

Public Chat from March 13, 2026, Research Roundtable by Renegade Research on

Hypercoagulability, Microclotting, and Blood Issues in ME & LC

13:03:19 Renegade Research Links

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13:03:55 Next 2 Events

Long Covid Awareness Day/Week Awareness Day X Space live
Community Dialog, March 17 4 pm EDT
[Set a reminder/attend](#)

Clinician's Roundtable
When the Gut-Brain Axis Goes Wrong:
Mast Cells, Histamine, and Practical Clinical Management
March 27 1 pm EDT, with Dr. Zachary Spiritos, neurogastroenterologist
[Zoom Registration](#)

13:06:07 Pretorius & Kell

Resia Pretorius, PhD - resiapretorius.net

Distinguished Research Prof. of Physiological Sciences Stellenbosch U. in South Africa. She studies how blood coagulation and circulating inflammatory markers act in inflammatory conditions like Type 2 diabetes, RA, psoriasis, neuro-inflammatory conditions like Parkinson's and Alzheimer's, acute COVID-19 and Long COVID/PASC.

[Publications](#)

Douglas Kell, DPhil - dbkgroup.org

Biochemist, Professor of Systems Biology Dept. of Biochemistry, Cell and Systems Biology U. of Liverpool He studies in chemical genomics, network biology, e-science, pharmaceutical drug transporters, iron as a cause of disease, synthetic biotechnology and amyloidogenic clotting in chronic inflammatory diseases, especially Long COVID.

[Publications](#)

13:38:42

A Direct Relationship Between 'Blood Stasis' and Fibrinoid Microclots in Chronic, Inflammatory, and Vascular Diseases, and Some Traditional Natural Products Approaches to Treatment <https://pubmed.ncbi.nlm.nih.gov/40430532/>

13:40:47 Dr. Kell's Long Covid page: <https://dbkgroup.org/longcovid/>

13:41:17 Jordan Vaughn, MD

medhelpclinics.com/service/long-covid-clinic

Physician, researcher at MedHelp in Birmingham, AL. Founder & Pres. of Microvascular Research Foundation for Spike Protein & Long COVID - <https://mvresearch.org>
His work follows the spike protein's ability to cause endothelial damage and clotting in microcapillaries. He uses immunofluorescent microscopy to diagnose amyloid fibrin in blood.

13:59:56 Previous Renegade Research Roundtable on
"Orthostatic Flow Syndrome" & Pelvic Venous Insufficiency
April 2025, Steve Smith, MD

[Presentation & Q&A \(Brooke Spencer is a panelist, over 3 hours\)](#)

[Presentation Only \(1 hr 17 minutes\)](#)

Renegade Research Document:

[Info About and Practitioners Helping with "Orthostatic Flow Syndrome"](#)

(The Plumbers including Dr. Spencer at MIPS near Denver)

14:01:05 Jill Schofield, MD

centerformultisystemdisease.com

Founder and Director of the Center for Multisystem Disease, and Clinical Associate Professor at University of Colorado She works in antiphospholipid syndrome, autoimmune dysautonomia (and underlying causes in kids and adults conservative therapies fail) and mast cell activation syndrome.

[Publications](#)

14:06:24 From Douglas Kell

We rehearsed linkages between APS and fibromyalgia here; may be of interest.

Kell, D. B. and Pretorius, E. (2026) Some potential roles of fibrin amyloid ('fibrinaloid') microclots in fibromyalgia syndrome. Int J Adv Med Clin Therapeut. 3, 1-38.

<https://doi.org/10.31219/osf.io/9e2y5> or <https://ijamct.com/ijamct/article/view/24>

14:12:55 Dr. Haughton (speaking) is part of our [Medical Practice and Coaching Programs](#)

14:21:27 From Kat: Many of the mast cell stabilizing effects of Aspirin are via TRPs (TRPA1-shared with Curcumin; TRPV1 - shared with Azelastine; and TRPM7 - a very interesting one, less studied)

14:21:46 From Dr. Vaughn: metformin also lowers PAI-1

14:35:28 Mechanobiology in the Comorbidities of Ehlers Danlos Syndrome

<https://pubmed.ncbi.nlm.nih.gov/35547807/>

14:36:37 From Dr. Kell:

Kell, D. B. and Pretorius, E. (2025) The proteome content of blood clots observed under different conditions: successful role in predicting clot amyloid(ogenicity). Molecules. 30, 668.

<https://doi.org/10.3390/molecules30030668>

14:42:45 Kat Boniface is also on the Renegade Research Coaching/Medical Telehealth team With John Haughton, and Isabel Ramirez-Burnett renegade-research.org/coaching

14:48:31 From Douglas Kell:

Wright, C., Kell, D. B., Pretorius, E. and Putrino, D. (2025) Treatment of Long Covid with enoxaparin. Cardiopulmonary Phys Ther J. 36, 70-73.

<https://doi.org/10.1097/CPT.0000000000000276>

14:49:17 Dr. Vaughn mentioned upcoming speaker Zac. Here is the info:

Clinician's Roundtable

When the Gut-Brain Axis Goes Wrong: Mast Cells, Histamine, & Practical Clinical Management
March 27, 2026 1 pm EDT US

with Zachary Spiritos, MD, neurogastroenterologist [Zoom Registration](#)

14:50:15 Pycnogenol - French maritime pine bark extract

14:57:12 Here is an X thread with pictures on looking at the nail folds

<https://x.com/Friesein/status/1919363545025708203>

14:58:51 From Dr Kell:

Kell, D. B. and Pretorius, E. (2025) On the utility of nailfold capillaroscopy in detecting the effects of fibrinaloid microclots in diseases involving blood stasis. Immune Discovery. 1, 10011.

<https://doi.org/10.70322/immune.2025.10011>

15:00:43 From Douglas Kell:

Significant commonalities in pre-eclampsia and long covid:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10371070/>

15:01:53 From Douglas Kell

Preeclampsia in the Context of COVID-19: Mechanisms, Pathophysiology, and Clinical Outcomes <https://pmc.ncbi.nlm.nih.gov/articles/PMC11384281/>

15:04:14 From EB

Diagnosis of mast cell activation syndrome: a global "consensus-2"

<https://pubmed.ncbi.nlm.nih.gov/32324159/>

15:08:40 From Dr. Kell:

Pretorius, E., Oberholzer, H. M., van der Spuy, W. J. and Meiring, J. H. (2010) The changed ultrastructure of fibrin networks during use of oral contraception and hormone replacement. *J Thromb Thrombolysis*. 30, 502-506. <https://doi.org/10.1007/s11239-010-0502-4>

15:09:00 From Dr. Kell to Everyone:

Swanepoel, A. C., Visagie, A., de Lange, Z., Emmerson, O., Nielsen, V. G. and Pretorius, E. (2016) The clinical relevance of altered fibrinogen packaging in the presence of 17beta-estradiol and progesterone. *Thromb Res*. 146, 23-34.

<https://doi.org/10.1016/j.thromres.2016.08.022>

15:11:36 From Dr. Kell:

Schofield, J., Abrams, S. T., Jenkins, R., Lane, S., Wang, G. and Toh, C. H. (2024) Microclots, as defined by amyloid-fibrinogen aggregates, predict risks of disseminated intravascular coagulation and mortality. *Blood Adv*. 8, 2499-2508.

<https://doi.org/10.1182/bloodadvances.2023012473>

15:13:07 From Dr. Kell:

Eryptosis (misshapen RBCs very common in all these diseases. Many early papers by Resia, one or two with me, e.g.

1 de Villiers, S., Bester, J., Kell, D. B. and Pretorius, E. (2019) Erythrocyte health and the possible role of amyloidogenic blood clotting in the evolving haemodynamics of female migraine-with-aura pathophysiology: Results from a pilot study. *Frontiers Neurol*. 10, 1262.

<https://doi.org/10.3389/fneur.2019.01262>

2 Pretorius, E., Swanepoel, A. C., Buys, A. V., Vermeulen, N., Duim, W. and Kell, D. B. (2014) Eryptosis as a marker of Parkinson's disease. *Aging*. 6, 788-819.

<https://doi.org/10.18632/aging.100695>

15:14:00 From Dr. Vaughn:

<https://snisonline.org/venous-summit-preliminary-program/>

15:14:23 From Dr. Kell:

- 1 Brun, J. F., Varlet-Marie, E., Myzia, J., de Mauverger, E. R. and Pretorius, E. (2022) Metabolic Influences Modulating Erythrocyte Deformability and Eryptosis. *Metabolites*. 12, 4.
- 2 Pretorius, E., du Plooy, J. N. and Bester, J. (2016) A Comprehensive Review on Eryptosis. *Cell Physiol Biochem*. 39, 1977-2000. <https://doi.org/10.1159/000447895>

15:18:29 From Dr. Kell:

Kell, D. B. and Pretorius, E. (2018) No effects without causes. The Iron Dysregulation and Dormant Microbes hypothesis for chronic, inflammatory diseases. *Biol Rev*. 93, 1518-1557. <https://doi.org/10.1111/brv.12407>

15:18:57 From Dr. Kell:

Itzhaki, R. F., Lathe, R., Balin, B. J., Ball, M. J., Braak, H., Bearer, E. L., Bullido, M. J., Carter, C., Clerici, M., Cosby, S. L., Del Tredici, K., Field, H., Fulop, T., Grassi, C., Griffin, W. S. T., Haas, J., Hudson, A. P., Kamer, A., Kell, D. B., Licastro, F., Letenneur, L., Lövheim, H., Mancuso, R., Miklossy, J., Otth, C., Palamara, A. T., Perry, G., Preston, C., Pretorius, E., Strandberg, T., Tabet, N., Taylor-Robinson, S. D. and Whittum-Hudson, J. A. (2016) Microbes and Alzheimer's Disease. *J Alzheimers Dis*. 51, 979-984. <https://doi.org/10.3233/JAD-160152>

15:19:32 From D.:

Pretorius, E., Akeredolu, O.-O., Soma, P. and Kell, D. B. (2017) Major involvement of bacterial components in rheumatoid arthritis and its accompanying oxidative stress, systemic inflammation and hypercoagulability. *Exp Biol Med*. 242, 355-373. <https://doi.org/10.1177/1535370216681549>

15:33:33 From Dr. Kell:

Grobler, C., Maphumulo, S. C., Grobbelaar, L. M., Bredenkamp, J., Laubscher, J., Lourens, P. J., Steenkamp, J., Kell, D. B. and Pretorius, E. (2020) COVID-19: The Rollercoaster of Fibrin(ogen), D-dimer, von Willebrand Factor, P-selectin and Their Interactions with Endothelial Cells, Platelets and Erythrocytes. *Int J Mol Sci*. 21, 5168. <https://doi.org/10.3390/ijms21145168>

15:43:37:

Dalton, C. F., de Oliveira, M. I. R., Stafford, P., Peake, N., Kane, B., Higham, A., Singh, D., Jackson, N., Davies, H., Price, D., Duncan, R., Tattersall, N., Barnes, A. and Smith, D. P. (2024) Increased fibrinolytic microclot counts in platelet-poor plasma are associated with Long COVID. medRxiv, 2024.2004.2004.24305318. <https://doi.org/10.1101/2024.04.04.24305318>

End of chat.