16 March 2026

To: Honorable Senators of the State of Minnesota

Re: House Bill SF3439

Dear Senators,

Please excuse the abruptness of this letter. I was at a medical conference over the weekend and, like many Minnesotans, spent most of my day yesterday just trying to get home during the blizzard, and I didn't know the deadline for testimony was this afternoon at 2pm, so I had to write this rather hastily.

I am writing today to provide commentary/testimony regarding the proposed house bill SF 3439. As a busy Minnesota medical practitioner, I do not have the time or ability to testify in person at the state capital on such short notice. However, I wholeheartedly disagree with this bill and I would like to provide some explanation as to why.

As a medical professional, I am constantly reminded of the term 'informed consent.' This requires all medical professionals to explain both the pros and the cons when it comes to the treatments or therapies that are being proposed. Vaccinations have long been thought to be completely "safe". When I was a kid, we had vaccines periodically because we were told that these vaccines would be completely safe and would help prevent the 'possibility' that we would become seriously, or die, from a known infectious disease. But since vaccines became commonplace during the mid-1900s, we have seen dramatic changes in both our natural environment and the way we address infectious diseases.

Our environment has become dramatically more toxic than it was back then. From the food we eat to the clothes we wear, we are now live in a natural environment which constantly challenges our bodies' immune systems. Because our bodies are constantly under siege from these toxins, we are all subject to decreased immune function. When we receive vaccines, they will, by design, greatly challenge our immune systems by introducing an immune response. Most would assume that the reactions most people face would be minimal. But this sometimes is not the case. Because we all have unique genetic backgrounds, every human being is unique. As a result, there is no way a doctor can know how any individual's body will react after being given a vaccine. For some, the reaction may be minimal. For others, it may be severe and potentially even fatal. So effectively, there is no way we, as doctors, can provide full informed consent for these vaccines when we recommend them to our patients.

Added to this concern are both the number of vaccines that are now given, and who administers them. I will use my own life to provide context for this explanation. In my lifetime, two factors stand out that are cause for concern. The first is the number of vaccines that are now 'recommended' for kids during their developmental years. When I grew up, there were only 16 vaccines listed on the schedule. There are now over 70. In addition to this is the fact that these vaccines can now by administered at a pharmacy counter in a local drug store. This was obviously an attempt to improve access to vaccines, but instead of being limited to doctor's offices, where true informed consent can be provided, we rely on the staff at the local Walgreens, Cub Foods, etc. to do this, many of whom are not doctors and have not been thoroughly trained on human biology and the possible pros and cons related to ANY given medication, beyond what they are taught by either the drug companies who supply the medications/vaccines to begin with or the managers of these sub clinics that they go to. And even worse, there is little to no oversite for this training at these locations.

We have effectively made vaccines as easy to get – in many ways, easier to get - than buying cigarettes at a local convenience store, and this is fundamentally wrong. There is no way that our current distribution system for vaccines allows for adequate informed consent for individuals or parents.

On a personal level, I am diabolically opposed to mandating vaccines in any way shape or form simply due to the freedom of choice. For years Minnesota has been one of the states that has been outspoken about a woman's right to choose. The topic of abortion became a lightning rod issue back in 2022 due to the Supreme Court decision to overturn Roe v. Wade. Minnesota chose to give a woman the right to choose abortion and decide what she can do with her body. We have given her the right to terminate the life of the developing fetus inside her body if she so chooses, so why are we trying to enact laws that force her to inject something into her body, or the body of the child she cares for, against her will,

Medical freedom and body autonomy should be something that every Minnesotan has the right to do for both them and their minor family members. Vaccine administration should be a choice, not a requirement.

Many will hide behind the guise of "it's in the interest of public health" when making this decision. This reasoning is nothing more than an excuse, as some will argue that will ensure that the public is protected and that failure to vaccinate will cause a widespread outbreak of a given disease. This is an empty argument because if a vaccine was that effective, it should protect those who choose to vaccinate against those who choose not to. Again, it should be an elected choice, not a mandated threat or public law.

I ask that you all to consider my statements on a constructive level. Allowing a woman to choose to have an abortion yet force her (or her children) to be vaccinated is nothing more than medical hypocrisy. If we are going to protect freedoms on one topic, you need to extend that same respect to those who are concerned about the general health and well-being of their children. Most of these women have done their homework. They have researched well beyond YouTube, Tik Tok and Instagram to educate themselves about the risks of vaccination for their children. Their concerns are legitimate, and they should not be brushed aside as irrelevant or uneducated. Please make the right choice – allow Minnesotans the continue to have the freedom to decide what they want to inject into their bodies!

With kind regards,

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