

Vaccine Precautions

If a vaccine turns out to be unavoidable, then I recommend:

- Waiting as long as possible. The older the child, the better he/she can repel any adverse effect.
- Only one vaccine dose per visit.
- Space vaccine doses as far apart as possible, 6 weeks or more between doses during which time the child should be well rested, well-fed and unstressed.
- Child should be well-rested, unstressed and 100% free of any fever, cold, vomiting or diarrhea for 2 weeks before each vaccine dose.
- The more a child can avoid sugar and soft drinks, avoid getting chilled from ice cold drinks or from being underdressed, and can avoid late bedtimes and overstimulation from any kind of screen, the more inner energy/power the child will have to repel the potential adverse effect of any vaccine he or she is given.