

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.'^v

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}

Canadian doctor Byron Hyde is generally in favour of vaccines but acknowledges that vaccines can cause M.E. He raises particular concerns with Hepatitis B and rubella vaccinations, commenting that the Hepatitis B vaccination can cause M.E. and the rubella vaccination can cause rheumatoid arthritis. He also states that contaminated immunisations from around the world can trigger M.E.^{ix}

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

Specifically, regarding the Covid 19 vaccine, at the time of updating this paper in December 2020, there are two main ones being used at the moment, Pfizer and Moderna. A warning has been issued from the NHS over the Pfizer vaccine, after 2 NHS employees suffered allergic reactions to the Pfizer vaccine on 8th December 2020. The warning is that if you have had a serious allergic reaction to

medicines, vaccines or food in the past then you should not have the Covid 19 vaccine (www.nhs.uk)
My personal concern is that this warning was issued **after** the employees suffered their allergic reactions, making any Covid 19 vaccine somewhat experimental on patients.

Reports from Alaska, USA, state that a further 2 health workers suffered an extreme reaction to a Pfizer Covid vaccine *without a previous history of allergic reactions* (15th December 2020).

Retired GP Dr. Vernon Coleman has called for an immediate halting of the Covid 19 vaccine after the American CDC (Centre for Disease Control) recorded 'Health Impacts' resulting in chronic illness and/or disability of 2.79% within days of receiving the Pfizer and Moderna vaccines: this percentage represents thousands of people during mid-December 2020.

https://brandnewtube.com/watch/urgent-news-about-the-covid-19-vaccine_botqwzl8R7UUVY2.html

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 Ashenfelter (updated December 31st 2020)

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} <https://www.massmecfs.org/more-resources-for-me-cfs/444-dr-byron-hyde-2012-fall-lecture-summary?start=10>

^x <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.*