

How to Claim a Medical Exemption in CA

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Suggestions on How to Claim a Medical Exemption in California (Full Report)

As you probably know, [SB 277](#) was signed by Governor Brown in late June 2015.

IMPORTANT!!! YOU MUST FILE A PERSONAL BELIEF EXEMPTION (PBE) BEFORE YEAR-END 2015. Parents do not have to sign the PBE form if they are not comfortable with the language. Parents can attach the unsigned form to their own letter [SB-277 Public health: vaccinations](#) per SEC. 2. 120335. (b) (11) (g)

(1) A pupil who, **prior to January 1, 2016, submitted a letter** or affidavit on file at a private or public elementary or secondary school, child day care center, day nursery, nursery school, family day care home, or development center **stating beliefs opposed to immunization shall be allowed enrollment** to any private or public elementary or secondary school, child day care center, day nursery, nursery school, family day care home, or development center **within the state until the pupil enrolls in the next grade span.**

(2) For purposes of this subdivision, "grade span" means each of the following:

(A) Birth to preschool.

(B) Kindergarten and grades 1 to 6, inclusive, including transitional kindergarten.

(C) Grades 7 to 12, inclusive."

It is recommended that parents have their letter notarized. Ask the school to provide you a receipt of the unsigned PBE form attached to your letter by placing their date stamp and signature. Keep a copy for your records. It is recommended that IEP students also file a PBE to insure classroom inclusion. Filing a PBE or letter will help protect your children from any new vaccines added to the mandatory list during the 'grandfather' grade span. A sample letter can be found here [You can find the personal belief exemption form here](#)

YOU MUST SUBMIT a PBE form or letter to the private or public elementary or secondary school, child day care center, day nursery, nursery school, family day care home, or development center **BEFORE YEAR-END 2015 FOR IT TO BE VALID.**

Requirements of SB 277:

Beginning July 1, 2016, if your child will be enrolling in any school/preschool/daycare for the first time or moving up a "grade span" (grade spans are birth to preschool, kindergarten to grade 6 inclusive, and grade 7-12 inclusive), you will need to either home school your kids or obtain a medical exemption if you do not want to vaccinate them. If your child has an Individualized Education Program (IEP) they may also remain in school unvaccinated as Federal law protects access to a public education for those with IEPs. Children as young as 3 may obtain IEPs.

Vaccines required by SB 277 for daycare or preschool are:

4 DTaP, 3 Polio, 3 Hep B, 1 Hib for infants 15 months or older), 1 MMR, 1 Chicken pox.

Vaccines required for kindergarten entry in a previously unvaccinated child:

4 DTaP, 3 Polio, 3 Hep B, 1 HIB, 2 MMR, 2 Chicken pox. (Notes: For children already 5 no Hib vaccine is required as Hib is only FDA approved for use before 5 years of age; most children will develop antibodies after only 1 dose of MMR and chicken pox so titers can determine this.)

Vaccines required for children 7-11 years old in a previously unvaccinated child:

1 TDaP*, 3 Hep B, 3 Polio, 1 MMR, 1 Chicken pox. (Children 7 and older cannot receive DTaP but must receive

TDaP which is single dose.)

Vaccines required in children 12 and older, previously unvaccinated:

1 Tdap, 3 Polio, 1 MMR, 1 Chicken pox.

Following is the text of the legislation referring to medical exemptions:

(a) If the parent or guardian files with the governing authority a written statement by a licensed physician to the effect that the physical condition of the child is such, or medical circumstances relating to the child are such, that immunization is not considered safe, indicating the specific nature and probable duration of the medical condition or circumstances, including, but not limited to, family medical history, for which the physician does not recommend immunization, that child shall be exempt from the requirements of Chapter 1.

(Please note that although the law uses the term “immunization” the accurate term should be “vaccination” because vaccines do not truly yield immunity. Vaccines are said to be effective as long as they elicit an antibody response but presence of antibodies does not mean an individual is immune. Vaccinated individuals can have antibodies to diseases but not be immune and vaccinated individuals can have zero antibodies but be immune.)

As you can read in the text of the bill, medical exemptions can be given according to the physician’s discretion.

Below are suggestions and resources for how you can find a physician who understands vaccine risks, tests you can have done to demonstrate that your child is at risk, and information to educate a physician as to why your child qualifies for a medical exemption – given the toxins and adventitious ingredients in vaccines, ALL individuals should qualify.

1) Please refer to this very useful [compilation](#) of links or this [link](#) to find physicians who understand vaccine risks. Also, remember that pediatricians are likely to be the most dogmatic regarding vaccines whereas family physicians may be less so. The physicians at the links above already respect different approaches to vaccines so may be more likely to write a medical exemption. In general, physicians likely to be most helpful are those who are qualified in functional medicine or integrative medicine. To find a functional medicine physician, use this [link](#). To find an integrative medicine physician check this [link](#) or this [link](#) or search for “find an integrative medical doctor and search one of the other organizations. When using these lists of doctors, please note that only medical doctors (MDs and DOs) may write medical exemptions, not DCs or NDs, etc. Also, bear in mind that most pediatricians and general medical doctors do not use and may not understand the tests and suggestions below so it would be wise to work with one of the physicians at the links given.

2) Disabilities: More and more research is showing that individuals with a variety of conditions and genetic mutations are more susceptible to vaccine reactions.

These conditions and disabilities include already existing or a family history of previous vaccine reaction, eczema, food and environmental allergies, asthma, gut issues such as Crohn’s and IBS, autoimmune disease such as diabetes, lupus, MS, rheumatoid arthritis, ASIA, and others, chronic ear, sinus, strep or other infections, Lyme disease, PANDAS, POTS, learning disabilities, speech delay, ADD, ADHD, autism, seizures, bipolar, schizophrenia, thrombocytopenia, genetic variance, impaired methylation, detoxification impairment, and more.

Ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

3) Conduct genetic testing prior to vaccinating to better understand your child’s risk.

Test for various disabilities, conditions, and genetic variance such as variation in MTHFR, CBS, COMT, all BHMTs, MAO-A, SOD, cytochrome p450 enzymes, and HLA type which can determine your child’s susceptibility to vaccine injury.

Inexpensive salivary genetic testing can be done through [23andMe](#) and interpretive data can be uploaded through <http://www.geneticgenie.com>. The cost is \$99 for the saliva kit and \$79 for additional kits ordered at the same time; plus about \$10-30 for the interpretive profile, depending upon which site is used. Follow up with a visit with a skilled health care practitioner to better understand genetic mutations. Pay careful attention to mutations of MTHFR, CBS, all BHMTs and MAO-A.

Another option is the [NeuroGenomic test](#) from Genova Diagnostics to evaluate variations in genes that modulate methylation, glutathione conjugation, oxidative protection and the potential to evaluate vascular oxidation. You can also find a doctor who conducts and interprets these tests on their website [here](#).

Make sure your physician sees the results of your child's genetic testing. Ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

4) Conduct allergy and reactivity to tests for ingredients in vaccines.

ELISA, or EIA, is an acronym for enzyme-linked immunoassay. ELISA is a test that detects and measures antibodies in your blood. This test can be used to determine if you have reactions to different substances such as those contained in vaccines. ELISA tests for aluminum, mercury, polysorbate 80, formaldehyde, MSG, (what other components of vaccines) should be conducted to determine a person's reactivity to those substances.

According to [CDC](#), vaccines contain aluminum, antibiotics, egg protein, formaldehyde, MSG, thimerosal, and many other potentially toxic ingredients including foreign proteins. CDC states explicitly, "For children with a prior history of allergic reactions to any of these substances in vaccines, parents should consult their child's healthcare provider before vaccination."

Explain to your physician that you are consulting with them as outlined by SB 277 but do not want to take the chance that your child has either an immediate or a delayed allergic reaction to any of the ingredients in the vaccines.

Ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

5) Test antibody levels to all required vaccines. The law that SB 277 amended allowed titer tests to demonstrate antibody levels – thought to be a marker for immunity – in lieu of repeated vaccination. While it is now understood scientifically that antibodies do mean an individual is immune, they are still accepted as evidence of such. Titers will be needed at each grade span change. Your doctor can conduct titer tests or the tests can be ordered online. Simply enter "titer tests" in your search engine to find labs near you or have tests sent.

Ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

6) Scientific literature concerning medical risks of vaccines:

According to the Institute of Medicine report [Adverse Effects of Vaccines: Evidence and Causality \(2012 \)](#),

"Both epidemiologic and mechanistic research suggest that most individuals who experience an adverse reaction to vaccines have a preexisting susceptibility. These predispositions can exist for a number of reasons — genetic variants (in human or microbiome DNA), environmental exposures, behaviors, intervening illness, or developmental stage, to name just a few— all of which can interact as suggested graphically in Figure 3-1.

Some of these adverse reactions are specific to the particular vaccine, while others may not be. Some of these predispositions may be detectable prior to the administration of vaccine; others, at least with current technology and practice, are not. Moreover, the occurrence of the adverse event is often the first sign of the underlying condition that confers susceptibility."

Ask the doctor administering the vaccine(s) to sign a medical exemption in light of statements by the US Institute of Medicine that vaccination may reveal a susceptibility for the first time. If he/she will not do so, find another doctor.

The doctor can use this report – directly from the US Institute of Medicine, to defend that position.

Aluminum Dangers

Aluminum experts have stated that aluminum has no biological use or need and is toxic to all life forms. According to renowned aluminum expert Chris Exley of Keele University,

“the combined adjuvanticity and antigenicity of aluminium probably means that we are all ‘allergic’ to aluminium exposure it is simply that in some individuals the response can be significantly more severe. It is knowing which individuals might show the most acute response which eludes us at present.”

See Exley’s papers:

- 1) [The immunobiology of aluminium adjuvants: how do they really work?](#),
- 2) [A role for the body burden of aluminium in vaccine-associated macrophagicmyofasciitis and chronic fatigue syndrome](#),
- 3) [Aluminium adjuvants and adverse events insub-cutaneous allergy immunotherapy](#)
- 4) [Aluminium in Medicine](#)

In “[Aluminum vaccine adjuvants: are they safe?](#)” Lucija Tomljenovic and Christopher Shaw state:

“Aluminum is an experimentally demonstrated neurotoxin and the most commonly used vaccine adjuvant. Despite almost 90 years of widespread use of aluminum adjuvants, medical science’s understanding about their mechanisms of action is still remarkably poor. There is also a concerning scarcity of data on toxicology and pharmacokinetics of these compounds. In spite of this, the notion that aluminum in vaccines is safe appears to be widely accepted. Experimental research, however, clearly shows that aluminum adjuvants have a potential to induce serious immunological disorders in humans. In particular, aluminum in adjuvant form carries a risk for autoimmunity, long-term brain inflammation and associated neurological complications and may thus have profound and widespread adverse health consequences. In our opinion, the possibility that vaccine benefits may have been overrated and the risk of potential adverse effects underestimated, has not been rigorously evaluated in the medical and scientific community.”

As aluminum has no biological use or need, is toxic to all life, is likely an allergen to us all, and most importantly has not been properly studied, ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

Dangers of Thimerosal (ethylmercury)

43 studies on thimerosal (<http://www.greenmedinfo.com/toxic-ingredient/thimerosal>) indicate at least 30 different adverse effects including: neurodevelopmental disorders, autism spectrum disorders, autism, tic disorders, vaccine-induced toxicity, learning disorders, attention deficit disorder, mental retardation, speech disorders, mercury poisoning, childhood chemical exposures, cognitive decline/dysfunction, emotional disorders, infantile spasms, seizures, sexual developmental dysfunction and abnormalities, oxidative stress, mitochondrial dysfunction, attention deficit disorder with hyperactivity, developmental disorder, ataxia, atopic diseases, impaired detoxification, borderline personality disorder, neurodegenerative diseases, excitotoxicity, amygdala damage/abnormalities, autoimmune diseases, neurotoxicity, DNA damage, immune disorders/low immunity.

This science is also available as a PDF to download here:

http://www.greenmedinfo.com/sites/default/files/gpub_55003_toxic_ingredient_thimerosal.pdf

As thimerosal is a proven neurotoxin, ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

Autoimmune Disease

Vaccines are an acknowledged cause of a variety of autoimmune diseases including, but not limited to: 1) MS and demyelinating diseases, 2) rheumatic disease, 3) asthma, 4) allergy, 5) Autoimmune/inflammatory syndrome induced by adjuvants (ASIA), 6) Macrophagic myofasciitis, 7) Immune dysregulation.

See respective studies at links below:

- 1) [Recombinant hepatitis B vaccine and the risk of multiple sclerosis: a prospective study](#)
- 2) [Chronic Arthritis after Rubella Vaccination](#)
- 3) [Infection of human B lymphocytes with MMR vaccine induces IgE class switching](#)
- 4) [Delay in diphtheria, pertussis, tetanus vaccination is associated with a reduced risk of childhood asthma](#)
- 5) [ASIA: A New Way to Put the Puzzle Together](#)
- 6) [Macrophagic myofasciitis: characterization and pathophysiology](#)
- 7) [Vaccines and autoimmunity](#)

As vaccines are proved to cause autoimmune diseases, ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

Dangers of Injecting Foreign DNA

Many vaccines are made with DNA from humans and other species including monkeys, mice, bovines, and chickens and vaccines also contain DNA fragments of viruses. The safety of this foreign DNA has not been established but viruses and fragments of viruses have been found in a variety of vaccines such as Rotavirus vaccines, HPV vaccines, and more. In [Death after Quadrivalent Human Papillomavirus \(HPV\) Vaccination: Causal or Coincidental?](#), researchers found fragments of the vaccine-strain of HPV-16 in the brains of two deceased young women as well as antibodies to these fragments suggestive of an autoimmune reaction. Moreover, scientists believe the cause of autism may lie in the increased use of cells from human fetal tissues and the accompanying human DNA contaminating those vaccines. See [Theoretical aspects of autism: Causes—A review](#) from former pharmaceutical scientist, Helen Ratajczak and CBS News' report:

<http://www.cbsnews.com/news/vaccines-and-autism-a-new-scientific-review/>

As vaccines are acknowledged to contain foreign DNA contamination and this foreign DNA is linked to autoimmune disease and death, ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

MSG Dangers

Although [CDC states](#) that MSG acts as a stabilizer in vaccines “to help the vaccine remain unchanged when the vaccine is exposed to heat, light, acidity or humidity,” according to other sources, it is a food additive that is used to enhance the taste of food. Additionally, [MSG is recognized as a toxin](#) to brain cells by overexciting them which results in damage to them or death and causes brain damage. Although FDA claims MSG is safe to eat, it also recognizes these short term reactions to MSG:

- Numbness
- Burning sensation
- Tingling
- Facial pressure or tightness
- Chest pain or difficulty breathing
- Headache
- Nausea
- Rapid heartbeat
- Drowsiness

- Weakness ([Source](#))

Given the impact MSG has on the brain and FDA's acknowledgement that it can have a variety of side effects when eaten, it is hard to understand how MSG can be deemed safe to inject, especially to babies and children. Ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

Formaldehyde Dangers

[From the National Cancer Institute](#): The International Agency for Research on Cancer (IARC) classifies formaldehyde as a human carcinogen. In 2011, the National Toxicology Program, an interagency program of the Department of Health and Human Services, named formaldehyde as a known human carcinogen in its 12th Report on Carcinogens.

[IARC Monographs on the Evaluation of Carcinogenic Risks to Humans Volume 88 \(2006\): Formaldehyde](#)

[National Toxicology Program \(June 2011\). Report on Carcinogens, Twelfth Edition](#)

While many vaccine proponents claim the amount of formaldehyde in vaccines is nothing to worry about a deeper analysis tells another story. Many childhood vaccines contain formaldehyde including almost all pediatric flu vaccines; all pediatric and adolescent pertussis vaccines (DTaP and TDaP); and injectable polio vaccines (IPV) vaccines.” According to [Dr. Tenpenny](#), if a child gets all the doses of vaccines on the recommended schedule for 2012, the amount of formaldehyde that will be injected into their little bodies and developing brains is:

- Hepatitis b – 3 doses x 15 mcg each
- DTaP – 5 doses x 100 mcg each
- Polio (IPV) – 5 doses x 200 mcg each
- Influenza – 6 doses x 25 mcg each
- Hepatitis A – 1 dose x 100 mcg each

Total: 1,795 mcg = 1.795 milligrams

This is by no means an insignificant amount when the mere inhalation of formaldehyde is enough to cause [nasal cancer](#) in rats. Some argue that our bodies produce more formaldehyde than what is injected and/or that we can safely eat more than that injected – but the formaldehyde in vaccines is injected, not created by our bodies and this formaldehyde is injected, not eaten. Toxic exposures from eating are not comparable to exposures from injection.

The purpose of [formaldehyde in vaccines](#) is to kill and/or inactivate antigens in the vaccines and while FDA states there is no risk from this formaldehyde, the fact that formaldehyde is there to kill belies the purported safety.

Given the proven carcinogenicity of formaldehyde, the quantities in vaccines and the potential risks of injecting formaldehyde, ask the doctor administering the vaccine(s) to sign a medical exemption. If he/she will not do so, find another doctor.

Summary

As recognized by law, vaccines injure and kill – they are neither medically safe nor healthy. As recognized by federal health authorities, the first time a patient notices or experiences an adverse reaction may be the first time a vaccine is given. It is important to note however that just because no noticeable reaction has occurred after a vaccine in the past, this is no guarantee that a future vaccine reaction will not occur after other vaccines have been administered. As your child's immune system, nervous system, digestive system and blood brain barriers are not fully developed, injecting known immune and neurotoxins as well as carcinogens and other adventitious agents is not medically safe or healthy. If you cannot obtain a medical exemption, ask the physician to sign a written statement guaranteeing that neither a current vaccine he or she intends to give nor any future vaccine he or she intends to give will harm you

child and that he or she will take full financial responsibility if the vaccine causes harm. The [Physician's Warranty of Vaccine Safety](#) is one option.

For another comprehensive discussion of why every person should be entitled to a medical exemption see [Laura Hayes' Open Letter to CA Legislators and Governor Jerry Brown RE SB277](#).

If you absolutely must vaccinate, you can protect your children with the following guidelines:

- Wait until the child is at least two years old.
- Give no more than one vaccination at a time.
- Never vaccinate when the child is sick.
- Be sure that the vaccines are thimerosal-free, containing not a "trace amount".
- Supplement the child with extra cod liver oil, vitamin C and B12 before and after each shot.
- Put your child to bed and keep him quiet for at least 24 hours after a shot.
- Obtain a medical exemption if the child has had a bad reaction to a vaccination before or if there is a personal or family history of vaccine reactions, convulsions or neurological disorders, severe allergies and/or immune system disorders.

Alternatively, consult with a homeopath who can help to protect the child before vaccination and address the impact of any vaccines given.

The above information is not to be construed as medical advice.