



Dear Friends,

We have moved to the seaside. Now you can contact us on 01424-427-919 we look forward to receiving your calls at our new number and look forward to spending time with you by the seaside.

Are vaccinations a danger to our children? Read on... AUTISM AND MERCURY

This article is excerpted from Dr. O'Shea's forthcoming revised edition of *The Sanctity of Human Blood*.

Inquiry into vaccine safety is exploding like never before, even in the popular press. Research coming from dozens of mainstream medical studies can no longer be easily suppressed, as it has been in the past, especially with the prevalence of online information exchange. Last September, some 2,000 people, mostly MDs, assembled at the Town and Country resort in San Diego to hear the latest research on autism. Following the April 2000 Congressional hearings on autism and vaccines, this epidemic can no longer be ignored. *The figure of one autistic infant for every 150 is now widely documented.*

Dr. Stephanie Cave presented enlightening data on mercury toxicity, drawn largely from the brilliant work of Sallie Bernard. Dr. Cave explained how: By age two; American children have received 237 micrograms of mercury through vaccines alone, which far exceeds current EPA "safe" levels of .1 mcg/kg per day. That's one-tenth of a microgram, not one microgram.

Four days in particular may be singled out as spectacularly toxic for infants (in the US):

- Day of birth: hepatitis B-12 mcg mercury 30 x safe level
- At 4 months: DTaP and HiB on same day - 50 mcg mercury 60 x safe level
- At 6 months: Hep B, Polio - 62.5 mcg mercury 78 x safe level
- At 15 months the child receives another 50 mcg 41 x safe level

These figures are calculated for an infant's average weight in kilograms for each age. These one-day blasts of mercury are called "bolus doses". Although they far exceed "safe" levels,

there has never been any research conducted on the toxicity of such bolus doses of mercury given to infants all these years.

INCONCEIVABLE

Historically, the toxicity of mercury has been known for more than a century. The Mad Hatter was more than a fantasy character from *Alice in Wonderland*. Mad Hatter's disease became well known in England in the mid-1800s, when hat-makers were subject to inhaling the vapours from the mercury-based stiffening compound they used on felt to make top hats.

SOURCES OF MERCURY

It is interesting to learn that common household remedies that were used up into the 1960s like mercurochrome and "teething powder" were often the cause of acute mercury poisoning and disease. In the U.S., EPA mercury toxicity studies have involved contamination from fish, air, and other environmental sources. This is inorganic mercury (methylmercury).

Methylmercury has long been associated with serious neurological disorders, demyelinating diseases, gut disease, and visual damage. The mercury in vaccines, however, is in the form of thimerosal, which is 50 times more toxic than plain old mercury (methylmercury).

Reasons for this include:

Injected mercury is far more toxic than ingested mercury.

There's no blood-brain barrier in infants.

Mercury accumulates in brain cells and nerves.

Infants don't produce bile, which is necessary to excrete mercury.

Thimerosal is organic mercury. Once it is in nerve tissue, it is converted irreversibly to its inorganic form. Thimerosal is a much more toxic form of mercury than one would get from eating open-sea fish; it has to do with the difficulty of clearing thimerosal from the blood. Thimerosal is converted to ethylmercury, an organic form that has a preference for nerve cells.

Without a complete blood-brain barrier, an infant's brain and spinal cord are sitting ducks. Once in the nerve cells, mercury is changed back to the inorganic form and becomes tightly bound. Mercury can then remain for years, like a time-release capsule, causing permanent degeneration and death of brain cells.

Bernard also notes that the body normally clears mercury by fixing it to bile, but before six months of age, infants don't produce bile.

Result: mercury can't be excreted. Four separate government agencies have set safe levels for methylmercury, but no safe levels have ever been set for thimerosal, because thimerosal isn't included in toxicity studies. Theoretically, that means that the above excesses

I S S U E 3 , A P R I L 2 0 0 2

of safe levels of mercury on the single days listed above are actually 50 times higher. Does the fact that the mercury is accompanied by a vaccine somehow place it above scrutiny? The Sallie Bernard study of vaccines and mercury toxicity were probably the main reasons Congress began to see the obvious correlation.

MERCURY AND VACCINES

Here's a curious "coincidence." In the late 1930s, Leo Kanner identified autism as a new type of mental disorder. So when was thimerosal introduced into vaccines? The 1930s. A few years ago, Bernard and her associates began to notice a striking similarity between the symptoms of autism and the symptoms of mercury poisoning. The more research she did, the more it seemed that these two diseases were virtually identical.

Autism and mercury poisoning damage the: brain/nerve cells; eyes; immune system; gastrointestinal system; muscle control; and the speech centre. Although mercury toxicity has been studied for decades, and EPA safety levels have been set, during all that time a child's greatest exposure to mercury - thimerosal in vaccines - was never even included in the toxicity studies!

The talk has always been about methylmercury from seafood and the environment, totally ignoring the two most toxic sources of mercury for children: vaccines and dental amalgams. The EPA has no jurisdiction over drugs. That's the FDA's job. This is why vaccines and amalgams don't even figure into the equation when it comes to setting "safe" levels of mercury. But the FDA does have jurisdiction over drugs and drug companies - and over drug company publications, like the Merck Manual, the standard cookbook for drugs and diseases found in every doctor's office in the world.

Surely the FDA, as the government agency charged with safeguarding the nation's health, would want the section on mercury toxicity to warn doctors about the two biggest sources for children: thimerosal and dental amalgams, wouldn't you think? Yet looking at the Merck Manual (1999), in the section on mercury poisoning (p. 2636), thimerosal and dental amalgams again are not even mentioned!

How can this be, when mercury is widely acknowledged as the third most deadly toxin in the world and thimerosal and amalgams dwarf the trace amounts of mercury from fish and other environmental sources of mercury? Only one thing can cause a blackout of information over an entire area of study for years at a time in this way - big money.

Such an omission probably wouldn't have anything to do with the revolving door that exists between the FDA; the EPA; the NIH; "and the sweet positions held by their members before and after those gruelling years of public service; or with the 800 waivers of the conflict of interest rule that the FDA has granted in the past two years to

"experts," who are paid consultants to the drug companies/consultants who are also members of the FDA advisory committees that make decisions about whether or not to approve vaccines and drugs..." (USA Today, Sept. 25, 2000) No, of course not.

SOAKING UP THE MERCURY

In the San Diego conference on autism, Dr. Amy Holmes gave perhaps the only lucid presentation about treatment. She explained how chelating drugs alone, which go through the blood like Pac Man munching up mercury, don't do much for autism. That's because most mercury clears from the blood very soon. Mercury in thimerosal is stored in the gut, liver and brain, and as previously mentioned, becomes very tightly bound to the cells. Once inside those cells, or inside the blood-brain barrier, the mercury is reconverted back to its inorganic form.

Locked into these cells, the mercury can then do either immediate cell damage or become latent and cause the onset of autism, brain disorders, or digestive chaos years later.

Dr. Holmes reported success using alphaipoic acid (*available in EFA Recovery Plus*) as an agent to cross the blood-brain barrier to soak up mercury. Once the mercury is brought back into the bloodstream, standard chelators like DMSA can then take it out. Dr. Holmes has used her protocol on about 300 autistics so far, and shows consistent increases in IQ scores.

(This suggests that autism can be dealt with metabolically; i.e. by right nutrition. Maximol, Noni and EFA Recovery plus may be helpful. This is our suggestion)

Politics

It is beyond the scope of this paper to study the politics of mercury. In researching mercury toxicity, a whole area of "dry rot" has been unearthed that deserves its own story. This is the shocking tale of how the American Dental Association and the California Dental Association have been systematically hiding the truth about mercury toxicity in fillings for decades.

Silver fillings aren't just silver. They're 50 percent mercury and extremely toxic; every dentist knows it. In a ludicrous blast of irony, both the ADA and the CDA have inserted into their "code of ethics" strict commandments forbidding dentists from ever revealing to patients the realities of mercury toxicity. No dentist is allowed to recommend removal of mercury amalgams for health reasons, nor may tell the patient about mercury toxicity even if the patient asks. This gag order has been in place since the beginning of American dentistry. Exaggeration? Check their websites out:

www.amalgam.org/#anchor69176,

www.amalgam.org/#anchor69541

Do you think dentists put mercury into their own families' teeth? Ask them. Anyone who is not a dentist is not constrained by the gag order, imposed on American

dentists by the ADA, against telling patients what many perceptive researchers in the field of mercury toxicity already know: that no children should ever get mercury amalgam fillings.

Researchers across Europe are generally appalled at the massive amounts of vaccines given to American children under two years old. Although Europeans are not as obsessed with vaccines as we are, they do vaccinate. But most of Europe gives very few vaccinations to children under two years old, primarily because of the unformed gut, immune system, and blood-brain barrier. This intellectual isolation of ours regarding vaccines is a testimony to the suffocating "brain control" exerted on us by the popular press and all media. Like sheep to the slaughter, we don't know enough to be appalled by our own ignorance.

AUTISTIC GUT

Headlining the September 2000 San Diego Conference was **Andrew Wakefield**, the British surgeon whose shocking new discoveries show that mercury toxicity alone is not the only factor linking vaccines with the autism epidemic. Dr. Wakefield's research centres around the MMR vaccine -measles/mumps/rubella - which does not contain thimerosal.

Expanding on his presentation at the April 2000 Burton hearings, Dr. Wakefield explained how at least three-quarters of autistics have pathologically blocked bowels, due to the huge swelling of the tissue lining the intestine. In virtually every autistic patient they examined, this nodular hyperplasia is both an immune response and an autoimmune response that Wakefield and O'Leary have clearly linked to the presence of measles virus from the MMR shot. No other virus was found in those cells.

A NEW BOWEL PATHOLOGY

Wakefield showed graphs of the U.S. and U.K. 10 years apart that were identical in tracing the skyrocketing incidence of autism just after the MMR vaccine was introduced. He also showed how the incidence of measles had dropped over 85 percent on its own before the MMR was introduced. One incredible study cited by Wakefield showed how 76 percent of children whose mothers were exposed to atypical measles became autistic after the MMR shot! He called this a "background susceptibility" or predisposition to autism. Wakefield reminds us that in neither country have there ever been comparative studies on giving multiple vaccines (polyvalent) on the same day. This custom of ours, with both the DPT and the MMR, is not scientific by any stretch, and is primarily for the convenience of those administering the shots, and those being paid per vaccine. As a result, there is a good chance of geometric ill effects.

Then Wakefield cited the original MMR study (Buynak, Journal of the American Medical Association 1969, vol. 207). Not only was the safety of multiple vaccines never

mentioned, there was no follow-up to the study to see if their conclusions were correct. In the usual manner of testing vaccines on the live population, MMR was simply tacked onto the mandatory schedule, and we've never looked back. Despite studies in 1981 on Air Force personnel showing major synergistic adverse effects in the gut from the combination of measles and rubella vaccines, the mandatory schedule went unchanged.

A GLIMMER OF HOPE

Despite these formidable obstacles, doubts are creeping into the overall public "consciousness" about the safety of vaccines. At one in 150, the fact of autism as an epidemic can no longer be covered up. The work of Wakefield, O'Leary, Megson and Bernard is getting more and more difficult to explain away. Tim O'Shea, DC

"In a time of universal deceit, telling the truth is a revolutionary act."

George Orwell

These are controversial issues. But we feel it is important to share and spread. We do not take this kind of reporting lightly, and research thoroughly any issue that we broach. Recently there has been growing awareness about the role of nutrition and supplementation. I discovered a wealth of information on Allergy induced autism (commonly known as AIA) and how the effects of autism can be checked through correct nutrition. Most doctors and researchers in this field suggested lactose, sugar and wheat-free diets (depending on intolerance levels) as a starting point also bioavailable mineral and vitamin supplementation with a diet rich in essential fatty acids and green vegetables. I am not suggesting that autism is simply a metabolic imbalance, but my research shows that correct nutrition and avoidance of mercury, fluoride and similar neuro toxins may greatly increase clarity and well being.

For more information you can call us. The following sites are very helpful:

www.campaignfortruth.com

www.mercola.com

www.eas.asu.edu/~autism/ (Autism Research)

www.kessick.demon.co.uk/aia.htm

www.autismdepot.com

www.hope-tlc.autistics.org

20.01.02, Neways Meeting at the Holiday Inn, Gloucester Road, London

We met up with a few of you here. As usual, it was informative and inspiring. We really enjoyed the talk given by **Bill Kellner-Reid**, A dentist who has recently published a book called **Toxic Bite**, a must for those of you concerned about your teeth. He pointed out that for chronic conditions we require the assistance of the medical profession (eg. Heart attacks, broken bones etc.) But for recovery and for pain management we require good Nutrition. He reiterated the harmful qualities of mercury- a

known neurotoxin (amalgam fillings contain 50% mercury) and also gave a few pointers.

Mouth Ulcers can be dealt with swiftly with a combination of

- Maximol and Revenol
- Eliminator
- Radiance or Ultrashine

Revenol is also good for bleeding gums.

There were many testimonials and it was hard to remember everyone's name, what I do recall:

Maggi Mahommed who has been taking Neways for 4 and a 1/2 years decided to take a "product holiday" over Christmas, she found that she developed knee pains. She then took Glucosamine and applied subvene and found the pains swiftly disappeared.

A young lady with chronic ME and Allergies felt better within a fortnight of taking Maximol.

A gentleman with Tinnitus, discovered after taking, Maximol, Revenol, Cascading Revenol and Orachel that the ringing in the ears had stopped.

There were so many more. Next time I will be more efficient and take lots of notes.

relaxation

In the last Newsletter I mentioned the importance of relaxation. I have been on the lookout for simple techniques to convey, so that in a few minutes one can relax, release tensions and become centred, calm and intuitive. In the future we will also be producing relaxation tapes.

I discovered the following from a great book, "Peace is every step" by Thich Nhat Hanh," It is actually from a guided meditation from the Anapanasati Sutta. I have found breathing deeply and saying the following is very soothing. You can do each one for a couple of minutes before moving on to the next one.

1. "Breathing in, I know I am breathing in. Breathing out, I know I am breathing out." (In, Out)
2. "Breathing in, my breath goes deep. Breathing out my breath goes slow." (Deep, Slow)
3. "Breathing in, I am aware of my whole body. Breathing out, I calm my whole body." (Aware of my body, calming my body)
4. "Breathing in, I know I am alive. Breathing out, I feel the joy of being alive." (Alive, Joy of being alive)

Another quickie relax technique from the same source is while breathing consciously is

Breathing in, I calm my body,

Breathing out I smile.

Dwelling in the present moment,

I know this is a wonderful moment.

This is not simply relaxing it is also energising and uplifting.

Diary

A key date coming up is April 13th. Tom Mower will be speaking in the Queen Elizabeth Hall in Central London to divulge all about the Neways products. An absolute must for those who want to be healthy and help others be healthy. We will be there. In June the Neways convention will be taking place in Bournemouth. This is where new products are often launched. We have been to the last two and found so many other health conscious loving people there. You do get a feeling of being a part of something big, caring and for the lack of a better word, good.

Perhaps things have to get worse before they get better.

After all we are at the dawn of a health revolution that has crept up on us silently. But we are losing the thread. "The largest ever health survey in Britain, commissioned by London's Metro newspaper last spring, revealed that 76% of people are often tired, 58% suffer from mood swings, 52% feel apathetic and unmotivated, 50% suffer from anxiety, 47% have difficulty sleeping, 43% have poor memory or have difficulty concentrating and 42% suffer from depression.

In a misguided effort to cope with stress, people in Britain consume 1.5 billion cigarettes, 1 billion cups of tea, half a billion caffeinated drinks from colas to coffee, 120 million alcoholic drinks and 10 million cannabis joints every week. Not only that there are an estimated 2 million women in the UK addicted to tranquillisers. We pop 20 million antidepressants like Prozac; they have unpleasant side effects and it is difficult to come of them, difficult to come of them." (*I found this in the Higher Nature Magazine, Interview with Patrick Holford, founder of the Optimum Nutrition Institute*)

This kind of information is enough to drive me to empty that bottle of Noni in one great gulp. I pray we are changing. We love receiving your letters, sharing your experiences and enjoy researching your queries.

My shape and size quandary

Fortunately we are right out of space and my personal battles with my body will have to wait till the next issue. Life is too short to spend it fitting into a size 10.

Take care. Till our next encounter,

Love and light ranjana and eddie

PS. [Have recently compiled a noni facts sheet call us if you want one](#) e&r

Independent Distributor,
Eddie and Ranjana Appoo,
01424-427-919,