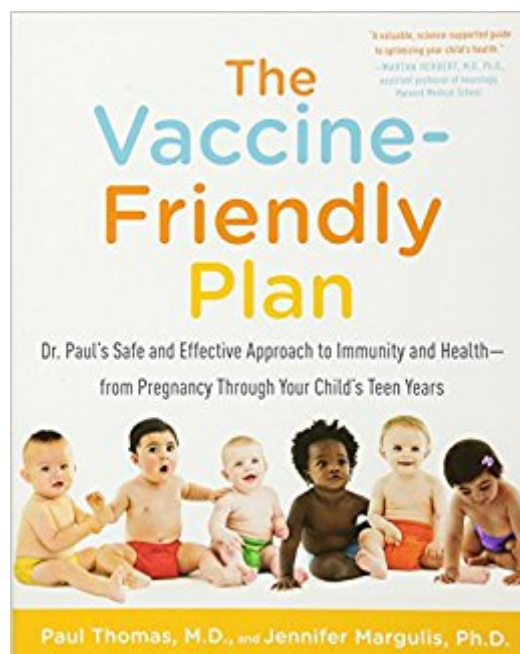


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The Vaccine-Friendly Plan: Dr. Paul's Safe And Effective Approach To Immunity And Health-from Pregnancy Through Your Child's Teen Years



Synopsis

An accessible and reassuring guide to childhood health and immunity from a pediatrician who's both knowledgeable about the latest scientific research and respectful of a family's risk factors, health history, and concerns In *The Vaccine-Friendly Plan*, Paul Thomas, M.D., presents his proven approach to building immunity: a new protocol that limits a child's exposure to aluminum, mercury, and other neurotoxins while building overall good health. Based on the results from his pediatric practice of more than eleven thousand children, as well as data from other credible and scientifically minded medical doctors, Dr. Paul's vaccine-friendly protocol gives readers recommendations for a healthy pregnancy and childbirth vital information about what to expect at every well child visit from birth through adolescence a slower, evidence-based vaccine schedule that calls for only one aluminum-containing shot at a time important questions to ask about your child's first few weeks, first years, and beyond advice about how to talk to health care providers when you have concerns the risks associated with opting out of vaccinations a practical approach to common illnesses throughout the school years simple tips and tricks for healthy eating and toxin-free living at any age *The Vaccine-Friendly Plan* presents a new standard for pediatric care, giving parents peace of mind in raising happy, healthy children. Praise for *The Vaccine-Friendly Plan* "Finally, a book about vaccines that respects parents! If you choose only one book to read on the topic, read *The Vaccine-Friendly Plan*. This impeccably researched, well-balanced book puts you in the driver's seat and empowers you to make conscientious vaccine decisions for your family." •Peggy O'Mara, editor and publisher, *Mothering Magazine* "Sure to appeal to readers of all kinds as a friendly, no-nonsense book that cuts through the rhetoric surrounding vaccines. It offers validation to those who avoid some or all, while offering those who do want to vaccinate help on how to do so safely. This is a great book for anyone with children in their lives." •Natural Mother "A valuable, science-supported guide to optimizing your child's health while you navigate through complex choices in a toxic, challenging world." •Martha Herbert, M.D., Ph.D., Harvard Medical School "An impressively researched guide, this important book is essential reading for parents. With clear and practical advice for shielding children from harmful toxins, it will compel us all to think differently about how to protect health." •Jay Gordon, M.D., FAAP "Rather than a one-size-fits-all vaccine strategy, the authors suggest thoughtful, individualized decisions based on research and collaboration between parents and clinicians •a plan to optimize a child's immune

system and minimize any risks. — Elizabeth Mumper, M.D., founder and CEO, The Rimland Center for Integrative Pediatrics — “This well-written and thought-provoking book will encourage parents to think through decisions — such as food choices and the timing of vaccines — that affect the well-being of their children. In a world where children’s immune systems are increasingly challenged, this is a timely addition to the literature.” — Harriet Lerner, Ph.D., bestselling author of *The Dance of Anger* and *The Mother Dance*

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Customer Reviews

— “Finally, a book about vaccines that respects parents! If you choose only one book to read on the topic, read *The Vaccine-Friendly Plan*. This impeccably researched, well-balanced book puts you in the driver’s seat and empowers you to make conscientious vaccine decisions for your family.” — Peggy O’Mara, editor and publisher, *Mothering Magazine* — “Sure to appeal to readers of all kinds as a friendly, no-nonsense book that cuts through the rhetoric surrounding vaccines. It offers validation to those who avoid some or all, while offering those who do want to vaccinate help on how to do so safely. This is a great book for anyone with children in their lives.” — *Natural Mother* — “A valuable, science-supported guide to optimizing your child’s health while you navigate through complex choices in a toxic, challenging world.” — Martha Herbert, M.D., Ph.D., Harvard Medical School — “An impressively researched guide, this important book is essential reading for parents. With clear and practical advice for shielding children from harmful

toxins, it will compel us all to think differently about how to protect health.

—Jay Gordon, M.D., FAAP

“Personalized health care based on the needs and vulnerabilities of individuals is the way to deliver optimal medical care. In this book you will learn a new way of thinking about vaccines. Rather than a one-size-fits-all vaccine strategy, the authors suggest thoughtful, individualized decisions based on research and collaboration between parents and clinicians

—a plan to optimize a child’s immune system and minimize any risks.

—Elizabeth Mumper, M.D., founder and CEO, The Rimland Center for Integrative Pediatrics

“This well-written and thought-provoking book will encourage parents to think through decisions

—such as food choices and the timing of vaccines

—that affect the well-being of their children. In a world where children’s immune systems are increasingly challenged, this is a timely addition to the literature.

—Harriet Lerner, Ph.D., bestselling author of *The Dance of Anger* and *The Mother Dance*

“The Vaccine-Friendly Plan is a treasure trove of scientific facts mixed with common sense.

—Paul Thomas, M.D. and Jennifer Margulis, Ph.D., encourage parents to follow their instincts, to do their own research as it pertains to their family’s health, and to rethink what is true healthcare. Likewise, they challenge doctors to step it up to look further into the latest research that impacts the health of their youngest patients.

—Mary Romaniec, author of *Victory over Autism: Practical Steps and Wisdom toward Recovery for the Whole Family*

“Impressive and compelling. Whether you’re trying to conceive or already parenting teens, you need to read *The Vaccine-Friendly Plan*. It’s about so much more than just vaccines

—this book is a comprehensive guide to children’s health that gives you everything you need to know to keep your children safe and healthy. I’ll be recommending it far and wide.

—Lyn Redwood, R.N. co-founder of the Coalition for SafeMinds

Paul Thomas, M.D., FAAP, received his M.D. from Dartmouth Medical School and did his residency at UC San Diego. He is a board-certified fellow of the American Academy of Pediatrics and board-certified in integrative and holistic medicine and addiction medicine. His practice, Integrative Pediatrics, currently serves more than eleven thousand patients in the Portland, Oregon, area. He was named a top family doctor in America by *Ladies’ Home Journal* in 2004 and a top pediatrician in America in 2006, 2009, 2012, and 2014 by *Castle Connolly*. Dr. Thomas grew up in Zimbabwe (the former Rhodesia) and speaks both Shona and Spanish. He is the father of ten children (ages twenty to thirty-two), all of whom are vaccinated. He lives with his family in Portland,

Oregon. Jennifer Margulis, Ph.D., is an award-winning science journalist who has been researching and writing about issues related to children's health for more than ten years. Her articles have appeared in The New York Times and The Washington Post, and on the cover of Smithsonian Magazine. A Boston native, she lives in Oregon with her husband and four children.

The Appendix E of this book really tells you all you need to know: A team of researchers have been reviewing and tabulating the health outcomes 2,230 children over age two and under age seven who were patients at my clinic, Integrative Pediatrics, from June 2008 (which is when my clinic first opened) to February 2015. We are in the process of compiling this data for a retrospective study approved by Western Institutional Review Board. We are examining incidence of autism, developmental delays, hospitalization a, infectious diseases, and sick visits. The following data is preliminary but serves to answer one key question: Does Dr Paul's Vaccine-Friendly Plan help reduce the incidence of autism? Patients were divided into three groups as follows: Group 1: Following Dr Paul's Vaccine-Friendly Plan: These children were either born into my practice of established care by the two month well baby visit. They did not get the birth or the infant hepatitis B vaccine. If they got the hepatitis A vaccine, it was after age two. If they got the MMR and the chicken pox vaccines, it was at or after age three. There were 1,098 children in Group 1. Group 2: Unvaccinated: Because of parental choice, these children had no vaccines. There were 238 children in Group 2. Group 3: Other/Most Vaccinated: Though there was some individual variability, many children in Group 3 were vaccinated according to CDC guidelines. There were 894 children in Group 3. Group Total Autism/ASD Rate 1,098 0.02 238 0.03 894 0.15 1/60 Using the previous CDC autism rate of one in fifty, we would have expected approximately twenty-two cases of autism in Group 1, but there were no autism or ASD (autism spectrum disorder) diagnoses. We would have expected to have approximately four cases of autism in Group 2, but there were no autism or ASD diagnoses. We would have expected to have approximately seventeen cases of autism in Group 3, and there are fifteen autism/ASD diagnoses, which mirrors the national average. This data demonstrates with a high level of statistical significance that the Vaccine-Friendly Plan - as well as not vaccinating at all - was associated with less autism/ASD.

As a Functional Medicine practicing pediatrician, words are inadequate to describe how good this book is! After a total of 31 years in conventional pediatric practice, and another 11 years serving on the teaching faculty of a major university pediatric teaching program, I discovered the world of integrative medicine. After an intensive two-year period of reading, learning, and trying the

functional Medicine approach on select patients with chronic health problems, I was stunned to discover the amazing world of healing through mostly natural means. Beginning in November of 2013 I retired from conventional pediatrics to begin a new career in Functional Medicine, becoming board certified in Integrative Pediatrics (B.C.I.P.) under the auspices of the American Association of Integrative Medicine (AAIM) in May, 2016. The process of education included reading over 100 books, attending functional medicine educational events and ultimately speaking at an integrative medicine conference, and networking and brainstorming with some of the leading Functional Medicine practitioners and authors in the field – such as Dr. William Davis, Dr. David Perlmutter, and others. Having already co-authored a book with psychologist John Rosemond (The Diseasing of America’s Children Thomas Nelson 2008), I have learned how difficult it is to write a book while practicing. The Vaccine-Friendly Plan is the book I would have written if I ever found myself able and willing to take on the gargantuan task of producing such as work as this one. I am in absolute awe of Dr. Thomas and Dr. Margulis for this masterpiece. There are only a couple of places in the entire book where I would disagree about anything, and it is without a doubt the finest single book I have ever read that I would give to or recommend to every parent of a child I have the privilege to work with. I intend to do just that for parents who ask me about recommendations for what to do about vaccines – a question I get from a lot of them since changing my career over completely to a functional medicine approach to chronic health problems. On a personal note, I identify strongly with Dr. Thomas’ description of how attending an autism conference changed his life. Attending the AutismOne conference in Chicago in 2015 changed mine – undoubtedly in the same manner as Dr. Thomas describes. Observing and hearing stories of heroic parents and their children with various forms of ASD, talking to them, hearing some of them give talks, brought me from hesitation to take on the complexities of dealing with autism to knowing that I must and would do whatever it took to prepare myself to be able to do so. This book is a treasure in that process. I cannot thank you enough, Drs Thomas and Margolis. Bose Ravenel, M.D., F.A.A.P., B.C.I.P. Robinhood Integrative Health Winston Salem, North Carolina

Great book! It’s worth the read if you want to do an alternative vaccine schedule for your children.

Not just a book about vaccines! Makes information easy to understand, and offers more resources on numerous topics if you choose to dig deeper on a particular subject. All information is backed by research and is SITED.

everyone should have this

This book is so informative. It is a MUST read for every person who wants to get pregnant, who is pregnant, or who has kids.

Best guide to use for each stage from pregnancy through toddler years!

Take it from me, a PhD scientist, and author of the book "The Environmental and Genetic Causes of Autism" - the AAP has it 100% wrong - spreading out vaccines is wise, skipping some is wiser - and Dr. Paul Thomas has a rational basis for his considered opinion. Buy this book for every new parent.

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