

3. Swine Flu Vaccine -- Yes or No?

We get news about the swine flu daily now. For all that is currently known, the swine flu is not any worse than any other flu, just much more of a hype. The question we are now confronted with is: should we get the swine flu vaccine or not?

To give you my personal answer up front: I have not wasted a second's time to think about it -- of course I will NOT get a swine flu vaccine, just as I have not been vaccinated for anything else in 20 years, not even when I went to Africa.

I have never seen the point of getting vaccinated against the flu. Many people get the flu regardless of the vaccine. So the decision is not between health and a possible flu. The decision is between possibly getting the flu; and possibly getting the flu plus a vaccine.

Even disregarding the fact that the flu vaccine will not prevent all flues: I have not missed a day at work since 1994, and I will admit that I stayed home on those two November days in 1994 more because I did not feel like going to work, rather than because I was very sick. I diligently take my nutrients and herbs and I believe that my immunity is strong enough to prevent almost any flu.

Finally, even if I got the flu I would not be very worried. It is a comparably harmless infection and will pass. Why take all the work away from the body? I never take any medication either, the few times I do not feel 100% up to par. I will drink a few quarts of herbal tea. I understand that for a very aged and feeble person, the situation may look different. But I would rather err on the side of not doing it than doing it.

I believe that for most medications, as well as vaccines, the negative side effects are underestimated, while their use is over estimated. I am not alone in this assessment. Read what Dr. Mercola has to say about it: <http://articles.mercola.com/sites/articles/archive/2000/11/26/flu-shots-part-two.aspx>.

One of the best reasons not to get vaccinated is the fact that the flu vaccine contains a mercury compound called thiomersal (also called thimerosal). There is probably little anyone could say to convince me of letting anyone shoot mercury into my veins. The Government says that the mercury is not a problem, but we know what to think of such Government statements. For decades they said mercury fillings were also safe. <http://www.cdc.gov/Flu/about/qa/thimerosal.htm>.

If you do not believe that a flu shot can have serious side effects even for a healthy person, check out this recent report on FOX News: <http://www.youtube.com/watch?v=nP2e2B84r30>.

I believe -- along with a number of highly regarded specialists in the field (e.g. <http://www.strunz.com/news.php?newsid=955>) -- that the swine flu hype is nothing than a marketing tool of the companies that sell the vaccines.

4. US Health Freedom Act

State Representative Ron Paul has introduced a Health Freedom Bill that is intended to guarantee free speech when it comes to nutritional supplements.

The current situation in the US is that no medicinal information can be said or implied by a manufacturer or marketer of nutritional supplements, EVEN IF the statements are scientifically sound. If, say, there is a body of evidence showing vitamin C prevents cataract to a high degree if taken over an extended time, that cannot be stated by anyone who has a financial interest in selling vitamin C. Even though probably anyone would agree that it is very much of interest to the public. If that statement was made, the nutritional product would cease to be a nutritional product and would magically be transformed into a medicine that has to be registered as such with the FDA, a procedure that is unaffordable for almost any company except the very large ones. Those large companies, of course, would never register vitamin C as a drug, because they can't make much money off a substance that you can also buy as a nutritional supplement, and one that is not patentable to boot...

So, the consumer remains uninformed. This goes well with the intention of a system that will remedy rather than prevent. Because to make money for the pharmaceutical industry, the public must be sick.

State Representative Ron Paul has now introduced a Bill that is intended to allow statements about nutritional supplements, if they are not misleading. You can find some info here, including the full Bill text (click top right):

<http://www.opencongress.org/bill/111-h3394/show>

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Of course many Bills are introduced and many of them will not pass. Let's hope these Bills here find enough supporters to allow information to get out to the public, information that you need to keep yourself healthy.