

9 reasons for you not to get vaccinated against the swine-flu virus A H1N1

1. The swine-flu virus is contagious **yet should be no more a threat than normal seasonal influenza**. At the end of winter 2009, the toll of victims in New Zealand or Chile is negligible. There was no vaccination.
2. The reputable international pharmacological monitoring NGO Cochrane Collaboration, drawing on **40 years of research gives anti-flu vaccines a poor rating in terms of their effectiveness and of tolerance for them**. It has found that (a) *in the case of over-65s*, their performance is particularly unimpressive (b) *in healthy young adults*, there is a lack of any proof of their effectiveness (c) *in children*, the available data does not permit verification of tolerance to different types of vaccines (d) *in health professionals*, there is no credible evidence that their administering vaccines mitigates the complications suffered by flu victims in their care.
3. Recently, a Canadian survey drawing on 12 million observations would have come to the provisional conclusion that people vaccinated against flu during the course of the past two years stood double the chance of succumbing to the H1N1 virus. By the same token, **were the virus to mutate, those vaccinated with the H1N1 vaccine could run an even greater risk of falling ill**. This study awaits confirmation.
4. The new H1N1 vaccines are still in an experimental stage. They have not been subjected to proper, long-term clinical testing. **Neither their effectiveness nor absence of risks have been established**, particularly vis-à-vis sicknesses with a long gestation period.
5. The vaccines in 10-dose phials contain mercury (thiomersal) as a preservative. **Thiomersal has been implicated in the onset of autism**. The American Academy of Pediatrics (60,000 members) in 1999 demanded that it be removed from vaccines.
6. The vaccine contains an additive, squalene which strongly compounds the immune response. Although naturally present in the body and can be ingested without problem, **squalene if injected is suspected of triggering auto-immune diseases** (e.g. MS, Amyotrophic Lateral Sclerosis, Fibromyalgia) or various neurological and rheumatic disorders. The FDA in the United States forbids its use in flue vaccines.
7. It was the squalene present in the anti-anthrax vaccine that was suspected of causing Gulf War Syndrome in over 25% of the veterans (with a marked presence of antibodies to squalene). **The concentration of squalene in H1N1 vaccine is substantially greater**. Using squalene enables the dose of antigen to be reduced and larger quantities of vaccine to be produced.
8. According to an EU ruling on 15/09/09, **manufacturers and doctors administering this experimental vaccine may be exempted from all civil responsibility**. In the event of side-effects linked to the vaccine, there will be no basis for legal action.
9. Finally, there is **a whole range of other natural means, scientifically proven, of strengthening your immune system** and of fending off or minimising complications linked to flu. For example, vitamins C, D and E, certain amino acids, minerals, polyphenol antioxidants, essential oils...The government is neglecting its duty to provide the population with correct information on this subject.

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