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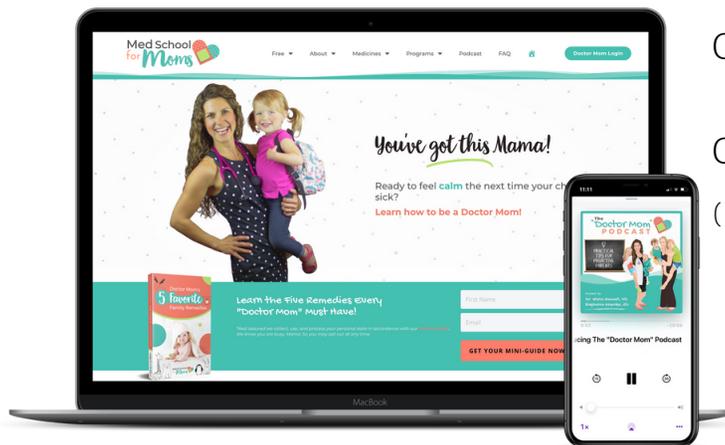
Licensed pediatric naturopathic doctor

Founder of Nourish Medical Center

Residency in Family Medicine at the University of Bridgeport

Doctor of Naturopathic Medicine with High Academic Achievement from Southwest College of Naturopathic Medicine

Bachelor of Science in Whole Foods Nutrition & Health Psychology from Bastyr University



Creator of  Med School for Moms

Co-host of the  "The Doctor Mom" PODCAST
(1 million+ downloads!)

2023 Recommended Immunizations for Children from Birth Through 6 Years Old

VACCINE	Birth	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19-23 MONTHS	2-3 YEARS	4-6 YEARS
HepB Hepatitis B	HepB	HepB			HepB						
RV* Rotavirus			RV	RV	RV*						
DTaP Diphtheria, Pertussis, & Tetanus			DTaP	DTaP	DTaP			DTaP			DTaP
Hib* <i>Haemophilus influenzae</i> type b			Hib	Hib	Hib*	Hib					
PCV13, PCV15 Pneumococcal disease			PCV	PCV	PCV	PCV					
IPV Polio			IPV	IPV	IPV						IPV
COVID-19** Coronavirus disease 2019					COVID-19**						
Flu† Influenza					Flu (One or Two Doses Yearly)†						
MMR Measles, Mumps, & Rubella						MMR					MMR
Varicella Chickenpox						Varicella					Varicella
HepA† Hepatitis A						HepA†		HepA†			

What happens IF YOU CHOOSE TO FOLLOW THE CDC'S RECOMMENDED VACCINATION SCHEDULE

By your child's **6TH** birthday,
the CDC recommends that your
child should have **49** doses of
12 vaccines.

By your child's **18TH** birthday,
the CDC recommends that your
child should have **70** doses of
16 vaccines.

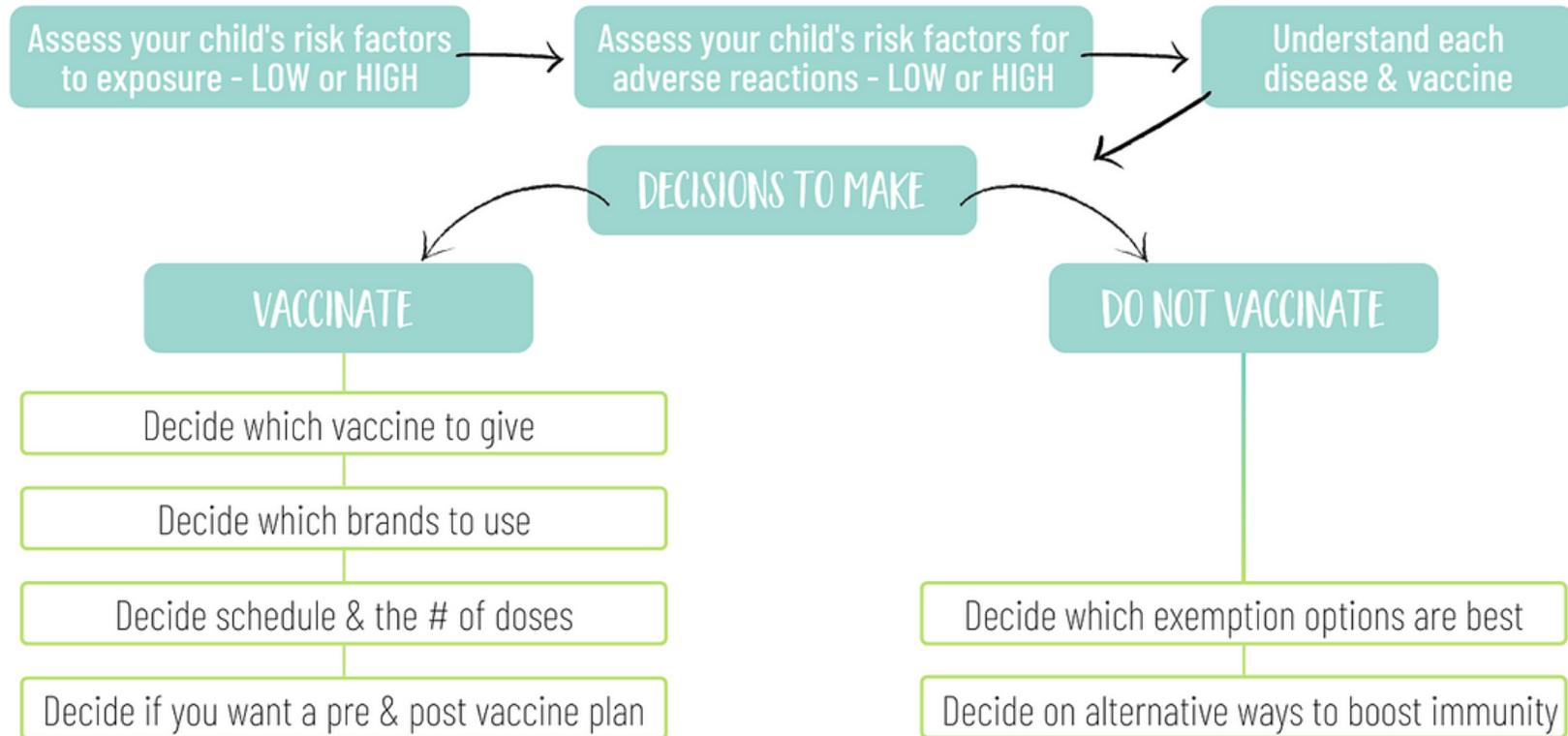
Final Note... The goal is to protect the health of our children. So let's take the time to really understand these recommendations to ultimately make an informed and empowered choice for the health and safety of each individual child.



The Recent History of Vaccines



The Vaccine Decision Making Process



OPTIMIZE YOUR CHILD'S HEALTH & BUILD RESILIENCY

Whether you choose to vaccinate or not, the day-to-day choices you make matter when it comes to how susceptible your child is to contracting a disease



Risk Factors of Exposure.

IS YOUR CHILD EXPOSED TO...

THEY ARE MORE SUSCEPTIBLE TO EXPOSURE OF:

NOT BREASTFED?

Pertussis, Hib, Pneumococcal, Measles, Rotavirus

DAYCARE < 1 YEAR OF AGE?

Pertussis, Diphtheria, Hib, Pneumococcal, Varicella, Flu, Rotavirus

SECOND-HAND SMOKE?

Pertussis, Hib, Pneumococcal, Flu

IS YOUR CHILD AFRICAN OR
NATIVE AMERICAN?

Pertussis, Hib, Pneumococcal, Flu

CONTACT WITH USED NEEDLES, PERSONS WITH
HEPATITIS B, OR PERSONS LIVING/ WORKING WITH
RURAL ANIMALS SUCH AS HORSES AND LIVE STOCKS?

Hepatitis B, Tetanus

Risk Factors of Exposure

IF YOUR CHILD TRAVELS OUT OF THE COUNTRY, THEY ARE MORE SUSCEPTIBLE TO EXPOSURE OF:

DIPHTHERIA

Diphtheria is still occurring in Asia, the South Pacific, the Middle East, Eastern Europe, Haiti, and the Dominican Republic

MEASLES

Still occurring in Philippines and Netherlands

POLIO

Still occurring in Afghanistan, Equatorial Guinea, Lao People's Democratic Republic, Madagascar, Myanmar, Nigeria, Pakistan, and Ukraine

*Vaccine is not necessary for travel within North America, South America, Europe, or Australia

HEPATITIS A

Still occurring in Central and South America, Africa, the Middle East, Asia, and Western Pacific

RUBELLA

Still occurring in Africa, the Middle East, South, and Southeast Asia

Risk Factors of Adverse Reactions

IS YOUR CHILD SICK?

Never vaccinate your child during an illness. Postpone all appointments until your child is feeling well.

IS YOUR CHILD AFRICAN AMERICAN?

Your child's ethnicity may play a role in possible risk for adverse reactions.

IS YOUR CHILD LOW IN VITAMIN D?

Studies show an increased risk of adverse reactions with low levels of vitamin D.

DOES YOUR CHILD HAVE KNOWN ALLERGIES TO A VACCINE INGREDIENT?

The most common and well-known are milk, egg, latex, gelatin, and the antibiotic Neomycin.

DOES YOUR CHILD HAVE?

FAILURE TO THRIVE? A FAMILY MEMBER WITH AUTISM?
4 OR MORE FIRST-DEGREE RELATIVES WITH ONE OF THE FOLLOWING:

Autoimmunity, Atopic Conditions, Immune Deficiencies, Immune-mediated cancers, Vaccine Injuries

(Refer to a bonus presentation on *A Deep Dive into How Vaccines Impact Immune Health*)

HOW WELL DOES YOUR CHILD METHYLATE?

Poor methylation has been linked to an increase in adverse reactions. Best to optimize methylation prior to giving vaccines.

IS YOUR CHILD LOW IN GLUTATHIONE OR DO THEY TAKE TYLENOL?

Tylenol decreases levels of glutathione, which is a powerful antioxidant that helps eliminate toxins from the body. Low levels can leave toxins circulating in the body for longer periods of time.

Understand each disease & vaccine

10 VACCINES

Hepatitis B
Hepatitis A
Hib
PCV
Dtap
Rotavirus
Polio
MMR
Varicella
Flu

14 DISEASES

Hepatitis B
Hepatitis A
Hib
PCV
Diphtheria
Tetanus
Pertussis
Rotavirus
Polio
Measles
Mumps
Rubella
Varicella
Flu

The 3 R's

Route of exposure

Rate of infection

Risk of disease

The 3 R's

TO UNDERSTANDING HEPATITIS B



THE 3 R'S: ROUTE, RATE & RISK

#1 Route of Exposure:

- Spreads from an infected mother to child at birth, and also through sexual contact, contaminated blood transfusions, and "street drug" needles.
- Hepatitis B is not spread through food or water, sharing eating utensils, breastfeeding, hugging, kissing, hand-holding, coughing, or sneezing.

#2 Rate of Infection:

- In 2018, there were a total of 3,322 reported cases of Hepatitis B. 27 of these cases were within the 0-19 age group, of which 23 were infections passed from infected mother to baby.
- For those cases where drug information was known in 2018, 36% were associated with injection drug use.

#3 Risk of Disease:

- Hepatitis B may scar the liver (cirrhosis) and lead to liver cancer.
- The risk for chronic infection varies according to the age at infection and is greatest among young children. Approximately 90% of infants and 25%-50% of children aged 1-5 years will remain chronically infected with Hepatitis B.

VACCINE INFORMATION

Type of Vaccine: Inactivated and an aluminum-containing vaccine.

Dosing: The CDC recommends 3 doses at birth, 2 and 6 months of age.

Efficacy: After 3 injections, the vaccine is 80-100% effective.

VACCINE CONSIDERATIONS

- In 2018, in the Vaccine Adverse Event Reporting System (VAERS), there were 2,253 total reports of adverse reactions from the Hepatitis B vaccine, with 46 deaths reported.

There is risk in
giving a vaccine



There is risk in *not*
giving a vaccine



Choose vaccine brands wisely!

PREFERRED BRAND MASTER LIST

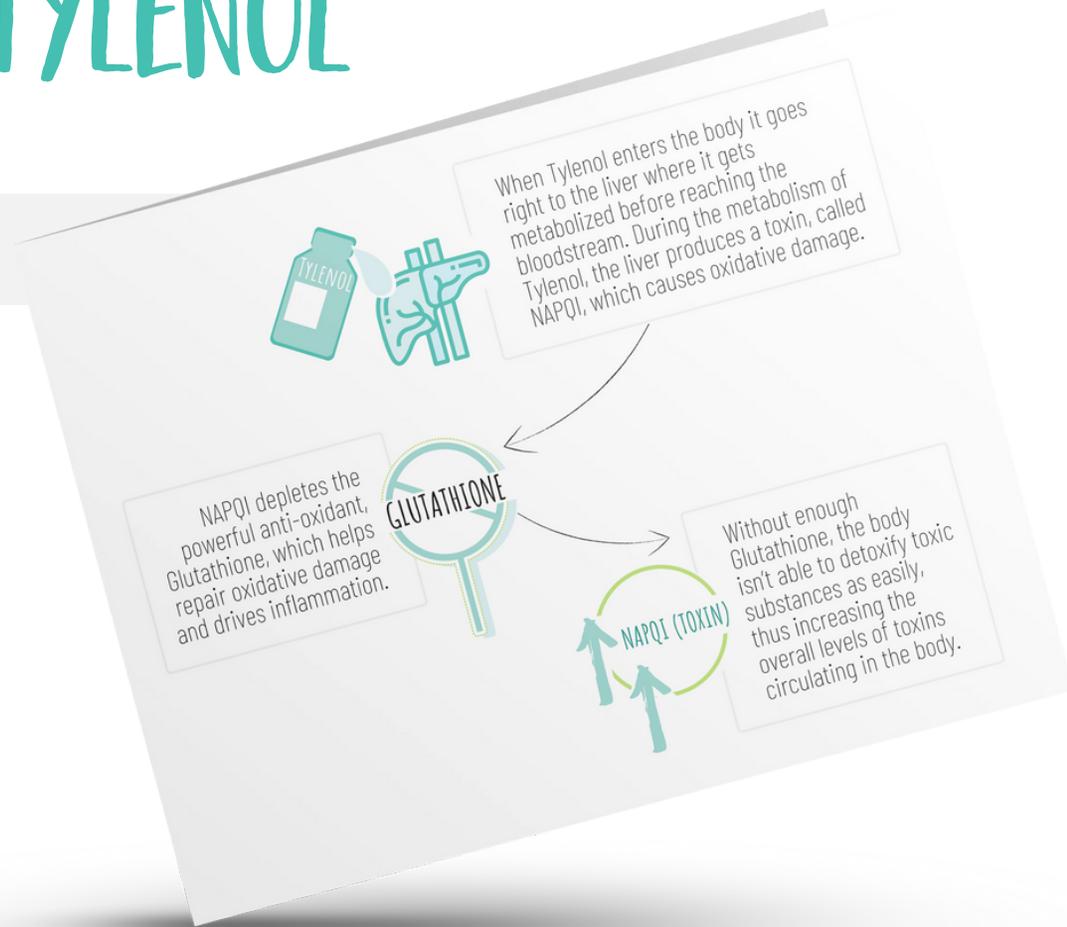
VACCINE	OPTIMAL BRAND OPTIONS
DTaP/TDaP/ TD	<ul style="list-style-type: none">• DTaP: Daptacel (lower aluminum, no neomycin, no polysorbate 80)• TDap: Adacel (lower aluminum, no polysorbate 80, no thimerosal)• TD: Tenivac (no thimerosal)
Hep A	<ul style="list-style-type: none">• VAQTA (greater efficacy, lower aluminum, lower formaldehyde)
Hep b	<ul style="list-style-type: none">• Recombivax (lower aluminum)
Hib	<ul style="list-style-type: none">• ActHib (no aluminum- contains casein, so consider avoiding if child has a milk allergy)• PedvaxHib (potent vaccine that builds strong titers)
MMR	<ul style="list-style-type: none">• MMR II (Only Option)
PCV	<ul style="list-style-type: none">• PCV-13 (aka Prevnar 13) (Only Option)
Polio	<ul style="list-style-type: none">• IPOL (Only Option)
RotaVirus	<ul style="list-style-type: none">• Rotarix (associated with less risk of adverse effects in the USA, no polysorbate 80, only 2 doses)
Varicella	<ul style="list-style-type: none">• Varivax (Only Option)
Influenza	<ul style="list-style-type: none">• Pediatric: Single Dose Inactivated Virus (several options- more effective than live attenuated virus nasal spray and does not contain thimerosal)<ul style="list-style-type: none">• Flucelvax Single Dose (for children above 4 with egg allergy)• Adult: Flublok Quadrivalent (egg free, no thimerosal, and 30% more effective in adults 50+)



LET'S TALK ABOUT **TYLENOL**

3 REASONS WHY YOU SHOULD NEVER GIVE TYLENOL TO YOUR CHILD BEFORE OR AFTER A VACCINE

- Decreases glutathione
- Decreases vaccine effectiveness
- May increase risk for adverse reaction



If you choose to vaccinate your child, we highly recommend a pre and post detox + immune protocol.

LET'S TALK ABOUT GLUTATHIONE...

- Assists the body's detoxification pathways
- Decreases inflammation
- Protects the brain from neurological disorders



DOSING

2 months-12 months: 50mg (1 pump)
12-35 months: 100-150mg (2-3 pumps)
3 years +: 150-250mg (3-5 pumps)