

FLU SHOTS: Risks vs Benefits

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Articles about the flu and about flu vaccines vary over the course of the season in proportion to supply and demand. The risks of death from the flu are over-reported, while the risks of side effects from flu vaccines are under-reported, especially in the major media. Small children, elderly people, and patients with compromised immune systems are at higher risk from either the flu or the vaccines.

1. Even reduced-Thimerosal flu shots contain some of the toxic preservative.
2. Vaccines cultured in egg protein are not recommended to those allergic to eggs.
3. No vaccine can be guaranteed free of unintended pathogens. Cultured vaccines require conditions optimal for opportunistic viruses.
4. FluMist nasal vaccine can be dangerous to family members with compromised immune systems.
5. Flu vaccines must be cultured months before scientists know which strains will predominate during the season.
6. Potential side effects from flu vaccines include: Guillain-Barré, temporary Multiple Sclerosis-like illness, breathing problems, hoarseness, wheezing, hives, paleness, dizziness, weakness, and rapid heartbeat.

For more information:

"Forego Flu Shot," *The Health Sciences Institute e-Alert*, HSIResearch@healthiernews.com , October 08, 2004 6:01 AM
 Ciola, Greg., "Danger Lurking in Flu Shots! Emergency Alert," *Crusader*, December /January 2004-05,

www.HealthLiesExposed.com

"U.S. Purchases 1.2 Million Doses of Flu Vaccine," December 8, 2004 Talon News , www.talonnews.com

"European Flu Vaccine to Be Tested in U.S.," Dec 10, 2004, National Institute of Allergy and Infectious Disease, <http://www.niaid.nih.gov>

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