



# **The Vaccine-Friendly Plan: Dr. Paul's Safe and Effective Approach to Immunity and Health-from Pregnancy Through Your Child's Teen Years**

*Paul Md Thomas, Jennifer Phd Margulis*

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**The Vaccine-Friendly Plan: Dr. Paul's Safe and Effective Approach to Immunity and Health-from Pregnancy Through Your Child's Teen Years** Paul Md Thomas, Jennifer Phd Margulis  
**The new standard for pediatric care from one of today's most trusted pediatricians**

Paul Thomas, M.D., is a vaccine-friendly doctor: knowledgeable about both the latest scientific research and the community's disease exposure, and respectful of a family's risk factors, health history, and concerns. In *The Vaccine-Friendly Plan*, he presents his proven approach to building immunity, a new protocol that limits a child's exposure to aluminum, mercury, and other neurotoxins while building overall good health. Based on the results from his pediatric practice of more than eleven thousand children, as well as data from other credible and scientifically minded medical doctors, Dr. Paul's vaccine-friendly protocol gives readers

- recommendations for a healthy pregnancy and childbirth
- vital information about what to expect at every well child visit from birth through adolescence
- a slower, evidence-based vaccine schedule that calls for only one aluminum-containing shot at a time
- important questions to ask about your child's first few weeks, first years, and beyond
- advice about how to talk to health care providers when you have concerns
- the risks associated with opting out of vaccinations
- a practical approach to common illnesses throughout the school years
- simple tips and tricks for healthy eating and toxin-free living at any age

Accessible and reassuring, *The Vaccine-Friendly Plan* presents a new standard for pediatric care, giving parents peace of mind in raising happy, healthy children.

*From the Trade Paperback edition.*

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