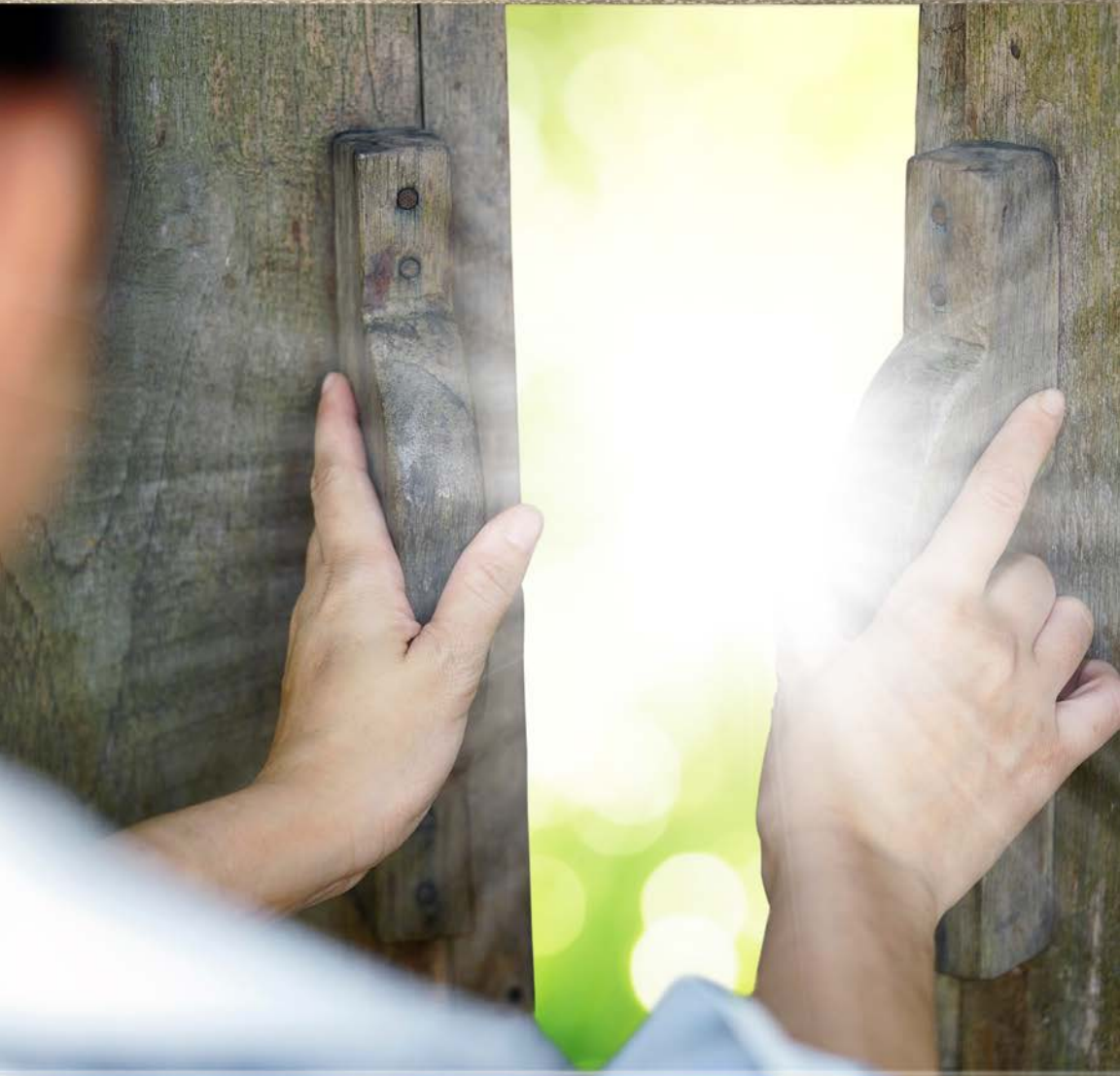


# How To Detox From The Covid-19 “VAX”

**A Collection of Protocols**



**MARYAM HENEIN**

# HOW TO DETOX FROM THE COVID-19 “VAX”

Maryam Henein

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The contents of this guide are based upon research done for the author. The information is not intended to replace a relationship with a qualified health care professional and is not intended as medical advice. You are encouraged to make your own health care decisions based upon your own research and in partnership with a qualified healthcare professional.

This book is dedicated to all of the injured people who have been victims of a silent but blatant culling, and to those who have been misled and who rejected us because of their ignorance.

May God bless us all.

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# INTRODUCTION

Many people who took the Covid19 jab are now seriously regretting it. Vaccine injury reports are now at over 1,500,000. In truth, this is the deadliest vaccine ever in the history of man. What can be done? Is it possible to detox from the COVID-19 gene therapies? This guide consists of a compilation of methods for doing just that.

This guide is an attempt to save your life, and help you recover as much as possible from the potential devastation caused by the COVID-19 “vaccines.” Not everyone has received the same level of poisoning. Medical whistleblowers have revealed there were different batches doled out. Many received saline and were inadvertently enrolled into the “The Advocate Method,” meaning they are fine and go on to ostensibly defend Big Pharma and gas light their brothers and sisters. This is what also creates the illusion that the vaccines are “safe and effective.” Even though it is a FACT that this is the deadliest most dangerous vaccine-non-vaccine-ever in the history of mankind. Keep in mind that the adverse events data is usually less than 1% of the actual adverse events. Vaccine adverse events data are typically 100x higher than reported. The reason for this is explained in our Vaccine Death Report. There you can also read in depth data on the adverse events of the covid vaccines worldwide.

Based on my hundreds of hours of research, I believe they are testing different levels of nanotech, graphene oxide, MRNA and spike protein. Other batches were only mildly toxic and then there were some that were severely toxic, causing the 9,000 possible adverse effects that Pfizer tried to hide for 75 years. The result is what I call A Silent

Blatant Culling, which is happening without the world being aware. It's a stunning satanic feat.

If you are in possession of the batch code of the vaccine you received, you can check how bad it was compared to others, at this website [How Bad Is Your Batch](#). You can request the batch code at the vaccination location, if you know what date and time you were injected. If you are not fully aware yet about the unspeakable destruction caused by these highly toxic injections, then make sure to download and read the [Vaccine Death Report](#) first. It will explain the dire need for this Vaccine Detox Guide to follow. And if you want to understand the problem before delving into solutions check out my ebook titled:

## **Understanding The Mechanisms Of the Covid-19 "Vaccines": Introducing Gene Therapy mRNA Modification**

Suffice to say that the different batches make it complex to try and help the world. Detoxing from the injections is therefore not an exact science. Rather it is a journey to both discovery of what is going on in your body, as well as a journey to recovery. There is no easy solution for this attack on humanity. Despite what some liars and deceivers will tell humanity, there is no single pill or bottle that will fix this.

The vaccines are proven to contain several highly dangerous substances, like self assembling nanotechnology, parasites, graphene oxide, spike proteins, and it damages the human DNA.

Detoxing from nanotechnology is uncharted territory. Good hearted scientists - who don't accept bribes to

destroy humanity, but who pay a high price of persecution to save humanity - are seeking the best treatments to help you. In this guide you will find some of what has been found to work, at this point in time.

Please understand that this guide is not a simple fix, but rather a starting point for all who desire to learn how they can discover recovery for themselves and their beloved ones. If you demand an instant solution, I wish you luck. There is no such thing as a quick fix for something as severe as the experimental DNA altering, immunity destroying injections that contain a variety of unknown toxins, developed by insane psychopaths who work for highly criminal dark financiers. All we can do is guide you the best we can, trusting that you will do the right thing.

# THE JOURNEY OF DETOXING

When we talk about detoxing, it is imperative that we start at the beginning. I am sorry to say this, but if you have a lifestyle of eating highly toxic, industrially processed food products that constantly poison your entire body, then you must understand that beginning a detox will erupt a volcano. Our modern day society is submersed in toxic waste products that are falsely marketed as food. Most of what we buy in the supermarket is dangerous to our health, and will cause severe intoxication of our cells and organs.

There is a vast wealth of excellent resources for self-education about the grave dangers of industrially processed “food”, and the pathway to a healthier lifestyle.

The essence is that industrial processing mechanisms destroy all living elements and natural minerals in food, resulting in waste products that are not only void of nutrients, but rich in toxins. These food products don't build our body, but deplete it. The highly processed food products no longer contain the wealth of natural elements required to properly digest it. In order to break down this “trash”, our body needs to give up essential minerals like magnesium.

Natural food is rich in minerals and other elements which build and restore our body. Industrially processed food products on the other hand rob our body from these essential elements, and cause us to become depleted. This is the main cause of modern day disease. We eat products that deplete our body, instead of building it. Because of the high amount of sugar, these products do provide some short term energy, but on a deeper level it steals the



resources of our body. That's why so many people suffer from fatigue, depression, anxiety, brain fog, headache, inflammation, etc. Their bodies are on the one hand completely depleted, and at the same time severely intoxicated. That's the "blessing" of the industrial food complex.

When we consume a lot of industrial food products from the supermarket, and we start a process of detoxing, we can encounter significant detoxing symptoms. Therefore it is critical that you do this detox with an experienced health practitioner, who can monitor how your body reacts to the process of detoxification. Do not attempt to do these protocols without medical supervision. Find a good - preferable natural - health practitioner who is experienced in detoxing the human body.

Once you start releasing the large amounts of toxins that are stored deep inside your body, the overload of released toxins can be dangerous for some people.

Many people in our world have been lied to severely by the highly criminalized health industry, that tells us we can solve everything with yet another pill. That is the worst lie in all of medical history. We need to grow up, become mature adults who use common sense and wisdom, and learn to persevere on the road to true healing. It takes character, more than anything else. I need to say this, in order to prevent you from hurting yourself, because of wrong expectations.

The good thing about this journey is that at the end you will come out much wiser, stronger, more mature with a refined character, and a far more beautiful person. Forget

the “fix my shit” mentality, and learn to take responsibility for your own actions.

## **Build a Good Foundation**

When we start detoxing, we must work from a good foundation. You can't build something on a crooked base. The only way true detox and recovery will ever work, is if you start at the beginning, which is what you eat, drink and your overall lifestyle.

We all saw the people who are severely obese, because they constantly consume trash, destroying everything inside their body, only to line up to get an injection to “protect” them from covid. The insanity of this is mind blowing, and the fact that many health workers support this kind of behavior is downright shocking. If you live like you are a trash can, and dump all kinds of waste products in your mouth, every day, you should not expect to ever recover from anything. All you can do is take pills that suppress certain symptoms, while you continue on your road to destruction.

Nobody pours diet coke in their gas tank, because we know it will wreck our car engine, yet we all pour the worst toxic substances down our throat, thinking it won't hurt our body. Please wake up from this delusion.

Changing the way we live and eat, is the first step, before we can begin to detox from the injections. Also learning to think right, and not fill our mind with negativity and darkness all the time, is critical. “As a man thinks, so he is.” That is very true. A major key in the journey to healing is changing your mindset. If you learn to reform our darkened

mind from being negative, to becoming focused on hope, life, goodness and health, you will make it.

A true process of transformation from being a victim of the criminal health industry, to being a thriving individual has to do with your entire being: physical and spiritual. These two realities are as closely interconnected as anything. They are inseparable.

### **1. Avoid refined sugars at all costs**

They feed bad bacteria, damage your cells, steal essential minerals needed for your body to function, feed cancer growth, cause inflammation all throughout your body, and so on. Refined sugar is humanity's worst enemy. The fact that most food products are stuffed with highly toxic and severely destructive refined sugars, and the governments allow this, reveals how little they really care about your health. Never believe one word a government says about your health, when you know they are allowing your stores to be filled with products that directly destroy your health. All health parts with what we eat and drink. Any health official who doesn't start there, is either deceived and ignorant, or wicked. It was deeply disturbing for me, to see the signs in supermarkets during the pandemic, making the claims "We care for your health. Please wear a mask, and maintain distance from other customers," while these supermarkets are the very cause of 80-90% of all health problems of their customers! The hypocrisy is heart wrenching. What we put into our mouth is what determines our health, not what we wear over our mouth.

### **2. Avoid industrial meat at all costs**

Industrial animals are mass vaccinated, injected with antibiotics, hormones, and a wide range of other harmful drugs, that all end up in your body, when you eat them. Furthermore, meat from the industrial complex comes from animals who are severely stressed out, because they have no space to move, no sunshine, are fed the worst of the worst trash, and most of them drop dead if they aren't constantly fed medicines to keep them on their feet.

### **3. Seek out the local farmers and small stores where you can buy produce that is the real deal.**

Most vegetables in the supermarket are genetically modified, and sprayed with large amounts of extremely dangerous toxic chemicals. Rinsing them under the tap doesn't take it out of the vegetables or fruit. We need to step away from the wicked food industries, and return to small, local, organic food grown by people who love the earth, care about what they grow, and love the humans they serve it to. Humanity was never intended to get their food from supermarkets, where everything is the result of criminal practices, aimed at stealing your money, while pushing you towards your grave.

In order to become rich in nutrients, produce needs rich, uncontaminated soil, that is bursting with riches in terms of minerals and soil bacteria. Secondly it needs sunshine, which is the secret of true growth and wealth in produce. Thirdly, it requires time. The more time a plant has to grow, the richer it will be. True produce explodes with nutrients that are healing and empowering to the human body. Produce in supermarkets lack all these three components: they see hardly any sunlight, as most is grown indoors. A lot

is grown in water instead of soil, and that which is grown in soil is heavily contaminated from the constant spraying with toxic chemicals, while the soil is depleted from abuse. Most farmers add toxic fertilizers that force the plants to grow way too fast, causing them to have a lack of sunlight and time. Result? A shiny vegetable or fruit, because of the chemical toxins that are sprayed on it, but void of nutrients. It's called "empty harvest". This is one of the worst crimes against humanity, and few people are aware of it.

Bill Gates and his criminal allies at the World Economic Forum are perverting the food industry even more, and force humanity to become dependent on synthetic meat, grown in labs, and genetically modified insects that are bred in factories. They want to ramp up the poisoning of humanity with heavily toxic food even more.

Meanwhile they eat the very best food on the earth, grown by local organic farmers. They don't eat their own crap, believe me. But they feed you McDonalds, Wendy's, and trash-snacks in every gas station, while stuffing your shopping bags with industrially processed waste products with colorful labels.

Before you can start the process of successfully detoxing your body, become aware of how your body is not only poisoned by the vaccines, but perhaps even more so by the [toxic waste](#) you have been dumping in your mouth, as a result of ignorance about what is going on.

The world needs a radical reformation in the food industry. You can watch my film [Vanishing of the Bees](#), that exposes [Big Agriculture](#) and the poisons killing our prime pollinators and many other creators including human beings.

Those who take this advice to heart, shall come out of this detox program as people who didn't just save their life from the injection damage, but will enter entirely new realms of health, energy, strength, and well being, as the result of detoxifying your entire lifestyle.

We must understand that the entities who are mandating these toxic injections for humanity, are the very same entities who have been poisoning our food, water, air, and every other aspect of human existence. The vast majority of human suffering is strategically organized by these entities, who need us to be weak, sick, tired, and confused in our brain, in order to keep ruling over us. This is their strategy: keep the population weak, then we remain in power. That's why hundreds of naturopathic doctors have [mysteriously died](#) in America the past years, and why all breakthroughs in cancer treatment have been suppressed.

This may sound outrageous if you are not fully informed yet, but it is the reality. Start doing some research about this, and you will be horrified to find how great the crimes against humanity are, committed by those in power. Media rages in horror, when one person is murdered somewhere, but the governments and industry owners murder astronomical numbers of people all day long.

Think about the [pharmaceutical industry](#): they give you pain killers, to suppress some pain, but meanwhile these drugs destroy your heart, kidneys, liver, nervous system, and when you take too many, you drop dead. Is that health care? Please allow this truth to sink in.

Our world is ruled by criminals, who profit off of our misery and ignorance. The way to get rid of them, is to

educate ourselves, and change our lifestyle so we won't be dependent on them anymore.

Now that we have laid a basic foundation for a better life, we need to get into the vaccine detox. I suggest working with a functional medicine practitioner and working with someone like me who is a licensed [functional medicine coach and consultant](#) who can support you.

I am not a doctor. The purpose of this guide is to offer you information, to help you make your own decisions under the guidance of your own natural health practitioner.

I prefer naturopathic doctors, because they go above and beyond what a conventional physician knows and does. Regular medical doctors are essentially educated to become providers of products from the pharmaceutical industry. The vast majority of family practitioners have never learned to understand how the human body works. They typically don't seek for the cause of a health problem, but focus on prescribing a drug that will suppress a symptom. That's not their fault, it's simply the nature of the beast of Big Pharma. They make trillions of dollars off sick people, so they are not interested in curing anyone, but they make people life long customers of their symptom suppressing medications.

Medicine is an art. It requires skills that nobody can teach us in any university. True medical practice that effectively heals people, goes way beyond textbooks. It requires wisdom, compassion, discernment, sensitivity, common sense, experience, and so on. Most of all it requires humility to acknowledge how little we truly know, and courage to dare to search deeper, explore, and find solid solutions. How few medical doctors ever venture out beyond what they

have learned in Medical School? How few of them ever search for more profound answers, than what they have been told? It takes courage and true compassion for hurting people, to help them.

The best doctor is one who takes you off medication, instead of making you addicted to them. Good physicians are a danger to the pharmaceutical industry. Remember that!

## **The Totality of Toxins**

Every minute, the human body operates in a continuous cycle of self-repair to heal and regenerate cells and tissues. Toxins are a roadblock to this healing process, and in today's world, toxins are unavoidable. They exist in our food, water, soil, and air.

Toxins have many detrimental and cumulative effects on the body. They can interfere with cognitive functions like focus, clarity, and memory. Studies have shown that toxins rob you of IQ points, literally making you dumber. They can also disrupt endocrine system functions like glucose regulation, leading to energy loss, poor sleep, and diseases like diabetes. The body stores toxins in fat cells and this makes losing weight that much harder. The condition of the accumulation of toxins is known as 'chemical body burden.'

In a study spearheaded by the [Environmental Working Group](#) (EWG) in collaboration with Commonweal, researchers at two major laboratories found an average of 200 industrial chemicals and pollutants in umbilical cord blood from 10 babies born in August and September of



2004 in US hospitals. Tests revealed a total of 287 chemicals in the group.

One example of a heavy metal toxin is lead, which is known to raise blood pressure, as does fellow heavy metals tungsten and arsenic. The body stores heavy metals. Lead is actually stored in the bone and released back into the body to wreak havoc. Lead exposure is widely associated with old house paint, but lead is also in drinking water and batteries. Tungsten and arsenic are also commonly found in drinking water. Arsenic is in soil and therefore crops, and tungsten is an air pollutant.

Most toxins contribute to oxidative stress because they reduce the body's ability to defend against this stress. Heavy metals, for example, bind with good compounds like glutathione, rendering it ineffective against oxidative stress. Inflammation sets in, and the downward health spiral is set in motion.

## **Vaccine Toxins**

Most vaccines contain toxic ingredients. Most vaccines contain preservatives made of compounds not found in nature. Most vaccines also contain adjuvants, an ingredient that is supposed to make the vaccine better by creating a stronger immune response in a person who receives the vaccine. Vaccines are typically made from a weakened or dead pathogen, or a protein from a virus rather than the entire virus. These types of vaccines usually contain adjuvants to help the body produce a stronger immune response when the vaccine is introduced. Adjuvants are known to produce local reactions like redness, swelling, and pain at the injection site, but can also produce systemic)

and more systemic reactions (such as fever, chills, and body aches) than non-adjuvant vaccines. Vaccines also contain preservatives and other chemicals like thimerosal and formaldehyde, to name a couple. Almost every ingredient in a vaccine is toxic to the body, and directly injecting a vaccine into the bloodstream provides a direct pathway for these toxins.

mRNA nanotechnology has never been used in vaccines before 2018. mRNA was funded and created with the intention to treat tumors. It is not technically a vaccine but a form of gene therapy but now all vaccines, including “flu vaccines” contain mRNA. This has been done without humanities Informed Consent.

The issue is that once in the body, the vaccine material cannot leave the body without assistance and it is more so the case with mRNA technology. That is what this guide addresses.

## **Detoxing Protocols**

It is possible to detox the body from the toxins in vaccines. These protocols are to be coordinated with the guidance of your chosen health care provider.

There is no simple approach to detox vaccines from your body. For this reason, I spent considerable time explaining how vaccines affect the body and just some of the at least 40 mechanisms of injury caused by vaccines.

Part of any detox protocol is bolstering the immune system to enhance the body's detoxification mechanisms.

As [Dr. Gerald H. Smith](#) states, “the less of a burden there is on the immune system, the more efficiently the body can remove the vaccine ingredients.”

First, we will review several things you can do to support and bolster the immune system. Next, we will review how to detox from four things specific to the COVID-19 jabs:

1. spike proteins
2. mRNA fake lipids
3. graphene oxide
4. nanotech

## **Detoxing the Body as a Prerequisite to Vaccine Detoxing**

As I often say, a lot of these suggestions below should have been followed long before Big Pharma introduced these experimental vaccines. I highly recommend you read Smith’s article [How to Detox Vaccines and Antidote COVID-19 Inoculations \(A Global Perspective\)](#)

Why must you take a comprehensive approach?

1. To enhance the body’s detoxification mechanism.
2. Because the less of a burden there is on the immune system, the more efficiently the body can remove the vaccine ingredients.

Toxins enter the body through the lungs, skin, and intestines (gut). These toxins are handled by the liver, which is the body’s primary detoxifying organ. When the liver is functioning normally, these toxins can exit through the skin, lungs, kidneys and colon. However, these days, the liver is often on overload, meaning it is not functioning properly or there are simply too many toxins for the liver to effectively

process. Dr. Edward Group suspects we are only operating at 10 percent capacity. When the liver is overloaded, it cannot process excess toxins. Instead, the excess toxins are stored in the liver, as well as in the bone marrow, fat cells, tissues, muscles, and joints.

There can be many physical signs of excess toxins, including pain, weight gain, skin rashes, fatigue, constipation and other gastrointestinal issues, headaches, hormone imbalance, and inflammatory disorders.

## **Nutrition**

Dr. Smith reiterates that it is essential to adopt a diet that neither promotes inflammation nor activates the immune system. That is:

- no sugar (\*stevia is an herbal low-calorie sweetener good for the microbiome)
- little or no animal proteins, such as meat, fish, eggs, or dairy products
- no processed foods
- no GMOs, i.e., genetically modified foods
- no white flour products and ideally no grains
- no toxic fats, such as canola oil (\*olive oil or coconut oil are better than inflammatory corn, soy, etc)
- avoid gluten altogether, if possible

Read labels on supplements and avoid titanium dioxide as it includes nanoparticles of titanium. It is also used as a whitener in foods. Avoid capsules made from non-organic

sourced animal gelatin as they may contain glyphosate. Collagen from commercial sources would also likely contain glyphosate. Avoid pesticides and glyphosate herbicides in gardening or lawn care, or agricultural fields. Organophosphates and [glyphosate](#) may increase the risk of neurologic conditions.

You must provide essential nutrients to enable the liver to process the toxins being dumped: glutathione, superoxide dismutase, B-complex, Liver Chi.

## Vitamin D<sub>3</sub>

[Vitamin D<sub>3</sub>](#) has enormous importance for the immune system and for infection prophylaxis. Infections can be prevented by taking a daily dose of [vitamin D<sub>3</sub>](#) and with all the indoor lockdowns and isolation, [vitamin D](#) has taken a hit. Brown and black people have a harder time making vitamin D. In fact, a large part of the population (about 70%) is vitamin D<sub>3</sub> deficient, so in many cases, a daily intake of 5000 to 10 000 IU of [vitamin D](#) is required to reach and maintain a sufficiently high level. Acute cases require 10,000 IU taken three times a day with meals. Blood tests should be performed to determine the body's vitamin D level, and the required daily dose can be adjusted accordingly.

Vitamin D<sub>3</sub> should always be taken in conjunction with [vitamin K](#). Together, these vitamins play an essential role in immune support and respiratory health, protecting us against infections such as the flu. A good vitamin K product should contain both vitamin K1 and vitamin K2, with the subforms menaquinone-4 and menaquinone-7. Similar to [vitamin C](#), [vitamin K](#) does not become toxic even in extremely high doses, and taking high doses is quite

appropriate to obtain an optimal effect. A recommended vitamin K dose is 5,000 to 30,000 IU twice daily.

## **Zinc**

Zinc is tremendously important for immune system function, cell growth, wound healing, and numerous metabolic processes. Zinc is also able to prevent viral replication. It acts as an antioxidant within the body, fighting free-radical damage and helping slow the aging process.

This mineral also has a major impact on hormonal balance, so for this reason, even a small deficiency can result in an increased risk for infertility or diabetes. Consider a daily intake of 30-80 mg of zinc.

To improve zinc absorption in the body, it is often “chelated,” or bound to another compound or amino acid. The compound that zinc is bound to impact its bioavailability and efficacy.

To simplify your options, here's the breakdown of the most common forms of chelated zinc...

### **Zinc Gluconate:**

This is the most common over-the-counter zinc supplement that's found in your local drug or health food store. It's made with gluconic acid and is often found in oral supplements, nasal zinc sprays, or lozenges. A meta-analysis indicates that zinc gluconate lozenges were able to reduce the cold's duration by 28 percent.

### **Zinc Citrate:**

This type of zinc is made with citric acid. A study found that when given as a supplement without food, zinc citrate absorption was comparable with that of zinc gluconate and higher than zinc oxide.†

### **Zinc Picolinate:**

This chelated form of zinc salt is made with picolinic acid and is popular for oral use to reverse zinc deficiency. One study comparing the absorption of zinc picolinate, zinc citrate, and zinc gluconate shows that there's no significant change in any of these forms, but zinc picolinate did improve zinc absorption in humans.

### **Zinc Acetate:**

This type of zinc supplement is made with citric acid. Zinc acetate is often added to remedies for the common cold, like nasal sprays and lozenges. A meta-analysis found that zinc acetate lozenges may actually be more effective than zinc gluconate lozenges in reducing the duration of the common cold.†

### **Zinc Oxide:**

This is used internally and topically. Orally, it's known to be less bioavailable than zinc gluconate. Topically, zinc oxide is used in sunscreens and formulas meant to improve skin issues such as diaper rash, eczema, and psoriasis. †

### **Zinc Sulfate:**

This is a zinc salt that is sometimes used in eye drops to ease irritation. It's also taken orally to speed up wound healing. It may, however, cause stomach irritations because it competes with the intestinal absorption of calcium.†

### **“Enzyme Activated” Zinc:**

A newer option on the market is “enzyme activated” zinc which differs from elemental zinc or chelated zinc. This type of zinc is made from whole-food fermented, enzyme-activated zinc to improve body absorption. It may be most comparable to increasing zinc levels with natural food sources.†

Keep in mind, that despite all of these zinc supplements out there, eating foods rich in zinc is still the best way to maintain healthy levels of the mineral. Consuming pumpkin seeds, cashews, kefir, grass-fed beef, lamb and chicken are great options for keeping zinc levels where you need them to be.

### **Zinc Dosage:**

30-80 mg per day depending on immunological pressure.

Zinc deficiency can cause a lack of taste and smell, and the reason zinc affects the presence or absence of bitter taste receptors on the tongue suggests it would also affect the number of bitter taste – or other types of taste receptors – in any location of the body. Zinc is needed to instruct the cell's genes\* to make the RNA and proteins needed to form the taste receptors, which then can implant at the cell membrane surface – ready to sense a taste of food on the tongue.

### **Other Supplements**

Additionally, you must remove the heavy metals, especially aluminum, mercury, arsenic, cadmium, lead, and nickel. Platinum Plus (amino acid formula), boron and magnesium malate (both full of aluminum), zinc, silicon,



montmorillonite clays, extracts of *Asparagus Officinalis* root, and yucca root are all good products.

## GABA:

GABA products can also be used as an adjunct to balance the level of glutamate and to increase the amount of gamma-aminobutyric acid naturally present in the brain.

To repair the cell membranes and tissues, consider:

1. Clinician's Preference (11:1 ratio of omega-6 to omega-3 organic, cold-pressed oils- vegetable-based)
2. Pure Synergy (60 different organic and wildcrafted herbs, grasses, vitamins, and minerals (supplies all the raw ingredients to repair the nerves, muscles, ligaments, and cells).

If there is a problem with candida, mold, yeast, and fungi, they have to be dealt with. This is because it means your system is somewhat compromised and biofilm may be involved. Also, consider that jabs are showing to greatly impair the immune system. Underlying mold issues seem to some degree to be related to medical treatments such as chemotherapeutic agents, irradiation, immunosuppressive agents, broad-spectrum antibiotics, and hyperalimentation as well as conditions such as malignancies, AIDS, malnutrition, metabolic diseases, receipt of multiple injections, certain surgeries, burns, intravenous hyperalimentation, and certain malignancies.

## Fresh Air:

Do not ingest toxins. Treat your body as a temple. Toxins can be inhaled, so ventilation and air quality are important. Open a window if possible! Ferns and other house plants can help clear volatile chemicals from the air if cared for

properly. Second-hand smoke or a brand new vinyl shower curtain might add formaldehyde and other toxins into the air. See [Formaldehyde: Health risks, and Environmental and Dietary sources](#). Consider that [indoor air](#) is 50% worse than [outdoor air](#).

## **Gut Health**

Your Gut is Your Second Brain. You make serotonin in your gut. We are more bacteria than human cells. And yet the toxins and faux food are whittling down our digestive system and our defenses. Big Time.

You must honor your intestines and repair the cells. You must remove the sources of toxins (processed foods, aluminum cooking utensils, metal food cans, sushi and other high mercury seafood, aluminum foil, etc.) There are many effective ways to cleanse the intestines. There is also precision medicine that can [assess your gut health](#).

### **Diatomaceous Earth:**

To help with this, ingest food-grade [diatomaceous earth](#) (FGD). Diatoms are tiny sea creatures that become fossilized. Their remains form a sedimentary rock that is ground into a fine powder to form diatomaceous earth (DE) products for consumption. DE is very porous; its molecular structure can trap toxins, heavy metals, and parasites like E. coli, therefore it is a very effective detoxifier. The action on insects is that it cuts their surfaces and lets them dehydrate according to what I've read.

To begin the use of FGD, start with one teaspoon of FGD in 10 ounces of spring water upon awakening for one week.

After that, try one tablespoon in 12 ounces of water taken daily for 90 days.

Fifty percent of Americans have [parasites](#). Parasites are alive inside the body and have a life cycle: eggs, larvae, and adults. A good cleanse will kill them or actually encourage them to let go and leave through the intestines. When parasites die in a cleanse in large numbers, they release toxins into the bloodstream – ammonia is the main one. [Dr. Hulda Clark's](#) Parasite Cleanse for Beginners teaches how to address cleansing the body of parasites at all three stages (egg, larvae, and adult) and addresses how to deal with the toxins they release as they leave the body.

Prebiotics And Probiotics:

[Prebiotics](#) and [probiotics](#) help restore the body's [healthy microbiome](#).

## **Intermittent Fasting**

The term [autophagy](#) refers to the natural process of eliminating abnormal cells and damaged proteins. Autophagy is disrupted by viruses such as MERS, SARS-COV-1, and SARS-COV-2, but is especially important in the current situation for the degradation of the spike protein.

Intermittent fasting counteracts inflammation and autoimmune reactions and is truly rejuvenating for the body. The gentlest way is to extend the period during which you do not eat very, very slowly. Please always listen to your body. Adopting a [Keto lifestyle](#), which focuses on healthy fats can make intermittent fasting easier. Getting into ketosis removes hunger.

To clarify, the window of time in which food is taken is reduced to about 6 to 8 hours. So one eats only, for example, between 10 am and 6 pm, or between 11 a.m or noon and 6 p.m. Or, if your circadian rhythm is different, you might want to have your first meal at 2 pm, and your last meal at 8 pm or 10 pm. The rest of the time you may drink water.

Digestion is a process that demands a lot of energy and attention from the body, so it cannot take care of many other things during this time. Only when the body is fasting does it have the resources to track down damaged cells and proteins and destroy them. So if you extend the time without food, and thus the body does not need so much energy for digestion, it can then take care of other important things, such as autophagy.

## **Encouraging Toxin Exit Through the Skin**

Infrared Sauna:

[Infrared saunas](#) have been used for years to safely [sweat](#) and excrete heavy metals and toxins with a no-impact workout so you can heal in a parasympathetic state.

Companies like [Sauna Space](#) have made it affordable for you to own a sauna at home, given that you need to consider excretion of the spike protein in public. Sauna sessions massively stimulate detoxification and help the body destroy viruses due to the high temperatures. Furthermore, sauna leads to the formation of heat-shock proteins, which then promotes [autophagy](#), a vital process in which the body's cells "clean out" any unnecessary or damaged components.

Dr. Joseph Mercola recommends daily sauna sessions of about 20 minutes.

Editor's note: Those vaccinated with mRNA technology should use Infrared Sauna only after completing a detox protocol. Infrared Sauna is good for Mitochondrial repair but there is speculation that it is known to activate the mRNA nanotech.

Ultrasound, MRI, CAT scans and radio frequency or 5G can all activate the mRNA nanotech and therefore RIFE, Bioresonance and other frequency devices can be detrimental.

See study:

Toxicology of chemically modified graphene-based materials for medical application

## **Ozone**

When available, [ozonated saline and/or ozone autohemotherapy infusions](#) are excellent.

As [Dr. Gerald H. Smith](#) states, ozone seems to have countless benefits. Smith is the author of the [Covid-19 Vaccine Detoxification Regimen](#), is certified by the World Organization for Natural Medicine to practice natural medicine globally, and he's also a certified dental practitioner.

- Ozone is anti-neoplastic.
- Ozone increases ATP production.
- Ozone kills bacteria, fungi, mold, and viruses.
- Ozone makes red blood cells more elastic.

- Ozone increases protein synthesis.
- Ozone up-regulates antioxidant response.
- Ozone increases the effectiveness of the immune system.
- Ozone improves [mitochondrial function](#) and efficiency.
- Ozone stimulates the production of white blood cells.
- Ozone stimulates increased levels of interferon.
- Ozone stimulates the production of tumor necrosis factors.

Doctor [Zandre Botha from South Africa](#) has [treated many symptoms](#) in her vaccinated patients with ozone: blood clots, arthritis flare-ups, hypertension, heart attacks, and worst of all, metastatic cancer in vaccinated patients who were previously in remission.

She stresses that a lack of sufficient oxygen is a major cause of poor health, leading to conditions such as arthritis, low immunity, constant fatigue, cancer, regular colds and flu, hay fever, migraine, low vitality, etc. When the body is flooded with an activated form of oxygen, [namely ozone](#), people consistently report that these conditions as well as their general health, wellbeing, and energy levels dramatically improve.

Here is an article on how ozone can help with [blood clotting](#).

## Molecular Hydrogen

Molecular hydrogen is scientifically and medically demonstrated to have therapeutic efficacy for various diseases. Hydrogen is the smallest and lightest of all elements. When two hydrogen atoms combine, H<sub>2</sub> (molecular hydrogen) is formed. Being the first element in the periodic table and the most abundant element in the universe, H<sub>2</sub> has better cellular bioavailability than most other nutrients. The ability to rapidly enter organs, cells, mitochondria, and fluids allow H<sub>2</sub> to provide its numerous health benefits instantly. All life is dependent on hydrogen; it is the base element for all matter in the universe. Thus, adding an extra boost of pure molecular hydrogen greatly improves our health. Hydrogen is already present in our gut. Certain bacteria produce hydrogen from the non-digestible fiber. In fact, this is why diets rich in fiber support relief of inflammation, better cardiovascular health, reduced risk of diabetes and various cancers, and numerous other health benefits.

Oxygen therapy has shown extensive benefits for supporting health, but a balance between both oxygen and hydrogen is necessary to truly support and enrich the body.

Since the 18th century, hydrogen has been noted as having therapeutic effects in the body. However, it was not until 2007, in a Nature Medicine article, that western medicine truly accepted molecular hydrogen's numerous health benefits, such as antioxidant and anti-apoptotic (anti-cell death) properties. Molecular hydrogen has become so important in medicine that a foundation (Molecular Hydrogen Foundation) was created to further study its benefits.

## **Ultraviolet Blood Irradiation**

Extensively used in the 1940s and 1950s to treat many diseases including septicemia, pneumonia, tuberculosis, arthritis, asthma, and even poliomyelitis, ultraviolet blood irradiation can also help boost the immune system. [Ultraviolet blood irradiation](#) is a procedure that exposes the blood to UV light to boost the body's immune response and to fight off infections. This produces a rapid detoxifying effect with the subsidence of toxic symptoms.

## **HBOT**

[Hyperbaric oxygen therapy](#) involves breathing purified oxygen in a pressurized environment, filling every cell in the body. When those cells are full, oxygen overflows into the liquid of the body: the tissues, organs, blood, glands, and bones. The entire body soaks up oxygen and is affected on a cellular level. The more oxygen flowing into the [mitochondria](#) or engine of a cell, the more it can [produce energy to increase stamina and bolster the immune system](#), stimulating the body to heal itself.

## **Hydrogen Peroxide**

Hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) therapy dates back more than 100 years. [The Lancet](#) showed that intravenous H<sub>2</sub>O<sub>2</sub> was successfully used to treat a group of patients with influenza during the 1918-1919 Spanish Flu pandemic in the Mesopotamian valley.

According to the [NIH](#), hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) has been used for its antiseptic effects, and "its mechanisms of action have been amply described."



They write that “given its anti-infective and oxygenating properties, hydrogen peroxide may offer prophylactic and therapeutic applications for responding to the COVID-19 pandemic.”

H<sub>2</sub>O<sub>2</sub> has been used in treating numerous diseases including scarlet fever, diphtheria, runny nose, coryza, whooping cough, asthma, hay fever, and tonsillitis. Specifically, it's been used for viral diseases that attack the respiratory system.

Many health experts as well as the NIH list : nebulizing Hydrogen Peroxide as an adjuvant therapy. Add 1 tablespoon of 3% Hydrogen Peroxide to 12 ounces of water on the stove until light boil - breathe the steam slowly to get into the lungs. Do this once a day.

To continue from the information mentioned above, [hydrogen peroxide \(HP\) nebulization](#) is an antiviral and synergistic partner with vitamin C, and is important not only in vaccination issues but when dealing with acute or chronic COVID too. Different nebulization approaches are discussed in this [eBook](#). The vitamin C and HP nebulization approaches will also improve and maintain health in general.

Known in medical terms as oxidative therapy or bio-oxidative therapy, hydrogen peroxide is a simple, [well-studied](#), and useful molecule for a range of medical and sanitary applications. Hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) contains one more atom of oxygen than water (H<sub>2</sub>O) and is naturally produced in the human organism as a by-product of oxygen metabolism.

## Homeopathy

Homeopathy refers to an alternative medicine practice that has been around since the 1700s. These remedies are based on the like-cures-like principle. Homeopathic remedies are a gentle option for reducing symptoms post-vaccination.

Take [Ledum Palustre](#) 30C soon after the injection for pain, swelling, and discomfort at the injection site. Thuja occidentalis 30C is also used shortly after vaccination to ease side effects and help the immune system find balance. These two are a given for anyone getting a vaccine.

Homeopathic remedies are prescribed based on the symptoms a patient is experiencing. Remedies beyond Ledum and Thuja would need to be chosen to match the patient's particular symptoms.

[Gelsemium sempervirens](#) 30C and Nux vomica 30C can be helpful for side effects of fever, chills, nausea, and headache, etc. as they come up. But there's no need to use them prophylactically.

Editor's note: These homeopathic remedies are made by a company called Boiron and are readily available at many health food stores and Whole Foods stores. They retail for around \$9 each.

[Here is a link](#) from Professor Marc Cohen, Integrative GP from New Zealand, who provides detailed insight into immune health and how to combat viral infections. The lecture he gave covers a lot of strategies to boost your immune system and reduce fear and anxiety.

Bach Flower Remedies will address the emotional component of your healing.

# DETOXING PROTOCOLS

## How to Detox from the Spike Protein

### **Vitamin C:**

One go-to for a [patient who has been clinically poisoned](#) by any agent is administering a sizable intravenous infusion of [vitamin C](#), which can reduce inflammation and support blood vessels. It can protect our biomolecules, such as DNA and cell membranes, from oxidation and even reverse it by donating the missing electrons back to them. In addition, it is also able to directly render viruses, bacteria, and toxins harmless, writes Dr. Thomas E. Levy, a board-certified physician in internal medicine and cardiology. He is also an attorney, admitted to the bar in Colorado and in the District of Columbia.

For individuals who are post-vaccination or symptomatic with chronic COVID, [vitamin C](#) should be optimally dosed, and it should be kept at a high but lesser dose daily for an indefinite period.

Ideally, an initial intravenous administration of 25 to 75 grams of vitamin C should be given; this dose will vary depending on body size. An option that would likely prove to be sufficient and would be much more readily available to larger numbers of patients would be one or more rounds of [vitamin C](#) given as a 7.5 gram IV push over roughly 10 minutes, avoiding the need for a complete intravenous infusion setup, prolonged time in a clinic, and substantially greater expense (see [Riordan-Clinic-IVC-Push-Protocol](#)).

Additionally, or alternatively, if IV is not available, 5 grams of liposomal [vitamin C](#) can be given daily for at least a week.

Doses can be measured with bowel tolerance in mind after the individual determines their own unique needs (for additional information, see [Levy, vitamin C Guide](#)).

“Highly-dosed [intravenous vitamin C](#) is considered a superb antioxidant therapy that has been profoundly effective in blocking and even reversing the negative clinical impact of any toxin or poison. There exists no toxin against which vitamin C has been tested that has not been effectively neutralized,” says Dr. Levy.

Such intrinsic toxicity (ability to cause the oxidation of biomolecules) combined with the apparent ability of the spike protein to replicate itself like a complete virus greatly increases the amount of toxic damage that can potentially be inflicted. A potent toxin is bad enough, but one that can replicate and increase its quantity inside the body after the initial encounter represents a unique challenge among toxins. And if the mechanism of replication can be sustained indefinitely, the long-term challenge to staying healthy can eventually become insurmountable. The continued production of spike protein can be neutralized by daily multi-gram dosing of vitamin C, which is an excellent way to support optimal long-term health, anyway.”

If you do get an IV, please make sure they are not using fillers or corn-based [synthetic vitamin C](#). Ascorbyl palmitate [is a highly bioavailable](#), fat-soluble form of Vitamin C and possesses all the properties of its native water-soluble counterpart vitamin C. It is a potent antioxidant in protecting lipids from peroxidation and is a free radical scavenger.

Dose: 1000-2000 mg every hour - up to 20,000 mg per day

A supplemental high antioxidant [polyphenol](#) that appears to help many to overcome the epigenetic defect preventing the internal synthesis of vitamin C in the liver can be taken once daily. This appears to provide the individual with the ability to produce and release even greater amounts of [vitamin C directly into the blood](#) in the face of infection and other sources of oxidative stress. There is more information about polyphenols below.

## Polyphenols

[Polyphenols can help protect against neuroinflammation](#) and help promote a healthy microbiome, which is also important for immune function and brain health. Another way to reduce the massive oxidative stress is to take antioxidants, [especially polyphenols](#) such as D3, [NAC](#), TMG, [melatonin](#), and various prescription [medications](#). Here is the [full list](#).

The addition of magnesium chloride is also important to protect against sudden life-threatening arrhythmias that can occur before a sufficient number of the newly oxidized biomolecules can be reduced and any remaining toxin is neutralized and excreted.

## Magnesium

[Magnesium](#) is involved in [about 80% of all metabolic functions](#), in our energy production and in the production of proteins and our genetic material. [Vitamin C](#) and [magnesium act synergistically](#), i.e. reinforce each other's effect, when it comes to reducing increased intracellular oxidative stress and killing viruses or bacteria. Approximately 80% of the population is deficient in

magnesium. A daily substitution of 300 to 400 mg is essential. In individual cases, even 600 to 1000 mg daily may be needed. Caution: With magnesium, an overdose is possible which manifests itself in fatigue, a drop in blood pressure, muscle weakness, decreasing reflexes, and flattened breathing. And of course most likely the poops, depending on the form you take. However, magnesium has a very wide safety range when taken orally, and generally, people with normal kidney function are protected from an overdose, because diarrhea occurs before generalized magnesium toxicity is reached. It is particularly recommended to take [magnesium glycinate](#), in which the magnesium is bound to the amino acid glycine. In this form, it is very bioavailable and absorbable.

Dose: Magnesium 300 to 400 mg daily, 3 to 4 tablets taken in the evening.

## **Flavonoids**

[Quercetin is known as a flavonoid](#), a plant pigment that occurs in onions, apples, parsley, or berries, as well as in many other fruits and vegetables. Quercetin has antiviral, [antioxidant](#), and anti-inflammatory properties, and it also helps transport zinc into the cells where it is needed to block virus replication.

According to [HealthLine](#), quercetin is a natural pigment present in many fruits, vegetables, and grains. It's one of the most abundant antioxidants in the diet and plays an important role in helping your body combat free radical damage, which is linked to chronic diseases.

The beneficial effects of flavonoids like quercetin come from their ability to function as antioxidants inside your

body). Antioxidants are compounds that can bind to and neutralize free radicals. Free radicals are unstable molecules that may cause cellular damage when their levels become too high.

Damage caused by free radicals has been linked to numerous chronic conditions, including cancer, heart disease, and diabetes.

Quercetin is the most abundant flavonoid in the diet. It's estimated that the average person consumes 10–100 mg of it daily through various food sources. Foods that commonly contain quercetin include onions, apples, grapes, berries, broccoli, citrus fruits, cherries, green tea, coffee, red wine, and capers. It's also available as a dietary supplement in powder and capsule form.

[Studies show](#) a direct effect against SARS-COV-2.

Dosage Resource: Quercetin 500 mg- 1000 mg daily, twice daily.

[Dr. Vladimir Zelenko](#) also has a [Quercetin protocol](#). You can check out his [Z-Stack](#). Dr. Zelenko says quercetin works as an over-the-counter alternative zinc ionophore to the prescription drug hydroxychloroquine. One of its mechanisms of action is that it blocks the 'virus' (with spikes around it) from attaching. For [more information see the video below](#).

Consider that quercetin negatively [inhibits thyroid](#) iodine uptake so, again as a functional medicine consultant and coach, I highly recommend you work with someone and work with tests like Dutch. I do not believe in throwing spaghetti on the wall and just hoping something sticks. Its derivative rutin does the [opposite](#). Food sources usually

have both of these flavonoids together. Mother Nature knows best.

## **Curcumin/Turmeric**

Curcumin also works as an antioxidant and increases a brain-derived protein (BDNF) that plays a major role in keeping neurons (nerve cells) healthy. To assist the immune system in removing foreign proteins, Dr. Gregory Smith recommends a combination formula (proprietary formula) that includes the thymus extract supplement, calcium, vitamin A and C.

## **Cordyceps**

Dr. Smith also recommends Cordyceps (Sinesis) to help prevent the rapid replication of mutated (cancer) cells in DNA while increasing cellular energy levels (ATP) and oxygen utilization in cells.

## **Iodine**

Iodine is an essential mineral used by the thyroid gland to make thyroid hormones that control many functions in the body, including growth and development, repair of damaged cells, and support of a healthy metabolism. Since your body does not produce iodine itself, it must be supplied through the diet. Iodine can also be used to detoxify toxic compounds and greatly increases the mRNA decomposition rate (decay). Dietary iodine also regulates its own absorption by regulating the sodium/iodide (NIS) symporter, which protects thyroid functions. Here is an NIH



study on how [elemental iodine](#) + fulvic acid can lower the viral load of SARS-COV-2.

Records of [iodine medicine](#) stretched the globe, going back a hundred and fifty years when it was called “The Universal Medicine.” Turns out, the invention of antibiotics around World War II created the impression in the latest medical journals that iodine was old-fashioned.

Used for decades to treat [bacterial and viral infections](#), iodine may even be effective against the novel coronavirus. Unfortunately, [iodine deficiency](#) is still very common, with many in the developed world having at least mild deficiencies.

Via Global Healing, which offers [Detoxidine Organic Nascent Iodine](#): Take 4 full droppers (80 drops) by mouth 2x daily. Also, rub 1 dropperful over the right lung and 1 dropperful over the left lung and apply 1 dropperful on both inner thighs 1x daily. Rub a small amount over the injection site 6x daily if you have received the injection.

(Nebulizing Iodine - 3 drops in 12 ounces of water on the stove until light boil - breathe the steam very slowly to get into the lungs). Do this once a day. Here is a [thyroid test kit](#).

Ivermectin, Hydroxychloroquine (HCQ), Chloroquine

All three of these medications are especially important in [preventing the new binding of the spike protein to the ACE2 receptors](#) which needs to happen for either the spike protein alone or for the entire virus to gain entry into the target cells. These agents also appear to have the ability to [directly bind up any circulating spike protein](#) before it binds any ACE2 receptors. When the [ACE2 receptors are already](#)

[bound](#), the COVID virus [cannot enter the cell](#). These three agents also serve as ionophores that promote the intracellular accumulation of zinc that is needed to kill/inactivate any [intact virus particles that might still be present](#). For instance, [HCQ facilitates zinc](#) being transported into the cell, where the zinc then inhibits virus replication.

Here is a study by the [NIH](#) on quantitative proteomics that reveals a broad-spectrum antiviral property of ivermectin, proving benefit for COVID-19 treatment.

HCQ: 200mg 2 X a day for 5-7 days

[Ivermectin](#) (link for purchase): 0.4-0.5mg/kg/day for 5-7 days for 5 days then 1 per week. Consider that in killing parasites, Dr. Smith advises that to take [ivermectin](#) (1cc per 100 pounds) on the specific days he instructs to clean up any residual parasites.

Consider that [ivermectin](#), HCQ, and Chloroquine is still allopathic medicine. They may present neurotoxicity long-term. Here are some natural [ivermectin alternatives](#).

## **Chlorine Dioxide (CDS)**

[According to the NIH](#), chlorine dioxide (ClO<sub>2</sub>) was first prepared in the early 1900s by Sir Humphrey Davey. It was first used to disinfect water.

Chlorine dioxide is a gas and the most common and simple method for producing it is a process of mixing sodium chlorite (NaClO<sub>2</sub>) and an acid activator. When these two substances are mixed, chlorine dioxide gas forms. The gas is a very simple and tiny molecule and contains one chlorine atom (Cl) and two oxygen atoms (O<sub>2</sub>).

Chlorine dioxide is extremely soluble in water and does not create chemical bonds. It can be used safely and effectively to purify water while completely inactivating [viruses](#), bacteria, fungi, and some [parasites](#). It even neutralizes many toxins, pesticides, herbicides, and pharmaceuticals that contaminate drinking water.

CIO<sub>2</sub> is used for treating wound disinfection and is also used as an oral rinse for prevention and treatment of infection. There are CIO<sub>2</sub> formulations for antiinflammatory diseases including psoriasis, fungal infections, eczema, dandruff, acne, genital herpes, and leg ulcers. Other products include topical applications for preventing and treating bacterial infections. Also under development are systemic anti-inflammatory formulations and methods for reducing inflammation in tissues such as the bowel, muscle, bone, tendon, and joints.

Chlorine dioxide (CDS) is also referred to as Miracle Mineral Supplement (MMS). It [neutralizes](#) and eliminates the spikes. The protein is broken down by oxidation when in contact with chlorine dioxide. By [eliminating the spike protein](#), the subsequent inflammation reaction will also be reduced. NASA proclaimed CDS a universal antidote in 1987. Since that time, thousands have recovered from various illnesses using this substance, and now many physicians and scientists are saying it is powerfully effective for many applications. The documentary Forbidden Cures explores the history, safety, and efficacy of the universal antidote and provides interviews with physicians and people who have used it.

[Phase 3 trials completed in Switzerland by Dr. Andreas Kalcker, prove its effectiveness.](#)

Andreas Kalcker's protocols can be found [here](#).

Chlorine dioxide is approved for purification of drinking water in the US and [TwinOxide](#) is an [ultrapure form of chlorine dioxide](#) – [Learn more](#) here. [Chlorine dioxide](#) is not legal in the US as a medication even though the US government knows that it works as they have used it against both ebola and anthrax. However, people can find creative means to get it. Genesis II Church founders are [still locked up in jail, wrongly accused](#).

## **Glycyrrhizic Acid**

Glycyrrhizic acid [is extracted from the root of the licorice plant](#) and exhibits [neuroprotective effects](#). It inhibits the viral main protease of SARS-CoV-2. It also exerts inhibitory activity against the spike protein.

## **Suramin Shikimic Acid - Pine Needle Oil**

According to Dr. Aryana Love, Pine needle oil is the most effective medicine that kills the mRNA carrying GMO parasites. Pine oil is more effective than Ivermectin which has a limited capacity. Ivermectin only works during early intervention whereas Pine oil is beneficial to consume continuously and it's classified as an essential food. Pine needle oil surrounds and suffocates all parasites to death.

Pine oil is also a [treatment against influenza A](#), a potent anti-bacterial, anti-fungal and a natural antibiotic. It's an [effective blood thinner](#), anticoagulant, antimalarial, antitumor, antimicrobial, anti-inflammatory and a powerful antioxidant with 5x the amount of vitamin C than oranges.

Pine needle oil is one of the top meta nutrients known to man and it super boosts immunity. Pine oil absorbs into every cell of your body in just 20 minutes, conducting targeted cellular repair. Pine oil treats pain of all kinds because it bypasses your nervous system and treats nerves directly. It remedies depression, chronic PTSD and reverses the memory of trauma in cells. There is no replacement for pine oil which is essential in every protocol.

Protocol: Start with 3-5 drops 2x daily, directly on your tongue. Work up to 10 drops 2x daily. Next, work up to 15 drops 2x daily. For jab detox, work up to 15 drops 3x daily.

Young Living has the [highest quality pine needle oil](#) in the world that's safe for oral ingestion. Licensing restrictions force them to label their products for topical use only.

Order Young Living Pine needle oil [here](#). Enroll as a Brand Partner with Young Living [here](#).

The starter kit is optional but you must enroll to be able to order products. Use this brand partner and sponsor number: 26508230.

You can also harvest pine needles and [make your own pine needle tea](#).

[Pine needle tea](#) is also said to protect against blood clots and is said to neutralize the spike protein. I have not found any studies to quantify this. Some protocols state that pine needle tea also acts by suppressing the artificial mRNA / DNA duplication throughout the body.



## PINE NEEDLE TEA

SURAMIN - ACTIVE EXTRACT

### ABOUT

Sipping pine needle tea could give your immune system a much-needed boost. Back in the day, sailors used to drink pine needle tea to protect from scurvy. Pine needles are bursting with vitamin C, with 4 to 5 times more per serving than a glass of orange juice!

<h4 style="text-align: center;">BENEFITS</h4> <p>Suramin is used to treat African sleeping sickness and river blindness. Also used for autism and is noted to help the body through post-medical procedures, both complex surgeries and simple ones. Suramin is believed to be particularly helpful for blood clots. Historically, Native Americans used pine needle tea as an expectorant and decongestant – to expel mucus and phlegm, thus eliminating bacteria and other pathogens in the lungs. Traditionally, pine needles have been used as a way to soothe arthritic joints by relieving pain.</p>	<h4 style="text-align: center;">PROPERTIES</h4> <ul style="list-style-type: none"> <li>• AntiOxidant</li> <li>• AntiViral</li> <li>• AntiParasitic</li> <li>• AntiCoagulant</li> <li>• Mood Stabiliser</li> <li>• Weight Management</li> <li>• AntiInflammatory</li> <li>• Analgesic</li> <li>• Clears Sinuses</li> <li>• Expectorant</li> </ul>
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“Sipping pine needle tea could give your immune system a much-needed boost. Back in the day, sailors used to drink pine needle tea to protect them from scurvy. Pine needles are bursting with vitamin C, with 4 to 5 times more per serving than a glass of orange juice,” reads [a PDF](#) from Caring Healthcare Workers Coalition.

With extremely high levels of vitamin C, [pine needle tea](#) is one of the most powerful antioxidants known. It is antiviral, antibacterial, antifungal, and anti-inflammatory, and is also said to kill parasites. Furthermore, it has a very positive effect on respiratory diseases and dissolves mucus. Pregnant women should not drink pine needle tea because it has been observed that it leads to miscarriage and spontaneous abortions in cattle!

Particularly important, as far as the [negative effects of the spike protein](#) are concerned, is the content of shikimic acid and suramin. Shikimic acid is extracted from star anise

to produce the flu drug Tamiflu, but it is also found in pine needles, and, like suramin, counteracts the formation of blood clots. There are toxic pine needles (avoid yew), be careful! When drinking pine needle tea, drink the oil/resin that accumulates too! Shikimate, shikimic acid, and their derivatives possess cancer-fighting, antiviral, antimicrobial, anticoagulant, and antithrombotic properties.

### [Health Ranger Report Provided A Special Report:](#)

The pine needle tea SECOND update, plus making quinine extracts.

- [Learn about suramin, shikimic acid, and how to make your own extracts.](#)
- [How to make pine needle tea.](#)

Schizandra Tea made from berries is also rich in shikimate amongst numerous extraordinary other properties. It's actually ranked in the top three of all super herbs on Earth.

St. John's Wort (shikimate is found throughout the entire plant and in the flowers)

Comfrey Leaf (rich in shikimate)

Feverfew (leaves and flowers are rich in shikimate)

Ginkgo Biloba Leaf (rich in shikimate)

Wheatgrass and Wheatgrass Juice (blades are high in shikimate)

GiantHyssop or Horsemint (Agastache urtifolia) (rich in shikimate)

Liquidambar (Sweet Gum tree) A tea of the spiky seed pods is rich in shikimate.

Triphala Formulations: In Sanskrit, the word Triphala means "three fruits": a combination of Indian gooseberry (*Emblica officinalis*), black myrobalan (*Terminalia chebula*) and belleric myrobalan (*Terminalia bellerica*). The terminalia fruits are rich in shikimate.

St. John's Wort (shikimate is found throughout the entire plant and in the flowers)

Dandelion Leaf (*Taraxacum officinale*) Extract efficiently blocks the interaction between ACE2 cell surface receptor and spike protein D614, mutants D614G, N501Y, K417N, and E484K in vitro).

According to Dr. Judy Mikovits, suramin is an isolated compound derived from an extract of pine needle oil. She says it is only available via injection. According to the NIH, suramin further decreases the activities of a large number of enzymes involved in DNA and RNA synthesis and modification: DNA polymerases, RNA polymerases, reverse transcriptase, telomerase, and enzymes involved in winding/unwinding of DNA. These are all inhibited by suramin, as well as histone- and chromatin-modifying enzymes like chromobox proteins, methyltransferases, and sirtuin histone deacetylases.

So in other words, it can inhibit changes in the gene sequence of RNA and DNA. You can read more here.

## Hesperidin

Hesperidin is also known to have anti-inflammatory properties. It is a plant chemical that is classified as one of the bioflavonoids. Bioflavonoids enhance the action of vitamin C, support blood circulation as an antioxidant and



treat allergies, viruses, and other inflammatory conditions. Hesperidin is like Quercetin in that it deactivates [spike protein](#). Sources of hesperidin:

- Citrus fruit (especially blood oranges, due to their high hesperidin content — hesperidin is a chalcone like quercetin that deactivates spike protein), any citrus peel.
- Peppermint (very high in hesperidin).

## Enzymes

According to the NIH, proteolytic enzymes serve as a [promising therapeutic approach](#) in the COVID-19 infection.

For starters, [certain enzymes](#) away from food (orally taken) work to help break down the fibrin that can cause lung scars, which may help breathing return to normal. Doctors around the world have been prescribing systemic enzyme therapy to treat fibrosis since the 1970s. Enzymes are also efficient in treating pain and inflammation associated with vaccine injuries and/or musculoskeletal disorders. Reducing inflammation is the first order of business for the severely and chronically-inflamed vaccinated masses right now, many of whom are suffering from thousands of microscopic blood clots that are not showing up on mainstream diagnostic tests (besides elevated heartbeat and high blood pressure).

How about using enzymes to destroy and clean out vaccine-induced pathogens? The Covid vaccines pollute the entire vascular system with toxic [prions](#) that look like virus particles. They are foreign to your body.

[Systemic enzymes](#) can also dissolve the lipid coating that surrounds the spike protein, dissolving the foreign (toxic)

protein in your blood and tissues, all while destroying bacteria and preventing blood clotting.

Global Healing Veganzyme Enzymes: Take 3 capsules 1x daily between meals

Wombenzym is one of the most researched enzymes. Wobenzym should be taken on an empty stomach at least 45 minutes before a meal or at least two hours after a meal. In this way, the enzymes do not digest food proteins but instead are absorbed into the bloodstream, where they exert their anti-inflammatory effects. For chronic pain relief, three to five tablets three times daily are recommended.. Five to ten tablets three times daily can be used for more severe chronic pain. Wobenzym can be taken for one to two months or longer for chronic conditions, and one to six weeks for acute conditions. Some people may experience minor digestive disruptions such as diarrhea and excess gas. Smaller doses taken more frequently can alleviate this.

## Glutathione

As Jennifer Depew, RD (Registered Dietitian) (@deNutrients on Twitter), explains in "Health Aids for Special Times - Protocol", glutathione is an antioxidant that we make in our cells from three amino acids: glutamate / glutamic acid, glycine, and cysteine. Glutathione is used in the Citric Acid Cycle by mitochondria. It is available as a supplement, look for a liposomal form or it will not be absorbed undigested. Other foods or nutrients can help promote our own production of glutathione. These include milk thistle, NAC, and superoxide dismutase (SOD), (ref), Nrf2.

Not only is glutathione the "Master Detoxifier" but because it is found in the liver, our most important detoxification organ, it helps the liver detoxify, a cleaning process that's supposed to happen about every three minutes. [Glutathione](#) is anti-inflammatory, and chelates heavy metals, pulling them out of the body, thus reducing cell damage to the liver. It scavenges free radicals throughout the body and recharges other antioxidants, thus preventing chronic diseases.

Glutathione is essential for the detoxification of not only the spike proteins but also the lipid nanoparticles as well as [graphene oxide](#). Since the bioavailability of glutathione is very low (much of it is already broken down in the gastrointestinal tract), an excellent option is to increase internal production, which can be done by eating more cruciferous vegetables, or taking [sulforaphane](#), a natural plant compound derived from cruciferous vegetables, such as broccoli and Brussels sprouts. Glutathione is known for its antioxidant, antimicrobial, and anti-inflammatory properties and is studied for its health benefits, such as for cancer prevention, heart health, and as a treatment for autism.

Since sulforaphane is also broken down quickly (even in a capsule), consider choosing a product that is liposomal, or one that contains glucoraphanin and the enzyme myrosinase instead of sulforaphane itself. The sulforaphane is then generated in the digestive tract and can directly be absorbed. One such product is [Broccomax](#): 30mg daily, 1 capsule/day.

Getting a glutathione push after a [Vitamin IV](#) is also an excellent choice if you can afford to do this. In addition, our bodies need glycine for the synthesis of glutathione and

collagen, so an additional glycine source is always a good idea. Consider a [liver cleanse](#).

## NAC

NAC (N-acetylcysteine): is a precursor to glutathione, but also has independent effects related to COVID and the spike protein. Thank goodness Big Pharma made sure that it's no longer readily available. Big Pharma is trying to synthesize and patent it. [NAC](#) is used in cough medicine as it is also effective in decreasing mucus along with its antioxidant properties and liver detoxification. [The FDA is now in the process of banning NAC](#) as a supplement, which is puzzling given it's shown to [be promising in combating Covid-19](#). [N-Acetylcysteine \(NAC\)](#) is an FDA-approved antioxidant and anti-inflammatory agent that has been used safely for many years in the treatment of acetaminophen overdose. NAC acts directly as a scavenger of free radicals, especially oxygen radicals.

[NAC](#) is a must-have. It has antiviral and anti-inflammatory effects and counteracts excessive immune reactions. It also protects against lung damage and blood clots.

And here's an NIH study on how [N-Acetylcysteine can combat COVID-19](#).

Dosage: N-acetylcysteine 500-600 mg daily for prevention/standard health, 500 X 3 capsules/day for severe illness. Excess can be a problem and some people may not digest this form well. Cysteine is needed for glutathione production. Aged Garlic Extract is a form of cysteine.

## **Methylsulfonylmethane (MSM)**

Methylsulfonylmethane (MSM) is also called dimethyl sulfone, DMSO<sub>2</sub>, methyl sulfone, and many other names. It is an oxidation product of dimethyl sulfoxide (DMSO) and a source of sulfur for producing the amino acids methionine and cysteine. MSM is a water-soluble white, odorless, crystalline compound that contains 34% elemental sulfur.

MSM can be found in foods like milk, coffee, tomatoes, and chard. The supplement form can be taken by mouth or applied to the skin. One of the most popular uses of MSM is to decrease joint or muscle pain.

It has been shown to benefit those with joint degeneration, a common cause of pain in the knees, back, hands, and hips.

Research shows that it may also be helpful in lowering inflammation, improving skin health by acting as a sulfur donor, decreasing allergy symptoms, and speeding recovery after exercise. Additionally, some evidence suggests that MSM may have cancer-fighting properties.

MSM can enhance the effectiveness of other common supplements used to treat arthritis such as glucosamine sulfate, chondroitin sulfate, and boswellic acid. MSM increases glutathione levels as well. Supplements are frequently available with glucosamine and MSM in the formulation, which would be helpful for joint and bone health.

## **Proxalutamide**

In March 2021, researchers from Brazil reported preliminary results of 600 hospitalized patients in a clinical

trial investigating proxalutamide, a new anti-androgen therapy, for the treatment of COVID-19. The drug reduced mortality risk by 92 percent and shortened the median hospital stay by nine days versus the standard of care, the researchers reported.

Hormone drugs that reduce androgen levels may help disarm the coronavirus spike protein used to infect cells and stop the progression of severe COVID-19 disease, suggests a new preclinical study from researchers in the [Abramson Cancer Center at the University of Pennsylvania](#) and published online in [Cell Press's iScience](#).

## **Zeolite Powder**

Zeolite is a complex mineral that forms when volcanic lava and water come into contact. Zeolite is a 100% natural volcanic mineral compound that contains more than 60 trace minerals and 12 amino acids, as explained by [CHC Public Forum](#).

[Zeolite](#) could possibly rid the body of the dangerous spike proteins found in the Covid vaccines.

Negatively-charged zeolite works like a magnet, trapping positively-charged [toxins](#) such as lead, mercury, arsenic, cadmium and many more, and carrying them out of the body within hours. Since the spike proteins are positively charged it's believed they could be removed by zeolite as well.

It's amazing how Zeolite helps remove heavy metals and positively-charged toxins and Volatile Organic Compounds including:

- Aluminum

- Lead
- Mercury
- Cadmium
- Arsenic
- Radioactive Metals
- Nitrosamines
- Bisphenol-A
- Toluene
- Benzene
- Pesticides
- Herbicides

**TRS** is a pure and concentrated source of zeolite detoxification (100% pure clinoptilolite), Advanced TRS is a complete solution for safely ridding harmful heavy metals from your body.

Active ingredient is 100% pure nano-zeolite (clinoptilolite)

Suitable for adults and children

140 sprays per bottle

No preservatives

Watch [this video](#). Spike proteins are positively charged as are toxins. According to [an NIH study](#), negatively charged zeolite, which scavenges for positively charged toxins, could help combat the spike proteins from both the vaccine and possible shedding ~ this is incredible!

Editor's note: Many Zeolite products contain metallic nanoparticles which are highly toxic to the body and can pass the blood/brain barrier. Be careful what product you use.

# HOW TO DETOX FROM THE MRNA LIPIDS

People must also specifically detox from the mRNA lipids in the jab. What about the effects of the mRNA components of the vaccines? Can these fake lipids be cleared?

In persons repeatedly injected with mRNA encased in synthetic lipids nanoparticles, cumulative toxicity is an issue as is cell damage due to chemical toxicity.

## **Pomegranate Peel**

Pomegranate peel has phytonutrients that help clump nanoparticles into larger clusters that can then be recognized as debris that needs to be cleared away by white blood cells, for reuse of the nutrients, or detox and excretion. Not overeating on average helps promote more detox and reuse of cellular debris. This strategy can also help reduce the risk of misfolded protein or prion conditions.



# HOW TO DETOX FROM GRAPHENE OXIDE

When you [look at vaccinated blood, tubular artifacts](#) have been spotted. As mentioned in the introduction, graphene oxide is essentially creating antennas inside the blood. What is the mechanism by which graphene oxide gets cleared through blood?

While some say that the liver can break down glutathione, Dr. Edward Group of Global Healing remarks that most people's livers are only functioning about 15-20%.

## **Pyrroloquinoline Quinone**

According to a [Principia-Scientific](#) article, pyrroloquinoline quinone (PQQ) “is a powerful antioxidant and cellular energy booster that works to support the health of your energy-producing mitochondria, protect them from oxidative damage, and even help you grow new mitochondria. [PQQ actually is reported](#) to be able to create new mitochondria.

PQQ is found in fruits and vegetables and in breast milk and is a plant growth factor and bacterial cofactor. Studies have shown that PQQ disodium salt (BioPQQ™) has positive effects on cognitive function and may have a protective effect against UVA-induced aging.

## **Pomegranate Peel**

The phytonutrients in pomegranate peel may [help reduce the risk of misfolded or prion disease](#) and promote a

healthy detox system. We want our immune cells to be well-nourished so they are able to engulf and remove toxins whether they are misfolded proteins, spike, virus, or other cellular debris which can be inflammatory. During normal health, an old, damaged, precancerous, or infected cell is killed and engulfed for removal by the white blood cells (immune cells called macrophages). This process leaves no cellular debris from leaked contents, which can lead to more inflammatory damage within the extracellular areas of the body.

Pomegranate peel can help [clump nanoparticles](#) and is a metal chelator, so it might help control the graphene oxide's reactivity and promote removal in larger clusters. The lipid particles include a positive charge that causes problems. Therefore, it is important to have antioxidants in a plentiful amount, to cope with buffering the charged-electron donors.

Pomegranate peel extract is beneficial in many ways including for [mitochondrial support](#). Phytonutrients in [pomegranate peel](#) can block ACE2 receptor access from the SARS-CoV-2 virus. There are also protective effects against viruses, bacteria, parasites, and cancer cells. The phytonutrients in pomegranate fruit or peel are beneficial for the microbiome and the brain and may help prevent misfolding protein conditions or improve Alzheimer's dementia symptoms. See [G13. Pomegranate](#) for more information and preparation tips.

Pomegranate peel used in an alkaline bean soup forms humic acid-like chemicals in a tasty way. The broth thickens and becomes a creamy texture and turns brown even using white beans. See [G13. Pomegranate](#) for more information and preparation tips.

## Humic Acid

How [Humic Acid](#) can help remove graphene oxide from the body. [Humic acids](#) are fully decomposed remains of organic life. They're long-chain molecules that are high in weight and dark brown in color. They are not a single acid. Rather, "humic acid" is a broad term that refers to a complex mixture of many different acids that are soluble in alkaline solutions. They exist naturally as part of nature's life cycle in soils, oceans, and streams.

We [consume acids all the time](#), from folic to amino, to citric and innumerable others, and all are vital to a healthy life. Without gastric acids in your stomach, for instance, food would just bump around like stinky interpretations of a Jackson Pollock painting; without lactic acid, your body couldn't regulate your metabolism, and we wouldn't have sourdough bread, yogurt, cottage cheese, and a host of other goodies. Some of these acids are secreted by our bodies, while others are made by bacteria in the foods we eat. Still others, like humic acid, are naturally occurring compounds composed of many trace minerals.

Well, in a word, humates are not a single entity, but a mind-numbingly, often frustratingly complex mixture of many different carbon-rich materials. Both humic and fulvic minerals (the latter is actually a kind of humic acid, but with large enough oxygen concentrations to warrant having its own name) occur naturally and in unison all over the world, as liquid minerals in coals, plants, and water sediments. Once plant matter in the ground crosses the fuzzy line between organic matter and dirt – in a process aptly called “humification,” which can take thousands or even millions of years – it begins to do a number of interesting things as it turns into peat humus, including help the surrounding soil retain nutrients.

# HOW TO DETOX FROM THE NANOTECH

## **Pomegranate Peel**

Jennifer Depew, RD remarks that pomegranate peel helps [clump nanoparticles](#) because it is a metal chelator, so it might help control the graphene oxide's reactivity. The lipid particles of the jab include a positive charge that causes problems, so it is important to have antioxidants in a plentiful amount, to cope with buffering the charge-electron donors. Pomegranate peel extract is beneficial in many ways including [mitochondrial support](#).

## **Nano Cleansing Spa / Anti-Nano Bucket**

Herbalist Tony Pantalleresco coined the term "Anti-Nano Bucket." This [Nano Cleansing Spa](#) facilitates the removal of nanomaterials and toxic heavy metals using a low voltage, ionizing, electromagnetic field in an alkaline solution. The spa draws out harmful metallic, magnetic nanoparticles which have entered and accumulated inside the body.

Hazardous heavy metals and nanoparticles invade the circulatory system, accumulating in the brain, internal organs, hands, and feet, causing a collapse of the body's immune system. Starting with headaches, general discomfort, and stiffening of joints, heavy metal toxicity leads to energy blockages in the body, introducing sickness, pain, suffering, and disease, including cancerous tumors.

Extracting these particles from the body increases overall health and when combined with healthy, clean food and vitamins, boosts the body's natural immunity to illness.

- [Tony Pantalleresco's directions](#) to the "anti nano bucket".
- Here is where you can find the [components/materials needed](#).
- [Here](#) is where you can learn how to power up this particular protocol.
- And here is where you can find [instructions](#).

## **Alkaline Baths**

Our body's inner environment plays a much greater role in our health than viruses, bacteria, or fungi. If the body is alkaline, microorganisms cannot harm it. An overly acidic body, on the other hand, opens the door to disease. In an acidic environment, the body's cells can no longer work properly, detoxification is disturbed, and cell damage and ultimately cell death occur.

The quickest and most effective way to restore the body to an alkaline state is through alkaline baths. Several things are important for the success of alkaline bathing: (1) a sufficiently long bathing time and (2) the use of products that have sufficient alkaline potential to absorb the acid that is released. In acute cases, daily bathing is recommended (as long as it is not too strenuous, please listen to your body), otherwise, 2 to 3 baths per week are sufficient. The duration of the bath should be at least two hours (3 or 4 hours, or even more, are also possible: the longer, the better!) This is dangerously untrue. Excess

soaking with Epsom salt can lead to diarrhea for a day, or worse case bradycardia and death, JRD, RD), since the body only begins releasing the acid after about 45 minutes.

The water temperature should not be above 35 to 37 degrees Celsius because the body has difficulty releasing the acid into the water if it is too hot. When it comes to the bath additive, make sure that it does not contain salts (Maris Sal, which stands for “sea salt”, Himalayan salt, sodium chloride, etc.), as they have an irritating effect, but instead a large number of carbonates (magnesium carbonate, sodium carbonate, calcium carbonate, etc.), which can bind and neutralize the acid that is being released.

A company whose bath additives meet these requirements is [Bioleo](#). At least 200g (8 heaped tablespoons) of bath additive should be used for a full 2-hour bath (more is welcome). For every additional hour, add another 100g of bath additive to have enough neutralizing potential.

## **Detox Bath**

- 1-2 cups baking soda (for radiation)
- 1-2 cups Epsom salts (for radiation)
- 1/2-1 cup Bentonite Clay (fungus & yeast)
- 1-2 cups sea salt (parasites)

## **Borax**

[Dr. Carrie Madej](#) also reports that a cup of borax in a bath can also remove nanotechnology. Note that a cup of borax

in a bath would be extremely alkaline and might harm skin. Excess borax can cause severe nerve and muscle cramping symptoms in the hands, JRD, RD). The borax attaches to anything metallic and pulls it out of the body through the digestive tract, and this includes metallic nanobots.

Consider that [MSNBC](#) makes it seem that liquified nanotechnology isn't possible.

If you can't tolerate borax baths, you can use diatDosage: one teaspoon Diatomaceous Earth in a glass of water, daily on an empty stomach.

## **Edible Clay**

Edible clay is a common natural protocol when it comes to [detoxing and digestive system/colon cleansing](#), as well as systemic detoxification programs. The clay is often combined with other herbs and supplements. Edible clay has long been used to help with acute and chronic toxicity issues, involving heavy metal toxicity, chemical toxicity, and infectious conditions.

Montmorillonite Clay effectively [clears mucosa by nasal irrigation](#), removing microbes from the nasal cavity where spike protein collects.

Ph Miracle Products has an excellent ingestible Terra pHirma Montmorillonite Clay, [here](#). Use one scoop, 2x daily.

# HIIT, CAPILLARY SCRUBBING + CHARCOAL

The Vax injection goes into the deltoid muscle. About 75% of the injected material ends up in the lymphatic system which in turn enters the bloodstream. After the blood enters the bloodstream the nanoparticles do their dirty work.

The injection exposes two main groups of cells to genetic alteration. The process occurs in four steps:

1. The injection forces nanoparticles into the deltoid muscle in the arm, but the actual needle deposits the material into the lymphatic fluid between muscle cells;
2. The lymphatic fluid travels via the lymphatic system to eventually mix with blood;
3. The blood circulates through the body in the vascular system. When it enters capillaries, the blood moves slow enough for the nanoparticles to dwell and penetrate;
4. Penetration enables the mRNA to mutate capillary cells into spike-protein factories.

At least the infiltration and mutation are limited to specific tissues where the mRNA nanoparticles can infiltrate. This means that the mRNA shot mutation does not mutate every cell in your body. The only cells the nanoparticles invade are where the nanoparticles dwell long enough to penetrate cellular defenses. This limits the



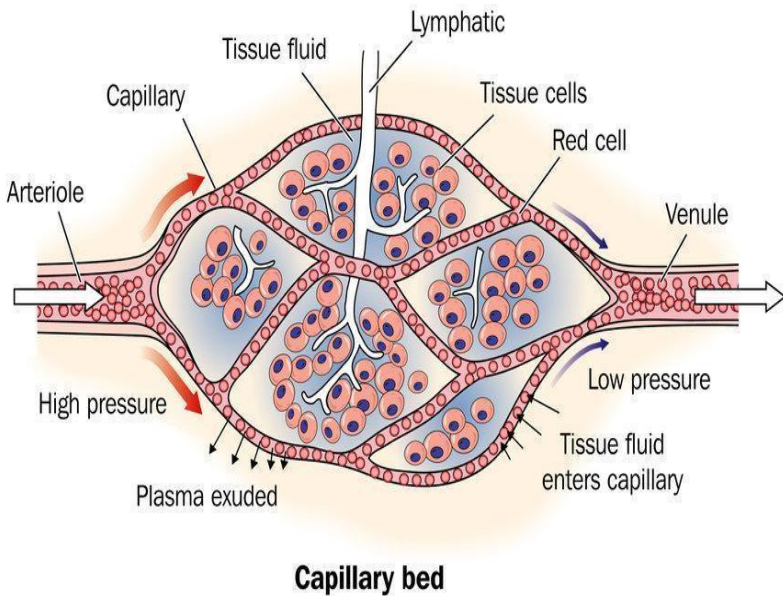
mutation to:

- A few muscle cells in the arm near the injection site;
- Capillaries where the blood moves slow and nano-particles come in contact with endothelial cells.

Only the capillaries are vulnerable because blood moves so fast through arteries and veins that lipid nanoparticles cannot dwell long enough to penetrate.

Capillaries are vulnerable to nanoparticle infiltration because their tiny size slows and constrains the blood enough to give a nanoparticle time and proximity to stick to a cell membrane. This limits the habitat for mRNA mutation to capillaries that become spike protein factories.

It also presents a therapeutic strategy...



This shortlist of affected tissues leads to a specific process that can help the body heal. It is possible to help the immune system to locate and eradicate mRNA mutated cells in capillaries.

## **Capillary Scrubbing Protocol**

Now that we know this - we know how to help the immune system do its job. Let's start with a simple question:

What is the natural recipe for capillary health?

Capillary scrubbing is a process that aids the immune system to reach, detect and destroy the mRNA-infected endothelial cells. The immune process is very similar to how a healthy body detects and overcomes cancer.

We've skipped over the spike protein discussion because the critical priority is to eliminate the perpetual source of the spike protein.

The protocol is designed to help your immune system to eliminate mutated cells with natural antibody remediated immunity.

## **Capillary Scrub Method**

The simple recipe is to squirt highly oxygenated blood as forcefully as possible to and through the capillaries.

This squirt function pushes antibodies and white blood cells from the immune system toward mutated capillary endothelial cells to maximize the probability that the immune system will detect, tag, and eliminate mutated endothelial cells.

Immunologically this is the same natural process the body uses to identify and eliminate cancer. In this case, the mRNA affected cell has three known vulnerabilities which help the immune system. The mRNA infected cells:

1. Operate at a low energy state. This diversion of energy to create spike protein tends to cause cells to operate with low transmembrane potential and are thus TNF-alpha autoimmune tagging (just like cancer cells);
2. Have mutated DNA thus are vulnerable to foreign body detection (foreign DNA) provided the immune system is energetically able to detect the deviant DNA (also similar to cancer cells);
3. Tend to express spike protein on the surface to attract antibodies to draw the attention of the immune system.

Capillary scrubbing involves simply revealing the mutated cells to the immune system.

Under vaccine-injured vascular conditions, mutated cells are hidden from the immune system as platelets cause microscopic clots that inhibit blood flow.

Low flow through affected capillaries hides mutated cells by blocking immune system cells from traveling through this tissue. This hiding effect enables mutated cells to produce unnatural spike protein.

The production of spike protein results in known and unknown effects such as antibody overproduction, respiratory shedding, and accelerated aging for spike-affected cells. Shedding affects others because spike

proteins exit the capillary to the veins and go into the lungs and are exhaled.

## How Capillary Scrubbing Works

After the mutated cells are eliminated by the immune system, they are replaced by healthy cells.

The principles of endothelial or capillary scrubbing:

1. Oxygenate the immune system for maximum immune energy;
2. Increase the blood flow to the capillaries with aggressive exercise like [High-Intensity Interval Training](#) (HIIT)
3. Do everything possible to neutralize the graphene oxide-mediated blood injury. High blood flow through the liver will help filter graphene oxide (GO) from the blood. Use an anionic (negatively charged) adsorbent in the gut like charcoal or [Ph Miracle Terra hPirma Montmorillonite Clay](#) to bind the GO in the gut to prevent reabsorption.
4. Use vascular enzymes to dissolve spike-protein mediated coagulation which tend to block blood flow to and through mutated capillary networks.

### Injured Blood Inhibits Capillary Scrubbing

Graphene oxide injured blood interferes with capillary scrubbing. Graphene injured blood is very thick. The thickness, or viscosity, of this blood, makes it difficult for the body to push it through tiny capillaries.

Thick blood helps hide mRNA mutated cells from the immune system by preventing white blood cells from reaching capillaries. This hiding effect enables mRNA mutated to evade detection until after the body is able to eliminate the graphene oxide from the blood. This can be a long time.

We have observed that the blood of athletically fit and healthy vaccinated people remains heavily contaminated with graphene artifacts at least five months after mRNA injection. This blood injury creates long-term poor flow through microvascular structures and enables spike protein production to continue for an unnatural time.

Microscopic blood smears have been used to observe 75% reduction in blood-borne graphene oxide during High-Intensity Interval Training (HIIT) sessions. Our working hypothesis is that HIIT enables optimal liver function, resulting in optimal removal of contaminants including, but not limited to, graphene oxide.

HIIT creates a unique blood detoxification process:

1. Blood flow turbulence ruptures fragile or damaged blood cells triggering replacement with new cells;
2. Sprint exertion briefly maximizes blood flow resulting in maximum pressure to force blood through capillary blockages;
3. Maximum blood flow through the filtration organs, liver and kidneys, with periodic high-oxygen recovery super-oxygenated organs to clear toxins better than normal or during aerobic exercise;
4. Respiratory recovery at the end of the sprint super-stimulates respiration to briefly create

maximum oxygenation events where the entire metabolic focus is oxygen delivery;

5. This scenario results in a physiologically unique flush, filter and oxygenate cycle that enables super-detoxification which appears to enable the body to remove graphene oxide.

Individuals unable to exert at HIIT levels may benefit from oxygen training systems. These systems reduce the exertion threshold for the natural detoxification cycle that HIIT creates by switching between low-oxygen and high-oxygen air during exercise.

The second phase of the detoxification is to bind the graphene oxide that was filtered by the liver. Graphene oxide in bile is positively charged and binds to anionic, negatively charged, binding agents in the gut.

This binding prevents positively charged graphene from being reabsorbed, so it is eliminated in the stool.

The simple way to do this is to take some charcoal, Montmorillonite Clay or mega-dose of humic or fulvic acids, 1-3 hours before the HIIT workout.

- [Charcoal](#) (2-4 capsules a day): Charcoal is the pre-eminent detoxifier and when taken on an empty stomach, works its way down into the intestines and activates a blood purification process known as “interstitial dialysis”.

More info about: [Engaging in HIIT](#) (High-Intensity Interval Training), [to scrub your capillaries](#).

“Delivery into the specific cell and tissue populations is still a huge challenge for the field,” says Yizhou Dong, a nanoparticle researcher at The Ohio State University. “Right

now, intravenous injections of nanoparticles can easily reach the liver, and intramuscular injections for vaccines are taken up by immune cells. Some companies are working on experimental formulations for aerosolized delivery to the lungs, but the rest of the body remains out of reach, and the demand for targeted delivery is high.”

The invention belongs to the field of nanomaterials and biomedicine and relates to a vaccine, in particular to the development of the 2019-nCoV coronavirus nuclear recombinant [nano vaccine](#). The invention also comprises a preparation method of the vaccine and application of the vaccine in animal experiments. The new corona vaccine contains graphene oxide, carnosine, CpG, new coronavirus RBD, binding carnosine, CpG and neocoronavirus RBD on the backbone of graphene oxide. The CpG coding sequence is shown as SEQ ID NO 1; the novel coronavirus RBD refers to a novel coronavirus protein receptor-binding region which can generate a high-titer specific antibody aiming at the RBD in a mouse body, and provides a strong support for prevention and treatment of the novel coronavirus.

# DR. ARIYANA LOVE'S PROTOCOLS

All of the natural medicines in this protocol "[inhibit SARS-Cov-2 replication](#)" which means they effectively detox the poison nanotech. This protocol will simultaneously rebuild your immune system and reverse chronic illnesses. It works on a nanoscale and on a cellular level to repair bodily injury and restore [all bodily functions](#). This protocol detoxes graphene, heavy metals, mycoplasmas and other deadly toxins from childhood vaccinations.

WARNING: Do not use zeolites, C60, colloidal silver, Bentonite clay, activated charcoal, Nattokinase, horse paste Ivermectin or anything else that contains [metallic nanoparticles](#) with this protocol. If vaxxed, do not use any frequency machines such as a Rife, Bioresonance, ultrasound, CAT scan or MRI.

## **[ASEA redox molecules](#)**

Just as the COVID technology is inserting an artificial "operating system" into humans, our body has its own operating system which is made of redox molecules. These nanoscale molecules [control the cell signaling](#) within our body, which controls all bodily functions. Graphene and other poisons deplete our redox molecules and induce what's called a Reactive Oxygen Species (ROS), leading to mitochondrial fatigue.

ASEA uses a patented technology to isolate redox molecules from sea salt. We all become deficient in redox molecules at age 26 when a genetic switch is activated that



starts the dying process. Our cells begin to lose the ability to absorb glutathione and aging begins. Glutathione is the body's master antioxidant and without it, detox is not possible.

Replenishing our redox molecules balances all bodily functions, [boosts glutathione levels to 800%](#), repairs damage to DNA, turns genes on, and repairs cellular injury from radiation. Antioxidants don't work unless activated by redox signaling molecules. Redox molecules are cumulative so the longer you use them the greater the benefit is to your health.

Read more about redox molecules [here](#).

Review Scientific Validation of ASEA Redox Supplement [here](#).

Review ASEA testimonials [here](#), with password: redox

Protocol: Drink 4-8 ounces daily. Use on an empty stomach.

Jab Detox Protocol: Drink half to a full bottle daily for 6-8 weeks. Then continue using 8 ounces (240 ml) of ASEA Redox daily. Use on an empty stomach.

[Order ASEA Redox](#) (Blue bottles, 4 per case) using Associate ID 1800502009.

Signing up as an ASEA Associate allows you to sell ASEA products and places you in my downline for direct training with me. Monthly autoship with a minimum of one case of ASEA Redox at "subscription," will give you wholesale price on all ASEA products. Autoship can be easily canceled. You can set up autoship at the "Preferred customer" option or buy as a retail customer.

## Stemtech

Our adult stem cell production is the second vital function that we lose when the aging process begins, leaving every adult deficient in the ability to heal from bodily injury.

[Adult stem cells](#) are our body's master cells. They are necessary for the self-renewal and repair of damaged cells, tissues and organs. Prolonged ROS due to graphene and other poisoning, further suppresses our adult stem cell production.

After years of scientific lab research, Stemtech has isolated key super nutrients that reactivate adult stem cell production. Using all three Stemtech products gives you a 53% increase in adult stem cell production, reducing inflammation and enabling the body recovery from any bodily and extreme poisoning. Because ASEA Redox absorbs into every cell of your body in only 5 minutes. This rate of absorption effectively drives oxygen into cells and deposits Stemtech's vital nutrients directly into cells.

Using Stemrelease3 alone will increase adult stem cell production by 20%. These powerful anti-aging meta nutrients super boost the immune system, restore Ph balance, and empower regeneration of cells and organs after bodily injury.

Protocol: Use two capsules daily of Stemrelease3, Migrate and Circulate.

[Order Stemtech here](#) with Enroller ID 7120110.

Go to "VIP customer" and enroll. If you register with autoship you will automatically receive wholesale price on all Stemtech products.

## CBD Oil

Cannabidiol from CBD oil “inhibits SARS-Cov-2 spike (S) protein-induced cytotoxicity and inflammation”.

Dr. Richard Breeman discovered that CBD can prevent COVID illness. Cannabinoids effectively block cellular entry of SARS-Cov-2 and stop cytokine storms.

“Cannabinoid acids from hemp (*Cannabis sativa*) were found to be allosteric as well as orthosteric ligands with micromolar affinity for the spike protein. In follow-up virus neutralization assays, cannabigerolic acid and cannabidiolic acid prevented infection of human epithelial cells by a pseudovirus expressing the SARS-CoV-2 spike protein and prevented entry of live SARS-CoV-2 into cells. Importantly, cannabigerolic acid and cannabidiolic acid were equally effective against the SARS-CoV-2 alpha variant B.1.1.7 and the beta variant B.1.351. Orally bioavailable and with a long history of safe human use, these cannabinoids, isolated or in hemp extracts, have the potential to prevent as well as treat infection by SARS-CoV-2.”

Researchers in Chicago say cannabidiol (CBD) keeps SARS-CoV-2 (COVID) from replicating in the lungs and causing severe damage. CBD and its metabolite 7-OH-CBD blocks out SARS-CoV-2 replication in epithelial lung cells. Further study revealed that CBD helped to reverse nearly all of the gene expression changes SARS-CoV-2 causes in the host cells.

CBD oil has more antioxidants than vitamin C and vitamin E.

New research suggests terpenes and #CBD works two times better to reverse COVID inflammation than

Corticosteroid. The largest concentration of terpenes is found in pine needle oil.

Protocol: Start by [using 5-10 ml of CBD daily](#), for a week and then double it. In severe cases of injury, triple the dosage.

Order premium organic liposomal CBD oils [here](#).

## Essential Oils

There's quite a few [essential oils used to treat COVID poisoning](#). I will highlight some of the most important.

### Lemon Peel Oil

Lemon peel oil is a very special medicine that displays significant ACE2 inhibitory effects in epithelial cells, [preventing COVID poisoning](#). Lemon peel oil is antiparasitic and antibacterial. It super boosts immunity and balances Ph. It [works against mycoplasmas](#) (antibiotic resistant bacteria) such as [Staphylococcus aureus and E. coli](#) which are used in covid vaxx's. Lemon peel oil also reduces cancer, [relieves pain](#), depression and anxiety. Plus it promotes wound healing.

You can make your own lemon peel tea at home using the peels of two organic lemons. Bring two cups of water to a boil and add your lemon peel pieces. Immediately reduce the heat to a low simmer. Continue simmering for 15 minutes with the lid on. Remove from heat, strain and cool. Add organic honey and drink. Honey is antimicrobial, [antiparasitic](#), antifungal and antibacterial.

Here is another [simple home recipe](#) using lemon peels and honey. You can also take lemon peel essential oil, orally.

Protocol: Start by using 5 drops of lemon peel oil 2x daily then work up to a comfortable dose. During jab detox use more.

Order Young Living's Lemon Peel Oil [here](#).

## Peppermint oil

Peppermint oil [inhibits the growth](#) of bacterial strains such as E. coli and simplex virus type 1 and type 2. Herpes Zoster (Shingles) is a [common occurrence from COVID](#) inoculation. Peppermint can be used topically to reduce outbreaks, as well as internally.

Protocol: Start with 5 drops 2x daily and increase to a comfortable dose. Use a higher dose during jab detox.

Order Peppermint oil [here](#).

## Star Anise

Star Anise is one of the best [inhibitors of SARS-Cov-2](#). It's a potent antioxidant, antimicrobial, antifungal, anthelmintic, insecticidal, secretolytic, antinociceptive, anti-inflammatory, gastroprotective, has sedative properties, and more. It's a [known treatment for Influenza A and B](#).

Order Detoxzyme (Star anise, fennel and cumin blend) [here](#).

## Black Seed Oil

Black Seed Oil (Nigella Sativa) is a powerful antioxidant, anti-inflammatory, anticoagulant and [reduces the thrombus formation](#). It's an anti-parasitic, antibacterial,

antifungal and an [effective treatment against COVID poisoning](#).

[Nigella sativa managed to reduce](#) the risk of death and hospitalization by 69%, out-performing vitamin D, Ivermectin and Hydroxychloroquine. It contains a natural combination of Quercetin, Vitamin D3, Vitamin C and Zinc (Dr. Zelenko's Protocol).

Ethiopian Black Seed Oil has the [highest concentration of Thymoquinone](#) which is the main bioactive constituent of the essential oil and thus has the greatest healing potential. Black Seed Oil also works to [remedy diabetes](#) and Hashimoto's thyroiditis and is a [treatment for various cancers](#).

Protocol: Use 2-4 tablespoons daily for general detox.

COVID Detox Protocol: Use 4-8 tablespoons daily during jab detox. In severe cases of COVID poisoning use 80 ml daily for 10-14 days.

Order 8 oz. Ethiopian Black Seed Oil [here](#).

Order 100 ml Syrian Black Seed Oil in the UK, [here](#).

Order one gallon of Egyptian Black Seed Oil [here](#).

## **Ph Miracle Products**

Ph Miracle Products were developed by the legendary Dr. Robert O. Young and are among the best supplements in the world.

L-arginine [reduces SARS-CoV-2 poisoning](#) and suppresses proinflammatory cytokines. L-Arginine Max is an important aminos and magnesium complex supplement

that enables your body to produce Nitric Oxide, which is an essential redox molecule.

Protocol: Use 1-2 scoops daily for general health and 3 scoops daily during jab detox. Order for L-Arginine Max [here](#).

Montmorillonite Clay [binds to the self-replicating nanotech](#) and disables it until your body can flush it out. It effectively [clears mucosa by nasal irrigation](#), removing microbes from the nasal cavity where [“viral loads” \(parasites\) collect](#). This supplement also facilitates parasite elimination.

Protocol: Use one scoop, 2x daily for jab detox, less for general health. Order Montmorillon Clay [here](#).

Salt, salt isolates and salt derivatives regulate our body's electrolyte balance. [In a meta-analysis](#), it was found that sodium concentration significantly decreases in COVID-19 patients. Studies show that [salts inhibit replication of COVID technology](#). Phour Salts supplement contain four powerful carbonate salts (sodium bicarbonate, potassium bicarbonate, magnesium chloride, and calcium carbonate) that increase alkalinity and reduce acidity.

Protocol: Use 1x daily for general health and 2x daily during jab detox. Order Phour Salts [here](#).

Prime Ph is a sodium chlorite salt derivative formula that can be used as a [prophylaxis to detox COVID poisoning](#). Sodium chlorite is a powerful oxidant which is activated by our own stomach acids. It binds to and absorbs bad acids and toxins and expels them from your body via the stomach. Order Prime Ph [here](#).

Protocol (Adults): Use 10-15 drops of Prime Ph per one quart or liter of water. Use only spring water or distilled water (not bottled in plastic). Drink 1-2 liters daily, every hour for 2-4 hours. Do not consume any antioxidants or supplements for one hour before drinking Prime Ph and one hour after you stop drinking it. During jab detox, consume 2 liters daily in between meals.

Ph Miracle Greens is the world's first super greens product, rich in chlorophyll and ultra concentrated. [Chlorophyll prevents infection](#) and reverses cytotoxicity. Super Greens also boost glutathione which is our body's master antioxidant.

Protocol: Use 2x daily. Order PhMiracle Greens [here](#).

The following products are also available in capsules

Visit Ph Miracle Products website [here](#).



# ADDITIONAL RESOURCES/LINKS

- [The Root Brands](#)
- [Try Blue](#)
- [HoneyColony](#)
- [SimplyTranformative](#)
- [David Wolfe's Protocol Against the Spike](#)
- [Covid-19 Prophylaxis Protocol](#)