

## **Food for Thought**

### **A Year Later - Where Are We With Covid-19?**

It has been over a year now since Covid-19 came on the scene and we have tried to sort through the plethora of information that has been put forth by the press, [special interest groups](#), and the pharmaceutical companies as well as the scientific literature in order to help you make informed choices for prevention and treatment. It has been a concern of ours that because of the “fast tracking” of the Covid vaccine, the lack of adequate testing and [clinical trials](#) and the nonexistence of liability by the pharmaceutical companies for adverse reactions to it, that people will be forced to make decisions based upon inaccurate and often incomplete information. Over this last year we have been reviewing as much information as we can, in order to better help you make an informed decision about whether to get vaccinated.

Some things to consider:

The vaccine will not keep you from getting [infected with Covid](#) or a variant of Covid. The Coronavirus as [we have written](#) in the past, is the common cold virus that makes its way through the population every year causing symptoms in susceptible individuals. The Coronavirus is highly adaptable and is thus the reason that a vaccine has been difficult to develop. Getting the current vaccine will not prevent this, so it becomes all the more important to remain healthy to prevent an infection.

The [Covid vaccine](#) can cause shedding of the virus that can potentially [infect others](#). As with a number of other vaccines such as measles, viral shedding occurs frequently and has the potential to infect even those who have been vaccinated. A prime example of this is the measles out break that occurred at Disneyland a few years ago. The measles variant was spread by vaccinated children, not the unvaccinated as reported in the press.

There has been a higher rate of adverse reactions to the Covid vaccine than there was to the [Swine Flu vaccine](#) which caused that program to be shut down in 1976. This is based upon statistics from the [Centers for Disease Control](#) (CDC) and unfortunately has received little mainstream press coverage, a common occurrence during the Covid pandemic.

[Scientists](#) have been warning about the potential for long-term adverse reactions to the Covid vaccine due to antibody-dependent enhancement (ADE). ADE is an immunological phenomenon whereby a previous immune response to a virus can render an individual more susceptible to a subsequent infection triggering a more severe disease upon later exposure. The [adverse effects](#) from the Covid vaccination continue to mount, especially in the elderly and those with comorbidities as of the writing of this Food for Thought.

A number of patients who became infected with Covid-19 have developed what is now being termed “Long Covid”. [Long Covid](#) (LC) is the lingering of post viral symptoms

that can last for weeks to months, making recovery and a return to pre-infection levels of health difficult. Symptoms include but are not limited to breathing difficulties, chills, and fever, muscle and body aches, arrhythmias, insomnia, hallucinations and disorientation, diarrhea, vomiting and exhaustion. In some cases as we have been seeing in the clinic, the patient never is able to fully recover. We have however been able to help them do so with the wide range of therapies we are able to employ.

Lastly, the question as to whether Covid vaccine recipients have been adequately informed as to the potential side effects of the mRNA vaccine has been asked by a number of scientists and ethicists and found to be [lacking](#). While vaccines developed through the “traditional” method of denaturing viral proteins, neutralizing their infectivity and then injecting them through the skin to allow our immune systems to form antibodies, the mRNA vaccines are designed to reprogram our own RNA to form Covid proteins so our immune system can hopefully develop antibodies. This departure from the “traditional” method was undertaken because in the past it has been very difficult to develop a vaccine against the Coronavirus. In our opinion as well as others, this technology has not been adequately developed and tested but has proven to cause severe reactions and death in animal models and should not be tested on humans without their full informed consent.

Hopefully this information will help you decide whether to undergo vaccination or not. If you decide to get vaccinated, we can offer some therapeutic options to hopefully mitigate adverse reactions should they occur. If you decide not to get vaccinated, then we can help you develop a stay healthy strategy to lower your risk of infection. Please feel free to contact your physician for more information.

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