

Alternatives to vaccination

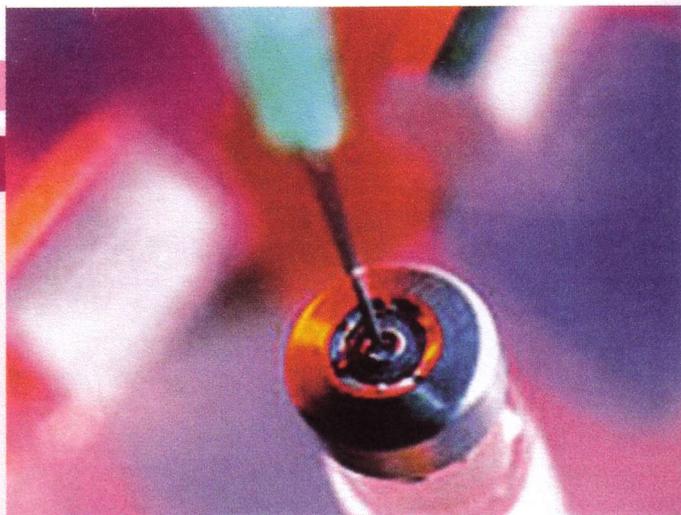
One of the most important decisions you will ever have to make as a parent is whether or not to immunise your child. Usually your doctor will tell you that there is no alternative to vaccination, but there are many other ways to boost immunity or indeed to treat the diseases for which children are vaccinated.

For disease prevention:

- ◆ **Breastfeeding** is the best protection you can provide for your child. Continue for at least 12 months or longer if possible. Breastfeeding can help prevent infections and the complications of childhood illness.
- ◆ **Feed him well.** Organic unprocessed whole foods are essential to building a healthy immune system. Avoid processed foods like white flour, plus colourings and additives.
- ◆ **Nosodes** are the homeopathic equivalent to vaccines (refer to the **WDDTY Vaccination Bible** for specifics). Designed to protect against most childhood diseases, nosodes were traditionally used before widespread vaccination was introduced. In one large-scale trial of more than 18,000 children, all were successfully protected against meningitis without a single side effect (FX Eizayaga, *Treatis on Homoeopathic Medicine*, Bueno Aires: Ediciones Marcel, 1991).
- ◆ **Supplements may help.** Ensure children have a diet rich in selenium, zinc, vitamin C, vitamin E and potassium, plus give your child only high-quality supplements of vitamins and minerals.
- ◆ **Exercise.** Regular exercise and fresh air can help boost immune function and make for a healthier child.

If your child gets a childhood disease, give him:

- ◆ **Vitamin A**, during acute states of infection. Giving vitamin A to children with measles can lessen complications or the chance of dying (Cochrane Database Syst Rev, 2005 Oct 19: CD001479). Good for treating all communicable illnesses. **Dosage:** 1-3 years 2000-4000 IU; 4-5 years 2500-5000 IU; 5-12 years 5000-10,000 IU; 13-17 years 15,000-30,000 IU. *Only give high doses for a short course and, ideally, under medical supervision.*
- ◆ **Vitamin C.** Blood and urinary levels of vitamin C drop in children during infectious disease (Przegl Epidemiol; 1965; 19: 175-6). Used against a variety of childhood infections and given in high doses (1g given hourly in powdered, buffered form in school-age children; 1-2g injected in case of



complications), it can dramatically shorten duration of infection (South Med Surg, 1949; 111: 209-14). Cut dosage dramatically for infants and very young children. Rosehip tea is also a great source of vitamin C. Mix with a tiny amount of maple syrup.

- ◆ **Echinacea** stimulates the immune system by increasing the ability of white blood cells to overpower invading organisms (Phytother Res. 2005;19:689-94). **Dosage:** 0-8 months 2 ml/day; up to 3 yrs 5 ml/day; post 3 yrs, 5 ml twice/day.
- ◆ **Thuja**, with other remedies such as Echinacea, can boost the immune system of mice (Arzneimittelforschung. 2004; 54: 114-8). Although this may not apply to humans, anecdotal evidence shows it helps with fever and irritability. **Dosage:** 30c/day for all ages.

Other possibilities:

- ◆ **Pau d'arco**, from the South American Lapacho or Pau d'Arco tree, has strong anti-inflammatory properties, helps boost immune function and can be taken as a tea infusion with chamomile or fruit tea for young children (Sidahora, 1995; Winter: 40-1).
- ◆ **Garlic**, a natural antibiotic, with both anti-fungal and anti-viral properties, helps to build the immune system (J Nutr. 2001; 131:955S-62S).
- ◆ **Goldenseal**, a natural antibiotic, soothes inflamed or infected mucous membranes. **Dosage:** 0-8 months 2 ml/day; up to 3 years 5 ml/day; post 3 years 5 ml twice/day.
- ◆ **Try homeopathy.** Preparations exist for all the major childhood diseases. Homeopaths have reported that giving Belladonna to a child with meningitis on the way to hospital can overcome the worst of the infection before the child arrives. *But consult a professional homoeopath throughout the illness.*
- ◆ **Other herbs** for the specific illnesses. Try an infusion of mouse ear, thyme, sundew and coltsfoot for whooping cough. One cup three times a day.
- ◆ **Read *The WDDTY Vaccination Bible*** (buy online at www.wddty.co.uk or phone: 0870 444 9886).