**So... I attended the DONA Conference in August - which stands for Doulas of North America, which is the organization that I am certified through as a birth doula.  I learned so much and came back energized and fired up to provide as much information as I can to my mommies, as well as give them as much support and nurturing that I can!  One of the best workshops that I feel I attended was presented by Dr. Robert Sears.  He is the son of the very famous Dr. Sears; the same Dr. Sears that has written a trillion books about kids and babies!**

 **Dr. Sears Jr, as I will refer to him, discussed vaccinations and the most current research and has also developed an "Alternative Vaccination Schedule" which I would like to share here with you (you can also visit his website at** [**www.thevaccinebook.com**](http://www.thevaccinebook.com/)**) !  There has been so much information out there about links between vaccines and autism.  So far, there is no research that shows a positive correlation between the two.  As matter of fact, Dr. Sears himself, has 8 patients right now that have autism (He is a pediatrician), and ironically, none of these 8 patients have been vaccinated!  All 8 of them have moms who have chosen to not have their children vaccinated - WHICH IS STILL YOUR RIGHT in the State of Florida.  While Florida is a Mandatory Vaccination State, you can be exempt from it due to "religious beliefs".**

 **I digress....  Anyway, he has 8 patients who have never been vaccinated, and have autism.  There is absolutely no link there.  While that does not prove anything, it does make you think.  I personally, have had my children vaccinated because I think the risk of them NOT being vaccinated is much greater than the risk presented by the vaccinations themselves.**

 **I have friends with autistic children, I am filled with awe at the strength and determination of both the children and parents who live with this.  I do not know what causes it... I do know that when there seems to be a direct cause/effect (gave a vaccine, child developed autism), it is hard to believe that it was not the reason...**

 **Okay, but here is my very controversial thought...  what if it's not the vaccines that contribute to these disorders... what if it is something that occurs through labor and delivery?  Listen, I had epidurals and I have been induced in two of my labors (out of 4), although my children have not developed any autistic symptoms, what if it is pitocin, or misoprostol (cytotec - the synthetic prostaglandin gel they place on your cervix to ripen it), or the epidural medication???? Just what if?  Is there any research being done?  The medical community says that all these procedures are completely safe...says who?  There is a lot of controversy regarding misoprostol, as it was approved by the FDA as a drug to treat peptic ulcers...SO HOW IN THE WORLD did someone decide to give it to pregnant mommies and then say it works in ripening the cervix, which by the way, other research show that it is linked to many negative consequences for the mommy and the baby...**

 **Of course, it is getting to the point that you have to read about 50 articles on every thing, because guaranteed, half of the articles are biased on either side and published by the side they are promoting!  So...**

**On a brighter note, I have posted for you the Alternate Schedule that is promoted by Dr. Sears Jr.   Also, he reports that they now make most vaccines without aluminum and without mercury and suggests that you speak with your pediatrician about this.**

 **One thing that Dr. Sears Jr. emphasizes is that you only have ONE shot administered at a time.  This way, you can see if your child has a reaction to it, and it also reduces discomfort, etc.  If you are giving your child two and three shots at a time and they do have a reaction, how do you know what they are reacting too?**

 **I am open to your comments, you can email me at** **connie@genesis131.org**

