

I am submitting testimony for HB 1511.

I was recently diagnosed with an autoimmune disease. It has been found that vaccinations (of any kind really, not just those for COVID-19) can either create a 'flare up' in those with autoimmune conditions OR can cause a person's already taxed body (from internal and external toxins from conventional, industrialized food, the environment, mental health issues, etc.) to develop one.

I am not anti vaccine. Not in the least. I am, however, anti-making decisions based on false, fear based, corruptly funded 'advice' and 'science'. Since my diagnosis I have been doing as much research as I possibly can to help create the best version of myself as I possibly can. I am a mother to two young daughters. I have made the decision that these vaccines in particular (the ones related to COVID-19) are not what will be included in my (or my family's for that matter) health CHOICE. Choice. That is what is is. MY choice. Our choice.

Health is NOT a one size fits all approach and should not be treated as such. To require that every single person be vaccinated against COVID-19 takes away a person's ability to CHOOSE what is best for their own health based on their individual story and should not have to require a physician's 'approval' for exemption. A person should have the choice to decide for themselves what is best for their bodies, what will help them thrive; whether they choose to be vaccinated or not. At the risk of developing a flare with my current autoimmune disease or possibly developing autoimmunity to another tissue in my body (which, people with autoimmunity are at RISK of developing an additional autoimmune disease every 10 years) AND risking not being my healthiest self for my daughters, husband, family and friends, I CHOOSE not to be vaccinated because it isn't right for me. The risks of worsening my autoimmune disease far outweigh the benefits of receiving a vaccine for COVID-19 at this time. The risks of potential side effects and/or death associated with the current COVID-19 vaccines far outweigh the perceived safety net it (does not) provide.

PLEASE. Do NOT force (or even allow) employers to enforce COVID-19 vaccines or require proof of vaccination (or antibodies for that matter) for employment. Taking away a person's right to choose whether or not to be vaccinated against COVID-19 is NOT the way to approach creating a healthier population. I cannot imagine being so ill for my daughters and husband that I cannot function enough to be their mother and wife. I cannot imagine not being there for them, period. COVID-19 and countless other illnesses can be and ARE very serious especially for vulnerable populations. However, INSTEAD of placing fear into the hearts of all, put time, energy, resources into education about how we can be the healthiest most positive versions of ourselves based on PROPER nutrition, exercise, mental health, community, etc. so our bodies are better able to handle viruses, toxins and countless other insults our bodies are exposed to.