



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## How SAFE is Acetaminophen?

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Have you ever heard that there is a connection between autism and acetaminophen? As a reminder, Tylenol is the brand name for the chemical acetaminophen. In an interview with Dr. Jeff Barke, a primary care doctor, and Dr. Mark McDonald, a psychiatrist, Dr. William Parker shared the dark side of acetaminophen, and it's a little scary. The underlying message was that acetaminophen is toxic to the liver and depletes our most important antioxidant, glutathione. Dr. Barke chimed in that acetaminophen is the leading cause of acute liver failure in the US.

Dr. Parker shared how Steven Shultz, a dentist, had an autistic child and subsequently quit his dental practice to get a PhD to help his son. As he dug into the

research, he found an association between regressive autism patients and those who took both the MMR vaccine and acetaminophen. You can get the whole story in his book, The Cause of Autism. It's an easy read. It's sad to see the autism epidemic continue. Regressive autism refers to children that were developing normally, and then their development regressed into autistic behavior.

Dr. Steven Shultz interviewed parents of children and found a 20-fold increase in autism. That's 2,000% increase in one's chances of contracting autism when both the MMR vaccine and acetaminophen were used together. Dr. Barke shared that acetaminophen is given routinely to children after

vaccination to prevent fever and swelling.

Could it be that this seemingly harmless OTC drug reduces the liver's ability to detoxify the vaccine and its adjuvants? Dr. Parker shared that rats seem to tolerate higher levels of acetaminophen than mice. Yet, when baby rats were given acetaminophen, they had 50% more anxiety. When baby mice, who are more neurologically closer to humans than rats, were given 2 doses of acetaminophen, they permanently lost their ability to learn. Note the word, “permanently.” Wow! That's a scary thought.

When asked if this drug could be approved in today's culture, Dr. Parker emphatically said, “No! Not a chance.” Since 2

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doses permanently stopped the ability to learn in mice, they wouldn't get to stage one trials. Sadly, we don't even know the LD 50 of acetaminophen in animals. The studies haven't been done. He shared that back in the 60s, docs knew it was bad for the liver, but they assumed it was safe for the brain. We now know acetaminophen targets the brain because it affects the hypothalamus to reduce fever. Over the years, it has become obvious that a baby is not a miniature adult. Dr. Parker shared that when acetaminophen is given to a child, the brain is the primary target as opposed to the liver. Dr. Parker also shared that several papers have been published that when acetaminophen is given to adults it decreases their social awareness.

The main reason most people use acetaminophen is to reduce fever, especially in children. All agreed that fever is not the real danger, and that fevers are actually protective. If you suppress a fever, the body's ability to fight the infection is suppressed. Fevers are known to

increase outcomes for many infections in the long term. In other words, let fevers proceed and allow the increase in temperature to assist the body to develop long term resistance. But stay hydrated, and don't use acetaminophen.

Make sure you ask your wellness clinician for ideas to manage fevers without causing toxic side effects. Dr. Parker did go on to say that most people can handle acetaminophen. And that's why you hear statements like, "My kids took acetaminophen, and they're fine."

But if it is used to excess, or again with young children, we might be opening a door we don't want to go through. Sadly, the perception is that it's a safe harmless chemical. As a result, people take too much too often. He shared a study that showed 15% of all doses of acetaminophen are overdoses. The underlying message is that acetaminophen is a drug and has toxic side effects, but for some people, it could have life threatening effects.