



In This Issue

- Special Edition: Flu Shots ~
What you need to know

Links

www.utaharts.org
connecting you to art

www.timwilsonglassart.com
View the Co-founder Tim Wilson's art

www.usautism.org
US Autism & Aspergers Association

Upcoming Events in Utah

www.carmenbpingree.com
*November 7th-8th 8:30-2:30 Pingree
school Fall Parent Conference Contact
Marin at (801) 581-0194*

www.autismaccess.com
*Nov. 9th & 10th Spotlight on Autism
Conference @ Larry H. Miller Salt Lake
Community College Campus
9750 South 300 West, Sandy*

www.marblesformiracles.org
*Nov. 17th Location TBA
2nd Annual Royal Food Fight Fundraiser*

Contact Us

<http://www.marblesformiracles.org>
brooke1@marblesformiracles.org
tim1@marblesformiracles.org

Topics for Upcoming Newsletters

*Diet change the first steps
Services you are entitled to
Alternative therapies
Education options
Stress relief for parents

To Flu shot or Not to Flu Shot

The Centers for Disease Control and Prevention (CDC) has warned against pregnant women and young children consuming fish containing high levels of mercury because of the possible effects including neurological problems in children. Yet the CDC now recommends that this same population, pregnant women and young children (ages 6 to 59 months) get flu shots.

Despite what you may have heard, many flu shots still contain mercury in the form of the preservative thimerosal. In fact, some flu shots contain more mercury than the EPA recommended as a safe level for seafood. As I researched this topic to produce this newsletter I was dumbfounded by the statements found on the actual package inserts of the various products available for the 2007-2008 flu season.

“It is not known whether FluMist can cause fetal harm when administered to a pregnant woman or can affect reproduction capacity. FluMist should be given to a pregnant woman only if clearly needed.”
From the package insert dated September 2007 of FluMist.

“The majority of influenza vaccine distributed in the United States contains thimerosal, a mercury-containing compound, as a preservative. Thimerosal has been used in U.S. vaccines since the 1930s. No scientifically conclusive evidence exists of harm from exposure to thimerosal preservative-containing vaccine.” From the package insert of Fluvirin dated July 2007. In the same insert they state, “immunization should be delayed in persons with an active neurological disorder characterized by changing neurological findings, but should be considered when the disease process has been stabilized. The occurrence of any neurological symptoms or signs following administration of any vaccines is a contraindication to further use.”

All package inserts for the products available this 2007-2008 flu season can be found on the U.S. Food and Drug Administration website. Please visit <http://www.fda.gov/cber/flu/flu2007.htm> for access to each of the products complete insert.

Many are aware of thimerosal and the history it has within the U.S. and the vaccines distributed here. Here is a brief history that is sometimes unknown. In 1982 an expert panel at the Food and Drug Administration (FDA) reviewed thimerosal and found that it was toxic,

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GFCF, SCD, LOD Which diet does your child need.
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Floortime
Hyperbaric Oxygen Treatments
*Coping with OCD
*Setting a routine in place to benefit child and family
IEP process
GI issues the minds connection
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*Sibling Issues
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Total load theory
Epson Salts

*Covered in past issues

caused cell death and called for its removal in over the counter products. Yet it wasn't until 2001 that the Institute of Medicine, in reviewing the use of thimerosal in vaccines, recommended that "government agencies give full consideration to removing thimerosal from all vaccines administered to infants, children and pregnant women." It has until this point only been "**recommended**" not mandated or required that thimerosal be removed from all vaccines. Scientific studies have documented that the mercury used in vaccines enters into the brain and can interrupt critical stages of brain development.

Please weigh the evidence carefully. Decide if you consider the influenza virus a threat to your family. You can request thimerosal-free vaccines from your healthcare provider. Contact your provider in advance to ask specifically which brand of vaccine the office ordered and in which formulation.

It is recommended that you do not combine the flu vaccine with other vaccines. This should be the case with all vaccinations; it is hard to pinpoint the cause when there is more than one possible culprit.

The following products are available for the 2007-2008 influenza season. Make sure any vaccine you receive is the mercury-free or reduced mercury version:

- Fluarix GlaxoSmithKline (contains thimerosal in early stages but is then reduced so that only trace amounts remain)
- Flulaval ID Biomedical Corporation of Quebec (Contains 25 mcg of mercury)
- Fluvirin Novartis Vaccines (contains 25 mcg of mercury)
- Fluzone Sanofi Pasteur - *request mercury-free version
Fluzone 5 ml vial (contains 25 mcg of mercury)
Fluzone prefilled syringe (contains no mercury)

Simple techniques such as avoiding those with flu like symptoms and good hand washing practices can prevent many cases of the flu.

***Disclaimer:** Marbles for Miracles does not lobby or promote immunizing or not immunizing infants, children, pregnant women or adults. Our goal is to provide you with as much information as possible, so that you can make an informed decision.*

References: The food and drug administration website <http://www.fda.gov/cber/flu/flu2007.htm> and Safe Minds Alert: What you need to know about flu shots.