

[Links between Autoimmune Diseases and Vaccinations](#)

The term “adjuvant” used in this article refers to a substance that enhances the immune system’s response to an antigen. The flu vaccine contains a flu virus antigen to stimulate the body’s production of antibodies, and also adds an adjuvant to amp up the production of these antibodies.

I’m not advocating that people shouldn’t get flu shots. I do encourage patients to be informed about what they are being injected with and make an informed decision as to whether or not to get a supercharged vaccination that could have unwanted side effects.

[Report on Flu Vaccines](#)