

February 28, 2019

Dear Representatives,

I was one of the 180 constituents who was unable to speak to you today, but I did attend the hearing.

My name is Maggie Sokal and, I have a Master's degree in counseling psychology. I am a mental health therapist and work for the Washington County Crisis Team. I am here today because my family and I are in strong opposition to HB 3063 which would remove any exemptions from all required vaccines other than medical. I am pursuing studies to become a Holistic Health Practitioner and have spent thousands of hours reading about vaccines, researching success rates and how the human immune system responds. One of the biggest issues with vaccines is that the safety studies I thought would exist do not, and outcomes and safety trials for the entire vaccine schedule have **never** been done. Other well published safety studies have clear conflicts of interest with funding. The ingredients in vaccines are highly toxic and damaging to the human system, and in many instances cause life-long chronic illness and even death.

This bill would force those of us who selectively vaccinate to vaccinate our children with all the vaccines, even the ones we deem unnecessary, when there are clear medical risks involved.

This Bill is a violation to my basic human right and an invasion of mine and my children's bodies. It is a basic right to decide what I ingest and what I choose or choose not to be injected with, what I can consume, how I want to treat my own illnesses and my own personal healthcare choices for myself and my children. A vaccine is a pharmaceutical product with risks associated with them just like any drug or other pharmaceutical product. It is not a magical, risk free solution to disease and illness. Furthermore, it is possible to have blood titer tests done that can check if we are immune to certain diseases. I have had this done and I was immune to all but one of the diseases they checked for and I have not been vaccinated for all of those diseases.

If I were to get cancer, I may choose not to have chemo therapy or radiation. I may choose alternative therapies over traditional. People are allowed to choose what they eat and drink, how much they exercise and what types of medications or drugs we take. I chose not to have pain medications during childbirth and chose not to have the hepatitis B vaccine with 250 mcgs of aluminum given to my infants on their first day of life.

I know some would say this is for public health, but many things could be argued for public health that would not be ethical to mandate. Should we put vitamin C, or anti-depressants in drinking water? Should we force women to breast feed their infants? Should we ban Halloween candy or holiday cookies?

I am also a mother and I have two very healthy children who have never been sick or been to the emergency department. They have never taken antibiotics because they have never needed them, they have never had fevers and they have no known physical or mental health issues. My aim is to keep them that way. I am not anti-vaccine however- I believe a safer and more effective vaccine could be designed and I believe it should always be a choice. If vaccines are so safe and effective why would it take so much convincing? Why wouldn't parents be lining up to have their children injected? Because, by and large those of us that don't vaccinate and selectively vaccinate have researched the issue extensively and know they can and do cause injury and death, and no one is being held accountable? Additionally,

vaccine efficacy is much in question. We are supposed to believe that health outcomes for fully vaccinated children are better than non-vaccinated children and that is not what my experience or research has shown me.

Additionally, vaccinations are not the only way a human body develops immunity, some immunity is passed down, some is received through breast milk and illness that some would be susceptible to do not cause others to fall ill. I never got the chicken pox for instance despite my mom's attempts to have me contract it though intentional contact with friends who had it (something that would be labeled abuse in today's America) I clearly am immune to it though based on blood titer tests I had done 2 years ago at Providence hospital. And I was never vaccinated for it. It is possible I was born with the immunity, it was passed to me in breast milk or perhaps I had such a mild case of it-it went unnoticed. Vaccines are not the only way in which a body develops immunity. Injecting pathogens, with toxic antigens does not stimulate the immune system in the same way that being exposed to an illness does. Immunity isn't as simple as the media, pharmaceutical companies and now our governments want us to believe. I happily send my children to a school where vaccinations are a parent's choice and I have no fear of any illness. Why are people who get all the vaccines worried about unvaccinated people if they are immune? And are unvaccinated people causing outbreaks of illness- this has been shown.

The mainstream medical model and paradigm is based on Louis Pasteur's germ theory- people get exposed and they get sick. However, coming into contact with a pathogen does not always equal infection. The truth is that human beings come into contact with hundreds if not thousands of germs, bacteria, and pathogens on a daily basis. It is an equally plausible paradigm and reality that contracting a disease is about the host itself.

“Most people don't know that a) Pasteur is accused of plagiarism, stealing his ideas from several earlier scientists and b) his theory received opposition from numerous scientists including Antoine Béchamp, a French researcher and biologist (who also happened to be Pasteur's rival with the exact opposite view of germs).

In contrast to the idea that bacteria would enter a healthy host and create disease on their own, Béchamp proposed that living entities called “microzymes” created bacteria in response to host and environmental factors; this is called “host theory.”

In host theory, people don't “catch” germs that give them diseases. Instead disease-causing germs are actually opportunistic, thriving in people whose bodies have a weakness or imbalance internally. They are a byproduct of the disease, not a cause of the disease. You see, you have MRSA, cancer, viruses, and bacteria in you and on you all the time, *every day!* A healthy balance of beneficial bacteria and healthy body environments keeps the unhealthy stuff out and in balance in the long run.”

<http://www.superlife.com/pasteur-bechamp-germ-theory/>

My focus is on maintaining and promoting health with a holistic view that is not just physical but mental, emotional, environmental, and spiritual. There are many other ways to treat sickness and promote wellness than vaccines. My body is my property and it is my responsibility and burden to also protect, with my life if needed, the health of my children. I do not want to move from Oregon where I have lived, worked and paid taxes for over 20 years but a bill like this, which would force me to remove my

children from their beloved Montessori and daycare- when there is no public health issues whatsoever, and would bring into question for me the ethical mind of our representatives. I would have no choice but to leave. My children's health is that important. Please vote no on this bill and support Oregonians medical freedoms and rights.