

Covid 19 vaccines and the misinterpretation of perceived side effects : Clarity on the safety of vaccines

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9629406/>

To Concerned Parties,

We all want the same thing, increased safety around vaccines. My scientific papers are intended for scientists, not the general public. If you care about safety, take the time to read this document, so you understand why the paper was written in the format it was.

Firstly, I am not a pro or antivaxxer. I am not pro-mandate or funded by big pharma. Nowhere do I say vaccines are safe or dangerous. I found a data point for other scientists to factor in if there is another outbreak. Through my research of human aging, I found a condition that mimics very similar symptoms that are alleged to have come from Covid19 vaccines.

Scientific papers are unfortunately quite dry and rigid, and they are not formulated like a newspaper or textbook article, which means they can come across quite blunt, but that is not the intention, the intention is to be as direct as possible for other scientists to consider the research and implement those observations and countermeasures to increase safety.

I wrote the above paper early in 2022 regarding some of the symptoms that some people exhibited shortly after taking a Covid19 vaccine. The timing of these symptoms (being shortly after the vaccine administration) may appear to directly point to vaccines.

Let's take a super quick look at my science and see if it is flawed –

Ischemia, in a nutshell, is the prevention of blood flow to various tissues. Ischemia can be caused by poor arterial health, plaques, thrombosis, and a stress hormone called cortisol which causes vasoconstriction (the sudden shrinking of blood vessels).

- Mental stress induces the release of cortisol, cortisol causes vasoconstriction / arterial constriction, preventing blood flow to tissues.

This is known as mental stress induced ischemia. I never invented mental stress induced ischemia (MSII), it is a widely researched field. I encourage you to get literate with this science, and you can select any study by clicking [here](#) (none of which I am an author on).

My field of research is human aging, and I am very literate with conditions of aging, including ischemia, and I note that a biological pathway called mental stress induced ischemia causes many of the same symptoms seen in some of the people receiving Covid19 vaccines (dizziness, light headedness, fainting, stroke, loss of a sense, etc).

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This is why a sudden scare can cause heart attacks in some people, or first year medical students watching their first autopsy can turn white, become dizzy or faint. It is the sudden restriction of blood flow to tissues (caused by cortisol inducing vasoconstriction), and in the case of first year medical students becoming dizzy or fainting, the brain is the tissue being deprived of blood flow (oxygen). Other tissues can be affected which can result in loss of sense in those tissues, either temporarily or permanently.

Nowhere do I say in my paper that ischemia is the only cause for vaccine side effects. To the contrary, my paper clearly states at the bottom in the Limitation of Study –

2.1. Limitations of study

This review is limited by primarily focusing on vasoconstriction conditions caused by a stress response, and also by a lack of large-scale clinical trial studies to determine whether using novel combinations of vasodilators or anticoagulants with vaccines could reduce vaccine side effects, which may also assist in clarifying whether side effects were emanating from vaccines or conditions such as MSIMI. Further investigation into whether side effects could be attributed as a stress response is required.

I willingly and clearly point out in the above paragraph, (which is meant for other scientists and not the general public) that the review is limited by only focusing on vasoconstriction caused by a stress response. It is a single data point being offered, the paper is not written as some wide all-encompassing book which covers all possible causes of vaccine side effects, that's not how scientific papers are formulated. So, if you lack training in writing scientific papers, then you may automatically assume I am blaming only the anti-vax movement for all side effects, when you can now see, I am clearly not. I only point out that mass hysteria by some anti-vax people, certainly not all, could be a cause of ischemia and worth looking at.

I also point out at the very bottom of that paragraph from the study, that further investigation is required.

My paper also says at the bottom of the abstract –

“This paper does not aim to rule in or out every side effect seen, but it is highly likely that many apparent side effects seen shortly after a subject has received a vaccine could be the result of restricted or congested blood flow from blood vessel or arterial constriction caused by emotional distress or placebo based on fear around vaccines.”

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So don't be easily manipulated by keyboard warriors desperate for attention whilst they try and stir the pot to wind you up.

This paper is simply a data point for future researchers to factor in. For example, in future, if we see similar symptoms after a vaccination that are in line with MSII, then scientists may test for MSII to either rule it in or out. I imagine, they could ask questions prior to vaccination, such as how anxious the recipient is, if the recipient shows an extreme level of anxiety, then that doctor may advise against vaccination, as this may prevent ischemic attacks / episodes.

The mass hysteria circulating from some (certainly not all anti-vax people) may elevate the stress response in some vulnerable people (whether we want to admit that or not). So future researchers could also check with vaccine recipients where their anxiety comes from. These are simple data points to understand where side effects are actually coming from. Researchers were quite confused about many of the ingredients and perceived side effects, but mental stress induced ischemia matched many of the side effects. In fact, females suffer approximately a 3 to 1 ratio for post Covid19 vaccine symptoms and exhibit the same ratio of ischemic episodes in life. This indicates a significance and certainly points in the direction of ischemia as a possible culprit.

I have watched closely the caliber of disinformation and spite being leveled against me for this finding. I understand that people have very strong feelings with vaccinations. However, out of the few dozen personal attacks so far, I have not received, **a single scientific argument to debunk the science of ischemia being a possible cause of perceived side effects.**

What does that tell you?

This paper was peer reviewed by people much higher than I (and I imagine, much higher than the keyboard warriors and people sending me vitriolic email messages).

So scrutinize the science, not me, because we actually both want the same thing. It is absolutely vital that vaccinations are made safe, and that every single facet is researched and observed, whether that means from pro-vax groups to anti-vax groups. I know you would all agree that every corner of this science must be analyzed, and only those with something to hide would argue against this.

Some of my friends are anti-vax, and remain un-vaxxed, and some anti-vaxxers make good safety points and remain rational.

Yes, Covid-19 vaccines were rushed through, and could be a cause for mental stress induced ischemia, but we also see hundreds of thousands of people each year take experimental drugs during clinical trials without any of the mass hysteria or side effects we saw through Covid19. This led me to rule out the fact that Covid19 vaccines being rushed through was the cause of such an ischemic stress response, and because the ischemic like episodes were happening shortly after vaccine administration, this points to the vaccine

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causing the terror, and not the stress of lockdowns, wearing masks or some other form of stress at the time. If lockdowns or masks were causing the stress, we would have observed the ischemic episodes spread throughout the day, and not just after vaccine administration. So, if the ischemic attacks are happening just after vaccination administration, which is what we appear to have seen, where is the terror, fear or stress around vaccines most likely coming from? Governments? Pro-vax groups? Or some anti-vax groups? Who do you think promoted most fear or stress around vaccines? The above paragraph is critical thinking 101, very basic and easy to perform.

Just do an online search for “anti-vax hysteria”, watch the videos and read the websites, voices screaming that these vaccines would alter DNA, cause cancer, alter personality, etc, etc, and this is a data point that required investigation at that time, now, and in the future. And maybe they are right, maybe the vaccines do cause those side effects, however the paper is concerned only about where the stress is coming from to induce mental stress induced ischemic episodes. Remember, scientific papers are not books which encompass all facets. This is simply a gap in the literature that requires observation so we can more accurately rule in or out what is causing side effects in future.

I would urge anyone that thinks the paper is ridiculous to simply attack the science and show cause why this data point (mental stress induced ischemia) should not be looked at by other scientists if another outbreak happens. Why would we ignore this data point and pretend that the condition (MSII) doesn't exist if it could explain some or many side effects? Isn't this what you actually want? Clarity around the vaccine safety?

We are in fact all on the same side, we want better and safer health practices around vaccines. If future scientists find that mental stress induced ischemia is or isn't a case, then we have ticked a box and can be surer of other causes of side effects. That's all my paper does, offer a single data point for researchers to factor in.

Since my paper has hit social media with disdain, it has accumulated a ton of attention, from both ends of the spectrum (pro and anti vax groups). Personally, I just want to see safer vaccines for everyone, I don't take sides in this argument, I simply found a data point.

This paper was meant to sit in a medical database for future researchers to use as a tool, but certain people are now making it quite famous, so thank you. Proper journalists (not keyboard warriors) from major networks will make their own decision in the near future, not based on hysteria or hype, but real science. Many of the emails I have received will make for a fantastic story / journalism.

For those of you that read this far, I appreciate you taking the time to get all the facts before getting on the hype or hate train.

I don't attack people from behind keyboards, If I wanted to attack the anti-vaxxers, I would have started a flame war on social media and internet forums, etc, I would not have published a rigid paper on a scientific database intended only for other scientists (that the general public may struggle to

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interpret properly, and many clearly have). I will continue to perform my science diligently. I work to prevent suffering and disease;, but I found a data point which offered very similar symptoms as to what we were seeing, hopefully shining a light on what may be causing some of these strange symptoms, and ultimately making vaccines safer.

Even my friends who are anti-vaxxers will admit that there are extremists on both sides of the fence. Most people remain levelheaded in this debate. I know all of you have seen the occasional crazy with an abundance of conspiracy theories to boot. And I have received some crazy emails over the last week, from me working for Bill Gates, to why I should have factored in crystal healing energy and healing chants (it's quite an insight to see who and what is out there, and again). I am a hardworking researcher that saw a possible cause of very similar symptoms that appeared to have been overlooked by other researchers.

Thanks for taking the time to get more data so you can be more informed.

Friendly reminder, no one has yet made a single argument to debunk the idea that **some** side effects could be caused by mental stress induced ischemia.

What does that tell you?

Kind Regards

Raymond Palmer

P.S Please don't get manipulated by keyboard warriors, as we have legal action being launched against some agitators extremely soon.