



Can the Vaccinated Spread Viruses?



Washington, D.C., February 2, 2015, GlobeNewswire: Are unvaccinated children to blame for measles outbreak?

SCIENTIFIC EVIDENCE DEMONSTRATES that individuals vaccinated with live virus vaccines such as MMR (measles, mumps, and rubella), rotavirus, chickenpox, shingles, and influenza can shed the virus for many weeks or months afterwards and infect the vaccinated and unvaccinated alike.¹⁻¹⁰

Furthermore, vaccine recipients can carry diseases in the back of their throats and infect others while displaying no symptoms of a disease.¹¹⁻¹³

“Numerous scientific studies indicate that children who receive a live virus vaccination can shed the disease and infect others for weeks or even months afterwards. Thus, parents who vaccinate their children can indeed put others at risk,” explains Leslie Manookian, documentary filmmaker and activist. Manookian’s award-winning documentary *The Greater Good* aims to open a dialog about vaccine safety.

Both unvaccinated and vaccinated individuals are at risk from exposure to those recently vaccinated. Vaccine failure is widespread; vaccine-induced immunity is not permanent, and recent outbreaks of diseases such as whooping cough, mumps, and measles have occurred in fully vaccinated populations.^{14,15} Flu vaccine recipients become more susceptible to future infection after repeated vaccination.^{16,17}

“Health officials should require a two-week quarantine of all children and adults who receive vaccinations,” says Sally Fallon Morell, president of the Weston A. Price Foundation. “This is the minimum amount of time required to prevent transmission of infectious diseases to the rest of the population, including individuals who have been previously vaccinated.”

“Vaccine failure and failure to acknowledge that live virus vaccines can spread disease have resulted in an

increase in outbreaks of infectious disease in both vaccinated and unvaccinated individuals,” says Manookian. “CDC should instruct physicians who administer vaccinations to inform their patients about the risks posed to others by those who’ve been recently vaccinated.”

According to the Weston A. Price Foundation, the best protection against infectious disease is a healthy immune system, supported by adequate vitamin A and vitamin C. Well-nourished children easily recover from infectious disease and rarely suffer complications.

The number of measles deaths declined from 7,575 in 1920 (10,000 per year in many years in the 1910s) to an average of 432 each year from 1958-1962.¹⁸ The vaccine was introduced in 1963. Between 2005 and 2014, there have been no deaths from measles in the U.S. and 108 deaths from the MMR vaccine.¹⁹ Δ

THE WESTON A. PRICE FOUNDATION is a 501(c)(3) nutrition education foundation with the mission of disseminating accurate, science-based information on diet and health. Named after nutrition pioneer Weston A. Price, D.D.S., author of *Nutrition and Physical Degeneration*, the Washington, DC-based foundation publishes a quarterly journal for its 15,000 members, supports 600 local chapters worldwide, and hosts a yearly international conference. For more information: (202) 363-4394, <http://westonaprice.org>, info@westonaprice.org. For original press release see: <http://westonaprice.org/press/studies-show-that-vaccinated-individuals-spread-disease/>.

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“Well-nourished children easily recover from infectious disease and rarely suffer complications.”

Healthy Food for Food Banks

Ruthi Solari, a clinical nutritionist and founder of SuperFood Drive, which is a non-profit organization, wants to debunk several myths that are commonly associated with food drives and food banks. The mission of SuperFood Drive is to help hunger relief organizations provide healthy food and nutrition education, not only to feed those in need, but also to improve the health of the 50 million Americans struggling to keep food on their tables.

Myth #1: Healthy food is expensive. Solari points out that is a misconception that nutritious food is more expensive than less healthy food—this is not often the case. For example, one can purchase 10 pouches of processed, flavored instant oatmeal for an average price of \$2.99, or a canister of rolled oats (less processed, more nutritious) that provides 30 servings for a mere 30 cents more at \$3.29. Canned fruits packed in heavy syrup (less healthy), and fruit packed in its own juice (more healthy) cost about the same. This list goes on.

Myth #2: Those in need are homeless, jobless, and gaunt. The typical clientele of most food banks are those working at least one job yet still struggling to keep food on the table. Also, most clients are actually opposite from gaunt, they are obese. There is an increasing correlation between hunger and obesity. When people find themselves in line at the community food

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pantry, the food typically packed for them is loaded with sugar, unhealthy fats, and salt, but low in the nutrients they need to live a healthy life.

Myth #3: Those in need don't want healthy food. On the contrary, food bank recipients want to be able to give their families food that will nourish. SuperFood Drive recently received an email from a woman who called her local food bank for emergency food and got a box full of cookies, ice cream, crackers and soup high in sodium! Those who depend on food banks and pantries for help are more than twice as likely to be obese and be obese and have type II diabetes, heart disease, high blood pressure, and other conditions that can be either made worse or improved depending upon their diet. If the only food they access is low nutrient and high calorie, their health will only decline.

Solari is inspired by the concept that food is medicine, and she founded SuperFood Drive to help ensure that nutrient-dense foods are accessible to all individuals, regardless of income level. She is not only a Clinical Nutritionist but also has a Masters degree in Mind Body Medicine and Integrative Health Care Systems. Most recently, she worked for San Diego's Public Health Department as a nutrition program specialist to develop and implement the county's first SNAP-Ed (food stamps) nutrition education program. For more see <http://superfooddrive.org>.

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To Get a Flu Vaccine or Not?

"Earlier this year, scientists reviewed all the studies comparing outcomes in healthy adults and pregnant women who had flu shots with those who had received a placebo or no intervention. This comprehensive review, involving 90 studies and more than 9 million people, concluded that the vaccine has a 'very modest effect' in reducing flu symptoms and sick days—and no effect at all on preventing hospitalization or serious adverse events.

"For people over age 65, the available evidence was of such poor quality that the researchers couldn't determine if the vaccine was protective or not. For children, the evidence was somewhat stronger, except for the very young—just one study supported its use in children under age two."

Source: Julian Whitaker, M.D., in "Flu and Colds: Prevention and Treatment," *Health & Healing* newsletter, Vol. 24, No. 12, 2014, <http://drwhitaker.com>.

