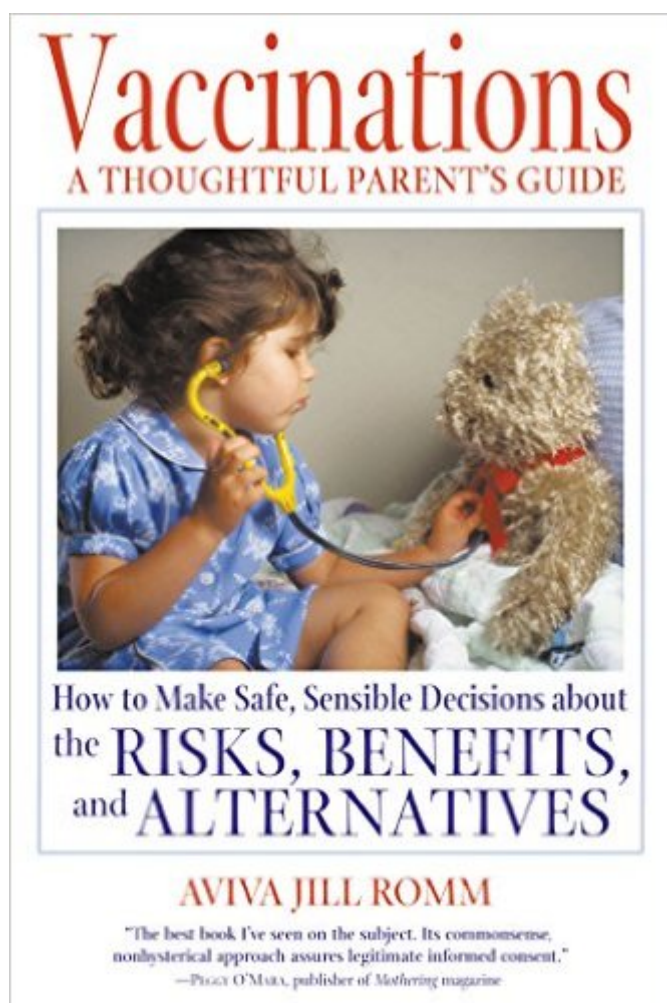


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# Vaccinations: A Thoughtful Parent's Guide: How To Make Safe, Sensible Decisions About The Risks, Benefits, And Alternatives



## Synopsis

â € A balanced, comprehensive guide to routine childhood vaccinations that offers parents the information they need to make the right choices for their child.â € Fairly examines the pros and cons of this highly charged issue. Deciding whether or when to vaccinate a child is one of the most important--and most difficult--health-care decisions a parent will ever make. The recent increase in the number of vaccinations recommended and the concurrent controversies about whether vaccinations are safe or even effective have left many parents confused and concerned. Midwife, herbalist, and mother of four, Aviva Jill Romm sifts through the spate of current research on vaccine safety and efficacy and offers a sensible, balanced discussion of the pros and cons of each routine childhood vaccination. She presents the full spectrum of options available to parents: full vaccination on a standardized or individualized schedule, selective vaccination, or no vaccinations at all. Negotiating daycare and school requirements, dealing with other parents, and traveling with an unvaccinated child are covered in detail. The book also suggests ways to strengthen children's immune systems and maintain optimal health and offers herbal and homeopathic remedies for childhood ailments. Emphasizing that no single approach is appropriate for every child, the author guides parents as they make the choices that are right for their child.

## Book Information

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## Customer Reviews

Amidst the plethora of fanatical and unbalanced writing on vaccinations (both pro and anti), this book is the ONE book you should read on vaccinations. The author, a midwife who is supposedly

working on her MD, covers the history of vaccinations, including the mistakes made. She covers each disease, it's risks and likelihood of complications, as well as each vaccine, it's risks and efficacy. It also provides a section on naturopathic approaches to immunity. What I like about this book is:- it does NOT tell you what to do- it presents the pros and cons in a balanced fashion, almost to the point that you can't tell which side the author takes (in the end, I think she is mostly against vaccination)- it discusses how to approach exemption, and how to deal with schools etc.- it is fairly complete and up to date, and includes discussions of the more recent DTaP (v. DTP), and the chicken pox vaccine. Check out this quote: " I have made an effort to substantiate the information in this book by relying heavily on medical literature and not vaccine-critical books or popular health books so that you have a fairly objective view of vaccine issues." p. 151. What I don't like about this book is:- it does NOT tell you what to do ;- if you decide to selectively vaccinate, it doesn't tell you enough about how you can deal with finding, for instance, vaccines that are just Diphtheria and Tetanus, without Pertussis, or just one of the three of MMR. WHAT I DECIDED TO DO-----I have a 6 month old daughter, who has not had any vaccinations yet. Here's a per vaccine list that I have decided so far:- Hepatitis B: NO.

I am a former biochemistry researcher who researched experimental drugs that were submitted for FDA approval. I am also a new parent who recently had to face the decision of whether or not to vaccinate. The FDA is made up of approvals boards that have had to retract or revise their decisions on many occasions. Science is still in its infancy in some regards, and when it comes to testing long-term effects of vaccines on infants and children, it is frankly primitive. As many readers know, the FDA has also been sued numerous times for conflicts of interest. Additionally, as a scientist, the possibility of diseases jumping the species barrier through vaccines via the DNA fragments of monkeys or aborted fetuses on which the vaccines were grown is a very real concern. I am simply not convinced that vaccines have been sufficiently studied, each batch properly screened for the hundreds of known diseases that can be inadvertently transferred, and that all conflict of interests have been eliminated on the part of the FDA. Of course, I realize the difficulties that such a task would pose. But that does not stop me from facing the fact that vaccines are still experimental substances with known adverse reactions, whose widespread use is heavily influenced by powerful pharmaceutical companies. These companies have a vested interest in making sure each and every newborn gets a Hepatitis B shot (regardless of whether a risk exists and regardless of the fact that the shot is ineffective within a matter of years) and that all children are given waves of booster shots, regardless of the concentration of the vaccine in the child's system at the time. Needless to

say, my husband and I chose not to vaccinate.

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