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Many parents ask me about vaccination and I always begin by telling them that because of my own experiences with vaccination I cannot be unbiased. I am against mass vaccination, but I am supportive of parents who wish to vaccinate as like all of us, they are doing the best they can. No one asking about vaccination is going to deliberately harm their child. People are individual and their opinion should be respected. I support all my patients in their right to have freedom of choice of how they want to be treated when unwell and of course on the subject of vaccination.

So below are some of my thoughts and things I have learned in the 21 years of being a homeopath and the 30 years of being a mother and now a grandparent.

**Books**-the very best is I think Vaccination by Viera Scheibner-now out of print but you can get it on Amazon. She is very elderly now. A research scientist, with no children, she was asked to develop the Cot Watch-an alarm system to alert parents when babies stop breathing/breathing rate drops. She knew nothing about vaccination and had no axe to grind.

She developed the alarm but was asked to check the readings it was giving as there had been so many "false alarms". On checking she discovered the same pattern no matter the age of the child...further research showed that vaccination was the common denominator. She went to the doctors and said, stop vaccinating until you have amended it.... They more or less threw her out.

This led to Viera really researching vaccines and she began to lecture across the world-I heard her back in the 90's. A wonderful lady. Read her book from cover to cover. Learn how the mumps vaccine was tested on children in homes and find out much that screams corruption in our medical system.

Lots of other books to read, Trevor Gunn is excellent, Harris Coulter-weighty but very informative, Christina Head and many others have written books since these people. And do read Dr Andrew Wakefield's books especially Callous Disregard. Do visit Freda Birrell's website on the HPV vaccine-probably the most dangerous vaccine ever! Google The Truth about Gardasil Vaccine.

Subscribe to The Informed Parent magazine-very good, tells both sides of the story, and What Doctors Don't Tell You can also be good on this subject.

Visit Dr Jayne Odonegan's website, and that of ABC BabyJabs clinic.

More and more doctors are concerned about vaccination, the poor trials, the chemicals within them. In USA several doctors have been murdered after voicing their concerns.

**Vaccinations contain** aluminium ( linked to alzheimers and damages the gut), formaldehyde ( used to preserve things), antibiotics ( damages a baby's delicate balance of bacteria in the gut). Did you know that vaccinations are grown on bovine serum. i.e a base made from cows blood. Not suitable for people from certain religions, vegans and vegetarians, but people are not informed of this.

**Side effects**-all vaccinations carry the risk of causing encephalitis a form of meningitis, also anaphylactic shock, even death. You can find out exactly what is in a vaccine and its side effects on the internet. Also read about the disease and the vaccine side effects on the NHS website. Look at the government statistics for each disease and see the decline of morbidity began before vaccination was introduced.

### **Choices-**

- Vaccinate or do not vaccinate
- Begin later-see above as to why they are begun at 8 weeks.
- Tell the nurse you will do one injection per visit-less load on your babaies sytem
- Only choose the vaccination for the diseases you are worried about-read up on the disease and see if you are still frightened by it. Get these done at ABC Babyjabs Clinic. But be aware your baby will then get even more of the chemicals if you do them all singly.
- Space vaccines out, they are given at monthly intervals, make it 3 monthly intervals, or longer.to suit you!
- Only give one dose-multiple doses are given, because it is known that vaccines do not work for everyone first time, so this is a safety net... bt if its worked why put more in, especially the chemicals? And if it did not work, why put more chemicals in?
- There is a homeopathy option-do speak to a homeopath about that.

### **Things to understand/think about,**

- No vaccination is guaranteed to work
- All vaccines carry the risk of side effects, including ASD, Aspergrs- they can be " the straw that broke the camels back", rather than they "cause ASD etc"
- lin the 90's when there was a MMR booster campaign, a homeopath friend also a A&e nurse was told by a paediatrician that during the vaccination campaign, more children would have meningitis because the vaccine caused it.
- Research the Wales " epidemic" of measles-it was not an epidemic. Only a handful of people were actually confirmed as having measles.
- Fear of disease causes people to be compliant-think about how damaging fear is.
- A healthy child copes well with with and grows after a childhood illness.
- All alternative practitioners know that childhood diseases boost the immune system.
- People of my generation survived the childhood illnesses, and our mothers knew how to nurse us through them.
- People of my generation had the illnesses at a time when the morbidity rate was already down even though it was before vaccination.

- Sanitation and better general living conditions caused death from the childhood illnesses to drop.
- Childhood diseases have their own “life” or rhythm. Mother Nature develops another illness when humans attempt to destroy another. There is a cycle and a balance too life, and its best to go with the flow.
- Save antibiotics for pneumonia and life threatening illnesses.
- Let fevers and coughs pass, using homeopathy, herbalism, naturopathic nutrition to help them.

### **What is Health?**

A balance between mind, body and emotions; adaptability is a sign of health.

Attend Arnica Group meetings, find out more about healthy nutrition and the natural ways of dealing with fevers and rashes and measles etc Let your child play in the fresh air often, let them be limited in playing on computers, give them water to drink, avoid processed foods, refined sugars, cereal bars/cereals/lots of bread and pasta etc. Have fun with them. All these things help a child to be healthy in mind and body and emotionally.

I have written articles recently for The Mother Magazine on Mumps, Measles and Tetanus about how to nurse your child through these illnesses naturally.