

DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

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Flu Shot Doing Poor Job-By David Christopher MH

This is the Associated Press headline dated February 22, 2013, out of Atlanta Georgia, where the headquarters for the CDC (Center for Disease Control) is located. In the article it points out that the flu vaccine has a dismal 27% effectiveness for older people, or in reality a rate of 73% ineffectiveness. We also should point out that the 27% claim of effectiveness is hard to prove. These people may have never come in contact with the virus. In reality without proof of contact they should not claim any effectiveness. One should also ponder the 73% who came down with the flu. Did they come in contact with the disease or did they get it from the vaccine?



I personally believe that you should expose a healthy person to a small amount of the disease to alert the immune system. But to shoot the disease into a junk food eating, immune impaired, unhealthy society is criminal.

What the taxpayer funded CDC should be doing with our precious funds is teaching people how to be healthy, developing strong immunity so they are not subject to every little cold and flu virus which seem to be

ubiquitous. Perhaps if they did proper research they would discover what Israeli scientists discovered in 1992. They discovered that Elderberry extract was 90% effective in eliminating flu symptoms in three days.

I know the dangers of vaccines, the nerve damage that the aluminum or mercury preservatives can cause, the auto immune diseases triggered by foreign proteins in the serum, and the contaminant animal diseases inherent in vaccines which trigger horrible diseases like Lyme's.

What the government should do is stop protecting the irresponsible actions of the giant pharmaceuticals and encourage everyone to learn how to protect themselves and their families.

I suggest that everyone should enroll in the School of Natural Healing and at least take The Family Herbalist course which teaches the basic skills of healing. This course has saved lives and restored health to thousands. And if nothing else, if everyone applied its' principles then expensive medical procedures would become obsolete and the national debt could be retired.

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