

Dr. Tina

Doctor of Chiropractic

My Village Retreat
2560 King Arthur Blvd.
Suite 138
Dallas, TX 75056

Phone (972) 899-5440
admin@nialiving.com

Should You Get A Flu Shot?

Millions of Americans will be lining up for their annual flu shot. But should they? Could a yearly flu shot make you more susceptible to developing Alzheimer's disease? Unfortunately, the answer may be "yes."

One of the world's leading immunologists, Dr. Hugh Fudenberg, conducted studies that found that people who receive the flu vaccine yearly for three to five years increase their risk of Alzheimer's disease tenfold.

He suggests the culprits are mercury and aluminum in the vaccines, but I believe a new mechanism, which involves mercury and aluminum as well the over-activation of the brain's immune system caused by the vaccines, is to blame.

Mercury and aluminum are directly toxic to brain cells and also over-stimulate the brain's immune system. There is compelling evidence that this mechanism can trigger Alzheimer's dementia, Parkinson's disease, Lou Gehrig's disease and autism spectrum disorders, as well as Gulf War Syndrome.

The greatest risk of vaccinations triggering brain disorders is among those with impaired immunity. We know that as we age, the immune system becomes compromised, primarily because of poor nutrition.

In addition, the mercury in childhood vaccines, as well as adult vaccines such as flu vaccines, accumulates in the brain and is very difficult to remove. The idea of having yearly mercury injections is insane, to say the least, but millions still willingly line up for their annual flu shot.

Are there alternatives to vaccination? Absolutely. We know that there is a solid connection between a strong immune system and nutrition. Several studies have shown that age-related immune problems can be corrected with nutrients such as selenium, vitamins E and C, zinc and the carotenoids. In addition, vitamin D3 helps prevent over-reaction of the immune system as seen in these devastating diseases.

To read the full report, ["Vaccination: The Hidden Dangers,"](#)

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