

# The Green Tongue

*Herbal tid-bits and information for healthier living without chemicals*

***Safe Vaccination*** The immune system is a very complex system of the human body.

Research about the immune system is still being revealed through thoughtful study but in general, most of what we know about the immune system we know in the context of vaccination and how to manipulate it through vaccines, not as a complete body system that works in conjunction with all other systems. Immunology as taught in medical school revolves around vaccination and the schedule of immunizations suggested by the CDC. A pediatrician does not do extensive study about vaccines and the real dangers of these injections. The immune system is an enormously complicated system and we have only brushed the service of understanding. Although this is fascinating stuff, you do not have to have a degree in biology to understand the many ways you can help your immune system function more efficiently, especially if it is cold & flu season.



Vaccination is a contentious subject for many and needs to be approached in a realistic and balanced way where fear is not a factor. There is fear on both sides of this topic, but what I find for most people who are aware of the many side-effects vaccines can cause, they are basing their criticism and apprehension on real science as well as real experiences whether because of a vaccine-injured child, or an injury inflicted on their own body. The idea that many who decide to selectively vaccinate or even forgo them altogether are being dismissive of science as well as the overall health of our society is just not true. That is called gaslighting and is a typical tactic of authoritarian missives.

This is an important point to make. No medication is without risks and vaccines are no exception. This is not a discussion of Pro-vax and Anti-vax. This false dichotomy has been pushed for far too long. This is a discussion of what is the best possible health care choices I can make for me and my family. There is evidence that vaccines work, at least for a short time, and this fact needs to be part of the many variables that surround this topic. It's also important to note that vaccines do not necessarily stop transmission of a infective pathogen and even the 'fully' vaccinated get and pass on pathogens that cause infection. The concerns of an overwhelming part of our society should not be ridiculed, dismissed, or ignored as it is steeped in research, science, and real-world experiences. We cannot as a society afford to be blind to the negative effects of vaccination and what that is doing to our health as well as how vaccination may be changing and damaging our very DNA; where we see in our population more ill-health in the form of autoimmunity, cancer, and chronic illness in general, and even death. In total, since the advent of vaccines we have seen the overall health of our population DECLINE. Right now life expectancy has declined for several years running. What are we trading off? In this short paper, I will try to hit on the basics and give you an idea of where to go in terms of your own health care choices for you and your children. Consider THIS your informed consent.

There are many media outlets including the website of the CDC that praise the use of vaccinations as saving lives and eradicating disease. These statements are riddled with inaccuracies and falsehoods. In fact, vaccines have never 'eradicated' diseases and it can be argued vaccines have caused a slew of diseases on their own. I have read many articles touting the use of vaccines, all dismiss the very notion that a person could be injured and use weak science and observation. The propaganda and indoctrination that surrounds vaccine science is thick and has been for 100 or so years. If you ignore half of a body of evidence, you can in no way have an informed opinion or make an informed decision.

*The Vaccine Schedule* currently supported and suggested by the Centers for Disease

Control (CDC) has children 1- 18 receiving 82 different vaccines. This is quite a change from years prior when only a handful were administered. With a proportional increase in vaccines added to the schedule we see a concomitant increase in autoimmune diseases. We also see an increase in autism rates as well as other diseases like cancer, juvenile type I diabetes, thyroid disorders, food allergies, asthma, and more. But, but, but correlation doesn't equal causation! This is a mantra that resides in the echo chamber of pro-vaccine zealots. Truth is, correlation doesn't equal causation, until it does. Correlation is where research starts. And yes, many of these dis-eases noted above have been researched and are indeed correlated in part, by vaccines.

While many of the diseases we are vaccinated for do still occur, we can see that vaccination has likely played a role in reducing the instances of major outbreaks. Vaccines do this by reducing symptoms in vaccinated individuals. Again, vaccines do NOT necessarily stop transmission. This is why the CDC keeps telling everyone to get vaccinated. If everyone is vaccinated that can get the infection, they will be asymptomatic. But what about those that can't be vaccinated? The vaccinated DO NOT PROTECT THEM. So when you hear that you need to get vaccinated to protect the newborn or protect Jimmy who has cancer, is complete hooey. It's an untrue statement pushed by the industry to sell more vaccines and to scare people into getting them. The DTaP CAUSES whooping cough. That's science. Also any cancer ward will not allow recently vaccinated individuals (with a live virus vaccine) in because they shed that pathogen they have just been vaccinated for; because they could cause an outbreak.

Each vaccine should be researched and thoughtfully considered on its own, not in general. Which means, don't make broad statements about all vaccines....this is true for those pushing vaccines too. When people are concerned for what is injected into their body, it's not because all vaccines should be looked at the same. It doesn't mean people are 'anti-vax' and it doesn't mean that all vaccines are bad. I personally think the vaccine schedule is completely out of hand and that vaccination is VERY limited in what it can do for a body. I also think it weakens a body making people more susceptible to other infections and chronic diseases since it damages the immune system and its ability to respond properly. While this is truth, I think this topic is so contentious for some, that if you say no to one, you must be saying no to them all. I say let people do what they want because vaccination is a personal decision. People also need to be informed of the side effects and damage that can happen. Until we have an honest discussion about this, Informed Consent does not exist, even though it is law. I don't eat well and take of myself for little Jimmy who lives down the street and I don't expect anyone else to do what is best for me.....I can do that just fine thank you.

While it would be nice to be able to look up reactions from all vaccinations compared to incidence of disease and adverse reactions caused by the diseases itself, there really isn't a way to do this for common folk. I am sure the CDC is aware of the problems surrounding vaccine injury, but their databases are not available to the public. One database is called the Vaccine Data Link, (VDL) and is has relatively recently been unavailable to the public. I am not really sure who has authorization to it, except those at the National Institutes of Health (NIH).

While informed consent is part of our legal structure since 1986 specifically in regards to vaccines, it rarely happens, if at all. Doctors are told to give out information leaflets that do not convey real informed consent and go into why it's important to vaccinate and how often one should. The truth about vaccines is not easy to find and many studies put out by the CDC or others like the pharmaceutical companies that manufacture and profit from these vaccinations do not give us the whole picture. Some studies have actually been manipulated to show a positive result, like in the case of the research done on the MMR and african american boys. (Look up Dr. Brian Hooker and William Thompson) Some data from that study was actually omitted in order to hide the higher incidence of autism in african american boys as compared to caucasian boys. There was a statistically significant correlation of autism when administering the MMR vaccine to african american boys compared to caucasians. Some speculate that this difference is less genetic than it is about demographics. William Thompson inside the CDC has come out as a whistleblower, but is still working inside the CDC. The population studied included many boys from lower-class, inner cities where perhaps less education is available about administering several vaccines at once. It appears that perhaps these boys received too many too soon, while the caucasian boys received a selected amount. This is one possibility. The CDC was trying to hide this.....why? We also know that the CDC studies, when comparing a control group (use a placebo) to a vaccinated group in determining vaccine safety/efficacy, do not use a true control. The controls used are stated as 'saline' but actually contain everything the vaccine does except the virus, so no antigen. So this includes the adjuvant (typically aluminum salts) and a complex of other substances, like formaldehyde and cell lines used in the manufacturing process, like monkey kidney tissues, human fetal tissue, bovine, porcine, and mice DNA. These extras are called excipients. These vaccines also contain casein (milk protein), peanut or castor oil, and trace amounts of latex from the plungers. When these substances are injected into the body concurrent with an adjuvant (aluminum) to create an immune response -a small body in particular- they carry the real possibility of creating allergies to the very products included in the vaccine - like latex, peanuts, and dairy. This is not conspiracy theory here. These are real vaccine ingredients being injected into your child. Some 'placebos' are other vaccines containing all the excipients AND the antigen. How can anyone who is a scientist think using a non control group would give us appropriate data? This is why I implore everyone to look at the data, not just take someones word for it. Don't just read the headlines, or the results of a research paper. Look at the data.

All pharmaceutical drugs that carry risks. We know this. Why would vaccines be any different? When the possibility of injury outweighs the difficulty of the disease, we have to wonder if it is worth it, and in many cases it isn't. Many children die due to vaccination injury each year (SIDS) and many more are injured for life. We know that our bodies benefit from being exposed to certain diseases. We know that after an illness children undergo a developmental leap. We know that certain diseases protect us later on in life from certain types of cancer. What are we trading off?? Is one death due to vaccine worth another POSSIBLE death due to disease? Either way it should be a personal choice, not one mandated by politicians and the pharmaceutical companies profiting off vaccines.

## *Facts concerning the vaccine and medical industries-*

In 1988 - The court ruled that vaccines carry with them 'unavoidable adverse effects', therefore vaccine manufacturers cannot be sued as a result of vaccine-induced injury in federal court although people can file civil claims on the state level. This law came about because of a myriad of lawsuits being filed in the 1980's due to vaccine-related injuries. (two vaccines in particular, the DPT which was banned in several countries except the US which was reported to have killed/injured about 1:36,000 children.)

In 1990 - VAERS - Vaccine Adverse Event Reporting System was instituted as a result of the 1988 court ruling. This is a volunteer system that relies on the parents coming forward to report any adverse event due to vaccination. The CDC uses this system as a 'passive surveillance system' to track adverse events. Many times these injuries manifest 2 or more weeks after vaccination. It makes you wonder how many injuries are never reported. The vaccine industry (then passed on to consumers) is required to financially support this system with each vaccine that is sold. (.75 per antigen per dose) The HHSs examination of the VAERS reporting system concluded that the system reports on about 1-10% of injuries.

Vaccines in the US do not have to be standardized and in fact, an incident in Tennessee brought this fatal error of the vaccine manufacturers to light. 8 infants died of SIDS due to one batch of DTaP vaccines from the manufacturer. As a result of this horrific incident, manufacturers no longer send one batch to a selected location, but instead separate and disperse batches across the US.

Standardization, is still to this day, not a requirement. Vaccines are considered 'biologics' where they by-pass the 'normal' regulatory process and guidelines and can reach the market in a little as 4 days after clinical trials. Clinical trials, as stated above, are not required to use an inert double blind placebo control group and in fact all vaccines are tested against either another vaccine or the vaccine less the antigen, so all excipients are present in the control. There have been some test groups that do receive just a saline injection, like with one of the HPV vaccines on the market. This group comprised about 600 people and the results were mixed in with the rest of the controls, so its impossible to see real outcomes. For more info on these trials I implore people to find the inserts prior to receiving any vaccine.

- Currently the US vaccinates the very young and very old. These are times when our bodies are the most immune compromised, but we insist on injecting foreign substances including diseases into the blood stream. The immune system is overwhelmed by this and can react in a negative way.
- Since the CDC has advocated more and more vaccines, we have seen more and more autoimmune diseases.
- autism rate in 1970 was 1:10,000 where a child would only receive a handful (if that) of vaccines, many of which were not multiple disease vaccines. The autism rate now is 1:35 and projected to be 1:3 in 2050 . The CDC and others claim it is a genetic disease, but have no proof of this and continue to research the genetic correlations to autism, but not the real issue - heavy metal toxicity and brain damage case by vaccination and possible links to using OTC fever-reducing medications like Tylenol when a child experiences fever after vaccination, glyphosate in the food supply, poor gut microbiome caused by C-sections, poor diets of the mother, antibiotic use of the mother, lack of breast feeding, environmental toxins, cumulative effects of vaccinations over generations, etc. There are indeed many layers. We do however know there is indeed a genetic

component to it, but there is no evidence this is the cause since many children do not acquire autism until age 2 or 3. It is likely an epigenetic issue whereby an environmental insult instigated genetic changes leaving a person more susceptible to dis-ease. This fairly new study of science has made us aware of predisposition of diseases, but in no way means you will GET the disease. The 'breast cancer genes' are a perfect example. Just because you carry the BRCA genes, does not at all mean you will acquire breast cancer.

- Pregnant women are encouraged to get a DTaP and flu vaccination, a horrible time to inundate the immune system. During pregnancy the body is in an immune modulated state. Never vaccinate in an immune modulated state. That includes when a person is sick. No robust safety data exists to support this practice. This statement from the WHO scientist exemplify the need for more testing. Simply put, stop vaccinating pregnant women!
- Many people claim that babies are born with autism, but it is only diagnosed at an older age due to the nature of the dysfunction caused by autism. Has there ever been an autism study that includes these women who were vaccinated during pregnancy? Why is this now being pushed by the CDC, NIH et al?
- We are the nation that spends the most on health care, we vaccinate for the most diseases more often, and have the highest infant mortality of any wealthy nation at 6.1 deaths per 1,000 live births.
- At 2 months, if following the CDC vaccination plan, a child can be vaccinated with up to 7 diseases at once. What human could ever be exposed to 7 diseases at once...at 2 months even? What is more is that at 2 months the immune system is very immature, so this is even more dire a situation for that immune system. Infants like a pregnant mother, are in an immune modulated state. This is by design. As the infant's immune system learns diseases through the others milk, slowly this modulation turns off to have a fully functioning immune system as they age. When you inundate a baby with all these antigens and toxins, how could many of them confer immunity? Where is that study? I'll tell you where it is, it doesn't exist. They simply go by incidence of disease in the general population.
- In 2015, the VAERS reporting system reported 127 deaths due to the MMR vaccine. 2 deaths occurred due to measles (these were apparently children undergoing chemo). You may say that vaccination has kept measles deaths under control. Many argue that measles is not the killer that it is purported to be and with the knowledge we have now in regards to nutrition as well as more accessibility of treatment choices, clean water and sanitation, and understanding the disease and how it spreads, we just wouldn't see the death rate like we saw even 70 years ago. The truth is, children just do not die from measles anymore, especially if given proper nutrition and care like vitamin A, vitamin C. People use the immune compromised as justification for the deaths from vaccination. We are simply trading one death for another.
- Pharmaceutical companies do their own testing. Because of the growing issue of autism (1:35 children diagnosed to date in the US) and the public outcry regarding thimerisol in vaccines and the parents wanting more safety testing on this mercury based preservative, the CDC conducted 20 studies to prove there is no relationship to thimerisol and autism. The Institute of Medicine (IOM) formerly the Academy of Sciences, did a review in 2004 of these 20 studies submitted by the CDC. The IOM is an independent science board who's job is to be sure science is robust and adequate for use on the population. The IOMs report concluded that the CDC needs to follow up with more research regarding the safety of vaccines and the subsequent association with autism since research to date does not support or deny the relationship. The CDC has

never followed through with this requirement by the IOM. Here is a list of reports from the IOM, some with broken links unfortunately. <https://vaccinesafety.edu/IOM-Reports.htm> You can look into the story HERE: <https://childrenshealthdefense.org/news/vaccines-and-autism-is-the-science-really-settled/>

- Vaccines on the schedule have increased substantially since the 1950's as a direct result of the Vaccine Act of 1986. With no liability, vaccines offer a substantial profit for manufacturers. Below is a list of the childhood vaccines administered from the age of 0-12 years. Vaccines are also required for older ages for college admission. Most states have exemptions to such mandates and these forms can be acquired via the state health and human services websites. The flu vaccine is also administered EACH year. I implore all of you reading this to look up each individual illness, the risk of your child contracting the illness versus the risk of vaccine injury. This last task is a bit harder since no governmental industry follows Informed Consent as promulgated by the 1986 vaccine Act which states by law, doctors must inform a patient or patients advocate/guardian of any adverse event or risks with vaccination or medication and no governmental agency is tracking vaccine injuries. This information is hard to come by. VAERs is one place to go, but you have to consider that most (90-99%) of vaccine injuries go unreported, this includes death. An interesting fact though, during the COVID lockdowns, infant mortality plummeted. We effectively saved 200 infants per week by NOT vaccinating. The fact sheets given by the CDC which are called Vaccine Information Sheets (VIS) to your pediatrician do not represent true informed consent, but is considered as such by the CDC. This means get the inserts of each of these vaccines and read them. You will get actual clinical trial data as well as other useful information from the manufacturer.

Haemophilus  
Pneumococcal  
Varicella  
Polio  
Measles, mumps, rubella  
Diphtheria, acellular pertussis, tetanus  
HPV  
Rotovirus  
Meningitis

Here is a link to all the excipients in vaccines. These are listed by vaccine. Excipients are all the other ingredients in a vaccine besides the viral antigen.

<https://www.cdc.gov/vaccines/pubs/pinkbook/downloads/appendices/b/excipient-table-2.pdf>

Here is link to all the vaccine inserts so you can look up the information yourself and perhaps inform your doctor.

[https://www.vaccinesafety.edu/package\\_inserts.htm](https://www.vaccinesafety.edu/package_inserts.htm)

**A**ll vaccines are grown on animals cells. These animals are: bovine, monkey, murine, human, porcine, canine, and insect. The animal cells are contained in the vaccine because of how they are manufactured. They simply do not separate the animal/insect cells from the matrix. Viruses cannot live outside of a cell and are by their very nature, parasites. Vaccines also do not have to endure standardization or need to be purified. The regulations do not exist which means and has been substantiated by independent labs, that vaccines contain contaminants of all kinds including

metals like titanium, but also e-coli. They also do not go through toxicology testing or pharmacokinetics. This means, no one is keeping track of how these excipients move through the body and if they are toxic to organ systems. It's literally one big fat guess.

Animal cells carry with them their own viruses. This is how many think SIV in monkeys transferred into humans, which we call HIV. Of course this has been 'debunked' with limited explanation and certainly no real science to back it up. There is also an association with SV-40 monkey virus with glioblastoma, a very serious brain cancer. Many other retroviruses are associated with animals and were introduced into the blood supply via vaccines. It is estimated (but not acknowledged overtly by the medical community) that over 25 million people have a retrovirus in their body, which can and does lead to many types of man-made diseases like Chronic Fatigue Syndrome, AIDS, autoimmunity, and many types of cancer.

### *Resources and links:*

*Do your Own research! Here are some great links to get your started.*

National Vaccine Information Center: <https://www.nvic.org/>

CDC Injury reporting System: <https://vaers.hhs.gov>

HPV Vaccine Dangers: [sanevax.org](http://sanevax.org)

All sorts of vaccine information - Children's Health Defense: <https://childrenshealthdefense.org/>

Informed Consent Action Network - ICAN

LearntheRisk.org - Former Merck employee Brandy Vaughn.

No Liability for vaccine manufacturers: <https://www.law.cornell.edu/uscode/text/42/300aa-22>

<http://www.greenmedinfo.com/blog/examining-rfk-jrs-claim-cdc-owns-over-20-vaccine-patents>

<https://www.ncbi.nlm.nih.gov/books/NBK221811/>

Physicians for Informed Consent

[ageofautism.com](http://ageofautism.com)

[Sound choice.org](http://Soundchoice.org)

### Books

Shot in the Dark by Barbara Low Fisher founder of NVIC

Retroviruses: Plague the Book & Plague of Corruption by Dr. Judy Mikovits

Dissolving Illusions by Dr. Suzanne Humphries

Miller's Review of Critical Vaccine Studies: Neil Z. Miller

Vaccines, Autoimmunity and the Changing Nature of Childhood Illness by Thomas Cowan, MD

Other useful links:

### Documentaries & Films, Programs

The Truth About Vaccines

Vaccines Revealed

Vaxxed I & II

The Highwire with Del Bigtree

1986 The Act: Andrew Wakefield

<https://rumble.com/user/CriticallyThinking>: Dr. Sherri Tennpenny & Dr. Larry Palevsky

## Studies regarding safety of vaccination and other references

[https://childrenshealthdefense.org/wp-content/uploads/VaccineRisks\\_ReadTheFineprint\\_v1.pdf](https://childrenshealthdefense.org/wp-content/uploads/VaccineRisks_ReadTheFineprint_v1.pdf)

<https://www.wellnessdoc.com/1200studies/>

Chris Exely Aluminum Studies: <https://thevaccinereaction.org/2019/07/chris-exley-phd-on-the-link-between-aluminum-in-vaccines-and-autism/>

Polly Tommey and the Vaxxed Bus

Simpsonwood Transcripts

This link takes you to the story of Brian Hooker and the CDC's Dr. William Thompson. This is one of THE most important stories regarding vaccines with whistleblower William Thompson speaking out against fraud at the CDC in regards to the MMR/autism study. <https://vaccineimpact.com/2016/dr-brian-hooker-exposes-fraud-at-the-cdc-congress-refuses-to-hold-hearings/>

<https://www.nytimes.com/1973/05/04/archives/fda-finds-four-vaccines-contaminated-with-probably-harmless-viruses.html>

<https://www.nature.com/articles/s41587-020-0507-2>

<https://pubmed.ncbi.nlm.nih.gov/26103708/>

Sara M. Woods Kender is a clinical herbalist with over a decade of experience with the plants. She offers consultations, reiki healing sessions, and teaches classes on herbalism.