

Vaccines and the Immune System

by Dr. Josh Axe, DNM, DC, CNS



What a Vaccine-Free Child Looks Like

Vaccines have become a hot topic these days. Supporters of vaccines claim that there are no definitive links between vaccines and autism and emphasize that vaccines save lives. Many others believe that vaccines are responsible for the rise of autism spectrum disorders (ASDs) as well as other health issues such as allergies, asthma and auto-immune disorders.

In 2002 research definitively linked the use of thimerosal (a mercury-based preservative) in vaccines to autism, and it was removed from most vaccines. But autism rates continue to climb: **today 1 in 150 American children are diagnosed with ASDs every year. The majority of flu shots in the US still contain a full dose of Thimerosal.**

In 2007 the federal government awarded money to Hannah Poling, a child whose parents claimed developed autism from having been vaccinated but the Center for Disease Prevention and Control (CDC) still maintains that vaccines do not cause autism.

Dr. David Ayoub is a specialist on components used in vaccines. Thimerosal isn't the only thing to worry about, he says: use of aluminum may prove to be even more toxic than thimerosal was. Ayoub became interested in the use of aluminum in vaccines and its effects after hearing about the high levels of aluminum found in autistic children and those with ADHD. A nutritionist showed Dr. Ayoub toxicity studies in a school in which **90% of the children developed ADHD in a single year. Their toxicity profiles showed massive amounts of aluminum.** Aluminum is used in hepatitis vaccines, diphtheria, tetanus and pertussis vaccines, Hib vaccines, Gardasil and pneumonia vaccines.

Unvaccinated People

Many parents have made headlines when they refuse to vaccinate their children and are often blamed for outbreaks of disease by the CDC. But a recent mumps outbreak that struck over 1,000 people in New Jersey and New York tells a different story.

A New Jersey health official told a CNN reporter that **77% of the cases occurred in vaccinated people**. *Natural News* editor Mike Adams points out that even though the CDC claims the mumps vaccine is 76 to 95% effective, there has never been a randomized, double-blind, placebo-controlled study to provide the scientific basis to back up this claim.

This makes me wonder: if you get a vaccine in order to protect yourself from a particular disease, why are you worried about being exposed to that disease through an unvaccinated person?

Vaccines & Immune Response

Without going into too much detail, our bodies have a TH1 immune response and a TH2 immune response. Vaccines stimulate the TH2 response in the body. This is more like an “emergency immune response.”

By having an immune system that is trained to respond with a TH2 response (which is inflammatory in nature), you then weaken your TH1 response (which is responsible for fighting viruses, parasites and cancer cells). So in essence, it’s like we are trading childhood diseases like chicken pox for cancer and autoimmune diseases.

Vaccines & Auto-Immune Disorders

Autoimmune diseases such as asthma, eczema and type 1 diabetes rates have doubled over the past 30 years, says Blaylock, and coincide with the increasing use of vaccinations.

Certain vaccines work by suppressing the immune system. When given along with other vaccines, children are more susceptible to infection and disease and more likely to suffer severe damage as a result of contracting them.

Live Viruses

Live viruses, like those in the MMR (measles, mumps and rubella) suppress the immune system for up to 6 months. Vaccines only cover a few specific strains of any virus and research has found that vaccinations can cause a shift in strain dominance, so that the vaccine becomes less and less effective. This has occurred with vaccines for meningitis and pneumonia, says Blaylock.

When agencies point out that vaccines have greatly lowered death rates due to common diseases, Blaylock points out that **death rate by these diseases fell by over 90% before mass vaccinations began**. Neil Z. Miller, author of **Vaccines: Are They Really Safe and Effective** points out that sanitation practices implemented at this time are the true cause of falling rates of disease.