



What Parents Need to Know About Shots for Their Newborns

WHETHER OR NOT YOU CHOOSE TO VACCINATE YOUR BABY LATER, KNOW ALL THE FACTS ABOUT THOSE FIRST SHOTS BABIES ARE ROUTINELY GIVEN AT BIRTH. AND IF YOU DECIDE TO REFUSE THE SHOTS, BE PREPARED TO DEFEND YOUR DECISION OVER AND OVER.

QUICK REFERENCE

Vitamin K shot

- Allegedly needed to prevent baby bleeding to death.
- Bleeding complication rare: 1 in 16,000.
- Shot's black-box warning includes DEATH.
- Contains brain-toxic aluminum.
- Vitamin K drops for first 3 months are as protective as birth shot. Or use no vitamin K.

Hepatitis B shot (vaccine)

- Allegedly needed to prevent hepatitis B.
- Only babies of infected moms need it.
- Contains brain-toxic aluminum.

Plan ahead

- Tell doctor you plan to decline shots.
- Give hospital a signed document/waiver stating your intention to decline shots.
- Bring vitamin K drops for birth dose.
- Have an advocate with you.

In the event of medical bullying/tyranny

- Keep baby with you at all times.
- Ignore exaggerated risks of shot refusal.
- Demand informed consent for any treatments suggested.
- Don't sign anything you disagree with.
- Ask permission to video talks with doctor/nurse about your choices. If they refuse or threaten you, beware.
- If pressured, request ethics consult.
- Fire caregivers that refuse to honor your decisions, or leave.

Which shots? And what's the fuss over declining them?

The two most common shots given by hospital staff to newborns within the first few hours of birth are the vitamin K shot and the hepatitis B shot.

Most healthcare workers consider these shots essential to babies' wellbeing, and they may be quite aggressive about ensuring the shots are given. In fact, some personnel may consider the parents who decline these shots to be abusive to the baby and will intervene to give the shots behind the parents' backs.

To make sure that doesn't happen, you must be prepared to handle healthcare workers' arguments, pressures, threats, and even kidnappings to ensure your baby gets the shots they believe it needs.

Vitamin K shot

The vitamin K shot is given to newborns because they are born with a vitamin K deficiency, so their blood may have some trouble clotting.

This isn't typically a problem unless the baby suffers some physical trauma in the first two weeks of life that causes a bleed, internal or external.

The problem with the vitamin K shot is that it contains ingredients and contaminants, **including aluminum**, that can be harmful to the newborn. That's why it has a "black-box warning" in the product insert that says the shot can have "**severe reactions, including fatalities**" (in other words: *death*).

VITAMIN K₁ INJECTION

Phytonadione
Injectable Emulsion, USP

Aqueous Dispersion of Vitamin K₁

Ampul Rx only

Protect from light. Keep ampuls in tray until time of use.

WARNING – INTRAVENOUS AND INTRAMUSCULAR USE

Severe reactions, including fatalities, have occurred during and immediately after INTRAVENOUS injection of phytonadione, even when precautions have been taken to dilute the phytonadione and to avoid rapid infusion. Severe reactions, including fatalities, have also been reported following INTRAMUSCULAR administration. Typically these severe reactions have resembled hypersensitivity or anaphylaxis, including shock and cardiac and/or respiratory arrest. Some patients have exhibited these severe reactions on receiving phytonadione for the first time. Therefore the INTRAVENOUS and INTRAMUSCULAR routes should be restricted to those situations where the subcutaneous route is not feasible and the serious risk involved is considered justified.

The problem with aluminum in injections is that it can easily get into the newborn's brain where it gets stuck and can cause chronic inflammation. Brain inflammation can lead to a variety of lifelong neurological dysfunctions and autoimmune conditions, including allergies, ADHD, arthritis, asthma, and autism.

A safer alternative to vitamin K shots is oral vitamin K drops. Studies giving baby 2 mg at birth and 1 mg once a week for the first 3 months have shown results that closely match those of the birth shot ... without the shot's toxin risks. [See *References for other tested ways to use vitamin K drops.*]

After 3 months, baby's gut microbiome should be developed well enough to begin producing vitamin K on its own.

One brand is Bio-K-Mulsion Oral Vitamin K. Ask a midwife or your doctor for other recommendations.

Some moms successfully use no vitamin K at all.

Do not give baby the contents of the vitamin K shot orally.

Hepatitis B vaccine

The "Hep B" shot is given to all newborns because a very small number of mothers with undiagnosed hepatitis B can transmit it to their babies during delivery.

Healthcare workers may describe Hep B as a horrific, transmissible disease that can be easily prevented with the shot. What they may not tell you is that if mom doesn't have Hep B, there is a near-zero chance baby will get Hep B, and that the vaccine has serious risks.

The problem with the Hep B vaccine is that it, too, contains aluminum (see above), which, when injected, especially into a newborn, can trigger chronic brain inflammation, which can lead to a host of neurological and autoimmune conditions.

The truth about Hep B. This is a blood-borne, viral liver disease that is most commonly spread among adults by intravenous drug users who share needles, adults who have unprotected sex with multiple partners, healthcare workers exposed to blood, and, rarely, through blood transfusions.

By the time that child might engage in any Hep-B-risky behavior, their childhood vaccine's "immunity" will have worn off.

Most pregnant women are tested for Hep B during their prenatal visits to the doctor.

If the mom has Hep B, she may want to give her baby the vaccine. Or she may choose to treat the viral infection as needed to protect the liver, rather than expose her baby to additional damage from vaccine toxins.

Bottom line: Unless mom has Hep B or has never been tested for it by the time she is in labor, baby will not benefit from the vaccine, and could be harmed by the toxins in the vaccine.



NOTE: This information is for educational purposes only. Please conduct your own research and consult relevant professionals for specific advice.

Plan ahead

If you've done your homework and choose not to give your baby any shots at birth, you should prepare ahead of time to deal with any healthcare workers and hospital personnel who may challenge your decision.

Tell your doctor about your decision to refuse the shots. If you have multiple doctors (an ob/gyn, pediatrician, neonatologist for premature babies, etc.) make sure they all know, ideally in writing, well in advance of labor and delivery.

Tell hospital administrators and their personnel about your decision to refuse the shots. It might be a good idea to create and sign a document expressing your wishes, and make copies you can give to every person you interact with.

Better yet, contact the hospital ahead of time to find out how they typically handle moms who refuse baby's first shots. If they have a vaccination waiver form, fill it out and make copies. Make sure it addresses the vitamin K shot, which isn't technically a vaccination. If they seem unwilling to honor your wishes, find another hospital.

Hire a midwife or doula if you want a knowledgeable advocate to protect your rights and ensure your wishes are honored. Make sure the person you choose supports your position.

If you experience medical bullying/tyranny

If medical personnel resist your efforts to refuse the shots, there are several solutions you can try:

1. **Keep your baby with you at all times** (unless baby needs a clearly-justified life-saving procedure). Even then, try to have a partner or advocate stay with the baby or nearby to remind doctors and staff of your position on shots.
2. **Demand informed consent** for anything they recommend be done to baby. That includes fully-disclosed risks and benefits, and your freely-given signature.
3. **Ignore any scary stories, exaggerated risks, and threats** made against you for refusing these first shots.
4. **Don't sign anything you disagree with.** Cross out sections you disagree with and initial. Tell your healthcare workers you have crossed out those sections and why.
5. **Ask permission to film your decision discussions.** If your healthcare workers refuse, be extra careful or leave.
6. **If you feel pressured, ask for an ethics consult.**
7. **If you don't trust your healthcare facility, leave.** Better yet, try to identify any bullying tendencies among your providers or facilities before delivery.

Remember: This is your baby. You have every right to make this birth as close to perfect as it can be.



REFERENCES

Vitamin K (drops vs shot/injection)

[Conventional view. Note they don't mention the aluminum in the shots as contamination from manufacturing. Also note that polysorbate 80 facilitates the opening of the blood-brain barrier, allowing any substances, including aluminum, to easily access the baby's brain.]

"Evidence on: The Vitamin K Shot in Newborns"

<https://evidencebasedbirth.com/evidence-for-the-vitamin-k-shot-in-newborns/>

[Alternative view showing drops are as effective as the shots, without the risks.]

"Safe Alternatives to the Vitamin K Shot"

https://www.drocare.com/safe_alternatives_to_the_vitamin_k_shot

"Weekly oral vitamin K prophylaxis in Denmark"

<https://pubmed.ncbi.nlm.nih.gov/12892158/>

"Conclusion: Weekly oral vitamin K supplementation during the first 3 mo of life was an efficient prophylaxis against VKBD. Parental compliance with the regimen was good."

"Prevention of Vitamin K Deficiency Bleeding in Newborn Infants: A Position Paper by the ESPGHAN Committee on Nutrition"

<https://pubmed.ncbi.nlm.nih.gov/27050049/>

"Healthy newborn infants should either receive 1 mg of vitamin K1 by intramuscular injection at birth; or 3 × 2 mg vitamin K1 orally at birth, at 4 to 6 days and at 4 to 6 weeks; or 2 mg vitamin K1 orally at birth, and a weekly dose of 1 mg orally for 3 months."

"Prevention of vitamin K deficiency bleeding: efficacy of different multiple oral dose schedules of vitamin K"

<https://pubmed.ncbi.nlm.nih.gov/9039517/>

"Conclusions: ... A daily low oral dose of 25 micrograms vitamin K1 following an initial oral dose of 1 mg after birth for exclusively breast-fed infants may be as effective as parenteral [injected] vitamin K prophylaxis."

"Prophylactic vitamin K for vitamin K deficiency bleeding in neonates"

pubmed.ncbi.nlm.nih.gov/11034761/

"...[A] 3-dose oral schedule resulted in higher plasma vitamin K levels at two weeks and at two months than did a single intramuscular dose."

Hepatitis B Vaccine

Safety Data on Hepatitis B Vaccine for Newborns 'Sadly Lacking'

https://childrenshealthdefense.org/defender/hepatitis-b-vaccine-newborns-safety-data-cola/?utm_source=salsa&eType=EmailBlastContent&eld=81409887-19d1-491d-a3ef-3208f24499d6

Vaccines and Autism

"ICAN V. CDC – CDC FAILS TO PRODUCE STUDIES TO SUPPORT THE CLAIM THAT "VACCINE DO NOT CAUSE AUTISM" FOR VACCINES GIVEN TO BABIES DURING THE FIRST SIX MONTHS OF LIFE"

<https://icandecide.org/article/ican-v-cdc-cdc-cannot-support-its-claim-that-vaccines-do-not-cause-autism/>