

How to prevent or reduce risk of food allergies, autism, asthma and type 1 diabetes: From a parent who has been burned

Vinu Arumugham

Dec 2018

vinucubeacc@gmail.com

Food Allergy

There are two fundamental concepts. If you eat a food first, you develop tolerance. If you inject a food first, you develop allergy to the food. This was discovered a hundred years ago. The immunological details are covered in a later section with references to the scientific literature.

Vaccines contain numerous food proteins such as peanut, sesame, cow's milk, wheat, corn, gelatin, egg, fish etc.

To completely prevent food allergies there are only two options:

1. Remove all food proteins from vaccines.

OR

2. Avoid food protein containing vaccines.

Vaccine makers have thus far refused to remove food proteins from vaccines. Costs them money.

Therefore, the only option to completely avoid the risk is to avoid vaccines. Avoiding vaccines obviously makes you vulnerable to vaccine preventable diseases (VPD). With current vaccines, you can therefore only attempt to reduce risk of food allergies but cannot completely avoid the risk.

As described above, to reduce risk of food allergy development, the child has to eat the food item for at least a few months to develop tolerance, BEFORE you inject the food item. Therefore, the child has to eat the food proteins contained in vaccines (peanut, sesame, cow's milk, wheat, corn, gelatin, egg, fish etc.) BEFORE any vaccines can be administered. However, since exclusive breastfeeding is recommended for at least six months, these foods can only be introduced after that period. Eating, drinking cocoa before vaccine administration may also help.

The mainstream medical community (MMC) is recommending early peanut introduction now. But that is only at 4 months of age. If that guideline is followed, no vaccines can be administered before 4 months of age, to reduce peanut allergy risk.

Autism

The vast majority (~75%) of autism is simply a special case of milk allergy, in the child or the mother or both. Cow's milk contains a protein known as the folate receptor alpha (FRA) protein. Cow's milk protein containing vaccines cause the development of allergy to the FRA protein. Since FRA protein is present only in small quantities in cow's milk, the child or the mother can still consume milk without a noticeable allergic reaction. However, consuming milk causes the development of a type of antibody (IgG4) against the cow's FRA protein. The IgG4 cross react and bind to human FRA and block folate transport to the brain thus causing autism. A child's growing brain is more dependent on folate than an adult brain. So the impact of this folate deficiency is far greater in a child than in an adult.

As discussed for food allergy, the only way to completely avoid risk is to avoid milk protein containing vaccines (DTaP, PCV13, Hib).

To reduce risk, the child has to drink cow's milk for a few months to develop tolerance BEFORE these vaccines can be administered.

Women can develop FRA allergy as well when injected with cow's milk containing vaccines. When they drink milk after receiving such a vaccine, they will generate high levels of IgG4. This IgG4 can cross the placenta and block folate uptake in the fetus, causing autism, hydrocephalus, neural tube defects etc.

So women of child bearing age have to avoid milk containing vaccines such as TdaP. So you have to choose between risking whooping cough or autism in the child (thanks to dirty vaccines). Women have to get their FRA IgG4 level checked before conception. If they test positive, they have to reduce drinking milk to a minimum and reduce the IgG4 levels as much as possible before having children, to reduce the risk of autism in the child. Women who test positive for IgG4 may also have to check with doctors if they need folinic acid (not folic acid). Folinic acid supplies folate via an alternate pathway that is not affected by IgG4 that blocks FRA.

Similar to the above, vaccines containing wheat, soy, sesame or wheat proteins can cause the development of other forms of autism.

As before, eating, drinking cocoa before vaccine administration may also help.

Type 1 diabetes

Humans, animals, plants, virus, bacteria are all made up of numerous proteins.

The immune system has the following functions:

1. Tolerate proteins made by your body (self proteins)
2. Attack proteins that are slightly different from self and any cell that produces such proteins. This is cancer defense. Cancer is caused by DNA mutation due to carcinogen exposure. Once a cell's DNA mutates, the cell produces proteins that are slightly different from normal healthy proteins. Identifying proteins that differ slightly from healthy proteins is tricky business. If the immune system fails to learn to attack these slightly different proteins, the cancer grows and can kill. If on the other hand, the immune system learns to attack cancer cells, it can attack similar normal cells too. The result is autoimmune disease such as type 1 diabetes. So in some cases, autoimmune disease is an indicator of good prognosis for recovery from cancer.
3. Attack proteins of viruses and bacteria that look completely different from self, when they generate a danger signal.
4. Tolerate all proteins that don't generate a danger signal.

Animal proteins are very similar to human proteins. So they look like human cancer related proteins. Vaccines contain numerous animal proteins because animal cells are used to grow viruses to manufacture the vaccine. Injecting animal protein containing vaccines, sets off the immune system's cancer alarm bells. There is a massive anti cancer immune response. As the immune system learns to attack these animal proteins, it begins attacking similar human proteins. The result is autoimmune diseases such as type 1 diabetes.

Again as discussed above, the only way to avoid such autoimmune diseases is to avoid animal protein containing vaccines.

Type 1 diabetes is caused by antibodies and T cells that attack the pancreas.

Eating animal proteins will not provide protection in this case. However, applying animal proteins to healthy skin may provide some protection and reduce risk of developing type 1 diabetes.

The most common animal proteins involved in type 1 diabetes are chicken protein (known as GAD65) and bovine insulin from cow's milk. Hence chicken broth and milk applied to healthy skin may offer protection.

Similar to food allergy, vaccines containing peanut, soy, sesame or wheat proteins can also cause the development of some forms of type 1 diabetes. Any vaccine can contain the above plant derived proteins.

Asthma

Asthma is caused by the injection of aeroallergens. "Clean rooms" are used for vaccine manufacturing. However, the focus is on avoiding live bacterial, viral or fungal contamination of vaccines only. They don't care about aeroallergen contamination. The "clean room" specification allows for thousands of fine dust particles per cubic meter of air. The fine dust is basically pollen particles, pet dander, roach feces, house dust mite, fungal spore proteins, etc. that plant personnel bring to the vaccine plant.

Vaccines are contaminated with all those aeroallergens.

The result is vaccine recipients develop allergy against all those aeroallergens which results in asthma.

So the only way to avoid asthma completely is to avoid vaccines.

Since aeroallergens are everywhere, children have oral exposure to aeroallergens since birth and begin to develop some tolerance to aeroallergens before most vaccine injections. That is the reason aeroallergen allergies and asthma are not usually as severe as food allergy reactions. As before, eating, drinking cocoa before vaccine administration may also help.

Action

Hopefully, if enough parents who are furious about these horrible choices they have to make, demand clean, safe, vaccines, future parents can be saved from these dreadful choices.

Details

Predisposition

C-section birth results in a suboptimal gut microbiome. C-section births should therefore be avoided if possible or microbirthing techniques need to be used. Antibiotics usage in the child or in lactating mothers can also result in a suboptimal gut microbiome. Administering vaccines when the child has a suboptimal gut microbiome, increases the risk of developing allergies, asthma and autism.(1)

Food Allergy

Allergies are caused by the same immune mechanisms involved in natural defense against parasites. The MMC will blame allergies on genes. But a strong defense against parasites was an asset until recently even in developed countries. So there is nothing wrong with your genes if you suffer from allergies.

Nobel Laureate Charles Richet discovered a hundred years ago that injecting proteins causes the development of allergies.(2) Wells and Osborne were experimenting with allergies in 1911. They injected corn (zein) into guinea pigs to create zein allergy. They discovered that if the guinea pigs were fed corn (zein) BEFORE the zein injection, the allergies were mild.(3)

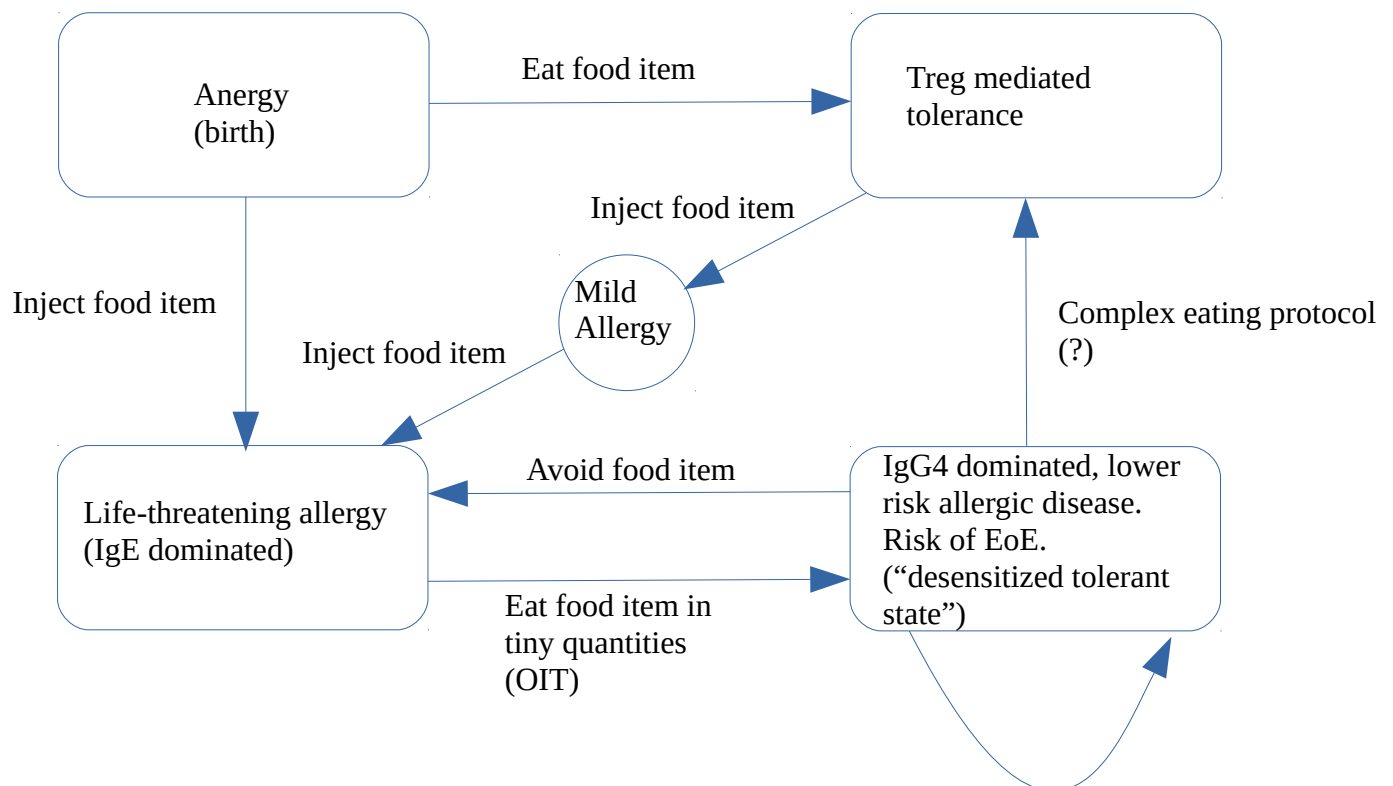
Medical science (if you can call it that) today is unfortunately dominated by incompetence, fraud and corruption. Most research findings are false.(4) Therefore the medical consensus of vaccine safety based on such false findings is obviously dead wrong.(5,6) Good research is rare and an exception rather than the rule.

Proof: After billions and decades wasted, the MMC has no root cause or cure for food allergies, asthma, autism or type 1 diabetes.

The US Institute of Medicine (IOM, now known as the National Academy of Medicine, NAM) has documented that vaccines contain numerous food proteins such as peanut, sesame, cow's milk, wheat, corn, gelatin, egg, fish etc.(7) The US IOM has also concluded that these food proteins in vaccines cause the development of IgE mediated sensitization (food allergy).(8)

Due to hubris, the MMC ignored Richet, Wells and Osborne. They are still injecting children with numerous food and animal proteins, causing food allergies and autoimmune disorders.(9) The MMC groped around for decades, flip-flopping on their food allergy recommendations.(10) The MMC has now reinvented the hundred year old wheel and is recommending early peanut introduction to reduce risk of peanut allergy.(11) This is not even a half-baked solution because they are still sickening children by continuing to inject them with numerous food proteins.

Allergy state diagram



OIT: Oral Immunotherapy(12,13)

EoE: Eosinophilic Esophagitis(14)

Applying food item to damaged skin

can have the same effect as injecting food item.(15)

Eating, drinking cocoa before vaccine administration may also help. (16)

Autism

The vast majority (~75%) of autism is simply a special case of milk allergy.(17)

As discussed for food allergy, the only way to completely avoid risk is to avoid milk protein containing vaccines (DTaP (18), PCV13 , Hib). Bovine casein and casamino acids used as growth media for bacteria in vaccine manufacturing are derived from cow's milk and are therefore contaminated with all cow's milk proteins.(19)

To reduce risk, the child has to drink milk for a few months to develop tolerance BEFORE these vaccines can be administered.(20)

Women can develop vaccine-induced FRA allergy as well. When they drink milk after developing such allergy, they will generate high levels of IgG4. This IgG4 can cross the placenta(21) and block folate uptake in the fetus, causing autism (21), hydrocephalus (22), neural tube defects (23) etc. Since in this case vaccine-induced damage begins in the womb, the MMC conveniently blames it on genes.

So women of child bearing age have to avoid milk protein containing vaccines such as Tdap. (24,25) Women have to get their FRA IgG4 level checked before conception. If they test positive, they have to reduce milk intake to a minimum, reduce the IgG4 levels (26) as much as possible before having children, to reduce the risk of autism in the child. Women making IgG4 may also have to check with doctors if they need folinic acid (not folic acid). Folinic acid supplies folate via an alternate pathway that is not affected by IgG4 directed against FRA. (27)

In 2013, the Advisory Committee on Immunization Practices (ACIP) recommended that women receive a dose of Tdap for every pregnancy.(28) Predictably, autism rates increased.(29,30)

Similar to the above, vaccines containing peanut, soy, sesame or wheat proteins can cause the development of glutamate receptor related autism.(31)

Type 1 diabetes

Immunizing with homologous xenogeneic antigens (animal proteins) causes autoimmune diseases such as type 1 diabetes. (32,33)

Techniques that can potentially prevent or treat type 1 diabetes was previously described. (34)

Similar to the above, vaccines containing peanut, soy, sesame or wheat proteins can cause the development of glutamate receptor related type 1 diabetes. (31)

While type 1 diabetes is specifically described here, vaccines can cause numerous autoimmune disorders by the mechanism described above. (35)

Asthma

Aeroallergen containing vaccines cause the development of asthma.(10,36)

References

1. Arumugham V. Evidence that Food Proteins in Vaccines Cause the Development of Food Allergies and Its Implications for Vaccine Policy. J Dev Drugs. 2015;4(137):2.
2. Richet C. No Title [Internet]. Available from: http://www.nobelprize.org/nobel_prizes/medicine/laureates/1913/richet-lecture.html
3. Wells HG, Osborne TB. The Biological Reactions of the Vegetable Proteins I. Anaphylaxis. J Infect Dis. 1911;8(1):66–124.
4. Ioannidis JPA. Why most published research findings are false. PLoS Med. 2005/08/30 ed. Public Library of Science; 2005 Aug;2(8):e124–e124.
5. Smith R. Peer review: a flawed process at the heart of science and journals. J R Soc Med. The Royal Society of Medicine; 2006 Apr;99(4):178–82.

6. Glasziou P, Chalmers I. Research waste is still a scandal-an essay by Paul Glasziou and Iain Chalmers. *BMJ*. England; 2018 Nov;363:k4645.
7. National Academies of Sciences and Medicine E. Finding a Path to Safety in Food Allergy: Assessment of the Global Burden, Causes, Prevention, Management, and Public Policy. Stallings VA, Oria MP, editors. Washington, DC: The National Academies Press; 2017.
8. Clayton EW, Rusch E, Ford A, Stratton K. Adverse Effects of Vaccines:: Evidence and Causality. National Academies Press; 2012.
9. Arumugham V. Vaccine safety claims do not stand up to scrutiny [Internet]. *The BMJ*. 2018. Available from: <https://www.bmj.com/content/360/bmj.k1378/rr-0>
10. Arumugham V. Medical muddles that maim our children with allergies, asthma and autism [Internet]. Unpublished; 2017. Available from: <https://www.zenodo.org/record/1034595>
11. Du Toit G, Tsakok T, Lack S, Lack G. Prevention of food allergy. *Journal of Allergy and Clinical Immunology*. 2016. p. 998–1010.
12. Hoyt AEW, Schuyler AJ, Heymann PW, Platts-Mills TAE, Commins SP. Alum-Containing Vaccines Increase Total and Food Allergen-Specific IgE, and Cow's Milk Oral Desensitization Increases Bosd4 IgG4 While Peanut Avoidance Increases Arah2 IgE: The Complexity of Today's Child with Food Allergy. *J Allergy Clin Immunol*. Elsevier; 2017 Jul 7;137(2):AB151.
13. Vickery BP, Lin J, Kulis M, Fu Z, Steele PH, Jones SM, et al. Peanut oral immunotherapy modifies IgE and IgG4 responses to major peanut allergens. *J Allergy Clin Immunol*. 2013;131(1).
14. Wright BL, Kulis M, Guo R, Orgel KA, Wolf WA, Burks AW, et al. Food-specific IgG(4) is associated with eosinophilic esophagitis. *J Allergy Clin Immunol*. 2016/04/06 ed. 2016 Oct;138(4):1190–2.e3.
15. Berin MC, Sampson H a. Food allergy: An enigmatic epidemic. *Trends Immunol*. 2013;34(8):390–7.
16. Abril-Gil M, Massot-Cladera M, Pérez-Cano FJ, Castellote C, Franch À, Castell M. A diet enriched with cocoa prevents IgE synthesis in a rat allergy model. *Pharmacol Res*. 2012;65(6):603–8.
17. Arumugham V, Trushin M V. Autism pathogenesis: Piecing it all together, from end to beginning *J Pharm Sci Res*. 2018;10(11):2787–9.
18. Glaxo Smith Kline. Infanrix package insert [Internet]. Available from: <https://www.fda.gov/downloads/biologicsbloodvaccines/vaccines/approvedproducts/ucm124514.pdf>
19. Vaccine Excipient & Media Summary [Internet]. 2015 [cited 2016 Jan 16]. Available from: <http://www.cdc.gov/vaccines/pubs/pinkbook/downloads/appendices/B/excipient-table-2.pdf>

20. Pabst O, Mowat AM. Oral tolerance to food protein. *Mucosal Immunol. Society for Mucosal Immunology*; 2012 May;5(3):232–9.
21. Frye RE, Sequeira JM, Quadros E, Rossignol DA. Folate Receptor Alpha Autoantibodies Modulate Thyroid Function in Autism Spectrum Disorder. *North Am J Med Sci*. 2014;7(1):1–7.
22. Cains S, Shepherd A, Nabiuni M, Owen-Lynch PJ, Miyan J. Addressing a folate imbalance in fetal cerebrospinal fluid can decrease the incidence of congenital hydrocephalus. *J Neuropathol Exp Neurol. England*; 2009 Apr;68(4):404–16.
23. Rothenberg SP, da Costa MP, Sequeira JM, Cracco J, Roberts JL, Weedon J, et al. Autoantibodies against folate receptors in women with a pregnancy complicated by a neural-tube defect. *N Engl J Med. United States*; 2004 Jan;350(2):134–42.
24. Glaxo Smith Kline. Boostrix Package Insert [Internet]. 2005. Available from: <https://www.fda.gov/downloads/BiologicsBloodVaccines/UCM152842.pdf>
25. Pasteur S. Adacel Package Insert [Internet]. 2005. Available from: <https://www.fda.gov/downloads/biologicsbloodvaccines/vaccines/approvedproducts/ucm142764.pdf>
26. Ramaekers VT, Sequeira JM, Blau N, Quadros E V. A milk-free diet downregulates folate receptor autoimmunity in cerebral folate deficiency syndrome. *Dev Med Child Neurol*. 2008;50(5):346–52.
27. Frye RE, Slattery J, Delhey L, Furgerson B, Strickland T, Tippet M, et al. Folinic acid improves verbal communication in children with autism and language impairment: a randomized double-blind placebo-controlled trial. *Mol Psychiatry. The Author(s)*; 2016.
28. (CDC) C for DC and P. Updated recommendations for use of tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis vaccine (Tdap) in pregnant women--Advisory Committee on Immunization Practices (ACIP), 2012. *MMWR Morb Mortal Wkly Rep. U.S. Centers for Disease Control*; 2013 Feb 22;62(7):131–5.
29. Kogan MD, Vladutiu CJ, Schieve LA, Ghandour RM, Blumberg SJ, Zablotsky B, et al. The Prevalence of Parent-Reported Autism Spectrum Disorder Among US Children. *Pediatrics. United States*; 2018 Dec;142(6).
30. Xu G, Strathearn L, Liu B, et al. Prevalence and treatment patterns of autism spectrum disorder in the united states, 2016. *JAMA Pediatr*. 2018 Dec 3;
31. Arumugham V. Role of NMDA receptor autoimmunity induced by food protein containing vaccines, in the etiology of autism, type 1 diabetes, neuropsychiatric and neurodegenerative disorders [Internet]. 2018. Available from: <https://doi.org/10.5281/zenodo.1463600>
32. Arumugham V, Trushin M V. Cancer immunology, bioinformatics and chemokine evidence link vaccines contaminated with animal proteins to autoimmune disease: a detailed look at Crohn's disease and Vitiligo. *J Pharm Sci Res*. 2018;10(8):2106.

33. Arumugham V. Bioinformatics analysis links type 1 diabetes to vaccines contaminated with animal proteins and autoreactive T cells express skin homing receptors consistent with injected vaccines as causal agent [Internet]. 2017. Available from: <https://www.zenodo.org/record/1034775>
34. Arumugham V. Correlation of type 1 diabetes trends in European countries to the number of bovine insulin and GAD65 contaminated chick embryo cell culture containing vaccines in the schedule, as predicted by the autoimmunity mechanism involving immunization with homologs [Internet]. 2018. Available from: <https://doi.org/10.5281/zenodo.1870364>
35. Arumugham V. Bioinformatics and epidemiological evidence link yeast protein containing HPV and Hepatitis B vaccines to numerous autoimmune disorders such as vitiligo, narcolepsy, hypothyroidism, systemic lupus erythematosus and rheumatoid arthritis [Internet]. 2018. Available from: <https://doi.org/10.5281/zenodo.1435403>
36. Arumugham V. Short sighted influenza control policy based on poorly designed vaccines will sicken more people [Internet]. Available from: <https://www.zenodo.org/record/1038445>