

Chairman Lipps, Vice Chair Holmes, Ranking Member Russo, and Members of the House Health Committee, thank you for the opportunity to provide proponent testimony on House Bill 248.

My name is Lisa McDaniel, and I am a registered dietitian nutritionist, though my current profession is that of full-time homemaker and home educator to my six young children. As a lifelong Ohioan, it is my desire to see our state succeed and continue to be a safe and healthy place where inalienable rights are honored and protected. I support House Bill 248 because Ohioans must be free to determine what is best for themselves and their children in terms of accepting or declining vaccinations, experimental biologics, and medical interventions, without fear of discrimination, harassment, and segregation in the workplace, schools, and social and religious settings. No vaccine is without risk and vaccination is not the only way to promote health and decrease infection and illness for oneself and one's community.

My very first job following graduation from The University of Akron was as a wellness dietitian with Akron General's Health and Wellness Center. That job required me to take both the MMR and DTAP vaccines. I requested to be exempt from those vaccines because, as a wellness dietitian, I was not going to be working in direct patient care in a hospital setting and would instead be working primarily with weight loss clients in a non-clinical atmosphere. Even so, I was told by the physician performing my physical that I "had to take the shots" to proceed with my dream career. After consenting to both injections, my body was forever changed. I had been vivacious, energetic, and was never sick. Within weeks of receiving the MMR and DTAP vaccines I developed mononucleosis, severe and recurrent tonsillitis, double ear infections, cystic acne, fatigue, and more. I ended up in the emergency room for the first time in my life and was prescribed medications that I had never taken before. My body was injured by the vaccines that I was coerced to take for my job. Vaccines are not without risk and I, to this day, continue to experience negative effects from the vaccines I received as an adult.

Vaccine injury is not uncommon. I regret having accepted those injections that forever changed my physical constitution. It is imperative that Ohio acknowledge that where there is risk, there must be choice. No vaccine is free from risk. No vaccine is 100% effective. No medical intervention is one size fits all. Individuals cannot be discriminated against in any way for making choices that can impact their health in a variety of ways.

HB 248 came into being during the Covid era. The data is clear regarding overall health status and co-morbidities, or an individual's lack thereof, having a significant impact on the outcome of infection with the Sars CoV 2 virus as well as the potential for development and course of the clinical disease of Covid. It is interesting to me, as a registered dietitian nutritionist, that the argument to require vaccines is to protect oneself and others from contagions. This argument is almost always made without acknowledging that vaccines are never 100% effective. The Covid vaccine is no different. How is it that folks are now permitted to live freely and unmasked again in Ohio if they have taken the Covid shot when the data and literature available regarding this particular vaccine does not indicate 100% efficacy against becoming infected or spreading the virus? There is simply no guarantee that individuals are significantly healthier or safer for accepting the new and experimental biologic, which has received emergency use authorization but not approval from the FDA, yet they are being treated as superior individuals in society.

As an expert in nutrition, I know for a fact that an individual's overall health and potential to contract or spread disease is directly related to their nutritional status. Increased nutritional intake, supplementation, exercise, adequate hydration, proper rest, and other approaches to promoting a

healthy body and, thus, a robust immune system, are not being promoted and touted as what would make Ohioans most healthy and safe, yet these approaches, unlike vaccines, are significantly safer and more effective. These interventions and approaches provide a great deal more benefit to everyone with much less risk to the individual, yet they remain largely ignored. The Ohioans who choose not to accept a vaccine because they instead choose to nurture their health and take proactive steps to protect themselves and others through healthful lifestyle choices and well-functioning immune systems should not be penalized; they should be afforded the same opportunities and privileges as their peers who prefer to take an injection. Healthy Ohioans are by no means a risk to others. There is little risk and massive benefit to healthy lifestyle choices. The same can not be said for all vaccinations, yet folks who choose to “roll up their sleeve” are the celebrated citizens in Ohio right now. This cannot be the new normal. As a registered dietitian nutritionist, I urge you to consider how lopsided our approach to health has become and how vaccinations are simply not the only way to combat infection and illness. At this time, Ohio is not promoting health, it is promoting compliance. As a proud Ohioan, I believe we should be leading the way and setting the example for the rest of our great nation of how we function based on facts about wellness, not fear of any virus.

I know, based on both my training, professional experience, and continuing professional development, that healthy lifestyle choices are the means to a safer and healthier Ohio. However, I believe that Ohioans should be free to make whatever choices they see fit for themselves and their children when it comes to diet, lifestyle, and vaccination status. HB 248 would protect the rights of individuals to make the own individual choices regarding vaccination without negative repercussions on a variety of levels.

The constitution of the state of Ohio reads: “*All men are, by nature, free and independent, and have certain inalienable rights, among which are those of enjoying and defending life and liberty, acquiring, possessing, and protecting property, and seeking and obtaining happiness and safety.*” I implore you to vote yes on HB 248 to uphold the constitution of Ohio and protect the ability of Ohioans to seek and obtain safety by not allowing our society to require interventions that are not always safe. As you now know, I, as an individual, was personally harmed by vaccines that were required for my job and I, as a medical expert, know that vaccination is not the only means to an end when it comes to true health and wellness. Please vote yes on HB 248.

Sincerely,
Lisa McDaniel, RDN, LD