



## What are Vaccinations?

Vaccinations, also known as immunizations **play a vital role in protecting children and adults from diseases**. There are two types of vaccines – live and inactive virus vaccines. The live virus uses tiny amounts of weakened bacteria or viruses that cause disease to stimulate the immune system.

The inactive virus contains the killed virus which produces antibodies that **attacks the virus and prevents the** infection. Getting vaccinated can actually save your life – it might not prevent disease completely but helps lessens the symptoms.

## Why are Vaccinations Important?

Vaccinations are necessary for several reasons and these include:

- Protect children and adults from developing serious diseases
- Reduces the spread of disease to others
- Less expensive than being treated for diseases that vaccinations protect you from
- Required fro entrance into daycare facilities, school, college, employment or travel to another country
- Pregnant women have to make sure that their vaccinations are up to date to protect the baby
- Less side effects

The vaccination schedule for children includes the following immunizations to be administered and these include:

- Diphtheria, tetanus, and pertussis (whooping cough)
- Measles, mumps, and rubella.
- Chickenpox
- Polio
- Hepatitis B.
- Hepatitis A.
- Rotavirus.
- Bacterial meningitis
- Human papillomavirus (HPV)
- Haemophilus influenza type b disease, or Hib disease
- Pneumococcal disease
- Flu (influenza)

## When should vaccinations be given?



The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Babies are given [vaccinations](#) after birth, at 2, 4 and 6 months of age and later at 15 and 18 months. Children will also **receive [vaccinations](#) between the ages of 4 and 6 years**. After the age of 6 years, a child needs fewer [vaccinations](#) but older children and adolescents will still need some [vaccinations](#).

It is important to have children vaccinated as early as possible to **protect against diseases**. In addition, it may be necessary to provide proof of immunization when enrolling children at daycare and school, enrolling at college or traveling to a foreign destination.

[Vaccinations](#) for adults generally depend on your age, gender, lifestyle, travel locations, overall health and previous vaccines that you had as a child. Your health practitioner will be able to inform you about which vaccines you may need.

The immunization schedule for adults includes:

- Pneumococcal polysaccharide (PPV)
- Influenza
- Tetanus, diphtheria, and pertussis
- Measles, mumps and rubella (MMR)
- Chickenpox
- Shingles
- Hepatitis A and/or B

Additional immunizations may be required for people whose risk of exposure to disease may be increased and these include:

- Meningococcal (MCV4 or MPSV4, depending on your age)
- Human papillomavirus (HPV) for women

## Side Effects of Vaccinations

Vaccines often cause mild side effects such as pain, swelling or **redness at the site of the injection**, slight fever, crankiness, loss of appetite or a mild rash (especially after chickenpox or measles-mumps-rubella shots). Although serious side effects such do occur, they are very rare. Serious side effects may include a fever over 104.5F, breathing difficulties or a severe allergic reaction.

## Delaying or avoiding vaccinations

If your child is ill at the time of [vaccination](#), then vaccination should be delayed until they are feeling better. However, **mild illnesses should not prevent immunization**. Children who suffer from seizures or neurological disorders should not receive a pertussis vaccine but may be given a diphtheria and tetanus vaccine instead.

People with severe allergic reactions to eggs or egg protein, antibiotic medications, gelatin or with a specific vaccine should avoid [vaccination](#). The live virus vaccines which include the MMR and **varicella vaccine should not be given to people with weakened immune systems**, those who have received a blood transfusion or immune serum globulin, or women who are pregnant. The influenza virus has proven to be safe to use during pregnancy.



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

## Natural remedies

Natural and holistic versions of the flu vaccine have proven to boost the immune system, and **help fight infections and diseases**. The natural version of the vaccine does not contain live crude virus. Not only are these remedies safe to use but they are gentle on the body without being addictive.

Herbs such as Hypoxis Rooperi, Agathosma Betulina (buchu), Mentha Piperita, Solidago Virgaurea (Goldenrod) and Viscum Album helps to build your natural defenses, overall health and wellbeing. Echinacea purpurea, Astragalus membranaceus, Inula helenium and Withania somnifera are also **immunity-enhancing herbs used to promote** healing and vitality. Homeopathic ingredients such as Influenzinum, Bacillinum, Gelsemium and Nux vomica may be used as a natural alternative to protect against the current flu virus.

## Tips to prevent bacterial and viral disease

There are several things that you can do to protect yourself against bacterial and viral infections and diseases and these include:

- Wash your hands thoroughly often and thoroughly – before eating, when preparing food, after visiting the bathroom, handling pets and being outside
- Cover your coughs and sneezes by using a tissue rather than your hand
- Eat a healthy, well balanced diet filled with fresh fruit, vegetables, protein, vitamins and other essential nutrients
- Drink at least eight glasses of water daily to flush toxins from the body's system
- Exercise regularly for your overall health and wellbeing
- Eat yogurt daily – studies show that yogurt contains beneficial bacteria that boosts the immune system and helps fight disease
- Stop smoking naturally as it damages your lungs and other organs of the body
- Drink alcohol in moderation as can cause serious health problems
- Learn to relax and manage your [stress](#) by listening to soothing music, practicing breathing exercises, visualization techniques or meditation
- Incorporate multivitamins into your daily routine

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior



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to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**BaniFlu:** Homeopathic remedy temporarily protects against flu virus and germs and is safe for all ages

BaniFlu temporarily **protects against flu virus and germs** without toxic side effects. Taken at the start of winter, or just before international travel, BaniFlu will protect the body against attacks of the flu strain for the current year.

BaniFlu may also be taken at the start of an acute flu infection to **improve recovery time and lessen symptoms** all without side effects. It helps the body **build up a natural defense** by providing a sound platform to support wellness and vitality.

BaniFlu is taken internally and works quickly to support the immune system and to assist the body in its task of fighting invading flu germs. Presented in small dissolvable tablets, BaniFlu is easy to ingest and hassle-free with **no artificial colors or preservatives**.

Due to its unique homeopathic formulation, BaniFlu may be **safely used by all ages, including small babies and during pregnancy and nursing** – providing valuable protection for the whole family!

[Learn more about BaniFlu](#)

**FluGo:** Homeopathic remedy temporarily relieves symptoms of the flu or cold including cough, runny nose, fever, sore throat and fatigue

**FluGo** is a safe, non-addictive, FDA-registered *100% homeopathic remedy* containing ingredients especially selected to temporarily **relieve symptoms of the flu or cold** like cough, runny nose, fever, sore throat and fatigue.

FluGo should be taken at the first sign of a blocked nose, sneezing or sore throat to

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

**decrease the severity of flu or cold symptoms.** This natural remedy works quickly to support the immune system and assist the body in its task of fighting invading germs.

FluGo is a natural flu remedy taken internally and presented in small dissolving tablets. It is easy to ingest and hassle-free with **no artificial colors or preservatives**. As a result, FluGo can make all the difference, without compromising health.

[Learn more about FluGo](#)

**Immunity Plus:** For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Immunity Plus](#)

**Kiddie Boost:** Support healthy immune functioning in children.

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **strengthen child's immune system** from the age of 12 months. KiddieBoost comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and



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manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly **reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Kiddie Boost](#)

Read the testimonials for these quality products [here!](#)

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