

[Safe Shot Strategy](#)

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One of the first rituals for new parents is the routine administration of a baby's vaccines. Once considered mandatory in the healthcare system, many physicians are now encountering a new generation of parents who are beginning to question the vaccination program including whether or not to vaccinate. In recent years, concerns about vaccine injuries, mercury toxicity, and autism have increased, as professional journals and newspapers report with increasing frequency on possible links between vaccinations and chronic diseases. Vaccinations-for decades the proud standard of medical advancement-are no longer immune to controversy. In my office, the most common question I hear from concerned parents is, "What should I do about the shots?"

My response is multi-faceted. The fact that I am both a medical doctor and a holistic practitioner places me in a unique position. I am well aware that the standard of care is to vaccinate. I also recognize that vaccinations can present short-term and sometimes long-term risks for patients. Although the goals of conventional and holistic medicine are the same-to raise happy and healthy children-the differences in approaches can be vastly different, and the choices offered can be confusing and even frustrating for parents. I strive to offer my patients broad spectrum health information and prescribe natural and standard medicine when needed with the aim of doing no harm. I also acknowledge and respect a patient's right for freedom of choice in this matter. I encourage you to make an informed decision in this matter for you and your family.

Safe Shot Strategy

I recommend parents adopt a safe shot strategy, which means educating themselves on the vaccine, the disease it immunizes against, and the possible side effects of the shot. The safe shot strategy involves the following steps:

1. Know your child's vaccination schedule. Identify the shot(s) that are coming up.
2. Familiarize yourself with the disease the vaccination is designed for. What is the disease? What are its

- complications? How common is it? What is the chance of your child contracting it?
3. Inform yourself about the vaccine. What are the risks associated with it?
 4. Monitor your child's health closely both before and after the shot. Children should be in good health at the time of a shot. Contact your physician if your child shows signs of agitation, discomfort, or serious illness following a vaccine. If your child has chronic conditions that might affect his or her immune response, talk to your practitioner before the vaccination.
 5. Later vaccination schedule. Many parents are choosing to start vaccinating at a later age, often at six months or, for some, after one year when the baby's immune system is stronger.
 6. Selective shot strategy. Some parents are beginning to be selective about the shot. Inform yourself about which illnesses your child is at risk for, and at what ages. This helps you decide which vaccines are higher on your list. Often families at low risk for hepatitis B will often postpone the hepatitis B vaccine during infancy. The Hib meningitis and pertussis (which comes as DTaP) is often recommended at least during the first year by many pediatricians.
 7. Spacing out the shots. Allow time in between the shots, stagger the shots, and give one at a time. This avoids overloading the body at one time. By waiting, it also allows the body to recover in between the shots, and may minimize vaccine reactions. This is especially important with the MMR vaccine, which I give after 2 years of age. There are not many practitioners who offer them separately, however, with enough of a demand, comes the supply.
 8. Keep the immune system strong. It is always prudent to keep your child's immune system strong. Use common sense measures such as frequent hand washing, get ample rest and exercise, eat a healthy diet avoiding refined sugars, drink plenty of water and healthy fluids, and consider using homeopathic medicine, herbs, vitamins and supplements for boosting the immune system when needed. This includes the following:

Conventional Treatment

Typically, your doctor will recommend acetaminophen before and after the shot for prevention and relief of fever and fussiness. Because medications like acetaminophen suppress symptoms, however, they make it difficult to choose a proper remedy if there is any type of reaction.

Home Treatment

In an attempt to use a more natural preventive approach, I prefer a different course of action. Before any vaccination, I recommend administering the following vitamin and remedies seven days before and after the shot for general strengthening of the body. They may help reduce side effects following the vaccine if there would be any. Remember, your child should not receive a vaccination if she is cranky or ill. Contact your practitioner if any unusual symptoms occur following the shot. You can use this protocol in conjunction with the acetaminophen or any personal remedies that you give your child.

On a daily basis for 7 days before and after the shot give your child the following:

- Black Currant alternating days with Briar Rose (Gemmotherapy)
- Vitamin C (less than 2 years of age: 100 mg two times daily – over 2 years old, 250 mg two times a day)
- Homeopathic Medicines

On the day of the shot,

- *Ledum palustre* 30C: 1 hour before shot, and 2 doses after shot (every 12 hours)

- Arnica montana 30C: 3 pellets twice a day for 1 day for bruising and soreness (if needed)
- Thuja occidentalis 30C: 3 pellets twice a day for 3 days following shot
- Chamomilla 30C as needed for fussiness following shot (if needed)

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