



# The Flu Vaccine

## A 2018 Update

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Instead of writing 3 articles like the 2015 series, I will update you with three 2018 Cochrane Database Reviews. “Vaccines for preventing influenza in healthy children” Feb 2018, PMID29388195, “Vaccines for preventing influenza in healthy adults” Feb 2018, PMID29388196, and “Vaccines for preventing influenza in the elderly” Feb 2018, PMID29388197. Cochrane does international reviews of most all medical subjects and, as you can tell, these update the reviews we used previously.

Starting with ages from infants to 2 years, there were “very few” evaluable trials, so extrapolating back to the old data, please do not use the flu vaccine before age 3. Please note that American “authorities” recommend vaccination as early as 6 months, defying legitimate science and favoring trials that are excluded from review due to bias. If you insist on getting the flu vaccine for this population, demand thimerosal free vaccines. This recommendation holds for anyone at any age.

Before we go on further, the live attenuated vaccines (nasal spray) recommended from age 2-49 in America have at least a conceptual concern for a variety of reasons thusly I am excluding from my discussion. From here on out I am only discussing the thimerosal-free injectable vaccine.

One further note: every trial discusses research for rates of illness for that one year, and only indicate when the vaccine matches the circulating strain of virus accurately that year. Science also indicates that if you follow the recommendations to get the yearly vaccine, each yearly response is lower and lower with each year you get vaccinated. This combined with “immunosenescence” (means your immune system ain’t what it used to be) means the entire immunology of flu vaccination is being rethought and certainly won’t be what it is today.

Moving to children aged 2-16, in one particular study of 1628 children, the flu shot reduced the flu rate from 30% to 11%! In another study of 19,044 children Influenza-Like Illness (ILI - based on clinical suspicion and not serological diagnosis) was reduced from 28% to 20%.

I think this gets to the heart of the concern with any vaccine, is yes it can prevent the illness intended, but you will always see a rise in other respiratory illnesses, as during the vaccination period your immune system will be compromised against other

infections. This is why so many people think the flu shot gives them the flu. It does not, but for possibly a two-week period your immune system will be compromised against other infections. You know how susceptible you are to infections once you have already had one?

Furthermore, the entire reason for getting a vaccine is not to prevent that illness, but to prevent complications from the disease we are intended to prevent. The only evaluable complication, otitis media, or ear infection, occurred at the same rate in the vaccinated versus the unvaccinated. There has never been a decrease in the rate of hospitalization or severe complications in this age group. Adverse Event data is woefully missing from the research. Thusly, I do not recommend the flu vaccine for this age group, as you have unknown, but potentially severe risks, with no reduction in complicated disease.

Discussing healthy adults is easier. The flu vaccine decreases the rate of flu from 2% to 1% with absolutely no evidence of preventing complications. Recommending vaccines with no evidence of benefit is just accepted in our country.

Vaccinating the elderly, even with the high dose Fluzone, may decrease ILI from 6% to 3.5%. No change in mortality and little data in hospitalization. In one study 3/522 vaccinated died and 1/177 nonvaccinated died, meaning the exact same rate. Furthermore, the high mortality rate used to sell the vaccine does not occur in Westernized countries, part of the game being played to sell the vaccine. If you vaccinate, you're not saving yourself or others!

My emphasis for everyone is that flu prevention actually occurs through stress management, heathy exercise, and a Paleo diet. Nutritional supplementation with the Basic Nutritional Protocol and probiotics makes the most sense. If you start to get the flu, start the Acute Viral Protocol, and understand that the pocket of energy and information that is this virus is meant to educate your immune system to be stronger in the future. The wholesale sale of fear consumes our society leading to irrational approaches, like the flu shot. That is what science tells you.

Your Journey to Health and Healing,  
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