

My name is Karen Lyke. I'm a board certified clinical nutritionist (CCN), have earned both masters and doctoral degrees in nutrition, that is, using nutrition to optimize health and mitigate disease. My interest in that field stems from my autistic brother, probably due to mercury toxicity – a common effect of some vaccinations, and a daughter whose health was distinctly & negatively changed after vaccination. My experience sharing their life journeys has made me acutely aware of challenges and difficulties someone with chronic disease has to deal with, as well as the disruptive impact such challenges have on the rest of the family. That experience as

- growing up as a sister to a 'weird brother',
- mother to a child always on the edge of not well, and ever trying to figure out which food it was that transformed an inherently delightful child into an explosive, headachey, and foggy brained dilemma – we didn't have the insight then that is available now, and
- now sole family support for a disabled old man whose life has been a total and tragic struggle

drew me to explore biochemistry, physiology, and to look deeply into vaccines and their real effects & consequences. It drew me to make, question, & process my own observations, to trust them, and to be ready to reconsider conclusions as continuing exploration guides.

The CDC assures us continually that vaccines are safe and effective. Let's look at those claims.

Safe. One type of mental manifestation of neurological damage has gone from 1 in 10,000 mid 1900's now to 1 in 36. Over the same time period the number of vaccines injected into children increased from three to five in the 1950's to seventy plus by the time a child is eighteen now.

That's 28 doses from *birth to 15 months – the baby's immune system is barely developed at this point.* The Hep B shot, given at birth, baby's just out of the womb, is for sexually transmitted disease, and lasts maybe ten years. You might be asking, why give it?

It's 50 injections of 14 vaccines by age 6, **a total of 72 to 79 doses of ~16 vaccines by age 18.**

Pretty soon we'll be told we need a shot for every single microbe bacteria or virus that could ever possibly exist. We'll run out of arms – or buttocks – to put those shots in. Can our immune systems handle so many jabs all the time? Where's it going to store all those antibodies?

At the same time, **chronic disease in children has risen to 54%**. More than half of our intensely vaccinated children are dealing with asthma, allergies, ADD & ADHD, neurological damage, auto-immune disorders. Special education programs seventy years ago were maybe 8 kids in a school of a thousand. That's less than one percent. Now programs for special needs consume a big chunk of the budget.

There's a very recent study comparing vaccinated children with unvaccinated children. It shows that the incidence of these five categories of disease is rare or non-existent in the UNvaccinated children. Yes, **the UNvaccinated children were distinctly healthier**. They might have gotten an occasional brief incident of one of the classic rash children's diseases, from which they recovered, but they did/do not have chronic, often degenerative, long term diseases. Ask me for details.

Vaccine safety is further illustrated by VAERS.gov: the Vaccine Adverse Event Reporting System. Do you know about VAERS? This is where adverse reactions to vaccines are reported – except that many physicians and clinics are unaware of its existence. A Harvard study showed that only about 1% of all vaccine reactions actually get reported to VAERS.gov

All too often a child gets a bad reaction following vaccination, and the doctor's office tells them 'oh that's normal –

- for a child to scream inconsolably at high pitch for 3 continuous days,
- to go limp and dull-eyed,
- to have a high fever that lasts for days,
- to go from clear speech with a large vocabulary to maybe a few grunts and cries
- – with hand flapping and head banging – overnight.

This is normal, parents are told. Only a coincidence.

Coincidence? That's what the CDC and most conventional medical practitioners would have you believe. A lot of parents say otherwise. If nothing else, you'd think doctors and the CDC would be curious, want to find out just what's going on.

No, now there is vigorous censorship of exploration – let alone mention – of 'other' points of view, particularly with respect to dealing with the SARS Cov 2 virus. The CDC wants to add more vaccines to its schedule each year, and now it wants to require all adults to get annual vaccinations as well, pushing the flu vax, and now the Covid shot – every six months apparently.

Blue Cross/Blue Shield – undoubtedly other insurance companies, **pay a bonus when your child gets vaccinated on the CDC's terms**. Unfortunately many doctors depend on the 'bonus' paid to them for every child in their practice vaccinated according to the CDC schedule. That's a bonus of \$400 per child; if you have several thousand patients in your practice, that's enough to keep your doors open and staff paid for quite a while. This is for real; I'm not making this up. No wonder doctors fire their patients when they balk at shots.

What about testing for safety? Did you know that **vaccines are NOT tested against neutral saline placebo?** I'm not making this up either. *Vaccines are routinely tested against other vaccines, or vaccine ingredients*. When the results show no significant difference, the test vaccine is declared 'safe' – because according to the appearance, it doesn't cause any effects different from the other substance.

That's like, you smoke two packs of cigarettes a day; I'll smoke one. At the end of the month we'll compare. No big difference, so it must be safe.

Another aspect of safety is shedding. If you deliberately expose people to a virus or fragments of it, thru vaccination, there is the risk of the vaccinated person giving off particles of that virus, potentially contaminating someone else. Now if that someone else's immune system is in good shape – eats real food, adequate rest, moderate stress & exercise, not dealing with lots of other ailments – that someone's body can handle it. But if a person is run down, overloaded with stress, toxins from other sources, short on sleep and trying to survive on fast food, has one or another chronic disease, the outlook is not so good. Viruses thrive in people who are run down.

Do vaccinated people shed? Look at the intake form for blood donors. One question asks about recent vaccinations. Why? You might ask. The answer I got from blood bank staff is 'because *vaccinated people might shed the antigen from the vaccine.*'

Some of the new Covid vaccines are based on prompting the injected person's body to make more of the antigen. You heard that right: **the mRNA vaccine is designed to take over your protein manufacturing system and cause you to make the spike protein** that's the cause of all this current panic. *You become a germ factory; you proliferate the enemy.* The plan is that you will generate an antibody response to that antigen, but that's not guaranteed. We already have reports for 'breakthroughs'. *Breakthrough is newspeak for 'it didn't work'.* It didn't work, so we'll have to vaccinate you again, and again. What's that definition of insanity? Doing the same thing but expecting a different result.

If you do generate antibodies to that protein, which your body is viewing as an alien invasion even though it manufactured it itself, your body could easily attack any tissue that happens to have that protein in it. That particular protein happens to resemble a protein in about a hundred different tissues in the human body. What's *a body going to do? Attack itself? Very likely, yes.* That's exactly what happened in some of the Covid19 test animals.

Sometimes you get off easy, and just feel crappy – have a headache, can't focus or think straight, grump at everyone. After a while that brief inflammatory response doesn't quit, and spreads to other areas of the body, and you're miserable and snarly, and in pain, all the time. Vaccine induced gut damage, food sensitivities, that's what was going on in my daughter. It's related to auto-immunity, and although it may sound innocuous, auto-immune disease goes even deeper, entails a lifetime of paying careful attention or else you feel, and act, like hell all the time, constantly exhausted, while your body is slowly consuming itself from the inside because it can't distinguish you from foreign tissue.

We're in the richest country in the world, have the most technologically advanced medical system ever, vaccinate (and medicate) more than any other nation on the planet, yet are at the *bottom of life expectancy among the world's developed countries, close to the top in infant mortality.* Clearly our premises are flawed.

Effective: *Effectiveness is defined as an antibody response; that's it.* **Your body generated antibodies to the injected pathogen; see, it was effective.** Other responses, like the body's ability to eliminate the debris once the antibody has captured the antigen, are not considered. It doesn't matter that

common side effects include gut problems, brain focus & function difficulties, neurological disorders ranging from tics and seizures through facial asymmetry to partial or full paralysis. Because they were not part of the plan, they are *side effects*. *We burned the house down but we did get rid of the termites.*

The time span on most vaccine testing tends to be short – maybe ten days or as long as six weeks. Chronic disease takes longer to become evident. By keeping the test period short, it's easy to claim that those chronic diseases weren't related to the vaccine. *That claim simply says those folks have a lot more to learn about physiology. We burned the house down but we did get rid of the termites.*

Modern medicine is not based on curing or healing, nor resolving the problem. It's *management* of symptoms, with the premise that **one size fits all**. It is based only on 'did the symptoms go away?' It's the equivalent of putting that piece of tape over the warning light. You don't see it, so you don't think anything needs repair or attention. 'I don't see the fuel gauge light, nor the 'check engine' light; 'can't be anything wrong.'

The reason multiple shots are given is that *not every shot generates an antibody response the first time*. Statistically, by the time every one gets three – or four – shots, of whatever vaccine, they've generated an antibody response. But that's not actually measured; it's reckoned by statistics. That means that *you are being treated not according to your individual needs; you are being treated according to everybody lumped into one group*. Next widget on this factory assembly line...

Your individual needs or status are not considered. **You get treated the same as everyone else without regard to**

- **your body's ability to generate an antibody response**
- **your body's ability to clean out the mess generated by the antibody-antigen response**
- **your capacity to generate a response**
- **age, size, other health conditions, stress level**

Not everyone wears size seven shoes. Does modern medicine assess these factors?

Your capacity to generate a response is based on what you eat, stress levels, adequate sleep, exercise, other metabolic and medical conditions – maybe you're sick with something else that day, and there are undoubtedly several other factors yet to be discovered. I just recently saw blood work for two women who'd each had two Covid shots. They both had *abnormal, dangerously high antibody responses*, way out of range, with other markers also disrupted. They felt *debilitated and miserable*, so much that they sought help, *but their shots were effective*.

If you don't clean out the debris once you've captured the invader, you haven't finished the job. IOW, it's not enough simply to nab the pathogen. You have to get rid of it as well. If you keep all that garbage accumulating inside you, *you're setting yourself up for a different kind of disease later*.

In effect **we have traded occasional brief bouts of infection** – a seasonal cold, maybe an upset tummy, **for long term, chronic, degenerative, disease that disrupts our lives** – and our families, and our connection with society, every day, all day, all year.

'**Oh, but a vaccination will protect you...**' Protection. *We treat vaccines like fairy dust*. Sprinkle or inject this, and you'll be safe. *You might still get the disease, but it won't be so bad as if you'd not*

*gotten the shot. **How do you know this? Where are the studies, the comparisons?** If this is science, surely there are studies, and more studies, to confirm the original observations. *Such studies should be readily available for anyone to examine.* Show us the science!*

Even if you do have studies, the results lead to some statistical analysis. *The effects on large groups of healthy people are then assumed to apply to all individuals, regardless of age, condition etc.*

Speaking of Protection, did you know that thanks to **an Act passed in 1986, vaccine manufacturers and everyone involved with their administration are all ABSOLUTELY FREE FROM LIABILITY** should anything go wrong with a vaccine.

That means if you're injured, whoever gave you that shot, the clinic she works for, the company that made that vaccine, have NO responsibility, no liability. You're on your own, baby.

There is VAERS.gov and the NVICP (National Vaccine Injury Compensation Program), but first you have to know about it – *many doctors and hospitals do not know about VAERS.gov.* Then you have to file your case in great detail, in a limited time frame, make your way through government lawyers whose job is to obstruct and discourage you as much as they possibly can, all while you're dealing with a child who has most unexpectedly become a medical mystery demanding relentless care 24/7, probably also with a spouse who can't handle it so is filing for divorce, oh yeah, and trying to work to pay the rent.

Despite the obstacles, **NVICP has disbursed \$4.4 Billion so far, to compensate for vaccine injuries.** That says that vaccines aren't really safe, the vaccine manufacturers are protected, but you aren't.

That \$4.4 Billion over several decades to compensate for vaccine injuries is just a little bit more than the CDC has in its budget this year to promote the new Covid vaccines.

If someone has to bribe, entice, manipulate, threaten, take over the media – and censor any other viewpoints – to promote his product, you really have to ask, just who benefits from this? Then the promoter forbids questioning; no asking for more info!! Somebody's got a big investment at stake here.

The incidence of Covid 19 is apparently a lot lower in Amish – plain folk communities – those people who still honor values like truth and trust, who live and work more closely with nature, without a lot of high tech devices. So why don't Amish communities have a lot of Covid 19? One answer is 'Because they don't have television'.

To summarize, **claims that vaccines are safe and effective are false;** there's a lot of wiggle room and outright fudging (lying) in those claims. There is no honest scientific support for those claims. **Fewer people are likely to be injured and sick when you let people decide for themselves.** People know their own bodies; mothers certainly know their children far better than someone who sees them briefly two or three times a year amidst a thousand or more other patients – *if it's the same person each time.* If people choose to be vaccinated, that's their choice. We can only hope that it's an informed choice

Requiring everyone to get vaccinated is likely to result in more people becoming injured and sick because the schedule isn't geared to individual human needs. The CDC schedule is a marketing plan, geared to meet someone's quota, get a box checked. It is not to promote individual human health.

To mandate the one-size-fits-all medicine is also a violation of international law, of human rights, of religious autonomy, and of the fundamental human right to self-determination, of simple common sense.

We as a society are strong when every individual in it is strong - and healthy. We stay strong when we make our decisions, not under coercion or intimidation, but from fully informed consent.

Vote yes on HB 248, the Vaccine Choice and Anti-Discrimination Act. Your well-being, & that of Ohio's children, all of us, will be far healthier and stronger for it.

##If you find any points to correct in anything I've said here, please let me know, and provide info to help me understand your viewpoint.