

The Secret's Out – Flu Shots Are Hardly Effective, If at All

Posted By [Dr. Mercola](#) | December 06 2011

In February 2011, [new research showed](#) that 76 percent of white seniors get flu vaccines, with 68 percent of English-speaking Hispanic seniors getting them, and 64 percent of Spanish-speaking Hispanic seniors doing so. In the phone conference, officials emphasized that they want to increase flu vaccine coverage beyond those numbers.

But unfortunately, they neglected to mention the shocking lack of evidence supporting flu vaccines.

The truth is flu vaccines just don't do what the CDC claims they do. I've written about this [several times so far](#) this year and the past few years, along with major news media like [Time Health](#). Even the Centers for Infectious Disease Research and Policy (CIDRAP) [admitted on its website on November 4, 2011](#) that it's time to revise public messages regarding this vaccine. Specifically, what happened is that a study published in the prestigious journal [The Lancet revealed](#) that flu shots provide only "moderate protection" against the flu, and in some seasons is altogether "reduced or absent."

Specifically, the *Lancet* said the vaccine is about 59 percent effective. But when you break the numbers down statistically, what it really works out to is that the [vaccine prevents flu 1.5 times out of 100](#).

That's right. Using the *Lancet's* own numbers, statistics show that the vaccine only [works 1.5 times out of 100](#).

It's a far cry from the 60 percent the CDC claims on its website, or the 70 to 90 percent it claimed before it [changed the numbers](#) this year. Some people call this lying with statistics, but any way you look at it the secret's out: flu vaccine statistics [just don't add up](#) to warrant pushing them in your church – or *anywhere* for that matter.

The Real Way to Good Health this Winter

Only the CDC, HHS and the Faith-Based Partnership Center can say why they're pushing flu vaccines in churches in the wake of statistics like this. So instead of trying to second-guess them, what I'll do is offer up some good ways to stay healthy this winter.

Ultimately it is the state of your immune system that determines whether or not you will get sick from being exposed to viral or bacterial organisms associated with infectious diseases like the flu.

The [key to boosting your immune system](#), then, and making it a "lean, mean, disease-fighting machine" lies in your *lifestyle habits* -- [healthy food, stress relief, exercise, sleep, and safe exposure to sunlight](#), among other things. *Artificially manipulating* your immune system with a vaccine to try to stay healthy is *not* the same thing, nor does it produce the same kind of immunity and sought-after, disease-fighting result. It may actually make you *less healthy* in the long run.

Since numerous studies show that vitamin D boosts immunity, particularly vitamin D3, the first thing you want to do is make sure you [maintain your vitamin D levels at 50-70 ng/ml year-round](#). The only way you can be sure of what your levels are is to be tested. For an in-depth explanation

of everything you need to know before you get tested, please read my latest updates in [Test Values and Treatment for Vitamin D Deficiency](#).

While a supplement is OK, the best way to get your vitamin D is with safe exposure to sunshine, or by [using a safe tanning bed](#) (one with electronic ballasts rather than magnetic ballasts, to avoid unnecessary exposure to EMF fields). Other things that you can do include eating healthy, avoiding sugars and artificial sweeteners, exercising, and getting enough sleep. I address these issues in my [free nutrition plan here](#). My free one-hour [vitamin D lecture](#) can help you here.

Other Supplements

Other supplements that can be used as an adjunct to healthy dietary and lifestyle measures are:

- **Vitamin C:** A very potent antioxidant; use a natural form such as acerola, which contains associated micronutrients. You can take several grams every hour till you are better unless you start developing loose stools
- **Oregano Oil:** The higher the carvacrol concentration, the more effective it is. Carvacrol is the most active antimicrobial agent in oregano oil.
- **Propolis:** A bee resin and one of the most broad-spectrum antimicrobial compounds in the world; propolis is also the richest source of caffeic acid and apigenin, two very important compounds that aid in immune response.
- **A tea made from a combination of elderflower, yarrow, boneset, linden, peppermint and ginger;** drink it hot and often for combating a cold or flu. It causes you to sweat, which is helpful for eradicating a virus from your system.
- **Olive leaf extract:** Ancient Egyptians and Mediterranean cultures used it for a variety of health-promoting uses and it is widely known as a natural, non-toxic immune system builder.

Educate Yourself on Vaccines

Now that the government is moving into the most sacred area of your life – your place of worship – you need to be informed more than ever about vaccines and your rights when it comes to vaccine choice. The best place to learn this is from the [National Vaccine Information Center](#).

There, you'll find resources that'll tell you the ingredients in vaccines, their possible side effects, and the information you need to make intelligent, informed decisions about vaccinations.

This is important because when it comes right down to it, the only one who can protect you is YOU. Mass vaccination policies are made at the federal level. The laws are made at the state level. That means you must be vigilant in watching BOTH state and federal moves and programs – programs like this one that want to interrupt your church service to give you a vaccine.

One way to keep abreast of what's going on at a state and national level is to sign up for NVIC's free Advocacy Portal at www.NVICAdvocacy.org, where you'll get access to practical, useful information to help you become an effective vaccine choice advocate in your own community.

This portal will also give you up-to-date information and call-to-action items that you can use. And finally, I encourage you to visit the following NVIC web pages, where you can learn even more:

- [**NVIC Memorial for Vaccine Victims**](#): View descriptions and photos of children and adults, who have suffered vaccine reactions, injuries and deaths. If you or your child experiences an adverse vaccine event, please consider posting and sharing your story here.
- [**If You Vaccinate, Ask 8 Questions**](#): Learn how to recognize vaccine reaction symptoms and prevent vaccine injuries.
- [**Vaccine Freedom Wall**](#): View or post descriptions of harassment by doctors or government officials for making independent vaccine choices.

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