

in more than a thousand children who were born into my practice since 2008 whose parents follow my vaccine-friendly plan, there have been no new cases of autism.

And I am not alone. My medical colleagues across the country who have adopted similar vaccine-friendly protocols and begun spacing out vaccines for infants, as well as eschewing vaccines in families at risk for autism, are also seeing excellent results.

Number of children diagnosed with autism whose parents presumably followed the advice of mainstream American pediatricians: one in forty-five.

Number of children diagnosed with autism whose parents followed my vaccine-friendly plan: zero.

Toxins That May Be Implicated in ADHD, ADD, Anxiety, Autism, and Other Developmental Delays

Acetaminophen (also called paracetamol), a pain reliever found in more than six hundred over-the-counter and prescription medications, including DayQuil, Robitussin, Sudafed, Tylenol, and Vicks

Aluminum, a metal injected as an adjuvant in vaccines and other pharmaceutical products, also found as a contaminant in intravenous nutritional products

Aspartame (NutraSweet, also called E951), an artificial sweetener used as a sugar substitute in processed foods and beverages

Endocrine disruptors, any chemicals that interfere with the human endocrine (hormone) system, including pesticides, herbicides, chemical softeners in plastic, flame retardants, and chemicals used in agriculture, disease control, manufacturing, and industrial processing. Known endocrine disruptors include BPA, DDT, DEHP, DES, dioxin, PCBs, and PCBs.

Fluoride, a chemical added to drinking water and found in toothpaste, pesticides, Teflon pans, and processed foods and beverages

Methanol, a chemical found in cigarette smoke, canned and jarred foods, smoked fish and meat, and any food product that contains aspartame

Mercury, an element found in thimerosal (a mercury-based preservative widely used in infant vaccines until 2001 and still used in some flu, DTaP, DT, and meningococcal vaccines), dental amalgams (fillings), fish, shellfish, and animals that eat fish, released into the air from coal-burning factories and aluminum smelters

The Vaccine- Friendly Plan

"A valuable, science-supported guide
to optimizing your child's health."

—MARTHA HERBERT, M.D., Ph.D.,
assistant professor of neurology,
Harvard Medical School

Dr. Paul's Safe and Effective Approach to Immunity and Health—
from Pregnancy Through Your Child's Teen Years



Paul Thomas, M.D., and Jennifer Margulis, Ph.D.