

Medical Victories : The Flu Vaccine (A)

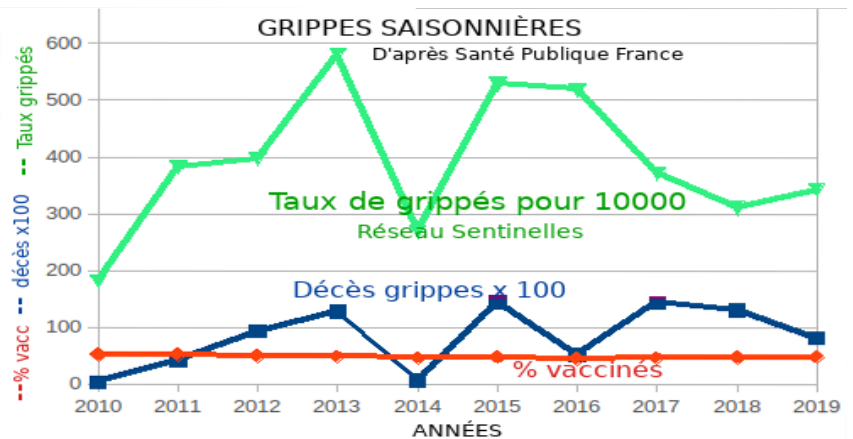
Everyone knows a few people who are regularly vaccinated against the flu and who, despite everything, do not escape it every winter. We will sometimes hear them say, without laughing: "And thank goodness I was vaccinated !" An amused doctor also told me that he often hears : "Doctor, my flu vaccine did me good : this winter, I didn't get a cold !" The flu and the cold have nothing to do with each other, of course, and it is as absurd as saying: "I changed the windshield wipers on the car and this winter, I didn't get a flat tire !"

We remain somewhat helpless in the face of this unshakeable faith in an unconvincing vaccine. These retorts would be laughable if they weren't so costly to the community and public health. We also appreciate the public's difficulty in understanding health, physiology, and immunity, areas of extraordinary complexity, not all of which, moreover, are still far from being understood.

We know that seasonal flu affects 1 to 5 million people in France each year, a number that seems impressive, but it means that all other French people: between 67 and 63 million people do not get the flu. That's 93 to 98% of the population who escape it... vaccinated or not.

A glimpse of the real world can be gained by looking at statistics from the recent past. This graph, compiled from data from the 10 years before Covid, from the websites of Santé-Publique-France and the Réseau Sentinelles, shows that seasonal flu fluctuates independently of a fairly constant vaccination rate, varying between 45 and 50% of the population depending on the year. ==>

Not much more can be concluded, yet "the flu vaccine could give rise to clinical trials aimed at examining its real clinical efficacy and its possible toxicity" (but) "...curiously, neither the manufacturers nor the health authorities seem interested," regrets Dr. de Lorgeril. [1]



However, occasional studies exist, we can find some among our European neighbors, less subject to Pasteurian dogma, but let's stay in France, for example in 1996, the Nantes Social Security had counted, among seniors aged 60 to 69, 14% of flu cases among vaccinated people compared to 13% among unvaccinated people; concluding that the anti-flu vaccination was expensive for little result, because health expenses there had been 30% higher, plus the price of the vaccine... [2]

So why this insistence, for 60 years, on these still uncertified flu vaccines ?

Financially, the manufacturer's equation is simple : if it manufactures a treatment that effectively treats the flu, it will sell its products to 1% to 6% of the population in the event of an epidemic. Whereas an annual vaccine, accompanied by marketing hype that frightens the public, will sell with or without an epidemic, since it will target the fabulous market of 68 million French people who need to be vaccinated each year, using the misleading slogan : "It's the only solution !"

The only solution, really? As if an unvaccinated person would necessarily fall ill! We must then ask ourselves why we don't see a massacre every year among the 34 to 38 million unvaccinated people? For the industrialist, the hope is to vaccinate an entire population rather than treating the 1 to 6% of sick people, there's no comparison, as they say, the equation is there.

But, in the meantime, in the bad season, taking care of your body will always be the most important thing to avoid seasonal flu and other winter illnesses. Because "The immune system is the first of all vaccines," Professor Joyeux tells us [3]. And he is right, because the barrier to seasonal illnesses is well known : ensuring an intake of essential vitamins and minerals from the start of autumn (Vitamins A, C, D, E, B3... and the elements zinc, selenium...) is the most logical, least risky and least expensive solution. The myth of "all vaccinations" does not stand up to analysis.

Besides, why do we catch these specifically seasonal illnesses ? The difference is that in the summer we are less confined, we sunbathe, we eat strawberries, peaches, cherries... and those delicious fresh spring vegetables that we miss so much in winter ! So, taking the supplements that are missing from our modern diet, to fill our deficiencies, isn't that the first thing to do... the only solution ?

The vaccine has crushed other means of prevention, [4] is that really reasonable?

[1] Dr Michel de Lorgeril : *Les vaccins contre la grippe – Illusions et désinformations*

[2] Dr Michel Georget : *L'apport des vaccinations*

[3] Dr Henri Joyeux : *Vaccins, comment s'y retrouver ?*

[4] Pr Didier Raoult et Olivia Recasens : *La vérité sur les vaccins.*