



What is Arnica?

Arnica is a peer support network founded in 2007 in Surrey, which now has nearly 100 meet-up groups and 10,000 Facebook members. Arnica is supported by parents and health professionals who are passionate about natural immunity and vaccine safety. We host speakers, facilitate discussion and campaign in an open, respectful environment. We are non profit making and welcoming to all. Sign up to our monthly newsletter from the website www.arnica.org.uk



Natural Immunity

We are interested in reducing disease by supporting our immune systems as naturally as possible, in pregnancy and birth, breastfeeding and nutrition, fever and illness. We feel the real threat is chronic disease, not infectious disease (WHO). Mortality from the latter had declined over 90% before vaccination was introduced.

We do not believe that up to 30 vaccines before the age of 6 months is the best route to long-term health. Large studies comparing the health of the vaccinated vs the unvaccinated have never been published. Several hundred thousand children in the UK are totally unvaccinated and more than a million have never received the MMR, yet epidemics, complications and death are rare. These diseases also occur in the fully vaccinated.

Vaccine Safety & Ethics

The Cochrane Collaboration, the most widely respected independent review of available evidence, found 'safety studies pre & post MMR largely inadequate', and the Supreme Court, looking at vaccine injury in the US, found that 'vaccines are unavoidably unsafe'.

Vaccines have not been tested for carcinogenicity or fertility issues, and animal viruses like BSE from bovine material can't be filtered out. Some vaccines are cultured on human diploid cells, use GM engineering and include ingredients such as mercury, aluminum, formaldehyde, MSG, antibiotics, phenol red and much more.

Vaccines are not tested against a benign placebo but against other vaccines. True control groups are not used and only random batches are tested for contamination. Adverse effects of vaccines on the baby during pregnancy have not yet been clinically studied.

Each country adopts a slightly different vaccine schedule. In Finland, for example, children have half as many vaccines as the US. Vaccination policy is clearly not an exact health science but what stands out is that the US has the highest rate of child mortality in the developed world.

We feel that in the absence of true safety testing and adequate vaccine vigilance, we should be cautious. We should also be aware that most vaccine safety and efficacy studies are industry funded, and manufacturers have been fined billions of dollars for fraud, data manipulation and bribes, yet they are exempt from vaccine litigation.

Finally, the JCVI (Joint Committee for Vaccines & Immunisation), which sets vaccine policy in the UK, has many members with industry conflicts of interest, including its chairman.

Your rights

Child vaccinations are totally **voluntary** in the UK. Therefore an unvaccinated child can't be refused NHS treatment or education.

GMC (General Medical Council) guidance for consent makes it very clear that patients must be informed of the risks of medical treatment and respected for their choices. Social Services confirm that non-vaccination alone is not cause for concern.

If you or your child suffers an adverse vaccine reaction you can report it to the MHRA, and if the reaction is serious you can apply for a vaccine damage payment.

NB Some vaccines may be mandatory for medical, veterinary and dental students, army recruits and related professions.

Resources

- 🌸 Local Arnica Groups - UK meet-ups
- 🌸 The Informed Parent Newsletter - since 1995
- 🌸 EFVV (European Forum for Vaccine Vigilance) - A European collective
- 🌸 Dr Jayne Donegan - Lectures & downloads
- 🌸 SANEVAX - HPV information & Support
- 🌸 Yellow Card Reporting for Adverse Drug Reactions - MHRA
- 🌸 JABS - Support for vaccine damage
- 🌸 Vaccine package inserts - vaccine safety edu
- 🌸 VIP (Vaccination Information Portal) - Phone app, Facebook group & Book
- 🌸 The International Medical Council on Vaccination - Medical professionals critical of vaccination
- 🌸 <http://www.arnica.org.uk/resources>

all linked from



Your family, your choice



Informed choices for health and vaccination

