



# Hands of Health Newsletter

March/April 2010

Hello, again:

Wellness; healthy. Not sick isn't the same as healthy. Just because you aren't sick doesn't mean you're healthy; it means you're not sick. So, what are you doing for your wellness; what are you doing to stay HEALTHY? Dr. Andrew Weil says in order to eat healthy you must stay away from refined, processed, or manufactured "foods." I put foods in quotation marks because I don't consider them REAL foods, I would also add fried foods to the list. This has to do with trans fats, a topic that's been in the forefront of discussions regarding eating healthy. Your dietary practices are only part of the plan. If you've been paying attention to what I've been writing in my newsletters I've addressed many issues and topics regarding foods, regarding diet. Furthermore, you must exercise. Again, I've pointed this out numerous times. And I can't overemphasize the importance of REGULAR massage. It's as important as everything else you do for your health. Take good care of the ONE body you get in this lifetime. If you don't take time, time will take you. So take a few minutes to call me and schedule the time you can take to maintain your health, to improve your health, to offset your stress, and your aches and pains. See you soon.

I'm always challenged when putting together my newsletter because I always amass so much information it comes down to what do I leave out and what do I use? However, with the recent issue regarding the "flu" and vaccines I thought the article I found on the myths and truths about vaccines by Alan Phillips would be perfect. On the other hand, it's 17 pages long! So what I've done is narrowed it down to the basic points and also provide you with the link so you can read the full article. I'll let you make your own conclusion. I'm merely the messenger here. Interestingly enough, this report was from 1996!!!

## VACCINATION MYTHS

By Alan Phillips

[www.unc.edu/~aphillip/www/vaccine/dvm1.htm](http://www.unc.edu/~aphillip/www/vaccine/dvm1.htm)

Health authorities credit vaccines for disease declines, and assure us of their safety and effectiveness. Yet these seemingly rock-solid assumptions are directly contradicted by government statistics, medical studies, Food and Drug Administration (FDA) and Centers for Disease Control (CDC) reports, and reputable scientists from around the world.

In fact, infectious diseases declined steadily for decades PRIOR to vaccinations. U.S. doctors report thousands of serious vaccine reactions each year including hundreds of deaths and permanent disabilities, fully vaccinated populations have experienced epidemics, and researchers attribute to dozens of chronic immunological and neurological conditions to mass immunization programs.

There are hundreds of published medical studies documenting vaccine failure and adverse effects, and dozens of books written by doctors, researchers, and independent investigators that reveal serious flaws in immunization theory and practice. Ironically, most pediatricians and parents are completely unaware of these findings. However, this has begun to change in recent years, as a growing number of parents and healthcare providers around the world are becoming aware of the problems and starting to question the use of widespread, mandatory vaccinations.

Everyone should examine the FACTS before deciding whether or not to submit to the procedure.

### MYTH #1 - "Vaccines are completely safe..." ...or are they?

The FDA's Vaccine Adverse Effects Reporting System, receives about 11,000 reports of serious adverse reactions to vaccination annually, some 1% (112) of which are deaths from vaccine reactions. Vaccines are legally mandated in all 50 states (though legally avoidable in most: (see Myth #9), yet these same companies are "immune" from accountability for the consequences of their products. Furthermore, they have been allowed to use "gag orders" as a leverage tool in vaccine damage legal settlements to prevent disclosure of information to the public about vaccine dangers. It is interesting to note that insurance companies (who do the best liability studies) refuse to cover vaccine adverse reactions. Can you say PROFITS?

TRUTH #1 - "Vaccination causes significant death and disability at an astounding personal and financial cost to families and taxpayers."

### MYTH #2 - "Vaccines are very effective..." ...or are they?

The medical literature has a surprising number of studies documenting vaccine failure.

TRUTH #2 - "Evidence suggests that vaccination is an unreliable means of preventing disease."

### MYTH #3 - "Vaccinations are the main reason for low disease rates in the U.S. today..." or are they?

According to the British Association for the Advancement of Science, childhood diseases decreased 90% between 1850 and 1940, paralleling improved sanitation and hygienic practices, well before mandatory vaccination programs. Infectious disease deaths in the U.S. and England declined steadily by an average of about 80% during the 20th century (measles mortality declined over 97%) prior to vaccination.

TRUTH #3 - "It is unclear what impact vaccines had on the infectious disease declines that occurred throughout the century."

MYTH #4 - "Vaccination is based on sound immunization theory and practice..." ...or is it?

TRUTH #4 - "Many of the assumptions upon which immunization theory and practice are based have been proven false in their applications."

### MYTH #5 - "Childhood diseases are extremely dangerous..." ...or are they?

Most childhood infectious diseases have few serious consequences in today's modern world.

TRUTH #5 - "Dangers of childhood diseases are greatly exaggerated in order to scare parents into compliance with a questionable but profitable procedure."

### MYTH #6 - "Polio was one of the clearly great vaccination success stories..." or was it?

TRUTH #6 - "Vaccines caused substantial increases in polio after years of steady declines, and they're the sole cause of polio in the U.S. today."

MYTH #7 - "My child had no short-term reaction to vaccination, so there is nothing to worry about..." or is there?

TRUTH #7 - "The long term adverse effects of vaccinations have been virtually ignored, in spite of direct correlations with many chronic conditions."

### MYTH #8 - "Vaccines are the only disease prevention option available..." ...or are they?

TRUTH #8 - "Documented safe and effective alternatives to vaccination have been available for decades but suppressed by the medical establishment."

How about simply boosting and strengthening your immune system?

### MYTH #9 - "Vaccinations are legally mandated, and thus unavoidable..." ...or are they?

There are three exemption possibilities in the U.S.: 1. Medical Exemption; 2. Religious Exemption; 3. Philosophical or Personal Exemption.

TRUTH #9 - "Legal exemptions from vaccinations are obtainable for most-but not all-U.S. citizens."

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## VACCINATION MYTHS - *continued*

### MYTH #10 - "Public health officials always place health above all other concerns..." ...or do they?

Vaccination history is riddled with documented instances of deceit designed to portray vaccines as mighty disease conquerors, when in fact many times they have actually delayed and even reversed disease declines.

So do your homework; DO NOT USE THIS REPORT ALONE TO MAKE YOUR VACCINATION DECISION! FIND OUT FOR YOURSELF!

Hope you learned something from this article. I encourage you to do further research and read the full article.

I have a client who's been coming to me for about 6 years; she shall remain nameless; she knows who she is, who I met when I was giving chair massages at her company. She had to be dragged kicking and screaming (not really) to my chair to try a chair massage because a number of years prior she had a bad experience when the therapist didn't listen to her when she said the pressure was too much. Number one rule: LISTEN to the client! I explained to her that this would only be a 5-minute massage and at any time she could ask me to stop; she's in charge. So she sat down, I worked on her for the full 5 minutes, and when I was done she sat up, turned around and looked up at me and asked "When can I make an appointment with you?" She came in the next morning and has been doing so every week since, save for vacations. Her commitment to her health has paid off; she stuck with it and it worked. She learned the importance of regular massage by making it part of her health practices. So for whatever reason you haven't been in or have procrastinated getting in take a lesson from this client. As I noted in my opening paragraph, you must stick with regular massage if you want to see any LONG term benefits. Once in a while will give you once in a while benefits; frequently getting massage will give you frequent benefits. What's it going to be? You have my numbers, give me a call.

Until next time,

Stay healthy, stay well,



*"Everyday with a massage in it is a great day."*

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