



Journal of Preventive Medicine, Infectious Diseases & Therapy

DOI: doi.org/10.63721/25JPMIDT0107

COVID & Flu Vaccines: Anemia

Paul TE Cusack

BScE, DULE 23 Park Ave. Saint John, NB E2J 1R2, Canada

Citation: Paul TE Cusack (2025) COVID & Flu Vaccines: Anemia J of Preventive Medi, Infec Dise & Therapy 2(3), 01-03. WMJ/JPMIDT-107

Abstract

I recently got a double vaccine for the flu and COVID in 2025. Shortly I developed a soar throat and nasal congestion. That lead to severe vomiting on two nights and a dry cough that led to a hernia. I think the cause was from Franconia Anemia. I take an iron supplement for that. I also have chronic bronchitis that flared up after the vaccine. Was getting the vaccine worth be quite sick for 8 days? And it isn't over with yet! Anemia is a common ailment in Celtic countries and America. There are lots of people who stand to get sick from the vaccines in 2025; more than just headaches and stiff muscles. Should individuals be forced to get vaccines? I think not. And I'm not a antivaxxer.

***Corresponding author:** Paul TE Cusack, DULE 23 Park Ave. Saint John, NB E2J 1R2, Canada.

Submitted: 26.06.2025

Accepted: 02.07.2025

Published: 15.07.2025

Intoduction

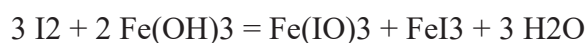
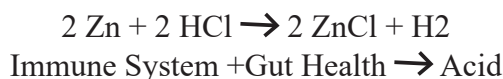
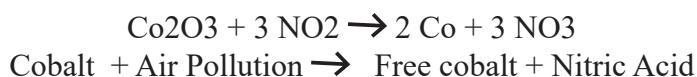
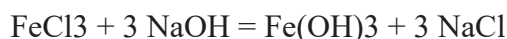
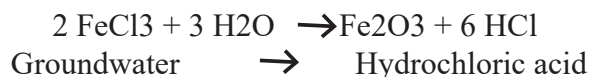
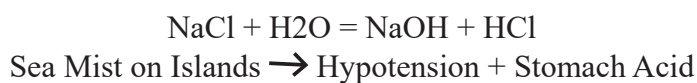
In early June 2025, I received an influenza and COVID vaccine to protect me from getting sick. However, here we are a week later and I'm still sick from something that coincided with the vaccines.

Within 50 minutes of getting two vaccines, I felt a soar throat. Then I vomited 6 times over 2 nights. I also coughed up water signalling cardiovascular disease as well as soar legs below the knee. Over the last two days, my fingers on both hands turned blue indicating poor circulation as well as the veins popping out on my 58-year-old hands. I also have age spots on both hands over the veins, and I think a hive which is monkey pox. The hair has left my thighs. My sinuses were packed clogged for several days.

While enduring the vaccinations sickness, I developed a terrible hooping like cough that left me with a hernia on my abdomen wall just above the naval. Now it hurts to cough. Since the vaccines, I've been sick for 8 days. It is not just aches and fevers. It is a full-blown sickness. I'm not sure how I could get so sick for so long just from vaccines as they reportedly don't make you sick in that way. Two others who got the same shots at the same time are developing the same cough. They have yet to vomit.

Getting the vaccines was a waste of time for me. They made me very sick for 8 days. You get the vaccine to prevent you from getting sick in the first place. If you get sick from them, what's the point?

Because of my living arrangements, I have choice as to whether I get the vaccine or not. I must get it to live here. don't look forward to getting the same shots next year until we know why I got sick in the first place. I take 9 medications including Olanzapine for Sz, Citalopram and Clozapine and Iron for anemia.



$$3(253.81 + 2(106.87)) = 973.97 \times 6.022 = 58.652 \text{ (Co)}$$

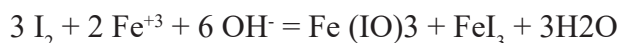
$$t = e^M = e^{0.58652} = 179.77 \sim 180 = 1/55.625 \text{ (Fe)}$$

$$1/M = t$$

$$1 = Mt$$

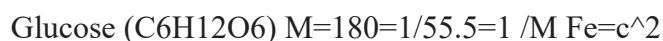
$$E = Mc^2$$

The two others who have had the same vaccines and developed the cough lately have DS and Sz.



OH⁻ leads to cancer and TB. My best guess is that we have latent TB. I used to cough up blood at night and have night sweats. Introducing a double vaccine may activate the TB. I should have gotten a vaccine as a baby for TB. I was diagnosed with chronic bronchitis. I used to cough up blood at nights.

Notwithstanding the huge benefits vaccination programmes have brought to global health, some vaccines have variable efficacy in different populations, age groups, and in the context of particular underlying conditions. The reasons for this variable efficacy remain unclear.



Glucose weakens the immune system. The Jews and Irish can have Franconia Anemia. Those from Low Income Countries might be anemic due to meat poor diet. Women may be anemic due to menstruation [1].

Conclusion

Patients who are taking iron supplements and cobalt (vit B12) may be at risk for a flare up of an infection

producing flu like symptoms. If you are anemic or are taking supplemental iron, don't get a vaccine.

References

1. Drakesmith H, Pasricha SR, Cabantchik I, Hershko C, Weiss G, et al. (2021) Vaccine efficacy and iron deficiency: an intertwined pair? *Lancet Haematol* 8: 666-669.