

# Acetaminophen?

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Dr. William Parker has made a connection between autism and acetaminophen that deserves our full attention. 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. 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 glutathione. Dr. Barke shared that acetaminophen is the leading cause of acute liver failure in the US.

As we've discussed in the past, glutathione, among other things, is a key antioxidant, liver detoxifier, and metal scavenger. Dr. Parker shared how Steven Shultz, a dentist, had an autistic child and subsequently quit his 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 MMR vaccine and acetaminophen. You can see a link to his book on the right. 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 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 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 target as opposed to the liver. Dr. Parker also shared that several papers have been published citing 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 even into adulthood. In other words, let fevers proceed and allow the increase in temperature to assist the body in developing long term resistance. But stay hydrated and don't use acetaminophen. Dr. Barke even went on to say that there is no evidence to show that Tylenol alleviates a dangerous fever.

Speaking of fever, I learned years ago from a group of Naturopaths that the body will increase temperature to mobilize calcium out of bone to support white blood cells in their fight against infection. And by supplying ionized calcium, temperatures are reduced. It's a strategy I've used with my grandchildren for years and have seen dramatic results. It doesn't stop the fever

but brings it down to a more comfortable zone for kids and parents. To reduce fevers, I've used calcium citrate or calcium lactate mixed in an elderberry syrup with success. See the link to the right for details.

Dr. Mark McDonald emphasized the loss of glutathione when taking acetaminophen and therefore the increase in liver failure. Just when your body needs glutathione to fight against the toxic effects of acetaminophen, it's no longer available. He also believes that acetaminophen makes respiratory infections worse. You need glutathione to combat the oxidative results from viral infections. He now uses NAC which supports glutathione production instead of depleting it. He also mentioned that antibiotics reduce glutathione as well.

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 has life threatening effects.

Thanks for watching, I look forward to being with you again next Tuesday.