

A Gentle Vaccine Detox for Children

I already know I'm going to catch flack...from those who believe vaccines are perfectly safe, that injecting 49 doses of 16 vaccines containing neurotoxins, carcinogens, antibiotics, detergents, foreign DNA and live and mutated viruses before age six is no cause for concern, and from those who think natural medicine (which has been around since circa day one) and the belief that the body can heal itself, is pure quackery. If you are one of those people, this post is not for you.

If you are the parent of a child who has been vaccinated, suffered an adverse reaction, has a chronic health condition, or if you want to prevent one that could occur in the future as a result of being vaccinated in the past...then a detox may be in order. If you believe in the science that shows that accumulated toxins contribute to health conditions and want to address the burden vaccines placed on your child and the toxins stored in their body as a result, this post is for you.

This whole concept of detoxing is really quite simple. In natural medicine, we believe "dis-ease" has one of two underlying causes: toxicity and (nutritional) deficiency. Detoxing attempts to restore balance by supporting the body's elimination channels and by binding to metals, chemicals, and toxins so they can be safely removed from the body. Vaccinations are certainly toxic. Think I'm wrong? Check out the list of additives [here](#).

We've got **formaldehyde** (a [probable human carcinogen](#)), **mercury** (a [neurotoxin](#) and the second most toxic substance known to man), **aluminum** (a known [neurotoxin](#), 75% of which is [retained](#) in a newborn and up to 40% in an adult and is stored in the kidneys, spleen, liver, heart, brain, lymph nodes, and muscle), **cetyltrimethylammonium bromide** (a [hazardous](#) substance), MSG (a [neurotoxin](#)), 2-Phenoxyethanol (a [hazardous](#) toxin), and polysorbate 80 (a [toxin](#) associated with serious adverse effects including death), to name a few.

Let me save you some time, none of the [ingredients](#) contained in vaccines are safe, many are stored in the body, and all of them contribute to health conditions, if not today...then tomorrow. Oh, but these ingredients are easily excreted from the body, except, they're not. Fully functioning kidneys are required to eliminate many of these ingredients and a child's kidneys are not fully developed until they are 1-2 years old. Good bowel flora (which ingredients in the vaccine compromise) is required for proper elimination of toxic substances, and the skin...well you see the attempts of the skin to eliminate these toxins. It's called eczema, and it's not "normal."

Children's Vaccine Detox Protocol There's a misconception that detoxing is harsh or can only be done via chelating and fasting. With children, it is extremely important that detoxing be done in a slow, gentle manner, and in the safest way possible. A detox usually lasts a month but may last longer if your child suffered an adverse reaction. After the detox is completed you can focus in on your child's specific health condition (if they have one), which is why establishing care with a Naturopath, Naturopathic Physician, Functional Medicine Doctor, or Chiropractor trained in this area is a great idea.

Here are some gentle detox ideas one can use for a child who has been vaccinated to help remove some of the toxic ingredients and undo some of the harmful effects of vaccines:

Detoxification bath – This bath can be used to pull bacteria and viruses from the spine, and cellular waste, metals and chemicals from the body. Add 5 drops of [Purification Essential Oil](#) to your child's bath with a few pinches of high quality sea salt. You can also do this as a footbath.

Probiotics – A probiotic is essential to restore gut flora and balance the immune system. This is very important especially if a child experienced an adverse reaction to a vaccine (like eczema, ear infections, arthritis, diabetes, gastrointestinal disease, etc.). I love *Life Start* in powdered form by [Natren](#), which can also be purchased dairy-free. And no, I do not make any money from you purchasing their products. I just like their stuff. **Omega 3 Fish Oil** – This is especially important to take if your child suffered an adverse reaction or had MMR, DPT, Dtap, or Varicella vaccines. Fermented cod liver oil (with butter) is thought to be the most superior of all fish oils.

Cilantro Chelation Therapy – Dr. Yoshiaki Omura discovered that the leaves of the coriander plant could accelerate the excretion of mercury and aluminum from the body. If you give the body what it needs, it will heal itself, and cilantro has a molecular bond that binds to heavy metals and pulls them from the body. Cilantro therapy is gentle and inexpensive.

To use: Cilantro chelation is not effective in pill-form. You can juice with cilantro, consume it raw, or put it in tacos or pesto. Your child should have a minimum of 1 teaspoon daily for 2-3 weeks. You can also do a detox bath with two drops of coriander in the tub with a few sprinkles of salt.

Elderberry – This is an excellent herb for children and can be taken as a syrup or in supplement form. Research shows that elderberry inhibits enzymes used by viruses to

penetrate and infect healthy cells. Another option is [Elderberry Defense](#), which contains Echinacea, royal jelly, and olive leaf. Echinacea strengthens the immune system, fights viral infections in the body, and increases the production of T-lymphocytes to fight bacterial toxins, and stimulates macrophages (that filter out and destroy foreign particles, bacterial and toxins in the lymph system).

Royal jelly contains many nutrients and all 8 essential amino acids, helps prevent illness, and combats the stress on the body caused by vaccines. Olive leaf has been shown to be an effective remedy against almost every type of disease-causing microorganism, relieves many health problems, and has exhibited microbial effects against over 130 infectious diseases. It would be pertinent to take this remedy if your child has had any of the live vaccines including MMR, Varicella, Flu Vaccine, OPV, DPT, and would also be indicated in Dtap. I like this [elderberry syrup](#) recipe by “*Wellness Mama*,” which would be ideal for children under two, elderberry in [soft chew](#) or herbal form (1-2 capsules daily mixed in applesauce), or as an herbal tea. [Elderberry Defense](#) is a great option by *Nature’s Sunshine*, if your child is over six (dose reduced).

Vitamin C helps counteract the damage of heavy metals, chemicals, and toxins contained in vaccines, and strengthens the immune system. The best way to get vitamin C is through food but since we’re detoxing, adding a supplement and taking it frequently throughout the day is beneficial. I typically recommend vitamin C [chewables](#) but powdered form and liposomal form is also an option.

Silica helps gently pull toxins out of the tissues and into the blood stream to be eliminated from the body. [Studies](#) on silicic acid show that it is an [effective non-invasive therapy](#) for reducing the burden of aluminum in the body, that it slows down the accumulation of aluminum in brain tissue and the [gastrointestinal tract](#), substantially reduces aluminum bioavailability to humans, reduces toxicity in plants and animals, and enhances the excretion of aluminum in urine without negative side-effects. In other words, silica can only help a good detox. You can purchase silica in [liquid mineral](#) form, as a [cell salt](#), or as an herbal supplement (horsetail).

Homeopathic Antidotes – Some children benefit greatly from homeopathic antidotes. Typically, a homeopath or naturopathic doctor will either recommend a remedy based on the constitutional type of your child and side effects they experienced as a result of vaccinations, or will recommend a vaccine potentized as a homeopathic remedy known as a “vaccine antidote.” If your child was vaccinated against chicken pox, measles, mumps, rubella, and polio, you would want a Varicella antidote, MMR antidote, and IPV antidote. If they were vaccinated with vitamin K or Hepatitis B, you would want a vitamin K and Hep B antidote. Antidotes generally have no negative side effects and are in an easy-to-take sugar pellet form that can be dissolved under the tongue or crushed

up.

Water – When toxins are pulled from the body, they need to be flushed out. Full kidney function is dependent upon there being enough water in the body. Avoid soda, dairy, and junk juices and encourage your child to drink plenty of water (5-8 cups) throughout the day. You can sweeten it with a little honey and lemon (for increased vitamin C) or add some liquid chlorophyll.

Massage – During a detox it is especially important to “milk the lymph nodes” through gentle massage. The Lymphatic system is the clean-up crew of the body and massage helps remove cell wastes, proteins, excess fluid, viruses, and bacteria trapped in the lymph nodes.

Dandelion Root – Supporting the liver during a detox is very important because the liver performs over 5,000 functions – including toxin filtration. Although there are several herbs that can support and cleanse the liver, none are safer, more effective, or as inexpensive as dandelion. Dandelion helps the liver and gallbladder filter out toxins, purifies the blood, stimulates the kidneys to eliminate toxins through the urine, and assists with cell metabolism.

You can purchase dandelion greens from the store (to use in juices and smoothies) or purchase in pill form, as an herbal tea, or pick them from your own back yard. If you have a hard time believing that the “weed” in your yard could serve such an important purpose, might I recommend reviewing the studies on dandelion in the PubMed database? They are quite impressive.

Raw Food, Juices, & Smoothies – The absolute best way to counteract the harmful effects of a vaccine is through food, and my favorite way of doing this for children is through raw smoothies and juices. Shoot for at least 2-3 raw juices or smoothies per day during a detox, in addition to their normal meals. You can check out my [Pinterest](#) for some of my favorite juices and smoothies and “[Ergonomics of a Smoothie](#)” for smoothie tips. Try to include foods like broccoli, collards and kale, daikon radish, garlic, onions, spices, and sunny-side up eggs from free-range chickens in their diet during this time.

Detox Side-Effects: What to Expect

It’s not unheard of for there to be mild side-effects during a detox known as a “healing crisis.” Your child may be grumpy for the first few days, may experience a worsening of symptoms, loose stools, may sleep more, or may experience flu-like symptoms. However, your child (more commonly than not) may experience no noticeable side

effects.

What To Do After a Detox

If you haven't established a relationship with a natural medicine practitioner, I would highly recommend it. These individuals are trained in nutrition and alternative therapies and can provide a plan to address your child's individual needs. If you don't have one available in your area, continue to seek out things that will help your child's specific condition, and when in doubt, juice it out. Juicing is safe for all people of all ages and will address both toxicity and deficiency.

Disclaimer: This information is based off of my training as a Naturopath and personal research and experience. It is for educational and informational purposes only and is not to be construed as "medical advice."