

# How to Minimize or Totally Reverse the Effects of Covid “Vaccines”

or,

What to Stock in Your  
Covid Shot Recovery Kit—  
A Public Service Document



I, the author, am a published writer in the medical field.  
However, I have written this booklet under a pseudonym  
because in this current climate of fear,  
hate-mongering and virtue signaling,  
I felt a need to protect myself from those who vilify  
anyone whose viewpoint differs from that  
of mainstream media and the global elite cabal  
that are trying to destroy humanity.

This booklet was written with love, as a public service.  
It is intended to be distributed freely,  
in its entirety,  
to help the sick and suffering.

The facts contained herein, although annotated,  
are not presented in greater detail due to lack of space  
and the need to get this information out  
to the greatest numbers of people  
as quickly as possible.

It's important to question data from even known sources.  
Because I am unknown to you,  
I can understand if you are reluctant  
to accept the data herein at face value.  
If you have doubts about any of the information,  
I encourage you to do your own research and  
rely on multiple sources, not just "mainstream" media.

**—Kara Allureah**  
**September 2021**



***Make sure you are informed  
before you allow someone  
to inject unknown ingredients  
into your body  
or the bodies of children!***

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# How to Minimize or Reverse the Effects of the So-Called Covid Vaccinations

by Kara Allureah (a pseudonym), September 2021

(please copy this document in its entirety and distribute widely)

*There is absolutely no need for vaccines to extinguish the pandemic. I've never heard such nonsense talked about vaccines. You do not vaccinate people who aren't at risk from a disease. You also don't set about planning to vaccinate millions of fit and healthy people with a vaccine that hasn't been extensively tested on human subjects.*

—Dr. Mike Yeadon, former Vice President and Chief Science Officer for Pfizer for 16 years<sup>1</sup>

## Introduction

In this paper, I will discuss what the so-called Covid vaccine actually is; how it affects the body; and what you can do to minimize or possibly reverse the effects. I will also consider, briefly, the legal implications of being forced to accept the vaccine.

Because the number of people with “adverse reactions” is so high—in the hundreds of thousands in a time frame of fewer than six months—this paper has been written quickly. It is not intended to explore issues in great depth, although I have tried wherever possible to provide sources (see Endnotes) for those who wish to do research on their own.

For those who have not yet been inoculated but are considering receiving one or more injections, I ask you to consider the risk vs. benefit. As Dr. Colleen Huber writes, “An emergency experimental vaccine cannot be assumed to be safer than a virus with a very high survival rate, such as Covid-19. The average survival rate for *no* Covid treatment at all is 99.85%, and we have very successful treatments available, which should easily achieve universal survivability from COVID, if widely available.”<sup>2</sup> I will cite the survival rates in greater detail later—but first, let's talk about the so-called vaccines.

## What the Injection Is and Is Not

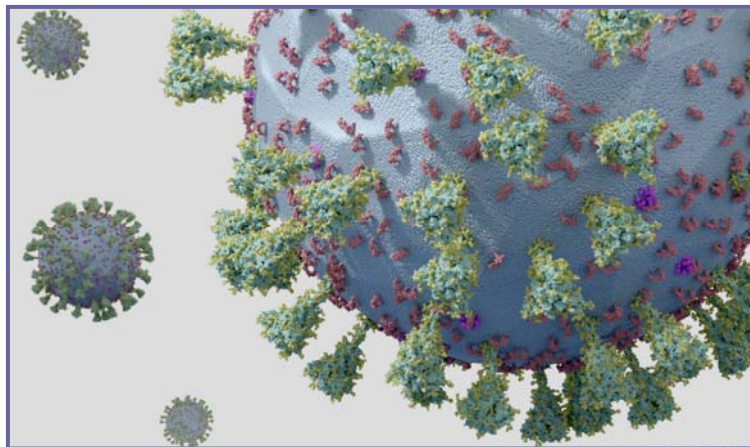
None of the Covid “vaccinations” are vaccines in the traditional sense. Under normal conditions, the body produces antibodies in response to a virus. Usual vaccines work (or are supposed to work) by stimulating the body’s immune system to produce antibodies so that it successfully defends itself against the killed virus fragments that the vaccine contains. Simply speaking, antibodies work by allowing the immune system to recognize some part of an invader and directing an attack against it. This results in either reduced symptoms to the appearance of never having been infected at all.

Covid shots were never designed to follow the above principle. The inoculations—whether from Johnson & Johnson, Merck, Pfizer, Moderna, or AstraZeneca—consist of basically two components, which I will discuss in turn:

1. *Spike Proteins*. Either the injections themselves contain dangerous spike proteins, or they use mRNA technology that instructs the person’s body itself to produce and release spike proteins.
2. *Graphene Oxide*. According to Dr. Pablo Campra Madrid, this is the main material that comprises the vials he has thus far examined.

### ***Spike Proteins***

Spike proteins are shaped like a little ball with prickly spikes all over them. They allow a virus to latch onto a cell and release its genetic material to infect that cell. Being highly irritating, they are also a major cause of inflammation.



The drug companies themselves call these Covid shots “mRNA vaccines”—which reveals what the shots actually do. Our cells contain both DNA and mRNA (messenger

RNA). mRNA, a component of the cell's safety mechanism, is responsible for instructing the body to make proteins. But the shots contain lab-created, *synthetic* mRNA which *activates the body's cells to manufacture toxic Covid spike proteins*. The Covid injection "uses messenger RNA, *which is a blueprint for your cells to create Covid-like (spike) proteins*. . . . However, those proteins, in turn, stimulate your body to make antibodies against them. So now *your body has been turned into a munitions factory for both sides of a war*: the bad guys (Covid-like spike proteins) and the good buys (the antibodies fighting against them). . . . *There are no peer-reviewed published human trials of mRNA vaccines at all, and no mRNA vaccine has ever been FDA approved.*"<sup>3</sup>

Put another way, these shots turn the body into a Covid virus factory. The spike proteins cause the immune system to create an uncontrolled and overwhelming inflammatory response when the person is exposed to the pathogen or any of its variants in the real world. The spike proteins also can become irregularly folded—in other words, they become prions, which are the cause of Mad Cow Disease. There can be one hundred different symptoms, conditions or diseases that develop as a result of being jabbed.

The CDC states that there are at least four different wild coronavirus strains that are sources of common illness in people worldwide every year, and that these cases can clinically mimic symptoms ranging from the common cold to the flu. Our bodies regularly learn to fight these coronaviruses naturally, and therefore the majority of us have detectable coronavirus antibodies. However, a Covid mRNA-inoculated individual is highly susceptible to any and all of the "wild" varieties of coronavirus because the Covid "vaccine" has primed the body to react with an inflammatory response (also known as a cytokine storm). Inoculated individuals suffer from extreme inflammation, which plays a huge role in all degenerative diseases. Extreme inflammation has also been the cause of an unusually high number of deaths. *There is no "off" switch for these cytokine storms.*

By definition, any mRNA injection cannot be a vaccine because it does not contain killed material that is supposed to elicit an immune response. Instead, the mRNA injection changes the function of the body on a cellular level: It induces the hijacked cell to manufacture new foreign proteins that mimic viral components. This process is rightly called genetic engineering. The many prominent physicians<sup>4</sup> who have publicly warned about the dangers of this biological manipulation, have been censored by social media and banned from Facebook, YouTube, and other well known platforms.

A single dose of Moderna "vaccine" contains 40 trillion mRNA molecules.<sup>5</sup>

## ***Graphene Oxide***

Within several months of the worldwide distribution of the jabs, some honest and courageous medical researchers began publicizing their discovery that the majority of Covid inoculations (no matter which brand) contain graphene oxide. Graphene oxide, comprised of thin layers of carbon in a lattice, is used in artificial intelligence-powered biocircuitry. Drug companies don't have to disclose the presence of this technology—these tiny graphene oxide paramagnetic particles—in their Covid injections ingredients list because they are legally allowed a “trade secrets” protections clause.

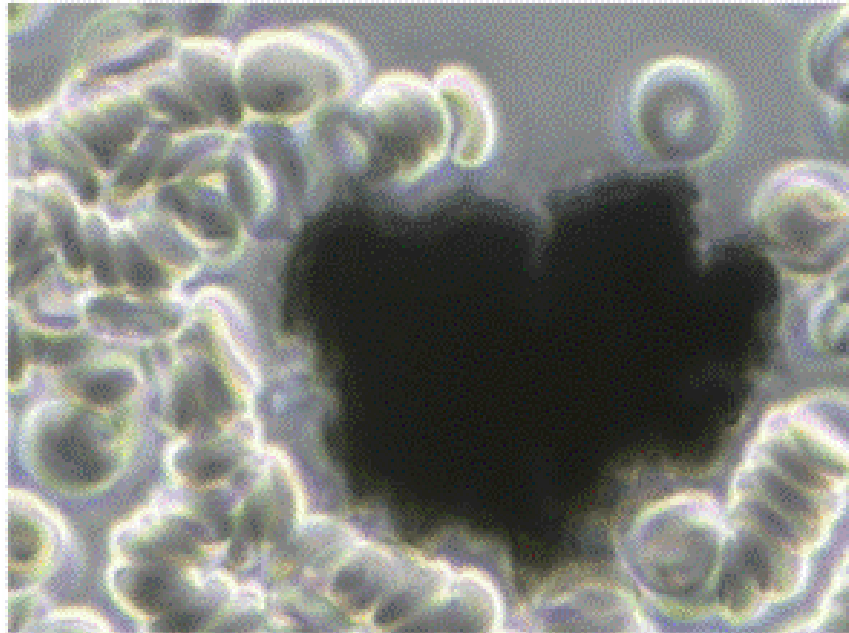
Graphene is a nanoparticle that transports the mRNA into the cell. The substance is also magnetic. After receiving the jab, people from all over the world began reporting that their bodies became magnetic. Internet videos showed small magnets actually sticking to the skin—both at the injection site and away from it, on other areas of the body. These particles not only spread throughout the body, they also aggregate in clusters. Graphene particles as well as spike proteins cause the blood to clot.

This technology may sound like science fiction, but the phenomenon is real. During an interview on the TV news show “60 Minutes” on April 11, 2021, former US Army Colonel and current infectious disease doctor Matt Hepburn openly discussed graphene oxide. He stated that in conjunction with DARPA (Defense Advanced Research Projects Agency), a private biotechnology firm specializing in research and development for tissue integrated biosensors had, over multiple preceding years, formulated an graphene oxide “biogel” that can be injected into the body. This gel can monitor blood glucose and oxygenation (ostensibly to detect early signs of infection)—and transmit a signal reporting the findings. It was officially admitted that these nanoparticles can track people's biological functions and send the data to outside receivers!

For quite a while, graphene oxide nanocomposites have been studied as injectable, ultra-sensitive detectors for early cancer building blocks. In 2014, an article in *American Chemistry Society Nano* discussed use of injectable graphene oxide as part of an angiogenic (vascular) gene delivery system for heart repair. It was demonstrated that after being injected, the graphene oxide compound (in the form of a hydrogel) was able to “be microengineered to fabricate organized vasculature”—and that the *self assembled* end result was both “mechanically strong” and “*electroconductive*.”<sup>6</sup> There are many similar articles in various medical and research journals, searchable in our National Institutes of Health PubMed database. The science community openly admits that injectable graphene oxide exists, can organize itself in living organisms after it's injected, and furthermore is capable of conducting electromagnetic impulses. Put another way, such technology can be used not only to record data, but also track the

person, and even manipulate the motor functions and mental processes and emotions of the individual into whose system these nanoparticles have been injected.

The potential uses of such nanotechnology have been known for quite a while. They were developed ostensibly to improve “the efficiency of gene delivery both in vitro and in vivo.”<sup>7</sup> No vaccine has ever contained these materials or had such far-reaching effects and consequences.



MICROSCOPIC VIEW of LIVE BLOOD from a VACCINATED PERSON

The black mass is graphene oxide particles that have accumulated among red blood cells. The graphene oxide has caused the red blood cells to manifest a Rouleau (“stacked coins”) effect, wherein the red blood cells are drawn together because they have lost needed electrical charge.

This corresponds to oxygen deprivation. People who are ill exhibit this type of blood.

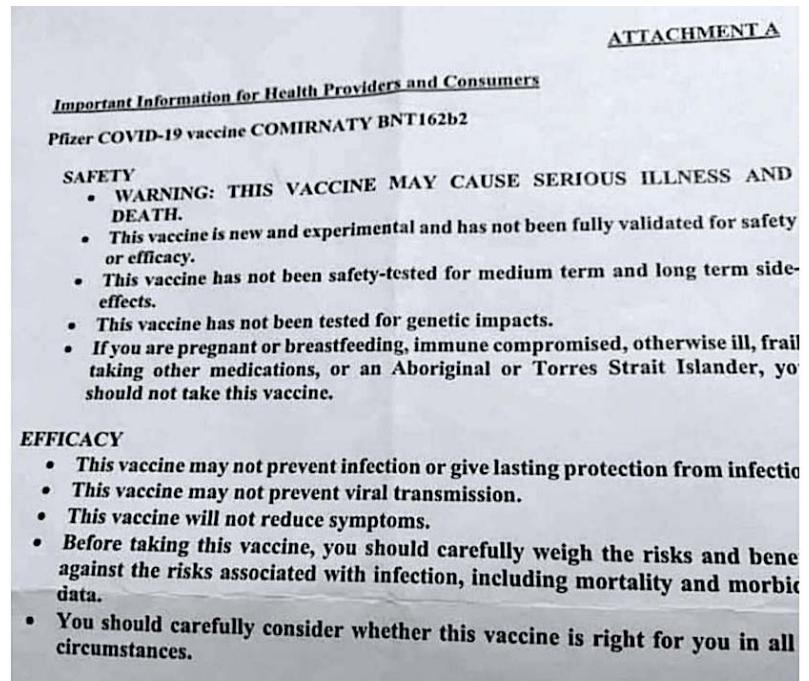
Image credit: Dr. Robert O. Young, microscopist.

UU<https://socrates-wellness-institute.com/covid-vax-ingredients-exposed>

Drug companies have freely admitted that the Covid shots do not prevent transmission of the virus. “Pfizer, Moderna, Dr Anthony Fauci and Dr Soumya Swaminathan, the WHO’s chief scientist, have made it abundantly clear that the novel mRNA strand entering the cell is not intended to stop transmission but rather [is intended] as a treatment.”<sup>8</sup> However, millions of people have become so afraid that they end up feeling safer getting these shots. Because the injections are labeled under the auspices of “emergency use,” *the drug companies that make them are not required to test for safety or effectiveness*. In addition, *these so-called vaccines have not been approved by the FDA*. Anyone who allows himself or herself to be injected is giving their consent to be a guinea pig for an experimental procedure that has unknown, untested, and potentially life-threatening consequences.

A physician in Melbourne, Australia, shared this warning that came with the actual Pfizer Covid-19 shot.

Some doctors have reported opening the insert to a fresh vaccine box and seeing only a blank piece of paper. You can see videos of this on internet sites that haven't censored information about Covid, its jab, and related issues.



Several decades ago, drug companies were granted legal immunity from lawsuits connected to their vaccines. Even if someone became very ill or died, that person (or the surviving relatives) had no legal recourse to sue the drug companies for the adverse effects (adverse reactions). These Covid inoculations are not, according to the CDC's own medical definition, "vaccines." They are experimental technology that fits the FDA's definition of a medical device because they affect bodily function. By calling the injections "vaccines," the drug companies shield themselves from legal liability.

The tragedy is, such "experimental" "vaccines" are permitted to be manufactured and administered by the FDA only if no other effective treatments for the condition exist! However, mainstream media has exercised an information blackout of some very effective treatments, and in the meantime panicked people have been hoodwinked into believing that the only recourse is to get jabbed.

One more thing. *All* of the ingredients in these "vaccines" spread throughout the body. *Despite any claims you might hear from manufacturers, the materials do not remain at the site of the injection.* As Mike Adams points out, "new research conducted in Japan shows that Lipid NanoParticles (LNPs) containing the mRNA code are widely circulated around the body after vaccination, reaching the brain, spleen, large intestine, heart, liver, lungs and other organs."<sup>9</sup> These nanoparticles lodge in the female and male reproductive organs, accounting for reports of difficulties relating to fertility and birthing.

Before discussing viable and effective treatments, let us briefly examine just a few types of reactions people all over the world have had to these inoculations. In April 2021, Yale School of Public Health Professor Dr. Harvey Risch stated that the majority of Covid patients seen by his colleagues had all been vaccinated.<sup>10</sup>



## Effects of the Covid “Vaccine”

- ◆ **Blood clots/clotting disorders, micro-clots, and sudden bruising throughout the body.** It is the spike protein that almost single-handedly causes the damage to the cardiovascular system. Imagine what could happen if hundreds of these prickly little balls lacerate the linings of the capillaries (small blood vessels). In response, the blood clots. Built up over time, these microscopic clots cause serious damage: the heart pumps harder to get the blood circulating and blood pressure rises. Enough damage leads to heart failure. Injury to the cardiovascular system can also lead to excess bleeding (discussed later as it pertains to menstrual disorders). Clots can also occur in the brain, leading to excess bleeding, stroke, and often death.

Note that these blockages do not show up on an MRI or other scan, which detect only large clots that cause strokes. However, a D-dimer test can show new, very small blood clots.

- ◆ **Respiratory Problems.** Spike proteins, and the antibodies that the body produces in response, enter the lungs and bind to the tissue lining the lungs. This causes a cytokine storm, during which the body attacks its own cells rather than merely fights the virus. In what is called antibody dependent enhancement (ADE), macrophages (scavenger cells intended to remove debris) migrate into and fill the lungs, causing overwhelming inflammation and airway obstruction (discovered when the people who died were autopsied).<sup>11</sup> Often, subjects suffer anaphylactic shock. The formulas contain polyethylene glycol, which can cause not only anaphylactic shock, but even death. This is why the CDC recommends that intubation kits be at vaccination sites. (During intubation, a tube is inserted down the throat into the windpipe to get air into and out of the lungs.)
- ◆ **Neurological disorders leading to stroke and sometimes death.** It is the spike protein, with its ability to cross the blood-brain barrier, that attaches to neurons and causes inflammation and damage in the brain and nervous system. The antibody that the system produces in response to the spike protein, also crosses the blood-brain barrier and causes two naturally-occurring proteins in the brain to malfunction. People are now being admitted to the hospital with ALS and frontal lobe degeneration (involved in Alzheimer’s and dementia). Three women who were jabbed and then began convulsing and shaking uncontrollably, released videos on the internet. People have also developed Bell’s Palsy, severe headaches, and migraines.
- ◆ **Menstrual Disorders.** These include early menstruation, excessive menstrual bleeding, prolonged menstruation (such as two weeks at a time), premenstrual syndrome (excessive cramping), and even menstruation in women who are post-

menopausal. Females with no history of reproductive disorders have reported developing problems not only after being inoculated themselves, but from being in close proximity to *other* females who have been inoculated.

- ◆ **Infertility, Miscarriages, and Babies Dead at Birth.** According to *The New England Journal of Medicine*, 14% of pregnant women who were vaccinated for Covid, miscarried. This occurred mostly in the third trimester, during which women normally do not miscarry.<sup>12</sup> There is even a reduction in breast milk. Both women and men find themselves sterile after being jabbed—which is why men are advised to freeze their sperm before receiving the injections.
- ◆ **Autoimmune Disorders.** The body attacks its own tissues when the immune system is unable to distinguish between the body's cells and foreign cells. The autoimmune reaction can occur anywhere in the body and attack any organ, gland or tissue.
- ◆ **Hair loss.** People have reported hair falling out in clumps.
- ◆ **Cancers.** A rise in various cancers could be due to the excessive inflammatory environment directly resulting from the injection.
- ◆ **Skin Conditions.** These include rashes, blister-like patches, itching, and other allergy-type reactions of the skin.



The vaccines don't prevent the onset of Covid-19, but they do force your cells to produce mass amounts of "proteins" and prions that clog blood vessels in the brain and lungs . . . and that's just for starters.

There are several databanks that receive reports of vaccine injuries and deaths. One of the main sources is VAERS, or Vaccine Adverse Event Reporting System. This program, sponsored by the CDC and FDA, collects data reported to it about "adverse events" (negative reactions) observed to result from vaccines. However, the CDC ultimately controls the database contents. Reports have shown that within 24 hours of certain VAERS entries detailing COVID vaccine reactions, those same adverse events had been mysteriously deleted from the database. Regardless, one can hardly expect the CDC to remain completely neutral and objective as it's actually a partner with the pharmaceutical industry. According to Robert F. Kennedy Jr.'s website, many people don't know that "the CDC, frankly, is a vaccine company; it owns 56 vaccine patents

and buys and distributes \$4.6 billion in vaccines annually through the Vaccines for Children program, which is over 49% of its total budget. Further, Pharma directly funds, populates and controls dozens of CDC programs through the CDC foundation.”<sup>13</sup> An independent journalist, not content to merely take Mr. Kennedy’s word, investigated his claims and indeed did find that “There are CDC patents applicable to vaccines for Flu, Rotavirus, Hepatitis A, HIV, Anthrax, Rabies, Dengue fever, West Nile virus, Group A Strep, Pneumococcal disease, Meningococcal disease, RSV, Gastroenteritis, Japanese encephalitis, SARS, Rift Valley Fever, and chlamydomphila pneumoniae.” In addition, patents on many other processes related to vaccines were found. “The CDC is reputed to be an independent government agency making vaccine recommendations to the public, only for the public good. They are the agency charged with vaccine safety oversight, via their Immunization Safety Office. . . . Does this seem like a public health agency making ‘independent’ vaccine recommendations, or a private company with an impressive portfolio to which one might look for investment opportunities?”<sup>14</sup> One website, which helps people search for attorneys who specialize in vaccine-injury cases, publicly recognizes the conflict of interest between politicians and the pharmaceutical industry and states that “CDC Members Own More Than 50 Patents Connected to Vaccinations.”<sup>15</sup>



In addition to the conflict-of-interest of the CDC, government agencies that are supposed to protect the public have always welcomed and employed people who have worked for drug companies. Then those same people leave to become employees of drug companies. This “revolving door” corruption has been well documented.<sup>16</sup>

We know the bare minimum number of injuries and deaths from the vaccines. As of April 23, 2021, there were 3,486 deaths recorded in the US alone following covid injections. Over just a four month period there were more vaccine deaths recorded than in the previous 15 years combined. During this same four month period, there were 86,080 injuries (1,906 of them life threatening) with 1,217 permanent disabilities, 12,374 visits to a doctor or an emergency room, and 6,282 hospitalizations.<sup>17</sup> By June 4, deaths reported to VAERS rose to 5,165. Now, healthy teenagers are suffering from heart inflammation and blood clotting disorders.<sup>18</sup>

Europeans have similar statistics. On April 24, 2021, the European Database of Adverse Drug Reactions recorded 7,766 dead and 330,218 injuries from Covid shots. Every system was involved—including musculoskeletal, connective tissue, the eyes, lymph, and urinary tract including the kidneys.<sup>19</sup>

Keep in mind that any statistics from a government database are abnormally lowered due to under-reporting. Many doctors and hospitals still fail to report the cause-and-effect relationship of the Covid shots to injuries and deaths. In fact, a study funded by the U.S. Department of Health & Human Services concluded that *fewer than 1% of vaccine injuries are even reported.*<sup>20</sup> Nevertheless, the U.S. government “has quietly admitted culpability by paying out over \$4 billion for thousands of injuries and deaths caused by vaccines.”<sup>21</sup> The fact that statistics continue to rise worldwide at an alarming rate, should give an idea of the seriousness of the effects of these injections. Not surprisingly, this data and the figures are not reported accurately by the mainstream media, although some news stations have on occasion presented diluted versions of the actual story. In fact, CNN has even admitted that “So far, 5,800 fully vaccinated people have caught Covid anyway in US, CDC says.”<sup>22</sup>

### Scientists then



**I can't wait for  
someone to try to  
disprove my findings**

### Scientists now



**If you challenge  
anything I say  
that's hate speech**

## Prevention & Treatments for Covid and for the Covid Shot

### *Even the Unvaccinated Need Protection*

Keep in mind that even if you haven't received any of the vaccines, *simply being in proximity to someone else who has received it may be a problem due to the contagious nature of the spike proteins*. These spike proteins can be transmitted through touch and even through the breath. The medical community has a word for this phenomenon: *shedding*.<sup>23</sup> If you're healthy and have a strong immune system you don't have to worry too much—you just have to continue to eat right, exercise, get enough sleep, etc. But people whose health is already compromised may need a little help. This section is for them as well as for those who received any of the Covid shots and regret it, and are still mentally intact enough to know that they made a mistake and want to do something about it.



**DO NOT CALL IT SCIENCE IF**  
**YOU AREN'T ALLOWED TO QUESTION IT.**  
**CALL IT A BELIEF SYSTEM**  
**CALL IT A RELIGION**  
**CALL IT A CULT**  
**BUT STOP CALLING IT SCIENCE.**

Information blackouts by mainstream media have been so thorough and relentless, that many people are unaware that an accurate diagnosis of Covid not only isn't a death sentence, but that there are many remedies, both pharmaceutical and more natural, that are highly effective. Let's take a look at some of them.

As you read about the many functions of vital nutrients, keep in mind that not only do the body's immune cells require these nutrients to fight against foreign invaders (pathogens), but other systems (cardiovascular, reproductive, etc.) also require those same nutrients in order to function properly. Exposure to spike proteins causes direct damage to various systems unrelated directly to immunity; but the damage will be compounded because many systems in the body are now competing for a limited supply of those same nutrients. Immune cells use up the body's stores of a given nutrient to keep you safe—the very nutrients also required by other systems in the body to properly function. You cannot, and won't, get all the nutrition you need from food alone, no matter how good you think that food is. Therefore supplementation isn't a luxury, it's a necessity. It may save your life.

## ***Nutritional Supplements That Support Immunity and Combat Viruses***

### **Vitamin C**

Vitamin C has become such a mainstream staple that even people who are not normally interested in natural health know to reach for it when they start to get the sniffles. However, most people don't know the extent to which Vitamin C can protect, or even how much to take. "Vitamin C," once noted clinical nutritionist Andrew W. Saul, "is the world's best natural antibiotic, antiviral, antitoxin and antihistamine. . . . The importance of Vitamin C cannot be overemphasized."<sup>24</sup> Vitamin C also protects against coronavirus! A January 26, 2020 press release from the Orthomolecular Medicine News Service states:

The coronavirus pandemic can be dramatically slowed, or stopped, with the immediate widespread use of high doses of vitamin C. Physicians have demonstrated the powerful antiviral action of vitamin C for decades. There has been a lack of media coverage of this effective and successful approach against viruses in general, and coronavirus in particular. It is very important to maximize the body's anti-oxidative capacity and natural immunity to prevent and minimize symptoms when a virus attacks the human body. The host environment is crucial. Preventing is obviously easier than treating severe illness. But treat serious illness seriously. Do not hesitate to seek medical attention. It is not an either-or choice. Vitamin C can be used right along with medicines when they are indicated.<sup>25</sup>

Vitamin C is most commonly known as ascorbic acid, though there are many forms (sodium, calcium, magnesium, or potassium ascorbate). Vitamin C is a critically important nutrient involved in the growth and repair of every tissue. It's a component of collagen (a protein found in skin), cartilage, tendons, ligaments, blood vessels, portions of the nerves and eyes, and the fascia (connective tissue membrane that covers the muscles in a complex network throughout the entire body). These structures don't work properly if there's not enough Vitamin C to help build them.

We are commonly taught that a long term Vitamin C deficiency results only in scurvy, a condition of overall weakness and tenderness of the tissues, bleeding and bruising of the mucous membranes and skin, brittle bones, and anemia (insufficient amounts of red blood cells). But before the body reaches this point of severe deficiency, a tremendous amount of damage has already occurred.

Here is just a partial list of what Vitamin C can do:

- ◆ *Helps stop infections by preventing viruses from crossing cell membranes*
- ◆ Eradicates many viruses and bacteria, including Herpes, *H. pylori*, influenza, Ebola—and Coronaviruses
- ◆ Catalyzes the production of hydrogen peroxide in the body (hydrogen peroxide scavenges many pollutants including formaldehyde, a common ingredient in vaccines)
- ◆ Helps protect against cancers
- ◆ Promotes cardiovascular health (Nobel Prizewinner Linus Pauling, PhD wrote that Vitamin C deficiency is the precondition and common denominator of human cardiovascular disease)<sup>26</sup>
- ◆ Strengthens hair, nails, and muscles
- ◆ Heals wounds
- ◆ Helps repair and maintain bones and teeth
- ◆ Protects DNA from damage
- ◆ Helps the body remove heavy metals and other toxins

The medical establishment claims that few people are deficient in Vitamin C. However, the illnesses and degenerative conditions suffered by a majority of the population show that these claims are false.



Dr. Pauling, who was responsible for putting Vitamin C on the map, took what some may consider to be massive doses: at least one gram daily (1 gm = 1,000 mg), in 100 mg amounts throughout the day. The average adult, he said, requires between 10 and 12 grams daily. If you develop diarrhea, take less. If you don't develop diarrhea, take more. Decrease a bit when you just reach the point where you start to experience loose stools. Aside from diarrhea (the body's indication that more ascorbic acid is being ingested than what the system can handle at the moment), it's impossible to ingest too much. This is especially true if you are ill.

When taken orally in pill or powder form, Vitamin C breaks down and only about half is available by the time it reaches the cells. However, now you can get liposomal formulas, Vitamin C encased in oil, which allows much more of the vitamin to get inside the cell. Intravenous injections also make the vitamin more bio-available, though you need a doctor to administer them.

Vitamin C is water soluble and doesn't accumulate in the fat cells. It's excreted daily by the body in urine and sweat, and must be replaced each day. The benefits of Vitamin C are increased when taken with Vitamin E. Foods that contain Vitamin C include bell peppers, broccoli, citrus fruits, cauliflower, tomatoes, sweet potatoes, berries, and kale. High heat destroys Vitamin C. However, and we emphasize this because it's important, when you are ill or are trying to mitigate the effects of the Covid shots, Vitamin C supplementation is mandatory. Make sure the Vitamin C is derived from safe sources rather than from genetically engineered corn.

One more thing. Vitamin C and sugar both compete to latch on to the same receptor sites in the body's cells. If you are serious about healing from the effects of the Covid spike proteins, cut back on sugar or eliminate it entirely.



## **Vitamin D**

What is widely known as a fat-soluble vitamin is actually a hormone called calciferol. Vitamin D is made by the skin if there's enough exposure to the sun. When the sun's UV-B rays strike the skin, the cholesterol in the skin (where it's more highly concentrated than in any other part of the body) changes into Previtamin D. Then, with further sun exposure, the Previtamin D is transformed again.

Few people are in the sun long enough for the skin to make adequate amounts of Vitamin D. As soon as you move 37 degrees away from the equator and beyond, the oblique angle of the sun no longer generates sufficient levels of UV-B rays that help the body produce Vitamin D. Dark-skinned people usually have less Vitamin D in their bodies than light-skinned people, because the melanin in olive, brown and black skin—which gives skin its color—tends to block the sun's rays. Therefore, it's vital to take Vitamin D supplements.

Not all Vitamin D supplements are equal. Synthetic Vitamin D is notated as D2 (or ergocalciferol). Vitamin D2 is often added to commercially processed foods. When consumed, synthetic Vitamin D causes bone loss because it impairs the body's absorption of calcium and phosphorous. At high enough levels, Vitamin D2 is even deadly, causing hardening of the arteries and calcification of the soft tissues in the body. Vitamin D3 (or cholecalciferol) is the natural form. Although it can be toxic in large amounts, the body compensates for this by re-converting it back into Previtamin D. However, blood levels should still be checked after a few months of supplementation. The good news is that you are unlikely to have too much Vitamin D in your system; most people are severely deficient. (You'll know that you have taken too much when your muscles and joints start to ache, in a way similar to arthritis.)

Vitamin D3 has many benefits besides the building of bone and teeth that most of us are aware of:

- ◆ *Supports immune response by helping immune cells fight harmful bacteria and viruses*
- ◆ Prevents respiratory infections. (A study performed in Japan between December 2008 and March 2009, which was reported in the *American Journal of Clinical Nutrition*, showed that children taking Vitamin D3 were 58% less likely to contract the flu. The vitamin also lessened the number of asthma attacks in children with a history of asthma.<sup>27</sup>)
- ◆ Inhibits the growth of cancer cells
- ◆ Helps prevent heart disease and irregular heartbeat

- ◆ Regulates the growth and differentiation of skin cells
- ◆ Helps prevent diabetes by stimulating the pancreas to produce insulin
- ◆ Helps lower blood pressure that's too high
- ◆ Helps regulate the nervous system and reduce incidence of neurological disorders, including Multiple Sclerosis
- ◆ Fights depression and improves mood

Vitamin D is found in only a few foods—fish, eggs, raw butter, cod liver, and animal fats from naturally raised animals (factory farming deprives the animals of what they would eat in the wild and thus alters their nutrient composition). However, even when these foods are supplied, the body must still transform the Vitamin D before it can be used.

A typical daily amount of Vitamin D is 400 IU, but for severe deficiencies people are taking up to 10,000 IU a day.



## **Zinc**

The second most abundant mineral in the body, zinc is present in every cell. It helps prevent the formation of free radicals. It's vital for enzymatic reactions, protein and DNA synthesis, growth and development, and immune cell function. Zinc:

- ◆ *Helps prevent infections: immune cells require zinc in order to function*
- ◆ Strengthens hair, nails, and muscles
- ◆ Prevents birth defects
- ◆ Speeds wound healing
- ◆ Regulates the reproductive system and helps ensure healthy babies (minimizes the possibility of birth defects); increases fertility and prevents sterility
- ◆ Balances hormones in general
- ◆ Helps the liver neutralize toxins in the body
- ◆ Improves digestion and absorption of nutrients
- ◆ Maintains the integrity of blood vessels, thus ensuring healthy circulation
- ◆ Strengthens the nervous system, minimizing the possibility of epilepsy and other disorders
- ◆ Helps with muscle growth and repair
- ◆ Increases energy levels
- ◆ Regulates blood sugar levels and prevents diabetes
- ◆ Helps balance cholesterol levels
- ◆ Supports eye health and vision (including at night)
- ◆ Improves mood, memory, and concentration

Compounds in grains and legumes called phytates can cause malabsorption of zinc, as can iron. Zinc is abundant in lamb, grass fed beef, chickpeas, yogurt, chicken, turkey, eggs, mushrooms, and wild caught salmon.

Zinc deficiency is common worldwide. Even a minor deficiency can make a huge difference in how you feel and function. Some sources claim that 12 mg or less is sufficient, but it appears that people need much more, possibly three times that much. During illness—and especially to undo the damage caused by the Covid shots—a higher amount is wise.

## Quercetin

Quercetin is one compound of several in a class of nutrients called bioflavonoids, which are found in foods that also contain Vitamin C (the two work together). Bioflavonoids are generally present in fruits and vegetables that contain rich red pigments. In context of Covid shot, quercetin shares a function with the drug Hydroxychloroquine: it helps zinc pass across cell membranes, and thus halt viral replication.

Quercetin:

- ◆ *Increases resistance to disease—largely because it helps zinc pass across cell membranes, which halts viral replication*
- ◆ Is antibacterial and antiviral
- ◆ Strengthens capillaries and maintains the integrity of small blood vessels (and thus reduces bruising and heals gums)
- ◆ Combats allergic reactions
- ◆ Promotes healing of many chronic conditions (including cancer, heart disease and diabetes, due to its antioxidant properties)
- ◆ Stimulates the production of bile

Although quercetin is present in many foods—citrus fruits (the white part just beneath the rind), onions, apples, grapes, berries, cherries, and broccoli—it must be supplemented. One gram a few times a day is a good place to start. There are no known “side” effects for taking large amounts.



## **Vitamin B1 (Thiamine)**

In July 2021 Bill Sardi wrote a terrific article subtitled “So, Now You Are Vaccinated Against COVID-19. 40 Trillion Packages Of RNA Have Been Injected That Induce Irreversible Changes In Your Blood Vessels. Now What?” Sardi pointed out the importance of Vitamin B1—also known as thiamine—for both the nervous and the cardiovascular systems. Note that some common symptoms of Covid-19 include:

fatigue, shortness of breath, cough, loss of sense of smell or taste (and hunger), muscle pain (calf muscle), vomiting, crying, fever, constipation, numbness in extremities, burning feet (at night), fast heart rate (tachycardia), loss of reflexes, sweating, foot drop, seizures, coma, and mental confabulations and impairment.

These symptoms of prolonged Covid, Sardi writes, “are the very same symptoms of Vitamin B1 (thiamine deficiency).”<sup>28</sup> Take a good look at his chart below

<b>THE MANY SYMPTOMS OF BERI BERI (THIAMINE B1 DEFICIENCY)</b>			
<b>COMMON AMONG COVID-19 CORONAVIRUS PATIENTS</b>			
Loss of smell & taste	Tingling (feet & hands)	Insomnia, oversleeping	Low stomach acid
Breathlessness (sailor's asthma)	Involuntary eye movements (nystagmus)	Ataxia (walk like a drunk)	Small intestine bacterial overgrowth
Profound weakness	Pain (fibromyalgia?)	Rapid heart rate	Hair loss
Cough, hoarseness	Memory loss, amnesia	Can't speak; stuttering	Abdominal pain; hiccups
Diarrhea/ constipation	Confusion, delirium	Swollen lower legs	Distended abdomen
Nausea, vomiting	Double vision	Tiny blood clots	Horizontal ridges/ nails
Loss of hunger (anorexia)	Weight loss/ muscle loss	Skin rash	Ear ringing (tinnitus)
Fever (from hypothalamus)	Eyelid droop, eyelid twitch	Brain Seizures	Loss of tendon reflexes
Heart failure	Kidney failure	Numb feet	Hallucinations/delusion
Confabulations	Irritability	Low blood pressure	Celiac nerve pain
Learning impairment	Brain shrinkage	Loss of bladder control	Sudden infant death
Leaky gut, food allergy	Slow bile release/liver	Tender calves (legs)	Hypoglycemia
Sweating	Hand tremor (Parkinson's)	Difficulty swallowing	Body stiffness

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It's not possible to summarize all of Sardi's points here; read his entire article. But his question about whether we are looking at a vitamin deficiency is worth considering. After all, many viruses, bacteria and fungi cause nutritional deficiencies as the body struggles to eliminate them.

## Dimethyl Glycine (DMG)

Dimethyl glycine (DMG, not to be confused with trimethyl glycine or TMG) is a derivative of glycine. Glycine belongs to a class of nutrients called amino acids, which are the building blocks of protein. Glycine is found naturally in many plant and animal foods, including cereal grains, beans, and liver and other meats. The body naturally produces DMG, but in very small amounts and for only seconds at a time. When one is seriously ill, the needs for DMG are greater. This suggests the need for supplementation. DMG:

- ◆ *Helps the body stop producing spike proteins* (according to Dr. Sherri Tenpenny)
- ◆ Helps the immune cells function better and thus protect the body from viral, bacterial and fungal infections
- ◆ Helps the liver detoxify by supporting the production of glutathione
- ◆ Normalizes the levels of cholesterol, triglycerides and homocysteine, leading to improved cardiovascular health)
- ◆ May be helpful for reducing swelling, pain, and inflammation
- ◆ Improves stamina, reduces lactic acid formation, and helps with recovery time of fatigued muscles
- ◆ May help overcome autism and ADHD, in part due to better oxygen utilization<sup>29</sup>



## ***Herbs That Mitigate or Reverse the Effects of the Virus and Spike Proteins***

Whenever there is an upsurge in the use of an herb, a medical journal invariably publishes an article that debunks the use of the herb as “folklore,” “a myth,” or “a fashionable trend” that (it is implied) only stupid people follow. Those who want an excuse not to give herbs a chance can certainly find it. However, our ancestors all over the world wouldn’t have used these herbs for thousands of years if they didn’t work. Make sure your herbs are properly prepared and thus potent—only then will they confer benefits.



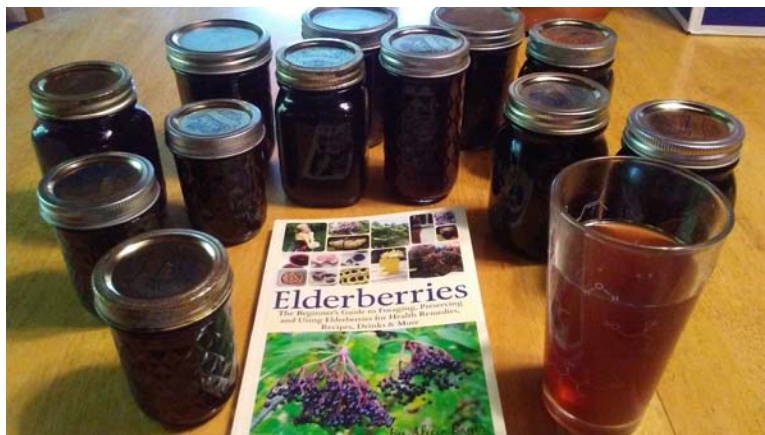
### **Elderberry (*Sambucus nigra*)**

Elderberry is native to Europe, Africa, Asia, and North America. The use of *Sambucus* for healing dates back to at least 400 BC in ancient Greece and Egypt. Europeans and Native Americans have also used elderberries for centuries to combat colds, flu, coughs, sore throats, fever, swelling, inflammation, and many respiratory problems. For the purposes of treating respiratory ailments, the berries are heated and made into tinctures or (more commonly) syrups. (Raw, they are heavily laxative and lack many of the useful properties that they impart after being heated. Unripe berries are poisonous, so only the ripe berries are used.) The most commonly used black elderberry (*Sambucus nigra* is considered interchangeable with blue elderberry; but red elderberry (which is an unmistakable bright red) is toxic. Significantly, elderberry contains copious amounts of quercetin and rutin (another bioflavonoid), as well as Vitamin C.

### Elderberry:

- ◆ *Protects against influenza and other viral infections by preventing viruses from replicating:* its antioxidants block a viral protein that allows the virus to attach itself to the cell membrane and enter the cell<sup>30</sup>
- ◆ Prevents cell damage (due to its high antioxidant content)
- ◆ Boosts the immune system (due to its high levels of anthocyanidins, which are bioflavonoid compounds)
- ◆ Helps protect the cardiovascular system and prevent hardening of the arteries and high blood pressure
- ◆ Helps protect against cancer
- ◆ Is anti-inflammatory
- ◆ Energizes
- ◆ Boosts memory, concentration and cognitive function

Elderberry syrups, made by different manufacturers, are widely available. Try to find a formula with the highest levels of elderberry compounds and without added fructose or other sugars. If the formula is in vegetable glycerin, it will taste plenty sweet. There are no known negative effects of elderberry, so people ingest the amounts they need until they feel better.



### **Star Anise (*Illicium verum*)**

Star anise is a brown, bark-like, eight-sided star-shaped spice about the size of a quarter. It's from the fruit of the Chinese evergreen tree, *Illicium verum*, which originated in China but now grows in many parts of Asia. (*Illicium verum*, sometimes known as Chinese star anise, is different from the toxic *Illicium anisatum*, known as Japanese star anise.)

With a distinctive flavor reminiscent of licorice, star anise is commonly used in cooking. In China, Vietnam, Korea, Laos, and other parts of Asia, star anise is ground into a powder and used to flavor soups. However, as its therapeutic purposes are widely acknowledged,<sup>31</sup> it is also made into teas and tinctures for a wide variety of health conditions. What most people consider a spice is also a powerful medicine due to a compound found in the seeds called *shikimic acid*.

Shikimic acid was first isolated in 1885 from the Japanese flower shikimi, and was later synthesized in a laboratory. It proved so effective at killing viruses that drug companies patented it as the medicine Tamiflu; but the drug has harmful “side” effects and doesn't compare to the real herb.

Star anise:

- ◆ *Is a proven antidote for those affected by the spike protein*
- ◆ Kills viruses, bacteria, fungi, and parasites
- ◆ Prevents platelets in the blood from clumping, thus improving circulation and preventing blood clots and even strokes
- ◆ Sweetens the breath by improving digestion
- ◆ Expels mucus from the respiratory tract
- ◆ Eliminates excess water
- ◆ Relaxes muscles
- ◆ Modulates the menstrual cycle and reduces hot flashes in menopausal women
- ◆ Helps reduce dependence on morphine
- ◆ Works as an insecticide, but is safe<sup>32</sup>
- ◆ Works as an herbicide, but is safe<sup>33</sup>



In an April 2021 podcast, Mike Adams of Natural News discussed research that described how to extract shikimic acid from star anise using boiling hot water under high pressure—in other words, with a simple espresso machine.<sup>34, 35, 36</sup> The hotter the water, the more shikimic acid is released; but even at the relatively low temperature of 158°F (70°C), large amounts become available. Some researchers also use methanol and other solvents for the extraction (because some plant compounds are water-soluble while others are alcohol-soluble), but water is sufficient to extract the shikimic acid.

### Star Anise Drink

#### Ingredients

- ◆ Star anise
- ◆ Water (filtered)
- ◆ Vodka, grain or grape (optional)

#### Tools

- ◆ Spice grinder or powerful blender
- ◆ Espresso maker
- ◆ Gram scale
- ◆ Measuring cup



#### Instructions

Grind star anise in spice grinder or blender. The finer the particles, the more surface area will be exposed and the more shikimic acid will be extracted. Set aside.

Use a 10:1 ratio of liquid to solid: 200 ml of liquid for every 20 gm of star anise. (If using alcohol, mix a ratio of 7:3 water to alcohol. This will give you 70% water to 30% alcohol. The vodka itself is not 100% alcohol, but don't worry about it.)

Put the star anise powder into the chamber of the espresso machine where you would normally put the coffee. Pour the water (or water-alcohol solution) through the espresso machine as you would pour plain water if you were making coffee.

The combination of high heat and pressure will extract the shikimic acid from the star anise. Once the fluid goes through the filter, it's ready to use.

***Experiment with the amount to determine what's best for you.***

In North America, star anise can readily be obtained from Asian markets. Synthesized shikimic acid can be obtained from laboratories, but it's restricted to certain medical personnel and researchers, and is pricey. Fennel, an aromatic seed used as a digestive aid, also contains shikimic acid, though in lesser amounts. Simply pour boiling water over the seeds; let it steep, covered, for 15 minutes; then strain and drink.

## **Pine Needles (*Pinus*)**

Medicinal tea made from the needles of many species of pine trees has been used all over the world for centuries. Native Americans picked fresh white pine (*Pinus strobus*) if they lived in the East, and pinyon pine (*Pinus edulis*, also valued for its pine nuts obtained from the cones) if they lived in the Southwest. Masson pine (*Pinus massoniana*, or Chinese red pine) is native to Taiwan. And Koreans have drunk *sollipcha* (pine needle tea from trees growing in their region) for centuries. All of these teas, made of needles from trees in the conifer family, have similar therapeutic benefits.



Tea from the needles of many species of pine trees:

- ◆ *Destroys viruses and antidotes the Covid spike proteins (whether these proteins are made by the body or not)*
- ◆ Is also antibacterial and antifungal
- ◆ Is a decongestant and an expectorant (expels mucus from the lungs)
- ◆ Prevents platelets in the blood from clumping, thus improving circulation and preventing blood clots and even strokes
- ◆ Can lower high blood pressure<sup>37</sup>
- ◆ Relieves pain
- ◆ Is anti-inflammatory
- ◆ Is high in antioxidants and thus reduces oxidative stress, lowering the risk of many degenerative diseases including cancer<sup>38</sup>
- ◆ Is good for the eyes, due to its high levels of Vitamin A
- ◆ Can alleviate allergies
- ◆ Helps detoxify the body
- ◆ Relieves nervous exhaustion, improves mood, and dispels depression

The benefits from many (though not all) species of pine trees are due to two compounds. One compound is shikimic acid, a potent enemy of viruses (see previous section on star anise). Of all plants, star anise is known to contain the highest levels of shikimic acid, but pine needles also contain large amounts. The Masson pine contains the highest levels, about two-thirds of that in star anise.<sup>39</sup>

The second highly prized compound in pine needles is *suramin*. Suramin is an anti-cancer agent because it prevents cancerous tissue from forming new blood vessels (and thus obtaining nutrients), and it prevents cancer cells from binding to growth hormone (which would allow them to grow larger).<sup>40</sup> Suramin also *inhibits the inappropriate replication and modification of RNA and DNA*, which means that some viruses won't be able to enter the body's cells and tissues.



There are dozens of varieties of pine trees, many of which are suitable for tea. Additional ones include ponderosa, Monterey, and Norfolk. Some look-alike conifer trees that are not true pines and are poisonous if ingested include balsam fir, cypress, and yew. If you pick the needles yourself, make sure that you can confidently identify a true pine tree that has therapeutic qualities. If you are uncertain, obtain your pine needles from an experienced herbalist. Eastern white pine is commonly sold.

There are different opinions regarding the best pine needle formula. A 2011 Korean study showed that a hot water extract of pine needles, steeped at 176°F (80°C) for 12 hours, yielded the strongest antioxidant activity.<sup>41</sup> Classically trained herbalists tend to prefer a warm (not boiling hot) tea not exceeding 135°F (about 57°C) because high temperatures destroy many of the delicate plant chemicals, including the generous amounts of Vitamin C for which pine needles are noted. For our purposes, however, it's more important to extract the valuable shikimic acid (which isn't destroyed by high heat) than to maintain the integrity of the Vitamin C which can always be obtained elsewhere. Therefore, higher temperatures are acceptable. By using high heat in conjunction with intense pressure, the extraction can be done quickly. This is easily accomplished with an ordinary espresso maker (recipes below).

## Pine Needle Tea Recipe

*using heated (but not boiling) water*

### Ingredients

- ◆ Fresh pine needles
- ◆ Water (filtered)

### Tools

- ◆ Hot water kettle and cup



### To Prepare the Pine Needles

Use only fresh green needles with a vibrant green color. Strip them from the twigs, and remove any brown or yellow ends from the needles. Rinse lightly in cold water to remove dirt, debris and insects.

*If making tea from fresh needles:* For better penetration by the water, break the needles in smaller pieces, such as quarter-inch chunks.

*If making tea from dehydrated pine needle powder:* Clean the fresh pine needles as above, then dry them *gently* in a dehydrator at no higher than 95° F (35° C) for 12–18 hours (85° F or 29° C is preferable). When the needles are brittle enough to snap easily, they are done. They should retain their green color; if they don't, then the heat has been turned too high. Put the dehydrated needles into a spice (or coffee) grinder until they turn into a powder. For 1 cup, use only ½ teaspoon of pine needle powder.

### Instructions

*Fresh needle tea:* Use a “handful” of fresh pine needles to 1 cup of filtered, near-boiling water.

*Dehydrated needle tea:* Use 1 to 3 tablespoons of needles to 1 cup of filtered, near-boiling water.

Cover pot with a lid and steep the needles. Keep the mixture warm. Once all the needles have sunk to the bottom, pour the water through a strainer and drink.

***Fresh needles store indefinitely in the freezer. Dried pulverized needles will keep in a tightly sealed container for 6 months to one year.***

The amount for maintaining health is 3 cups per day. To therapeutically address chronic or acute conditions, a larger ratio of needles to water is used.



## Pine Needle Tea Recipe

*using boiling water and extreme pressure*

### Ingredients

- ◆ Fresh or powdered pine needles (see Recipe #1 for preparation of needles)
- ◆ Water (filtered)
- ◆ Vodka, grain or grape (optional)

### Tools

- ◆ Espresso machine
- ◆ Spice grinder or powerful blender
- ◆ Coffee filters (unbleached)
- ◆ Measuring cup
- ◆ Gram scale



### Instructions (see previous page about preparing the pine needles)

If using dried powdered needles, make sure the powder is green. If using fresh needles, make sure they are a vibrant green color, clean them, and pulverize them in a spice grinder or blender. The finer the particles, the more surface area will be exposed and the more shikimic acid will be extracted. Set aside. (If using alcohol, mix a ratio of 7:3 water to alcohol. This will give you 70% water to 30% alcohol. The vodka itself is not 100% alcohol, but don't worry about it.)

Use a 10:1 ratio of water to solid: 200 ml of liquid for every 20 gm of needles.

Put the pine needle powder into the chamber of the espresso machine where you would normally put the coffee. Pour the water (or water-alcohol solution) through the espresso machine as you would pour plain water if you were making coffee.

The combination of high heat and pressure will extract the shikimic acid from the pine needles, while leaving some of the less desirable materials in the pulp.

Once the fluid goes through the filter, it's ready to use.



The high temperature of the espresso machine will destroy the Vitamin C in the pine needles, but keep in mind that you are using this method to extract the shikimic acid (which can survive the boiling water).

***Experiment with the amount  
to determine what's best for you.***

### **Fennel Seeds (*Foeniculum vulgares* or *Foeniculum officinale*)**

Fennel is a food plant, originally from the Mediterranean region, with a pale green bulb, long green stalks, and fuzzy leaves. All parts are edible, adding a licorice-like flavor to savory meals. The bulb and leaves are abundant in potassium, selenium and other minerals, vitamins (including Vitamin C), antioxidants and fiber, but what interests us here is the seeds.



Tea from the seeds of the fennel plant:

- ◆ *Destroys viruses and antidotes the Covid spike proteins (whether these proteins are made by the body or not)*
- ◆ Is also antibacterial and antifungal
- ◆ Is a decongestant and an expectorant (expels mucus from the lungs)
- ◆ Prevents platelets in the blood from clumping, thus improving circulation and preventing blood clots and even strokes
- ◆ Can lower high blood pressure
- ◆ Relieves pain
- ◆ Is anti-inflammatory
- ◆ Is high in antioxidants and thus reduces oxidative stress, lowering the risk of many degenerative diseases including cancer
- ◆ Is good for the eyes, due to its high levels of Vitamin A
- ◆ Can alleviate allergies
- ◆ Helps detoxify the body
- ◆ Relieves nervous exhaustion, improves mood, and dispels depression

The fennel seeds are ground and prepared similarly to how you would prepare star anise.

## General Recipe for All Herbal Drinks



Pine Needles



Fennel Seeds



Star Anise

### Herbs

- ◆ **Star anise** (must be ground fine)
- ◆ **Pine needles** (fresh or ground fine)
- ◆ **Fennel Seeds** (whole or ground)

### Plain Boiling Water Method,

**7 oz (200 ml) of water**

*Pour boiling water over herb, cover, let it steep for 15 minutes (preferably on warm setting on stove).*

1. **Star anise:** Use 20 gm
2. **Pine needles:** Use a handful of fresh or  $\frac{1}{4}$  -  $\frac{1}{8}$  tsp of ground
3. **Fennel Seeds:** Use 30–40 gm



### High Pressure High Heat (Espresso Maker) Method,

**7 oz (200 ml) of water**

*Put plant material in chamber of espresso machine where you'd normally put the coffee grounds. Use an unbleached filter. Pour boiling water over herb. When it has completed its run through the espresso machine, the drink is ready.*

4. **Star anise:** Use 20 gm
5. **Pine needles:** Use a handful of fresh or  $\frac{1}{4}$  -  $\frac{1}{8}$  tsp of ground
6. **Fennel Seeds:** Use 30–40 gm



***For a stronger effect, use more herb with the same amount of water.***

## ***Pharmaceuticals That Mitigate or Reverse the Effects of the Virus and Spike Proteins***

### **Suramin**

For centuries, suramin was taken in its naturally occurring form when people ingested plants such as pine needles. In 1904, suramin was synthesized by a 1904 from a dye called trypan blue. Given that name because it kills trypanosomes, the parasite that causes African Sleeping Sickness (also known as human African trypanosomiasis), trypan blue itself was derived from toluene, a highly toxic solvent which is derived from—of all things—pine oil!

In 1916, researchers working for the Bayer company further refined Suramin; and in 1922 the drug was introduced for the successful treatment of African Sleeping Sickness. This relatively safe and very effective drug continues to be recommended today by the World Health Organization, but in the United States the FDA banned this medication for any use other than the treatment of African Sleeping Sickness. The agency undoubtedly did this after doctors began achieving spectacular results administering suramin to mute autistic children, some of whom began talking thirty minutes after being given the medication.

According to medical researchers, “Suramin is a multifunctional molecule with a wide array of potential applications, from parasitic and viral diseases to cancer, snakebite, and autism.”<sup>42</sup> The incredible versatility of this compound is evidenced by a heading in their article, “(Too) Many Targets.” In other words, suramin is a kind of wonder drug. The authors write that it “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 are inhibited by suramin, as well as [other enzymes and proteins].”<sup>43</sup>

Put another way, the mRNA-derived spike protein, which gives instructions to the body’s cells to replicate more spike proteins, is stopped by suramin. *Suramin inhibits the inappropriate replication and modification of RNA and DNA. Suramin is an antidote to the spike proteins themselves and to the production of the spike proteins, which the body itself produces in response to the Covid “vaccine.”* Suramin could cure everyone who has been inoculated. It could also cure everyone who has not been inoculated but who is in proximity to inoculated individuals whose bodies are continually discharging contagious spike protein particles.



**Suramin,  
then and now.**



Here are just a few applications of suramin:

- ◆ *Stops viral infections in a number of different ways* (depending on the virus), either by preventing the virus from replicating or from attaching to the cell membrane and entering the cell
- ◆ *Is antiviral and antiparasitic*
- ◆ Inhibits cancer cells from forming in two ways: by cutting off their blood supply and preventing them from making new blood vessels, and by hindering the abnormal production of growth factors which is typical of cancer cells
- ◆ Inhibits abnormal coagulation, thus potentially averting strokes
- ◆ Limits the occurrence and severity of inflammation (cytokine storm)
- ◆ Normalizes the signaling processes in the brain and nervous system, thus improving locomotor function and coordination
- ◆ Helps stabilize moods and improve social behavior

Again, this multifaceted drug is available only to the 60 million people who suffer from African Sleeping Sickness. As the parasite is unlikely to infect people living outside of Africa, the market for this drug is therefore quite limited. It should not be surprising that the FDA has banned the use of Suramin except in cases of African Sleeping Sickness. Once safe and effective modalities are suppressed, debunked, or made very difficult to obtain, the door opens for unproven and dangerous “solutions” (such as the Covid shot).

Large amounts of suramin are reportedly well tolerated. For a pharmaceutical, suramin is surprisingly safe. Its benefits greatly outshine its few “side” effects (perhaps because its formula is so old).

## Hydroxychloroquine

A very old medication in existence since the 1940s, hydroxychloroquine was first used to treat malaria. On the World Health Organization's List of Essential Medicines, its uses were later expanded for rheumatoid arthritis and lupus. As with nearly all medicines (which originate in the natural world), hydroxychloroquine and its relative chloroquine are synthetic derivations of a compound called quinine, which is extracted from the bark of the South American cinchona tree. Quinine—the original anti-malaria drug before the drug was manufactured in a laboratory—is thought to have been first used by Incan herbalists, who shared it with Spanish explorers in the early 17<sup>th</sup> century.

Today, thousands of doctors worldwide prescribe hydroxychloroquine for people with Covid due to its ability to bind to Sigma 1 and Sigma 2 (spike) proteins and also lower excessive inflammation (douse the cytokine storm). Dr. Sherri Tenpenny advises 400 mg 3X week, taken every other week if it's alternated with Ivermectin (see below).<sup>44</sup>

In May 2020, researchers reported the major benefits of administering 200 mg twice a day for 7–10 days.<sup>45</sup> Although hydroxychloroquine has some antiviral activity, to be optimally effective the drug is prescribed along with zinc—indeed, some practitioners state that it works *only* if it's combined with zinc, and the failure to take them together is the reason for its widely media-publicized failures—because the drug helps zinc cross the cell membrane and enter the cell, where the zinc then prevents the virus from replicating. Although relatively safe, hydroxychloroquine is after all a drug; so it can cause “side” effects: headache, loss of appetite, nausea and vomiting, skin rash or even loss of vision. Therefore, people who are adverse to taking pharmaceuticals will find a perfectly acceptable substitute in the bioflavonoid quercetin (discussed earlier).





## Ivermectin

Originally designed as an antiparasitic medication, Ivermectin is relatively safe and has been found to block the spike protein by preventing it from binding to ace receptors on cells.<sup>46</sup> Ivermectin is also an anti-inflammatory. And, according to Dr. Sherri Tenpenny, Ivermectin also tells the immune system not to produce spike proteins in the first place.

Dr. Tenpenny recommends dosing by weight: 10 mg per kg of body weight. If alternating with Hydroxychloroquine, take 1 pill every other week.<sup>47</sup> Otherwise, take it once a week or more, according to instructions given to you by your physician. Ivermectin is available via prescription, either from your personal physician or at <https://americasfrontlinedoctors.org> for \$90. It's also sold over-the-counter for horses as equine and tractor supply shops, often in liquid form where it's sometimes known as Noromectin. You may have heard scary stories about how people have died, or experienced harsh effects, from the drug—or that it doesn't work at all. I believe that these tales are meant to discourage people from using an effective treatment. However, if you do obtain the drug from an animal or tractor supply store, make sure to take a weight-appropriate dose. People aren't horses, and you may in fact damage yourself if you overdose!

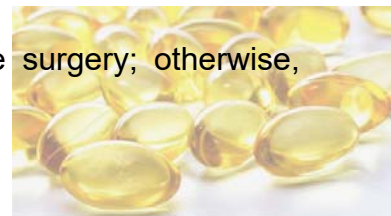


## ***Nutrients and Herbs That Help Thin the Blood***

All of the natural substances below confer many benefits, but I am focusing on their blood thinning qualities. Be aware that although they may help to mitigate the effects of the spike proteins, it's also necessary to eliminate the spike proteins themselves—especially if your body is now manufacturing those spike proteins on a regular basis. You will need to correct for the body's spike protein manufacture for the rest of your life.

### **Vitamin E**

Physicians warn against taking Vitamin E for two weeks before surgery; otherwise, there will be copious bleeding. Clearly, Vitamin E thins the blood.



### **Fish Oil**

This operates similarly to Vitamin E. Get molecularly distilled fish oil, which has been treated to filter out mercury and other dangerous heavy metals.

### **Gamma Linolenic Acid (GLA)**

This essential nutrients is similar in effects to those of fish oil.

### **Garlic**

Garlic not only thins the blood, it's a wonderful natural antibiotic.



### **Ginkgo (*Ginkgo biloba*)**

Like everything else in this list, ginkgo increases the effects of other blood-thinning drugs and herbs. Ginkgo also increases circulation in the brain.

### **Ginger**

Ginger also reduces nausea.



### **Ginseng (*Panax ginseng*)**

Ginseng is also taken to increase strength. Doctors warn that it increases the effects of estrogens and that it should not be used by those with diabetes. However, non-bio-identical estrogens are harmful and there are many causes of diabetes.

## ***Magnetism to Scramble and Destabilize Nanoparticles***

Magnetic Resonance Imaging (MRI) equipment, used to see inside the soft tissues of the body, emits such an intensely strong magnetic field that people are told to remove anything metal they might be wearing before entering the MRI chamber—otherwise, the equipment would pull on the metal and send it flying. Even some (though not all) metal implants are not safe; so individuals with such implants are not allowed to receive MRIs.

What about people who have been jabbed with graphene oxide? Doctors worldwide have warned that such individuals should not receive an MRI, due to the severe injuries and even death that can result. On its own, MRIs (with effects similar to ionizing radiation) can cause dizziness and nausea. In a jabbed person, an MRI can be lethal. As Ricardo Delgado explains, an MRI “changes the energetic state of all the protons in your body.” To accomplish this rather extraordinary feat, the MRI “touches a wide range of the electromagnetic spectrum. . . . [The] graphene is excited—electronically speaking—because it has an absorption band in a considerable part of the EM [electromagnetic] spectrum. . . . When excited, [there is] an increase in the toxicity of graphene oxide because it [is converted] into reduced graphene oxide.” This causes an increase of oxidative stress, cytokine storms, and the collapse of the immune system.<sup>48</sup>

Clearly, an inoculated individual should avoid a powerful magnetic field such as an MRI. But what about weaker fields? Preliminary research suggests that equipment emitting a weaker magnetic field or a magnetic vortex may scramble or deactivate the programming, and break up the structure, of these highly invasive neuromodulation technologies.



Graphene. Used in biocircuitry, it has no place in the body, especially if it's injected without the person's permission.

***“As an electrical conductor, graphene performs as well as copper, and despite being almost completely transparent, remains so dense that not even helium, the smallest gas atom, can pass through it.”<sup>49</sup>***

## ***Nutrients That Reduce Nanoparticle Effects***

### **Boron**

Boron, which used to be plentiful in our soils until artificial fertilizers and non-organic and GMO crops were widely grown, is an essential mineral that:

- ◆ Prevents blood clots, therefore protecting the body from strokes and heart attacks
- ◆ Is anti-inflammatory (and thus is useful in conditions such as arthritis)
- ◆ Improves bone health
- ◆ Stops fungal infections
- ◆ Helps remove accumulated fluoride and heavy metals from the body
- ◆ May even slow the progression of cancer <sup>50</sup>

Boron is valuable for its protective qualities relating to blood clots. However, it is also reported as an inhibitor of nanobot replication; see graphic below. Keep in mind that to my knowledge, this function has not been tested or corroborated. However, because many people are boron-deficient, supplementing with this mineral can't hurt.

**BORON MINERAL**  
**ONLY KNOWN NANOBOT REPLICATION INHIBITOR**



B  
O  
R  
O  
N

**BENEFITS:**  
Arthritis  
Hormone Balance  
Decalcify Pineal Gland  
Improved Cell Function  
Absorption of Minerals  
Improved Wound Healing  
Encourages Proper pH:  
(Cancer can't live in an  
alkaline environment)  
Healthy Blood Sugar  
Detoxifies the Liver  
Helps the Heart

This mineral intentionally depleted from agricultural process.

**BORAX:** 1 pinch in 1 pint of distilled water 3 times a day

**FDA max dose:**  
1/8 teaspoon per 100 lbs body weight.  
1/4 teaspoon per 200 lbs body weight.

**NANO DETOX BATH:**  
1 Cup Baking Soda  
1 Cup Epsom Salt  
1 Cup 20 Mule Team Borax  
1 Cup Pink Himalayan Sea Salt or Redman's Salt.  
**NEVER** use white depleted-minerals table salt for any reason.  
**SOAK AS LONG AS YOU CAN.**

Candida is an always-present fungus in the human body, there to help decompose the body after death. Many suffer from it's overgrowth.

**COMMON CANDIDA SYMPTOMS:**

Fatigue	Thrush
Brain fog	Joint pain
Digestive issues	Mild depression
Sinus infections	Urinary tract infections
Recurring yeast infection	Other fungal infections.

BORAX detoxes Fluoride from your body and brain. Raises your pH level from acid to alkaline. Cancer/Candida/Fungus/Nanobots cannot survive in a high alkaline pH environment.

In his compelling article on boron, Walter Last promotes using the laundry detergent Borax, which is simply mined boron that's ground into a powder. While people have reported good results using Borax, you may want to consider using food grade boron instead, which may be a little bit purer. It's labeled "USP grade."

### **Glutathione**

A powerful antioxidant, glutathione—which is made by the body as well as available in supplement form—is developing an unofficial reputation for helping to mitigate the effects of the magnetic particles present in the Covid jabs. It's already established that glutathione deficiency is likely associated with the severity of Covid infections.<sup>51</sup> This makes sense, as the liver is a heavy user of glutathione in its job of detoxifying the body from noxious agents including free radicals and metals. While this use for detoxification is unquestionably invaluable, what is less clear is how even a powerful antioxidant can scramble or devitalize magnetic signals in the body from artificial-intelligence-derived technology. Nevertheless, taking glutathione supplements is well worth trying, especially as the body requires it anyway.

Some doctors insist that it's necessary to receive glutathione intravenously, as it tends to become degraded in the stomach. However, certain formulations of glutathione are specially designed to bypass the stomach acid. Your glutathione supplement bottle should read "L-Glutathione."

### **N-Acetyl-Cysteine (NAC)**

N-Acetyl-Cysteine (NAC) is an amino acid that's not only a building block of protein, it's also a precursor to glutathione. Available as a nutritional supplement, NAC is quite safe. It helps protect against cytokine storms (a major cause of Covid deaths), and improves lung function.<sup>52</sup> Studies have also shown that NAC reduces the ability of viruses to replicate—which is probably why, around 2021, the FDA threatened to remove its status as a dietary supplement and make it available only with a prescription.<sup>53</sup>

### **Melatonin**

Although best known as the "sleep hormone" secreted by the pituitary gland, melatonin is useful for Covid infections and shots because it also recharges glutathione. This hormone also regulates blood pressure (a risk factor for severe Covid infections), and promotes the body's production of some immune cells. Melatonin also helps repair mitochondria, the fuel-burning units of the cells. Most important, people with high levels of melatonin tend not to get Covid in the first place.

## A Few Points About Masks

This is from an article about masks from the medical journal *Emerging Infectious Diseases*:

Disposable medical masks (also known as surgical masks) are loose-fitting devices that were designed to be worn by medical personnel to protect accidental contamination of patient wounds, and to protect the wearer against splashes or sprays of bodily fluids. There is limited evidence for their effectiveness in preventing influenza virus transmission either when worn by the infected person for source control or when worn by uninfected persons to reduce exposure. Our systematic review found no significant effect of face masks on transmission of laboratory-confirmed influenza.<sup>54</sup>

Common sense seems to have vanished when it comes to the idea that a cloth or paper mask offers protection against viruses—and that masks will, or can, substitute for a properly functioning immune system. Here is an irrefutable, scientific fact:

***The holes in a fiber or paper mask are much LARGER than the size of a virus.***

Let's look at this another way:



Also, and let this sink in please:

***The only barrier that will protect against deadly viruses  
is a regulated Hazmat Suit  
which is then properly disposed of  
after it's worn.***

"Hazmat" is short for "Hazardous Materials Management." The United States government spends almost \$500 hundred thousand a year on such suits. (Some) professional workers are given such suits, yet ordinary citizens are told that paper or cloth masks work just fine.



If Covid-19 is so deadly, why haven't people been instructed to throw away their masks, in covered receptacles, after wearing them?

The reason? *Masks don't work.* Even worse, they cause a great deal of harm. Laboratory-confirmed viruses are actually present in greater numbers in those who wear masks than in those who don't. "Masks alone have no significant effect in interrupting the spread of ILI [influenza-like illness, a.k.a. Covid] or influenza in the general population, nor in health care workers." This information (and more) is compiled from many articles appearing in medical journals, all of which have reached similar conclusions.<sup>55</sup>

Did you know that:

- ◆ According to the respiratory protection standards from the United States Occupational Safety and Health Administration (OSHA), breathing air with an oxygen concentration level below 19.5% is regarded as an oxygen deficiency, which causes accelerated heart rate and cognitive impairments related to thinking and coordination?
- ◆ Wearing a mask forces you to continually re-breathe the carbon dioxide that your lungs have expelled? And that this brings oxygen levels way below 19.5%? Which, in other words, slowly *suffocates* the mask wearer?
- ◆ Lack of sufficient oxygen (a medical condition called *hypoxia*) impedes function of the entire body? Symptoms of oxygen deprivation include poor focus and attention deficit, lack of coordination, cough, fast heart rate, dizziness, headaches, drowsiness, and poor judgment? (There has been increasing documentation of auto accidents cause by people wearing masks in their own cars.)
- ◆ The lack of sufficient oxygen can damage brain cells and eventually lead to death? Especially in children? (Continue reading.)
- ◆ The brains of children particularly require constant high levels of oxygen—and that if babies, young children and even teenagers are prevented from breathing fresh air, they may suffer from developmental impairment, behavioral problems, negative personality changes and lowered IQ?
- ◆ Depriving the developing brain of needed oxygen causes brain damage in children—and that this brain damage is *irreversible*?<sup>56</sup>
- ◆ Unless masks are washed and sterilized each day, they accumulate pathogens unrelated to Covid—*Strep*, *Staph*, and fungi? And that many mask wearers have developed infections on the skin of their mouth?

**Study from the *Journal of the American Medical Association*:**

**Children Wearing Masks Is A Severe Health Threat**

They are inhaling 300 percent more CO<sub>2</sub> than legally allowed, putting them at serious risk of hypoxia, or oxygen deprivation. The mask-wearing children who were evaluated as part of the research reported irritability, headaches and a “reluctance to go to school,” all of which “can be understood as consequences of elevated carbon dioxide levels in inhaled air.”

<https://fyi.com/news/unreported/study-children-wearing-masks-is-a-severe-health-threat-they-are-inhaling-300-percent-more-co2-than-legally-allowed>

## Conclusion: You Are Generally Safe, As Long As You Avoid Being Jabbed (and Take Care of Yourself)

According to a study published in August 2020, the mortality risk statistics of the Covid-19 “pandemic” are the same as the ordinary flu. For a healthy 35-year-old woman, the chance of surviving Covid-19 is 99.9991%. For a 55-year-old man with co-morbidities (other health conditions including cardiovascular diseases, chronic kidney disease, chronic respiratory disease, chronic liver disease, diabetes mellitus, cancers with direct or possible immunosuppression, HIV/AIDS, Tuberculosis, chronic neurological disorders, and sickle cell disorders), the chance of surviving Covid-19 is 99.2135%. For a healthy 75-year-old woman, the chance of surviving is 99.8251%; and for an 85-year-old man with co-morbidities, the chance of surviving is 79.9154%. Given the factors of advanced age along with co-morbidities, the last survival rate seems reasonable.<sup>57</sup> The authors of the article provide a chart with approximate figures. By no stretch of the imagination could these figures be viewed as representative of a genuine pandemic.

Age	FEMALE		MALE	
	No Underlying Conditions	One or Greater Underlying Conditions	No Underlying Conditions	One or Greater Underlying Conditions
0-9	99.99996	99.9639	99.99996	99.9603
10-19	99.99996	99.9639	99.99996	99.9603
20-29	99.9998	99.9466	99.9997	99.9037
30-39	99.9991	99.8636	99.9986	99.79
40-49	99.998	99.8153	99.9965	99.6943
50-59	99.9888	99.3647	99.9815	99.2135
60-69	99.9562	98.7605	99.8895	97.9992
70-79	99.8251	97.6094	99.5245	95.6517
80+	98.9087	92.8152	96.3318	79.9154

"Predicted COVID-19 Fatality Rates Based on Age, Sex, Comorbidities, and Health System Capacity"  
Stockholm University, June 2020

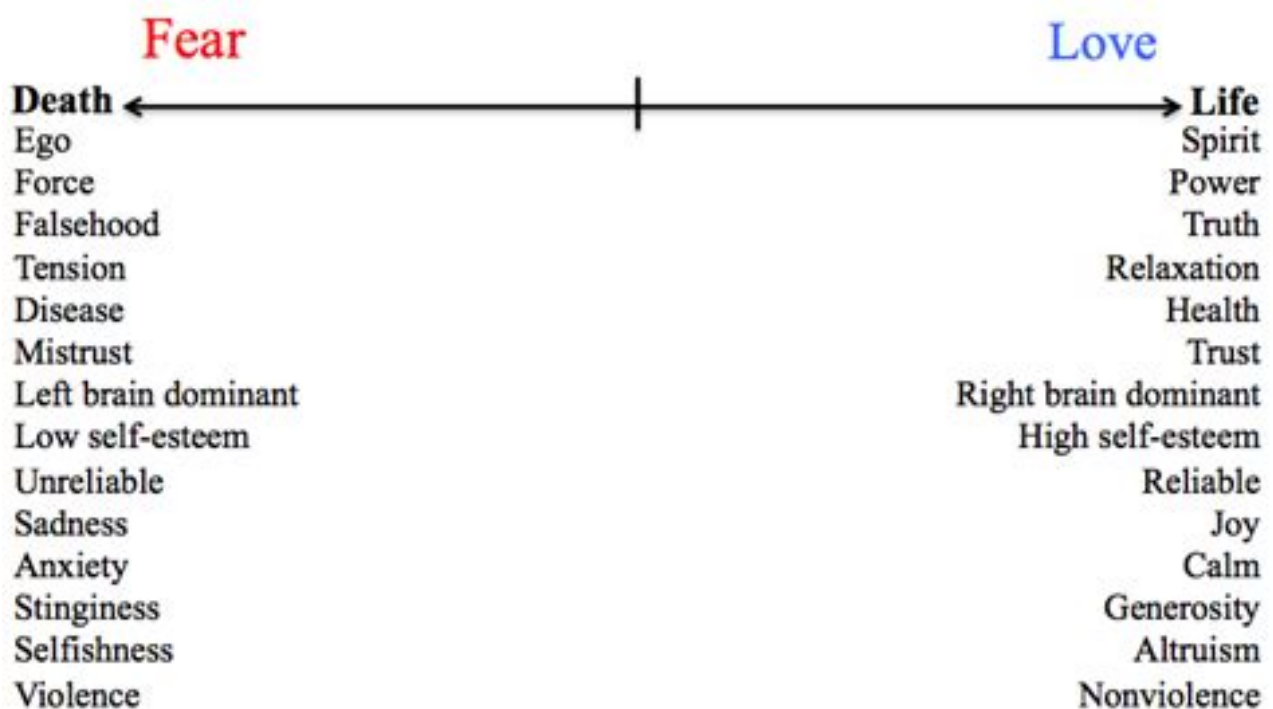
The article continues:

Natural immunity generates a much broader range of immunity than the currently formulated spike protein vaccines, particularly for young, fit people, to whom the researchers believe the risk applies. They are urged to “take up the vaccine whenever possible”— despite the fact that natural immunity is

effective and long-lasting against illness for respiratory viruses such as SARS-CoV-2.

It is also an assertion that is not backed up by the study which did not test what the level of reinfection would look like in a vaccinated population. The study states that “it is possible that both previously infected and vaccinated individuals might later become infected”—which surely is not an argument for vaccinating healthy young people, who are at a vanishingly small risk of suffering serious illness. . . . No-one can die of COVID-19 without catching the virus. The chances of catching it currently are minimal as there are so few genuine cases (in other words, people with symptoms, usually severe).<sup>58</sup>

*Are you ready to give up your fear and start living again?*



**A word to the unjabbed.** People who were jabbed are expelling spike proteins in their breath. Unless you want to stay home for the rest of your life, it's impossible to avoid people who have been jabbed. If you have not been jabbed and are healthy, continue to live a healthy lifestyle. You may want to add some nutrients and herbs to your daily protocol. If you have not been jabbed but are not in the best of health, definitely add some nutrients and herbs to your daily protocol.

**If you have been jabbed and are feeling any negative symptoms or aftereffects,** adding some nutrients and herbs to your daily protocol does not seem optional. It's mandatory, unless you want to die earlier than expected or desired.

**If you have been jabbed and are still feeling good,** there is the possibility that you were injected with a placebo saline solution. The unexpected early labeling of these jabs "for emergency use" in 2000 actually may have created a scarcity of product, prompting the drug companies to furnish people with non-lethal "vaccine substitutes." If this was the case with you, consider yourself fortunate. Nevertheless, don't assume that you're exempt from having to take extra care of yourself. Unless you are evaluated by a holistic doctor who can examine your blood under a dark field microscope and determine that your blood is normal, it's wise to assume that you were given noxious chemicals, including graphene. *Use the protocols in this book to stay well!*



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EudraVigilance - European database  
of suspected adverse drug reaction reports

The European Medicines Agency publishes these data so that its stakeholders, including the general public, can access information that European regulatory authorities use to review the safety of a medicine or active substance. **Transparency** is a key guiding principle of the Agency.

**COVID-19 Vaccine Adverse Drug Reactions**  
**23,252 DEAD**  
**2,189,537 Injuries Through Aug 28, 2021**  
COVID-19 MRNA VACCINE MODERNA (CX-024414)  
COVID-19 MRNA VACCINE PFIZER-BIONTECH  
COVID-19 VACCINE ASTRAZENECA (CHADOX1 NCOV-19)  
COVID-19 VACCINE JANSSEN (AD26.COV2.S)



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9 young female employees of a NY court office all oppose C19V (They want kids) They organized & told their supervisor they will ALL walk out on the job if the C19V is mandated. The office cannot run without them. Result: the office is not mandating the shot.  
[#UnitedWeWin](#)