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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Vaccine Awareness Month

By Michelle Cannon

Vaccine Awareness Month

August is Vaccine Awareness month. And could it be a more perfect month for it? Everyone's getting ready for school. Parents of young children are headed off to doctor offices; clinics and mobile clinics in a mad rush to do yet another thing to get their little ones ready for school.

Whether to vaccinate is a very hot topic in many countries. Everyone needs to be aware of the facts when making a decision to vaccinate or not to vaccinate. These are you children. They deserve to have their medical care in the hands of well-informed parents. So inform yourself. Get the facts. So where do you start?

First and foremost with all things medical: Consider the source. When gathering facts about health, you must always follow the dollar. Is the information you're receiving coming from a doctor? That doctor receives money for selling those vaccines you know. The pharmaceutical companies give him little "perks" and "benefits" for pushing their product. So please, don't let that be one of your main sources. Always follow the almighty dollar!

So where do we receive unbiased information about vaccines? Some very good non-profit sources are : The National Vaccine Information Center

<http://www.909shot.com/Default.htm>

ThinkTwice Global Vaccine Institute

<http://thinktwice.com/>

Vaccine Truth

<http://www.vaccinetruth.org/>

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Try also just typing in a search "truth about vaccines" or "vaccine dangers" or "vaccine risks" .. and if your stomach can take it.. try "vaccine ingredients". Look up information on vaccines and mercury; vaccines and autism; vaccines and SIDS. (Did you know that when Japan changed their vaccination policy from beginning at 3 months to starting at 2 years of age, that the SIDS rate dropped by something like 87% that very year? Definitely a scary number. And worse they were avoidable deaths if we only were aware.) So be aware!

There is a wealth of information at your fingertips. All you must do to find it is look. There is no excuse for allowing our children to have medical "care" based on ignorance. We are the parents. We have been given the responsibility to see that our children are healthy and happy. We have the information to meet that responsibility. So if we are to celebrate Vaccine Awareness Month—let's become AWARE!

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Michelle Cannon, single mom to 5, former daycare owner who taught parenting classes for 6 years, currently operates a primal mothering educational forum, local support/playgroup, and newsletter/blog. She owns a natural cleaning service and an online health store located at

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What's a Fujian Flu?

By Dr Tim Ong

What's a Fujian Flu? by Dr Tim Ong

Introduction

There is a flu outbreak every year and there is a new flu vaccine being introduced every year. The reason is this – the flu virus changes or mutates a little every year, making it impossible to create a vaccine that is permanently effective year after year. Instead, each year a new flu vaccine needs to be introduced that is effective for that particular year.

According to data from Center for Disease Control, Atlanta, USA, this year's flu outbreak that is happening in USA is mainly due to flu virus of the Fujian variant (79%) and the Panama variant (21%).

So, is flu vaccine effective?

No vaccine is 100% effective. For the flu vaccine to be effective for this outbreak, ideally the vaccine needs to contain both the Fujian and Panama variants. Unfortunately, the present available flu vaccine isn't.

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However, that is not to say that the vaccine is totally useless. It would still afford a certain degree of protection as there is cross-immunity. In other words, the immunity that you get from one particular variant provides you with partial protection against other variants. Some protection is better than no protection, particularly for the immuno-compromised, such as:

- those above 65 years old
- children below 2
- people undergoing treatment for terminal illness
- those travelling to affected areas in USA

Some Common Sense Approaches

As in all outbreaks, the flu vaccine is currently difficult to come by as demands outstripped supply. Thus, if you think you are likely to be affected, try to get the vaccine as soon as you can. It takes two weeks after the injection for the antibodies to be produced and for you to be protected. So, if you're going to USA in two weeks time, go for your shot now!

Besides the vaccine, there are some simple preventive measures you can take.

1. Wash your hands every time you touch something that others have touched. Flu is air-borne and droplets containing the virus can deposit on any thing you touched. Carry wipes with you, for that purpose, when away from home.
2. Boost up your immunity by eating a proper and balanced diet, containing lots of vegetables and fruits. Go for your daily walks or exercise, even if it's only for 10-15 minutes. Drink plenty of water.

Take vitamins and mineral supplements if you think you're deficient in those.

3. Avoid crowded places. Being in a crowded place increases your risk of being exposed to someone with the flu.
4. If you're having the flu, stop it from spreading by staying at home or covering your nose and mouth when you sneeze.

Dr Tim Ong is a medical doctor with more than 13 years of clinical experience in family medicine. He is also the webmaster of KlinikOng.com (<http://www.klinikong.com>), The Self Improvement Site (<http://www.theseimprovementsite.com>) and Caring for the Terminally Ill (<http://www.caring-terminally-ill.com>).



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