

***"Attitudes truly are contagious, so decide today to make yours worth catching."
-Mac Anderson***

Speaking of catching things, it's been a couple of years since I wrote about why we're skipping the flu shot. But now that the commercials are being released and every customer at CVS is being asked if they want to get one when they're checking out, I decided I had to write. For the next several months, we'll be inundated with ads, posters, coupons and all kinds of propaganda, trying to convince us to get a flu shot. It really makes me mad. But I will say this, you must absolutely do what you think is right for you and your family. The decision about whether or not to get the flu shot is completely up to you. But before rolling up your sleeve, I'd like to give you some facts you probably won't hear very often. I'm sure you know that the annual flu vaccine is simply an "educated" GUESS by some really smart people about what type of flu may hit this year. But it's NOT based on good science.

Yours in health,

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Why We're Skipping the Flu Shot Again

Mike Adams, founder of *Natural News* (www.naturalnews.com) and a graduate of the holistic nutrition school I attended, has been extremely vocal about the fraud behind flu vaccines for years. In a shocking report last year, Adams wrote: *"My independent atomic elemental analysis of flu vaccines, published in the summer of 2014, proved that flu vaccines contain over 50 ppm mercury, an extremely toxic heavy metal linked to kidney failure, birth defects, spontaneous abortions and neurological damage. This finding has never been refuted by anyone. In fact, it was affirmed by vaccine proponents who insisted that it is perfectly safe to inject pregnant women, young children and senior citizens with mercury even though the flu vaccine insert itself readily admits there is no scientific evidence whatsoever to support the safety and efficacy of the vaccine in such groups."*

One of the biggest skeptics about vaccines in general is Robert Kennedy, Jr. ("RFK"), and he is trying to raise awareness of the truth about the flu shot. He notes that the flu shot market is estimated to be worth about \$3 **billion** and the pharmaceutical companies will do just about anything to maintain those profits. The media seems to be in on the flu shot farce and is willing to declare people crazy for opposing it.

RFK Jr. points to the large number of toxic ingredients found in the vaccine. The worst vaccine ingredient is clearly thimerosal, a mercury-containing "preservative". Despite safety assurances, thimerosal is nearly 50 percent mercury by weight. Per Mike Adams' comment above, a flu shot that contains 50 micrograms of thimerosal will ultimately contain 25 micrograms of mercury. There is NO SAFE AMOUNT of this toxic heavy metal. It poses a threat to health in ANY amount. This is the same ingredient found in amalgam fillings still being used in many dentist offices, even though the box's label clearly indicates it's toxic. After I had all my amalgam fillings SAFELY removed and replaced by a biologic dentist, my overall health improved dramatically. Thimerosal is just one of many dangerous ingredients found in flu shots. Several other unsafe ingredients are listed below.

RFK Jr. also notes that **flu vaccine** settlements increased by a mindboggling 1100% between 2014 and 2015. This is an increase from \$4.9 million to \$61 million in a single year! That's pretty alarming.

The idea behind flu shots is to create antibodies to help fight the flu. But here's the problem: the vaccine only produces the required antibodies in the people like me, who don't 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 most susceptible to the flu. So it appears that the vaccine is mostly effective for people who DON'T actually need it. And if you don't need it, WHY on earth would you get it?

In addition to the thimerosal listed above, here are a few other ingredients in the flu vaccine:

- **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?
- **Polyorbate 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?
- **Polyoxidoonium:** 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"***. Contact me if you need another copy. 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 your favorite late shows and watch them another day.
- Stay physically active and exercise frequently.
- Eat organic, plant-based foods as often as possible. They will help boost your immune system.
- Take supplements like vitamin D3, which you can get 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. Many illnesses, particularly cancer, thrive on sugar.
- Take probiotics - a healthy gut helps make and create a strong immune system. Try eating things like sauerkraut, miso or kefir. I use kefir in my daily protein shake.
- Use essential oils - They smell great and have antibacterial agents. I'm a fan of oil of oregano and frankincense. Do your research to learn about those that are best for building immunity.

Are you convinced? We have options, so please weigh them all before deciding. 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, the clerk at the drugstore 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 and not because the propaganda from the pharmaceutical companies and the media is scaring you. 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. I hope I've given you some things to think about so you can make an informed decision.

Please be well.