

## **THE TOXIC LEGACY, How are our children doing in today's world?**

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At the dawning of the new millennium we must ask ourselves if the way in which our thinking has evolved over the past few hundred years has been serving us well? Will it continue to serve us well as we look forward to our continued evolution and success in the next few hundred years? There is much to be thankful for and to celebrate about the achievements that man has made. To only focus on the positive aspects and not to look at the darker side of our actions will ultimately lead to an imbalance and promote a dangerous set of delusions that will not serve our children well. as it is they who will ultimately have to live with the consequences.

We must look at the state of the Earth, our home and the state of the life support systems she provides: the atmosphere, the rivers, forests, oceans and the fellow creatures with whom we share our home. The evidence that we are faced with, when looked at honestly, without censorship, shows that we are in dangerous territory. The contamination of most of the earth's remaining support systems by toxins as a result of our economic worldview (headlong pursuit of growth at all costs) have created an impoverished terrain that is in need of a major overhaul.

We are often told that our children are like the canaries in the coal mine, more sensitive to mental, emotional and physical, influences during their time of rapid growth and development. By many measures today our children are not doing well. What then are some of the effects of our coal mine?

- It has been said that 1 child in 6 in the US has a neuro-developmental disorder!
- Between 1993 and 2006 there was an average increase in autism of 1700% across the US
- \$81.167 billion dollars is the annual cost to society of neuro-developmental disorders in the US ( Env Health perspectives Suppl Dec 2001)
- 70% of kids aged 12-13 years have the beginning stages of hardening of the arteries .(Bogulusa heart study)
- Cancer kills more children than any other disease ( Children's Env health network and gale encyclopedia of children and adolescents 1993)
- 7% of school age children have ADHD ( CDC)
- 8 million children have asthma, up 232%in the last 40 years.(CDC)
- 1 million children born after 2000 will have type 2 diabetes (American diabetic association)
- 17% of school age US kids have a disability that effects their ability to learn.
- In the UK 1 boy in 54 has ASD ( Special needs autism project south London)
- In the USA it is 1 in 89 boys and 1 in 267 girls.

Also dramatically increasing in incidence in our children in the last few years are the number of children who suffer from asthma, food and environmental allergies, diabetes, auto-immune disease and cancer.

**WHY IS THIS?**

**INNER ENVIRONMENT**

The incidence of Autism, a developmental problem of children that effects the Gut, immune, neurological and detoxification systems, exploded in the 1990s. There are many doctors and researchers who attribute this to the increase in the number of vaccines that children received, with mercury, aluminium, and other toxic chemicals contained within them.

The Vaccine schedule that children are recommended to have has dramatically increased in recent years , in fact infants have never been exposed to so many toxins so early in their development at any period in human evolution. Many researchers assert that it is just too much.

2003 40 vaccines  
2004 53 vaccines  
2005 58 vaccines  
2006 63 vaccines  
2007 68 vaccines

## INFANTS ARE NOT MINIATURE ADULTS

Another idea that is rarely talked about is the size of an infant and the maturity of its detoxification systems in comparison to the toxicity of a vaccine. Dr Boyd Haley, a renowned mercury toxicity researcher states, "A single vaccine given to a 6 pound newborn is the same as giving a 180-lb adult 30 vaccines on the same day." This only compares dose. When the relative immaturity of an infants detoxification system is taken into account we can see the picture may be far worse. Another vaccine critic, Dr Tim O'Shea states, "Treating the infant circulatory system like any other market, cavalierly applying sky's-the-limit corporate positioning principles, no one is asking the most fundamental question: 'How many can they take?'"

In the 1990s American children received 237 micrograms (mcg) of mercury through vaccines alone, which far exceeds current EPA 'safe' levels of 0.1 mcg/kg. per day. This does not address the other toxic elements found in vaccines which may have the ability to act synergistically to increase toxicity of individual amounts. There is no safety testing done of this brew. Three days in particular may be singled out as spectacularly toxic to children receiving vaccines in the 1990s.

Day of birth: hepatitis B - 12 mcg mercury	30x safe level
At 4 months: DTaP and HiB on same day - 50 mcg	60x safe level
At 6 months: Hep B, Polio - 62.5 mcg mercury	78x safe level
Then at 15 months the child received another 50 mcg,	41x safe level.

These figures are calculated for an infant's average weight in kilograms for each age. (Nathan)  
These one-day blasts of mercury are called "bolus doses." (Halsey) Although they far exceed 'safe' levels, there has never been any research conducted on the toxicity of such bolus doses of mercury given to infants all these years. (Hepatitis Control Report, 1999) This video on you tube, from researchers at the University of Calgary show the effects of mercury on brain cells.

<http://www.youtube.com/watch?v=GDnfwlwd0wI&search=toxic%20mercury>

What other chemicals are in vaccines? Can they be a cause for concern? Many think so and in fact a heated debate is currently underway between health agency officials and parents of vaccine damaged children.

<http://www.youtube.com/watch?v=k0hxJXy0x3w>

These web sites are a good source of information on this controversy. ([www.safeminds.org](http://www.safeminds.org)), ([www.generationrescue.org](http://www.generationrescue.org))

Although much mercury is now removed from vaccines they still contain trace amounts and booster doses of many shots for older children still contain large amounts of mercury. Large amounts of aluminum, which many believe to be toxic, still remain. Most Flu shots contain a high dose of mercury (25 mcg) and one must specifically ask for thimerosal (mercury)free versions. These Flu shots are still being advised for pregnant women, infants and young children even with the full amount of mercury!

Vaccines also contain other toxic agents such as , formaldehyde, polyethelene glycol, MSG, DNA and RNA fragments from non human species.

Recent studies have shown that as thimerosal has been removed from vaccines the numbers of children with autism are still increasing. Many assert that this proves the mercury is not responsible. Others reply that they still contain aluminum and mother toxins present and the Flu shot is still being heavily promoted for pregnant women and young children. (Most supplies of Flu vaccine still contain 25mcg of mercury per dose). There are also economic factors to consider as many educational support services are given to children given a diagnosis, there may thus be some incentive by schools and parents to have a diagnosis as the provision of services for these children has increased in recent years. It is important to remember in this whole debate a statement made by Lars Friberg, adviser to the WHO on mercury toxicity, " There is NO safe level of mercury, no one has shown a safe level!"

## OUTER ENVIRONMENT

In San Francisco, one study showed that the air pollutants in the San Francisco bay area increased the number of Autism spectrum disorder (ASD) students. The risk of autism was seen to increase by up to 50 times when there was exposure to 19 common industrial chemicals including, chlorinated solvents, heavy metals, mercury, cadmium, nickel, trichloroethylene, and vinyl chloride. The risk from heavy metals was found to be twice that from solvents. The risk of autism increased with pollutants and solvents in the air in the towns in which children were born. The economic growth in China since 1996 has increased dramatically the number of pollutants put into the atmosphere which is blown by trade winds over the Pacific to the west coast of the USA. Add to all of this the remains in our environment, of the post industrial 'better living through chemistry' ideology and we have the following pervading much of our environment; Persistent organic chemicals (POPs), pesticides, herbicides, Bisphenol A and phthalates (from plastics). The recent increase in EMF pollution from cell phones and wi-fi are of concern to many. We must honestly reflect that we have created quite a brew! The EPA has expressed its concerns,

“ The developing nervous system of the fetus may be more vulnerable to methylmercury and other toxins than the adult nervous system”.

The following was reported in 2002,

In harm's way: toxic threats to child development.

J Dev Behav Pediatr. 2002 Feb;23(1 Suppl):S13-22

The developing brain is uniquely susceptible to permanent impairment by exposure to environmental substances during time windows of vulnerability. Lead, mercury, and polychlorinated biphenyls (PCBs) have been extensively studied and found to impair development at levels of exposure currently experienced by significant portions of the general population. High-dose exposures to each of these chemicals cause catastrophic developmental effects. More recent research has revealed toxicity at progressively lower exposures, illustrating a "declining threshold of harm" commonly observed with improved understanding of developmental toxicants. **For lead, mercury, and PCBs, recent studies reveal that background-population exposures contribute to a wide variety of problems, including impairments in attention, memory, learning, social behavior, and IQ.** Unfortunately, for most chemicals there is little data with which to evaluate potential risks to neurodevelopment. Among the 3000 chemicals produced in highest volume (over 1 million lbs/yr), only 12 have been adequately tested for their effects on the developing brain. This is a matter of concern because the fetus and child are exposed to untold numbers, quantities, and combinations of substances whose safety has not been established.

PMID: 11875286 [PubMed - indexed for MEDLINE]

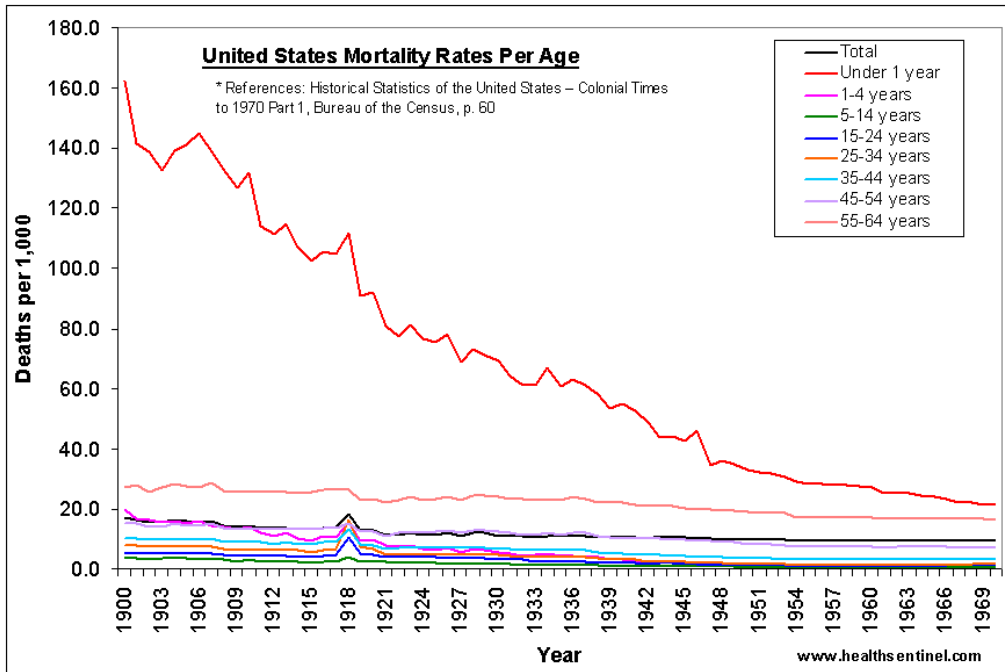
#### Some facts about children with ASD.

- They have poor detoxification systems and are unable to excrete heavy metals such as mercury effectively.
- Heavy metal toxicity causes neurological, immunological, gastrointestinal and psychiatric abnormalities.
- When many undergo a detoxification regime and remove mercury and other heavy metals from their bodies they become less affected and many can begin the journey to recovery.

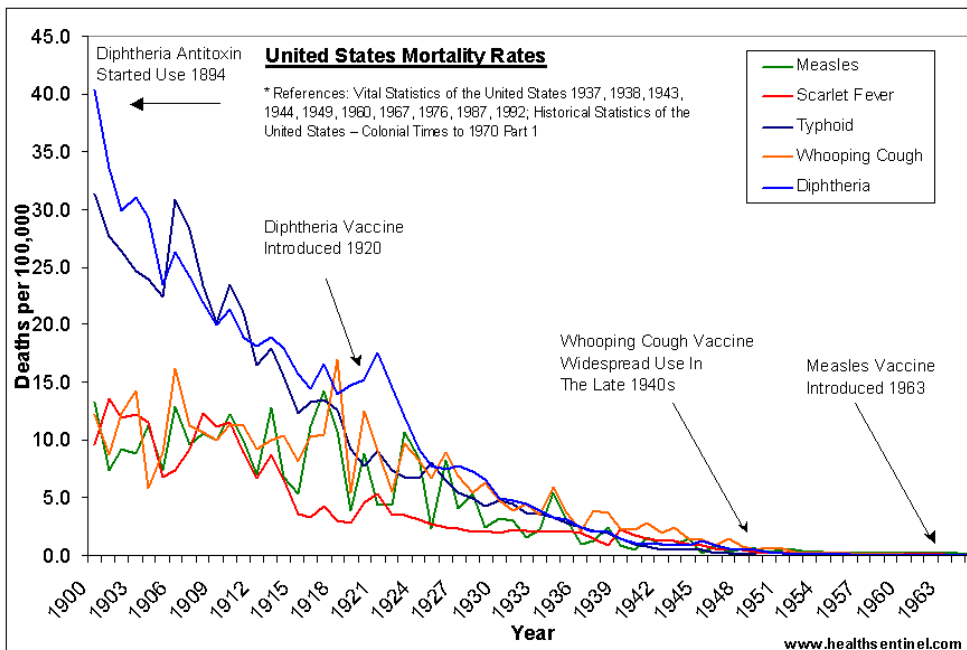
[www.recoveryvideos.com](http://www.recoveryvideos.com), [www.tacanow.org](http://www.tacanow.org))

Much evidence also points to the fact that vaccines have taken the credit for what was actually great improvements in water purification and supply methods developed in the early 1900s. The improved nutrition that most of us are now beneficiaries of is also a factor when compared with the early parts of the last century when fresh food was often a luxury. Another factor was the increased awareness of sanitary practices and less crowded living conditions. Pro vaccine advocates are always reciting the mantra that 'Immunizations are the greatest public health success story' This is actually an unsubstantiated claim and takes the credit for the above mentioned improvements. The facts show that there was a 90% drop in the annual death rates from many infectious diseases prior to any vaccines becoming available,

Graphs to show disease incidence going down.



This graph shows the decline in mortality for all age groups. The most striking decline in mortality is in the under 1 year old age



The safety of most vaccines has not been studied for longer than 6 months beyond the date of the last dose! There has not been any studies that look for carcinogenicity, mutagenicity or genotoxicity. (Ability to alter the genetic material of the host and future generations).

Some web sites to look up the vaccine safety issue,

[www.autism.com](http://www.autism.com)

[http://www.generationrescue.org/pdf/second\\_opinion.pdf](http://www.generationrescue.org/pdf/second_opinion.pdf)

[www.safeminds.org](http://www.safeminds.org)

### Books

What your doctor may not tell you about children's vaccinations -Stephanie Cave MD.

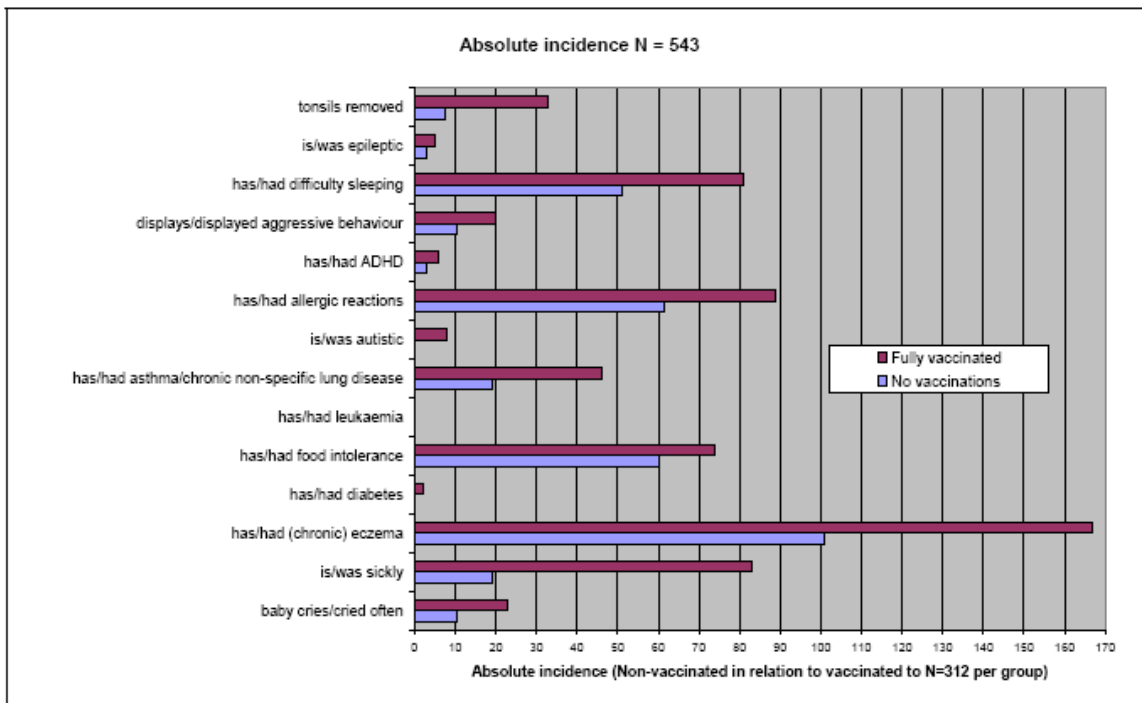
A Shot in the dark- Harris Coulter

The vaccine guide -Randall Neustaeder

Many parents have called on the CDC to do a vaccinated vs unvaccinated study as the definitive proof of the problems associated with vaccines. Thus far they have refused to do such a study. However other countries have done some studies and the results are striking in that they overwhelmingly show that unvaccinated kids are healthier than vaccinated kids.

See below.

<http://www.vaccination.inoz.com/Vacc%20vs%20unvacc%20results%20survey.pdf>



Perhaps one of the questions that we must ask ourselves as a society is the following, ' Are we trading (the fear of ) short term childhood diseases for ( the reality of) long term chronic disease? Is this trade off societally or medically cost effective? Perhaps a week in bed with the measles or chickenpox is a better option than a lifetime of autism or asthma or other chronic condition!

## WHAT CAN WE DO?

How can we protect our babies and young children from this onslaught of inner and outer pollution? Obviously the ideal is to prevent exposure but we all live in the modern world and breathe the polluted air, things are less than perfect. We must try to anticipate and minimize any damage.

Reduce environmental exposure of fetus to mercury and other toxins from,

- Mothers dental amalgams.
- Fluoride in toothpaste
- Excess fish consumption
- Rhogam in pregnancy
- Environmental exposure (POPs, pesticide sprayings, plastics)
- Pharmaceuticals. (except severe life threatening conditions)
- Illness,
- Vaccines.
- Use natural products. For cleaning and cosmetics
- Avoid Chlorine.
- Filter air in bedrooms (Houseplants can help detoxify the air )
- Do not heat in plastic containers.
- Avoid flame retardant materials in mattresses and furniture.
- Organic whole food diet.
- Reduce exposure to artificially colored, flavored and sweetened foods,

If, after thoroughly investigating the issue and educating yourself on all sides of the vaccine debate, you choose to selectively vaccinate or decline to vaccinate your child, you will want to create the best health for your child. Feeding them fresh organic produce and reducing their exposure to chemicals and toxins will go a long way to achieving this goal. If there are illnesses and acute situations that occur you should be aware of a natural health care practitioner who has experience and knowledge of natural strategies to help your child through any illnesses with minimal complications. You would do well to refresh yourself on some of the many natural health web sites that exist to guide parents through the best techniques to support your child through illness. Many ancient healing arts have nurtured children for centuries through childhood. Developing strong resilient immune systems in the process. Herbs and Homeopathic remedies are gentle and effective and often to help minimize the discomfort felt when building immunity and help to speed recovery.

“ A fearsome battle is lining up today in our brave new world. It’s as though we’re being forced to draw the line to a new threat- an assault on the blood of our children. This is not just a figure of speech. New vaccines are being invented every year, all with the same hope- to be included in the mandated national immunization schedule. It’s very big money. Today we are up to 68 vaccines mandated for use before use before the child is 18 years old. Our infant mortality rate and health of our children are appalling.

Declining health among schoolchildren is obvious. Ritalin, Prozac, antidepressants and inhalers are rampant in our, schools. Despite the highest intake of antibiotics and vaccines of any group of children in history, our kids are fatter, dumber and sicker than ever before”

Tim O’Shea The sanctity of human blood.