

SUPPORT THE IMMUNE SYSTEM AND DETOX FROM GRAPHINE OXIDE

(These are notes I have collected on the topics with links. These link to products in the USA that contain all of these elements but you can find these elements else where. Do your own research.)

1. Must maintain high normal levels of vitamin D ([Z-stack](#), supplements, etc..) *(Research the difference between D and D3)*
2. Zinc – But it needs one of these mechanisms to get into the cell:
 1. Quercetin w/Vitamin C (over the counter [Z-stack](#), supplements)
 2. Hydroxychloriquine (prescription from your doctor)
 3. Ivermectin (prescription from your doctor or a pet store – be sure to use proper dosage)
– *Be aware that long term usage of strong medications may cause other issues.*
 4. Blackseed oil (new studies show it also helps deliver zinc into the cell – yet to be determined if it is as strong as other mechanisms)
 5. EGCG (green Tea Extract – shown to be stronger than quercetin) –
(Now [available in Z-Dtox](#) w/higher dose of Zinc and now includes **NAC**)
3. Carbon 60 with specific guidelines:
 1. High quality, 99% without residues/solvents
 2. Preferable in [Black seed oil](#) that reverses some of the damage with the vaccine
– Note: Black seed oil contains small amounts linoleic acid which, in high dosages can create toxicity issues and can be detrimental. The dosage in C60 recommended here is far below the amount that causes toxicity issues.
 3. Live longer labs ([Learn more here](#)) or your favorite supplier that meets these guidelines
4. Increase your glutathione levels
 - Glutathione levels decrease as you age. Take an options below to increase your glutathione levels up to that of a younger person.
 - **Glutathione is your body's natural mechanism for removing heavy metals that do not belong in you including Graphene Oxide.**
 - Options
 - Dimethylglycine (DMG) – Dr. Judy Mikovitz recommended
 1. Helps to restore balance of the immune system, building block for glutathione, Improves oxygen utilization, enhances immune response, Aids cardiovascular function, antioxidant, anti inflammatory, aids detoxification, improves liver function. supports good neurological function, anticancer ([optional source](#)
– note: we do not endorse any one source)
 - N-Acetyl-L-Cysteine (**NAC**) ([optional source](#)
– note: we do not endorse any one source) – also helps reduce blood clots
 - Liposomal Glutathione ([optional source](#))
5. Oxidative Therapies
 1. Nebulizing Hydrogen Peroxide (*I use Food Grade*)
 - This will kill microbes in the mouth, throat and airway.
 - Use the lowest percent hydrogen peroxide and if there is any irritation, dilute it 1:1 with water in the nebulizer.
 2. IV Ozone therapy.
 - You will need to research and find a service provider around you to take advantage of this therapy. Unfortunately we do not not have a specific list of providers.
 3. Chlorine Dioxide
 - Swiss Dr. [Kalcker](#) completed [phase 3 trials proving effectiveness](#) – use his formula
 - Not legal in the United States even though the US government knows it works. People may be able to find creative and legal ways to obtain it

- Most countries it is legal and in a few it's the standard way of dealing with viruses/illness
 - Chlorine dioxide is approved for purification of drinking water in the USA – [Learn more](#)
 - Kalker Institutes New “Master Seminar” for all types of students in English
<https://en.kalckerinstitute.com/courses/chlorine-dioxide-course/>
 - Also available smaller thematic courses here:
<https://andreaskalcker.com/en/training-courses-and-books/base-courses.html>
The Master Seminar can be taken at any time of the year; at the student's own leisure and consists of videos and live Q&A sessions with Dr. Kalcker.
- How to prepare your own Chlorine dioxide solution.<https://rumble.com/vpkfk1-dr.-andreas-kalcker-how-to-make-chlorine-dioxide-solution-cds.html?mref=lveqv&mrefc=2>
- The Chlorine Dioxide Protocols from Andreas Kalcker's book, Forbidden Health Explained.
<https://www.brighteon.com/2d54fbc4-d945-4367-a641-ea23fa09c768>
 - Finder of CDS protocols for diseases
https://canceremocional.org/en/cds-protocol-finder/#Finder_of_CDS_protocols_for_diseases

6. Optional supplement that has been discussed in the independent media is Suramin.
Note that if you are using above remedies, this is unnecessary.
 1. Antiparasitic from early in twentieth century
 2. Inhibits reverse transcriptase (tool of viral replication), Inhibits binding at certain receptors, cancer therapy for prostate and bladder, Inhibits binding of many cellular growth factors
7. Colloidal Silver (1 tbs on an empty stomach/ 1-2x day and Copper (5mg)/1x day

If you are on a budget: below are the most important items on this list to follow in this order:

1. Work to Maintain a healthy nourished body. It's number one on this list and it cannot be skipped. It is the most important thing to do to keep from getting sick (also be sure to include high levels of Vitamin D as part of your protocol). See option: [ControlYourHealth.care](#)
2. Chlorine Dioxide will provide you the most protection for the least amount of money
– Be careful of your local government rules with this product – [Learn more here](#).
 1. *Note: While this product is legal in many countries and some countries have actually declared it their official standard of care other countries ban it's use.*
3. Carbon 60 in Blackseed oil to remove free radicals and inflammation.
C60 is significantly better at this function than the next best solution available. [Learn more here](#)
4. Increase your Glutathione levels (NAC): *See options listed above*
5. Colloidal Silver (1 tbs on an empty stomach/ 1-2x day and Copper (5mg)/1x day)

What to do if you get sick

1. If you suspect you are sick from a virus or bacteria, double down on the above protocols.
2. If you suspect you are sick due to spike proteins from the mRNA jab, double down on
 1. [C60 with Blackseed oil & curcumin](#)
 2. Chlorine Dioxide ([See more](#))

Note: Dr. Andreas Kalcker, a researcher of chlorine dioxide for over 20 years, has verified on his website www.forbiddenhealth.com, that the spike protein is eliminated by chlorine dioxide. 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.

If you are sick despite the above protocols, contact a doctor that knows how to deal with vaccine damage or with COVID. Do not go to just any doctor or hospital.

Reversing mRNA Cell Damage (cell rejuvenation)

1. [C60 with Blackseed oil & curcumin](#)
2. Use an effective fasting protocol (each person's body will vary – likely *at least* 16 hours daily up to 3 days to trigger cell rejuvenation)
3. [Ozone Therapy](#)
 - Great option for neutralizing spike proteins and removing blood clots – promising results
4. Quantum Energy & Frequencies
 - Promising results for reversing blood clotting & healing at the cellular level, Neutralizing 5G & 4G damage, and much more
 - See the [latest show and study links](#) with scientists Ion Mitchell & Philipp Samor
 - Learn more about the [Quantum Bloc Technology](#)
5. Rife Technology is showing promise for not only eliminating the spike proteins but also for helping with other health issues stemming from the mRNA jab.
 - See the latest research (includes studies and frequencies): [Data Shows Rife Technology Can Destroy All Covid-19 Variants and All Covid-19 Spike Proteins by Dr. McGraw](#)
6. Bioacoustics has shown to combat and eliminate spike proteins and issues arising from the mRNA vaccine.
 - See overview of Bioacoustics and the latest frequencies determined by Dr. Edwards to eliminate spike proteins: [Bioacoustic Therapy to Destroy Corona Viruses and Eliminate Spike Proteins by Dr. McGraw](#)
 - New in 2022: [Deep Sound Healing – Future of Science and Medicine](#) (includes links to free music for sound healing)

Note: Unfortunately there likely will not be a solution coming out of the mainstream medical establishment. Those who want to fully recover will need to look for solutions from top scientists that will not be endorsed by the AMA, CDC, or any government institution (at least for now).

Also, be aware that the mRNA treatment has been [proven](#) to cause lymphadenopathy, appendicitis, Herpes Zoster infection, acute CNS Demyelination, Functional Neurological Disorder (FND), Antibody Dependent Enhancement (ADE), Guillain-Barre Syndrome autoimmune paralysis, Bell's Palsy, Heart Issues, Blood clots and Blood disorders, Graves disease autoimmune disorder, Pregnancy complications including miscarriages, and more..

If you have any of these adverse reactions, you must see a **qualified** doctor. You should also use the protocols above for reversing the mRNA cell damage. While the damage has already been done to your body, these protocols may help your body heal.

Remember that the goal is to get in front of the issues. If you can stop the problems BEFORE they occur, you have a much better chance for returning to full health and for survival.

See [latest show with Dr. Nieuwma](#) describing these recommendations – 11-27-21

Other important resources:

[Part 1: A Primer: Understanding The Mechanisms Of The Experimental Genetic Technology Referred to As COVID-19 " Vaccines"](#)

[Part 2: A Primer: Understanding The Mechanisms Of The Experimental Genetic Technology Referred to As COVID-19 " Vaccines"](#)

Dr. Zelenko's September 2021 report: [THE VACCINE DEATH REPORT](#)

[Notice of liability from doctors & scientists to the EMA and the Members of the European Parliament](#)

[Class action lawsuit](#): America's Frontline Doctors vs the U.S. Department of Health & Human Services

Batch codes and associated deaths, disabilities and illnesses for Covid 19 Vaccines:

<https://howbadismybatch.com/>

Please share this to help save as many lives as we can