

TO FLU SHOT OR NOT TO FLU SHOT – THAT IS THE QUESTION

Last year I went out on a limb at work and decided to get the Flu Vaccine injection. I have had bad reactions to this shot in the past, meaning that I usually get the flu. I got the shot on a Friday figuring that I would work the weekend and if I got sick, I would be sick on my days off. I could not have been more wrong. I came down with the flu the next Tuesday and missed two days of work the next weekend. Of course, my job which was giving out the shot didn't cut me any slack and I had to pay for the two days out of my sick-time account.

This year I decided to opt out of the flu shot. Yes, I had to take a short online class and sign a waiver, but that was better than getting violently sick like last year. Two weeks ago I came down with the flu that this year's injection is supposed to guard against and I have to say that I had a mild case and was over it by the time that I had to return to work. A few days later my wife came down with the same flu and although she had it a bit worse than I did, it was no life-threatening matter like the government would make it out to be.

So why do I opt out of the flu shot? The reason is that there are things in the flu shot that I do not like to put into my body, the biggest offender being mercury. Mercury is a poisonous metal and it can kill you if you get enough of it in your body. After my first wife passed away my father-in-law called me and told me that he wanted to honor his promise to us that he would pay for our dental bills. We (I) didn't have any bills at the time but he wanted me to go to the dentist to get any or all work that I needed to have done. He was doing that because my now deceased wife had been involved in a dispute with her brother in Mexico who is a dental surgeon. Prior to their falling out her brother had promised that if she and I traveled to Agues Calientes he would do any dental work that we needed for free. I think that my father-in-law was aware that older son was a schmendrick and wanted to make up for his son's foolish behavior. Oh, and my wife's transgression was that she had fallen asleep one night with the television on while she was visiting her brother. My wife died knowing that her brother hated her for such a stupid reason but she knew that she was going to be with Yeshua and prayed that someday her brother would leave Catholicism and come to faith in Yeshua.

I went off to the dentist and when I told him how old my amalgam fillings were he suggested that they should be removed and replaced with more modern technology. He dismissed the mercury concern which I imagine any dentist would because saying it was a real concern would leave every dentist in the world open to endless lawsuits. I find it funny that none

of them will say that amalgam is bad, but nobody will fill cavities with that material anymore. Actions speak louder than words.

I had dental insurance but got two prices from the dentist, one for the work done without insurance and one for the work being done with insurance. My father-in-law sent me several thousand dollars to have the work done. It was his gift to me. I had the work done and used the insurance after which I called my father-in-law and to thank him and to say that I'd return the residual to him. He told me to keep the money. I can't say for sure that I felt any better after having the amalgam removed, but considering that I had those fillings for decades any mercury in them had leached into my body over the years and the fillings were probably inert, but why take any chances, right?

I have a problem with putting things into my body that don't belong there. When I was a teenager, I quit smoking cigarettes and marijuana and I stopped taking all illicit drugs. I confess that Yahweh helped me to do quit these things because on my own strength it would have been impossible. Nowadays there are things that we cannot control that subject our bodies to horrors that our fathers never dreamed of. Many drinks barely potable water, the air is being poisoned by chemtrails and electronic radiation is shooting throughout bodies by some of the electronics that we feel we need for life's conveniences. Electric companies are installing "smart meters" which spew microwave radiation into our homes and one can only speculate how those waves are causing mutations in our genome, causing cancers and other maladies.

There has been a lot of talks lately and a lot of argument by parties on both sides in regard to immunizing children. It cannot be denied that some children have been afflicted with horrible debilitating conditions just days after being injected with vaccines that are supposed to protect them. When I was a child most of the vaccines that are given to children today did not exist. If someone came down with the flu the school didn't allow them to come back to school until two or three days after their fever had subsided. People were often quarantined in their homes during times of disease outbreaks. My mother's generation lived through waves of Polio outbreaks and there was no question asked, if your family had a member that had polio the patient was confined to their room and the house was quarantined. Thankfully, Jonas Salk came up with a viable vaccine that eradicated polio in the US by the time that I was born. I remember taking the drops of the vaccine under my tongue. I also remember the smallpox vaccine because everyone in school had a bandage on the deltoid area of their arm. Those vaccines were viable and safe and were given well before mankind got cocky and started to refine vaccines with things like mercury.

When I was a kid, we all came down with things like Chicken Pox, Scarlet Fever, Measles and German Measles and the Mumps. Because we had gotten those sicknesses our bodies made antibodies that were specific to those diseases so as to guard us against ever getting them again. This is known as acquired immunity. A few years ago, when I started nursing school the whole class was required to receive a barrage of injections to provide immunity. I simply walked into the doctor's office and presented him with the list of childhood diseases that I had when I was young. The doctor checked for the antibodies and found that I had all of them and I was spared all of those injections. It is because I have those titers that I don't fear being around our grandkids if they come down with Chicken Pox or any sickness that I've had because chances are very good, actually excellent that I won't come down with that they have.

That is why I am aghast when I hear people who are pro-vaccine berating those who are anti-vaccine. I mean, if your kid has been inoculated against a disease then what is the worry. If the vaccine was viable then they will be protected, if not then you have to question if those vaccines were a placebo and not a vaccine at all and the blame should fall to the vaccine makers, the FDA and any others who have certified that the vaccines are viable for disease prevention.

I often hear that people who fail to vaccinate their children are putting people like pregnant women and the elderly in jeopardy. Let me address the latter first. The elderly are people like me who have natural immunity because they didn't have vaccine forced upon them, but acquired their immunity by actually having the sickness. Second, when I was a child my mother and the other mothers in the neighborhood all had kids that had all of the diseases that I mentioned above, and even when some of them were pregnant, yet nobody died, none of the babies were born with any sort of congenital diseases and life went on like normal. And, people knew to keep their kids home when the sickness was in the home, not like the morons that send their sick kids off to school with fevers and other active symptoms associated with a live infection. The people that berate people who are worried about their kids and elect not to vaccinate should really shut-up because they are feeding into the fear tactics of the government and drug companies that are trying to make money based on fear.

Let me get back to the flu shot. This year at work many of us filled out our disclaimers and declined the flu shot. In an effort to scare us into getting the vaccination, the employer posted a link to the FDA's webpage where the package insert for the flu vaccine can be found. I would like to post that paper on this page but it doesn't come up well in a WordPress format, so I have uploaded it with a link to the file on my website so that if you click on the link below you

can read the box insert. Here it is [UCM123694](#). This is a direct download from the FDA website so no copyright issues exist. Please feel free to copy and send the paper out to everyone.

If you decide to download the image or if you decide to look at the insert from this webpage, I would like to say that there is a lot of technical jargon in the document. What you want to do is go to page 8, near the bottom and read four paragraphs that to me is the most important information in the package insert:

The 0.5-mL prefilled syringe presentation is formulated without preservative. However, thimerosal, a mercury derivative used during manufacturing, is removed by subsequent purification steps to a trace amount (≤ 1 mcg mercury per 0.5-mL dose).

The 5-mL multidose vial formulation contains thimerosal, a mercury derivative, added as a preservative. Each 0.5-mL dose from the multidose vial contains 25 mcg mercury.

Each dose from the multidose vial or from the prefilled syringe may also contain residual amounts of egg proteins (≤ 1 mcg ovalbumin), polymyxin (≤ 3.75 mcg), neomycin (≤ 2.5 mcg), betapropiolactone (not more than 0.5 mcg) and nonylphenol ethoxylate (not more than 0.015% w/v). The tip caps of the FLUVIRIN® prefilled syringes may contain natural rubber latex. The multidose vial stopper and the syringe stopper/plunger do not contain latex.

Okay, so let's tear this apart, shall we? The first sentence states that the prefilled syringe is formulated (produced or prepared are synonyms) without preservative. When something is formulated it means that it is the formula or recipe for the making of something. In the second paragraph, we see that thimerosal, a mercury derivative, is a preservative. Now let's look at the second sentence of the first paragraph. It says that thimerosal is used in the manufacturing. Well, manufacturing is done with the recipe so all Fluvarin, therefore, must be "formulated" with thimerosal meaning that the second sentence negates the first sentence. Also, if it wasn't used to make the vaccine then why does it have to be removed?

Now I know for a fact that the single dose vials and the syringes need to be refrigerated and I'm told that the reason is there is no preservative in them. It is assumed that the syringes will be removed from a refrigerator and given as needed. The multidose vial must be refrigerated, even though it has thimerosal as a preservative. The thought is that the vial will remain out on a doctor's counter while many patients at a time are vaccinated. We were instructed years ago that any single dose vials left out for longer than a specified time must be thrown out. A preservative is used to guard against bacterial or fungal contamination. My

concern is that if a mercury derivative is used to guard against bacteria and fungus, both of them living organisms it must mean that the compound is deadly to those organisms. So bacteria and fungi are smart enough to avoid thimerosal but it is okay to put it in the human body?

It was noted in the documentation from the package insert that the single dose injection, although it is and isn't produced with mercury (sarcasm) still contains roughly less than or equal to 1 microgram of mercury. The documentation also said that in the multidose vial concentrations of thimerosal are less than or equal to 25 micrograms of mercury. Certain medications come in similarly small doses. The first one that comes to mind is synthetic thyroid medication, known by its generic name of levothyroxine. The lowest dose tablet of levothyroxine is 25 micrograms or you could look at it as 0.25 milligrams, same difference.

Medications are dosed in a variety of different sized (dosed) tablets simply because all people are different and have different tolerances and requirements in regard to medication. I just gave levothyroxine as an example. A little old lady with a mild form of hypothyroidism might only need a 25-microgram dose while a younger person might need a 300-microgram dose. This is determined by conducting a TSH (Thyroid Stimulating Hormone) blood test. TSH is a chemical that is released by the pituitary gland located at the base of the frontal part of the brain. If the body detects that there is not enough T3 or T4 hormone in the body it sends out more TSH to basically tell the thyroid glands, "hey guy, you're not doing enough work, produce more." If the thyroid is damaged or faulty it cannot produce T3 and/or T4 thus requiring it to be put into the body by drugs like Armor Thyroid (basically desiccated pig thyroid gland) or its synthetic equivalent, levothyroxine.

It is all patient-specific when it comes to putting chemicals into a body. Each of us is an individual with individual physiologies and individual reaction to certain compounds. In the case of the element mercury, it is a heavy metal. The body can accept low amounts of certain elemental metal. For instance, ferrous sulfate is iron. Your body needs a degree of iron because iron helps the hemoglobin of the red blood cells to bond with oxygen. The red blood cells carry the oxygen to the cells of our bodies and that oxygen helps the cells to produce energy and those same blood cells use hemoglobin to carry sugar to the cells of our bodies that is used to give strength and vitality. Too much iron can be dangerous as can too much copper, zinc, and other metals. Mercury is not a metal that the body needs, but the body stores it in certain areas, many times those areas are the ones that have a major impact on how our nerve impulses are sent and received by the brain and nerve endings in the peripheral parts of the human body.

So, you might read literature on how just 1 microgram or 25 micrograms of mercury are not dangerous. Well, for some people they might not be, but for some people the numbers certainly are. Also, take into account that there are other sources of mercury that present mercury into your body. If you have amalgam fillings there is a degree of mercury that is released every time you chew. If you eat a lot of seafood you are probably taking in a large amount of mercury. If you believe in cremation then you must realize that when human bodies are cremated and those bodies have teeth with amalgam mercury is released in smoke from the cremation. There is mercury in limestone which means that cement products have small amounts of mercury. If you break a fluorescent light you are releasing mercury vapor into the atmosphere. If you buy cheap costume jewelry you take the chance that the metals and/or stones in the jewelry contain mercury. All of those things, added to the few micrograms of mercury in the flu vaccine all add up.

A similar thing occurs with acetaminophen, also known as Tylenol. As time has marched on it has become evident that acetaminophen in higher dose is toxic to the human liver. It will kill your dog even in small doses. It used to be that 3 grams (3000mg) a day was the most that people should take, especially older people. Just a couple of years ago that figure was changed to where only 2 grams (2000mg) is the maximum that people should take per day. That in itself is not a problem, but considering that many stronger pain medications are combined with acetaminophen and many over the counter preparations have the drug included in them too it soon becomes apparent that the maximum can be reached without the patient even knowing that they are exceeding the maximum dose. Like I mentioned above, the dose of mercury in one vaccination might be small, but the cumulative effects of all of the other mercury-containing things leads to a toxic level of mercury in the body. Perhaps in the future science will find that mercury is responsible for many nervous system diseases are caused by too much mercury.

Now add to this stew high fructose corn syrup that is not processed correctly in the human body, but is turned to fat in the liver (where mercury is known to accumulate) and the toxic effects of aspartame on the nervous system it certainly is a miracle that people are able to cope physically and mentally. Mercury is known to accumulate in the human brain where it interferes with nerve function. My mom always marvels at how people in her generation seem healthier than those in my generation. To answer her question all I can say is that there are environmental issues that our generation has grown with that were not present with her generation. Her generation ate real sugar, they did not consume artificial sweeteners and they have a natural immunity to diseases that my generation was immunized for, albeit not as many as succeeding generations. Yes, they did get amalgam fillings, but the fish that they ate had much

less mercury within them, they did not grow up that much with fluorescent light, and they didn't have vaccines with mercury pumped into them. In addition, they did not grow up on fast food, and meals, although filled with fats and cholesterol were cooked at home and processed food was rare for the most part.

Let's look at the rest of the ingredients in the flu shot Fluvirin. Bear in mind this is just one of the manufactured flu shots that are out there and the shot that you are offered might contain different ingredients:

Each dose from the multidose vial or from the prefilled syringe may also contain residual amounts of egg proteins (≤ 1 mcg ovalbumin), polymyxin (≤ 3.75 mcg), neomycin (≤ 2.5 mcg), betapropiolactone (not more than 0.5 mcg) and nonylphenol ethoxylate (not more than 0.015% w/v). The tip caps of the FLUVIRIN® prefilled syringes may contain natural rubber latex. The multidose vial stopper and the syringe stopper/plunger do not contain latex.

The first ingredient that we are told is contained in the flu injection is egg proteins (ovalbumin) which is the protein found in egg whites. Since chicken eggs are so prevalent in the western world, I would assume that the protein comes from chicken eggs. If you are allergic to eggs you have a chance of having an allergic reaction. Allergic reactions could range from a rash and itching to anaphylactic shock.

The next two items as being contained in the flu vaccine are polymyxin and neomycin. These are the two constituents found in Polysporin, also known as double antibiotic creams and ointments. If you are allergic to antibiotics, specifically the two mentioned there is a chance for an allergic reaction. Oh, and since these are antibiotics and antibiotics fight against bacterial growth then why is thimerosal needed?

The next item is beta-propiolactone. It is used to stop the growth of spores that are created by fungi. Again, if this is a fungicide then why is thimerosal needed for the same purpose? In addition there is a big problem with beta-propiolactone, it is a carcinogen:

β -Propiolactone is "reasonably anticipated to be a human carcinogen" (IARC, 1999). It is one of 13 "OSHA-regulated carcinogens," chemicals regarded occupational carcinogens by the Occupational Safety and Health Administration, despite not having an established permissible exposure limit. [Source: <https://en.wikipedia.org/wiki/Beta-Propiolactone>]

The next item that we are told is in Fluvirin is nonylphenol ethoxylate. It has been classified as being toxic to aquatic life and in humans, it can cause eye irritation and skin irritation:

Hazard classification & labelling



*Warning! According to the classification provided by companies to ECHA in **REACH registrations** this substance is toxic to aquatic life with long lasting effects, causes serious eye irritation and causes skin irritation.*

[Source: <https://echa.europa.eu/substance-information/-/substanceinfo/100.105.533>]

And finally, the packet information tells us that parts of the syringe in single-dose syringes may contain latex. There are many people in the medical field that are allergic to latex, so much so that it is almost impossible to find medical gloves that are made from latex. If a person is allergic to latex there is a good chance that they might receive an allergic reaction at the injection site and possibly to other parts of their bodies.

This week the news reported that this year's flu vaccine is expected to be only ten percent effective in helping people to have fewer flu symptoms or preventing them from getting the flu. That means that even with the flu vaccine you have a 90 percent chance of getting this year's strain of the flu even with the vaccine. That is not much of a protection if you ask me. Does eliminating your chance of getting the flu, or having fewer symptoms worth the risk of placing a heavy metal and all sorts of chemicals, carcinogens and possible allergens into your body?

Back in the 2009/2010 flu season, we were all warned that the H1N1 virus would be devastating to the population and the media and government went out of their way to encourage people to receive the vaccine for H1N1. They made it sound like that particular flu was akin to the Spanish Flu epidemic of 1917/1918, and that many people were going to die. Well, my first wife Lourdes and I both came down with that flu and aside from a moderately high fever it was nothing to make note of, only to note that it wasn't that bad. Yes, I was concerned for my wife because she had a lot of underlying medical conditions that could have become complicated by severe flu, but she was adamant that she would not get that season's flu vaccination and we both

agreed to forego that vaccination. It seemed to us that people that got the vaccine had flu symptoms worse than we experienced. That spoke a lot to me.

My question about all of these vaccinations is why are they necessary. Any doctor will tell you that natural immunity of any sickness is preferred over vaccinated immunity. Aside from sickness that could definitely lead to death, I do believe that vaccinations should be avoided. As for me, I believe that I'd rather get the flu, or the measles or any other common sickness that a healthy body can overcome naturally. I'm not crazy about injecting heavy metals, antibiotics, and carcinogens into my body to protect myself from something that my body can overcome over a short period of time.

Earlier this year I was diagnosed with colon cancer. About a month later I entered the hospital for a surgery that would remove my ascending intestine and 13 lymph nodes (six were cancerous). The time came for me to visit with an oncologist but I had already made up my mind not to take chemo meds or radiation treatments. I do believe that those things are detrimental to health and in many cases, they make patients sicker or cause cancers to metastasize. The doctor informed me that chemo and radiation would only give me a 10 percent effective rate, which meant to me that they removed all the cancer and I was cancer free. Had I taken the chemo I would have lost my hair, had innocent cells killed and there was no guarantee that there was any cancer in my body to destroy.

With a 90 percent chance that the flu vaccine would not work and only a 10 percent chance that the vaccine would help (just like with cancer), I opted not to put all of that crap into my body. Yes, I got the flu, but it was nothing like they forecasted so they got that wrong right from the start. I am all for good science because good science produces good results, but guessing what flu might be active at any season is junk science and it's more akin to fortune telling rather than it is to science. As for me and my house, we'll trust that Yahweh has our best interest in mind and that he'll preserve our health and like this year, if we are ever going to get sick we know that Yahweh has our health covered and it will be lighter in scope than those who do not trust Yahweh for their health and their lives.