

Do We have a Healthy
Population?

Our Children are Sick

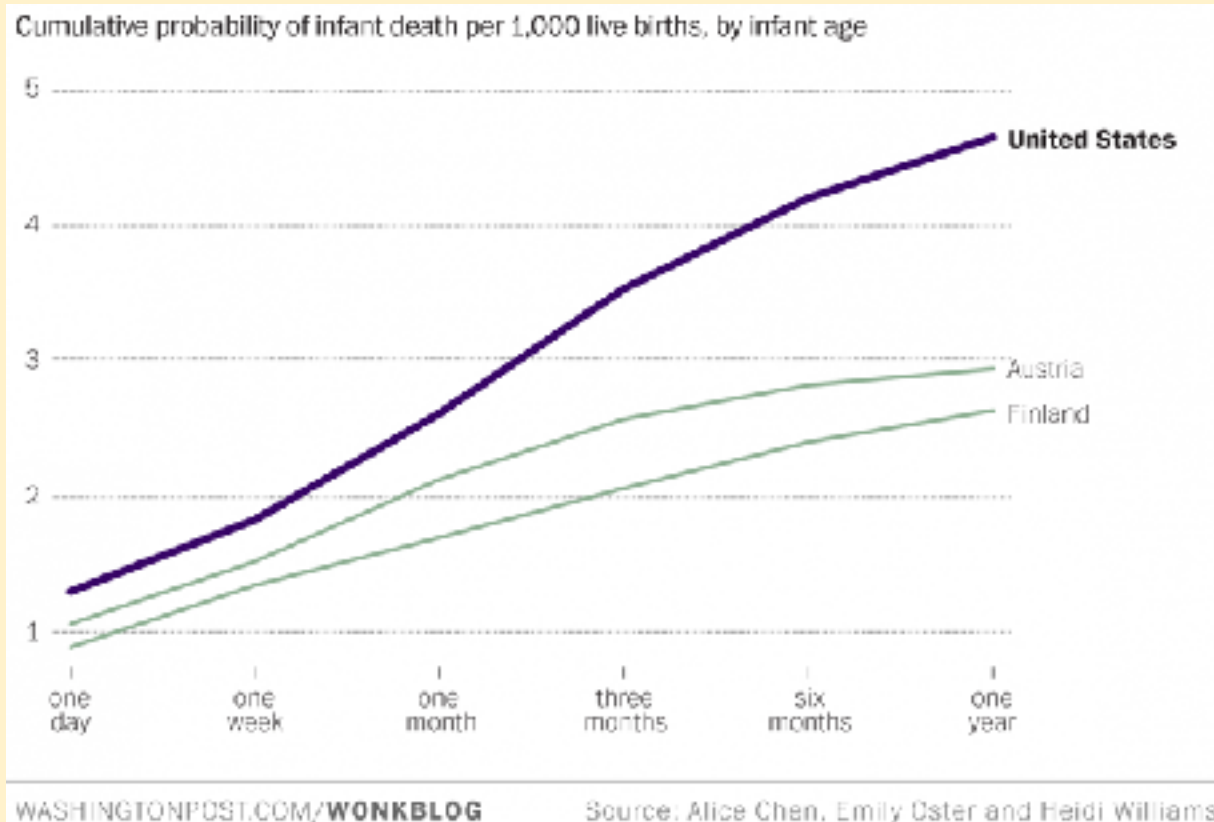
- Over 50% of U.S. Children Have a Chronic Disease
- 21% Developmentally Disabled
- Current rate of Autism 1 in 45 children



But Our Children are

Infant Mortality in the U.S.

- 1960: America ranked 12th in infant mortality ⁵
- On Average: 6 infant deaths per 1,000 live births ⁶
- 2016: U.S. is ranked **77th** in infant mortality ⁴



**26,000 babies die
before their first
birthday ⁶**

Autism Prevalence On The Rise*

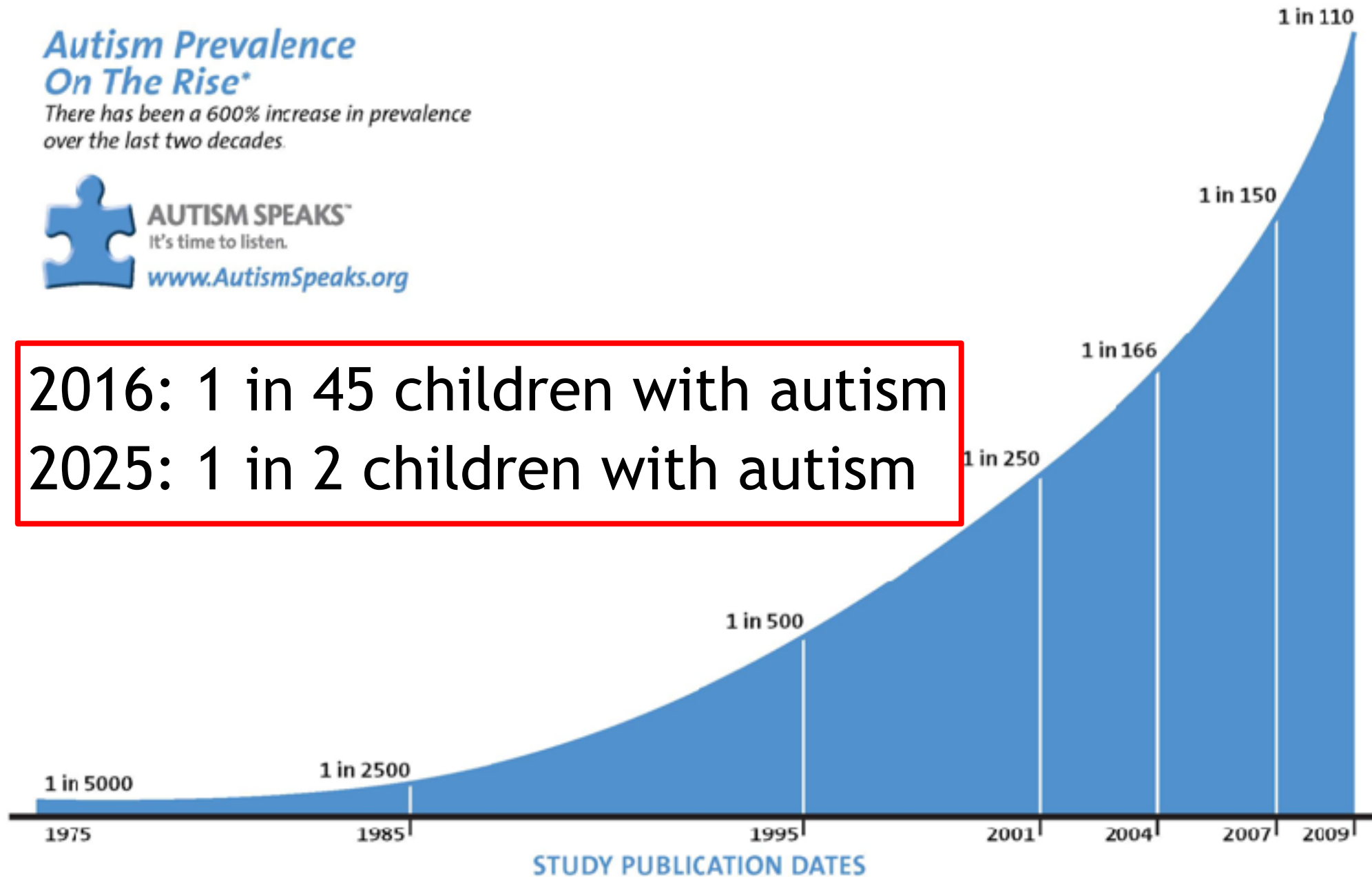
There has been a 600% increase in prevalence
over the last two decades.



AUTISM SPEAKS™
It's time to listen.

www.AutismSpeaks.org

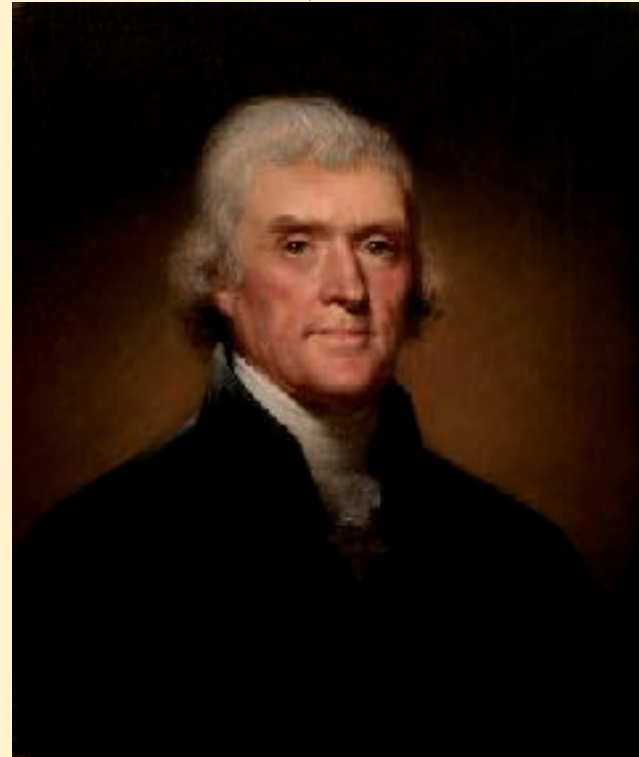
2016: 1 in 45 children with autism
2025: 1 in 2 children with autism



*Recent research has indicated that changes in diagnostic practices may account for at least 25% of the increase in prevalence over time, however much of the increase is still unaccounted for and may be influenced by environmental factors.

The Loss of Our Children = the Loss of Our Future

“If people let the government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls who live under tyranny.”⁹⁵ (Thomas Jefferson)



Quotes about Vaccines

“There is a great deal of evidence to prove that immunization of children does more harm than good.”

Dr. J. Anthony Morris, former Chief Vaccine Control Officer and research virologist, US

“The vaccine-autism evidence is now overwhelming, despite the misinformation from the Centers for Disease Control and Prevention, the American Academy of Pediatrics and the Institute of Medicine.”

Dr. Bernard Rimland, Ph.D.

“Modern drugs and vaccines have proven to be a hoax in attaining health. They have brought false hopes. The vaccinations are not working and they are dangerous. **We should be working with nature.**”

Dr. Lendon Smith M.D.

Vaccines



1940

DTP
SMALLPOX

**some children got
4 shots before the age
of 2. NEVER with more
than 1 shot per visit



*49 DOSES of 14 vaccines
by the age of 6 (in 2012)

Educate Before You Vaccinate

proud parents of unvaccinated:children [find us on facebook](#)

1980

DTP (2 months)
Polio (2months)
DTP (4 months)
Polio (4 months)
DTP (6months)
Polio (6months)
MMR (12 months)
DTP (18 months)
DTP (5 years old)

**children got 8 shots
before age 2 and NEVER
with more than 2 shots per
visit

2012

Flu/H1N1 (Prenatal)
HepB (Birth)
Dtap (2 months)
Polio (2 months)
Hib (2 months)
Pneu (2 months)
Rotavirus (2months)
HepB (2 months)
Dtap (4 months)
Polio (4 months)
Hib (4 months)
Pneu (4 months)
Rotavirus (4 months)
Dtap (6 months)
Polio (6 months)
Hib (6 months)
Flu/H1N1 (6 months)
Flu/H1N1 (7 months)
Pneu (12 months)
MMR (12 months)
Varicella (15 months)
HepA (15 months)
Dtap (18 months)
Polio (18 Months)
Hib (18 months)
HepA (18 months)
Flu/H1N1 (18 months)
Flu/H1N1 (2.5 years)
Dtap (4-6 years)
Polio (4-6 years)
MMR (4-6 years)
Varicella (4-6 years)
Flu/H1N1 (4-6 years)

49 DOSES OF 14 VACCINES BEFORE AGE 6? 69 DOSES OF 16 VACCINES BY AGE 18?

Before you take the risk, find out what it is.

BIRTH (12 hours)

Hepatitis B

2 MONTHS

Diphtheria

Tetanus

Pertussis

Polio

HIB

Rotavirus

Hepatitis B

PCV

4 MONTHS

Diphtheria

Tetanus

Pertussis

Polio

HIB

Rotavirus

PCV

6 MONTHS

Diphtheria

Tetanus

Pertussis

Polio

Rotavirus

Hepatitis B

PCV

Influenza

7 MONTHS

Influenza

12 - 18 MONTHS

Diphtheria

Tetanus

Pertussis

Measles

Mumps

Rubella

HIB

PCV

Varicella

Hepatitis A (2)

2 - 6 YEARS

Diphtheria

Tetanus

Pertussis

Polio

Measles

Mumps

Rubella

Varicella

Influenza (5)

7-18 YEARS

Diphtheria

Tetanus

Pertussis

Influenza (12)

HPV (3)

Meningococcal (2)



Polio

How Deadly was Polio?

99% Recovered Completely

- Approximately **95% of persons infected with polio will have no symptoms.**
- About **4-8% of infected persons have minor symptoms**, such as fever, fatigue, nausea, headache, flu-like symptoms, stiffness in the neck and back, and pain in the limbs, which often resolve completely.
- Fewer than 1% of polio cases result in permanent paralysis of the limbs (usually the legs).
- Of those paralyzed, 5-10% die when the paralysis strikes the respiratory muscles. **That is 1/10 of 1% mortality rate**

“Cutter Incident”

During the first half of the 1950s, Jonas Salk, MD developed the first injectable vaccine against polio containing inactivated, or “killed”, strains of the poliovirus.

Field trials for the Salk vaccine were conducted on more than 1,800,000 children in the United States in 1954.

As a dead virus vaccine, Dr. Salk’s IPV supposedly carried no risk of giving recipients “vaccine-associated polio paralysis.”

poliovirus that Dr. Salk killed with formalin, or formaldehyde, were not always killed; they **sometimes only *appeared* to be killed.**

“Cutter Incident”

During mid-April of 1955, about **400,000 people—mostly schoolchildren—in** the U.S. were vaccinated with the Salk vaccine **manufactured by Cutter Laboratories.**

The Cutter-produced vaccines ended up causing:

- **40,000 cases of polio**
- **severely paralyzed 200 children**
- **killed 10**

“Cutter Incident”



“Cutter Incident”

More people developed paralysis from the vaccine in 1955 than would have developed it from a wild, normal natural poliovirus.³

Children given Cutter’s vaccine were more likely to be:

- paralyzed in their arms
- suffer severe and permanent paralysis,
- require breathing assistance in iron lungs
- die than children naturally infected with polio.⁷

³ Mercola J. [The Forgotten History of Vaccinations You Need to Be Aware Of](#). Mercola.com Jan. 18, 2015.

⁷ Offit P. [The Cutter Incident: How America’s First Polio Vaccine Led to the Growing Vaccine Crisis](#). 2005, p 84

“Cutter Incident”

Cutter Laboratories was not the only manufacturer of the the Salk IPV
Wyeth Laboratories also produced a defective Salk vaccine that caused paralysis. Other pharmaceutical companies are believed to have done so, as well. **But only Cutter’s vaccine was recalled.**

Tens of millions of doses of improperly inactivated “live” Salk vaccine were sold and injected into children in the U.S. and around the world until the “inactivated” Salk vaccine was replaced by the live oral Sabin vaccine in the early-1960s.

³ Mercola J. [The Forgotten History of Vaccinations You Need to Be Aware Of](#). Mercola.com Jan. 18, 2015.

⁷ Offit P. [The Cutter Incident: How America’s First Polio Vaccine Led to the Growing Vaccine Crisis](#). 2005, p 84

“Cutter Incident”

Increasing Polio Cases

cases of polio in the U.S. *increased* by:

- 50% from 1957 to 1958
- 80% between 1958 and 1959.[10](#)

In five New England states cases of polio roughly doubled after polio vaccine was introduced.

Nevertheless in the midst of the polio panic of the 1950s, with pressure to find a magic bullet, statistics were manipulated by health authorities to give the quite the opposite impression.[10](#)

[10](#) Chaitow L. Vaccination and Immunisation: Dangers, Delusions and Alternatives. 1998, p. 55.

“ Hiding the Cutter Incident”

concealed from the public for nearly fifty years

- Congressman Percy Priest ordered and chaired a full investigation of the vaccine controversy.
- Congressman Priest, who represented the 6th District of Tennessee, admitted in 1956 that,

“... in the previous year (1955) many responsible persons had felt that the public **should be spared the ordeal of ‘knowledge about controversy.’**

If word ever got out that the Public Health Service had actually done something damaging to the health of the American people, the consequences would be terrible...

We felt that no lasting good could come to science or the public if the Public Health Services were discredited.”

Redefining Polio Change the Rules

- Polio epidemic used to be **20/100K** population
- moved up to **35/100K** per year after the Salk vaccine release.
- Redefined length of paralysis from 24 hours to 60 days in order to be called paralytic polio as of 1955
- most paralysis of 24 hours resolves, the minority persists to 60 days

Redefining Polio Change the Rules

- Any polio within 30 days of vaccination was not logged as vaccine-induced but as pre-existing. This ignored vaccine failures and vaccine-induced cases.
- July 1958, non-paralytic poliomyelitis with meningeal signs was renamed ASEPTIC MENINGITIS. This “eliminated” a large portion of non-paralytic polio.
- Even if polio virus was present non-paralytic polio was no longer reported as it used to be, after 1958.
- Defined polio by diagnostic testing that had not been required pre-vaccine

Did FDR have polio?

"What was the cause of Franklin Delano Roosevelt's paralytic illness?"

According to a team of modern doctors who analyzed FDR's extensive medical records assessing the likelihood of FDR having polio. They determined the paralysis was Guillain-Barre Syndrome, not polio.~

Goldman.2003 J Med Biog, 11:233-240



Polio but not Really (npafp)

- Thousands of cases of polio in India decades ago, with the number of cases dropping to 42 by 2010.
- But it appears that wild polio virus stats have been traded for polio from vaccines **and non-polio acute flaccid paralysis (NPAFP)**.

In India, over **47,000 cases of NPAFP were reported in 2011**. The paralysis symptoms of NPAFP are practically the same as what's attributed to "eradicated" wild virus polio. Apparently, vaccine polio viruses also cause polio paralysis.

The National Polio Surveillance Project data show that the polio eradication program has **increased paralysis among children**

Most (Cases) now being classified as **AFP instead of polio.**

•those vaccinated are **6.26 times more likely to be paralyzed**

Polio vs Acute Flaccid Paralysis - India

Year	AFP Cases Reported	Non-polio AFP Rate	Total Confirmed Polio Cases	Wild-virus Confirmed Polio Cases
1996	1005	0.0	1005	0
1997	3047	0.2	2275	524
1998	9465	1.5	4322	1934
1999	9587	1.8	2817	1126
2000	8103	2.0	265	265
2001	7470	1.9	268	268
2002	9705	1.9	1600	1600
2003	8508	2.0	225	225
2004	13274	3.1	134	134
2005	27049	6.4	66	66
2006	32194	7.4	676	676
2007	41524	9.4	874	874
2008	45582	10.3	559	559
2009	50405	11.4	756	741
2010	55785	14.8	44	42
2011	60540	16.1	1	1
2012	60922	16.3	0	0

Polio Programme: Let us Declare Victory and Move on.

It was hoped that following polio eradication, immunisation could be stopped. However the synthesis of polio virus in 2002, made eradication impossible.

...Furthermore, while India has been polio-free for a year, there has been a huge increase in non-polio acute flaccid paralysis (NPAFP).

In 2011, there were an extra 47,500 new cases of NPAFP. Clinically indistinguishable from polio paralysis but twice as deadly, the incidence of NPAFP was directly proportional to doses of oral polio received.

Polio Programme: Let us Declare Victory and Move on.

Though this data was collected within the polio surveillance system, it was not investigated. **The principle of primum-non-nocere was violated.**



...if the world learns to be wary of such vertical programmes in the future.

Indian J Med Ethics. 2012 Apr-Jun;9(2):114-7.
Vashisht N, Puliye J.

Viral Shedding

You are able to transmit the virus to other people who come in contact with your body fluids

“The live polio vaccine, the Sabin vaccine, which followed the inactivated Salk vaccine, was given orally, contains live attenuated polioviruses.

Live attenuated vaccines, you shed them in your body fluids :

- Saliva
- Urine
- Stool
- Tears
- Vomit



Why must OPV vaccination be stopped?

Vaccine-associated paralytic poliomyelitis was recognized shortly after the introduction of OPV, with cases occurring in both vaccinees and their contacts.
(Viral shedding)

The time is coming when the only cause of polio is likely to be the vaccine used to prevent it. Ample molecular data are now available to demonstrate that vaccine viruses can revert to full neurovirulence

Why must OPV vaccination be stopped?

Outbreaks of polio in China, Egypt, Haiti, Madagascar, and the Philippines caused by circulating, neurovirulent vaccine-derived polioviruses (VDPVs) demonstrate that these revertent strains are fully transmissible and pose significant population risks.

Worldwide, only 70%–80% of children receive 3 routine doses of diphtheria-tetanus-pertussis and OPV in their first year of life.

“Implications of Vaccination and Waning Immunity,”

When immunity wanes, vaccination has a far more limited impact on the average number of cases. While this observation has clear public-health implications, the dynamic consequences of the interaction between vaccination, waning immunity and boosting are far more striking.

For high levels of vaccination (greater than 80%) and moderate levels of waning immunity (greater than 30 years), **large-scale epidemic cycles can be induced.**

Proceedings of the Royal Society B, vol. 276, 2009

J. M. Heffernan and M. J. Keeling

Why must OPV vaccination be stopped?

Apart from the public health and ethical issues associated with continued vaccination against a nonexistent disease,...

A final reason for stopping vaccination with OPV—a reason that would also apply to IPV—is that the economic benefits of eradication **will not be achieved if vaccination continues**.

The global savings in direct vaccination costs are estimated to be at least US \$1.5 billion each year. The public-sector funding used to pay for polio vaccination will then, hopefully, be **transferred to other important domestic and international public health programs**

Why must OPV vaccination be stopped?

Although we can better define the extent and duration of chronic excretion of VDPV, the biggest threats to polio eradication now come from politics and complacency—threats that have the potential to keep eradication from ever being achieved

Why must OPV vaccination be stopped? Vaccine-associated paralytic poliomyelitis was recognized shortly after the introduction of OPV, with cases occurring in **both vaccinees and their contacts**. The time is coming when the only cause of polio is likely to be the vaccine used to prevent it

OPV was chosen to be the
Only weapon to eradicate polio.

Dr T Jacob John pointed out that this vaccine, **consisting of live viruses, is notorious for causing vaccine induced polio.** Because those **vaccinated tend to shed the virus** in their stool, it can mutate into a virulent form, **causing paralytic polio in others, even leading to polio epidemics.**

OPV was chosen to be the
Only weapon to eradicate polio.

Dr. Anant Phadke and C. Sathyamala argued that it is **not possible to eradicate polio, a disease primarily of poor sanitation and nutrition, with a vaccine.**

Polio-like paralysis can also be **caused by other factors. DDT and other pesticides, exposure to lead and arsenic, and vaccinations can trigger paralysis.** Thus a holistic approach was needed to tackle the disease

Why must OPV vaccination be stopped?

A remaining risk is the long-term excretion of polioviruses by certain classes of immunodeficient individuals, a phenomenon recognized >30 years ago.

Hypogammaglobulinemic patients are particularly susceptible to vaccine-associated paralytic poliomyelitis and **have been most commonly found to be long-term excretors after developing paralysis.**

Why must OPV vaccination be stopped?

Some, however, have remained asymptomatic for many years. Stopping OPV use will prevent additional immunodeficient persons from becoming chronically infected through vaccination.

Presumably, countries with identified chronic excretors of poliovirus will continue to use inactivated vaccine until these persons die or until it is clear that they no longer pose a threat.

Have Vaccines been
studied for their
safety and
effectiveness?

Studies have not been conducted to determine the safety (or efficacy) of administering multiple vaccine doses in a variety of combinations as recommended by CDC guidelines.

Relative trends in hospitalizations and mortality among infants by the number of vaccine doses and age, based on the Vaccine Adverse Event Reporting System (VAERS), 1990–2010

Human and Experimental Toxicology

In addition, younger infants were significantly more likely than older infants to be hospitalized or die after receiving vaccines.

A positive correlation between hospitalization rates and the number of vaccine doses a negative correlation between hospitalization rates and age increased mortality rate associated with 5–8 vaccines relative to 1–4 vaccines

Relative trends in hospitalizations and mortality among infants by the number of vaccine doses and age, based on the Vaccine Adverse Event Reporting System (VAERS), 1990–2010

Human and Experimental Toxicology

Have any Animal
studies been done?

A University of Pittsburgh study showed vaccines altered the behavior in monkeys

- A macaque monkey (primates) study of the very same vaccines given to children during 1994-1999, Laura Hewitson, PhD

“Vaccine-exposed and saline-injected control infants [monkeys] underwent MRI and PET imaging at approximately 4 and 6 months of age, representing two specific timeframes within the vaccination schedule. ...

“These results suggest that maturational changes in amygdala volume and the binding capacity of [11C]DPN in the amygdala was significantly altered in infant macaques receiving the vaccine schedule.” “many significant differences in the GI tissue gene expression profiles between vaccinated and unvaccinated animals.”

Research Paper : Neurobiological Experimentals in 2010 and titled “Influence of pediatric vaccines on amygdala growth and opioid ligand binding in rhesus macaque infants: A pilot study.”

A University of Pittsburgh study showed vaccines altered the behavior in monkeys

- Biological changes and altered behaviors did occur in vaccinated monkeys, which resembled ... ASD diagnosed children.
- **No such symptoms showing or present in unvaccinated monkeys.**

Research Paper : Neurobiological Experimentals in 2010 and titled “Influence of pediatric vaccines on amygdala growth and opioid ligand binding in rhesus macaque infants: A pilot study.”

What do we know
about Vaccines and
the Immune System?

Th1 and Th2 Immune Responses

Th1 immunity

- Is responsible for normal reactions to anything in your environment, from pollen to animal dandruff, dust mites, chemicals, food.
- Th1 is **kept robust and healthy by your gut flora.**
- TH1- cell mediated response from **mucus membranes**
- If your gut flora is abnormal, your Th1 become increasingly disabled

Th2 immunity

- TH2-vaccines (puncture wound so the body needs an immediate response this is why there is **no lifetime immunity** from vaccinations, because the proper immune system cells are not built)
- **inflammatory reaction = inflammatory cytokines**
- **allergies and intolerances**

Zika Virus

Dr. John Bergman

What is Zika?

- Zika Virus Disease: a disease caused by Zika virus is spread to people primarily through the bite of an infected Aedes species mosquito.



Symptoms of Zika

- fever
 - rash
 - joint pain
 - conjunctivitis (red eyes)
-
- Illness is usually **mild** with symptoms lasting for **2-7 days**
 - About **1 in 5 people** infected with Zika virus become ill
 - Once a person has been infected, he or she is likely to be protected from future infections.



Zika Virus Facts

- First discovered in **1947**
- named after the Zika forest in Uganda
- In **1952**, the first human cases of Zika were detected
- outbreaks of Zika have been reported in tropical Africa, Southeast Asia, and the Pacific Islands
- The virus is known to circulate in Africa, the Americas, Asia and the Pacific.
- In **May 2015**, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil
- **Feb 1, 2016**, the World Health Organization (WHO) declared Zika virus a public health emergency of international concern (PHEIC).

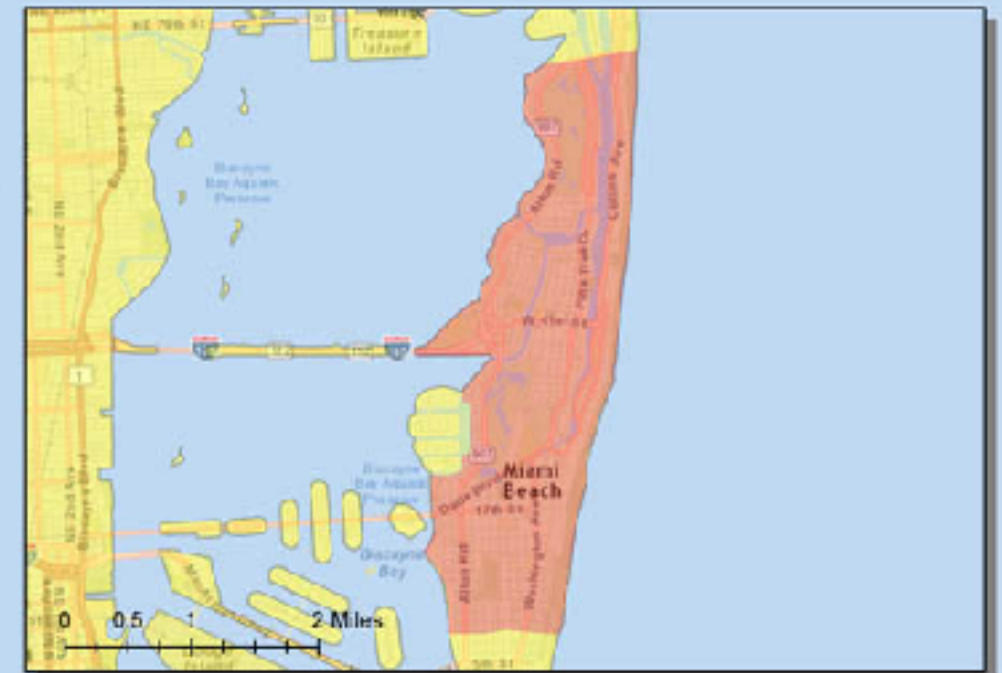
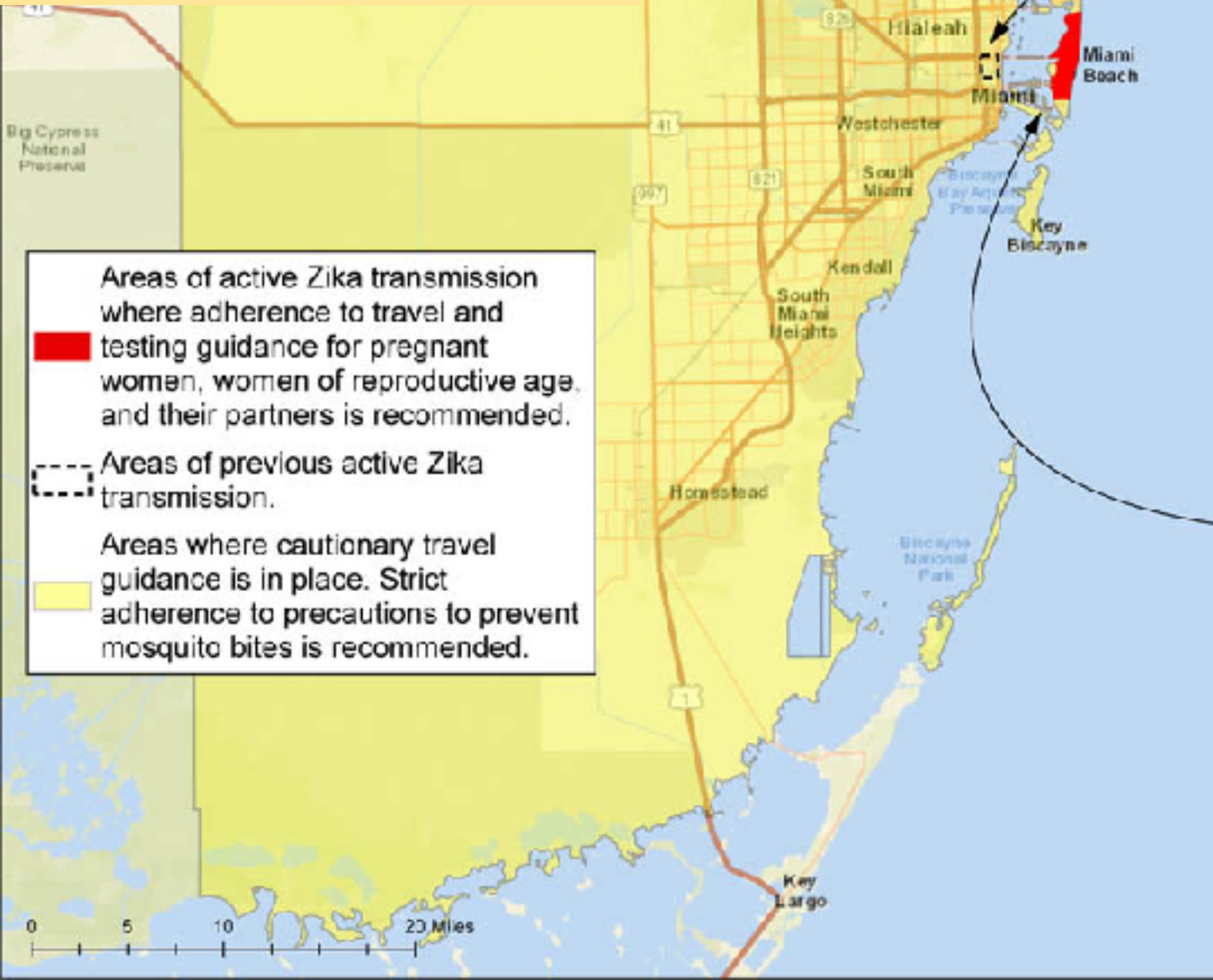


Areas with Active Zika Virus Transmission

Center for Disease Control and
Prevention (CDC) ³



Zika in the US



Medical Treatment for Zika

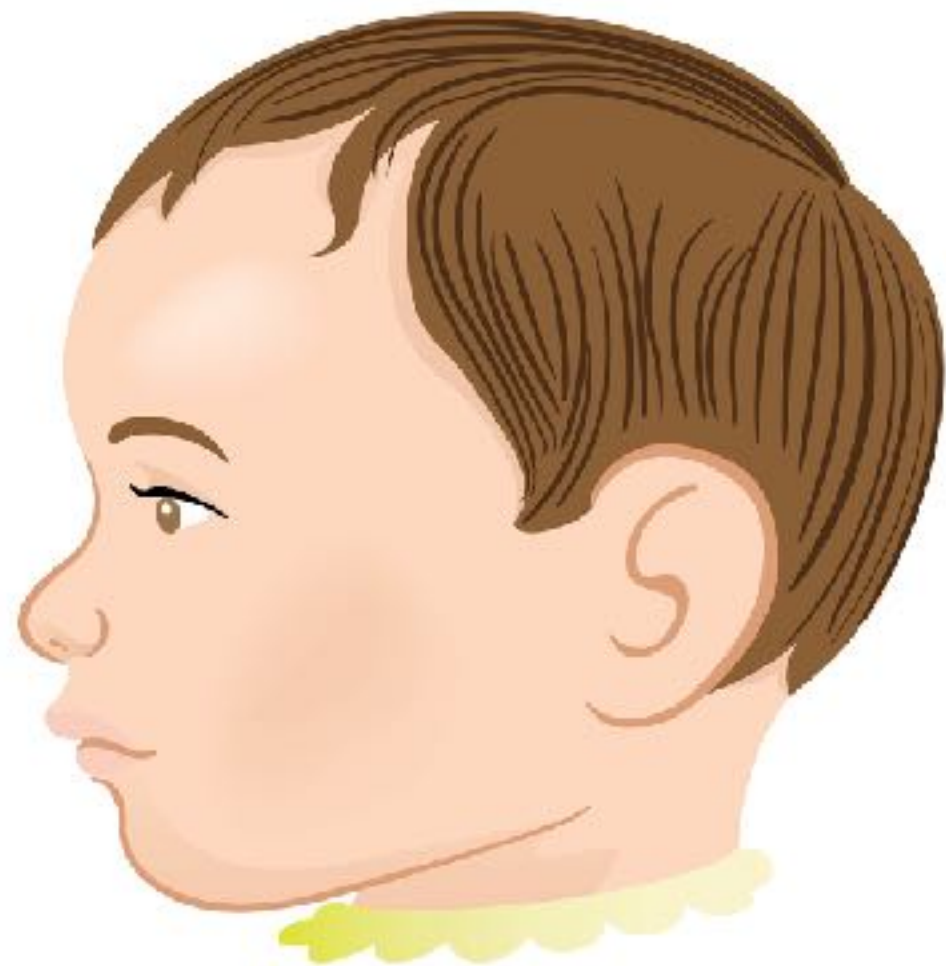
- Treat the symptoms:
- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine (NSAIDS, Tylenol, etc.)

CDC Recommendations ²



So Why is everyone freaking out about Zika

Child with normal head size



Child with microcephaly



Is there a Problem?

World Health Organization (WHO) declared the Zika virus a global health emergency on February 1, noting that the "main worry" is the virus' **potential link** to microcephaly and subsequent brain damage.

New York Times February 1, 2016 ⁵



The World Health Organization

Microcephaly in the U.S.

- In the US, approximately **25,000** infants are diagnosed with microcephaly each year

“Microcephaly may result from any insult that disturbs early brain growth...Annually, approximately 25,000 infants in the United States will be diagnosed with microcephaly...”

Journal of Neurology 2009 Sep 15; 73(11) 887-897

Microcephaly in the U.S. and Brazil

- Brazil has about 70% of the population the U.S. has
- CDC declared **1,500 confirmed cases** of microcephaly caused by Zika (April 2016)
- On February 8, 2016, President Obama announced a request for **\$1.8 billion** in emergency funds for several agencies to accelerate research into a vaccine and educate populations at risk for disease.

Center for Disease Control and Prevention (CDC)

No Link between Zika and Microcephaly

“Previous Zika epidemics **did not cause birth defects** in newborns, despite infecting 75 percent of the population in those countries,”

“Also, in other countries such as Colombia there are **no records of microcephaly**; however, there are plenty of Zika cases.”

Argentine Physicians Organization 7



No Link between Zika and Microcephaly

- The World Health Organization (WHO) has been careful not to explicitly link Zika to microcephaly.

"Although a causal link between Zika infection in pregnancy and microcephaly **has not been established**, the circumstantial evidence is suggestive and extremely worrisome,"

Margaret Chan, WHO General Director ⁹

The World Health Organization



No Link between Zika and Microcephaly

- Study from New England Journal of Medicine (June 2016)
- Tracked 1,850 women whose date of infection with Zika is known relative to the start of the pregnancy
- **No Cases of Microcephaly were observed**
- They go on to say the the number of pregnancies with Zika infections is much larger with 11,944 cases with Zika symptoms being observed in clinical settings
- **No Cases of Microcephaly occurred in any of these pregnancies**

Some a Very Important Questions

Zika never caused microcephaly before, why is it doing this now?

Why does the U.S. have an average of 25,000 cases of microcephaly every year?

Could there be other factors involved with Microcephaly?

Know Causes of Microcephaly (CDC)

- can be **genetic**: fusing of bone sutures (gaps) in the skull preventing growth of the brain
- due to **complications in pregnancy** or faulty delivery leading to deprivation of oxygen in the brain
- **Exposure** to drugs, alcohol or toxic chemicals in the womb
- **Severe malnutrition**
- inability of the body to break down a chemical, and any other insult or injury.

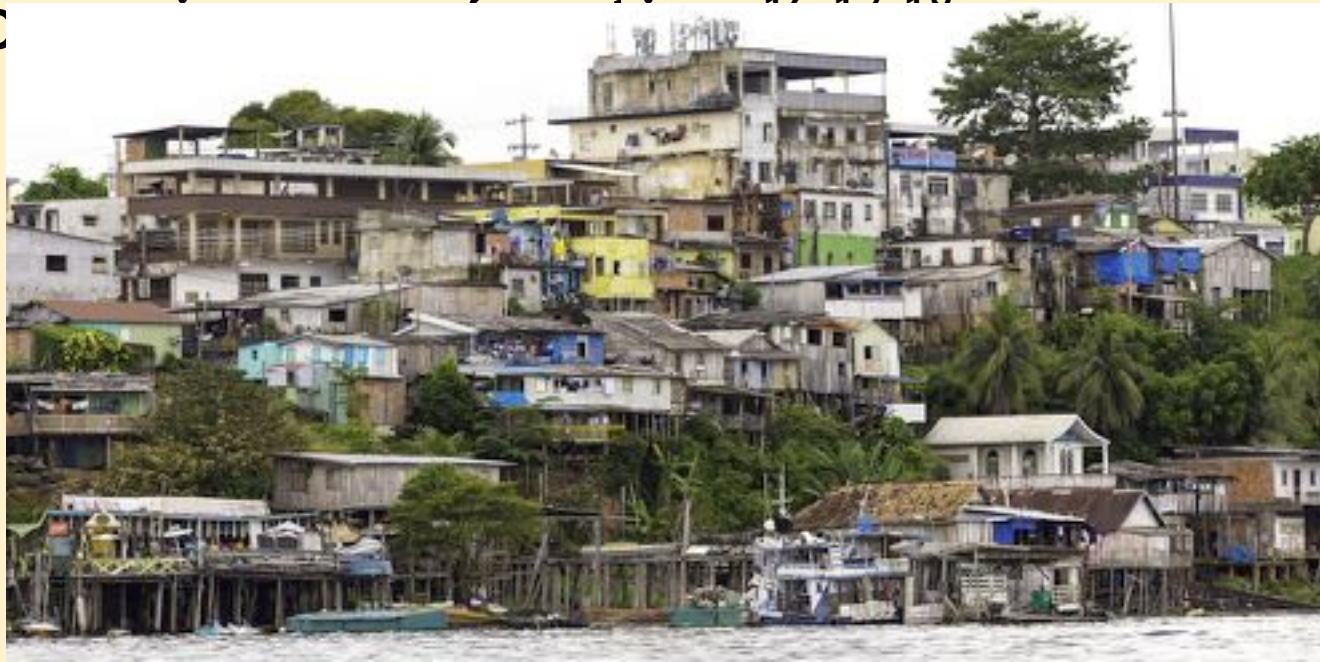
Known Causes of Microcephaly

- Poverty and Vitamin Deficiencies
- Pesticides, Herbicides, and Larvicides
- Vaccinations



Poverty and Vitamin Deficiencies

- The "**outbreak**" is occurring in a largely **poverty-stricken** agricultural area of Brazil
- lack of **sanitation** and widespread vitamin A and zinc deficiency^{10,11,12}
- Vitamin A and zinc deficiency is an endemic in Brazil^{13,14,15}
- known to deplete the immune system^{16,17,18}



Vitamin Deficiency Linked to Microcephaly

- **Vitamin A** deficiency linked to an increased risk of microcephaly ^{19,20}
- **Zinc** is known to play an important role in the structure and function of the brain. ²¹

The CDC lists:

Malnutrition and exposure to toxic chemicals as two of the three known risk factors for Microcephaly. ²²



The Deadly Mixture of Malnutrition and Pesticides

- Environmental pollution and toxic pesticide exposure
Linked to birth defects ^{23,24}
- Brazil cultivates GM crops and uses **Glyphosate** which has been **linked to birth defects** in experiments with laboratory animals ²⁵



Larvicide By Sumitomo (Partnered with Monsanto)

Pyroproxyfen

- In Use for the past 18 months
- has been **applied to the drinking water** in Brazil.
- Part of a government-run program to control mosquito population
- a chemical larvicide that **causes malformations in mosquitoes**
- **inhibits growth** in mosquito larvae
- producing malformations that disable and/or kill the mosquitoes.
- it's an endocrine disruptor and teratogenic which **causes birth defects.**

Larvicide By Sumitomo (Partnered with Monsanto)

*"Malformations detected in thousands of children from pregnant women living in areas where the Brazilian state added **Pyroproxyfen** to drinking water are not a coincidence, even though the Ministry of Health places a direct blame on the Zika virus for this damage."*

Argentine Physician's Organization "Physicians in the Crop-Sprayed Towns" ⁷

- The Brazilian Health Ministry had injected pyroproxyfen to reservoirs in the state of **Pernambuco**.
- Pernambuco is the first state in Brazil to notice the problem.
- The state contains **35%** of the total microcephaly cases in the country

Atrazine and Microcephaly

- Atrazine is used to prevent pre- and post-emergence weeds and is the second most commonly used herbicide after Roundup.
- Small head circumference is listed as a side effect of prenatal Atrazine exposure.

*"The most obvious cause of birth defects in this area is direct contact and absorption of pesticides. A study of pesticide use on tomatoes in the **Northern State of Pernambuco, Brazil**, indicates high exposure to pesticide workers and poor application methods which threaten the ecology of the area.*

Journal of Environmental Health ^{27,28}

Atrazine and Microcephaly

Women washed the pesticide application equipment, generally in the work environment, without protective clothing ...

Of the women workers,

- *32% reported being pregnant more than five times*
- *71% reported miscarriages*
- *11% reported having mentally and/or physically impaired offspring.”* ²⁸

Aerial Spraying of Insecticides

Imidacloprid: a neonicotinoid (insecticide)

- In October 2012: Brazil lifted its ban on aerial spraying of neonicotinoids.³⁰
- In 2001, it was reported that Imidacloprid fed to pregnant rats and rabbits in "maternally toxic" doses **caused skeletal malformation**^{31,32}

- In December 2013, neonicotinoids were suspected of causing **developmental problems in babies and children.**³³
- 2013 study showed adverse events with embryo development and neonicotinoids³⁴

Vaccines and Microcephaly

The Brazilian government has been vaccinating tens of thousands, if not hundreds of thousands, of pregnant women in its country during the past year.

A large portion of these pregnancies are occurring in Brazil's northeastern region, notably in the state of **Pernambuco**—the country's fastest growing population center. ³⁹



Vaccines and Microcephaly

- October 2014 the Brazilian government mandated that all pregnant women must receive the pertussis-containing Tdap (tetanus, diphtheria, and pertussis) vaccine, **effective as of 2015.** ³⁵

Pertussis vaccine has previously been
linked to

**brain inflammation and
brain damage** in infants ³⁶



Vaccines and Microcephaly

- “Atypical vanishing white matter disease with **microcephaly** and hepatosplenomegaly provoked after **diphtheria pertussis tetanus vaccination**”

Journal of Pediatric Neurology 37,38



Vaccines are Neurotoxic

- Increased cytokine levels during pregnancy is a potential risk factor for **psychotic illness** in offspring Journal of Brain Behavior and Immunity 2001 ^{40,41}
- Immune activation during pregnancy in mice leads to dopaminergic hyperfunction and **cognitive impairment** in the offspring, and may promote schizophrenia Journal of Biological Psychiatry 2006 ⁴²
- Immune stimulation during pregnancy was found to promote **neurodevelopmental mental diseases**, including but not limited to schizophrenia in the offspring Journal of Brain Behavior and Immunity 2006 ⁴³

Vaccines are Neurotoxic

- Maternal immune activation **alters fetal brain development**, and may predispose children to schizophrenia and autism

Journal of Neuroscience 2007 ⁴⁴

- Inflammation during a critical postnatal period causes a long-lasting **increase in seizure susceptibility**

Journal of Neuroscience 2008 ⁴⁵

- Excessive vaccination during brain development may **promote autism spectrum disorders**

Medical Veritas 2008 ⁴⁶

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The First Step to Healing: Avoid the Following

- Vaccinations
- Antibiotics
- Medications
- Surgery
- Environmental Toxins
- Toxic Processed Food
- Sedentary Lifestyle



The 5 Keys to Health and Healing



Proper nerve supply



Regular Exercise



Proper Nutrition



Sufficient Rest



Prayer and Meditation

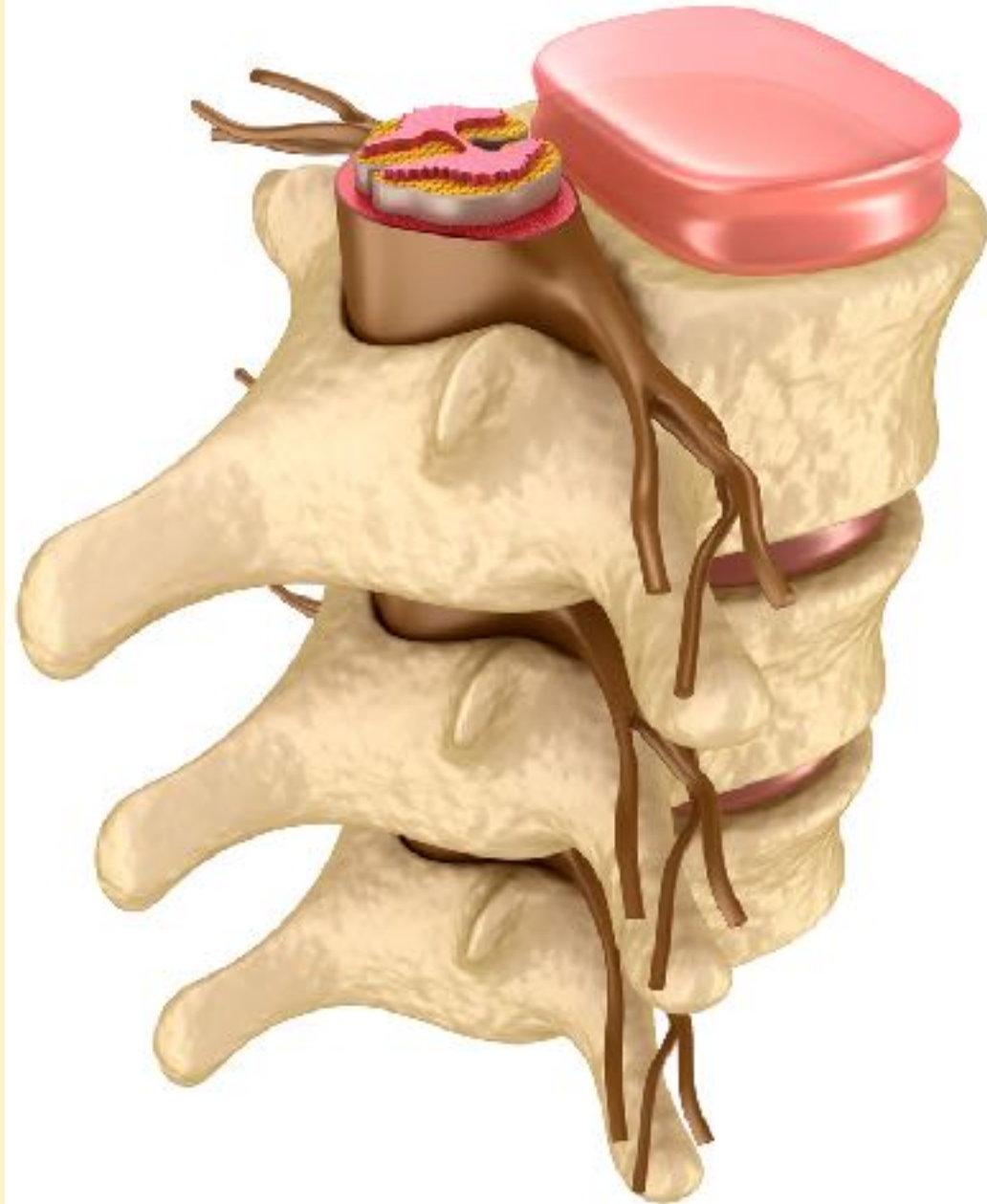


Medicine is the study of disease and what causes man to die. Chiropractic is the study of health and what causes man to live.

— *B. J. Palmer* —

Chiropractic Care

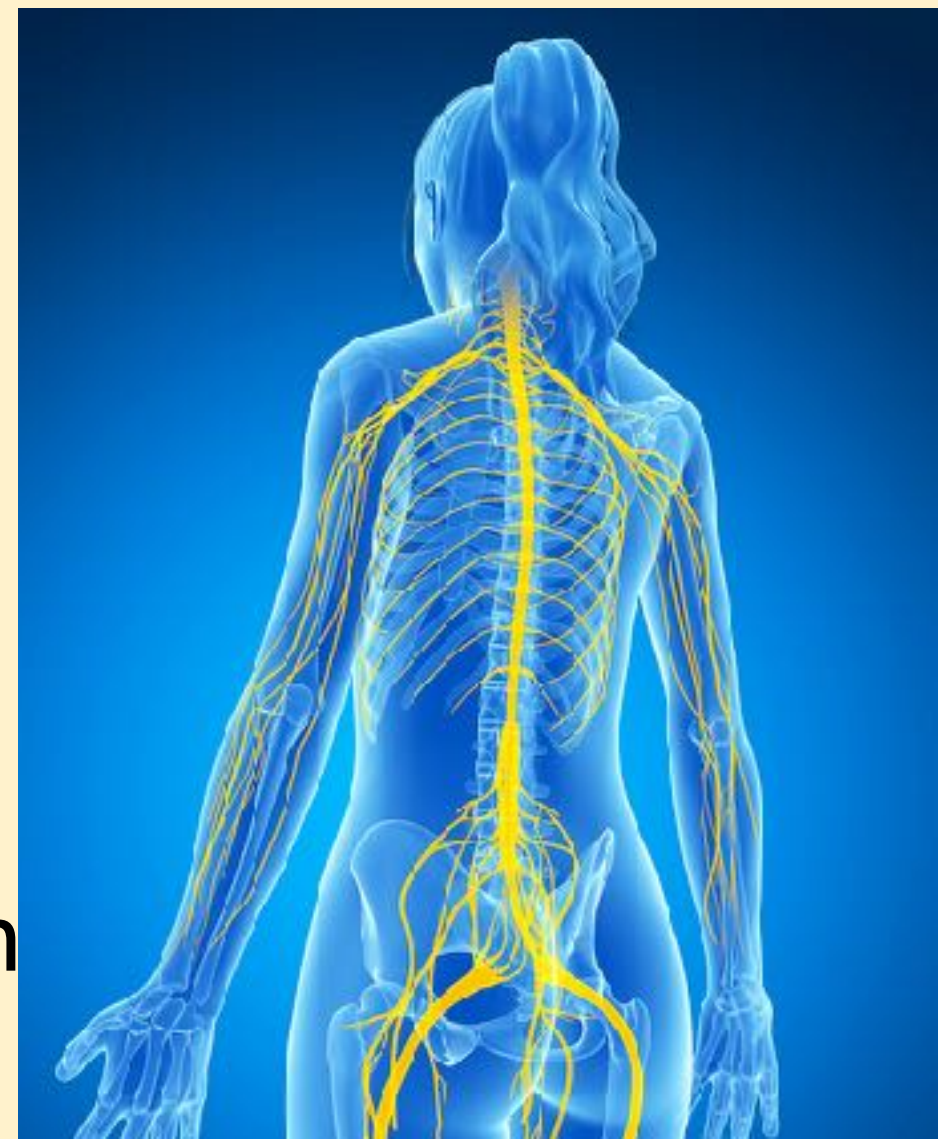
- Relieves Nerve Compression
- Corrects Spinal Misalignments
- Reshapes Spinal Structure
- Regenerates Intervertebral Discs
- Stimulates the Nervous System



Proper Nerve Supply

Benefits of Chiropractic Care

- Alleviates pain
- Boosts Productivity
- Improves quality of life
- Improves Cognitive Function
- Reduces Dependency on Medication
- Improves quality of Sleep
- Reduces stress
- Boosts your Immunity



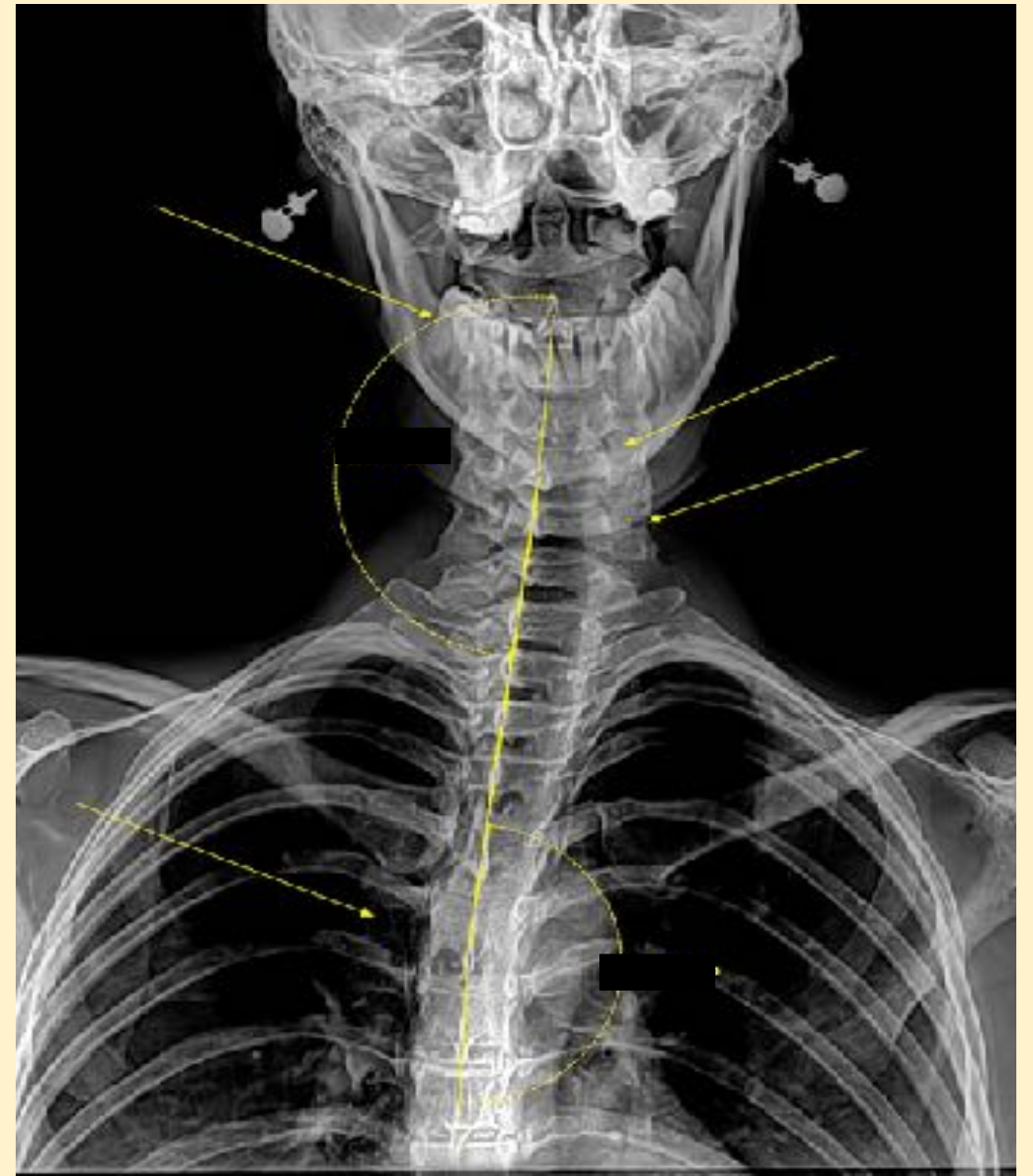
According to:

The Spine Journal

Journal of Vertebral Subluxation Research

Journal of Manipulative and Physiological Therapeutics

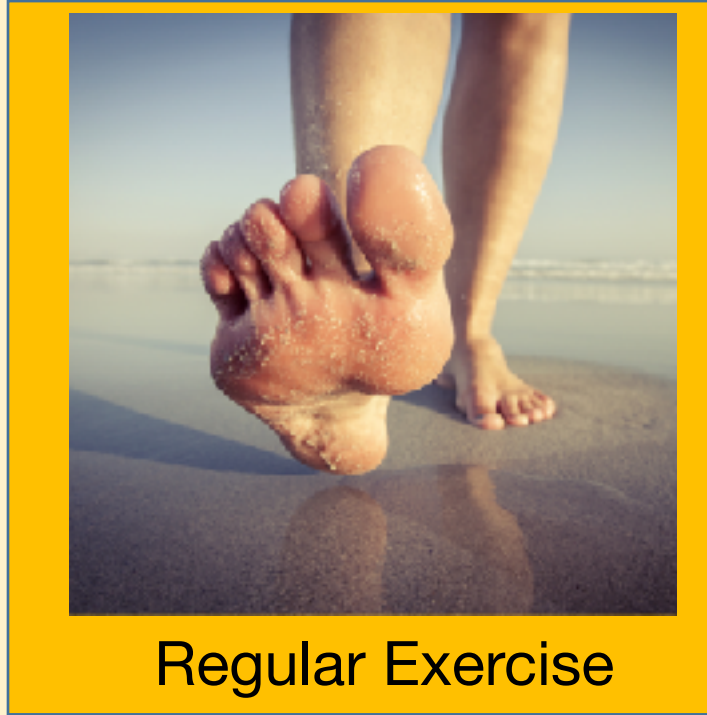
Altered structure causes Altered Function



The 5 Keys to Health and Healing



Proper nerve supply



Regular Exercise



Proper Nutrition



Sufficient Rest



Prayer and Meditation

Regular Exercise

Regular Exercise helps you:

- **Get high-quality sleep**
- Lose, gain, or maintain weight
- Improve your resistance to infection
- **Improve your brain function**
- Prevent and relieve chronic pain
- Improve your Emotional health
- **Lower your risk of cancer, heart d**



The 5 Keys to Health and Healing



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Sufficient Rest



Prayer and Meditation

The Importance of Microflora

Bacteria

- 80 percent of your immune system resides in your Gut
- Bacteria outnumber your cells **10 to 1**
- 100 trillion bacteria—about *two to three pounds* worth of bacteria
- You should have about **85 percent "good" bacteria** and 15 percent “bad.”
- Beneficial bacteria keep the bad bacteria and yeasts in check
- Produce nutrients your body needs, such as B vitamins.

The Importance of Microflora

Viruses

- Bacteriophages: beneficial viruses in your body
- Outnumber your body's bacteria 10 to 1
- Roughly 4 Quadrillion viruses in your body

“Viral elements are a large part of the genetic material of almost all organisms,”

“We humans are well over 50 percent viral”

Dr. Phillip Sharp,

Nobel Prize Winner

Center for Cancer Research M.I.T.

Functions of your Gut Flora

- Digestion and absorption of carbohydrates
- Production of vitamins
- Absorption of minerals
- Elimination of toxins
- Distinguish between pathogens and non-harmful antigens
- Keep harmful bacteria under control
- Aid in production of antibodies to pathogens
- Provide support to the Immune System

Optimize Your Gut Flora

- Organic plant based diet (Locally grown, seasonal foods)
- Healthy fats such as coconut oil and olive oil
- Fermented Vegetables
- Probiotic Supplements
- Juice Vegetables
- Blend Fruits
- Raw Dairy
- Reduce Omega 6 and Increase Animal based Omega 3



Vitamin D

- Calcitriol (activated Vitamin D) the most potent steroid hormone in your body
- Vitamin D influences 3,000 or your 24,000 genes
- Vitamin D receptors are found **throughout your body**
- Induces cell differentiation and controls cell proliferation
- There are over **830 peer reviewed scientific studies** proving its effectiveness



Vitamin D

Vitamin D Deficiency is linked to:

- Digestive disorders
- Skeletal disorder including osteoporosis
- Depression, mental disorders
- Neurodevelopmental disorders (Autism)
- Brain Dysfunction, dementia and Alzheimer
- Chronic infections
- Cardiovascular disease
- All types of Cancer
- Autoimmune Diseases
- Premature Aging



Optimize Your Vitamin D levels

- **UVB exposure** from the Sun is the best way to optimize your vitamin D levels
 - At least 20 minutes of **sun exposure daily** during mid day
 - Your shadow shouldn't be longer than your height
- Most regions of the planet don't get proper sunlight for **6 months** out of the year
- Vitamin D3 supplementation during the winter
- Adults required about **8,000 IUs per day**



Vitamin D and Vitamin K2

- Vitamin K2 is essential for proper utilization of vitamin D

Sources of Vitamin K2

- Grass-fed organic animal products (eggs, butter, dairy)
- Fermented foods
- Certain cheeses (Brie, Gouda)



Turmeric

“Turmeric (*Curcuma longa*), a commonly used spice throughout the world, has been shown to exhibit **anti-inflammatory, antimicrobial, antioxidant, and anti-neoplastic properties.**

Phytotherapy Research

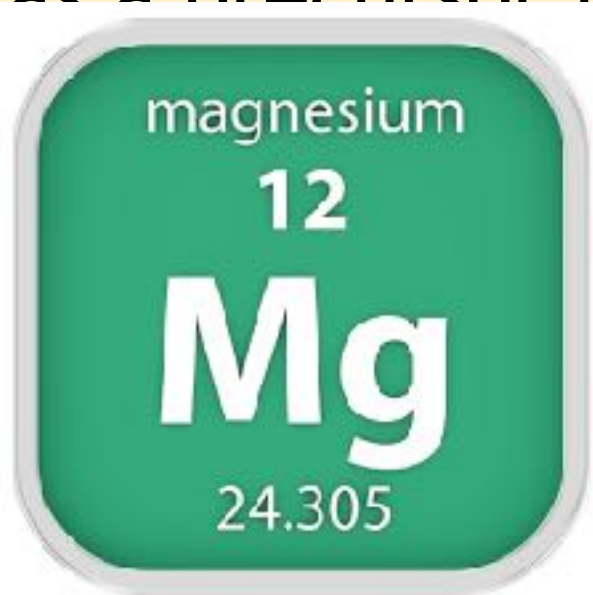


Magnesium

- A mineral used by every organ in your body, especially your heart, muscles, and kidneys
 - **80% of Americans are magnesium deficient**
- Magnesium is found in more than **300 different enzymes** in your body and plays a role in the body's detoxification process
 - Researchers have detected **3,751 magnesium-binding sites on human proteins**
- Calcium, vitamin K2 and Vitamin D must be balanced with Magnesium in order to utilize it properly

Magnesium is necessary for:

- Activating muscles and nerves
- **Creating energy** in your body by activating Adenosine Triphosphate
- Helping digest proteins, carbohydrates and fats
- Serving as a **building block** for RNA and DNA synthesis
- Acting as a precursor for neurotransmitters like Serotonin



Consequences of Magnesium Deficiency:

- Hormone imbalance and PMS
- Unexplained fatigue and Chronic Fatigue
- Weakness
- Abnormal heart rhythms
- Muscle spasms and twitching
- Depression, anxiety, panic attacks
- Bowel disorders
- Heart disease
- Insomnia
- Headaches and Migraines
- Tooth decay
- Blood Clots
- Osteoporosis
- Raynaud's syndrome
- Musculoskeletal conditions
- Neurological disorders
- Kidney Disease
- Diabetes
- Fibromyalgia
- Asthma
- Hypertension
- Seizures
- Coronary Spasms
- Personality changes

Sources of Magnesium

- Dark Leafy Greens (Raw Spinach)
- Nuts and Seeds (Squash/Pumpkin Seeds)
- Fish (Mackerel)
- Beans and Lentils
- Whole Grains (Brown Rice)
- Avocados
- Bananas
- Dried Fruit (Figs, prunes, dates, raisins)
- Cacao (Dark Chocolate)



The 5 Keys to Health and Healing



Proper nerve supply



Regular Exercise



Proper Nutrition



Sufficient Rest



Prayer and Meditation

Sleep Deprivation = SNS activity

Short-term Sleep Deprivation:

- Causes the release of stress hormones
- Elevates LDL Cholesterol
- Elevates Blood Sugar
- Reduces Blood supply to the gut

Sleep Deprivation on a long-term:

- Debilitating both physically and mentally
- Weakens immune system
- Higher disease rates



Lack of Sleep

- Has a cumulative effect on your body
- Weakens your immune system
- Aggravates chronic pain
- Impairs your physical and mental performance
- Raises your blood pressure
- Alters hormone levels and metabolism
- Can lead to brain shrinkage
- **Prematurely ages you**



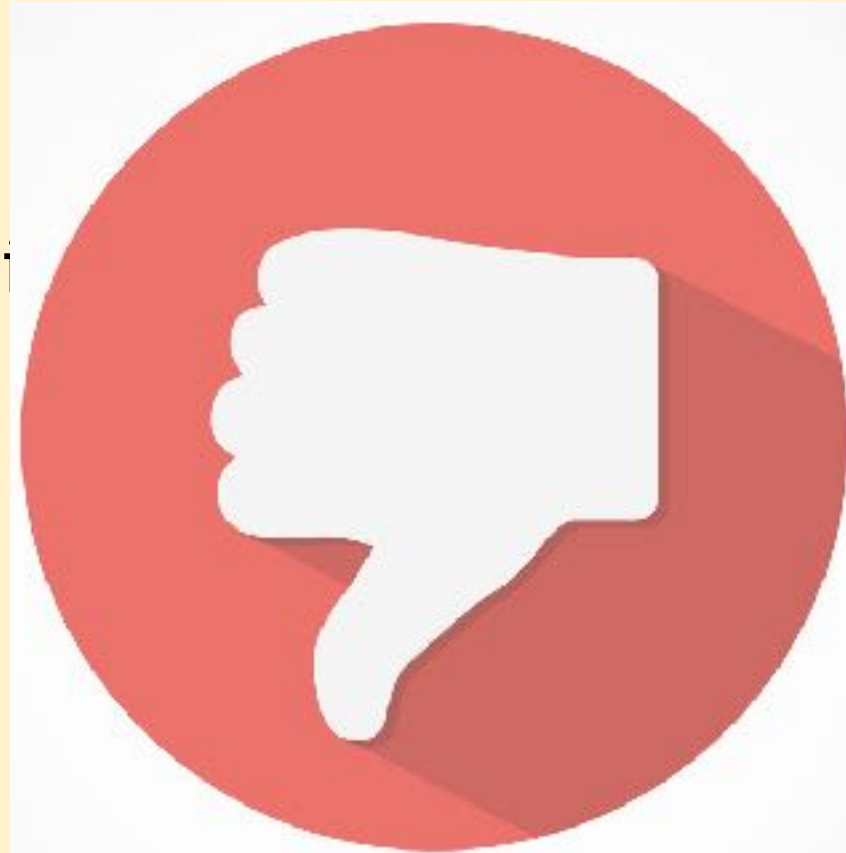
Lack of Sleep Increases risk of:

- cardiovascular disease
- Diabetes
- Cancer
- Obesity
- Memory loss
- Alzheimer's disease
- Parkinson's
- Multiple sclerosis
- Gastrointestinal disorders
- Kidney disease
- Dementia
- Stomach ulcers
- Constipation
- Depression and other

Do's and Don'ts to Achieve Deep Sleep

DON'Ts:

- No Stimulating or stressful activities before bedtime
- No stimulants like caffeine
- No Dark Chocolate: can contain high levels of caffeine
- No Alcohol: disrupts REM
- Avoid spicy foods before bed
- Avoid blue light exposure 2-3 hours before bedtime
- No fluids within 2 hours of bedtime
- Avoid grains and sugars
- No work 2-3 hours before bed
- Reduce or eliminate all medication



Do's and Don'ts to Achieve Deep Sleep

DO:

- Stimulate the Parasympathetic Nervous System (Chiropractic Care)
- Keep a regular sleep schedule and be consistent
- Establish a routine:
 - meditation, deep breathing, aromatherapy, etc
- Improve your sleep environment: No noise, No light
- Exercise regularly
- Room temp no higher than 70 degrees F
- Eliminate EMF's (electro-magnetic fields)
- Eliminate alarm clocks if you can



Do's and Don'ts to Achieve Deep Sleep

DO:

- Reserve your bed for sleeping
- Eat a High protein snack several hours before bed:
 - provides tryptophan needed for melatonin and serotonin
- Eat a Small piece of fruit
 - helps tryptophan to cross blood-brain barrier
- Hot bath before bed
- Wear an eye mask to block out light
- Listen to relaxing Audio or white noise
- Journal your thoughts before bed
- Read for 30 minutes before bed



The 5 Keys to Health and Healing



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Prayer and Meditation

Mental and Emotional Stress

The CDC states:

“85% of all disease is caused by emotions”

And

“Up to 90% of the doctor visits in the USA may be triggered by a stress-related illness.”



How to Deal with Emotional Stress

- Daily Prayer and Meditation
- Neurolinguistic Programming
- Daily Affirmations: "I Am" statements
- Emotional Freedom Technique (EFT)
- The Demartini Method: For Traumatic Emotional Events



Meditation

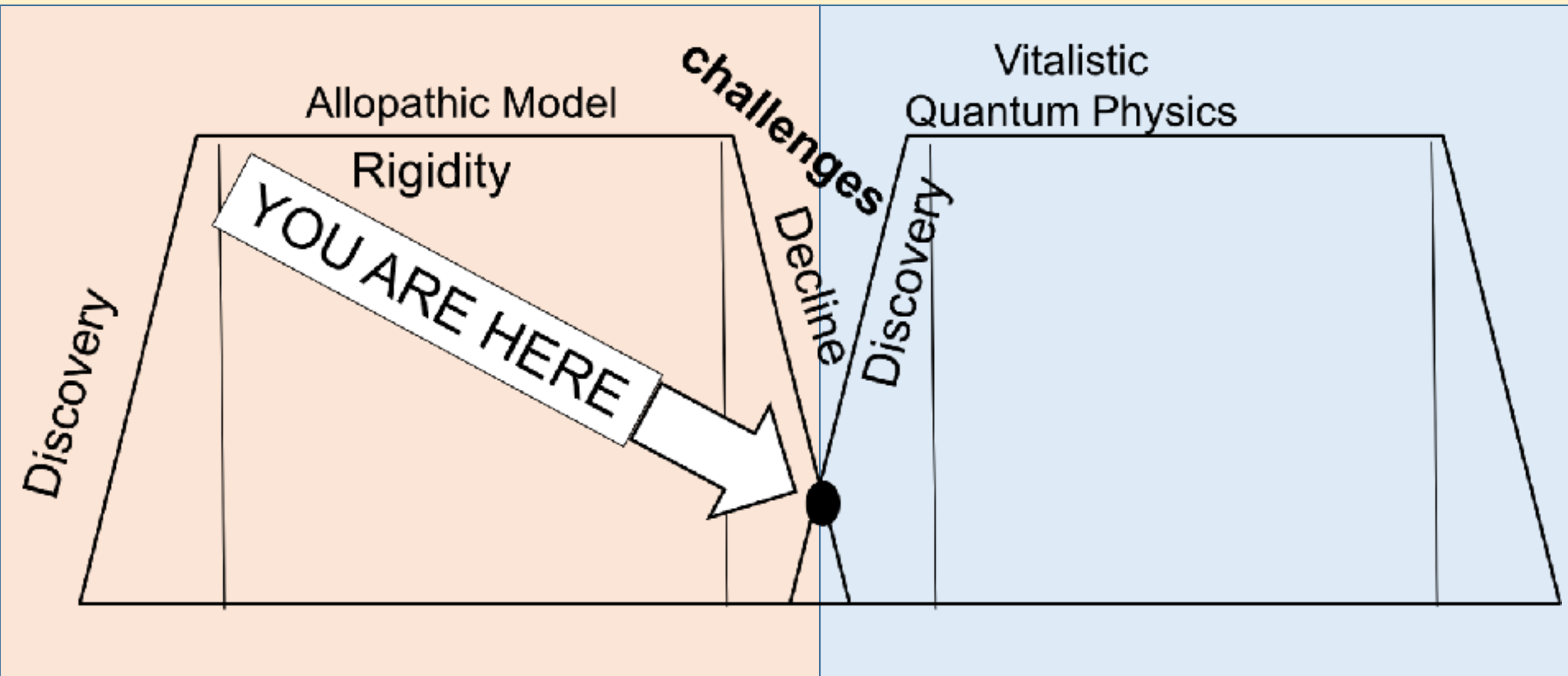
- Meditation can alter the physical structure of the brain
- This includes any repetitive activity that requires higher cognitive function
- The structure of the brain can change in response to repeated practice

Researchers at Harvard, Yale, and the M.I.T.

“Our data suggest that meditation practice can promote cortical plasticity in adults in areas important for cognitive and emotional processing and well-being.”



The Changing of Belief Systems



The 5 Keys to Health and Healing



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Prayer and Meditation

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**Free 7 day Trial
Free access if You Are a
Bergman Family Chiropractic Patient**

Dr. Richard Horton, the current editor-in-chief of the Lancet

“a lot of published research is in fact unreliable at best, if not completely false.”

‘The case against science is straightforward: much of the scientific literature, perhaps half, may simply be untrue. Afflicted by studies with small sample sizes, tiny effects, invalid exploratory analyses, and flagrant conflicts of interest, together with an obsession for pursuing fashionable trends of dubious importance, science has taken a turn towards darkness...’



Dr. Marcia Angell, Editor NJM over 20 years:

‘It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of the New England Journal of Medicine’”