

Raising a Vaccine-Free Child

Wendy Lydall

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Reviewed by Prem Bharati Ankalgi Devkota, USA

This book is an extensive guide to the myths, facts, problems and solutions associated with raising a vaccine-free child.

The author has worked to clarify the historical development of vaccines, and also includes ideas about infectious diseases and the domination of vaccination in the present climate.

The contents of the book explore some of the many vaccine-related myths – e.g. “the benefits of vaccination are worth the risks” “side effects are rare” “diphtheria declined because of mass vaccination” “without vaccination there would be epidemics, whereas if enough people were vaccinated, the disease would die out” The myths are woven along with personal experience, case examples and supporting research evidence. *Lydall* has focused greatly on the myths because these form our prominent understanding about vaccination and need to be rectified for parents, homeopaths and homeopathic students.

The author differentiates between childhood diseases and malevolent infectious disease. There are common practices which are still in use especially in fevers. She explains that one should accept fever as a friend whereas in general fever makes parents very anxious. *Lydall* provides advice for treating fevers, and the current correct practices.

Raising a vaccine-free child could be a challenging situation to many parents, entailing anxiety and worry about potential childhood illness along with possible guilt about their action of refusal. Sick children need warmth and rest which has been forgotten in the current busy world. This book gives an understanding about self-resolving childhood illness as well as illness that needs intervention. *Lydall* explains about the need for an individual approach to care and deals with each childhood illness such as measles, mumps, rubella, whooping cough, chicken pox and slapped cheek roseola.

Associations are made between vaccination and learning disabilities, crime, and sudden infant death syndrome, all of which need further extensive and unbiased research study.

The chapter on intimidation and law focuses on the current situation of vaccination law in different countries. The choice to refuse vaccines is a challenge for parents. Hence the chapter on coping with disapproval enables parents to understand and deal with the disapproving behaviour of others. Homeopathic approaches to the treatment of vaccine damage have been covered in a subsequent chapter. In the section of myths *Wendy Lydall* clearly states that homeopathic remedies should not be given to a person who has no symptoms in the hope that this will prevent an infection in the future, thereby answering the myth that “Homeopathic vaccination can be substituted for biological vaccination” Hence she has explained the limitation as well as the proper application of homeopathy to deal with the childhood illness.

There are some aspects which I think need to be reorganized for future editions. The content could have been in simpler language with fewer paragraphs on each topic. Many cases and much research took the reader's attention away from the topics. This book needs information about the author, and recent research for references should be indexed.

The many interesting aspects to this book deal with the current practical issues and the ways to handle them. There is mention of hundreds of supporting research articles. Indeed it would make a strong foundation for homeopathic research in the field of vaccination. It is a book full of conviction and could well be used by students in an academic setting to showcase arguments against vaccination. The author's guidelines are clear. I would recommend this book for homeopathic students involved in research. It will also help parents as well as practitioners to make better choices for the health and wellbeing of their children.

The paper quality of the book is good, and it is light to carry. The light blue cover picture of smiling healthy children on both sides is attractive.