



Get the Clear Card® and fly through airport security.

[Find Out How >](#)

NEWS SECTIONS

-Family Finance
Financial Advice
Retirement Plan
College Financing
Personal Finance
Real Estate
Car Finance

-Family Matters
Aging Parent Care
Parenting Tips
Child and Divorce
Family Issues
Health and Medical
Back To School
Consumer Info
Internet Safety

-Family Fun
Family Vacations
Family Activities
Disney Vacation
Children's TV
Kid Online Games
Kid Sports
Cool Web Sites

-Cover Story

-Spotlight

-Save Money

-Dad & Daughter

-Just for Dad
Step Parenting
Men's Health
New Dads
Small Business
Interesting News

-Dad University
Raising Babies
Parenting Advice

-Dads and Moms
Married Parents
Divorced Parents
Single Parents

-Columns

-Hot Buys

-Safety Alerts
U.S. Safety Recalls
Canada Advisories

-Ask the Expert

Other Sections
[XML](#) [RSS/XML](#)
[Email Alerts](#)
[Advertise](#)
[Media Contact](#)
[Writers Guide](#)

 [SHARE](#)    Email This Article To A Friend - Print This Article

LATEST STORIES

What Parents Should Consider About Traditional Vaccinations and Nutritional Immunization

Most vaccine side effects involve the immune system reacting poorly to the vaccine, so ensuring a healthy immune system is one way parents can decrease their child's risk of a vaccine reaction. Here are a few things you can do.

By Robert W. "Bob" Sears, M.D.

Posted: Thursday, May 22, 2008

(iDad) - The 12 routine childhood vaccines are designed to prevent or decrease the risk of 16 diseases. Some diseases are more common than others. Some are more serious than others. Understanding these illnesses is an important step in making an educated decision regarding your child's vaccines. Ask your pediatrician how each disease is transmitted, how common or rare it is, how serious it is, how it is treated, and what age group it generally affects.

You should also know how to boost your child's immune system to prevent these diseases. We are all exposed to millions of germs every day and vaccines only cover a tiny fraction of one percent of these germs. So we must rely on our immune system to fight off most potential infections.

Most vaccine side-effects involve the immune system reacting poorly to the vaccine, so ensuring a healthy immune system is one way parents can decrease their child's risk of a vaccine reaction.

Here are a few things you can do:

- **Minimize sugar and junk food.** Sugar weakens the immune system. Minimize sugary foods for several weeks prior to vaccines.
- **Minimize chemical exposures.** The small amounts of chemicals in vaccines are unavoidable. But we can control this exposure in the foods we feed our kids. Serve organic foods as much as possible, beginning with baby foods. A baby's growing brain and developing immune system are very susceptible to chemical influences.
- **Use omega-3 oil supplements.** Most children are deficient in the healthy omega-3 fats, since the main dietary source is fish and eggs, foods that most kids don't eat enough of. Fish oils (Brainy Kidz natural fruit-based chews or Go Fish oils) can improve many aspects of a child's health, including the immune system.
- **Fruits and vegetables.** Very few children get enough of these. The immune-boosting content of all natural, chewable fruit, veggie, and berry supplements can really help prevent infectious diseases and may limit vaccine reactions.

My recommendations for a vaccination schedule, available at [askdrsears.com](#), protects kids from serious childhood diseases while minimizing exposure to chemical ingredients and reducing side effects. Among those recommendations are:

- Give only two vaccines at any one time, instead of as many as six.
- Choose vaccine brands that have the lowest chemical content and safest ingredient profile.
- Provide babies with the most important vaccines first to protect them against the most serious infant diseases.
- Supplement vaccines with nutritional immunizations for overall healthy body function and growth.

Nutritional immunization is providing your child with the nutrients essential to healthy childhood development and in warding off diseases. We vaccinate children against mumps and measles. It makes just as much sense to provide them with the nutrients needed to help ensure such things as Omega 3 for proper brain development.

A vaccine can only do so much. It's the daily decisions we make for our children that will make a huge difference in their overall well-being.

Respected pediatrician Dr. Bob is author of The Vaccine Book, and in conjunction with his father Dr. Bill Sears, has a new line of Brainy Kidz natural fruit-based Omega-3 DHA supplements to help support children's brain nutrition.

[Click to Review](#)

 [PRINT](#)  [EMAIL](#)

Search InteractiveDad.com:

[eSubscribe FREE to Interactive DAD Magazine](#)

[Get Interactive DAD Magazine Email Alerts/RSS Feeds](#)

[Add Interactive DAD headlines to your Web site](#)

LATEST ARTICLES

[Child Having Behavior Problems? Maybe It's a Nutrition Deficiency](#)

[What Parents Should Consider About Traditional Vaccinations and Nutritional Immunization](#)

[Dads Want News Geared Toward Fathers, Survey Shows](#)

[Children Better Prepared for School If Their Parents Read Aloud to Them](#)

[Study: Kids Think Eyeglasses Make Other Kids Look Smart](#)

[Economic Stimulus Payments on the Way; Some People Already Seeing Direct Deposit Payments](#)

BULLETIN BOARD

Welcome! We hope you enjoy *interactive DAD Magazine*. Sign up for a **FREE e-Subscription** today and **WIN PRIZES!**

DID YOU KNOW?

Advertisement



AltaVista
Babel Fish

To translate this page, click a flag!

