

CC Podcast - Introduction

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SPEAKERS

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Welcome to the Covid Castaways podcast. My name is Devin Russell. This podcast features discussions on all things Covid related, including talks with long haulers and the vaccine injured. You can find the podcast and more at covidcastaways.org. Hi, welcome to the Covid Castaways podcast. This is my first podcast. It's just gonna be an introduction as to my background and why I got involved with creating this organization Covid Castaways and why I'm creating a podcast. So my name is Devin Russell. I'm a 36 year old. I'm a male, if you couldn't tell and I'm the founder of Covid Castaways, an organization centered around supporting those with long haul Covid and those who have been injured by the Covid Vaccinations. I live on Long Island, New York. I graduated from Gettysburg College. I've always had a passion for math, solving problems, sports ... really have interests in a lot of different things. And out of necessity, I now have a passion for science, health, and wellness. That has grown into a genuine interest. The original reason for the necessity leading me to become so interested in the health field was the state of my own health. In the summer of 2007, I started suffering from symptoms of Lyme Disease. One morning I woke up with Bell's Palsy, nerve pain, joint pain, my neck hurt, I had extreme fatigue, etc. My life, you know, had just changed in the blink of an eye. The initial antibiotic treatments helped a lot but my symptoms would always come back. This cycle continued for a number of years, but like I said, my symptoms would always come back. Went to doctor after doctor after doctor for my problems. What did I know at the time though? I was in my 20s. I thought doctors are smart. They go to school for eight years and they know all things medical, who am I to question them. They know how to help me. They all seem so confident in their diagnoses, or misdiagnoses, and their treatments as well. I went to Harvard, Johns Hopkins, NYU, Stony Brook, Brown. I saw experts in the Lyme Disease field at all of those places, and other places as well. Most of them didn't understand my issues though. They relied too much on faulty testing, and didn't know treatments outside of antibiotics. This put my antenna up. Maybe they weren't the all knowing infallible beings that I had once thought. After being disheartened by trying to navigate the mainstream United States Medical System, I realized I had to take matters into my own hands and seek alternatives. No one is going to care about your health more than yourself. Not a doctor you see 30 to 60 minutes a month, if that. They see a lot of patients, they have lives. They're very busy human beings. They're probably mostly going to only focus on you when you're in front of their face and they're not going to get all the information out of you about what's going on to make an accurate decision all the time. So you have to take matters into your own hands, which is what I did. But before that all those years of antibiotics had done a lot of harm to me, with seemingly little to no benefit, except for IV Rocephin, which I felt helped me and brought me into a better place for a number of years. But after about nine years of struggling to find something that would

help me significantly, I arrived at a holistic wellness center in the Hamptons on Long Island. A place now called STANDwellness. I had been researching a specific alternative treatment and after finding the location that utilized it, I decided to pull the trigger to try it. I'm happy I did. That treatment gave me my life back in two years, really earlier in some respects. It aided me with my Lyme Disease, Bartonella, Babesia, and other pathogens. A few months into doing the treatment I was offered the position to manage the very same center that was improving my health. After two years, I was back playing basketball working out, living a pretty normal life, working long hours, and having social life as well. At long last! For the majority of 11 years since I was a junior in college, to 2018, I was ill not working much, and not enjoying or living my life much at all. There was no consistency and no way to plan ahead, as I never knew how I would feel. For four years, I managed that holistic wellness center as it grew to partner with an integrative medical practice. There, I learned a lot about Lyme disease and chronic illness in general, as most of the clients and patients were chronically ill. There were jobs that paid better, certainly, but it was very rewarding. I was able to help people in a similar position as me. That was important as they were having the same struggles, finding help that I used to. I could offer a perspective that they could relate to and that was beneficial and I even benefited a lot as well, as I was learning things from everyone the doctors, nurses, other practitioners and clients and patients, just soaking up all the information. My four year run at the clinic unfortunately came to an end when I contracted COVID which continued on as long haul COVID. Since March 14 2020, the last 21 plus months, I have been dealing with hell. Honestly, I would prefer 11 years of chronic Lyme Disease over 21 months of long haul COVID. It's that significant. Just seems much more severe, more uncertain, harder to control, just continues on and on, even though I've gotten better over time, it's still affecting me significantly and there's just a larger unknown aspect with this than even Lyme Disease. I've dealt with hundreds of symptoms, some of them very severe, including GBS, small fiber neuropathy symptoms, delirium, extreme brain fog, and on and on. I've gotten better over the that time in many ways, but I'm going through some severe things particularly neurological, that still hamper me daily to put it mildly, and make my life uncomfortable much of the time. I'll keep fighting until I get better and become more stable physically though. I know it's possible. I've seemingly done the impossible before with chronic Lyme Disease. This all has brought me to Covid Castaways, which I formed about a year ago. I felt I needed to do more to help. From almost the beginning, probably a few months in, I was trying to help others suffering with long haul COVID on Facebook groups and other places. I already had knowledge about the medical system, western and alternative medicine and treatments for chronic illness, and the intricacies of chronic disease, so I felt it was important for me to get involved in the discussion. People who have never had chronic illness or even had to thought about their ... think about their health were in for a shock and I knew this. It's a steep learning curve. They would have to navigate and process a lot very quickly or suffer for longer or worse than they should. The chronically ill know sometimes it can take years to find the right practitioners, treatments, or help in general. I felt I could expedite that for some. Also, doing this was a way for me to do some of what I used to do before I lost my job to due to Covid. It did bring some amount of normalcy back to my life. For several months I spoke with seemed like non stop with hundreds, thousands probably, of long haulers. We exchanged ideas, talked each other off cliffs, and supported each other however we could. It was an important process that you know we weren't gonna be able to achieve anywhere else really because no one knew anything about long haul Covid early on, except for the sufferers. To take on their pain when you're suffering immensely yourself is a tough thing to do, but so many long haulers did this and still do this to help support others going through the same things that they are at the expense of themselves. And I know the Covid Vaccine injured are doing that as well for other injured people. It's very important and it's amazing what these people are doing to support others in need because so many are not believed or listened to. Even family and friends sometimes 'don't believe'. I still needed to

do more to help a bigger audience in a more sustainable way for my health, not that I don't still talk to a lot of people on Messenger. So first, I started with Facebook Groups of which I run two and I'm a moderator in another. I run the Monoclonal Antibodies for Long Haul Covid, where we're taking a look at how Monoclonal Antibodies may help people with long haul Covid and I also run HELP Apheresis for Long Covid USA, which is a group discussing various forms of apheresis and trying to bring HELP Apheresis from Germany to the United States as a treatment for Long Haul Covid as it's been fairly successful for long haulers who have made the trip over over the Atlantic, or who already are over the Atlantic, in Germany or other countries over there. That led me to taking a step further and forming Covid Castaways and creating a website covidcastaways.org. With this organization, I offer support in various ways such as practitioner lists, blog posts, podcasts, interviews, a discounted supplement dispensary, etc, etc. however, I can help really. My original mission was to help other long haulers and learn as much as I could about the disease and how to treat it. This mission expanded as I saw people getting injured by the Covid Vaccines. A number of my family members and friends have been significantly harmed by these shots. I saw long haulers starting to get injured by the shots as well, something I was paying close attention to as I was seriously considering getting the Covid Vaccinations myself. One woman whom I had spoken with in passing started to improve from her Long Haul Covid and decided to get her Covid Vaccination. She quickly went back downhill and couldn't take it unfortunately and committed suicide. It was, It was tragic. Unfortunately, that is not the only story like that. There are other long haulers and other vaccine injured who have also committed suicide, so it's a, it's an immense struggle going through these diseases, these illnesses. I'm embarrassed by what's going on by the governments, the media, social media, and big corporations in the pharmaceutical industry. People are being censored talking about their own Covid Vaccine injuries. Covid Vaccine trial injury data is being distorted or altogether ignored. We can't let this go on. Safety is important and we do not have accurate safety data at the moment. Not even close. The Covid Vaccine injured and Covid Long Haulers need help, and they need to not be ignored. Bringing attention and support to Long Haul Covid and Covid Vaccine injuries is important to me. I also want to make people aware that these things are occurring and these people are suffering immensely. Some don't know Long Haul Covid exists still and this is two years into Covid now. Even some doctors don't give it credence. Even when people have a positive Covid 'test' in the past, they still don't admit that what that person is suffering from is Long Haul Covid and of course Long Haul Covid is kind of an umbrella term for anybody who's been sick for an extended period of time after contracting Covid. Doesn't necessarily mean persistent virus, but it kind of takes that into account, spike protein involvement, reactivated pathogens, etc, etc, immune dysfunction, that sort of thing. So, the fact that doctors don't know that's going on is, is and don't give it credence is also embarrassing as it's been fairly widely studied at this point. Many also don't know the true extent of Covid Vaccine injuries. Quite frankly, no one knows the extent of injuries and deaths happening, but I would bet it's much more than what we are being told at the moment. It's kinda like they don't even want to know the true number. There is no benefit to it, quite frankly, other than the safety of individuals, of course, which might come secondary to some other motives. Within the next year, I think we will know more about vaccine injuries, I don't think it's going to be pretty and that really will only be part of the picture because you know, it's just not possible to gather all this information, it's just not possible. So many people are gaslit by their doctor, gaslit by their friends and family, and it's just shrugged off is something else. It's coincidence, you got sick with something strange, all of a sudden, two weeks after your vaccine it must be something else. So that is going on left and right. Especially when it's not of popular opinion to talk about Covid Vaccine injuries or admit you have one. You might get ostracized, you may get bullied, it's, it's really despicable stuff that's going on right now. It should be an open conversation about it because they are happening. I don't think anybody can deny that they're not happening and I believe they're happening at a much higher extent,

to a much higher extent than what is being said. But we should try to actually gather this data. I mean, VAERS is not the best system ... but I digress. I could go on and on about this. So right now, what I'm most nervous about with Covid Vaccinations is the push to vaccinate the 5 to 11 year olds. There doesn't seem to be much sound reasoning to get young children, give them the vaccination. I think it's going to wind up to be a net negative for them, even by the FDA's own statistics it doesn't seem to be much of a positive at all and they're not factoring in all of the vaccine injuries that could possibly happen. There are millions of people around the world already not receiving adequate medical help for their Long Haul Covid or Covid Vaccine injuries. And there are billions not getting proper informed consent at the moment. This is causing massive problems that will be detrimental for society for decades to come. Not being informed of what potential harm you may experience from the Covid Vaccinations, then not receiving acknowledgement your problems are due to the vaccination, and then not getting provided adequate medical care while you suffer in intense misery for months, if not years, if you're still alive, is abhorrent. It shouldn't be tolerated. And no, I'm not anti-Vax. It's really a pathetic tactic. We've seen this definition changed in the dictionary to incorporate anybody that's against mandates for vaccinations. That's strange to me. Anti-Vax should really mean anybody who's against all vaccinations, just against them. I think it's just really a pathetic tactic to use that phrase for people who are skeptical or against simply the Covid Vaccinations, which is one type of pathogen and there are many others, obviously, and many other vaccines. The biggest issues I ever had with vaccinations in general were that adverse events were underreported, as we're seeing now, and it's easy to see how that would happen, and it's very hard to prove that your injury is from a vaccine, which is a problem when collecting data and it makes it easy to sweep a large chunk under, under the rug regarding vaccine injuries, which I think is what we're seeing right now. There's no perfect test to run to let somebody know that you have a vaccine injury. Just like there isn't a perfect test for long haulers to run to say that they have Long Haul Covid. In fact, the tests look quite good all of the time, which makes doctors skeptical of what their patients are telling them and they believe they may have anxiety. I beg to differ. The Covid Vaccines, some of them, use a new type of technology never before used in mass scale on humans, mRNA, these vaccines are for a new type of pathogen, like I said earlier, and these vaccines have been out only about a year and we don't know the long term effects, or really safety profile yet, or how it will affect the immune system in general. And these vaccines cause the body to create spike protein, which seems to be a major cause of disease for those suffering from Long Haul Covid and now from Covid Vaccines as well. On top of that, you have new variants coming out that the vaccines don't seem to be too effective against, like Omicron right now. We will see how that plays out, but I believe at the moment 80 plus percent of people who have gotten Omicron have been vaccinated individuals and 33% of those had the booster. So you might be putting yourself at risk unnecessarily, although it still may help with severe disease, we'll need some more time to see on that. Even the NIH has admitted that Covid, to the Covid vaccine injured, it's probably an immune response to the spike protein. If you can't see there is a difference between these vaccinations and other ones already on the market for other pathogens, I really don't know what to tell you, there's an obvious difference. I don't think you're, you're looking too hard. I think you're looking for what you want to see if, if you're not analyzing it that way. Eventually, the dam will break and for those who knowingly have pushed the Covid Vaccinations that did so dishonestly and at the expense of the well being of individuals, and children now, as well ... it's going to come down on them hard. Until that happens, people need help, people need to be heard, and I'm going to try what I can with my organization and my podcast to help them out. In a later podcast, I'll dive more into my Long Haul Covid experience and my vaccine injured family and friends. For the meantime, I'll be interviewing the Covid Long Haulers, the Covid Vaccine injured, scientists and medical professionals, and talking to various people on all things Covid. I'll probably do a couple of mini sessions just by myself, because I love hearing myself

speaking. No I don't, I don't really. I kind of have a raspy voice because of Covid still, it's affecting my nervous system a little bit still, unfortunately, but probably makes my voice sound better, quite frankly. So that's basically what the podcast is about and that's how I got involved with it and also my background. So I've kind of been in this space for quite a while personally and professionally. I, I know the struggle, so I want to help others along with their struggle. I want to inform people that may not be informed about these Covid Vaccine injuries and also long haulers, since people still don't know about that and how severe that can be and how you want to avoid that at all costs and early treatment might be one way to do that. I would, if I had to go back again, knowing what I know now, you know might be a lot different. If I could ... I would have access to different things and there would be treatments available to me that weren't in March of 2020. So with that being said, I hope you enjoy these podcasts and, and I hope we can learn more about these problems together and I hope the suffering of all these long haulers and Covid Vaccine injured can, can end as quickly as possible and we can get treatments and people to listen to us. That's my hope and thanks for listening.