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Vaccinations: A Thoughtful Parent's Guide: How To Make Safe, Sensible Decisions About The Risks, Benefits, And Alternatives



Synopsis

— 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.

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Customer Reviews

"The best book I've seen on the subject. Its commonsense, nonhysterical approach assures legitimate informed consent." (Peggy O'Mara, publisher of Mothering magazine)"Aviva Romm has

written a book of aid and comfort for agonized parents who must make intelligent life decisions for their kids while lacking reliable information about how vaccines act." (Richard Moskowitz, M.D.)"This must-read book is a valuable resource for all parents." (Mary Bove, N.D., author of The Encyclopedia of Natural Healing for Children and Infants)"Aviva Jill Romm brings a high level of intelligence and insight to the debate on public policies regarding vaccination. Level-headed and thoroughly researched, yet eminently readable, her book leaves no stones unturned and refuses to shy away from challenging the status quo. It should be read by every parent who is considering vaccination for their child; and I daresay that it should also be mandatory reading for every health professional in the position of recommending (or discouraging) the use of vaccines." (Robert Rountree, M.D., coauthor of Smart Medicine for a Healthier Child)"Aviva Romm has written a well researched book that will educate and empower parents." (Lawrence B. Palevsky, M.D., Holistic and Integrative Pediatrician)"Now especially, as the anthrax scare has some folks advocating compulsory vaccinations for all, Romm's wise and well-written book is a breath of fresh air." (MS, Napra ReView, January/February 2002)"Romm takes a holistic approach to disease prevention yet provides balanced information on all aspects of the vaccination controversy. Overall, the book uses a commonsense approach that allows the reader to weigh the available options." (Living Without, Summer 2002)“This must-read book is a valuable resource for all parents.” (Mary Bove, N.D., author of The Encyclopedia of Natural Healing for Children and Infants)

PARENTING “Aviva Romm has written a book of aid and comfort for agonized parents, who must make intelligent life decisions for their kids while lacking reliable information about how vaccines act.”--Richard Moskowitz, M.D. “This must-read book is a valuable resource for all parents.”--Mary Bove, N.D., author of The Encyclopedia of Natural Healing for Children and Infants “Aviva Jill Romm brings a high level of intelligence and insight to the debate on public policies regarding vaccination. Level-headed and thoroughly researched, yet eminently readable, her book leaves no stones unturned and refuses to shy away from challenging the status quo. It should be read by every parent who is considering vaccination for their child; and I daresay that it should also be mandatory reading for every health professional in the position of recommending (or discouraging) the use of vaccines.”--Robert Rountree, M.D., coauthor of Smart Medicine for a Healthier Child 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.

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AVIVA JILL ROMM is a certified professional midwife, practicing herbalist, and the Executive Director of the American Herbalists Guild. She is the author of *The Natural Pregnancy Book*, *The Pocket Guide to Midwifery Care*, and *Naturally Healthy Babies and Children* as well as coauthor of *ADHD Alternatives*. She lives with her family in Georgia.

Good information. It's a great read for anybody on the fence in regards to vaccinations.

I initially borrowed this book from a friend, but ended up buying my own copy because I realized I couldn't live without it. I instantly liked this book, because unlike so many in this genre, it isn't emotional, sensational, or judgmental. Instead it is thoughtful and well researched. I really appreciated all of the recipes at the end of the book for naturally boosting immunity.

The best vaccination book I've read!! Every one should read this before forming an opinion about vaccines! I want to buy one for everyone who speaks in favor or against them, since the information is so balanced.

I feel like this book is pretty neutral and factual on vaccinations. The author is definitely interested in helping parents make the best choice for them. I don't feel like she was out to just push either agenda; vaccinations all the way or none at all. This book was written by a midwife. That fact alone made me interested in what she had to say about vaccinations. The other reason I love this book is the detail about the dangerous or questionable ingredients in each vaccine. Articles in *Parent's Magazine* don't talk about those ingredients when they tell you vaccinating is the most important thing you can do to safeguard the health of your child. It makes me wonder who exactly is paying them to write that article. Anyway, the book is informative and fair, regardless of your stance on

vaccinations. The important thing is that parents at least know what they are giving permission for, when choosing vaccinations.

There are so many [uneducated and agenda-oriented] bloggers whining about killing your kids with vaccinations, or killing other kids by not vaccinating. I was looking for a simple explanation of the history of vaccinations and the ingredients in them. This is a great compilation of all the shots currently given to children, and I like the fact that Aviva Romm doesn't tell you what to do, and that she isn't anti-vaccination but she does question some aspects of them. Would highly recommend this to anyone searching for information, not scare tactics.

In addition to doing extensive research online, this is the third book I have read on this subject, and this is the best of the three. The author has done her homework, and gives you objective information (most of the time - sometimes the conclusion points so STRONGLY at "Why in the world would you decide to do otherwise?" that the author makes a subjective statement) to inform you on the pros and cons for vaccinations. As this book is already a few years old, you might think that it would not be helpful. However, after reading the book you come to the realization that those supporting mass population vaccinations really have NEVER figured out everything, and so it should not be a surprise that there is still much they don't know, and can't or won't know anytime soon - and so this book is still valuable as a resource. If you haven't already vaccinated your children, read up on it first. If you have, read up on it so you can see what you missed and what you still might need to look for.

So far, this book has been a great resource. I wasn't expecting this book to go into detail about the immune system like it does but it helps one understand the whole system better. I will continue to use this book as a go to as my little one grows.

A very fair look at vaccinations. this book presents the facts with out scary stories of how your going to kill your kids either way you decide. Gives lots of information for prevention, early symptoms, natural remedies and overall immune system information.

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