

VACCINES,  
AUTOIMMUNITY,  
and the Changing Nature of  
CHILDHOOD  
ILLNESS



THOMAS COWAN, MD

*Foreword by* Sally Fallon Morell

Dr. Thomas Cowan MD and

Vaccines, Autoimmunity, and the Changing Nature of Childhood Illness



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5 American children comes with an allergy, 1 in 11 has asthma, 1 in 13 has severe food allergies, and 1 in 36 has autism. One Doctor's ASTONISHING ANSWER to the Epidemic of Autoimmunity and Chronic Disease In the last fifty years, rates of autoimmunity and chronic disease have exploded: currently 1 in 2. While some attribute this rise to elevated awareness and diagnosis, Thomas Cowan, MD, argues for a primary causal relationship to a corresponding upsurge in the number of vaccines American children typically receive? approximately 70 vaccine doses by age eighteen. examines the role of fever, the gut, and cellular liquid in immune wellness; Dr. Cowan talks about emerging evidence that one childhood illnesses are actually protective of disease later in life; The goal of these vaccines is certainly precisely what we're right now seeing in such abundance among our chronically ill children: the provocation of immune response. argues that vaccination is an ineffective (and dangerous) try to shortcut a complex immune response; His greatest question, from the point of view of a health care provider who has years of knowledge treating countless kids is: What exactly are we actually doing to children whenever we vaccinate them? and asserts that the medical establishment provides engaged within an authoritarian argument that robs parents of informed consent.



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The book we have been looking forward to from Dr. Cowan! I've heard Dr. Most people I have tried to go over his views with dismiss any criticism of vaccines while crazy antivaxer chat. For all of his audio reasoning, decades of knowledge and extensive research upon this topic, what I appreciate most in Dr. It under no circumstances sat well with me a mother or father could observe radical setbacks in their child's health following a vaccination, report that with their doctor, and then be told, by the doctor and the community most importantly, "oh, sorry, I understand it seems like you observed a vaccine damage, but you know what? I do not have a kid with autism but I myself have a car immune disease that i have been successful at controlling through organic means, and figuring all that out on my own business lead me down a way to try and better learn how to support the health of my two boys. Dr. Cowan's previous publication "Nourishing Traditions Publication of Baby and Kid Care" gave me tools to aid my kids through illnesses in ways that nobody else offered me, and the techniques he suggests really work! I discover his arguments about vaccines and the origins of auto immune disorders and autism to be fascinating and utterly convincing. He strikes me as a truly brilliant physician who is able to share what he has learned during the period of a lifetime of practice, and we would all benefit by listening to his reasoning. Scanning this book is an excellent start. Cowan's writing is the clear, simple, and personal way he delivers the information so that I could understand it and relate with it. You're wrong, bye," and, further, that they might also be ostracized because of their conclusions, rather than supported through what is definitely an endlessly difficult ordeal. We have been upon this dangerous path for about a century now and just like the road to hell it really is paved with great intentions (or marketing speak of good intentions). Thanks so much for the publication, Dr. Should we continue to sit on our hands and hope stuff improve as our kids are getting sicker and sicker? Does an excellent job of asking questions. Cowan's book is that the united states may wipe out the majority of its inhabitants with the same diseases (Measles and Smallpox) that killed off an incredible number of Native Americans -- all because of the vaccination policy currently being followed which puts trust in the idea of herd immunity via mandatory vaccination even though vaccination will not last an eternity. This book is the sorry tale of bad and corrupt science told by way of a deeply insightful man who bravely challenges accepted wisdom and takes a second look at both faulty basic science and the medical practices it engenders. This is a short book but covers all of the basics you need to know to start to see the mess we've gotten ourselves into: in the interests of saving our children minor suffering with acute illnesses we have condemned our whole populace to a looming epidemic of lethal proportions -- by using vaccination. The book examines the how and why we experienced this state but adroitly avoids making political or accusatory statements - the doctor leaves us to attract our very own conclusions. If there were a giant meteor looming inside our skies governments would act to accomplish something about it - with climate transformation we manage to drag our ft, do some recycling, tell you it may not be real and wait for government to type it out - now we have a more personal challenge: to see ourselves of what is true and then do something as individuals to begin to create things right. Anyone who has children or grandchildren or youngsters they value needs to join in this debate but it isn't just children who are in risk. The book's name makes it seem to be about problems for child welfare but it's we adults who'll suffer if we lose our immunity to the diseases and it won't be an itchy rash or a snotty nose we will get, it'll be something deadly. A hundred years from right now, if we have been still on this planet, I really believe we will look back upon this period in health care--and especially our vaccination program--with horror. The glad tidings are that we simply need to end vaccinating and revise our views on

childhood diseases and their treatment. Dr. Cowan shows us what to do and now it's up to us to do this. This is an excellent straightforward book, easy to read and understand but obtaining people to believe the truth of it would be the difficult part. Cowan, while his stance is usually on anti-vaccination he does not write the book as 'doom is normally imminent'. Great purchase! I'd very much appreciate other physicians giving an answer to his concerns in an equally rational style. Without removing poisons injected as part of vaccination and repairing the microbiome, recovery from autoimmune disease is usually impossible. So, when you get to the chart that presents increases in polio, straight correlate to the elevated usage of DDT, he also offers the info, "DDT poisoning produces a condition that is easily mistaken for polio". What will a disease riddled society be like to live in? How will we afford to support and treat all those unwell people? As an educator of 25 years, I have witnessed first-hand the bad changes to children's overall health and the incredible increase in autism and its own challenging behaviors. But just how much simpler it might be to follow Dr Cowan's analysis and advice: get back to letting children get childhood diseases and live long healthy protected lives. I'd like that globe but I think it would take a revolution to achieve it. I truly appreciate the backlash he might need to endure when addressing this topic from his viewpoint, and I'm thankful he is brave plenty of, and qualified enough, to deliver the argument therefore authoritatively and beautifully, regardless of the danger of bucking conventional thought on the problem. Important Ideas that need discussion by the medical community Dr Cowan, for whom I've great respect because of my personal experience with him as a diagnostician--has written a compelling reserve about the role of childhood illness in creating a strong immune system. He also queries the part vaccine adjuvants like mercury and aluminum play in damaging the disease fighting capability, and the close ties between medication manufacturers and the CDC--with the former head of the CDC transitioning from that function to an executive placement at Merck, for example. Cowan make some of these arguments about vaccines and autoimmunity before in his other books and in interviews, therefore i have been looking towards his book on the subject, and it does not disappoint. But Cowan is certainly thoughtful in his exposition, cites multiple research and research to back again his views, and his arguments seem compelling. It really is known that lots of diabetics will not give up sugar even under risk of losing limbs and eyesight to the condition just how will people informed to rebalance their gut microbiome by the same treatment react? We are seeing a growth in autoimmune diseases and autism and he shows how that relates to over vaccination. Cowan is a lucid article writer, though I desire he previously left out some of the more radical suggestions of Rudolf Steiner. This book shows the clear correlation between vaccines and their role in auto-immune disorders and just why we should get worried. The correlations presented are just that, he will not try to push causation on the reader. Vaccination is already a hot button topic, and visitors who are not really acquainted with Steiner and anthroposophy will tend to be defer by the Steiner references. It could seem like the publication isn't about vaccinating or not really vaccinating, but even more of an outline of how little we realize about the unmeasured effects of vaccination... This reserve provides a sound description as to why this is occurring. He succeeds to make the complex available to the lay reader. Cowan explores 3 "childhood illnesses", chicken pox, polio, and measles, from the perspective of what goes on in your body when coping with the condition and what the effect is definitely from the vaccine both historically and what should be expected in the upcoming. A rather disturbing point is raised that the "measles vaccine program has turned us, immunologically speaking, into Native Us citizens before they encountered Europeans, with the old and the very young highly

susceptible to devastating infection." An undeniable fact that no doubt when it occurs will be blamed on the ones that chose never to vaccinate instead of looking at the evidence and seeing that the blame lies squarely with the fact we've been vaccinating against measles. Scientifically Sound, Clear and Concise Dr. Cowan explains this emotionally-charged topic with accuracy, simplicity, and clear research. In addition Dr. Perhaps there will be some miracle breakthrough to create vaccines work without adjuvants, some true knowledge of the two disease fighting capability responses that will enable us to trigger lifelong immunity at a cell-mediated level not only with temporary antibodies, some nanotech fix for ongoing breakdowns. There's an easy to comprehend description about the two immune systems and how they're designed to are well because the importance and role of the of the 4th stage of water within our healthy cells. Many researchers and doctors are afraid to discuss the hazards of vaccinations. He speaks of dealing with your body and building it up. I am grateful for his function and perspective Excellent book! The canary in the coal mine The canary is lifeless. Although Dr Cowan has a alternative to the destruction, I believe it is not one most people will choose to take: giving up starches and sugars for at least half a year, maybe for years and then following his treatment regime. A must read. Very informative. Like this doctor, actually motivated me to go into the medical field. Easy read, lots of facts, no fluff, eye-opening! Learned a lot and I many thanks for this information. Today what? Cowan! Choose the book. Go through it. Own the tips and principles in it (specifically cell mediated vs humoral immune response) and share them with everyone you know. Share the tale. It's well written and well cited. Dr. Cowan is normally a gifted article writer whose narrative carries a few of the more complex tips and makes them relevant and digestible. This book is a required conversation starter. This publication equips you with the major talking points necessary to create a grassroots revolution in healthcare. Dr. Cowan Moves Where Many Are Afraid To Go! This book was so informative and engaging. a valuable perspective Dr Cowan views the body and the developing kid with such respect and experience. Dr. Cowan explains the disease fighting capability and how it works, fever (and it's purpose), the gut and how it is linked to our disease fighting capability, autoimmunity and cell biology. He also explains the childhood diseases and the reasons why they shouldn't all be feared. Whether and just how much to vaccinate appears to me a pretty critical public health issue. Cowan covers so much useful information and managed to fit everything into 12 chapters. He even includes information on autoimmune treatment and diet plans. Holistic medical filed that's. The most crucial book you should read -- followed by some difficult decisions The shocking thing I gathered from reading Dr. This book is meh. 3 of the 10 chapters actually discuss the relationships of illnesses and their connected vaccinations. And woven throughout are some good queries that inspire the correct kind of vital thought. But this is overshadowed by the majority of the reserve being the personal experience of an individual doctor owning a small practice. Therefore, the observations are from a little sample. To the credit of Dr. The second path covered in this book may be the slower disaster but perhaps the more inexorable one - that of the destruction of our autoimmune systems by vaccines. A Must Read! He also does take time to discuss your body's actual responses to the intro of various diseases and toxins. So many things come under the automimmune label: arthritis rheumatoid, asthma, MS, different thyroid afflictions, allergies, tiredness with loss of the pleasure in life, and potentially autism and cancers. This book delves into several things that I haven't observed in other books about vaccines. It brings up the possibility that the vaccines may not be damaging, however the additional poisons included that trick the body into reacting could possibly be.



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