

From One Prick To Another
by Peter and Hilary Butler

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This book details the cover-ups and questionable research into many of the vaccines available in New Zealand.

Having not read the first book, *Just A Little Prick* (2006), in this projectile series of three, I feel I can look at this book as a stand alone issue – while there are many references to the first book – they really can be read separately.

From One Prick To Another contains over 500 pages, split into 88 chapters, all of the odd numbered chapters are written by Peter – his chapters tell a condensed version of another book written by him called *The Great Divide*. I personally found the font (type-face) difficult and distracting to read. It is stated at the start of this book that both Peter's chapters and Hilary's can be read separately or together.

Hilary's chapters focus on the guts of the story – vaccines, pharmaceutical drugs, health systems, Gardasil and much more. All resources, statistics and quotes are referenced giving the book credibility as well as providing further reading.

The writers have definitely done their research. I can imagine it took them many hours, days and months to collect and collaborate all the data, research and statistics mentioned. The information and research is put into an easy-to-read and understandable style and format. Considering all the medical terms and jargon the writers could have used, they opted not to and just kept it simple – **thank you!**

With MeNZB injections being in the headlines lately – the release of this book is timely. There are many interesting statistics and research on this vaccine as well as others. Covering everything from what the companies

and organisations behind the vaccines, including the Government, want you to know and the astounding information that they don't want you to know.

There are also segments about how school and child-care systems want to know if your child has been immunised or not. Choosing not to immunise your child is a hard enough decision to make, without having to justify it to those representing the community while they question your position.

To all prospective readers there is a warning from the authors: "If you are content with the place the medical profession has in your lives, then shut this book now. This book is not for you."

I feel, as a "content" consumer (and mother of two) that this book is for any and everyone, regardless of your personal beliefs or experiences with the New Zealand health system. If nothing else, you become more informed, educated and enlightened about the other side of the medical system. In our world of information overload, parents no longer trust their own judgements or instincts and run off to experts who they assume have all the answers. This book's underlying message is to "make up your own mind, ask the question, and stick to your guns."

"Vaccines are backed by a multi-billion dollar industry which feeds money, advertising and directives into every governmental and societal advisory and regulatory body that they can access, regardless of industry ties."

Extract – From *One Prick To Another*

While I agree, that drug companies are ultimately making huge amounts of money on every drug and vaccine produced, I don't believe this is their only drive in each and every instance of making them. And it still doesn't answer the question as to whether to have them or not.

From One Prick To Another is not purely about injections, it also contains information and people's experiences with the New Zealand health system – from the ordinary visits to the GP right through to dealing with hospital obstetricians. There are four chapters covering the maternity system in New Zealand, in these chapters people share their stories and experiences they have had. Some of the experiences shared are gruesome, honestly told and sad. If you, like me, have had a pleasant experience with all aspects of the maternity system from midwife, to birth and hospital stay, these chapters will open your eyes to the experiences of others.



This book should be read by anyone who wants to know another side to the story, read different experiences and then armed with this information – make a decision and stand by it.

To be in the draw to win a copy of *From One Prick To Another*, write your name, address and phone number on the back of an envelope, and mail to *From One Prick To Another Giveaway, Healthy Options, PO Box 13209, Tauranga, New Zealand, to reach us by Friday, 3 October 2008.*