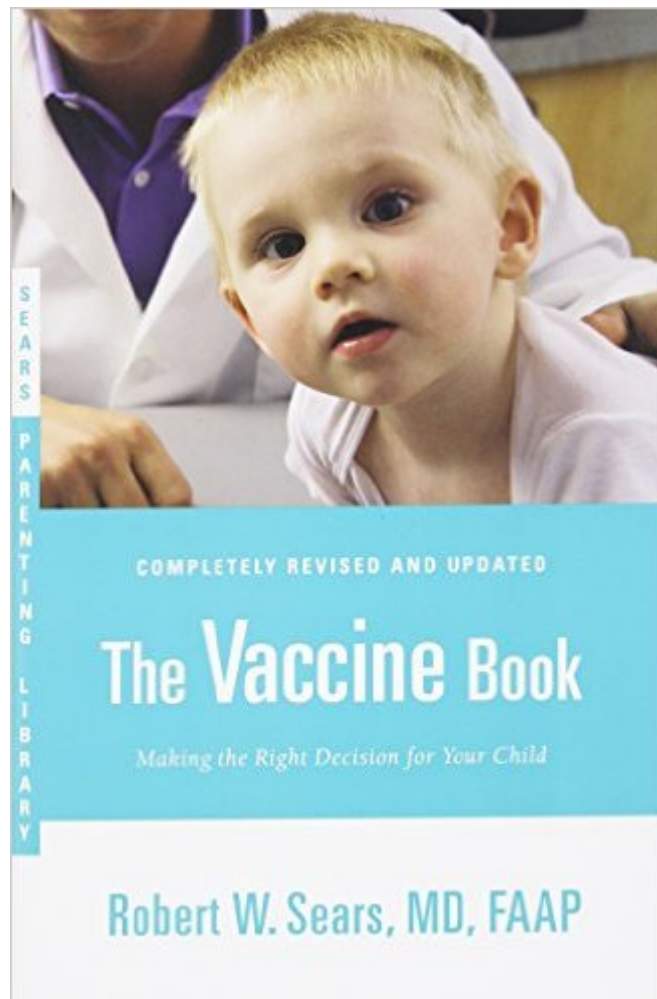


The book was found

The Vaccine Book: Making The Right Decision For Your Child (Sears Parenting Library)



Synopsis

THE VACCINE BOOK offers parents a fair, impartial, fact-based resource from the most trusted name in pediatrics. Dr. Bob devotes each chapter in the book to a disease/vaccine pair and offers a comprehensive discussion of what the disease is, how common or rare it is, how serious or harmless it is, the ingredients of the vaccine, and any possible side effects from the vaccine. This completely revised edition offers Â updated information on each vaccine and disease Â more detail on vaccines' side effects Â expanded discussions of combination vaccines Â a new section on adult vaccines Â additional options for alternative vaccine schedules Â a guide to Canadian vaccinations THE VACCINE BOOK provides exactly the information parents want and need as they make their way through the vaccination maze.

Book Information

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Customer Reviews

I don't know if anyone else has done this yet, but this is a detailed breakdown of what is in this book. It is more information than I ever expected, in a format that is sectioned down in consistent and easy to read and reference. Personally, this is one of the best investments I made prepping for my brand new role as a mother. I bought it in my second trimester. I poured through it making notes and highlighting as I went. Dr Sears IS pro-vaccine, yet he writes from a neutral stand point giving you facts. But he is not here to tell you to get vaccines, rather to guide you in making the right choices for you! I'm pretty sure those that gave one star are those that have not even read a word of this

book, but are rather so adamantly against just the idea of people not vaccinating that they must discredit a wealth of knowledge that benefits ALL parents and children. It starts with the current to date vaccine schedule chart. He then goes over each vaccine in order, each vaccine being their own chapter, and following a consistent format per chapter. The history of the disease. The description, likelihood of getting it, and the statistics including the risk factors involved for your child should they contract it, the short term and potentially long term outcome or damage, and the mortality rate. So basically the risks of not getting the vaccine. Followed by the risks of getting the vaccine. Common immediate reactions, more significant risks which can be different according to each company that makes the vaccine. (These are all based off of case studies and statistics). The different versions that may be made as a single disease vaccine, or as a combination vaccine, which also depending on the maker. Single and Combo are both gone over thoroughly. All known side effects and their likeliness per maker of the vaccine, in past versions and current ones, the ingredients and specific amounts of things like aluminum and formaldehyde. Aluminum being especially important because if your pediatrician is using certain ones that contain higher levels, you would not want to get them at the same time as another with mid to high aluminum levels. Meaning you might want a different brand for one, or if that's not an option for you, wait until the next visit for the other vaccine containing aluminum, thus keeping levels in your child lower and safe. Some contain eggs, which your child may be allergic to. If there is a particular maker with risks that aren't worth taking the chance, he will tell you that he doesn't recommend that certain brand/combo for that vaccine- not to be confused with not getting one all together. At the end of each of those chapters, he weighs in. Recommending whether this is one he personally believes you really shouldn't skip, or whether it's one that is not really necessary in scenarios such as a breastfed child who is not in daycare until a certain age. Whether the vaccine is given primarily as protection for the child, or more as protection for someone exposed to the child, with the child simply being an unaffected carrier. Like being a potential risk around a pregnant mother. If you are uncomfortable with following the recommended schedule of what and when, he has chapters at the end that help you with a delayed or selective schedule, or customizing your own. Does this help you realize how important this book is? And why we as parents should take the responsibility of knowing what is injected in our child and why?

I bought this book wanting to get the anti-vaccine side of the argument, because I was told this book had references to real white-paper studies and not just the endless string of tear-jerking but scientifically meaningless anecdotal stories that you see on TV and read about online. I was very

impressed with and surprised by this book. It was not anti-vaccine at all, it simply described each vaccine and each ingredient and presented the most current scientific safety study findings on each, along with the corresponding risks of each disease. Drawing no conclusions, Dr. Sears challenges each parent to make their own decision about each vaccine's use and schedule one at a time, with specific advice for various scenarios (breast-fed at home vs 5 days/week in daycare, for example). My wife and I were pleased to find ourselves intuitively designing our own custom vaccine schedule as we read through the book, custom tailored for our unique situation. After reading, we choose to almost fully vaccinate, but on a schedule we were comfortable with and against a set of risks that we now understand very well and can defend to anyone based on scientific evidence. All facts in the book are backed up with specific white-papers which Dr. Sears annotates as you go through the book, so you can cross-reference the research yourself (some vaccines intrigued me more than others). This is the only resource (including FDA and CDC) that we have found so far that provides a balanced, fair-minded, non-dogmatic approach to the broad topic of vaccination. The reality is made clear: each vaccine is an individual medical treatment, not a component in a holy war. This book is not for parents who are trying to find a new religion, overthrow the government; instead, it's for parents who prefer to proactively make medical decisions based on white papers they have read and understood (e.g. Engineers). If you don't like making your own spreadsheets, at the end of the book Dr. Sears describes the 4-5 categories most people find themselves in after reading (from fully vaccinating on CDC schedule all the way to no vaccinations at all), and provides specific recommended plans for each category of parent. But don't be lazy; make your own plan as you go. If you want, you can then compare your plan to the various plans Dr. Sears recommends, and if you can't justify why your plan is different than one of the recommended ones, do more research until you can explain those differences confidently. Our plan is slightly different than any recommended in this book, but this book gave us the tools we needed to form our plan with confidence that it is optimal for our daughter.

too bad there is so much hate going around with the vax debate... so much misinformation and close-mindedness. I brought this book to some highly recommended so-called "open-minded" pediatricians and they all said "we totally disagree with everything in this book." Wow! How presumptuous and negative! Dr. Sears isn't even anti-vax! He recommends getting certain vax! This book may help you decide which Big Pharma manufacturer for each vax to choose (I found a doc that would order whatever vax I wanted) (one that doesn't use animal parts which is linked to cancers, etc.) Worth a read, you can gain some knowledge either way, whatever side you are on. I

don't think the anti-vaxers are necessarily against the idea of vax- but wouldn't it be nice if they made them a bit safer- less heavy metals and aborted fetuses and animal dna, etc. ??

You should definitely use your own judgement when it comes to Vaccines, but this book really simplifies and helps break down the VAST amounts of information on vaccines. I especially like that this book tells you the ingredients of each vaccine so that you can choose the brand with the least harmful additives. In our state, you have no choice on whether or not to vaccinate your children, so at least this way, we were able to make informed decisions on what they got and when. This book was easy to read and was as non biased as you are going to get in this heated debate. This book helps you educate yourself enough to have an informed discussion with your doctor about your wishes.

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