

# Vaccinations

Article No. 1

Cost: 50p

## THE EFFECT OF VACCINATIONS ON LONG-TERM DISEASE PATTERNS

Barbara Wren, Principal of The College of Natural Nutrition, regards the customary procedure of vaccination as having a considerable damaging effect on the health of the growing and adult individual. Throughout her twenty five years of practicing, Barbara was able to observe the unequivocal results that vaccinations have on long-term disease patterns, affecting the physical, mental and emotional being. Barbara had first hand experience to add to her own observations, having developed Anorexia soon after the BCG inoculations. Her conclusions on the effects of vaccinations were integrated with her own naturopathic philosophy around dehydration and nutritional imbalances, to present a picture of the problem which, although alarming, can be tackled at the source. Below Barbara has summarised the main points that need to be borne in mind when looking at vaccinations from a *Natural Nutrition* viewpoint.

Barbara believes that everything which causes stress to a person has an end manifestation as *dehydration*. Among some of

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the common causes of stress are a poor diet, excessive travelling, magnetic interference, living and working against the seasonal cycles and using modern drugs (e.g. antibiotics, steroids and the pill). However the most serious cause of stress are indeed vaccinations, which are like setting a top class athlete on the starting blocks and never firing the pistol: they will drop from adrenal exhaustion and dehydration.

To understand how deeply dehydration can affect the physical, mental and emotional well-being, one must be aware of a very

simple, yet fundamental process common to all animals on this planet. This process is called '*the sodium/potassium pump*' for reasons that hopefully will become clear in the course of this paragraph. During the day sodium is pushed *inside* the cells by the sun's action, whilst during the night this process is reversed as the sodium is pulled *out* of the cell by the moon's activity as we lie down. This process relies on the condition of the membrane surrounding each cell.

Stress, as for example a challenging diet comprising diuretics (e.g. tea, coffee, fizzy drinks, alcohol), excess salt and sugar, convenience foods and damaged fats, would drive the body to go on what Barbara calls '*dehydration alert*'. This starts a process where the body defends the precious fluids inside the cell by producing natural cholesterol to coat the cell membrane. Whilst this is a very beneficial temporary measure, it disables the cell's vital