stress you unreasonably?</p>
<p>Take your beliefs into account.</p>	<p>How did your family of origin address illness and immunizations? How did your belief system develop as a result? Do you believe that illness comes in the form of viruses from the outside or do you believe that, as Pasteur said on his deathbed, "The soil is all."</p>
<p>Take the medical history of each parent into account where possible.</p>	<p>Proceed cautiously if</p> <ul style="list-style-type: none"> • either parent had a bad reaction to vaccination and/or if • either parent has a history of allergies, asthma, eczema, arthritis or hyperactivity (of any sort).
<p>Seek out health care providers who support your decisions.</p>	<p>You'll want the care of health providers including physicians and homeopaths who support you in the decisions you make—whether you decide to vaccinate or not.</p>
<p>Make a decision you can live with.</p>	<p>You will have to live with the consequences of your decision. If you decide not to vaccinate, ask yourself whether you are prepared to nurse your child through a childhood illness such as measles or whooping cough, or a more serious disease such as meningitis. If you decide to vaccinate, ask yourself how you will feel if your child becomes chronically ill as a result.</p>
<p>Make peace with your final decision.</p>	<p>This is a difficult decision and there are risks attached either way—whether you decide to vaccinate your child or not. Your goal as a parent is to minimize those risks.</p>
<p>Hold your horses.</p>	<p>Wait as long as possible before starting your child's vaccination program ... until they are happily on solid foods for example.</p>
<p>One at a time.</p>	<p>Ask your doctor to administer one at a time: since we do not contract more than one disease at a time, it makes sense to have only one vaccine at a time. This way, if there is an adverse reaction, you and your doctor will know which one is the culprit.</p>
<p>Get smart.</p>	<p>Take some of the fear and anxiety out of the whole process by finding out more about childhood diseases and the successful management of them using natural methods.</p>
<p>Let the fevers go.</p>	<p>There is a large body of evidence that proves the benefits of fever in fighting infection. Study after study has shown that children whose fevers are artificially reduced (e.g., with Tylenol) have more complications and are sick longer. Research into the successful management of childhood illness and the education of doctors and parents in this would be of great benefit to the public health.</p>
<p>Get homeopathic help.</p>	<p>Make sure you have the services of a local homeopath to help your children through any childhood illness that comes their way.</p>