



December 2009

NwDC Constituents,

Greetings in Jesus' name. I trust you had a wonderful Thanksgiving. We have so much to be thankful for; thus, we should always have an attitude of gratitude.

I was asked by NwDC Chairman, Bishop Mark C. Tolbert, to provide a report regarding the seasonal flu and H1N1 flu vaccines. **I am not a licensed medical person, thus, I am NOT providing recommendations for or against the flu vaccines.**

However, I have chosen to offer you a few websites from which you may obtain medical information should you be interested. I utilize the first website almost weekly and it was from this website that I was informed that high doses of vitamin D will help to build the immune system, and a strong immune system will help lessen the risks of contracting the flu, seasonal or H1N1. I am sure there are other mainstream medical websites such as WebMD that provide information regarding the flu. In my experience in viewing the information regarding the flu on various websites, the mainstream medical websites tend to encourage obtaining the flu vaccines and report that the flu vaccines are safe. The homeopathic websites most often will discourage obtaining the flu vaccines and often will provide a list of things in the flu vaccines. Thus, I encourage you to visit the websites, view the pros and cons of the information, and make your own decision. Again, **I am not providing recommendations for or against the flu vaccines; you must make your own decision.**

The websites are as follows:

- Mayer Eisenstein M.D. J.D. M.P.H.  
<http://homefirst.com> - Just click on health information or look under Current Health News; there is information regarding H1N1, flu vaccines, and much, much, more.
- Dr. Tenpenny, DO
  - [http://drtenpenny.com/the\\_truth\\_about\\_the\\_flu\\_Shot.aspx](http://drtenpenny.com/the_truth_about_the_flu_Shot.aspx)

This website has information about the flu and what is in the vaccine (i.e. – see below).

#### **What's in the regular flu shot?**

- Egg proteins: including avian contaminant viruses
- Gelatin: can cause allergic reactions and anaphylaxis are usually associated with sensitivity to egg or gelatin
- Polysorbate 80 (Tween80™): can cause severe allergic reactions, including anaphylaxis. Also associated with infertility in female mice.
- Formaldehyde: known carcinogen
- Triton X100: a strong detergent
- Sucrose: table sugar
- Resin: known to cause allergic reactions
- Gentamycin: an antibiotic
- Thimerosal: mercury is still in multidose flu shot vials

- <http://articles.mercola.com/sites/articles/newsletter-archive/2009/9/26.aspx>
- <http://articles.mercola.com/sites/articles/archive/2009/11/26/Swine-Flu-Vaccine-Physicians-Rejection-of-the-Injection.aspx>

(Swine Flu Vaccine: Physicians' Rejection of the Injection, Posted by: Dr. Mercola, November 26, 2009)

These are just a couple of the articles on this website regarding the flu vaccines. Please take time to peruse other articles under archived articles. This website also offers a free newsletter if interested.

I trust this information will be helpful in assisting you to make the decision that is right for you and your family.

Be blessed and I wish you and your family a Merry Christmas and a most prosperous New Year.

Evg. Tina Combs,  
NwDC Health Watch Reporter