

Before You Get That Flu Shot!

HSI Special Report Reveals The Truth About Flu Vaccines

Read This *Before* Your Next Flu Vaccine

You've been bombarded on all sides with propoganda encouraging you to get a flu vaccine. The message comes from your doctor, your church, and your government. But while everyone tries to push a flu shot on you, almost no one is telling you the real truth about these vaccines. And that's where the Health Sciences Institute (HSI) steps in.

The HSI research team analyzed all of the information about the safety and effectiveness of flu shots—not just the limited data that supports their continued use. This special research alert will open your eyes to the facts about flu vaccines...including the fact that you don't need one!

Why the Big Push for Flu Vaccines?

Have you ever wondered why a government agency spends so much time and energy (not to mention tax dollars) trying to convince you to get a flu vaccination every year?

It's all about selling The Shot. According to The Detroit News, most flu vaccines are purchased and distributed by the government. And the folks at the National Immunization Program (NIP) have millions of vaccine units to move

Every year we get an official flu vaccine media blitz from Department of Health and Human services (HHS) and the Centers for Disease Control and Prevention (CDC). In fact, the CDC oversees the NIP. The motto of the NIP is: "Leading the way to healthy lives."

But that's not necessarily true. In a February 2005 issue of the Archives of Internal Medicine, researchers for the National Institute of Allergy and Infectious Diseases compared flu-related mortality among older people to rates of immunization. Their finding: During the past quarter century, immunization rates for the elderly have climbed substantially while the elderly flu-related mortality rate has stayed the same.

The authors of the research wrote: "We conclude that observational studies substantially overestimate vaccination benefit."

It May Work, It May Not

Each year the flu vaccine is newly redesigned, using several strains from different types of flu that were common the season before. So the 2007-08 vaccine is, in theory, ideal for protecting you from last year's primary flu types. Vaccine developers are basically hoping that whatever new flu mutations come our way this season will not be much different than last year's strains.

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To put a finer point on it, check out what the CDC itself has to say about the potential (in)effectiveness of any year's vaccine:

“However, in some years when vaccine and circulating strains were not well-matched, no vaccine effectiveness may be able to be demonstrated (Bridges, *JAMA* 2000). It is not possible in advance of the influenza season to predict how well the vaccine and circulating strains will be matched, and how that may affect vaccine effectiveness.”

Getting Injected with More Than You Realize

One of the most troubling problems with flu shots is that you're not just being injected with flu strains, you may also be getting dosed with several objectionable additives:

- thimerosal (a mercury derivative added as a preservative)
- formaldehyde (to kill viruses)
- aluminum (to promote antibody response), and
- ethylene glycol (also known as antifreeze, used in vaccines as a disinfectant)

A typical flu vaccine contains chicken embryo injected with living flu strains. From there they add formaldehyde to kill the viruses, thimerosal (a mercury derivative) as a preservative, ethylene glycol (an antifreeze), and phenol, which is a disinfectant. Something tells me that if the CDC promoted the vaccine with a full ingredient list, fewer people would be standing in that line.

The Real Best Defense

If you pick up a flu virus, you won't necessarily come down with the flu. Whether or not you become ill—or how sick you actually get—depends on how well your immune system deals with the virus. The key is immunity.

The flu shot is designed to prepare the immune system to fight specific virus strains. But you can prepare and strengthen your immune system without an injection of antifreeze by taking these steps:

- Exercise regularly
- Eat a balanced diet of nutritious, fresh, whole foods
- Manage stress levels
- Get the right amount of sleep

And you can further fortify your defenses with proven immune system enhancers, such as echinacea, vitamins C, E, and beta-carotene; all of which have been shown to help fight colds and flu. Selenium is also an effective flu fighter, as is zinc and N-acetylcysteine (NAC), an amino acid that stimulates your body to produce the powerful antioxidant enzyme glutathione.

For more information about proven immune system boosters, visit [the HSI Archives](#).

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