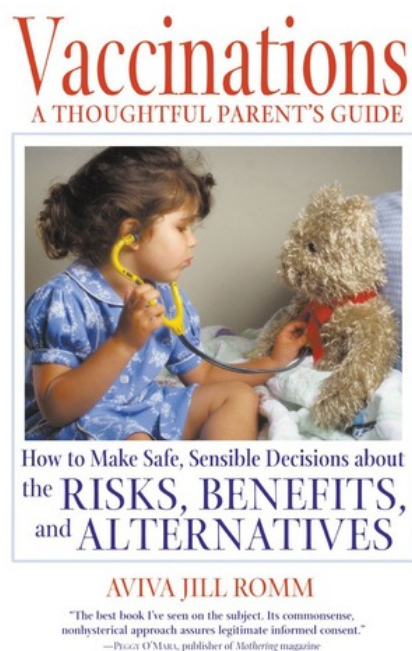




Vaccinations: A Thoughtful Parent's Guide: How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives

Aviva Romm

Download now

Read Online ➔

Vaccinations: A Thoughtful Parent's Guide: How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives

Aviva Romm

Vaccinations: A Thoughtful Parent's Guide: How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives Aviva Romm

- A balanced, comprehensive guide to routine childhood vaccinations that offers parents the information they need to make the right choices for their child.
- Fairly examines the pros and cons of this highly charged issue.

Deciding whether or when to vaccinate a child is one of the most important--and most difficult--health-care decisions a parent will ever make. The recent increase in the number of vaccinations recommended and the concurrent controversies about whether vaccinations are safe or even effective have left many parents confused and concerned.

Midwife, herbalist, and mother of four, Aviva Jill Romm sifts through the spate of current research on vaccine safety and efficacy and offers a sensible, balanced discussion of the pros and cons of each routine childhood vaccination. She presents the full spectrum of options available to parents: full vaccination on a standardized or individualized schedule, selective vaccination, or no vaccinations at all. Negotiating daycare and school requirements, dealing with other parents, and traveling with an unvaccinated child are covered in detail. The book also suggests ways to strengthen children's immune systems and maintain optimal health and offers herbal and homeopathic remedies for childhood ailments. Emphasizing that no single approach is appropriate for every child, the author guides parents as they make the choices that are right for their child.

Vaccinations: A Thoughtful Parent's Guide: How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives Details

Date : Published September 1st 2001 by Healing Arts Press

ISBN : 9780892819317

Author : Aviva Romm

Format : Paperback 304 pages

Genre : Parenting, Health, Nonfiction, Reference, Science

 [Download Vaccinations: A Thoughtful Parent's Guide: How to ...pdf](#)

 [Read Online Vaccinations: A Thoughtful Parent's Guide: How t ...pdf](#)

Download and Read Free Online Vaccinations: A Thoughtful Parent's Guide: How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives Aviva Romm

From Reader Review Vaccinations: A Thoughtful Parent's Guide: How to Make Safe, Sensible Decisions about the Risks, Benefits, and Alternatives for online ebook

Janet says

As an Assistant Professor in the Department of Epidemiology and Biostatistics, State University of New York Downstate Medical Center, Brooklyn, my book on vaccination would be just one sentence long: "The recommendations of the American Academy of Pediatrics and the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices already represent safe and sensible decisions for all populations."

Whether or when to vaccinate is not a confusing issue for those who follow the medical literature. The medical literature has already evaluated the issue of whether alternative vaccination schedules are better or worse than the standard vaccination schedules, and concluded that the standard vaccination schedules are safer. I just searched pubmed and found 162 papers on the topic, and probably there are others using slightly different keywords. Just read the medical literature, or at least the abstracts.

<http://www.ncbi.nlm.nih.gov/pubmed/?t...>

Kate says

This is the best book I've read on the subject so far. I only wish it wasn't so old. (All the books I read were published around the same time, 8 or 9 years ago. Which is a long time in the super-fast paced world of medicine and technology.)

It's the best, in my opinion, because I really think she discloses ALL the information. I mean, you read her description of the diseases and you think, "Boy! I want to get the vaccine for THAT one, definitely!"

And then you read her description of the vaccines, with their risks, effectiveness rates, and moral/political controversies involved, and you think, "No way would I want to get THAT vaccine!"

So yes, maybe it leaves you a little confused, but that's only because it IS a confusing subject. Any book or article that doesn't leave you concerned about the risks on both sides of the issues is NOT giving the full story.

I really think 2 different people could come away from this book with two totally different decisions about vaccines. And that's why I think it's such a great book, because it doesn't tell you what to do. It doesn't twist truths to try to convince you one way or the other. The author tells it all, gives sensible, very general recommendations, and urges you to consider all the factors, including factors that are completely individual to each family and child. She is clear that there is no one right answer for everybody.

I also loved the end chapters, where she goes over general health and immune boosting tips, and includes things to do naturally to help with specific illnesses.

Kathleen says

This book is fairly well-balanced and provides a lot of background information on the history of vaccinations, how vaccinations work, and the risks/benefits of vaccinating your child. I did feel that even though Romm tries to provide both sides, she obviously leans towards not vaccinating. This is such a difficult issue and one that I mulled over for a long time. Ultimately we've taken a middle road and have selectively vaccinated our son.

Lindsay says

A thorough read on vaccinations, weighing in on both sides... Written by an herbalist/midwife that later became a Yale-trained MD. Dr. Aviva Romm has always been a critical thinker when it comes to health and wellness.

Shirelle says

I found this book very helpful when I was researching vaccinations. It's definitely an anti-vaccine book, so know that going in. The author lays out each disease and its risks/treatments, and each corresponding vaccination with its risks and/or ethical issues. It really helped me to see which diseases are a more dangerous and really weigh the pros/cons of the disease vs. the vaccine. She also talks about natural remedies to combat some of the diseases.

Heather says

Much deeper information about vaccinations and surprisingly very unbiased and very research-based. The main downside to this book is that it was published several years ago, and doesn't include some of the newest vaccines. On the positive side, it spends several chapters discussing the history of disease, the efficacy of vaccinations, and alternative ways of keeping your children healthy throughout childhood. Parts of it were too in depth for me, and had little relevance, but may be interesting to some. TONS of info, but needs to be updated.

Alison says

This is a great book for any parent to read to make an informed decision about vaccinations. It is surprisingly written in an unbiased way. She lays out everything - from the history of vaccines, to what is actually in each vaccination, to the risks/benefits, and options for you to make your own personal choices, including natural approaches to health and immunity. This is definitely an area parents need to be informed about and not just go along with the vaccine schedule because that's the medical model that is in place. Make your own informed decision!

Alicia says

Kind of hard to read because so overwhelming of all the things a parent should know. However very helpful reference and awesome unbiased information

Christina says

This seems to be one of the only truly balanced, painstakingly thorough, and fully notated references on vaccines for parents. I keep two copies in my home, one for my own reference and one for loaning to others.

Just as with any other medical decision I need to make for myself or a family member, I research the options to make an informed decision. Generally we don't leave it up to the doctor to give us the one size fits all solution and/or "do what's best"; rather, we choose practitioners who are in alignment with our own healthcare philosophy and are open to discussion of all choices. I ask challenging questions and I don't make it easy for healthcare providers to push me blindly into the default choice.

Unfortunately, it seems that many well-intentioned practitioners (particularly in publicly funded epidemiology/vaccination clinics) don't believe that patients should be allowed to make their own choices and even become enraged when a patient wants to make their own choice. The medical industry can be quite infantilizing, a necessity of the lack of time allotted to a given patient. The opposing positions in the vaccine debate are often highly oversimplified, putting parents in a difficult position.

This book can be a useful reference to study and then bring into the pediatrician's office to engage in an informed discussion of the pros and cons, risks and efficacies of particular vaccines vis-à-vis your family's particular circumstances and/or lifestyle choices.

This book treats the reader like an intelligent consumer in a highly charged and controversial marketplace.

K says

Needs to be updated, but probably one of the best books on vaccinations in that it, in some detail, describes VPDs, their treatability, etc... essential information for anyone who chooses to skip any or all vaccinations or just wants to make an informed decision about vaccination on the merits of each vaccine. Please do realize, though, that new vaccines are on the market that are not discussed in the book and that mercury has been removed from most vaccines as well as that there is new information out about aluminum in vaccines.

Hannah says

As a previous reviewer also commented, I think that two different people could read this and come away with two different decisions on whether or not to vaccinate. She deals with vaccine efficacy, as well as the controversy surrounding the timing of a reduction in disease occurrence before the advent of vaccines. The book does a very good job of laying out the risks and benefits to each vaccine, as well as presenting information on how to naturally support your child's immune system when receiving vaccinations or if ill

with a childhood disease.

I highly recommend reading this in conjunction with Dr Sears' "The Vaccine Book," as he lists the specific components within the vaccines (aluminum, formaldehyde, chick embryo, etc), and just plain lays things out a little more clinically. I think that reading both books will give you an excellent basis from which to make informed decisions.

Also, I would like to point out that while an "MD" does not follow her name on the cover of this book, a later book of hers (Naturally Healthy Children and Babies) does confer this title, and the bio on the back cover states that she is a physician who used to be a midwife and herbalist. So, while this particular book was not written at a time that she held the MD credential, she does now carry it. Just thought I would throw that out there for those naysayers who need credentials to find something believable. She also includes 28 pages of notes at the end of the book that show her references and citations for each chapter.

Susan says

The author gives a very detailed report on each routine vaccine and the disease it is preventing. Sometimes it's information overload, but it would probably serve as a decent resource book. Toward the end she offers a bunch of natural remedies for different symptoms. She obviously comes from a more natural perspective, but it wasn't quite as biased as I was expecting.

Jen Marin says

This book helped me to clarify my stance on this tough subject. Whatever you choose for your family, Aviva Romm's book can help you feel informed about the possible outcomes of your decision. Romm discusses the risks of both the vaccines and the diseases, and makes suggestions for how to reduce the likelihood of adverse reactions from both. The information in this book is an invaluable resource for any parent. I do hope she releases a newer edition with more recent research included. That would make it a 5 star book.

Emily Swainston says

The pros and cons of giving vaccinations - from a historical perspective. This book is great because it includes information for both sides of the issue of using vaccines as well as vaccine specific information. It is very fair analysis. It also gives a lot of nutritional/homeopathic recommendations for boosting your child's natural immunity.

Bianca says

This book is really in need of updating, but I still think it is the most thorough, non-biased book on the subject. If you are looking for information that you can use to make your own decisions, then this is the book. It tells the history of the disease and the history of the vaccine.
