

"A valuable, science-supported guide
to optimizing your child's health."

— MARTHA HERBERT, M.D., Ph.D.,
assistant professor of neurology,
Harvard Medical School

The Vaccine- Friendly Plan

Dr. Paul's Safe and Effective Approach to Immunity and Health—
from Pregnancy Through Your Child's Teen Years



Paul Thomas, M.D., and Jennifer Margulis, Ph.D.

Paul Thomas M.D.

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An accessible and reassuring information to childhood health and immunity from a pediatrician who have' Predicated on the results from his pediatric practice of more than eleven thousand children, in addition to data from additional credible and scientifically minded medical doctors, Dr.s risk factors, health history, and issues In The Vaccine-Friendly Program, Paul Thomas, M.—, presents his proven approach to building immunity: a fresh protocol that limits a kid's exposure to aluminium, mercury, and other neurotoxins even though building overall good health.s both knowledgeable about the latest scientific research and respectful of a family' Paul', FAAP "" vital information about what to anticipate at every well kid visit from birth through adolescence • a slower, evidence-based vaccine routine that calls for only one aluminum-containing shot at the same time •, founder and CEO, The Rimland Middle for Integrative Pediatrics"s first couple of weeks, initial years, and beyond • advice about how exactly to talk to healthcare providers if you have problems • the risks associated with opting out of vaccinations • a practical method of common illnesses throughout the college years •A valuable, science-supported information to optimizing your child'Jay Gordon, M.— If you choose only 1 book to learn on the topic, go through The Vaccine-Friendly Strategy.such as food choices and the timing of vaccines—s seat and empowers you to make conscientious vaccine decisions for your loved ones.Mothering Magazine Finally, a book about vaccines that respects parents!Sure to charm to readers of all kinds as a friendly, no-nonsense publication that cuts through the rhetoric surrounding vaccines.Mara, editor and publisher, " recommendations for a wholesome pregnancy and childbirth •Peggy O'an idea to optimize a kid' This is a great reserve for anybody with children within their lives."—Normal Mother " simple guidelines for healthful eating and toxin-free of charge living at any age The Vaccine-Friendly Plan presents a fresh standard for pediatric care, giving parents reassurance in raising happy, healthful children.s health while you navigate through complex options in a toxic, challenging world., bestselling writer of The Dance of Anger and The Mother DanceD.Martha Herbert, M.D.Elizabeth Mumper, M.D., Harvard Medical School "An impressively researched guidebook, this important book is vital reading for parents. With obvious and practical tips for shielding children from harmful toxins, it will compel people to think in different ways about how to protect health."—Compliment for The Vaccine-Friendly Strategy"D.s vaccine-friendly protocol gives readers •Rather than one-size-fits-most vaccine strategy, the authors suggest thoughtful, individualized decisions predicated on analysis and collaboration between parents and clinicians— It provides validation to those that avoid some or all, and will be offering those who do need to vaccinate help on how to do so properly.s immune system and minimize any dangers."—, Ph.D. important questions to ask about your child'This well-written and thought-provoking book will encourage parents to think through decisions— This impeccably researched, well-balanced publication puts you in the driver'that affect the well-being of their children. In a world where children's immune systems are increasingly challenged, that is a timely addition to the literature."—Harriet Lerner, Ph.D."



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The statistics speak for themselves: The Appendix E of this book really lets you know all you need to learn: A team of researchers have been reviewing and tabulating the health outcomes 2,230 children over age two and under age seven who were patients at my clinic, Integrative Pediatrics, from June 2008 (which is when my clinic first opened) to February 2015. We are along the way of compiling this data for a retrospective research authorized by Western Institutional Review Board. We are examining incidence of autism, developmental delays, hospitalization, infectious diseases, and sick appointments. The following data is usually preliminary but acts to answer one essential question: Will Dr Paul's Vaccine-Friendly Plan help reduce the incidence of autism? On a personal take note, I identify strongly with Dr. They did not get the birth or the newborn hepatitis B vaccine. Beginning in November of 2013 I retired from typical pediatrics to begin a fresh career in Functional Medication, becoming board accredited in Integrative Pediatrics (B. If they got the MMR and the chicken pox vaccines, it had been at or after age group three. Vaccines are not secure. Group 2: Unvaccinated: Due to parental choice, these children had zero vaccines. There have been 238 children in Group 2. Group 3: Other/Most Vaccinated: Though there is some individual variability, many kids in Group 3 were vaccinated according to CDC suggestions. There have been 894 children in Group 3. Group Total Autism/ASD Rate 1,098 0 02 238 0 03 894 15 1/60 Using the previous CDC autism price of one in fifty, we'd possess expected approximately twenty-two instances of autism in Group 1, but there have been zero autism or ASD (autism spectrum disorder) diagnoses. We would have likely to have approximately four situations of autism in Group 2, but there were zero autism or ASD diagnoses. I intend to do that for parents who question me about recommendations for how to proceed about vaccines – a question I get from many of them since changing my career over completely to an operating medicine method of chronic health issues. This data demonstrates with a higher degree of statistical significance that the Vaccine-Friendly Plan - as well as not really vaccinating at all - was associated with much less autism/ASD. A., B. This book is irresponsible and dangerous. If indeed they got the hepatitis A vaccine, it was after age two. William Davis, Dr. I. A. Margulis for this masterpiece. The procedure of education included reading over 100 books, attending functional medicine educational events and ultimately speaking at an integrative medicine conference, and networking and brainstorming with some of the leading Functional Medicine practitioners and authors in the field – such as for example Dr. C. The Vaccine-Friendly Plan may be the book I would have written easily ever found myself able and willing to take on the gargantuan task of producing such as for example work as this one. Having currently co-authored a reserve with psychologist John Rosemond (The Diseasing of America's Kids Thomas Nelson 2008), I've learned how hard it is to create a publication while practicing. David Perlmutter, and others. I am in complete awe of Dr. Thomas and Dr.) under the auspices of the American Association of Integrative Medicine (AAIM) in May, 2016. There are only a couple of places in the entire book where I'd disagree about anything, and it is without a question the finest single book I've ever read that I would give to or recommend to every parent of a child I have the privilege to work with. We would have expected to have approximately seventeen cases of autism in Group 3, and there are fifteen autism/ASD diagnoses, which mirrors the national ordinary. Patients were split into three groups as follows: Group 1: Following Dr Paul's Vaccine-Friendly Plan: These kids were either born into my practice of established care by the two month well baby visit. Thomas' explanation of how going to an autism conference changed his life. Attending the AutismOne meeting in Chicago in 2015 changed mine – undoubtedly in the same manner as Dr. Thomas describes. Observing and hearing tales of heroic parents and their kids with various forms of ASD, talking to them, hearing some of them provide talks, brought me from hesitation to defend

myself against the complexities of dealing with autism to knowing that I have to and would perform whatever it required to prepare myself in order to do therefore. This publication is a treasure for the reason that process. I cannot many thanks enough, Drs Thomas and Margolis. I use this in my practice regularly.D. It's still a common an infection, even if HIB isn't. A treasure for parents and a must-read for pediatricians As a Functional Medicine practicing pediatrician, words are inadequate to spell it out how good this book is!P. Helpful but not the very best book ever Not my favorite but it's an excellent beginner publication! After a complete of 31 years in standard pediatric practice, and another 11 years serving on the teaching faculty of a significant university pediatric teaching system, I discovered the globe of integrative medicine.C,I. Good alternate if u want to do some vaccines but not all!Bose Ravenel, M. I understand vaccines are essentially a religious beliefs in the US but lets be real. Even though many kids are good with vaccines, many of them have bad reactions, some so bad they are ill for a long time (seizures, autoimmune illnesses, etc). This book just propagates Fear and disease Very useful!, F. But for measles, mumps, pertussis - If we are so concerned about having a vaccinated inhabitants, why don't we focus on vaccinating adults? You understand almost every single vaccine a youngster or infant gets has put on off by the time they're a teenager. So most adults are not immune to these ailments any longer. I know vaccines execute a lot of good for the globe globally and also have helped millions of people. But that doesn't imply that we should utilize them without any feeling of judiciousness or that they should be forced on family members or on children that have indicators of previous or potential vaccine reactions. MUST READ! This is actually the book for the parents that are wanting to vaccinate but want custom non cookie cutter systems. The publication gave me great tips about spreading them out along with taking them back again to the 70's and 80's levels. This book is irresponsible and dangerous. After a rigorous two-year period of reading, learning, and using the functional Medicine strategy on select patients with chronic health problems, I was stunned to discover the amazing world of healing through mostly natural means.. I by no means want to observe meningitis back increasing, and I counsel my parents about the pneumococcal vaccine. Very informative!PRobinhood Integrative HealthWinston Salem, North Carolina This is an excellent book, an excellent reference, and an aid for parents. Good info, pretty middle of the street opinion! Good info, very middle of the street opinion!P. Sears doesn't have confidence in this schedule completely anymore.There have been 1,098 children in Group 1. Under no circumstances proven safe. And don't possess any real tests done. Vaccine preventable illnesses maim and destroy.. that's been proven due to the big ole lawsuit the federal government lost! Amazing absolutely eye opening...I intend to reread ...would suggest to any kind of parent or parent to be...there's way more information in this book than simply about vaccines!! Book offers useful information. This book is highly informative. Very helpful and not one sided! Very informative! Would recommend to anyone!



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