

## Safe vaccination schedule

By Stephanie F. Cave, M.D., F.A.A.F.P.

1. Ask about preservative in all vaccines – No Thimerosal ever
2. Do not vaccinate an ill child
3. Give huge doses of vitamin C prior to shots and after shots
4. Space vaccines apart – do not give 6-9 organisms in one day!
5. No Hepatitis B until at least 2 years old
6. Request only single-dose vaccines
7. Hold off on varicella vaccine until age 12 or never – check titers first
8. Check titers before giving boosters of MMR, because 95% of kids are immune for life with just one shot
9. If you really want measles, mumps, rubella protection, either let him get them naturally, or get individual vaccines for each at different times.
10. Use DTaP (never DTP), and request Smith-Kline Beecham DTaP (all others have ethylmercury in the form of Thimerosal)
11. Monitor children for adverse effects of vaccines and report these immediately (write down what he had, from which manufacturer, and which leg it was put into)
12. Do not give live viral vaccines to immunodeficient children
13. Do not give vaccines if the child is allergic to one of the components (yeast—Hepatitis B, eggs—MMR, neomycin—MMR or Varicella)
14. Give a form of natural vitamin A like cod liver oil as a daily supplement keeping the vitamin A level at RDA for age
15. Separate MMR into the three components starting with the measles component at 15 months of age. Follow with mumps at 21 months and rubella at 27 months.
16. Hold Varicella (chicken pox) if not mandated by law until the child is 10-12 years of age if the child is not shown to be immune to chickenpox
17. Consider checking vaccine titers before giving boosters at 4-5 years of age
18. Keep children on nutrient rich diets (give vitamin mineral supplements as needed)
19. Limit environmental exposure as much as possible (organic foods)
20. Do not get pneumococcal vaccine (new on market in year 2000)
21. Avoid seafood while breastfeeding
22. Read: The Vaccine Guide: Making an Informed Choice, by Randall Neustaedter, M.D. Faced with mounting evidence that vaccines can cause autism, parents must become informed. Paperback, 260 pages. (\$17.00)

All DTaP except Smith Kline Beecham  
have 25 mcg/dose

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HiB Only Prehibit (Pasteur Merieux  
Connaught) and Hib Titer (Lederle) have  
25 mcg/dose

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Hepatitis B Energix B (SKB) and

Recombivax (Merck) have 12.5 mcg/dose  
Influenza 25 mcg/dose

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- Pneumococcal – Pnu-Immune 23  
25 mcg/dose
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- Rabies (Bioport Corp.) 25 mcg/dose
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- Rhogam 25 mcg/dose

The following states do NOT require  
Hepatitis B for children: Alabama, Alaska,  
Kansas, Maine, Montana, Nevada, New  
Jersey, South Dakota, and West Virginia

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- MMR vaccine:  
Persistent measles infection in the GI tract  
documented by Dr. Wakefield

#### ALLERGY TRIGGERS IN VACCINES

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- Hepatitis B --- baker's yeast
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- IPV --- Neomycin, Streptomycin, Polymixin  
B
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- MMR --- gelatin, Neomycin
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- Varivax --- gelatin, Neomycin, glutamate
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- Influenza --- chicken eggs, Neomycin

Vaccines requirement:

Only 15 states allow philosophical  
exemptions—Arizona, Calif., **Colorado**,  
Idaho, Indiana, Louisiana, Maine, New  
Mexico, Michigan, Minn., Nebraska,  
N. Dakota, Ohio, Okla., Rhode Island

Landmark Vaccination Findings:

1999 FDA admits infants exposed to  
unsafe limits of mercury in the vaccines.

Government asked the manufacturers to voluntarily remove or significantly reduce by next spring the thimerosal from all vaccines routinely administered to infants.

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1999 Rotavirus pulled because of ill infants and 1 death