

Addendum T

Pre-Vaccine Preparation

Reduce the possibility of vaccine reactions, particularly to viral vaccines (ie polio, MMR, chickenpox, hepatitis A, hepatitis B and influenza). **DISCLAIMER:** Using this protocol does not guarantee or ensure that a reaction will not occur.

a. Infants and toddlers up to 30 pounds:

- Vitamin C: (give in divided doses)
 - 5 mg per pound orally in juice for 3 days before;
 - 10 mg per pound orally in juice the day of the vaccine and
 - 5 mg per pound orally in juice for 3 days after the vaccine.
- Vitamin A:
 - 5,000 IU (one drop) in juice for 3 days before the vaccines;
 - 10,000 IU (two drops) in juice the day of the vaccine; and
 - 5,000 IU (one drop) in juice for 3 days following the vaccine

b. Toddlers from 31 to 50 pounds:

- Vitamin C: (give in divided doses)
 - 15 mg per pound orally in juice for 3 days before;
 - 30 mg per pound orally in juice the day of the vaccine and
 - 15 mg per pound orally in juice for 3 days after the vaccine.
- Vitamin A:
 - 10,000 IU (two drop) in juice for 3 days before the vaccines;
 - 15,000 IU (three drops) in juice the day of the vaccine; and
 - 10,000 IU (two drop) in juice for 3 days following the vaccine.

c. Children from 51 to 100 pounds:

- Vitamin C: (give in divided doses)
 - 30 mg per pound orally in juice for 3 days before;
 - 50 mg per pound orally in juice the day of the vaccine and
 - 30 mg per pound orally in juice for 3 days after the vaccine.
- Vitamin A: (give in divided doses)
 - 15,000 IU (three drops) in juice for 3 days before the vaccines;
 - 25,000 IU (five drops) in juice the day of the vaccine; and
 - 15,000 IU (three drops) in juice for 3 days following the vaccine

d. Adults: 100 pound and up

- Vitamin C: (give in divided doses)
 - 1000 mg orally 4 times/day for 3 days before;
 - 1500 mg orally 4 times/day the day of the vaccine and
 - 1000 mg orally 4 times/day for 3 days following the vaccine.

- Vitamin A:
 - 20,000 IU (four drops) orally in juice for 3 days before;
 - 50,000 IU (ten drops) orally in juice the day of the vaccine and
 - 20,000 IU (four drops) orally in juice for 3 days after the vaccine.

I recommend using powdered vitamin accurate dosing. Each teaspoon contains 4000 mg of Vitamin C. The math to calculate the correct dosage can easily be determined with this brand. For example, 1000 mg = 1/4 teaspoon;
 500 mg = 1/8 teaspoon
 250 mg = 1/16 teaspoon

A sign of too much vitamin C is loose stools. Although unlikely, if you or your child experiences loose stools, decrease the vitamin C dose by 50%.

Micel Vitamin A Dosages for Immune Support

To improve resistance against viral infections and reduce the possibility of vaccine reactions, particularly to viral vaccines (ie polio, MMR, chickenpox, hepatitis A, hepatitis B and influenza).

Infants and toddlers up to 30 pounds: One drop three times per week in juice

Toddlers from 31 to 50 pounds: One drop daily in juice

Children from 51 to 100 pounds: Two drops daily in juice

Adults: 100 pound and up: Three drops daily in juice

DISCLAIMER: These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

OVER CONCERN ABOUT VITAMIN A TOXICITY:

According to the Merck Manual, vitamin-A toxicity was reported in arctic explorers who developed drowsiness, irritability, headaches and vomiting, with subsequent peeling of the skin, within a few hours of ingesting several million units of vitamin A from polar bear or seal liver. These symptoms cleared up with discontinuation of the vitamin-A rich food. The only other reference to vitamin-A toxicity resulted from taking megavitamin tablets more than 100,000IU/day of synthetic vitamin-A per day for many months.

Unless you are an arctic explorer or indulging in huge doses of vitamin A or taking more than 3 tablespoons of cod liver oil per day, it is virtually impossible to develop vitamin-A toxicity.

As for children, a study carried out in Rome, Italy found no congenital malformations among 120 infants exposed to more than 50,000 IU of vitamin A per day. A study from Switzerland looked at blood levels of vitamin A in pregnant women and found that a dose of 30,000 IU per day resulted in blood levels that had no association with birth defects. For more information, see information from the Weston Price Organization,

<http://www.westonaprice.org/basicnutrition/vitaminsaga.html>