

## Detoxing the Jabbed:

*The information below is not my work, but it's the medical work and anecdotal work of others.  
This form will always be added to, as more information becomes available.*

1). Dental health- \*\*\*\*General information about your teeth. There is research showing a strong link between cancers, autoimmune, coronary disease and dental infections. Please start brushing your teeth with baking soda daily - you may mix toothpaste with this. You may also try coconut oil pulling- an old Ayurvedic technique that helps pull bacteria, toxins, and plaque from teeth and gums. Take 1 teaspoon coconut oil and swish/hold in your mouth for up to 20 minutes then spit out. \*\*\* remove any metal fillings- these harbor bacteria and leach mercury, closely check root canals (most are done improperly)

2) Toxin overload- suspect heavy metals/arsenic as well as the need to detox from most common chemicals - glyphosate- as well as-Radiation/EMF. Not necessary to do all of the suggestions at once , try any of these one at a time and slowly titrate up to the recommended dose/

- Start detox baths-1- 2 cups of baking soda with 1- 2 cups of Epson salts 1 cup Borax and 1 cup bentonite clay in hot bath for 20 minutes three times a week. This will detox yeast, radiation, and other toxins. If you are feeling dizzy or week decrease the amount of time you were in the tub. Start with a lesser amount and titrate up on the amount of ingredients as you tolerate them. Another detox bath is 1/2 gallon of apple cider vinegar in hot water- This is great for decreasing Candida yeast in the body and helps the body obtain an alkaline pH. Another detox bath is 1 cup brand only Clorox bleach in hot water- this is great for skin issues, detoxes heavy metals and certain skin parasites. Try each one since they detox different things.
- Never drink water from the tap for the refrigerator due to the excessive amounts of toxins in the water. \*\*\* I recommend a Berkey filter or a table top water
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- Avoid all vaccines
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- DMSA synergy 100mg take one capsule daily for 3 days, off 11 days. Repeat every 2 weeks for one year- excellent for arsenic and heavy metal detox . Start this detox right away. If you feel OK on this detox then add the other detoxes listed below as well
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- To detox from glyphosate (roundup poison) start L- glycine 1 teaspoon twice daily for two months then decrease to twice weekly. This is equivalent to about

4000 mg twice daily. This will remove the glyphosate that is bound to the digestive tract wall.

- Coffee enemas are very helpful in detoxing the body and actually increase your production of glutathione

- <https://www.optimalhealthnetwork.com/Coffee-Enema-Instructions-Detox-Recipes-s/1277.htm>

4) EMF/radiation/microwave toxicity- continue to reduce your exposure.

<https://www.wavewallcases.com/best-emf-protection/> This site has info on how to reduce your exposure at home.

5) for general health and repair of body - I recommend bulk supplements brand vitamin C powder you can obtain from Amazon. This works very well and is easy on the stomach. You can also make pine needle tea (long needle pine needles) to get high levels of vitamin c , helps immune system.

6) If you start to feel sick with a respiratory illness please start vitamin C powder bulk supplements is a very good brand on Amazon and inexpensive. 4000 mg or 1 teaspoon twice a day until symptoms are better. Vitamin D3 10,000 units daily until better. Zinc 50 mg daily until better. [Quercetin](#) 500 mg twice a day until better. If not improving quickly then consider doxycycline antibiotic 100 mg twice a day for 10 to 14 days. This treats atypical bacteria that is very common right now. If any trouble breathing then consider taking prednisone tablets or [budesonide](#) steroid breathing treatments. If symptoms were quite severe or you can consider ivermectin over the counter take the dose in your weight daily for up to five days (oral paste is ok).

If not improving quickly-

I recommend getting a nebulizer for home use. You can use 3% food grade peroxide .5 ml mixed with 1.5 ml distilled water and use as breathing treatment several times daily .

Look into chlorine dioxide for treatment- can get on Amazon

\*\*\* main objective is to remove any weak points in the dental area and detox detox detox!

*Dr. Carrie Madej. <https://carriemadej.com/general-recommendations-for-detoxing/>*

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## Detoxing the Body as a Pre-requisite to Detoxing Vaccines

There are no magic bullets to antidote the COVID-19 inoculation! Why must you take a comprehensive approach?

To enhance the body's detoxification mechanism.

Because the less of a burden there is on the immune system the more efficiently the body can remove the vaccine ingredients.

Key steps to detoxing the body:

1. Must clean out the intestines and repair the cells. Must remove the sources of toxins (processed foods, aluminum cooking utensils, metal food cans, sushi and other high mercury seafood, aluminum foil, etc.
2. Food grade diatomaceous earth: start with one teaspoon of FGD in 10 ounces of spring water upon awakening for one week; then one tablespoon in 12 ounces of water taken for 90 days. This scrubs the walls of mucous plaque, absorbs toxins, and kills parasites. 50% of Americans have parasites. On the 76th day and 90th day take Ivermectin (1cc per 100 pounds) to clean up any residual parasites.
3. Pre and probiotic to re-implant the healthy micro biome: Prescript-Assist, Kaqun Drops, or Bravo Yogurt. Test dosages.
4. Must provide essential nutrients to enable the liver to process the toxins being dumped: glutathione, superoxide dismutase, B-complex, Liver Chi.
5. Must remove the heavy metals especially aluminum, mercury, arsenic, cadmium, lead, and nickel: Platinum Plus (amino acid formula), boron and magnesium malate (both pull out aluminum), zinc, silicon, bentonite and montmorillonite clays, extracts of asparagus officinalis root or yucca root. The Gift contains nano particles of trace minerals to allow the body to let go of the heavy metals and also alkalize the tissues; it also contains Humic and Fulvic acids to cleanse glyphosate, from the intestines and blood respectively.
6. 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.
7. Repair the cell membranes and tissues: Clinician's Preference (11:1 ratio of omega 6 to omega 3 organic, cold pressed oils- vegetable based); Pure Synergy (60 different organic and wild crafted herbs, grasses, vitamins, minerals (supplies all the raw ingredients to repair the nerves, muscles, ligaments, and cells).
8. If there is a problem with candida, mold, yeast, and fungi, they have to be dealt with. One of the best products on the market is from New Zealand: [CanXida](#)

## Detoxing COVID-19 Vaccines

**The key concept:** supplying the body with the appropriate nutrients to assist the detox of the vaccine and its foreign toxins, prevents the blood from clotting, boosts the immune system, maintains mitochondrial health.

1. **Zymessence:** A systemic enzyme that is the best available in today's market
  - Reduces inflammation
  - **Dissolve the lipid coating surrounding the spike protein.**
  - Dissolves any foreign protein in the blood and tissues.
  - Dissolves away scar tissue from organs, blood vessels, surgical scars, brain, interstitial tissues, etc.
  - Destroys bacteria, is mildly antiviral, and **helps prevent blood clotting.**
2. **Glutathione**
  - **Supports the liver in the detoxification process as it cleanses the blood every three minutes.**
  - Chelates heavy metals
  - Anti-inflammatory
  - Reduces cell damage in the liver
  - Breaks down some free radicals
  - Transports mercury out of the brain
  - Supports the liver and gallbladder with fats
3. **Curcumin: formula must have a quality oil (sunflower) to enhance absorption)**
  - Anti-inflammatory
  - Anti-oxidant
  - Increases levels of brain-derived neurotrophic factor (BDNF), a protein found in the brain and spinal cord that plays a key role in keeping nerve cells (neurons) healthy.
4. **Vanish: Proprietary blend of anti-oxidant frequencies that boost the immune system to remove any foreign protein**
  - 2-AEP Magnesium
  - Adrenal support
  - AMAL-C
  - Vitamin E
  - Combination formula: thymus, calcium, vitamin A and C
  - Core Maca Gold
  - Quercetin
  - Olive leaf
  - Zinc orotate
  - [Click here to order](#)
5. **Cordyceps Sinesis: Best species available**
  - Has cordycepin which prevents the rapid replication of mutated cells in DNA
  - Increase cellular ATP levels – increases energy

- Increases oxygen utilization in cells
  - Modulates the immune system
  - Boost immune system against infections
  - Regulates cell production
  - Increase stamina
  - Boost white blood cell count
  - Helps adrenal glands recuperate
  - Enhances lymphoid stem response
  - Contains all of the essential amino acids.
  - Contains vitamins B1, B2, B12, E, and K.
  - Includes proteins, sterols, nucleosides, and a wide range of trace elements (K, Na, Ca, Mg, Fe, Cu, Mn, Zn, Pi, Se, Al, Si, Ni, Sr, Ti, Cr, Ga, V, and Zr.). n. Improves glucose tolerance
  - Cordyceps helps to strengthen the kidneys.
  - Helps protect the lungs (Asthma, COPD, and bronchitis), by increasing oxygen utilization
  - Purchase the [best species of Cordyceps Sinesis here](#)
6. **Clinician's preference:** omega 6 and omega 3 organic oils in an 11:1 ratio
- **Destroys COVID-19 virus**
  - **Repairs the cell membranes**
  - Omega 6 oils act as a magnet **drawing oxygen into the cell d. Enhances oxygenation of mitochondria**
  - **Anti-inflammatory**
  - Keeps the blood from thickening
7. **Pine Tea: Possible Antidote for Spike Protein Transmission**
- The cells of the vaxxed are now producing a synthetic **spike protein** from the pathogen they were injected with. The vaxxed must be quarantined because transmission is airborne.
  - Suramin has inhibitory effects against components of the coagulation cascade and against the inappropriate replication and modification of RNA and DNA.
  - Suramin, an isolated compound originally derived from an extract of pine needle oil.
  - Pine needle tea is one of the most potent anti-oxidants there is and it's known to treat cancer, inflammation, stress and depression, pain and respiratory infections. Pine tea also kills parasites.
  - Available on [Etsy](#) – White Pine needles; Blue Ridge Mountains Pine
  - Three or more cups of tea a day.
8. **Cataplex B: Thiamin**
- Vitamin B1 is major antidote for lead poisoning, which is the leading cause of death in the US.
  - Supports the central and autonomic nervous systems; prevents neuropathy c. Supports glucose metabolism and energy production via the Krebs Cycle d. Supports cardiac function which insures normal breathing
  - Reduces acidity by preventing lactic acidosis, which is associated with nausea, vomiting, and severe abdominal pain.

NOTE: Consuming large amounts of tea and coffee (including decaffeinated), have been associated with thiamin depletion in humans due to the presence of Anti-thiamin factors (ATF). ATF include mycotoxins (molds) and thiaminases that break down thiamin in food. Individuals who habitually eat certain raw, fresh-water fish; raw shellfish.

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<https://icnr.com/alternative-medicine/how-to-detox-and-antidote-covid-19-vaccine/>

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## Shedding and Vaccine Remorse

*Dr. Lee Merritt*

### ***Protecting Yourself from the Vaccinated:***

(This is my opinion and does not constitute official medical advice. If you are sick or bleeding contact a competent medical authority.)

- 1) If I were pregnant I would not be around the vaccinated., till we figure this out.
- 2) I would not have my children in public school or college till we figure this out.
- 3) Do not let vaccinated spend time in your house with your children. This may not be an issue in 3-6 mo., although the FDA--who knew about this problem (but didn't tell doctors) states that the elderly and immune compromised may be chronically infected and shed forever. For most younger people 10 weeks from vaccination and they most likely do not continue to shed.
- 4) There is an argument to prophylax with Ivermectin or HQ through this until we figure this out. (see program below)
- 5) If I had any symptoms of being "shed on" by the vaccines--bleeding, altered menses, flu-like symptoms, lymph node swelling, etc. I would seek medical care if bleeding significant, and would be treated with Ivermectin. I use a modification of the Indian protocol. If this spike protein is a prion--which by definition, not in action, it is, you do not want it to establish itself in your brain or any other part.

### ***Symptomatic Victim of Shedding:***

- Ivermectin .4mg/ kg for 5 days. Repeat the dose next week day 1 and 3, then weekly for 8 weeks. (This is my modification of the Indian protocol because my personal experience is the prophylactic dose too low to reverse all the symptoms. This is subject to modification as more data known.)

- I use supplements to include N-AC 100-1200 mg/day, DMG 150-200 mg capsules, or powder 1-3 a day.( See the supplement tab under red COVID info bar for entire list.) An alternate and probably an improved version of DMG is Betaine which is tri-methyl glycine. DMG and TMG (Betaine), controls your DNA by chemically donating a methyl group and thereby suppressing viral genetic code.
- Consider Ozonation and IV glutathione and EDTA chelation. EDTA can be done under the tongue for three months, then stopped and restarted a few months later. Make sure to take mineral supplements during and after the use.

*Asymptomatic, but you need Prophylaxis for being around vaccinated people*

- Ivermectin .3mg/ Day 1, Day 3. Repeat the dose next week day 1 and 3, then weekly for 8 weeks. (This is subject to modification as more data known.)
- I use supplements to include N-AC 100-1200 mg/day which blocks damage from spike protein, DMG 150-200 mg capsules, or powder 1-3 a day. See above for info on Betaine

as a substitute. (DMG and TMG (Betaine), controls your DNA by chemically donating a methyl group and thereby suppressing viral genetic code.) See the supplement tab under COVID for entire recommended list.

### ***If you Have Vaccine Remorse:***

(Again, this is my opinion and does not constitute official medical advice. If you are sick or bleeding contact a competent medical authority.)

If you have taken the COVID vaccine you have been given synthetic genetic material which can either become part of YOUR genome, or can act as an “epigenetic controller” of your DNA. Also, the Vaccines cause your body to produce the Spike Protein that causes COVID. These spike proteins may linger for a long time in the membranes in your cells, and can enter every organ in your body--even your brain. Chronic spike protein infection. This is worse in the elderly whose immune system is not as robust and may allow them to be chronically infected. The goal is to protect your DNA and remove any remnant of the spike protein that may act as a prion--i.e. an incorrectly folded protein causing a long term neurologic disease like Kuru, “Mad- Cow” Disease, Creutzfeld-Jakob, and ALS (Lou Gehrig’s Disease).

- I would take Ivermectin .5-.6 mg/kg/day for at least 5 days. If you have brain fog or head ache, or myalgias (muscle aches and pains) you may consider continuing daily for 10 days. Stay on Ivermectin ***one day a week for minimum of 2 months***, then await developments. Keep extra meds at home.
- Add Hydroxychloroquine 200 twice daily x 10 days if vaccinated within a week.
- Adults: 10, 000 iu a day of D3. No overdoses have been recorded at 10,000 iu a day. At some point, after a couple months or so, check a level and you want to be above 55. See “The Nine supplements Everyone should take for further explanation of the supplement science.

- Zinc. Take 30 mg daily (adults).
- Selenium 220 mcg/ day. Don't take more.
- Quercetin 500 mg twice a day
- Vitamin C 3-5 gm minimum in divided doses throughout the day,
- N-AC 600-1000 mg/ twice a day: N acetyl Cysteine) that protects against damage from the spike protein and is excellent for producing anti-oxidation in the brain and elsewhere.
- Lysine 1.5- 2 gm a day. (Documented to be protective by virologists in the Dominican Republic.)
- Be advised we are seeing surgical complications after vaccination--wounds not healing, cardiac issues, bleeding. I would not undergo elective surgery after vaccination unless I felt totally well and was at least 10 Weeks out from the vaccine based on FDA information (See below). Even this may not be enough. If you have any chronic fatigue you need to see a physician and be tested with a D-dimer (to check for low level microvasculature on going clotting), have your heart checked, and inflammation studies.

***For Everyone:***

In addition to above recommendations, be as healthy as you can be. This bioweapon--and in general, any winter illness--tends to pick off the aged, the obese, and the infirm. Sadly, we have been led to believe that good health is about taking pills to correct your deficits rather than addressing the root causes. In short this is what I do, and will shortly be doing a four hour seminar we will be advertising on "Exit the Biomatrix--How to Survive and Thrive, now and into the Future."

- Eat grain free (usually referred to as gluten free diet)
- Timed dieting/ intermittent fasting
- Don't eat manmade oils
- Pure water and other water issues
- Avoid glyphosate and other toxins
- Don't depend on vaccines to avoid illness
- You can learn more from these books: Wheat Belly by Dr. William Davis, The Obesity Code by Jason Fung, and Brain Maker by Dr. David Perlmutter, Dr. Thomas Cowan, Cancer and the New Biology of Water . Also see my list of supplements at this site which I take for optimizing my immune system.
- Take the supplements listed under the "9 supplements everyone should take" and others as pertains to your medical state.

**General Information:**

**Secondary Transmission Vaccine Effects for the Unvaccinated:** It now appears that being around vaccinated people--even if you are not vaccinated yourself may result in you suffering harmful effects .



One of the tragedies of this whole vaccination program is that grandparents are being coerced into taking the vaccine “to protect their children and grandchildren”. In fact, as unvaccinated seniors, they were not a threat to the young people around them--because the young are unlikely to be permanently damaged by COVID. BUT, now, if the grandparents are vaccinated they can shed the vaccine constituents onto their grandchildren and may render them sterile. And because older people have less immune capability to stop the shedding, they can do this chronically (according to FDA research advisory). These concerns come from:

- data of shedding by the FDA known in 2015 (see below), and the EMA (European Medical Administration) 2007-8.
- the clinical effects of shedding being seen in women that suggest damage to their reproductive health
- the Japanese pharmacokinetic study which showed that the Pfizer vaccine carrier molecules deposit 65 times more in the ovaries than in the muscle
- **the “Self-Disseminating” Immunogenic Contraceptives already used for animal control**, that were developed along the same lines as these current agents.

The following have been reported as possible secondhand damage from vaccinated people: Menstrual irregularities, frank vaginal bleeding, miscarriage, headache, flu like symptoms, tinnitus, myocarditis, headache, COVID, and death.

The reason for these secondary effects is unknown, but it may involve transmission of the spike protein, novel adjuvant, and/or nanoparticles. A third possibility is activation of latent viruses in a vaccinated person’s body which then transmit to unvaccinated people. I suspect, in order to get secondary symptoms you need close fairly prolonged contact and possible transfer of secretions. **I do not hear stories from people just grocery shopping or doing other things which puts them into casual but not close contact. I hear of the symptoms from people working closely with other vaccinated people, living with a vaccinated person, or visiting with them for several hours.** Again, more information to follow as it becomes available. The FDA knew about this possibility, hid the concerns from doctors but sent this to researchers in the field (see below):

The FDA in 2015 published this:

This article proves that the people designing these experimental agents (misnamed vaccines), knew of the potential for shedding of the vaccinated person onto others. They recommend that people in the study group be checked for “shedding” for at least 10 weeks or until three consecutive weeks show none. They also do not completely know what is being shed, and discuss the possibility of these agents producing recombinant mutant things shedding. They also say that therapeutic options and containment measures that can limit the spread of the “shed product” to immune-compromised adults, neonates and seniors should be determined.

**Vaccine Side Effects:** Other than the emergency immediate side effects, there is a period of about two weeks after the vaccine where most serious early problems have occurred. The most frequent include bleeding of all sorts, neurological problems, strokes, heart problems, miscarriages, etc. I discuss the issues with the vaccine in this lead New American article:

<https://thenewamerican.com/magazine/tna3713/page/130713/>

We are now seeing aggressive and unusual cancers, and cardiac problems such as myocarditis--even in young people. In the last 28 years of the VAERS data there were 789 cases of post-vaccination myocarditis. Five months into the COVID Vaccine we already have over 500 CDC Certified investigated cases.

I think any prolonged bleeding/ abnormal bleeding--even from the injection site should be evaluated, because this may signal low platelet count. Similarly,

***Dr. Lee Merritt***

# Design and Analysis of Shedding Studies for Virus or Bacteria-Based Gene Therapy and Oncolytic Products

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## Guidance for Industry

progressive neurological deficit should be seen by a physician. Any other odd and persistent thing such as rash, dizziness, nausea also deserves a trip to a care provider. Take chest pain seriously and be checked out. Tumor appearance and/or recurrence is happening. Alzheimer's patients are decompensating after being fairly stable in their dementia.

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### **Hesperidin has been shown to be another spike protein blocker, and just happens to be a bioflavanoid from citrus fruits**

Was very interested to read that citrus fruits also contain hesperidine, considering there have been a few posts here already about homemade quinine or HCQ recipes from citrus, such as: <https://greatawakening.win/p/13zg4u1Grg/homemade-hydroxychloroquine-ques/> <https://greatawakening.win/p/12kFrp1pwG/grapefruit-quinine-/>

Hesperidine was listed in following website as potentially effective against covid from docking studies (prevent spike protein docking in Ace2:

8 Potential Anti-COVID Compounds Revealed by Molecular Docking Studies, lists natural compounds that are surfacing with promising anti-coronavirus activity (from studies) and includes:

quercetin

Epigallocatechin gallate (EGCG)

Curcumin

hesperidin

<https://www.drkarafitzgerald.com/2020/04/17/8-potential-natural-anti-avoid-compounds/>

Based on recent computational and experimental studies, hesperidin, a bioactive flavonoid abundant in citrus peel, stands out for its high binding affinity to the main cellular receptors of SARS-CoV-2, outperforming drugs already recommended for clinical trials. Thus, it is very promising for prophylaxis and treatment of COVID-19, along with other coexistent flavonoids

such as naringin, which could help restraining the pro-inflammatory overreaction of the immune system.

<https://www.preprints.org/manuscript/202003.0214/v1>

Hesperidin, rhoifolin, pectolinarin, and cannabinoids had about the same pose as nelfinavir, but were better than chloroquine and hydroxychloroquine sulfate as Mpro inhibitors. These plant compounds have the potential to be developed as specific therapeutic agents against COVID-19.

<https://www.preprints.org/manuscript/202004.0152/v1>

So this may give you another reason to get simmering those grapefruit/citrus.

### **From greatawakening.win**

#### **How I cured my mom from her Pfizer vaccines: muscle testing, MMS, cistus incanus, zinc, vitamin C, Carbon 60, and quercetin:**

First off, if you don't know how to muscle test (kinesiologic testing, see book Power vs. Force: An Anatomy of Consciousness The Hidden Determinants of Human Behavior by David R. Hawkins, M.D. , Ph.D.), I recommend that you learn how. I have been muscle testing for two years and it has changed my family's lives. I muscle test for everything—supplements, remedies, food, illnesses, etc. My method of muscle testing is different than the method described in the book, and I've seen four other variations of muscle testing. There are probably natural health practitioners and chiropractors who utilize it in their practices that live in your area.

My mom is 65 years old, healthy and active, BMI within normal limits for her height, Filipino, history of stage I breast cancer in remission for two years now, and has high cholesterol. She received her Pfizer dose in February and had the subsequent dose two weeks later. She refuses to get the third recommended dose because I have red pill her. I muscle tested that she had received one placebo dose (her first dose) and one regular dose. She had no immediate side effects, however, her mood worsened, her energy levels decreased drastically, she gained weight around her abdomen despite being very active, and her memory was worsening with each month that passed.

In August I convinced her to let me try to heal her. She took her remedies the week of September 5th. This is the remedy plan I had for her. Keep in mind that this is the plan I specifically muscle tested for her (meaning, it might not work for everyone), and that she only had one actual dose of the Pfizer vaccine according to my muscle testing.

Her plan was for seven days, and I muscle tested what times she should take the remedies. She followed her plan faithfully and it worked. -MMS (chlorine dioxide, bought off of eBay). She mixed three drops each of citric acid and sodium chlorite, waited a minute for it to react, and then added 1 L of water. She took this in the morning and drank it probably over an hour or two. -Cistus incanus tea (from Amazon). 4 teaspoons brewed in a pot of water (I don't know what size pot she used, sorry). She drank the pot's worth throughout the day with her breakfast, lunch, and dinner.

- Carbon 60 (from SES Research) 4ml twice a day
- Zinc 50mg (from Life Extension) 2 pills twice a day

- Quercetin 250mg (also from Life Extension) 2 pills twice a day
- NAC 600mg (Life Extension) 2 pills twice a day
- Vitamin C gummies (COSTCO brand) 2 gummies twice daily

Her normal daily supplement and medication routine includes a Smarty Pants vitamin gummy daily, ashwaganda, her cholesterol medicine (only on the weekdays), and her anti-cancer medication. She occasionally treats herself with an elderberry gummy. My mom eats pretty healthy; she does eat bread and chips, but those are her only vices.

I've also given her some products to help with EMF exposure, which she has been wearing pre-vaccination for over a year now. She wears two personal protector diodes (from the Meta-Center Chicago <https://www.metacenterchicago.com/product-category/e-m-f-protection/>), and she wears a Q-link (it's got a giant Q on one side of it, lol, <https://www.shopqlink.com/>). In addition, I have a computer diode from the Meta-Center on her router, and I grounded her smart meter. We don't have 5G here.

She's doing great now, despite having lost her dad and dog in August and September. I muscle tested that she is no longer producing spike proteins. Her mood is great, she has a more positive attitude and laughs and smiles again, her memory is back to normal (she is sharp as a tack again), she's starting to lose that weight she gained, and her energy is back to pre-vaccine levels.

Now I am detoxing her graphene oxide with six sprays twice a day with Touchstone Essentials zeolite spray. She's going to have to do that for a month. Here's a discounted bottle for you, complements of Stew Peters show <https://stew.thegoodinside.com/pbx-trial-offer-10c2020/>

I thought I'd post this after seeing that VICE article on MMS. Really great read, and they're treating people's vaccines with MMS IV infusions. I just wanted to let you guys know that you don't need to do the IV infusion. Here's the VICE article entitled, "Doctors are injecting bleach to treat COVID in Bolivia (in case you haven't read it yet): <https://www.vice.com/en/article/m7e8dy/doctors-are-injecting-bleach-to-treat-covid-in-bolivia>

Finally, I wanted to talk to you guys about the dangers of 5G. I muscle test that people on this island do not shed the spike protein, and I believe it is because we do not have 5G. I do have a vaccinated (Moderna) friend (35 years old, female, obese) here who is an exception, and she wears an Apple watch and carries her iPhone on her at the same time, and I muscle test that she does shed the spike protein. I believe it is because she is super conductive from the Apple products that she wears, which may be emitting the 5G signal. I don't hang with her because I don't want to be affected, but every other vaccinated person (local or tourist) on this island does not shed the spike protein and I haven't been affected by any shedding symptoms when I've been exposed to family or tourists who are vaccinated.

5G is awful, guys, as well as regular EMFs. I suggest you get diodes (we both wear three, additionally I keep smokey quartz on me). We also wear a SRT-3 Q-link also. My husband and I have a smart meter

cover [https://emfessentials.com/?rfsn=1409066.4fdd7e&utm\\_source=refersion&utm\\_medium=affiliate&utm\\_campaign=1409066.4fdd7e](https://emfessentials.com/?rfsn=1409066.4fdd7e&utm_source=refersion&utm_medium=affiliate&utm_campaign=1409066.4fdd7e) as well as a few products from [www.airestech.com](http://www.airestech.com) (Lifetune room, cellphone diode). We also do not use a WiFi router, we disabled the WiFi chip from our desktop computer, and our phone is on airplane mode or in a different room than where we are. I suggest you try to decrease your EMF exposure as much as possible, and to get educated on its effects at this website <https://emfacademy.com/category/blog/knowledge/> Whatever remedies you end up using for your situation, I highly suggest you muscle test for accuracy on what your body needs. The remedies need to be tailored to your situation and your

health, age, etc. Don't just follow this remedy protocol blindly; I just wanted to post it because I want you all to know that there is hope for the vaccinated. Prayer helps too. Wishing you all the best of health. I'm going to sleep now, so I won't be able to directly answer questions to this post in real time. Have a great day! I look forward to reading your comments in the morning. Has anyone else had any success with treating vaccines or with muscle testing in general?

-12/23/21

## **Cancer Treatments:**

Roger Stone's wife: "When I announced that my wife of 30 years Nydia Stone had used homeopathic, holistic and all natural therapies against cancer such as peptides, including BPC 157 , MK 677 , IPAM and high dose vitamin C infusions and vitamin D and B-17 as well as utilizing two FDA approved drugs which are not approved for use against cancer but which are most effective as anti-cancer agents ( Fenbendazole and CYDY) as well as DCA, NAC and Alpha Lipoic Acid - and the she is now CANCER FREE - I was attacked by this left-wing website which now claims that my wife never had cancer at all and that my efforts to raise money to pay for her treatments were some kind of scam. These people can burn in hell."

Yesterday I posted this study which concludes that a blood level of Vitamin D3 of higher than 50 ng/ML reduces your risk of dying from COVID to near ZERO. Read it here:

<https://poal.co/s/Health/482750>

Vitamin D3 Is The Cancer Preventative Vitamin

Not only can sufficient Vitamin D3 protect against severe viral infections such as Corona and SARS, it protects you against cancer. But it must be in the right quantities. This study shows that Vitamin D3 levels above 40 ng/ML reduces your risk of cancer by 67%:

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0152441>

This study concludes that sufficient Vitamin D3 cuts your risk of colorectal cancer by 55%:

<https://pubmed.ncbi.nlm.nih.gov/25813525/>

The Sunshine Vitamin -- May Not Be Enough as You Age

Many people believe you can get sufficient vitamin D3 by getting out in the sun a few minutes a day. But did you know that by the age of 70, your body's ability to convert vitamin D declines by as much as 75%? Also, if your immune system is compromised, you are insulin resistant, have diabetes, are gluten intolerant, or have a genetic issue, you are likely not getting sufficient Vitamin D3 to protect yourself from infection and diseases. In these instances, you will need to supplement.

How to Achieve Optimal Levels of Vitamin D3

Historically, the level of Vitamin D3 recommended by the experts ranges from 400 IU to 2,000 IU a day, which falls far short of getting you to the 50 ng/ml level you need. This video explains why the "experts" are wrong (too low) and how to calibrate it for yourself. This doctor recommends 10,000 IUs a day for a healthy person. (Higher amounts may be needed if you have a compromised immune system, insulin resistance or genetic mutations.) It's a must watch.

<https://www.youtube.com/watch?v=NFxQJmvgXOQ>

This doctor says he targets 60 - 80 ng/ML blood level and once tested and determined a patient is low, prescribes 10,000 IU a day until the desired level is achieved, which will likely take weeks. Once the desired level is achieved, he then adjusts the dosage accordingly (4K-5K IUs daily) and retests periodically to ensure the right level is maintained. Watch here:

<https://youtu.be/6E9xfwyX6mQ?t=608>

Maximize Absorbancy of Vitamin D3 Supplements

Since Vitamin D3 is fat soluble, you need to take it with a fatty meal to ensure it is absorbed in your body. In addition, pairing D3 with Vitamin K2 helps increase your body's ability to absorb the vitamin. This video explains it:

<https://www.youtube.com/watch?v=AoUmVgPozSE>

Get Tested

The safest way to determine if you need to increase your Vitamin D3 intake is to get a simple blood test from your doctor (or you can order a home test online).