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## Vaccination Protocol

1. Do not give vaccines to an ill child (fever, cold, change in stools, antibiotics, rash, teething, etc.). Wait at least a week after symptoms resolve.
2. Ask for the package inserts of each immunization to know the vaccine company, type, and ingredients.
3. Check vaccine titers (blood test for immunity) before giving boosters
4. Separate vaccines if possible (ideally 6-8 weeks apart)
5. Ask for thimerosal free flu vaccine
6. Maintain nutrient rich, anti-allergenic, anti-inflammatory diet
7. Do not use acetaminophen before or after vaccinations
8. Limit environmental exposures
9. Consider immune enhancing nutrients 5 days before and after vaccination, such as:
  - a. Glutathione
  - b. Vitamin C
  - c. Vitamin A

If interested in a comprehensive, vaccination protocol, call the office to schedule an appointment with Dr. Wells.

***The above is intended as information and does not represent the only options addressing this problem. Please contact your primary physician prior to beginning treatment.***