

# Fitness Enthusiasts Are Dying Suddenly. 16 Sudden Deaths Examined

Personal trainers, fitness instructors & influencers, jiu-jitsu, crossfit, gym goers - high risk of sudden death!

By [Dr. William Makis](#)

Theme: [Science and Medicine](#)

Global Research, September 04, 2023

[COVID Intel](#)

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*Aug. 28, 2023 - Larissa Borges, 33 year old Brazilian fitness influencer died suddenly on Aug.28, 2023 after suffering double cardiac arrests. She was traveling in Gramado, Brazil when she had 1st cardiac arrest, went into a coma, then had a 2nd cardiac arrest that was fatal.*



### Fitness Influencer, 33, Dies of Double Cardiac Arrest

Police are investigating why Larissa Borges of Brazil died after having back-to-back cardiac episodes

By **Cara Lynn Shultz** | Updated on September 1, 2023 10:55AM EDT

Larissa Borges, a 33-year-old fitness influencer from Brazil, died suddenly on Monday after suffering back-to-back cardiac episodes.

The [Instagram](#) star, who is from Brazil's Federal District, was traveling in Gramado when she [went into cardiac arrest on August 20](#), according to a local news report from [G1](#).

Borges went into a coma and remained hospitalized for a week, the report says, until she went into a second cardiac arrest, which was fatal.



Aug. 22, 2023 – Northern Ireland – 30s year old Irish doctor Dr. Sean McMahon collapsed in the FITNESS SUITE at Craigavon’s South Lake Leisure Centre on Aug. 22, 2023 and died



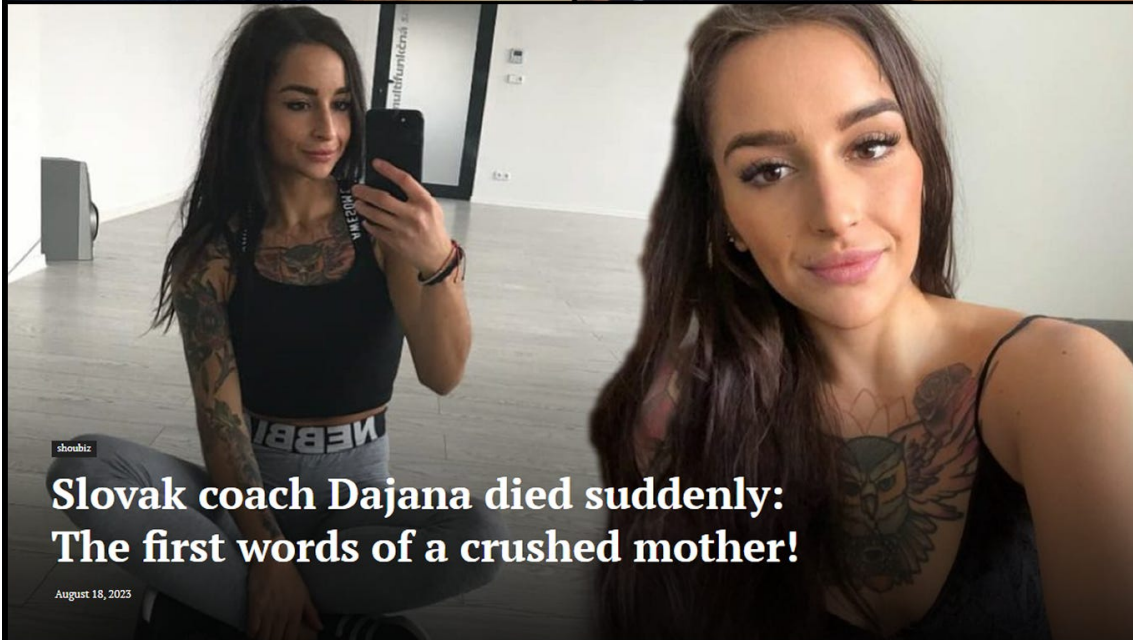
suddenly. He was due to get married in 4 days.

## Young doctor who died after collapsing at leisure centre was due to marry on Friday



*Dr Sean McMahon*

Aug. 10, 2023 - Slovakia - 28 year old Dayana Dulovcova, personal trainer who has been training since age 16 was found dead in the bathtub in her apartment by her mother on Aug. 10, 2023.



## Slovak coach Dajana died suddenly: The first words of a crushed mother!

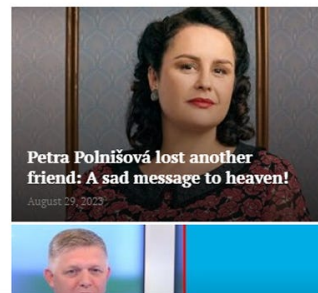
August 18, 2023

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Recently, Slovakia lost two popular and energetic trainers who had their whole lives ahead of them. **Diana Hô Chí died on August 9**, with her body found at sea level, assuming that **died of a heart attack or a stroke**. However, there are a number of questions about the causes of Dajana Dulovc's death, to which her crushed mother spoke.

Personal trainer **Dajana Dulovcová died on August 10**, last breathed at the age of 28. Her death is a great mystery to family and friends, as she was an active woman who had been practicing since she was 16 years old. She should not have been bothered by any serious

### Latest articles



July 2023 - Dallas, TX - 57 year old Kathryn Wyant Huffman, a nurse at Medical City Dallas Hospital died suddenly in early July 2023. She was preparing for a fitness competition when she died.



# Nurse who blamed COVID on 'Right-wing conspiracy news' dies suddenly

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Healthcare worker blamed President Trump for mask refusal

Posted by Yudi Sherman  
July 18, 2023 | 03:11 AM

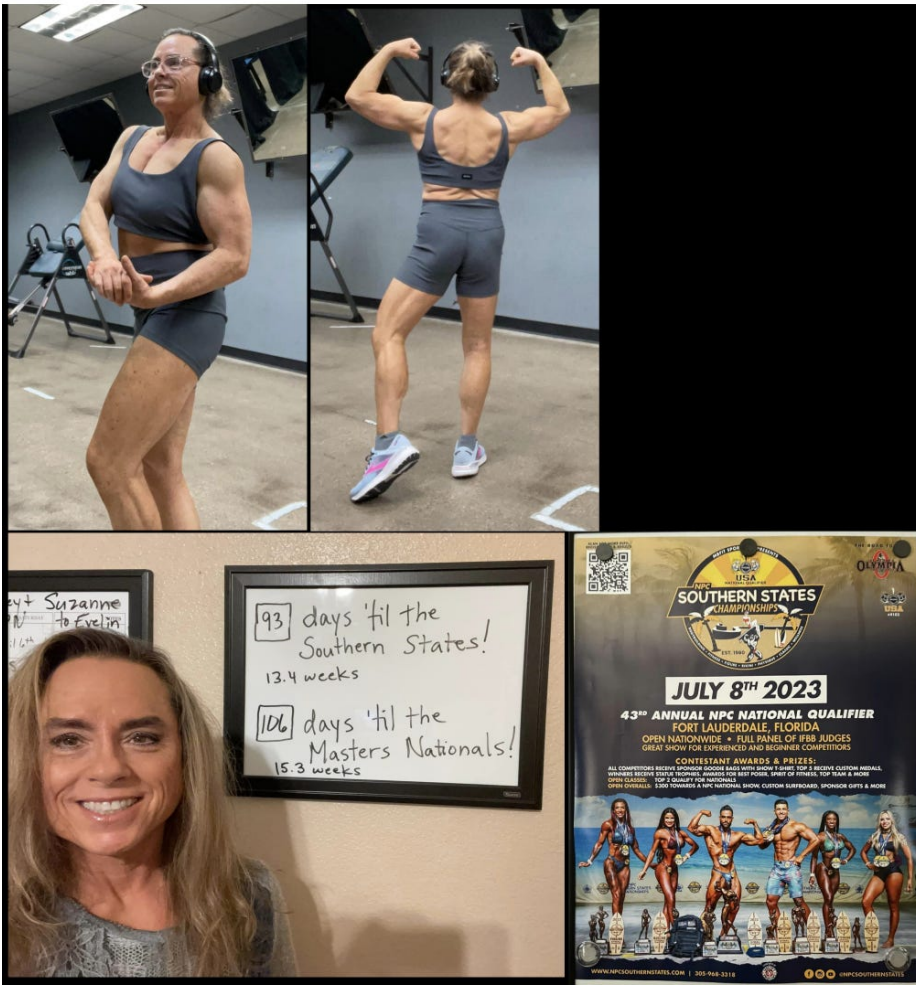


A Texas nurse who blamed COVID-19 on "Right-wing conspiracy news outlets," the unvaccinated, and those who didn't wear masks, died suddenly this month. No cause of death has been revealed.

Kathryn Wyant Huffman worked as a float nurse at Medical City Dallas Hospital and would rant on social media about those who were not compliant with mandates, while lauding those who took the injections as having "good sense and courage".

In November 2020, Huffman took to Facebook to shame people she saw not wearing masks, claiming they "watch a lot of Fox News". The then-57-year-old praised those who complied with

Kathryn Wyant Huffman added a new photo.  
Sep 14, 2021 · 6



July 4, 2023 - Goiania, Brazil - 22 year old personal trainer Daniel Ribeiro da Silva was found dead inside his house on July 4, 2023. Cause of death suspected to be cardiac arrest.

## 22-YEAR-OLD PERSONAL TRAINER FOUND DEAD INSIDE THE HOUSE

07/05/2023 18:02

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*Personal trainer Daniel Ribeiro da Silva, 22*

Collaborated: Larissa Feitosa

Personal trainer Daniel Ribeiro da Silva, 22, was found dead inside the house in Goiânia. The cause of death has not yet been confirmed, but according to the Fire Department, it is initially a cardiac arrest.

The case took place on Tuesday afternoon ( 4 ), at Jardim Nova

July 2, 2023 - Rio de Janeiro, Brazil - 18 year old Luiz Nathan, one of the greatest talents in the world of Brazilian Jiu-Jitsu died suddenly on July 2, 2023.



# Luiz Nathan, One Of The Greatest Talents In The BJJ World, Passes Away At Age 18

🕒 JUL 03, 2023 👤 BJJEE1 Admin 📄 Articles, BJJ News



**Luiz Nathan**, one of the greatest talents in the world of Jiu-Jitsu, has passed away last Sunday (July 2) in Rio de Janeiro.

The 18-year-old was a blue belt under **Professor Márcio de Deus**. According to **Tatame**, no further information about the cause of death is known.

Nathan was one of the most talented BJJ athletes of his generation.

He had won the CBJJ Brazilian Nationals for a total of four times, in addition to being a four-time champion of the IBJJF South American championships.

Earlier this year, in March, Luiz Nathan won the biggest title of his career: a gold medal at the IBJJF Pan American Championship.

He didn't concede a single point in any of his six bouts and had a spectacular performance.

## RECENT P



🕒 AUG 03, 2023 📄



🕒 AUG 03, 2023 📄



June 24, 2023 - Glastonbury, CT - 44 year old Susana Barraza Herrick, DMD, dentist and owner of Herrick Family Dentistry, youth lacrosse coach and CrossFit fitness enthusiast died suddenly in Miami, FL, on June 24, 2023.



### Susana Herrick 1979 - 2023

#### Obituary of Susana Herrick

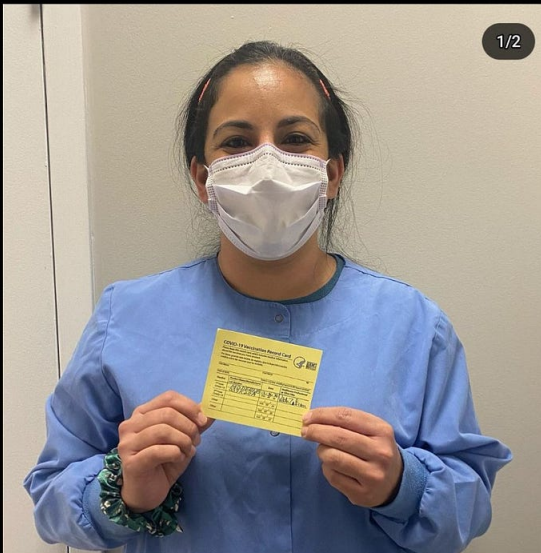
Susana (Barraza) Herrick, D.M.D., 44, of Glastonbury passed away unexpectedly on Saturday, June 24, 2023 in Miami, FL. She was the beloved wife of Zachary D. Herrick.

Born in Elmhurst, NY, Susana was the daughter of Ana (Pinedo) Barraza and the late Manuel Barraza. She was the owner of Herrick Family Dentistry in Glastonbury.

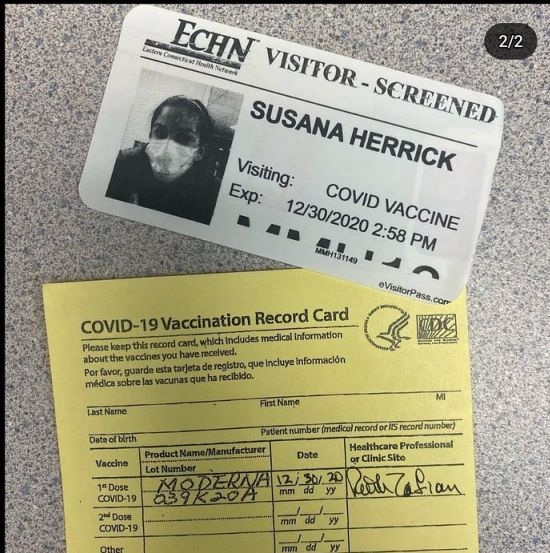
In addition to her husband and mother, Susana is survived by her two loving daughters Isabella and Gabriella, her sister Karina Towne of Ridgefield, her sister Mariela Winter and her husband Jeremy of Ridgefield, her brother Roberto Barraza and his wife Marisol of PA, her sister Monica Barraza of Argentina, her father-in-law and mother-in-law Michael and Carolyn Herrick of Norwich, her brother-in-law Nathan Herrick of NJ, her brother-in-law Aaron Herrick and his wife Lindsey of Southington, her nieces and nephews Madison and Emilia Towne,

More than anything, Sue was proud of her two daughters, Isabella "Izzy" and Gabriella "Gabby". She loved watching them compete in gymnastics, lacrosse, swimming, basketball, and more. Sue enjoyed family trips to the beach in Rhode Island, working out at the local CrossFit gym, coaching youth lacrosse and basketball, and attending concerts with her friends and family. Sue was the perfect complement to Zach, her loving husband of over 15 years. She will be remembered by all who met her by her big smile and infectious laugh.

sueherrick



sueherrick



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May 27, 2023 - Limerick, Ireland - 32 yo European fitness model champion & nurse Judy Fitzgerald died unexpectedly on May 27, 2023.





## Tragedy as Miss Bikini Ireland and First Dates Ireland star Judy Fitzgerald dies 'unexpectedly' aged 32

- Judy Fitzgerald, who was also a wife, died on Saturday
- READ MORE: Ava Barry, 13, dies campaign to access medical cannabis to treat rare syndrome that caused her 20 seizures a day

By MARIA CHIORANDO FOR MAILONLINE

PUBLISHED: 09:45 EDT, 30 May 2023 | UPDATED: 11:15 EDT, 30 May 2023

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A former Miss Bikini Ireland has died 'expectedly' aged 32, prompting an outpouring of tributes.

Judy Fitzgerald from Co Limerick also known for her appearance on First Dates Ireland last year, after she featured on the programme last March.

She passed away on Saturday according to a death notice, which said she will be 'sadly missed by her heartbroken parents Liam and Imelda, sister Lucy, brother William, brother-in-law Pedro'.

The former Miss Bikini Ireland, who was crowned in 2014, was a qualified fitness instructor working to pursue a career in the fitness modelling industry.

She was regularly featured in national newspapers, as well as gracing the cover of multiple glossy magazines.

In a tribute to the 32-year-old, she wrote: 'Sadly our beautiful friend flew to heaven...along with her family and friends, a huge community are heartbroken, devastated, and in utter shock.'

May 19, 2023 - Nousty, France, 31 year old Sandra Badie, World runner up Jiu-jitsu champion, and practitioner of judo, karate and aikido, died suddenly of a cardiac arrest during the night of May 18/19.



April 21, 2023 - Naples, FL - 35 year old Amy Brooke Jordan, a certified personal trainer who studied kinesiology died suddenly in her sleep on April 21, 2023.



**OBITUARY**

*Amy Brooke Jordan*

JULY 28, 1987 - APRIL 21, 2023

*Amy Brooke Jordan, age 35, of Naples, Florida passed away on Friday, April 21, 2023.*

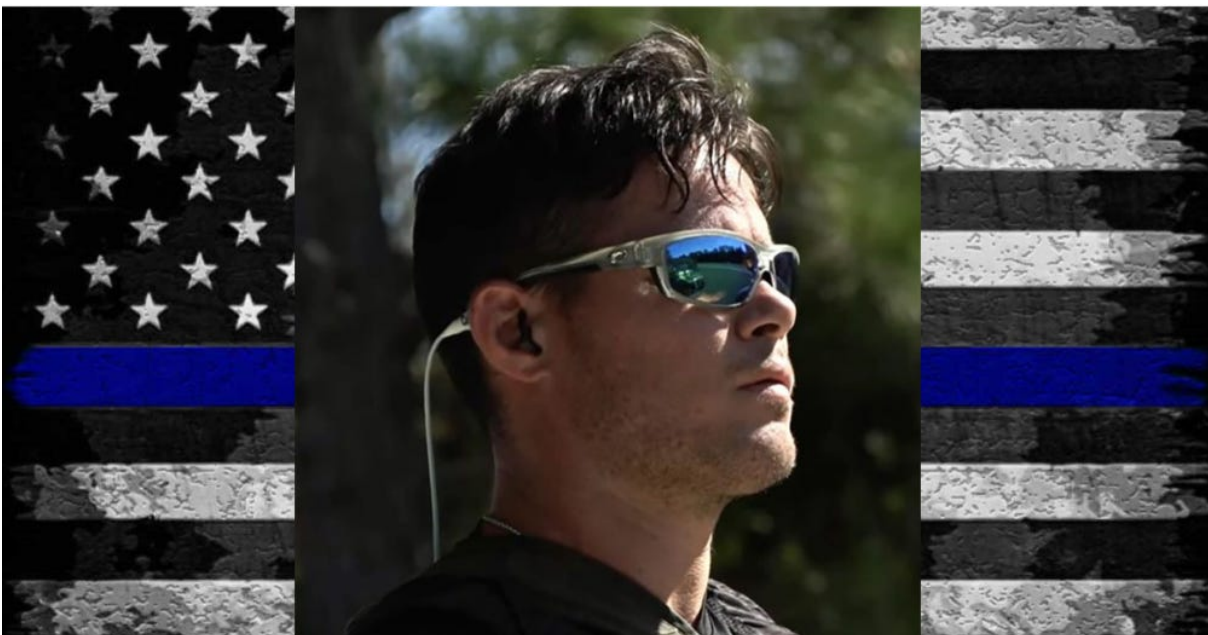


**Michael Jordan**

2d · 🌐

I've lost my baby. My everything. I have no answers as to why. I may not know for weeks or even months. She passed in her sleep. But she's gone and I want her to come home. I promise I'll share more but for now I can't do anything. I want say everything but nothing sounds right. Nothing will ever be right without my baby.

March 26, 2023 - Orange County, FL - 31 year old Sheriff's Deputy Michael Milmerstadt died suddenly on March 26, 2023 after suffering a brain injury during training session at gym which started out as severe headache after his workout.



March 25, 2023 - Uruacu, Brazil - 24 year old personal trainer Jhonatan Saraiva had a sudden medical emergency while swimming in a lake on March 25, 2023 and died unexpectedly. He leaves a pregnant wife.



# In Uruaçu, young man drowned in Lake Serra da Mesa after having a sudden illness during the dive

Jhonatan Saraiva leaves his wife pregnant. He worked at a Power academy and was a bodybuilder. Death caused a great commotion in the city.



Published March 27, 2023



Victim Jhonatan Saraiva was 24 years old and a personal trainer.

Feb. 6, 2023 - 55 year old fitness industry leader Laurie McCartney died suddenly on Feb. 6, 2023. She supported Biden's COVID-19 vaccine mandates in fitness facilities, gyms, health clubs, etc. "gyms should take the necessary steps prescribed by government to stay open".



As we celebrate the life of our dear friend, mentor and colleague Laurie McCartney, who passed away unexpectedly at the age of 55 on Monday, February 6th, we wanted to reflect on her deep impact on our organization and share more about her life and successes inside and outside of Ascend Learning.

Laurie joined Ascend Learning in 2016 and was President of our Fitness & Wellness segment, where she provided visionary leadership for the teams at the National Academy of Sports Medicine (NASM), Athletics and Fitness Association of America (AFAA), and Club Connect. Powered by Laurie's innovative and creative business strategies, these brands have significantly expanded on their mission to prepare today's fitness and wellness professionals for successful careers.

**IHRSA** @IHRSA · Feb 17  
Laurie was a beloved colleague, partner, and industry leader. She held the standard high for a generation of women and industry leaders who followed her distinguished career. IHRSA and our members are crushed by the news of her passing. — Liz Clark  
[bit.ly/3XDcFJV](https://bit.ly/3XDcFJV)



As the Global Health & Fitness Association, IHRSA released the following statement in regards to the new CDC guidelines and vaccine mandates.

*The health, safety, and well-being of health club members is—and always has been—the utmost priority of the industry. IHRSA believes that all health clubs must adhere to best practices and government guidelines.*

*We know that vaccines are a critical tool against COVID-19 and for getting us out of this pandemic, so too is exercise. Many health clubs offered their facilities as vaccination sites and support the vaccinations of their members. As a natural extension of the healthcare continuum, health clubs are essential to public health, and they should remain open and therefore take the necessary steps prescribed by government to stay open.*

Feb. 1, 2023 - UK Teacher, Katy Hancock, age 32, died of brain aneurysm on Feb. 1, 2023 was described as “massively fit and healthy” by her dad but collapsed of a brain aneurysm while teaching a fitness class.





Katy collapsed due to a brain aneurysm

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## 'Funny and fit' mum, 32, dies after collapsing as she taught exercise class

Katy Hancock, 32, from Cambridgeshire, was described as "massively fit and healthy" by her dad but tragically collapsed of a brain aneurysm while teaching a fitness class and later died in hospital

[Jan. 23, 2023](#) - Whitehaven, UK - 26 year old school teacher Rachel Morgan died unexpectedly on Jan.23, 2023 She was a year 1 teacher at Kells Infant School. Rachel had a passion for health and fitness and was a keen member of her local gym, jogged regularly.

Dec. 14, 2022 - Brazil - 16 year old aspiring model and Brazilian Jiu-Jitsu practitioner Andressa Santos Monteiro died suddenly in her sleep on Dec. 14, 2022 from a sudden cardiac arrest. She had started suffering from seizures at school a few months prior to her death.

### My Take...

**It's becoming harder and harder to keep up with reporting the endless sudden deaths.**

When a prominent fitness influencer like **Brazilian Larissa Borges** dies suddenly (**of double cardiac arrest**), the news overshadows and pushes out all other similar recent deaths.

**There has been a recent cluster of these deaths of "fitness enthusiasts".**

In this article I focused on **regular people who were not professional athletes.**

These were people who were **personal trainers, fitness instructors, fitness enthusiasts, crossfit practitioners, brazilian jiu-jitsu practitioners and regular gym**

goers.

As always, the **causes of death are typical for COVID-19 vaccine injury - vast majority are cardiac arrests, and then the occasional “died in sleep”, blood clots or brain injury.**

COVID-19 mRNA vaccination is not just dangerous for professional athletes but is **extremely dangerous for anyone who is a fitness enthusiast.**

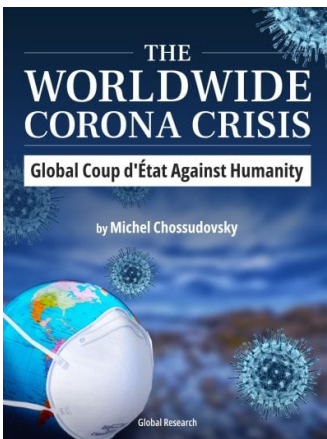
Doctors did not disclose these risks of **sudden death after COVID-19 vaccination** to their patients and that a person who is **deeply involved in fitness, has a much higher risk of sudden death.**

**In my opinion, COVID-19 vaccinated individuals should not engage in any strenuous physical activity until they have an extensive cardiac work-up and are cleared by a team of specialists.**

\*

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***Dr. William Makis** is a Canadian physician with expertise in Radiology, Oncology and Immunology. Governor General’s Medal, University of Toronto Scholar. Author of 100+ peer-reviewed medical publications.*



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**by Michel Chossudovsky**

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*“My objective as an author is to inform people worldwide and refute the official narrative which has been used as a justification to destabilize the economic and social fabric of entire countries, followed by the imposition of the “deadly” COVID-19 “vaccine”. This crisis affects humanity in its entirety: almost 8 billion people. We stand in solidarity with our fellow*



*human beings and our children worldwide. Truth is a powerful instrument."*

**ISBN:** 978-0-9879389-3-0, **Year:** 2022, PDF Ebook, **Pages:** 164, 15 Chapters

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