

## **Create Vibrant Health News – Issue # 13 December 6<sup>th</sup> , 2005**

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I took my first yoga class during my freshman year of college at the University of Oregon. I walked on to the varsity baseball team and knew that being flexible would decrease my chances of injury so I took a basic level yoga class. We did breathing exercises, poses (asanas) and even a little chant. Since I was raised with an eastern spiritual tradition I was familiar with much of what went on in class and felt at home.

Over the years I dabbled with yoga, but mainly practiced meditation and for exercise I was more interested in weightlifting, running, biking and sports. Although I had a history of injuries from sports and muscular imbalances due to teenage scoliosis I never seriously considered the health benefits of yoga. That is until 1998 when my then pilates teacher girlfriend took me to Moksha yoga center in Chicago where she and I started attending classes once or twice a week. I am grateful to this day for her introducing me to yoga as a way to exercise which doesn't increase dysfunction in my body and has in fact helped reduce a lot of the pain in my body. Since '98 I've made yoga a regular part of my exercise routine and have come to enjoy it more and more. In fact if I had to do only one form of exercise it would be yoga. I've gone to different types of classes with different teachers and I've come to appreciate how healing yoga can be for the mind and body.

With the flu season upon us and flu vaccines being promoted as the best way to avoid the flu it is time again to take a look at some interesting **FACTS** regarding vaccinations.

In this issue of Create Vibrant Health News you will learn:

- The Health benefits of yoga and how to integrate yoga into your life.
- The misrepresentation of vaccine statistics and suppression of evidence of vaccine dangers to support the view that vaccines are effective.
- Upcoming classes and workshops

### **The Health Benefits of Yoga**

Yoga is a system of spiritual, mental and physical training that originated in India over 5,000 years ago. Yoga was brought to the west in the 19<sup>th</sup> century through various Vedic scriptures and texts; however, did not attract serious attention for its health benefits until the 1960s. It is now the fastest growing segment of the fitness market with yoga classes being offered in most health clubs and recreation departments as well as the more traditional yoga studios. Chicago even has a journal devoted entirely to yoga called Yoga Chicago with articles written by local and well-known yoga teachers. Yoga offers a unique combination of health benefits along with the sheer enjoyment of the practice. Some of the physical health benefits that have been documented include:

- Improved sleep
- Decrease in pain

- Increased energy levels
- Increased flexibility in muscles and range of motion in joints
- Decreased blood pressure and improved cardiovascular efficiency
- Improved endocrine and immune function
- Increase muscular strength
- Improved bowel movements and gastro-intestinal function.
- Improved posture.

There are various styles or forms of yoga which have varying levels of difficulty. It is important to find the form that is best for you. Ranging from the intense Forrest Method yoga to the gentlest therapeutic Hatha and restorative Iyengar yoga classes you should be able to find the class or classes that are right for you, to locate a class that is appropriate for you check out the [American Yoga Association web site](#). My personal favorite is known as vinyassa or flow yoga , which goes from one pose to the other in a smooth flowing sequence.

Most classes include breathing exercises, a meditation or quiet period and various poses which stretch and strengthen various muscles. A typical class lasts between 1-1 ½ hours and my experience is that as long as you don't over do it you should feel great after the class.

The word “yoga” means union and its practice is intended to bring together and unify the body, mind and spirit. Its ancient purpose was as system to help people feel their connection to God and to realize their spiritual nature. Yoga includes breathing exercises, meditation or prayer and poses, which are called asanas. Most Americans only think of the poses when thinking of yoga, but all aspects have health and potential spiritual benefits. Some of the psychological benefits of yoga include:

- Improved concentration and memory.
- Decreased depression and anxiety.
- Somatic and kinesthetic awareness increases.
- Cognitive function and learning efficiency improves.
- Mind/body neuro-connections improve.
- Over-all well being and mood improves.

My personal experience is that I feel both more relaxed and alert after a yoga class and my body feels more flexible and my movements are more fluid. I can't recommend highly enough getting a yoga mat and starting to practice. If you have never done yoga before I would attend an introductory class at least once a week for a couple of months and get your own yoga mat to start practicing at your home several days a week. Gradually integrate more of the poses into your home practice and ask your teacher to customize poses for particular areas of concern you may have such as low back or tight hamstrings.

I have a simple series of poses I do at home most days that takes only 15-20 minutes which keeps me in good yoga shape. A good starting yoga program that you can

implement right away without even attending a class would be to start a 30 day program of the Tibetan five rites, which are five Tibetan yoga exercises that Tibetan monks would do to maintain their health and youthfulness.

The Five Rites can be easily learned by picking up a copy of “The Ancient Secret of the Fountain of Youth” by Peter Kelder in which the author describes his meeting with a former British Army Officer who was stationed in India and healed himself from serious health problems by doing these five yoga exercises every day for several months.

<http://www.yogalifestyle.com/BKPKAncientSecretI.htm>

**For years I have been telling my clients that the two things that everyone could benefit from was eating more raw foods and doing yoga regularly.** A great New Year’s resolution would be to start doing the five rites for thirty days or purchase a series of yoga classes at your health club or local yoga studio. Best of luck with your ventures into the world of yoga.

### **Vaccine Statistic Manipulation and Suppression of Evidence of the dangers of Vaccines**

*"There is a great deal of evidence to prove that immunization of children does more harm than good."*

**Dr J Anthony Morris, former Chief Vaccine Control Officer, US Food and Drug Administration** [DOCTORS AND SCIENTISTS CONDEMN VACCINATION](#)

As the flu season approaches I am getting more and more clients asking me about getting the flu shot. I tell them first of all that I am not a doctor and legally cannot advise them on any issues relating to medications or vaccinations. I personally will not get a flu shot and if I had children would not vaccinate them. I came to this conclusion over many years of studying this issue and working in a holistic medical clinic where I saw first hand the damaging effects of vaccinations on the health of children which often can last their entire lives.

This is a critical issue for parents to investigate for their children’s health and for their own when it comes to adult vaccinations. I’ve included in this newsletter information which will give my readers important information in making their decisions about the health and safety of vaccinations. You will be given the standard line from mainstream medicine that vaccines have been proven safe over years of use with the public and rarely is there an adverse reaction, which is usually attributed to an “allergy:” to some ingredient in a particular vaccine.

Unfortunately the facts support the opposite conclusion. In fact, vaccines are toxic and have adverse physiological effects on everyone who takes them. Most of us are strong enough to process the toxins and are slightly weakened by the vaccine, although the

cumulative effect of stress on our liver and kidneys from vaccines combined with the numerous other toxic chemicals has been linked to numerous chronic health problems.

Many are have their health permanently damaged from one dose of a vaccine, it being the proverbial straw that broke the camel's back.

Even though some people do not experience immediate symptoms following a vaccination, biological damage is done nonetheless. Just as there is oxidative damage done to one's cells by eating a serving of deep fried food without an immediate heart attack, damage is done with each dose of vaccine. In addition there is no scientific evidence which I have seen that demonstrates any protective effect against the disease which the vaccine is claimed to protect you from. In fact the opposite is more likely to be the case, **you actually increase your chances of getting the disease by getting vaccinated.** Please read the following information carefully and click on the links to get more detailed information. To educate yourself on this issue is of vital importance.

### **Historical facts exposing the dangers and ineffectiveness of vaccines:**

<http://www.vaccinationdebate.com/web5.html>

“Facts do not cease to exist just because they are ignored”

Aldous Huxley

In 1871-2, England, with 98% of the population aged between 2 and 50 vaccinated against smallpox, it experienced its worst ever smallpox outbreak with 45,000 deaths. During the same period in Germany, with a vaccination rate of 96%, there were over 125,000 deaths from smallpox. ( [The Hadwen Documents](http://www.soilandhealth.org/02/0201hyglibcat/020119hadwin/020119hadwin.toc.html) <http://www.soilandhealth.org/02/0201hyglibcat/020119hadwin/020119hadwin.toc.html> )

- In Germany, compulsory mass vaccination against diphtheria commenced in 1940 and by 1945 diphtheria cases were up from 40,000 to 250,000. (Don't Get Stuck, Hannah Allen).
- In the USA in 1960, two virologists discovered that both polio vaccines were contaminated with the SV 40 virus which causes cancer in animals as well as changes in human cell tissue cultures. Millions of children had been injected with these vaccines. ( Med Jnl of Australia 17/3/1973 p555
- In 1967, Ghana was declared measles free by the World Health Organisation after 96% of its population was vaccinated. In 1972, Ghana experienced one of its worst measles outbreaks with its highest ever mortality rate. (Dr H Albonico, MMR Vaccine Campaign in Switzerland, March 1990).
- In the UK between 1970 and 1990, over 200,000 cases of whooping cough occurred in fully vaccinated children. (Community Disease Surveillance Centre, UK).

- In the 1970's a tuberculosis vaccine trial in India involving 260,000 people revealed that more cases of TB occurred in the vaccinated than the unvaccinated. (The Lancet 12/1/80 p73).
- In 1977, Dr Jonas Salk who developed the first polio vaccine, testified along with other scientists, that **mass inoculation against polio was the cause of most polio cases throughout the USA since 1961.** (Science 4/4/77 "Abstracts" ).
- In 1978, a survey of 30 States in the US revealed that more than half of the children who contracted measles had been adequately vaccinated. (The People's Doctor, Dr R Mendelsohn).
- In 1979, Sweden abandoned the whooping cough vaccine due to its ineffectiveness. Out of 5,140 cases in 1978, it was found that 84% had been vaccinated three times! (BMJ 283:696-697, 1981).
- The February 1981 issue of the Journal of the American Medical Association found that 90% of obstetricians and 66% of pediatricians refused to take the rubella vaccine.
- In the USA, the cost of a single DPT shot had risen from 11 cents in 1982 to \$11.40 in 1987. The manufacturers of the vaccine were putting aside \$8 per shot to cover legal costs and damages they were paying out to parents of brain damaged children and children who died after vaccination. (The Vine, Issue 7, January 1994, Nambour, Qld).
- In Oman between 1988 and 1989, a polio outbreak occurred amongst thousands of fully vaccinated children. The region with the highest attack rate had the highest vaccine coverage. The region with the lowest attack rate had the lowest vaccine coverage. (The Lancet, 21/9/91).
- In 1990, a UK survey involving 598 doctors revealed that over 50% of them refused to have the Hepatitis B vaccine despite belonging to the high risk group urged to be vaccinated. (British Med Jnl, 27/1/1990).
- In 1990, the Journal of the American Medical Association had an article on measles which stated "**Although more than 95% of school-aged children in the US are vaccinated against measles, large measles outbreaks continue to occur in schools and most cases in this setting occur among previously vaccinated children.**" (JAMA, 21/11/90).
- In the USA, from July 1990 to November 1993, the US Food and Drug Administration counted a total of 54,072 adverse reactions following vaccination. The FDA admitted that this number represented only 10% of the real total, because most doctors were refusing to report vaccine injuries. In other words, adverse reactions for this period exceeded half a million! (National Vaccine Information Centre, March 2, 1994).

- In the New England Journal of Medicine July 1994 issue a study found that over 80% of children under 5 years of age who had contracted whooping cough had been fully vaccinated.
- On November 2nd, 2000, the Association of American Physicians and Surgeons (AAPS) announced that its members voted at their 57th annual meeting in St Louis to pass a resolution calling for an end to mandatory childhood vaccines. The resolution passed without a single "no" vote. ([Report by Michael Devitt](#))

### **Why don't Vaccine's work?**

Vaccines are given on the assumption that diseases are caused solely by “germs”. The problem is that childhood diseases such as measles, whooping cough, chicken pox and other diseases are not caused solely or primarily by germs. In third world countries the causes include: malnourishment, impure water and poor sanitation and overcrowding. In developed countries like the U.S. these diseases are caused by toxic chemicals, chemical additives in water and processed foods, nutrient deficiencies and toxic and nutrient depleted mothers milk. If germs per say were the sole and primary cause of these illnesses then vaccinations would lead to a decrease in the disease since the immune system is supposed to be activated against these germs. [WHY VACCINES ARE INEFFECTIVE](#)

### **What about all the statistics that show vaccines decrease diseases?**

George Bernard Shaw, the illustrious poet and also an ardent campaigner on public health issues, once stated:

"During the last considerable epidemic at the turn of the century, I was a member of the Health Committee of London Borough Council, and I learned how the credit of vaccination is kept up statistically by diagnosing all the re-vaccinated cases (of smallpox) as postular eczema, varioloid or what not --except smallpox".

Why vaccination continues:

<http://www.soilandhealth.org/02/0201hyglibcat/020132sinclair/vaccinaion.htm>

The following examples demonstrate how **disease statistics can be manipulated to give the public the impression that vaccines are responsible for the decline in a disease when in fact there are other explanations for the decline:**

- ❖ **The infectious disease was already in decline prior to the introduction of vaccination.** On page 44 of the Communicable Diseases Handbook by L. Claire Bennett and Sarah Searl from the University of British Columbia, Vancouver it

states, "An effective inoculation program should obviously result in a lowered incidence of the particular disease under surveillance. For instance, since 1963 there have been more than 80 million doses of red measles vaccine given. The number of reported cases has gone from a pre-1963 total of about 500,000 to a total of about 35,000 in 1975". Now this suggests that the vaccine was indeed responsible for this decline, that is until we go back to 1958 and learn that the number of cases was 800,000! In other words, measles cases were in decline before the 1963 vaccine commenced. (In fact by 1955, still eight years before the start of this vaccine, there had been a 97% decline in the death rate from measles since the turn of the century!).

- ❖ **Re-diagnosis** – This is where a patient presents the symptoms of a disease that has been vaccinated for and the doctor re-diagnosis this as another disease. This is how the polio vaccine has been discredited by the intentional manipulation of polio statistics and reclassification of polio cases as viral meningitis or other diseases. <http://members.tripod.com/DrSugi/polio.html>
- ❖ **False diagnosis.** This is where a person is diagnosed with a disease where they do not have that disease. Again with polio where cases are diagnosed as polio in the year or two prior to the introduction of a vaccine which are not in fact polio cases. (This may imply that there is a pre-mediation on the part of certain doctors and the manufacturers of these vaccines).
- ❖ **Re-definition of the disease.** Again with polio\*, prior to the polio vaccine a case was labeled polio if symptoms of polio were present for 24 hours, yet after the vaccine was introduced these same symptoms had to be present for 60 days.

The sad truth is that the public is being misinformed about the dangers and effectiveness of vaccinations primarily to profit the drug manufactures which make and sell vaccines. For many of my readers this is not news, but for some it is still hard to accept. I encourage people to investigate for themselves and come to their own conclusions.

I will be out of town from December 10<sup>th</sup> through January 3<sup>rd</sup>, but will be back seeing clients on January 4<sup>th</sup> for those who want to schedule to see me you can still call my office and one of my associates will call you back to set up an appointment.

I hope you all have a healthy and happy Holiday season.

Jim

\*Fortunately, the whistle was blown on all this statistical juggling when Dr Bernard Greenberg, North Carolina School of Public Health, testified (May 1962 in the US Congressional Hearings on HR10541) that polio cases increased substantially following mass immunization campaigns. There was a 50% increase from 1957 to 1958 and an 80% increase from 1958 to 1959. Dr Greenberg pointed to manipulation of statistics and false statements by the Public Health Service which gave the impression that vaccination was responsible for the reported polio decline.