

VACCINATION RESOURCES

Vaccination is not mandatory in Canada. One of the most difficult and most charged decisions you'll make as a parent is whether or not to vaccinate your child. There are a number of resources available on the topic, both for and against vaccination. It's a very controversial issue and there's no one right answer. Each family is encouraged to do as much research as possible, and then do what's best for them.

Considerations include to do or not to do; if vaccinating, which vaccinations and/or at what age; to delay vaccination or follow the allopathic recommended schedule. There are too many other considerations to list here!

No one can deny there are possible side effects to vaccines, like any other pharmaceutical drug. However there are options. If vaccination is chosen then there are holistic protocols that may help minimize discomforts and reactions that can occur. They can be done with all vaccines & boosters, preferably at the time of vaccination but may be effective even years later. Boosting immunity through natural methods helps too, whether it's to decrease vaccine reactions or to increase resistance to disease. (Contact me or your health practitioner for details.)

The following sites will provide information supporting the choice to not vaccinate.

www.kellymom.com

www.alive.com

www.vran.org

www.mothing.com

www.healing-arts.org/children/vaccines/

www.nvic.org

www.mercola.com

What Your Doctor May Not Tell You about Vaccinations by Dr. Stephanie Cave is an excellent book full of research based information. So is *Vaccines: Are They Really Safe and Effective? A Parent's Guide to Childhood Shots* by Neil Z. Miller, and *Vaccination 100 Years of Orthodox Research Shows that Vaccines Represent a Medical Assault On The Immune System* by Dr Viera Scheibner. Health stores carry several other good books on vaccination issues.

For hard-copy resources supporting vaccination ask at the public health unit, your medical doctor or public health nurse. There are lots out there. The following web-sites provide pro-vaccination information.

www.immunize.cpha.ca

www.cdc.gov/Nip

www.hc-sc.gc.ca/hpb/lcdc/bid/di

www.immunize.org

www.vaccines.com

www.who.int/vaccines

www.vaccineinformation.org

You have the right to see the vaccine package insert provided by the drug manufacturer. See <http://www.vaclib.org/chapter/inserts.htm#human> or <http://users.adelphia.net/~cdc/> . The latter claims to provide unbiased links regarding vaccines.