

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

February 2021 (content updated May 2022; links updated 2024)

Vaccines in general

Many M.E. sufferers will be wondering whether to have the Covid 19 vaccinations; whilst I have no medical qualifications, I would like nevertheless to share some reflections on both vaccines generally and information so far gathered specifically on the Covid 19 vaccinations.

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.

Another severe M.E. sufferer personally known to me, collapsed within minutes after a Hepatitis B vaccine whilst training as a nurse; sadly, for her this was the trigger of decades of M.E., which is still on-going.

Although not relating specifically to the Covid vaccines, The Scientific Advisor for the 25% ME Group, Prof. Malcolm Hooper, served as Chief Medical Advisor for the Gulf War Veterans. His view towards their illness was that 'the vaccinations significantly increased the risk of GWS'.ⁱⁱⁱ

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. ^{iv} In the USA, a court of law in 2013 ruled that a Hepatitis B vaccine caused a person's Chronic Fatigue Syndrome. ^v

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.'^{vi}

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 which were about to make them bankrupt. Vaccine manufacturers had to be protected from libel or else they couldn't fund money for further vaccines. Since then Dr. Mikovits says that vaccines have been increasingly 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. 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.^{vii} 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 in many ways including cancer.

Regarding the flu vaccine, Dr. Sarah Myhill is on record for advising M.E. patients not to have it.^{viii} She also writes on her website that many vaccines are grown on egg (this is important if someone has an

egg allergy), and reiterates that vaccines are sometimes grown on animal cells and human aborted fetuses. See [Retroviruses in CFS/ME and more - think retrovirus when you get stuck. - DoctorMyhill \(drmyhill.co.uk\)](https://www.drmyhill.co.uk/retroviruses-in-CFS/ME-and-more-think-retrovirus-when-you-get-stuck/)

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. ^{ix}

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. ^x

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

The Covid 19 vaccines

There are many M.E. sites which are encouraging sufferers to get the Covid 19 vaccines. If you decide to have this vaccine then there are suggestions on how to prepare for it beforehand (e.g. M.E. Action [ME Experts recommendations for getting A Covid-19 vaccine - #MEAction Network](#)). This link has doctors such as Nancy Klimas suggest taking antioxidants e.g. Co-Enzyme Q10 before the vaccines. Also, she suggests an anti-histamine both before and after the vaccines to minimise Mast Cell Activation. Make sure you have plenty of rest before and afterwards and keep hydrated. There are other suggestions to minimise an M.E. relapse linked to M.E. Action's pages.

Some doctors are putting pressure on M.E. sufferers to get vaccinated because they say Covid 19 kills. Yes it can kill but so does influenza. (Thousands each year in England and Wales are recorded as having died from influenza: numbers vary from year to year due to 'flu seasons'. In the week of January 5th - 11th 2015, the number of deaths from flu recorded in England and Wales is 15,000, according to the Office for National Statistics.) [Highest number of excess winter deaths since 1999/2000 - Office for National Statistics \(ons.gov.uk\)](#)

As with influenza, most people who contract Covid 19 survive. Survival rate figures vary but the CDC (US Centre for Disease Control) gave this guide of survival rates for Covid 19 in September 2020: 0-19 years: 99.997%, 20-49 years: 99.98%, 50-69 years: 99.5%, 70+ years: 94.6% [CDC Data Shows Coronavirus Survival Rate: 99%-Plus for Ages 69 and Younger, 94.6% for Older \(breitbart.com\)](#)

Medical advisors Drs. Speight and Weir have written on behalf of the 25% ME Group that M.E. sufferers are unlikely to be at greater risk from dying of Covid 19 compared to healthy people; instead they may well suffer a worsening of the M.E. should they contract it. [Factsheets, leaflets & Reports - 25% M.E. Group](#) (Look up 'Coronavirus' PDF.)

A survey in April 2022 by the M.E. Association revealed that the health of M.E. sufferers worsened when contracting Covid if they'd had the vaccines. By contrast, those sufferers who had contracted Covid without taking the vaccines fared better. Unfortunately, this survey which had almost 1,200 participants has been taken down. The MEA says that a review will take place to see if the survey

was abused. <https://meassociation.org.uk/mea-surveys/> They also have other surveys recording the experience of M.E. sufferers after taking Covid vaccines, under 'Archives' of the link.

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 vaccines [NHS told not to give Covid vaccine to those with history of allergic reactions | Coronavirus | The Guardian](#) This includes **anaphylaxis** which is a severe hypersensitivity reaction, characterised by rapid onset breathing problems and/or circulation problems usually associated with skin and mucosal changes. Anaphylaxis can be life-threatening. My personal concern is that the NHS warning was issued **after** the employees suffered their allergic reactions, making any Covid 19 vaccine experimental on patients.

M.E. sufferers who don't want the vaccines may find the following links hopeful for vaccination exemption status: a self-declared exemption form or one needing a health professional's signature.

[Professionals for Medical Informed Consent and Non-Discrimination \(PROMIC\) - Exemption Forms](#)

To obtain an NHS government vaccination exemption paper, go to this link:

<https://www.gov.uk/guidance/covid-19-medical-exemptions-proving-you-are-unable-to-get-vaccinated#how-to-apply-for-and-receive-your-covid-pass-medical-exemption>

You will be told that only a few medical conditions are accepted to obtain vaccine exemption. But it's ultimately between you and the GP. I managed to get a vaccine exempt certificate and my reasons were not listed on the NHS list of exemptions.

There are also many doctors who are telling people **not** to get the Covid 19 vaccines, not just to M.E. sufferers but to everyone.

I'd like to present this other side of medical opinion which is not mainstream, so that an M.E. sufferer is better equipped to make an informed decision.

- 1) What is undeniable is that the Covid 19 vaccines are the first type of vaccines of their kind on human beings**, due to a 'spike protein' in the mRNA vaccines (messenger RNA).

The Pfizer and Moderna vaccines have spike proteins. The Oxford-Astra vaccine (from the UK) doesn't have spike proteins but is genetically modified. Pfizer and Moderna also use genetic material of Covid 19 with mRNA which some doctors say will alter our DNA permanently. Because this is a new approach, no-one knows how this will affect those vaccinated. (Main source of information is from Dr. Carrie Madej. Also Dr. Judy Mikovits, Dr. Dolores Cahill, Dr. Rashid Buttar)

- 2) Covid 19 is an RNA virus.** To date there has never been a successful vaccination for an RNA virus e.g. for HIV (Currently there is no licensed vaccine on the market for HIV.) There has never been a successful vaccine for any coronavirus in the past, e.g. SARS (outbreak 2002). It was attempted in trials but failed. Combined with this is the fact that the speed of the vaccine production has made history, produced in less than a year from the start of the Pandemic. It usually takes several years to come up with a reliable vaccine.

3) A Freedom Of Information Act in the USA shows 9 pages of possible side-effects from the Pfizer vaccine, **including 'Chronic Fatigue Syndrome' as one of them** (page 32 of document).
5.3.6 CUMULATIVE ANALYSIS OF POST-AUTHORIZATION ADVERSE EVENT REPORTS OF PF-07302048 (BNT162B2) RECEIVED THROUGH 28-FEB-2021

4) In December 2020, retired GP Dr. Vernon Coleman called for an immediate halting of the Covid 19 vaccines 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. [Vital Information about the Covid-19 Vaccine - Onevsp](#)

5) People have died very shortly after taking various Covid 19 vaccines. At the start of the rollout, some examples of these awful tragedies are a doctor from the USA and a healthcare worker from Portugal. Both were reported to be fit before taking the vaccine. Also, many deaths at care homes in Gibraltar occurred after vaccination with the Pfizer drug.

<https://www.dailymail.co.uk/news/article-9111311/Portuguese-health-worker-41-dies-two-days-getting-Pfizer-covid-vaccine.html>

<https://nypost.com/2021/01/07/florida-doctor-dies-two-weeks-after-getting-covid-vaccine/>

<https://healthimpactnews.com/2021/53-dead-in-gibraltar-in-10-days-after-experimental-pfizer-mrna-covid-injections-started/>

There are many more than the above, tragically. See Dr. Vernon Coleman's website under 'Health'.

www.vernoncoleman.com

See 'How many people are the Covid vaccines killing?' March 19th 2022

6) A care worker from the USA has made a video stating that many elderly residents in the care home where he works have died shortly after having the Covid 19 vaccine in January 2021. This has happened in other care homes throughout the world too. The care worker called James says that those who are frail and elderly or with underlying health conditions should not have the Covid 19 vaccine. [CNA Nursing Home Whistleblower: Seniors Are DYING LIKE FLIES After COVID Injections! SPEAK OUT!!! \(bitchute.com\)](#)

7) The main side-effects in both Pfizer and Moderna trials from the vaccines were fatigue. Also muscle and joint pain, i.e. symptoms which M.E. sufferers already battle with.

8) In an interview with Dr. Mercola, Dr. Judy Mikovits says that the Covid 19 vaccine will worsen illnesses which already have brain inflammation.

Dr. Mikovits specifically says that the vaccines will worsen M.E. in an M.E. patient as it will drive the M.E. further.

Both Dr. Mercola and Dr. Mikovits say that the Covid 19 vaccines aren't really vaccines but gene therapy. [How COVID-19 'Vaccines' May Destroy the Lives of Millions \(substack.com\)](#)

- 9) The speedy use of the vaccines on the elderly and frail is a huge concern as usually they are amongst the last to be given an experimental vaccine. Also the vaccines were not trialed on the frail elderly. Those with MS, rheumatoid arthritis and autoimmune illnesses weren't part of the Pfizer trials. The UK Oxford vaccine wasn't tested on those with 'high frailty scores'.
- 10) South Korea are not administering the AstraZeneca (Oxford, UK) vaccine to those over 65 due to lack of data on this age-group in the studies. Belgium, Spain and Italy will not administer the vaccine to those aged over 55. [South Korea rules out giving AstraZeneca vaccine to over-65s — RT World News](#)
- 11) The Covid 19 vaccines are officially experimental. They are still in experimental trial stages, due to finish around October 2022 (Moderna) January 2023 (Pfizer): others have similar trials of around 2 years. ^{xii}
- 12) The Nuremberg Code was written after the Second World War to prevent future generations from experimental treatment. (This was in response to experimental treatment by Nazi doctors to those in concentration camps.) Informed consent is essential if experimental treatment is given, according to the code. Informed consent appears to be lacking when administering the Covid 19 vaccines.
- 13) The Government link set up for adverse side effects of the Covid 19 vaccines reports deaths and injuries from taking them. One has to ask why the government is still promoting these vaccines as safe?

The Yellow Card reporting of adverse side-effects was founded in 1964.

Government sites with Adverse side effects [COVID-19 Yellow Card Data | UKColumn](#)

Source for report: [ARCHIVED - Coronavirus vaccine - summary of Yellow Card reporting - GOV.UK \(www.gov.uk\)](#) , under 'Reports with a fatal outcome' where final fatalities reported have increased further.

There are similar ones across the world, e.g. VAERS in the USA. [Welcome \(openvaers.com\)](#)

- 14) [5,522 people have died within 28 days of having a Covid-19 Vaccine in Scotland according to Public Health Scotland – The Expose \(dailyexpose.uk\)](#) from December 2020 - June 2021. This has come about from Freedom of Information Acts.

15) The Sunday Times has reported Covid 19 vaccine injury/death claims. It names a 48 year-old healthy man whose death certificate states the vaccine as a cause of his death (AstraZeneca). [Covid vaccine claims hit £110m but families struggle to prove their cases | News | The Sunday Times \(thetimes.co.uk\)](#) February 27th 2022

16) Mast Cell Activation is higher after most vaccines (quote from Dr. Nancy Klimas); M.E. sufferers though can be more prone to this condition of MCA (it's an allergic reaction affecting the immune system).

17) Several doctors in the USA who spoke out in 2020 about a treatment for Covid 19 which successfully treated their patients (mainly hydroxychloroquine, an anti-viral drug, combined with zinc) were banned, discredited and even sacked, e.g. Dr. Simone Gold. Could this have been due to an agenda to promote the vaccine, perhaps? M.E. sufferers know only too well about nefarious agendas, to the detriment of their health.

18) There is a video (28 minutes long) from medical opinion around the world stating that people generally, not just M.E. sufferers, should not get the Covid 19 vaccines. The film is called *The Question on Everyone's Mind 'Ask the Experts'* (Covid 19 Vaccines) by Oracle Films.

[The COVID Vaccine - Ask The Experts - Onevsp](#)

In this video, Dr. Hilde De Smet, a medical doctor from Belgium, says that animals have not been tested with the Covid 19 vaccine trials as the drug companies got permission to bypass animal testing. This makes human beings the guinea-pigs for the vaccines

Senator Ron Johnson in the USA has held at least one hearing on behalf of those injured by the Covid vaccines; also on behalf of the relatives of those who died shortly after the vaccines. In the UK, Sir Christopher Chope has introduced a vaccine injury payment Bill for those injured by the Covid vaccines; also on behalf of the relatives who have lost loved ones from these vaccines.

19) If you have had a Covid 19 vaccine, there are some things which may help you if you feel unwell from it. These are also similar remedies if you have caught the Covid 19 virus.

- You need to de-tox metals in your system
- Treat inflammation
- Bolster your immune system
- Optimise the pH (should be around a number 7 which is neutral. The lower it is the more acidic; the higher it is over 7, the more alkaline). You may need to have your pH tested before and after: there are home kits for this.
- Increase anti-oxidants
- Reduce glyphosate
- Saline (salt and water) nasal solution
- Breathing iodine

Some of the above, as recommended by Dr. Mercola and/or Dr. Mikovits, can be done via taking 3 grams of glycine a day; (glycine is an amino acid and can be taken as a supplement. It is involved with

producing DNA and releasing energy.) Also, by eating organic foods because non-organic may be contaminated with glyphosate, used as a weed-killer. Eat meat, fish, dairy foods and legumes.

Take quercetin and berberine (either naturally or as supplements). Also, take caprylic acid.

There is Peptide T treatment; also the herb 'lapacho' which heals damaged DNA. Selenium and melatonin may also help.

Researcher Stuart Wilkie says that the steroidal drugs Budesonide and Dexamethasone work well for the treatment of Covid. There has been negative feedback about the protocol drug used, Remdesivir (anti-viral), as it can cause kidney and liver failure.

This site may be useful: [Spike Protein Detox Guide \(worldcouncilforhealth.org\)](http://worldcouncilforhealth.org)

Iodine is very useful for respiratory infections. Instructions for use: [Effective prevention and treatment for all respiratory viruses including Covid and Influenza - DoctorMyhill \(drmyhill.co.uk\)](http://drmyhill.co.uk)

Also, Type 1 interferon [a spray that mimics the body's own Type 1 interferon; this would be one spray in the mouth in the morning and one spray in the mouth in the evening in the vulnerable; it is useful in a very low dose].

See the video [How COVID-19 'Vaccines' May Destroy the Lives of Millions \(substack.com\)](http://substack.com)

Dr. Sarah Myhill recommends the following link for treating Covid 19 with ivermectin:

[Buy Ivermectin 12mg, ivermectin 12 mg tablet, Ivermectin Austro \(alldaychemist.com\)](http://alldaychemist.com)

The enzyme bromelain from pineapples can help with damage caused by the spike protein if you've had this kind of vaccine. Also, the herb supplement neem, vitamin C and zinc can help with effects of the spike protein. As can curcumin (from turmeric) and the Japanese supplement nattokinase.

Melatonin can help as an antioxidant.

N.B. Although not stated in the above video, zinc can be useful in treating the Covid 19 virus (see No.17 in the list).

Although the ultimate decision lies with the M.E. sufferer, obviously both pros and cons about the vaccine need to be considered before a decision is made.

By Catherine Ashenfelter

Most of the doctors quoted can be found on <https://onevsp.com> except Dr. Nancy Klimas who is found the usual way on youtube etc.

ⁱ *Engaging with Mylagic 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

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- iii [Vaccines, Gulf-War Syndrome & Bio-defence \(i-sis.org.uk\)](http://i-sis.org.uk)
- iv <https://meassociation.org.uk/2016/01/were-collecting-information-on-hepatitis-b-vaccination-and-mecfs-can-you-help-13-january-2016/>
- v [Hepatitis B vaccine caused chronic fatigue syndrome – US Court \(linkedin.com\)](#)
- vi <https://meassociation.org.uk/2019/02/pregnancy-m-e-and-vaccination-concerns-with-dr-charles-shepherd-15-february-2019/>
- vii 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)
- viii https://www.drmyhill.co.uk/wiki/Influenza:prevention_and_cure
- ix <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/>
- x <https://www.massmecfs.org/more-resources-for-me-cfs/444-dr-byron-hyde-2012-fall-lecture-summary?start=10>
- xi [Invest in ME - Vaccines - ME and Vaccinations](#)
ME and Vaccinations by Doris Jones MSC *First published by YOGA & HEALTH March 1997, reproduced by Invest in M.E.*
- xii [Fact check: It is standard practice for vaccine safety monitoring to continue after approval | Reuters](#)