

## Why We're Skipping the Flu Shot Again

***We cannot change the cards we are dealt, just how we play the hand.***

**- Randy Pausch**

It's that time of year when we see ads, posters, coupons and all kinds of other propaganda, to try to convince us to get a flu shot. As I say every year, you need to do what's right for you and your family. But before you believe all the hype and roll up your sleeve, let me remind you of the many reasons we won't be getting the flu vaccine again this year.

The reality is that the annual flu vaccine is simply an "educated" guess of what's going to hit us. It's not based on good science. Two years ago, it was only 9% effective. That's pathetic, but still, I certainly don't remember a spike in deaths from the flu that year.

Flu shots are created by mixing various flu virus strains with chemicals like formaldehyde, MSG, sodium chloride and mercury. The idea behind them is to create antibodies to help fight the flu. But here's the real problem: the vaccine only produces the required antibodies in the people like me, who don't even need a vaccine, because we're healthy. So the people who really need those antibodies, the unhealthy ones, don't make them. These are the folks that are most susceptible to the flu. That sounds like the vaccine is most effective for people who don't actually need it.

One of the most infuriating facts about this vaccine is that it isn't really tested for effectiveness before it gets released to the public. How can it be? The flu hasn't yet hit. There are different formulations of the vaccine and each can contain different ingredients. But they all contain at least some of the following possibly toxic additives:

- **Egg protein:** Normally this is fine, but many people are highly allergic to eggs and the vaccine can cause a horrible reaction in those people.
- **Formaldehyde:** the EPA has declared formaldehyde a carcinogen, meaning it can cause cancer. Why the heck is it in a vaccine?
- **Polysorbate 80:** this has been shown to cause infertility in mice. Could it be contributing to rising rates of infertility in humans?
- **Sodium Chloride:** this is great if you're interested in developing kidney stones; gastrointestinal problems or high blood pressure.
- **Monosodium Glutamate (MSG):** famous as an ingredient/chemical in Chinese food, it can cause a wide variety of health problems including, headaches, nausea, drowsiness, heart palpitation, hair loss, asthma, and rapidly increasing diabetes. Why is it in a vaccine?
- **Potassium phosphate:** this is a soluble salt used as a fertilizer. It can cause headaches, dizziness, thirst, mental confusion, seizures, cramps, numbness and tingling. Again, why is it in a vaccine?
- **Thimerosal:** this is a form of ethyl-mercury that crosses the blood-brain barrier quickly and converts to inorganic mercury. Do we really need to damage our brain to prevent the flu?
- **Polyoxidonium:** this is a synthetic polymer that can cause cellular inflammation and cell death. Thanks to the flu vaccine, we can kill healthy cells (just like chemotherapy) without any guarantee that we won't actually get the flu.

A strong immune system will help protect you from the flu. Please refer to my February 2015 newsletter: ***"How I Stayed Healthy When Everyone Around Me Was Getting Sick"*** If you want to read it again, please contact me and I'll be happy to forward it to you. I truly believe that proper dosing of FOOD-GRADE hydrogen peroxide will work wonders to keep you healthy this winter. But if you choose this path to health, you MUST follow a specific protocol. Contact me for details. Since I'm known for alternatives and options, here are some simple and natural ways to prevent the flu:

- Wash your hands frequently, period. Use hand sanitizer if soap and water aren't available.

- Drink plenty of water. You need about half your body weight, in ounces, per day.
- Get plenty of sleep. Let your DVR record those late-night shows and watch them at an earlier time some other day.
- Stay physically active and exercise frequently. Don't use the cold weather as an excuse. There are plenty of things you can do inside.
- Eat organic, plant-based foods as often as possible. They will help your immune system.
- Take supplements like vitamin D3, which you can get this naturally from the sun, vitamin C (at least 1,000 mg) and a good multivitamin. Take whole food-based zinc, selenium, garlic, ginger and other immune boosters.
- Cut back on your sugar intake. Illness, particularly cancer, thrives on sugar.
- Take probiotics - a healthy gut helps make create a strong immune system. Try eating things like sauerkraut, miso or kefir. I now put kefir in my protein shake every day.
- Use essential oils - They smell great and have antibacterial agents. I'm a fan of oil of oregano and frankincense. I just discovered a new product that is supposed to be amazing and I can't wait to try it. It's called "Terra Pure-Immunity".

Are you convinced? We all have options and we all have choices. Already this year, two people I know got a flu shot and became very sick afterwards. I'll take my chances and skip it.

The CDC's own studies show that they believe the flu vaccine is only 16-63% effective against the flu. That's a pretty broad range of effectiveness, so why would we believe it's going to help us stay well?

As for us, we will NOT be getting the flu vaccine again this year. I'm confident that our healthy lifestyles, our food-grade hydrogen peroxide regimen and the tips I've given above will keep us well. Please, don't let your doctor or anyone else bully YOU into getting a flu vaccine this year. Make your own decision. I know there are people out there who truly believe it's the right thing to do for their family and I get it. But let it be because it's YOUR choice, not because the propaganda from the pharmaceutical companies and the media is overwhelming, convincing and scary. Personally, I'd rather get the flu and feel bad for a couple of days than put those toxic chemicals into my body, not knowing what the long-term implications might be. But the decision of what's right for you and your family is ultimately yours. It's my job to give you the information you might not find elsewhere to make an informed decision.

Please be well.

Yours in health,

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