

Vaccines and M.E. – something to consider for the Covid 19

Many M.E. sufferers will be wondering whether to have the Covid 19 vaccination; whilst I have no medical qualifications, I would like nevertheless to share some reflections on vaccines generally, after gathering information. The effects of vaccines are always risky for M.E. sufferers due to an abnormally functioning immune system in the first placeⁱ. For some sufferers their M.E. was triggered by a vaccine: this happened tragically to Lynn Gilderdale aged 14 after the school BCG vaccination.ⁱⁱ I personally remember suffering a relapse of M.E. when I was 16 after receiving the BCG vaccination at school, back in 1980.

There have been enough reports of M.E. being triggered by vaccines to prompt a patient survey by the M.E. Association in 2010, with Hepatitis B being reported as the main vaccine trigger for M.E.ⁱⁱⁱ In the USA, a court of law in 2013 ruled that a Hepatitis B vaccine caused a person's Chronic Fatigue Syndrome.^{iv}

Quote by Dr. Charles Shepherd: 'Anecdotal evidence indicates that a number of vaccinations are occasionally capable of either triggering ME/CFS, or causing an exacerbation of pre-existing symptoms, and the UK CMO Working Group report acknowledged (in section 3.3.2) that vaccinations can occasionally act as a trigger factor in the development of ME/CFS.'

Some of you may have heard of the short film *Plandemic* where Dr. Judy Mikovits is interviewed. She is not anti-vaccine, yet warns against vaccines since the mid 1980's onwards including up to today. This is because liability was removed from vaccine manufacturers in 1986 due to mounting vaccine injury claims. Since then, Dr. Mikovits says that vaccines have been infected with animal pathogens as they no longer pass the strict testing they used to have. It's known that the following tissues have been found in some vaccines since the mid 1980s: tissues from birds, cattle, mice and at times even human foetuses which can give a person a new DNA. It was Dr. Mikovits who discovered that the mouse virus XMRV was found in a high percentage of M.E. sufferers compared to healthy controls in 2009.^{vi} She puts this down to previous vaccines given to M.E. sufferers. The foreign tissues found in some vaccines can make a person chronically ill.

Regarding the flu vaccine, Dr. Sarah Myhill is on record for advising M.E. patients to not have it.^{vii}

The M.E. Association are more open to vaccines, having leaflets with information about flu vaccines to help an M.E. sufferer decide whether to have it or not.^{viii}

Back in 1997 Doris Jones wrote a well researched paper citing overwhelming evidence of serious health problems arising due to vaccine complications.^{ix}

Although the ultimate decision lies with the M.E. sufferer, obviously the feedback about possible vaccine after effects needs to be kept in mind before a decision is made.

By Catherine Ashenfelder

ⁱ *Engaging with Myalgic Encephalomyelitis (ME): Towards Understanding, Diagnosis and Treatment* by Malcolm Hooper February 2003 <http://www.margaretwilliams.me/>

ii *One Last Goodbye* by Kay Gilderdale Ebury Press 2011

iii <https://meassociation.org.uk/2016/01/were-collecting-information-on-hepatitis-b-vaccination-and-mecfs-can-you-help-13-january-2016/>

iv https://sacfs.asn.au/news/2013/07/07_17_hepatitis_b_vaccine_has_been_ruled_to_cause_cfs.htm

v <https://meassociation.org.uk/2019/02/pregnancy-m-e-and-vaccination-concerns-with-dr-charles-shepherd-15-february-2019/>

vi Mikovits, Judy A.; Silverman, Robert H.; Dean, Michael; Gold, Bert; Petrow-Sadowski, Cari; Bagni, Rachel K.; Ruscetti, Sandra K.; Peterson, Daniel L.; Hagen, Kathryn S. (Oct 23, 2009). "[Detection of an Infectious Retrovirus, XMRV, in Blood Cells of Patients with Chronic Fatigue Syndrome](#)". *Science*. **326** (5952): 585–589. See also her books *Plague*(2014) and *Plague of Corruption* (2020)

vii https://www.drmyhill.co.uk/wiki/Influenza:prevention_and_cure

viii <https://meassociation.org.uk/2018/09/the-flu-and-m-e-all-you-need-to-know-about-the-2018-19-flu-vaccine-12-september-2018/>

ix <http://www.resime.org/InfoCentre-vaccines-popup-1.htm> ME and Vaccinations by Doris Jones MSC *First published by YOGA & HEALTH March 1997, reproduced by Invest in M.E.*