



## PREPARING FOR VACCINES GUIDE

***DISCLAIMER:** The information contained in this document is NOT intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. This Guide is not meant to help you decide whether you should vaccinate, but if your decision is to vaccinate, this Guide is for you. I'm sure I haven't listed everything that needs to be addressed prior to vaccination, so use this guide only as a reference.*

Oh my gosh, I am so happy you have been able to get your hands on this guide, and it has been my pleasure putting it together! My name is Dr. Ashley Mayer, and I have been in private practice as a family physician for over a decade. I have been involved in vaccine research even longer! This journey began in 2008 when I met my late dear friend and colleague, [Dr. Jeffrey Bradstreet](#). The early stages of the vaccine-autism link became a buzz around this time, and it was in 2009, while I was doing a clinical internship at the Thoughtful House, under [Dr. Andrew Wakefield](#), that he received news his paper had been retracted. Both of these men have very much impacted my medical career, and because of them, I have been an advocate for vaccine safety.

Fast forward several years- my daughter was born with quite an immune imbalance. My now ex-husband and I agreed to delay vaccines since her immune system was already having quite a tough time. Divorce happened, and he decided to play the vaccine card, thinking I'd cave on other issues. He wanted the CDC full catch-up schedule for our daughter, which meant 17 shots (29 antigens) in a 6 month timeframe. We agreed to a stipulated order through the courts that she be vaccinated according to an alternative schedule that I put together. It is because of my personal suffering that I decided to make sure parents were given safer options.

Many people ask my views on vaccines, and here are my thoughts. I do not believe the current CDC schedule is a one-size-fits-all. We all have different genetic and epigenetic characteristics. We surround ourselves in different environments- what works for some does not ever work for all. I am vaccine-neutral, and I believe in a parent's right to choose what is best for their child. In

my private practice I vaccinate on a schedule that I and the parents feel is best for the safety of their child.

What you are about to read below is a very simplified version of what I did for my daughter around her vaccinations. If you'd like the very detailed, leave nothing out, all encompassing version that includes an in depth look at putting together your own child's vaccine schedule, please visit: [www.VaccineStrategy.com](http://www.VaccineStrategy.com). And if you'd like a more detailed approach to vaccination that is specific to your child (or if you have any questions that have gone unanswered), please do not hesitate to set up a phone/zoom consultation to speak with me directly —> [HERE](#)

There are very specific nutrients that have been extensively studied to support your child through vaccination. Specific strains of Probiotics, Vitamin A, Vitamin D, Vitamin C, DHA, VaxClear, and Zinc. I formulated supplementation for vaccination which include the above nutrients. For more information on each, please visit [HERE](#).

OK, here we go!!!

Childhood vaccines have become a very important part of, well, childhood. In the first two years of life, our kiddos get inoculated against 14 diseases; a minimum of 17 shots; and as many as 6 injections in a single visit to the pediatrician. [1]

That's a lot of vaccinating, so let's face it, we want to make sure the vaccines being administered work. I also want to touch on are the precautions for vaccinating.

The CDC recommended vaccine schedule is just that, a recommendation. The schedule is NOT a one size fits all for every single child. There are precautions to be taken into consideration, even if you've decided that vaccinating is the right thing to do.

I have been giving the following information to my patients in office for over a decade. Not only has this information been relevant for my patients, it has been a lifesaver personally. What I am about to tell you is exactly what I did for my own child.

**1. If you've decided on an alternative vaccine schedule, please keep in mind that your pediatrician may not be in agreement with you, even if your pediatrician's office allows for alternative schedules.**

Personally, I take my child to a pediatrician's office for vaccination, and each time I am ridiculed for my decision to vaccinate on an alternative schedule. I know how hard it can be to keep your opinions to yourself, TRUST ME, so remember a few things prior to each vaccine appointment:

- Opinions are like a\$\$holes, everybody has them. There is no way you are going to persuade the pediatrician to believe or trust in your views, so don't try. PERIOD.
- According to the American Academy of Pediatrics, pediatricians have been instructed to follow the CDC vaccine protocol. Your appointments will go much more smooth if you just "get in and get out," get the shot, listen to the jargon, or pretend to, and then leave.
- Your day will be awesome if you keep a cool as a cucumber head, and RELAX. It's not necessary to involve yourself or your child with opinions that don't matter.

**2. Do you, the parents, or anyone in your family have a history of epilepsy and/or seizures?**

If your answer to this is "YES," take precaution:

It is well [documented](#) that children with a personal and/or family history of febrile seizures are at high risk for having a febrile seizure post the MMR vaccine:

*"The highest risk difference was found among children with a personal history of febrile seizures (19.47 per 1000; 95% CI, 16.05-23.55) and for children with a family history of febrile seizures (3.97 per 1000; 95% CI, 2.90-5.40)." [2]*

The CDC [states](#) there is increased risk for febrile seizures following the MMR, the MMRV, and if the the DTaP or PCV13 is given same day as the flu shot. [Research](#) also shows the DTaP-Hib-IPV vaccine (Pentacel) being known for inducing febrile seizures. [3]

### **Here's the very important point to consider:**

There is a [correlation](#) between sudden and unexplained death in children (SUDC) and individual and or family history of febrile seizures. [4] Further, another [study](#) repeated this correlation, and cautions the importance of further research to:

*"develop markers (including genetic) to identify which patients with febrile seizures are at risk for sudden unexplained death in childhood, and to provide guidance for families and physicians." [5]*

### **Putting it all together:**

If your child is at risk for seizures, take precaution when thinking about which vaccines to give your child and the timing of them.

- Be cautious while vaccinating for [MMR](#), MMRV ([ProQuad](#)).
- Do not use the 5-in-1 [Pentacel](#) vaccine.
- Do not administer the influenza vaccine on the same day as the [PCV13](#) or the [DTaP](#).

## **3. Check For Immune Deficiency.**

Make certain your child does NOT suffer from any type of immune deficiency prior to vaccination. Most vaccines are contraindicated under these circumstances. These individuals usually present with recurrent infections involving the ears, sinuses, nose, bronchi and lungs. Our hero in the know, the CDC, has put together a nice [table](#) of contraindicated vaccines for the immunocompromised. Thank you, CDC!

I've taken the liberty and given you an extensive list of common immune deficiencies:

- Common Variable Immune Deficiency
- X-Linked Agammaglobulinemia
- Selective IgA Deficiency
- Severe Combined Immune Deficiency
- Chronic Granulomatous Disease
- Wiskott-Aldrich Syndrome
- Hyper IgM Syndrome
- DiGeorge Syndrome
- IgG Subclass Deficiency and Specific Antibody Deficiency
- Ataxia Telangiectasia
- Hyper IgE Syndrome
- Complement Deficiencies

**It is worth noting, the hepatitis B vaccine is given on day 1 of your child's life.** It may be hard to recognize (nearly impossible) an immune deficiency this early, so if the mother is not currently hepatitis B positive and neither is anyone else in the home, think about the risk factors for the disease vs. the benefit of the hepatitis B vaccine given at birth.

## **4. Months Prior To Vaccination- Educate Yourself.**

It is imperative that parents research vaccines for themselves because most pediatricians will not take the time to go through each disease and vaccine with you.

If you're looking for an in-depth and easy to understand, unbiased resource, you can check out the Dr. Green Mom® [www.VaccineStrategy.com](http://www.VaccineStrategy.com) I put this together after having gone through my own personal struggle with my child's father. It's truly a complete guide for vaccination. As a

physician, the struggle was real, and so I wanted to put together an awesome resource for parents bc with the trouble I went through as a doctor, I cannot imagine the struggle for parents.

[My Advice for Parents](#) has a simple outline to follow, with the supplemental information below.

- [Vaccine Ingredients](#): an in depth look into each ingredient in each vaccine, the material safety data sheets available, and studies.
- [Vaccine Safety Studies](#)
- [Vaccine Injury Studies](#)

Below is a list of the diseases and the vaccines they protect against. These are for general education purposes and are not substitute for medical advice on vaccination.

- [Hepatitis B](#)
- [Diphtheria, Tetanus, Pertussis](#)
- [Haemophilus influenzae type B \(Hib\)](#)
- [Polio](#)
- [Measles, Mumps, Rubella \(MMR\)](#)
- [Varicella \(Chicken Pox\)](#)
- [Hepatitis A](#)
- [Pneumococcal Disease](#)
- [Rotavirus](#)

## **5. Two-Four Weeks Prior To Vaccination: Begin Supplementation.**

I am ALL FOR *food is medicine*, most of the time. In the case of vaccination, I feel it most important to make sure we are supplementing with the correct nutrients, and enough of them, to help protect the foundation of your child's neurological and immune systems.

## **1. Start your child on a good probiotic. If you are still pregnant or nursing, mom should start one, too.**

[Research](#) indicates probiotics raise immune response to protein antigens, the important component in vaccines that we want to mount a response against. Infants were vaccinated against DTaP, Hib, and polio. The results speak for themselves:

“..feeding LF19 (name of the probiotic) did not prevent infections, but *increased the capacity to raise immune responses to protein antigens*, with more pronounced effects in infants breastfed <6 months.” [6]

When choosing a probiotic for your child, make sure the following strains are included. When [studied](#), each of the following have shown to increase immunogenicity and/or support the immune system through vaccination:

- *L. casei*
- *L. paracasei*
- *L. rhamnosus*
- *B. longum*
- *B. bifidum*
- *B. infantis*

Note: Probiotics should be taken with food (rubbed around areola for nursing infant or wet your finger and dip it into the powder probiotic and have infant suck your finger).

For infant and adolescent probiotics that were specifically formulated to include the above strains around vaccination, visit our [store](#)!

## **2. Start your child on zinc, and if you are still pregnant or nursing, the zinc is in your prenatal vitamin.**

Science says zinc is the "metal of life." It sure is! Studies on infants indicate:

"Zinc deficiency triggers an array of health problems in children, many of which can become chronic and serious, such as weight loss, stunted growth, *weakened resistance to infections*, and early death." [7]

And studies on pregnant mothers show:

*"A beneficial effect of prenatal zinc supplementation on infants' neurobehavioral development and immune function.."* [7]

Everyone needs a little zinc in their life! Ask your doctor what dosage is right for you and your child. This is important because too much zinc may cause a manganese deficiency.

\*\*I only recommend pharmaceutical grade supplements. If your physician cannot order them for you, you can purchase them [here](#) by creating a free account. Be careful purchasing supplements on Amazon.

### **3. Dose with vitamin A.**

I love what vitamin A can do for the immune system. Check this out:

*"Dietary supplementation with vitamin A to children has been used to improve antibody responses to several vaccines, including measles, tetanus, diphtheria, and polio."* [9]

Another study in Africa:

*"Vitamin A enhanced the antibody response to measles vaccine given at 9 months of age significantly, especially in boys. The effects were sustained over time; the children who had received vitamin A with their measles vaccine were more protected against measles at 6-8 years of age."* [10]

Further:

*"To protect against the consequences of vitamin A deficiency the [World Health Organization](#) recommends that high-dose vitamin A supplements be given together with routine vaccines to children between 6 months and 5 years of age in more than 100 low-income countries."* [10]

Dosage recommendations of vitamin A set forth by the WHO, as *measles* treatment is this:

*"A high dose of vitamin A is given immediately on diagnosis and repeated the next day. The recommended age-specific daily doses are 50 000 IU for infants aged <6 months, 100 000 IU for infants aged 6-11 months, and 200 000 IU for children aged ≥12 months."* [11]

On a cautionary note:

I used to prescribe the WHO higher doses to kids prior to vaccination (seen above), however there is a [study](#) that has been done on vitamin A showing a lower dose for girls, in particular, was more effective and decreased the potential for side effects. Talk to your pediatrician about dosage recommendations that are right for your child. You can also visit our [store](#), where my dosage recommendations are available.

#### **4. Dose with vitamin D.**

Vitamin D's crucial role in the innate and adaptive immune system/response has been studied for years and cannot be disputed at this point. Both vitamins A and D are critical to combat viral illness. Recently, researchers have taken an interest in the role vitamin D plays with regards to vaccination.

Currently, there are ongoing vitamin D [studies](#) for measles, rubella, hepatitis B, pertussis, tetanus, influenza, meningococcal, pneumococcal, *Haemophilus influenzae b* (hib), to name a few. There has been evidence of increase in immunogenicity with vitamin D supplementation around vaccination so far.

I recommend vitamin D supplementation globally as a foundational approach to health, so around vaccination time I find it to be crucial for the immune system and potential immune response.

The American Academy of Pediatrics and the CDC [recommends](#) 400IU daily to breastfed and partially breastfed infants. I recommend 400IU daily to all my pediatric infants. Recommended daily intakes for all ages can be found [here](#).

## **5. Dose with an omega-3 that includes high potency DHA along with EPA.**

Omega-3 supplementation has [neuromodulatory](#) effects and decreases [inflammation](#). There is great [research](#) that suggests positive anti-inflammatory effects with vaccination in certain populations.

There are two ingredients to look for in a good omega-3 fish oil: DHA and EPA. DHA is highly beneficial for proper brain and nervous system development, so pregnant and nursing mothers, infants, and children mostly benefit. EPA is mostly beneficial for the cardiovascular system, hair, skin, and nails!

When choosing an omega-3 supplement, keep in mind it needs to be from a reputable company, ethically and sustainably sourced, and free from and/or third party tested for heavy metals and toxins.

## **7. Dose with a gentle detoxification supplement.**

Once I realized my daughter might have to be vaccinated per the CDC catch up schedule, I knew I needed to act quick. Many herbs are safe, gentle and effective for use in infants and children, and since much of my medical training involved the study of herbs as medicine, I turned my kitchen into a science lab of sorts to concoct a gentle anti-inflammatory herbal detox regimen specifically for my child around vaccination.

In the beginning I tried giving my daughter each herb separately, but I quickly realized this wasn't going to work. 😞 So, I contacted an herbalist I knew and asked him if I were to formulate an herbal supplement, could he make it- HE DID!!! And with this, I was able to make certain my daughter could safely remove aluminum and other toxins from her body, while supporting her. And it tastes AMAZING!

The herbal supplement I gave my daughter is now available to you! It's called *VaxClear*, available [here](#) for purchase July 1, 2019. I formulated this product for the following:

- Taken orally prior, during, and post **Vaccination**
- Gently **reduces** the body burden of **aluminum and toxins**
- Calms **oxidative stress** and **inflammatory cytokines**
- **Enhances immune activity** and **calms histamine response**
- Supports **healthy liver function**
- Powerful **antioxidant and free radical scavenger**

And get this- *VaxClear* is gentle, organically sourced and made in the USA, non-GMO, gluten & dairy free, alcohol free, and suitable for the most sensitive infant or child. I have each batch tested prior to distribution.

If you'd like a very detailed Detox Guide around vaccination, please visit:

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

## **6. The Day Of Vaccination.**

### **1. Make sure all vaccination appointments are in the MORNING.**

Morning vaccination favors positive antibody response over afternoon vaccination when [studied](#) for the influenza vaccine and should be a general rule for all vaccination strategy. Why not just take precaution!

### **2. Ask 8**

Some really great physicians over at [The National Vaccine Information Center](#) have compiled a list of 8 questions to ask yourself and your doctor on the day of vaccination:

"Ask 8:

1. Am I or my child sick right now?
2. Have I or my child had a bad reaction to a vaccination before?

3. Do I or my child have a personal or family history of vaccine reactions, neurological disorders, severe allergies or immune system problems?
4. Do I know the disease and vaccine risks for myself or my child?
5. Do I have full information about the vaccine's side effects?
6. Do I know how to identify and report a vaccine reaction?
7. Do I need to keep a written record, including the vaccine manufacturer's name and lot number, for all vaccinations?
8. Do I know I have the right to make an informed choice?

If you answered yes to questions 1, 2, and 3, or no to questions 4, 5, 6, 7 and 8 and do not understand the significance of your answer, you may want to explore information on [NVIC's website](#) to better understand the importance of your answer. These questions are designed to educate consumers about the importance of making fully informed vaccine decisions. [8]

### **3. Absolutely NO candy or sweets as a reward after vaccination.**

I know you're wanting to reward your little one for being so brave, but let's think of something other than sugar, please.

[Research](#) shows the immune system cannot properly do its job in the presence of sugar. And the point of vaccination is to make certain the immune system mounts a response to the antigen complex in the vaccine.

*"The decrease in phagocytic index was rapid following the ingestion of simple carbohydrates. The greatest effects occurred between 1 and 2 hr postprandial, but the values were still significantly below the fasting control values 5 hr after feeding.." [12]*

### **4. RELAX. CHILL OUT. HAVE A GLASS OF WINE.**

I must be honest, with each of my daughter's vaccinations I was an anxious mess. You are most likely going to feel anxiety, and your kiddo will most likely feel that from you. Have grace with yourself, and be honest with them. I would tell my daughter while in the pediatrician's office

how much I loved her, that I understood her feelings of fear and felt them, too, and we will get through this together. THEN, go treat yourself to some kind of awesome relaxation- mine was

 and !

I hope you learned so much from this Guide, it has been my pleasure putting this together for you! Oh, and post vaccination protocols are included in our [www.VaccineStrategy.com](http://www.VaccineStrategy.com)!

Keep checking back to our website. I will be writing regularly!

### Resources:

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8. [The National Vaccine Information Center](#)
9. Inna G. Ovsyannikova et al. [Polymorphisms in the Vitamin A Receptor and Innate Immunity Genes Influence the Antibody Response to Rubella Vaccination.](#) *J Infect Dis.* (2010) 201 (2): 207-213. doi: 10.1086/649588
10. [Benn CS. Combining vitamin A and vaccines: convenience or conflict?](#) *Dan Med J.* 2012 Jan;59(1):B4378.
11. [WHO Position Paper: Measles. 2009.](#)
12. Albert Sanchez, et al. [Role of sugars in human neutrophilic phagocytosis.](#) *Am J Clin Nutr.* November 1973 vol. 26 no. 11 1180-1184.