

# Top Doctor: 'Flu Vaccines a Waste of Time and Money'

The Centers for Disease Control and Prevention urges Americans over the age of six months to get an annual flu shot. Their pleas are combined with dire warnings of risking hospitalization and death for those who skip the shot. But are the warnings over-inflated?

On their own website, the CDC states that flu deaths between 1976 and 2006 ranged from a low of 3,000 people to a high of 49,000. But they also reported on their website that only 500 people died from flu in 2010. "The fact is, the outrageous claims of 3,000 to 49,000 deaths are inaccurate numbers," says holistic family physician Dr. David Brownstein. "They are just guesswork."

The CDC itself admits it doesn't know how many people die from flu each year, and that their figures are estimates. How does the CDC get such over-inflated flu death numbers?

"The CDC lumps pneumonia with the flu to make their numbers look better," Dr. Brownstein tells *Newsmax Health*. "It is an estimated number that includes people who also die from pneumonia, and the flu vaccine has never been shown to protect against getting pneumonia," he says.

Why does the CDC keep reporting inflated numbers?

"The CDC needs to keep Big Pharma happy, because that's what really controls health care," says Dr. Brownstein. "So, the CDC perpetuates the myth that everyone needs a flu shot. The CDC can say they're doing their job, Big Pharma can sell more shots, and everyone is happy."

So, hospitals, doctors, pharmacies and other health-related organizations and health personnel relentlessly push

vaccination. Dr. Brownstein says he himself was a victim of a local hospital's push to get more people vaccinated. "A large hospital system sent out a letter with my name at the bottom which states that I am recommending the flu vaccine," he said. He only found out when a patient, doubting that Dr. Brownstein had endorsed the vaccine, sent him a copy of the letter.

"Of course I never recommended this vaccine," he said. "I called the hospital that sent this out and demanded a retraction be sent to all who received it.

"In addition, the letter said flu kills 25,000 to 30,000 people each year," said Dr. Brownstein. "That's simply not true."

On the other hand, says Dr. Brownstein, few side effects of the flu shot are reported to the FDA. "Again, they don't want Big Pharma to get upset," he says.

"I suggest the CDC stop exaggerating and start reporting the true numbers," says Dr. Brownstein. "The truth is that influenza annually kills a few hundred Americans. Of course, each death is tragic, but does anyone really believe that vaccinating 350 million Americans is going to drastically alter a few hundred Americans dying each year from the flu?

"I seriously doubt that, particularly when the flu vaccine has never been shown to significantly decrease the incidence of the flu," he says. "Furthermore, the flu vaccine has never been shown to lower the death rate from from the flu.

"Each year the CDC trots out their inaccurate numbers," he says. "If they told the truth, the flu vaccine would become a thing of the past.

"The flu vaccine is a waste of time and money."

*For the original article, visit .*

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# 4 Prophetic Words to Inspire Peace During Difficult Times

Developing a relationship with the Holy Spirit is crucial if you want to discover and fulfill God's will for your life—and walk in your destiny. Some long to fellowship with the Spirit of God and hear His still, small voice but don't know how or don't believe they can.

In my book, *Mornings With the Holy Spirit: Listening Daily to the Still, Small Voice of God*, I have shared with the world prophetic words the Holy Spirit has spoken to my heart over the years during times of prayer, worship and just everyday living. These words inspired faith in my heart about many topics, including dealing with people, receiving from God and acting on wisdom.

I believe the following four utterances, along with Scriptural references and prayer starters, will stir faith in your heart and give you some wisdom for the daily battle. I hope they encourage you as much as they did me. If you need more encouragement, join my Mornings With the Holy Spirit Prayer calls Monday through Friday at 6 AM EST.

**1. Don't allow people to distract you.** Evaluate your life. When you take time to reflect on your relationships, it becomes easy to see who is supporting you and who is distracting you from Father's will. Know this: The enemy of your soul is on assignment to hinder your destiny. He often works through people—sometimes even people you like. The enemy uses people you don't know as well as people who are close to you to pull your attention away from Our will. Love the people. They don't know the enemy is using them. But don't be

deceived. Stay focused on what Father has called you to do.

**SCRIPTURE:** John 10:10; Ephesians 5:2; James 1:22

**PRAYER:** *Help me stay focused on You and Your will for my life and not on what people think I should do. Please give me discernment to recognize when the enemy is using the voices of people around me to distract me from Your true direction.*

**2. Set your mind and heart on Jesus.** Always remember this: You are in the world but not of the world. Set your mind and your heart on Jesus, and He will refresh your soul. Don't look to the right or to the left because that's where the enemy lies in wait. Look for Jesus along the narrow way. Wait on Jesus. Trust in Jesus. Father gave you the dreams, visions and desires of your heart, and He will bring them to pass in His way, in His time and in His season. Don't give up now. The enemy is no match for the one who loves Jesus. Take hold of My heart afresh. I won't let you down.

**SCRIPTURE:** John 17:16-26; Hebrews 12:2; Psalm 37:4

**PRAYER:** *Give me laser-like focus on Your will so that I will not be moved by the distractions that come from the world and from the enemy of my soul. Teach me to trust You and Your timing for the good things You have planned for me.*

**3. Ask Me for the wisdom to set boundaries.** People will push you to the point of absolute exhaustion if you let them. They don't mean to, and you don't have to let them. Some people always want more, more, more and more, and they don't realize you don't have more to give unless you tell them. You need to give out only what We give you to share. If you don't set boundaries in your life, you will become stressed out and worn out and will eventually burn out. But seclude yourself in My presence, and you will find refreshing and restoration for your weary soul. I have the wisdom you need to set the proper boundaries in your life. Just ask Me.

**SCRIPTURE:** Luke 5:15-16; Matthew 5:37; Matthew 11:28

**PRAYER:** *My heart is to help people, but I sometimes wear myself out by not asking You first. Remind me to acknowledge You before making a commitment so I don't burn out and end up resenting the people I have a heart to help. Teach me to say no graciously. With the Holy Spirit, which releases this month and from which this article was adapted.*

**4. Don't doubt!** Doubt is the doorway to unbelief. Doubt is a cousin of fear and suspicion, and it blocks discernment. The enemy wants you to walk in the curse of doubt. He wants you to worry day and night. But Jesus came to redeem you from the curse. Father has given you the measure of faith that opens the doorway to His promises. Resist doubt as you would resist the devil, and let your faith rise as you meditate on the blessings I've promised you.

**SCRIPTURE:** Galatians 3:13; Romans 12:3; Joshua 1:8

**PRAYER:** *Show me when doubt is trying to enter my soul. Give me a discerning spirit so I can recognize the enemy's attempts to muddy my faith with his lies. I submit myself to You. Give me the strength to resist the devil so that he will flee.*

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# Alveda King: May We Always Remember

It's Black History Month 2015. This is a time of remembering the many great contributions of African-Americans in the history of our great nation.

We have experienced many advances made possible from contributions from members of the African-American community. Beyond the familiar names that we hear every year, advances have been made by countless African-American "unsung heroes" in every spectrum of the human experience. While we will never hear every name of these contributors to the tapestry of our lives, we can take comfort in knowing that they were born, and that they made the quality of our lives more meaningful. For this truth we should thank our God.

Generally as a people, African-Americans have proven to be very resilient people, surviving the greatest obstacles of slavery and segregation that are part of the annals of our history. The current success of the movie *Selma* pays great tribute to our heroes of these eras past. In many ways, we have overcome. There is reason to celebrate this truth.

Yet, here in the 21<sup>st</sup> century, we are faced with an epidemic that threatens the black community, and indeed the entire fabric of our nation in a manner that has never before occurred in our history. In America since 1973, over 58 million people, nearly 36 percent of these numbers being identified as African American people, have been denied the right to be born. Their innocent lives were ended as they were attacked in the sanctuaries of their mothers' wombs—by the heinous scourge of abortion.

Let's include all of the other deaths of blacks that have occurred by no fault of the victims throughout American history: black slaves and black people killed during the race wars that have occurred throughout the years. All of these occurrences are of course very tragic. We take pause now to remember the death of every innocent.

The key here is innocence. Slaves were innocent. The victims of the KKK are innocent. The babies in the womb are innocent. God hates the shedding of innocent blood.

Please forgive me, I don't mean to be maudlin. This after all is meant to be a tribute to Black History Month. I would suggest though, that this startling revelation, that abortion is part of African-American history, and it deserves our attention and our prayers. Please indulge me here by reviewing my recent Black History Month video: