

Let me just say, in case you don't know me: I am not a selfish non-conformist. Not a conspiracy theorist. Just an independent thinker who has grown up seeing the verifiable power and potential of alternative medicine. Who has seen the damage that western medicine can do, *as well as* its many miracles. I am someone who questions carefully what they put in their body. And I don't appreciate others forcing me to go against my own knowledge and experience.

Like you, I am in search of Truth. In that quest, I have learned to question everything, to recognize my unfounded biases. Sometimes I fall short, but I try again and again. My opinions are, like those of scientists and doctors, subjective. There is no such thing as objectivity, even in the scientific world. In statistics class in grad school, I learned how easily data can be skewed. But we try. Those of us in search of morally-founded answers unsoiled by financial gain or power plays, we do try to find the Truth. Or come close.

If you will allow me, I want to share with you here my thoughts on vaccinations.



My independent thinking stems from experience. My cultural blinders—that sacred trust we put in our government and related institutions—were pulled off through my various projects. When I worked to aid Haiti, I discovered the terrible role that the US and other countries played in keeping Haiti impoverished and weak for over a century. When I worked to support renewable energy in my region here in Switzerland, I encountered the corruption sometimes found behind the closed shutters of large corporations—even in a country known for its fairness and democracy. And when I practiced Traditional Chinese Medicine, I was shocked at the firmly-held monopoly of western or allopathic medicine both in Europe and the US. Big pharma involves trillions (that's 12 zeros) of dollars. And vaccines come from big pharma.

I know from experience that talking about vaccinations is like arguing about the existence of God. Whether we are talking about vaccines for Lyme or Covid or children's diseases, if I pose one argument, no matter how scientifically based, someone will find an argument to partially discredit it. I could lay before you hundreds of my personal case studies showing clear, negative side effects of vaccinations, but there would remain that exasperating wiggle room for another explanation. One's health is complex, influenced by so many factors. It is easy to make excuses.

Let me say right here: I respect *your* personal experiences and decisions regarding vaccinations. But if you are on the fence about whether or not to vaccinate—for any reason—you may wish to consider the following.

- 1) During critical situations such as a pandemic, politicians are forced to be pro-active. If things go wrong, they can always point the finger somewhere else. But if they do nothing, people will also suffer, and they will be blamed for not taking action. They are forced to “do something!” Even if there is only a slight chance it will help. (And, after all, it is not their personal money that they are spending.)
- 2) Similarly, doctors need an ace to play. A medical practitioner doesn't like to say, “Sorry. I've got nothing.” They prefer to offer an operation, a pill, or—to ease their patient's worries—a vaccine as a form of “prevention.” My definition of prevention involves looking at what THE PATIENT can do to stay healthy. But it takes a lot of convincing to get people to change their bad habits. Much easier to poke them in the arm. And charge for it.

Unfortunately, the result may not only be that the vaccination doesn't work (sometimes it does). It can also induce side-effects. When we purchase prescription medicine, it always contains that thin piece of paper listing all the possible side-effects of the potent pill we are about to swallow.

If we dare to read it (does anybody?), at least we know the trade-off. Ever receive one of those lists when being vaccinated? Not anyone I know. And vaccines, like any medicine, have potential side effects.

- 3) Okay, you might say, we can talk to the general public about changing their bad habits so that their immune system remains strong, but what can we do to protect the old and the weak? My answer: Certainly NOT burden their bodies further with foreign pathogens! Yes, vaccine contents are rendered inactive. The genetic core of the virus is broken down so it cannot make copies of itself while the outer protein shell stays whole so the body still recognizes the germ. The problem is, vaccines trigger an immune response which taxes elderly or already weakened bodies, making them even more vulnerable to disease. When I get old and weak, and a flu virus is going around, I intend to avoid public places, take extra Vitamin C and Echinacea (as well as any applicable Chinese herbal remedies based on my symptoms) and ride it out. I can already hear medical practitioners scoffing, but in my Chinese medicine practice, my patients fared better with this approach.

If you study early vaccination policies and community-wide immunization programs, you will read that vaccines were not intended for everyone. They were designed for population-level protection (herd immunity) to halt widespread epidemic transmission. They were not administered to the weakest as an invisible shield. For example, it is scientifically proven that older adults often respond poorly due to *natural immune aging*. The same goes for immune-compromised individuals. Doctors may argue that vaccinations have improved...but they still burden the body by triggering an immune response. It takes energy to build anti-bodies! Yet, doctors often call in the weakest of the herd for vaccinations, suggesting that they “need protection.” The question is “Why?”

- 4) Because doctors remain on Big Pharma’s payroll. Even if I ignore the discussion I personally overheard about how the flu vaccine funded a doctor’s yearly trip to the Canary Islands, the facts remain: According to an article by Ranjana Srivastava in The Guardian, drug company financial ties to physicians lead to higher rates of branded drug prescriptions. Big Pharma has long used payments to doctors to advertise its products. The payments are in the form of consultancy fees, advisory board meetings, educational sponsorship and coverage of travel (often to exotic places), accommodation and entertainment. [Read the article here.](#)



- 5) Why do we tolerate these indiscretions—doctors on the take? Partly because we don’t see it happening. But also because many of us have relinquished responsibility for our own health. We have grown lazy and spoiled. We can’t tolerate pain any more. We run to the doctor for the slightest ache or sniffle. We overwork our bodies and minds and aren’t willing to invest in their care. Like a child who expects his mother to tell him when it is time to go to bed, or not to eat too many sweets, we turn over the power to a medical professional because our health is often less important to us than making money and having fun. Am I wrong?
- 6) There is also this whole idea that a disease “happens” to us. Disease is seen as an enemy rather than an indicator. If we learn to listen to our bodies, we can sense early when things are out of balance and make the necessary corrections. Work less. Go to bed earlier. Eat less junk food. Drink more water. Usually, pretty basic stuff. But the modern mantra is “Work hard, play hard”...and to hell with our health. Getting sick is often our body’s cry for help.

- 7) The problem is, the more we “let” ourselves get sick, the heftier and more ingenious a virus becomes. Viruses are constantly changing, evolving. By the time a problem has been recognized, a strain of virus isolated, a vaccination developed, and tested, and mass-produced...well. By then, that sucker has changed its clothing, dyed its hair, and is masquerading as someone else! (What a nice market opportunity for Big Pharma! Always a new villain to vanquish!) I’m sure you’ve heard about the similar problem with antibiotics.
- 8) But the enormous medical profession has a monopoly on the information we find on the internet. Let’s face it: their careers depend on it. Try Googling anything on vaccinations causing autism or chronic covid and you will find ONE SIDE of the story. Period. Stand up to the medical profession and you risk being ostracized, defamed, labelled an anarchist. The internet is flooded with medical journals insisting that anyone questioning vaccinations is a conspiracy theorist. Apparently, I’m one of them.



9) Because anyone who gets in the way of the income flow of pharmaceutical companies will be crushed. And flow, it must. Profits arise from a series. I know this from being a writer. Fiction writers are told they will lose money on their first book. If their initial book is good, they can start making money with their second or third book. This is true in many business fields, including pharmaceuticals. They just need to get the ball rolling. The smallpox vaccine was still given to school children country-wide (think of the profits!) long after small pox had been eradicated. (The last natural case of smallpox in the US was in 1949, but vaccinations continued into the 1970s).

Only when it could be replaced by the MMR (Measles, Mumps, Rubella, 1971) vaccination, was the smallpox vaccination stopped. Now, imagine the dollar signs seen by big pharma when they realized that a mutating virus like Covid would require ever new vaccines? Apparently, they found it inconsequential that by the time the vaccines are administered, the virus has most-likely already mutated.

- 9) The process used to produce vaccines is also something you would rather not know about. Growing up in the dairy state of Wisconsin, a relative of mine in that industry once told me. Don’t ever watch how they make ice-cream or you will never eat it again. When making vaccines, manufacturers brew massive batches of viruses inside cultures derived from things like cells cloned from two abortions performed in the 1960s, chopped up chicken embryos, monkey kidney cells or hamster ovaries. Blood from cow fetuses or newborn calves is used to feed cells while the vaccine virus grows. While not in the vaccine, the blood of live horseshoe crabs is drained and used to test vaccines for bacterial contamination before being packaged. And formaldehyde, a harsh embalming fluid, is used to “kill” live viruses and toxins so they cannot make you sick.
- 10) If that doesn’t bother you, then the delivery method of vaccines should. In Traditional Chinese Medicine, we consider how a real virus attacks the body. Traditional theory dictates that the immune system operates in layers, defending the body from “intruders,” usually beginning at the most superficial level, the respiratory mucosa (nose and lungs), then moving gradually down to the bloodstream. Injecting a pathogen directly into deep muscle tissue conflicts with classical philosophies on how the body should naturally encounter and expel an illness. But don’t expect to hear this from an alternative medicine practitioner. We’ve been trained to bow down to the medical profession if we wish to succeed. While studying TCM, I was taught to conform to the allopathic or “western” medical world if I wanted to be taken seriously. God must wear a white coat.
- 11) Worst of all, vaccinations invariably involve animal testing. Yes, the creation and regulation of vaccines involve animal testing, specifically during the research, safety evaluation, and batch quality

control stages. Mice, hamsters, guinea pigs, ferrets, and even more intelligent creatures such as pigs and monkeys were used extensively during the Covid 19 vaccine testing, to which **tens of thousands** of animals lost their lives (not to mention their being caged and their suffering until their life is ended prematurely). I'm thinking of all the people rescuing Beagles from Wisconsin research facilities recently. Have any of you been vaccinated? I strongly believe in the Hippocratic Oath: Do no harm. For me, that extends to ALL life. Not just human. (Mosquitos may be the occasional exception.)

I've talked a lot about viruses, but Lyme is a bacterial infection. Vaccines are also used to protect against bacterial infections like pertussis (whooping cough), tetanus, and pneumococcal disease. Some vaccines target the poisons (toxins) made by bacteria rather than the bacteria themselves, such as the diphtheria and tetanus toxoid vaccines. Unless you are travelling to a remote region where medical treatment is unavailable, I do not recommend these vaccinations. I am also against vaccinations for Lyme bacteria, because most of the principles discussed in the points above still pertain.

In the end, choosing to vaccinate or not is a personal decision. When I chose not to be vaccinated during Covid, I stayed home. I did not want my choice to affect others. Let's face it. Those masks didn't help much. I still wore them anyway. But that is another discussion.



If the subject of this article interests you, I encourage you to read [*Bad Pharma: How Drug Companies Mislead Doctors and Harm Patients*](#) by Dr. Ben Goldacre.

And remember: it is not anarchy to question our government or large organizations. It is our civic duty. Thank you for taking the time to read this article. I look forward to hearing your comments. info@tanyaswriting.com