

TATTOOS VACCINATIONS AEROTOXIC SYNDROME

THINK BEFORE YOU INK!

More than half of Australian adults have at least one tattoo. Tattoos have been around for more than 5,000 years. They were used in ancient Egypt as a way to identify peasants and slaves.

They were discovered on a 5,000-year-old frozen mummy identified as the “Iceman,” and it’s thought his tattoos may have been placed as a therapeutic tool on areas prone to joint pain and degeneration.

In Samoa, extensive tattoos were given as a show of courage, endurance and dedication to cultural traditions, while around the world different cultures valued the designs as status symbols, signs of religious beliefs, declarations of love, beautifications, or as a form of punishment.

Tattoos, once thought of as a fringe or alternative practice, are now mainstream and are often used as a form of self-expression. There are still some stereotypes remaining, however.

A poll showed that 27 percent of respondents believed people with tattoos are less intelligent, and 50 percent believed they were more rebellious.

Most people getting a tattoo are not doing so to appease the views of others, of course. There is one consideration you might not have considered: your health. If you’ve ever gotten a tattoo, or thought about it, chances are high that you weighed the artistic and social aspects of it far more than the *health* aspects.

But, unbeknownst to many, a significant number of people with tattoos have experienced lasting health issues as a result.

Researchers from the NYU Langone Medical Center surveyed 300 people in New York's Central Park. Of those who had a tattoo, more than 10 percent said they developed abnormal reactions, including pain, itching, and infection that sometimes required antibiotics.

In 4 percent of the cases, the symptoms went away within four months, but for 6 percent symptoms such as itching, scaly skin, and swelling lasted much longer. Chronic reactions occurred more often in people with more colours in the tattoo, particularly shades of red.

Research has also found “red pigments are the commonest cause of delayed reactions.” One study conducted actual skin biopsies from red tattoo reactions and determined interface dermatitis was the primary problem, in many cases due to an allergic response.

In many cases, however, “overlapping reactive patterns were identified,” which suggests the red pigment was irritating the skin and body via multiple mechanisms. In addition to red, pink and purple colours were often involved in reactions.

The featured study's lead author decided to conduct the study after seeing a patient who seemed to develop an intolerance to red tattoo dye after receiving her multiple tattoos:

“[Dr. Marie C. Leger, assistant professor of dermatology at NYU Langone Medical Center]... got motivated to study tattoo complications after treating a patient who developed itching and raised, scaly skin around only the red parts of a tattoo on her arm.

She had the first tattoo for years but the symptoms started after getting a more recent tattoo on her foot. In addition to the problems at the tattoo site, she developed a rash over her whole body.

‘It was like her body decided after being exposed to red dye more than once, that it just didn't like it,’ Leger said. There are many questions over what is causing these undesirable side effects. Leger said she suspects that allergic reactions to the dyes,

especially red dye, are responsible for some of the chronic reactions lasting more than four months.”

Tattoo parlours are often inspected to ensure safe practices (such as the use of single-use needles), but tattoo inks typically fly under the radar. Inks and ink colourings (pigments) used for tattoos are technically subject to regulation as cosmetics and colour additives.

However, the USFDA states that because of other public health priorities and a "previous lack of evidence of safety concerns," they have *not* traditionally regulated such products.

It has been said that “tattoo ink is remarkably nonreactive histologically, despite the frequent use of different pigments of unknown purity and identity by tattoo artists.”

However, University of Bradford researchers using an atomic force microscope (AFM), that allows them to examine skin with tattoos at the nano-level, have found evidence that suggests otherwise. In a preliminary study (the first to use an AFM to examine tattoos), the researchers found that the tattoo process remodels collagen (your body’s main connective tissue).

In 2011, a study in *The British Journal of Dermatology* revealed that nanoparticles are indeed found in tattoo inks, with black pigments containing the smallest particles (white pigments had the largest particles and coloured pigments were in between).

Nanoparticles are ultramicroscopic in size, making them able to readily penetrate your skin and travel to underlying blood vessels and your bloodstream. Evidence suggests that some nanoparticles may induce toxic effects in your brain and cause nerve damage, and some may also be carcinogenic.

Further, nanoparticles from tattoo ink were found to exist in both the collagenous network of the skin as well as around blood vessels, according to the University of Bradford researchers.

This suggests the ink particles are leaving the surface of your skin and traveling elsewhere in your body, where they could potentially enter organs and other tissues. This is particularly worrisome because tattoo inks are known to contain cancer-causing compounds.

Black ink is also implicated in health problems. This might be, in part, because of its high concentration of nanoparticles.

“The black pigments were almost pure NPs [nanoparticles], i.e. particles with at least one dimension <100 nm,” researchers said in *The British Journal of Dermatology*. Writing in *Experimental Dermatology*, researchers highlighted the dangerous potential of tattoo inks (particularly black) even beyond nanoparticles:

“Black tattoo inks are usually based on soot, are not regulated and may contain hazardous polycyclic aromatic hydrocarbons (PAHs). Part of PAHs possibly stay lifelong in skin, absorb UV radiation and generate singlet oxygen, which may affect skin integrity.

Tattooing with black inks entails an injection of substantial amounts of phenol and PAHs into skin. Most of these PAHs are carcinogenic and may additionally generate deleterious singlet oxygen inside the dermis when skin is exposed to UVA (e.g. solar radiation).”

All tattoo inks have toxic potential. Some tattoo pigment may migrate from your skin into your body’s lymph nodes. Other effects include:

- Potentially carcinogenic
- May cause inflammation and DNA damage

No systematic studies have been performed on the safety of tattoo inks, and many of those used are industrial-grade colours suitable for printers' ink or automobile paint.

There is much yet to be learned about how these pigments interact with your body. For instance, the National Center for Toxicological Research (NCTR) studies show that

Yellow 74, a common yellow tattoo ink, is broken down by enzymes and metabolized by the body.

This pigment also breaks down in sunlight, often turning colourless, but pigments remain. Ink breakdown products may also disperse throughout the body, again with unknown effects. As the number of teenagers and young adults getting tattoos increases, it's expected that complications will, too. As reported in the Journal of Cutaneous and Aesthetic Surgery:

“Unfortunately there are no legislations to promote safe tattooing, hence complications are quite common. Superficial and deep local infections, systemic infections, allergic reactions, photodermatitis, granulomatous reactions and lichenoid reactions may occur. Skin diseases localized on the tattooed area, such as eczema, psoriasis, lichen planus, and morphea can be occasionally seen.”

Additional risks that can occur with any tattoo include:

- Scarring
- Granulomas, which are small knots or bumps that may form around a material your body perceives as foreign
- MRI complications, such as swelling or burning at the tattoo site during an MRI

If you do decide to get a tattoo, consider it a permanent decision. Although tattoo removal is possible using laser treatment and other methods, it is time-consuming, expensive, and may not rid you of the tattoo completely.

As explained in the Journal of Cutaneous and Aesthetic Surgery:

“...regrets after a tattoo are also seen and requests for tattoo removal are rising. Laser tattoo removal using Q-switched lasers are the safest; however, complications can occur. Acute complications include pain, blistering, crusting and pinpoint hemorrhage. Among the delayed complications, pigmentary changes, both hypopigmentation and

hyperpigmentation, paradoxical darkening of cosmetic tattoos and allergic reactions can be seen.

Another common complication is the presence of residual pigmentation or ghost images. Scarring and textural changes are potential irreversible complications. In addition, tattoo removal can be a prolonged tedious procedure, particularly with professional tattoos, which are difficult to erase as compared to amateur tattoos. Hence the adage, stop and think before you ink, holds very much true.”

Since 1980, tattooing (and tattoo removal) have joined the five fastest growing industries in Australia. The others: private security – prostitution – gambling – illegal drugs. NOT GOOD COMPANY!

WOMEN -- NO TATTOOS, PLEASE!

by David Hiscox

Pretty kitties and fat ol' bats,

There's nothing cool about your tats!

You think that at society you can illustrate your sneer,

But your sleeve looks unbecoming, like a dirty smear

Of undignified screeching and hideous 'art'

And the truth is, you're about as attractive as a fart.

You're not avant-garde, you just follow the pack,

You display all who you are, and everything you lack.

But one day when you're old and 'wise',

You'll look at your marks and you'll despise

The thoughts you illustrated eons before

Because they'll mean nothing to you any more.

Pretty kitties and fat old bats,

You're cool as you are, without any tats.

You don't need to listen to the 'progressive' lies

That you can do all without any binding ties

To the consequences for all that you action,

Reaping eternal regret from ephemeral satisfaction.

YES, WE'RE PROUDLY PRO-CHOICE AND PUREBLOOD!

Six Reasons To Say NO To Vaccinations

By Sarah Pope

Vaccination is an extremely controversial topic these days. Whatever your opinion about vaccination, one thing is for certain. The choice to vaccinate or not to vaccinate is a decision that has the potential to greatly impact the health of you and most importantly, your children for the *rest of their lives*.

As a result, this decision should not be taken lightly and it should not be made in a vacuum. In other words, don't just take your paediatrician's word that shots are safe. It is possible for doctors to be wrong. They are human, after all. In reality, your doctor is simply parroting the standard line about vaccination from the American Medical Association (AMA) playbook. If you think you are getting their honest assessment, think again.

You should neither assume shots are dangerous just because your friend down the street doesn't vaccinate her kids.

The key here is education; making an informed decision by investigating the facts with an open mind and knowing exactly what you are getting yourself into before you commit to anything.

With that in mind, the list below will briefly give you the reasons I did not vaccinate my own children and will never consider a shot for them for any reason, even in the event of a so called "pandemic." Please remember that I come from a medical family. My own father (retired) is a MD, as are my brother and my cousin. My husband's mother is a nurse. There is no shortage of opinions on this subject in my family, I can assure you.

So, don't use family pressure as an excuse to do what you need to do once you investigate the facts for yourself and make an informed decision. There is no more foolish choice than to do something because it is someone else's wishes and not your own. It is your body, after all and these are your children. There is no one on earth who knows what is best for them except you and your spouse – not even and especially not your doctor! Make your decisions feeling confident in this knowledge.

#1: Pharmaceutical Companies Can't Be Trusted (Ever)

Let's just list a couple of the (many) times over the past ten years where a drug or drug regimen has been deemed unsafe and downright dangerous, and yet the pharmaceutical companies covered it up FOR YEARS to continue raking in the profits for as long as possible. This should be an easy task.

How about hormone replacement therapy for women? The standard of care for a menopausal woman for over 40 years was HRT. Even women with no complaints were advised that this treatment was helpful as it reduced chances for a heart attack and cancer and even helped them feel younger. Were any, I repeat ANY of these claims true? Not a whit. Breast cancer risk is doubled for women on HRT. There is a 41% increased risk for stroke, 29% increased risk of heart attack, and the list goes on and on.

How about Vioxx? Before this dangerous drug that caused thousands of deaths from heart attack and stroke was finally removed from the market, evidence surfaced that Merck had withheld information and even doctored reports on its dangers years before. As of 2007, Merck had agreed to pay \$4.85 billion to settle approximately 27,000 cases from victims claiming injury or death of a family member using Vioxx. While this is a huge sum of money, in reality it represents less than one year's profits for Merck. Does it pay for a drug company to lie about a drug's safety and efficacy? You betcha. The risk of payouts to victims from getting sued is lower than the lure of huge and long lasting profits while a drug's patent protection remains in effect.

I could cite other examples, but I'm trying to keep this post as pithy as possible.

Remember the proverb, “Fool me once, shame on you; Fool me twice, shame on me”? These corporate behemoths have proven themselves to be completely untrustworthy based on past behaviour. In a court of law, if such a company were an actual witness, an attorney would never put them on the stand due to a serious lack of credibility. Are you really going to take these companies at their word that these shots are safe when money and profits are impacted by their answer?

The idea that people can question “Big Pharma” corruption about dangerous pills, responsibility for killing thousands and countless class action lawsuits, and then resort to name calling and ridicule when others question these same companies over the safety of vaccines is preposterous.

UPDATE: Merck, the manufacturer of the MMR vaccine is currently embroiled in two lawsuits for falsifying data on the effectiveness of the mumps vaccine. One of these lawsuits was brought by two of its own scientists! Just another example of the lying and fraud perpetuated by the drug companies with regard to vaccination.

#2: ALL Vaccines are Loaded with Chemicals and Heavy Metals

Here is a list of the damaging ingredients in vaccines on the market today verified either by independent testing and/or listed on vaccine inserts:

Nagalase, squalene, polysorbate 80, glysohate (Roundup), e-coli, MSG, antifreeze, phenol (used as a disinfectant), *formaldehyde* (cancer causing and used to embalm), *aluminum* (associated with Alzheimer’s disease and seizures), *glycerin* (toxic to the kidney and liver, can cause lung damage, gastrointestinal damage and death), **lead**, *cadmium*, *sulfates*, *yeast proteins*, *antibiotics*, *acetone* (used in nail polish remover), **neomycin** and **streptomycin**. And the ingredient making the press is *thimerosal* (more toxic than mercury, a preservative still used in many vaccines, not easily eliminated, can cause severe neurological damage as well as other life-threatening autoimmune disease). These vaccines are grown and strained through animal or human tissue, such as monkey and dog

kidney tissue, chick embryo, calf serum, human diploid cells (the dissected organs of forcibly aborted fetuses), pig blood, horse blood and rabbit brain.

What's more, vaccine testing results published in January 2017 revealed that ALL of them are contaminated with heavy metals not declared on the ingredients list or in the product leaflets. In another round of vaccine testing conducted in Germany, the vaccines were found to be contaminated with the following:

- ALL vaccines tested contained mercury in small amounts (even the ones that were supposedly "mercury free").
- Slightly over 1/3 of the tested vaccines contained small amounts of arsenic.
- Over 90% of the tested vaccines contained uranium (yes, the stuff used to make nuclear bombs).
- ALL tested vaccines contain minor traces of aluminium, (even if not labelled). Gardasil, Gardasil 9 and Synflorix contain TWICE as much aluminium as indicated.
- The aluminium content in the so-called attenuated vaccines is around 1000-6000X times above the safe limits for drinking water! And these vaccines are supposedly "safer"? By the way, aluminium adjuvants commonly used in vaccines have been identified by immunologists as a trigger for later development of food allergies in children.

Can you imagine injecting this cocktail of poison directly into your child's tissues? Anyone who thinks that these contaminants even in small amounts are safe, especially for a growing child, is just plain out of his/her mind. At least if you ate these ingredients, your body would have a chance to detoxify and eliminate them before any permanent damage could be done. But, to inject them deep into the body's tissues where the toxins are absorbed directly into the blood is the most damaging and lethal approach imaginable.

How could anyone, especially a doctor, possibly think this approach to enhancing immunity to infectious disease is a good idea for long-term health? As it turns out, more

doctors are realising the folly of shots. A growing percentage of paediatricians are declining or delaying shots for their own children! Some family medical practices are so concerned about the safety of vaccines that they have banned all shots for their patients.

It sure didn't make any sense to me. And, here I am 20 years later, still very happy with my decision NOT to vaccinate my children. What's more, my three children thank me constantly for not vaccinating them. Why? They see all the health problems their vaccinated friends have, and they are grateful to be spared the misery.

Sadly, I know many parents and caregivers with 20/20 hindsight who greatly regret their decision to vaccinate. I don't know ANYONE who has not vaccinated and regrets the decision, however. Which group do you want to be a part of in ten years?

#3: Vaccinated Children are the Most Chronically Sick Children

A comprehensive survey of nearly 12,000 children in the USA and Europe was conducted in 2010. The research revealed the truth about the health of vaccinated vs unvaccinated kids. The conclusion? Vaccinated children are more chronically ill than unvaccinated children with rates for autism, ear infections, ADHD, asthma and allergies as much as **30% higher** than unvaxed children.

Another large comparative study of vaccinated versus unvaccinated children published in May 2017 unearthed similar findings.

Take an informal poll of the folks in your circle and see for yourself. Observation is a powerful tool, so put it to use. The kids with the most health and behaviour problems – allergies, asthma, ADHD, autism, coordination and other gross motor issues, and the list goes on – are the ones that are right on track with their vaccination schedule.

It's not just physical illness that plagues vaccinated children either. More research out of universities demonstrates a strong association between vaccination and mental illness in children. 95,000 children were analysed by the Department of Public Health Science at the Pennsylvania State University College of Medicine and Yale University. A strong

association between children receiving vaccinations and then immediate development of brain-related autoimmune and inflammatory disorders: ADHD, OCD, anxiety, depression, bipolar, anorexia, and chronic tic disorder was found.

For compelling anecdotal evidence, ask Moms with several children, some of whom are vaccinated and some who are not. In my own circle, the moms I know who have one or two older kids who are fully vaccinated and the younger kids who did not get any shots tell me that, hands down, that the unvaccinated children are healthier and have fewer problems (usually none).

There is plenty of research available NOW for any open-minded, thinking parent to realise that vaccination of a child is a very bad idea. Throw out your preconceived ideas, read the science and realise the reality that shots will very likely doom your child to a life of autoimmune or mental disorder hell. Playing the odds for a healthy child with a robust immune system free of mental health issues critically involves the decision to forego shots.

#4: Other Countries Are Waking to the Dangers of Vaccines

In 1975, Japan raised its minimum vax age to 2 years old. The country's infant mortality subsequently plummeted to such low levels that Japan now enjoys one of the lowest level in the Western world (#3 at last look). In comparison, the United States' infant mortality rate is #33.

In Australia, the flu vaccine was suspended in April 2010 for children under 5 because an alarming number of children were showing up in emergency rooms with febrile convulsions or other vaccine reactions within hours of getting this shot.

In the UK, they don't even require the chicken pox vaccine because it causes so many health problems not just for children, but also triggers the grave risk of a shingles epidemic for adults. By the way, the shingles vaccine doesn't even work, which is likely why the UK continues to not offer varicella vaccine to children.

#5: Numerous Vaccines Have Already Had Problems/Been Removed from the Market

Here is a brief list of some of the vaccines that have caused serious injury in recent years.

In 2002, GlaxoSmithKline removed Lyme Disease vaccine from the market, citing poor sales, when in fact a number of folks who received the vaccine reported symptoms worse than the disease itself, such as incurable arthritis or neurological impairment.

The Rotavirus vaccine (Rotashield) was removed from the market in 1999 due to an association between the vaccine and life threatening bowel obstruction or twisting of the bowel! Interestingly, my paediatrician at the time (who was a lifelong friend of our family) had highly recommended that this vaccine be given to my newborn baby at the time. I trusted my instincts and said no to the shot – am I glad I did! My paediatrician (remember, lifelong family friend) subsequently dropped me as a patient. Guess he wasn't such a friend after all! Don't be bullied, parents!

A warning was issued concerning the second Rotavirus vaccine (Rotateq) in 2007 as it caused the same twisting of the bowel problem in 28 infants (16 of which required intestinal surgery). This second vaccine has not yet been removed from the market.

Another vaccine that has had a lot of problems but is not yet withdrawn is the Gardasil vaccine for adolescents. A few years ago, Merck, the 50 billion dollar pharmaceutical company and vaccine manufacturer, recalled 743,000 contaminated Gardasil shots that contained glass particles. Fainting, paralysis, slurred speech are just a few of the reactions reported and yet this vaccine continues to stay on the market. At least 1600 adverse events have been reported since its approval in 2006, yet doctors are continuing to recommend this shot to their patients. Why this vaccine hasn't already been removed from the market is astonishing. In Japan, unlike the US, citizens are permitted to sue vaccine manufacturers for damages, and of this writing, a class action lawsuit is pending against the makers of HPV vaccines.

If the vaccines above have had serious problems. The others probably do too, as vaccine manufacturers follow the same basic formula when coming up with each new shot.

#6 You Can Always Get Vaccinated, But You Can Never Undo a Vaccination

Procrastination is usually considered a character flaw, but in the case of vaccination, delaying the decision for as long as possible plays to your advantage. The longer you wait to vaccinate your child, the better. A child's immune system continues to develop for years after birth. The blood/brain barrier does not fully develop until adolescence. The longer you wait, the more likely your child's immune system will be able to handle the onslaught with minimal damage.

If you don't know what to do, don't do anything!

Conversely, you can never undo a vaccination. There are holistic therapies that can partially detox a child from the vaccine's poison, but the damage that is done can never be 100% repaired. And, I have NEVER met a fully vaccinated child who is healthier and more robust than a well-nourished, unvaccinated child.

While I would like to convince you to never vaccinate your child, if I can simply convince you to delay it for a few years, that is certainly better than vaccinating a baby. If you can simply commit to waiting until your child is school age to vaccinate, so much the better than if you vaccinate as a toddler. Time is on your side and waiting is the best policy when it comes to shots.

Another vaccine to consider is homeoprophylaxis. This nontoxic method to boost immunity safely is gaining rapid popularity due to the numerous scientific studies involving millions of people to support its efficacy.

By the time your child is older, more research will have been done. You will have an opportunity to learn more and become more comfortable with your decision to wait. Who knows? Your attitude of wait and see may turn out to be permanent, as mine was twenty years ago.

Books By Medical Doctors Warning Against Vaccines:

It's not just well-researched parents that are rebelling against vaccines. Some medical doctors are too! If you need someone with a medical degree to warn you not to vaccinate your child, here are a few books that will do just that.

Vaccines, Autoimmunity and the Changing Nature of Childhood Illness, by Thomas Cowan MD (family physician)

Vaccine Safety Manual, forward by Russell Blaylock MD (neurosurgeon)

How to Raise a Healthy Child in Spite of Your Doctor, by Robert Mendelsohn MD (paediatrician)

What Your Doctor May Not Tell You About Children's Vaccinations, by Stephanie Cave MD (functional and family medicine)

In Australia, you may consult The Australian Vaccination-Risks Network: (www.avn.org.au)

AEROTOXIC SYNDROME? WHAT IS IT?

Modern jetliners have an environmental control system (ECS) that manages the flow of cabin air. Outside air enters the engines and is compressed in the forward section, prior to the combustion section, ensuring no combustion products can enter the cabin. A portion of that compressed bleed air is used to pressurise the cabin. The ECS then recirculates some of that cabin air through HEPA filters, while the rest is directed to outflow valves, ensuring there is a constant supply of fresh, clean air coming into the cabin pressurisation system at all times.

It is possible for contaminants to enter the cabin through the air-supply system. Substances used in the maintenance and treatment of aircraft, including aviation engine oil, hydraulic fluid, cleaning compounds and de-icing fluids can contaminate the ECS. Ground and flight crews, as well as passengers themselves, can be sources of contaminants such as pesticides, bioeffluents, viruses, bacteria, allergens, and fungal spores.

Possible sources of poor quality cabin air include exposures related to normal operations of the aircraft:

- Ozone (O₃)
- Fluorohydrocarbons (aircon systems)
- Carbon_dioxide (passengers exhaling CO₂)
- Carbon monoxide (CO from jet exhaust fumes or ambient airport air)
- Temperature
- Relative humidity
- Off-gassing from interior material and cleaning agents
- Bioeffluents
- Personal care products
- Allergens
- Infectious or inflammatory agents

- Cabin pressure/partial pressure of oxygen
- Alcohol
- Formaldehyde
- Deicing fluid
- Particulate matter (including dust that contains microbes)
- Dry ice used to keep food cold
- Toilet fluid, leaked or spilled
- Rain repellent fluid
- Pyrethroid pesticides

Jet engines require synthetic oils for lubrication. These oils contain ingredients such as tricresyl phosphate (TCP or TOCP), an organophosphate toxic to humans.

Engine bearing seals are installed to ensure that bearings are continuously lubricated, and to prevent engine oil from leaking into the compressed air stream. If a bearing seal fails and begins to leak, some amount of engine oil may be released into the compressed air stream. Oil leaks may be detected by an odour akin to hot frying-pan fume, or, in more serious cases, by smoke in the cabin. This is known in the industry as a fume event.

What to do? Simple. Fly as little as possible. (We haven't flown since 1988.)