

As a craniosacral therapist I work closely with client's nervous systems. During the intake people share the many challenges that have brought them to my office. This is why I know what is neutral to one person can be harmful to another. I myself was harmed by the Rubella immunization as a child and my brother who received it the same day was hospitalized. Little was done to understand the arthralgia symptoms we had. My brother developed debilitating arthritis in his 20s. Related? We'll never know.

We are unique and forced mandates regarding healthcare are not going to acknowledge that. I understand the concept of herd immunity and I do, as I hope any informed person would, make choices informed, in part, by this knowledge. However there are many of us who strive for wellness beyond just staying alive. We know maintaining a healthy immune system requires work on our part. No one should be penalized because too many Americans take their health for granted rather than cultivate health by lifestyle choices.

My daughter had rashes and digestive distress as a newborn. Rather than to just trust that she'd grow out of it (she is still highly sensitive, has food intolerances and gets rashes if she strays from what she has learned to be good for her) I listened to the advice of the Certified Nurse Practitioner and delayed her immunizations as well as kept journals to tease out food sensitivities.

When in company of medical staff and parents who knew this choice I sometimes was shamed which wasn't comfortable but I knew I had the right to object and set my own timeline. Limiting people's right to travel or other benefits is wrong because they have made choices after weighing in with all the knowledge unique to them, knowing their bodies or children's bodies in a deeper way that what can be learned in short visits at the doctor where a one size fits all recommendation is the norm. Moreover it sets vaccine mandates set a precedent where the government extends their reach--in this case, right into our bodies.

Thank you for your time.