

## Dr. Miller's Recommended Schedule:

In summary, this is a vaccination schedule that I would recommend:

1. No vaccinations until a child is two years old.
2. No vaccines that contain thimerosal (mercury).
3. No live virus vaccines (except for smallpox, should it recur). [GR Note: Live virus vaccines include MMR and Varicella]
4. These vaccines, to be given one at a time, every six months, beginning at age 2:
  - a. Pertussis (acellular, not whole cell)
  - b. Diphtheria
  - c. Tetanus
  - d. Polio (the Salk vaccine, cultured in human cells)

American children are the most highly vaccinated kids in the world. This schedule is an alternative to the one that rules our "[vaccine nation](#)" (as the *Village Voice* terms it). In contrast to the CDC's immunization schedule, it is user-friendly.

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Generation Rescue Note:

Donald Miller, M.D., is a surgeon at the University of Washington. His article, [A User-Friendly Vaccine Schedule](#), is one of our favorites. We've summarized his article into this schedule.

**Alternative Schedule #3: Listen to the Doctor**

GENERATION RESCUE