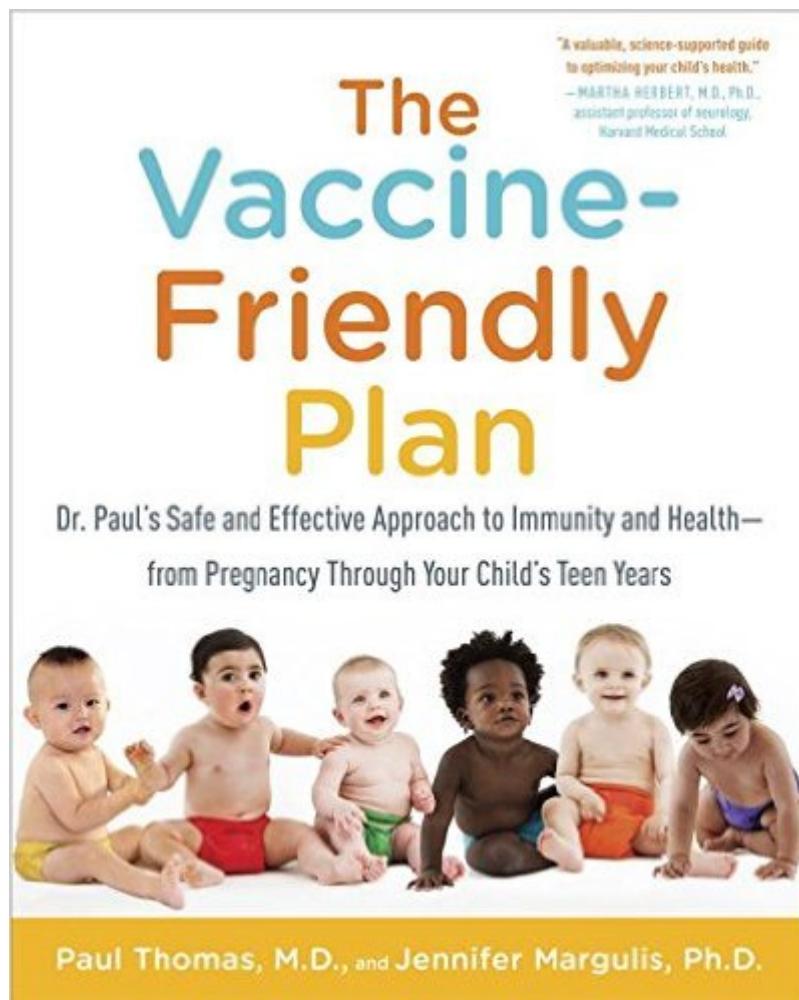


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The Vaccine-Friendly Plan: Dr. Paul's Safe And Effective Approach To Immunity And Health—from Pregnancy Through Your Child's Teen Years





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 a wealth of recommendations for a healthy pregnancy and childbirth as well as vital information about what to expect at every well child visit from birth through adolescence as well as a slower, evidence-based vaccine schedule that calls for only one aluminum-containing shot at a time as well as important questions to ask about your child's first few weeks, first years, and beyond as well as advice about how to talk to health care providers when you have concerns as well as the risks associated with opting out of vaccinations as well as a practical approach to common illnesses throughout the school years as well as 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

decisionsâ "such as food choices and the timing of vaccinesâ "that affect the well-being of their children. In a world where childrenâ ™s immune systems are increasingly challenged, this is a timely addition to the literature.â •â "Harriet Lerner, Ph.D., bestselling author of *The Dance of Anger* and *The Mother Dance*

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Customer Reviews

This book is a GAME CHANGER. The Vaccine Friendly Plan thoroughly discusses all the vaccines on the CDC schedule and gives you enough information to help you decide which vaccines are right for your child (or if any are right for your child). Everything is science based and meticulously fact checked. The thing I love most about this book, is that it doesn't JUST talk about vaccines. It covers a variety of issues related to how to reduce the amount of toxins your kids and family are exposed to and how to boost immunity overall immunity. It also addresses and explores the science around: Artificial sweeteners, Tylenol, Common chemical contaminants in households you can avoid, Pregnancy nutrition and vaccines, Vitamins, Myths about babies and their care, Ways to boost physical and mental health through all stages of childhood. This book is a must-read for all pregnant moms, new parents and parents of kids under age 5 specifically. After loving my copy so much, I came back and ordered three more to give away as gifts.

I have been waiting for this book and it's a real breath of fresh air. I get tired of the polarised arguments around vaccines: all vaccines are good, safe and protect society VERSUS all vaccines

are evil. I've seen the devastation caused by diseases like whooping cough and I have also seen vaccine damage. For parents it can be a very difficult decision to make when it comes to making a decision. It's very emotional because it's about our children. We want them to be safe. We want to do the right thing. For me, this is the FIRST books about vaccines that I can say is BALANCED with good scientific evidence and I've read most of them. There are no conspiracy theories here. I highly highly recommend all parents who want to understand the world of vaccinations to get this book. Then make up your mind. Hopefully you will be more at peace with whatever you decide because you have made an informed choice. Sinead F. Paediatric Natural Medicine Therapist. BHSc

Dr Paul grew up in what is now Zimbabwe and attended Dartmouth for his medical degree. He's seen first-hand the benefits of vaccines and modern medicine, and practiced by the book, following CDC and AAP guidelines for everything in his pediatrics practice. However, he noticed that parents who followed his advice had kids who kept getting sicker and sicker. Dr Paul went on to adjust his guidelines for everything from vaccines to nutrition to Tylenol, and has seen his patients thrive. Since 2008, he has zero new cases of autism in his practice among parents who follow his guidelines (roughly 1,100 kids) despite the fact that many kids in this group are at higher risk, due to siblings with ASD. This book is full of research-backed advice for everything needed to raise healthy kids. It was the kick in the pants I needed to get my family back to a completely real foods diet. I also greatly appreciated some of the updated but still not widely publicized info on vaccine safety. The Vaccine Book by Dr Sears goes into much more detail on each vaccine, the diseases they prevent, the ingredients they're composed of, and the risk of side effects. This book by Dr Paul gives more of a brief overview of all those things, but includes his recommendation for each one (Dr Sears lays out the pros and cons and lets the reader make up their own mind). I loved how this book addressed so many aspects of raising healthy kids and not just vaccines. It's an easy and 100% worthwhile read for all parents.

I am so pleased to have recently received and read the latest book by Dr Paul Thomas and Jennifer Margulis, PhD. My children are no longer all babies, but still receiving vaccines over the next few years as they enter their schooling years. I have done a lot of research on timing vaccinations and how to support a healthy immune system in order to receive them. I have now learned even more from "The Vaccine-Friendly Plan" and feel confident going to my doctor's office with a personal plan to discuss with them as we share in the treatment and support of my children's health. THANK YOU for finally writing the kind of book that families like my own who selectively vaccinate can reference.

and keep on their bookshelf as they care for their children's health and make decisions for their well-being after careful research and consideration.

This book should be in the hands of all. Especially women, prior to pregnancy, but certainly not limited to that part of the population. An excellent source of information/knowledge around inoculations. I certainly wish I'd had this book/reference years ago. An excellent compilation of facts around inoculations, giving us back the power, hopefully in all states and countries to make those important decisions. Paul Thomas really knows his stuff!

As a Registered Nurse, I am super excited this book just came out today! I have been waiting for it for a while--and can't be more pleased. The authors are passionate about children, health, and science! In a highly polarized conversation about vaccines, the authors cover how to vaccinate--safely. They discuss actual risks and risk factors associated with vaccination, as well as what parents who want to vaccinate can do to protect their precious children's bodies from some of the more problematic side effects. They educate about how to raise happy, healthy children, and who doesn't want that for our next generation? I spend a lot of time taking care of the sick and injured, and if parents follow even half of the advice in this book the likelihood that I will see them in my hospital any time soon will vastly decrease. Thanks to Dr. Paul Thomas, MD and Dr. Jennifer Margulis, PhD for making this world a better, more informed, safer, friendly place!

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