

Covid 19 Experimental Jab Transmission

A glance into phenomenon of transmission, possible causes and
known remedies

On Telegram:

<https://t.me/vaxxshedding>

Changes in version 1.1

- *Added more info regarding ivermectin protocol and ivermectin from pet supplies*
- *Inclusion of Terry's protocol*
- *Added Graphene Detoxification Protocol for magnetism*
- *New remedy blue iodine by Nik*
- *Information added regarding detox baths*
- *FAQ section*
- *Minor corrections*

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Preface

Covid wasn't as bad as covid jab. Since covid jab started the adverse effects and death soared, what most people didn't anticipate is what it can do to the people who didn't get the jab. Many started to have strange health issues and most people didn't suspect anything odd at that time. Things started to roll once an Instagram post went

viral. A lady shared how her menstruation turned very bad after a visit to vaccinated. It only took few hours for comment section to be flooded with similar experiences and post being shared everywhere. Many women came forward to explain what happens to them and images shared were quite graphic, often depicting lumps of clot. After this, people who had seen stories of shedding as divisive tool to separate people began looking into this phenomenon. Meanwhile in Instagram, censoring and removing posts related to shedding went at full swing.

That's when the vaxx shedding community was formed in telegram and many people came forward to share what they are experiencing. Soon a pattern of adverse effects started to emerge and these adverse effects didn't just confine with menstrual issues but revealed over two dozen other adverse effects that people have been going through. An active community was formed in telegram that look into remedies and studies on gene therapy. To avoid confusion and make things simple, this article was written. This is a work in progress and will be updated from time to time. You may have other views regarding shedding and this article is not about questioning your beliefs on what is going on, we wrote this article to answer people's question and clarify their doubts. The most updated version of this article can be found at vaxx shedding group in telegram (<https://t.me/vaxxshedding>)

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What is shedding or transmission?

Generally speaking, vaccine shedding is a term used when viral load from an attenuated live virus is shed from vaccinated individual onto others. Covid jabs are very much experimental in nature and it seems those who are vaccinated are shedding spike protein or some other unknown biological toxic agent to unvaccinated. Simply put, covid experimental jabbed individuals is transmitting something that is causing those around them to suffer from strange health issues out of nowhere. We call this transmission. Since it is similar to shedding process in vaccine, sometimes we refer to transmission as shedding or use them alternatively.

These are some of adverse effects from shedding

1. Headache, migraine, joint pain, backpain, fatigue or flu like symptoms
2. Menstrual cycle issues such as heavy bleeding, unusual pain, blood clots, multiple periods per month
3. Rashes or Herpes zoster (shingles)
4. Swelling of testicles, erectile dysfunction
5. Miscarriages, stomach cramps, sore breast, cysts in breast, breast milk cause sickness or death in infant.

There may be other adverse effects which we still don't know yet. You can find a collection of transmission experiences shared by people on [Transmission Experience](#). When overwhelming number of people experience similar things it's hard to ignore this as an isolated incident.

Most of cases reported are from Pfizer and Moderna, there were also reported cases from J&J, Sinopharm, Sinovac, Astrazeneca etc.

As of April 28, 2021 Pfizer had openly admitted that their experimental mRNA BioNTech injections were guilty of shedding, conveniently coined "occupational exposure" in their clinical study.

This comes straight out of the [Pfizer BioNTech clinical study](#) (PF-07302048) titled "A Phase 1/2/3 Study to Evaluate the Safety, Tolerability, Immunogenicity, and Efficacy of RNA Vaccine Candidates Against COVID-19 in Healthy Individuals. The pertaining information mentioned can be seen at page 67-69 of the document. Here are two things they have been studying after exposure

Spontaneous abortion including miscarriage and missed abortion;

Neonatal deaths that occur within 1 month of birth should be reported, without regard to causality, as SAEs. In addition, infant deaths after 1 month should be reported as SAEs when the investigator assesses the infant death as related or possibly related to exposure to the study intervention.

We have seen cases of miscarriage after exposed to vaccinated, this is no joke. To clarify the quotation from the study in laymen's terms, an occupational exposure (viral shedding) occurs when an individual comes in contact with an injected mRNA trial test subject (a super spreader) which

likely results in the occurrence of adverse effects for unvaccinated individuals. These adverse effects caused by viral shedding are strictly being reported on VAERS and not within any clinical mRNA studies as the information does not pertain to a participant enrolled in the study. In conclusion, we now have direct official confirmation from Pfizer to stay away from the "vaxxed" mRNA injected individuals as they are the true super spreaders and conspiracists worldwide are once again vindicated.

It is imperative to understand that all people who are vaccinated aren't transmitting/shedding. According to EUA (Emergency Use Authorization) document, there are different lots or batches of jab in clinical trial that is undergoing, this includes placebo as well. This creates a lot of confusion among people, also create plausible deniability to death, adverse effects or transmission caused by the jabs as everyone is not affected the same. Some people are not affected by shedding at all and while some have harrowing experience after being around vaccinated.

So, it is important to keep an open mind towards transmission/shedding and not to avoid vaccinated people completely. We prepare and reinforce ourselves against this threat to remain healthy.

What causes shedding/transmission?

The cause of shedding is not yet fully known. Other than physical there seems to be a non-physical energy aspect to shedding. Here is listed few possible causes of shedding

- The reason for shedding could be **spike proteins** that is secreted from body secretion like sweat, saliva etc or breath of jabbed individuals.

Dr. Seneff said in [an interview](#) with Dr. Mercola that the immune system can mop up mRNA & spike proteins into lymph system, then to spleen; can stay in spleen very long time (primarily where the antibodies are made). No reason these "exosomes" can't be shipped from the spleen to the lungs. Have shown experimentally that they can be released from the lungs (exhaled). You can read the paper of Dr Seneff mentioned in video [here](#).

The [biodistribution study](#) of the mRNA vaccines prove the mRNA moves into the blood and then all over the body. This means, they can be in all bodily fluids.

One of pioneers of mRNA technology, [Dr Luigi Warren](#) wrote on twitter that vaccinated can shed spike proteins. For those unaware, Luigi Warren is the current President and CEO of Cellular Reprogramming, Inc, a biotechnology firm based in California. More importantly, Luigi is renowned for his work with Derrick Rossi, the co-founder of the famous biotechnology company Moderna.

Back in 2010, Luigi and Derrick worked together to be the first to describe mRNA-based reprogramming in a pathbreaking paper in Cell Stem Cell, titled Highly efficient reprogramming to pluripotency and directed differentiation of human cells with synthetic modified mRNA. The work was named one of the top ten scientific breakthroughs of 2010 by the journal Science, as well as one of the top ten medical breakthroughs of the year by TIME magazine.

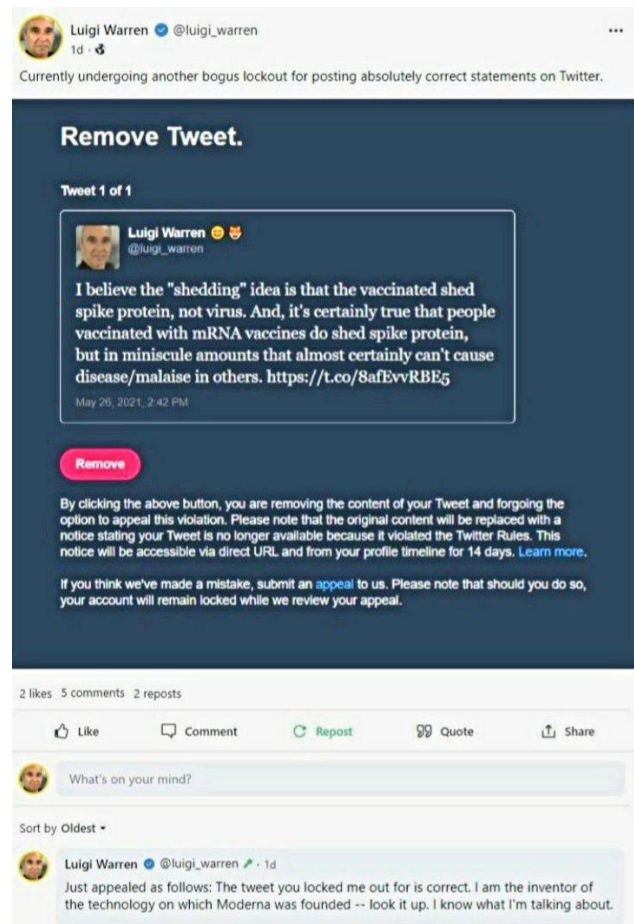
Luigi Warren tweeted that people vaccinated with mRNA-based vaccine can shed spike proteins.

He added that this shedding is in minuscule amounts and hence cannot harm anyone.

Twitter has suspended his account for violating Twitter's provax policy.

Even though Dr Luigi says spike protein shedding is miniscule, what people experience is beyond miniscule amount of spike proteins. What people experience being around mRNA vaxxed is just terrible and needs thorough investigation.

- **Prions** - misfolded proteins or nanotech as said by Dr Judy Mikovitz & Young in [Surviving the Vax](#) video.
- Pfizer document suggests occupational exposure of mRNA vaccine, it could be also mRNA itself being transmitted from vaccinated thus results in a self-spreading vaccine that create spike protein. We are not writing off possibility of a [self-spreading vaccine](#) as scientists already claimed they developed a vaccine as such.
- Several videos have been posted online regarding strange magnetic nature and EMF emitted from jabbed people. On top of biological agent such as spike protein there seems to be an energy-based impact from jabbed.



David Icke in his recent video, [Human Antenna – Broadcasting the Vaccine Frequency](#) elaborates upon this subject, and as usual, his ideas are extremely important to consider. What is going on here is unprecedented; never before in history (that I am aware of) has a so-called 'medicine' or 'treatment' (the COVID non-vaccine) ended up spreading to those who didn't take it to cause them tangible harm as is happening right now. Something is happening on an energetic level not just a physical level, and since energy moves in waves, and waves travel at different frequencies, the answer will involve frequency. DNA is also a transmitter and receiver of energy; 2008 Nobel Prize winner Luc Montagnier proved that DNA transmits and receives frequencies in his 2010 paper entitled DNA Waves and Water where he showed that "bacterial and viral DNA sequences have been found to induce low frequency electromagnetic waves in high aqueous dilutions." In other words, DNA is like an antenna. Let's go deeper into Montagnier's findings

"Using a photo-amplifying device invented by Dr. Jacques Benveniste in the 1980s to capture the ultra-low light emissions from cells, Montagnier filtered out all particles of bacterial DNA from a tube of water and discovered that the post-filtered solutions containing no material particles continued to emit ultra-low frequency waves! This became more fascinating when Montagnier showed that under specific conditions of a 7 Hz background field (the same as the Schumann resonance which naturally occurs between the earth's surface and the ionosphere), the non-emitting tube of water that had never received organic material could be induced to emit frequencies when placed in close proximity with the emitting tube! Even more interesting is that when base proteins, nucleotides and polymers (building blocks of DNA) were put into the pure water, near perfect clones of the original DNA were formed!

Dr. Montagnier and his team hypothesized that the only way for this to happen was if the DNA's blueprint was somehow imprinted into the very structure of water itself resulting in a form of "water memory" that had earlier been pioneered by Jacques Benveniste "

The existence of a harmonic signal emanating from DNA can help to resolve long-standing questions about cell development, for example how the embryo is able to make its manifold transformations, as if guided by an external field. If DNA can communicate its essential information to water by radio frequency, then non-material structures will exist within the watery environment of the living organism, some of them hiding disease signals and others involved in the healthy development of the organism."

Dr Montagnier made remark as follows

"The day that we admit that signals can have tangible effects, we will use them. From that moment on we will be able to treat patients with waves. Therefore, it's a new domain of medicine that people fear of course. Especially the pharmaceutical industry... one day we will be able to treat cancers using frequency waves.

David Icke ties this in to the overall nanotech agenda (including things like the hydrogel biosensor), stressing that although there may be a chemical element that is being transmitted, the main cause is the energetic element – frequency. He emphasizes that the introduction of synthetic mRNA via the non-vaccine is designed to change the DNA antenna inside of us, so that it responds to a new (artificial) command and control center – in other words, it's literally hijacking our divine connection. This is in conjugation with [video of Funvax project](#) where proposal for vaccine that can suppress vmat2 gene responsible for connection with God.

This reminds me of words of Austrian philosopher and clairvoyant, Rudolf Steiner (1865-1925)

"In the future, the soul will be eliminated by medicine. On the pretence of health, there will be a vaccine whereby the human organism will be treated as soon as possible, possibly directly at birth, so that the human being cannot develop the awareness of the soul and the Spirit.

Materialistic doctors will be entrusted with the task of removing the soul from humanity. Like today, people are vaccinated against specific diseases, so in the future, children will be vaccinated with a substance that will immunize against the 'madness' of spiritual life. The vaccinated person could be very clever, but would not develop a conscience, and that's the real goal of some materialistic circles.

With such a vaccine, you could get the etheric body to detach from the physical body. When the etheric body is detached, the relationship between the soul and the universe becomes extremely unstable and man an automaton, because the physical body of man must be polished on this Earth by will and by spiritual effort. So, the vaccine becomes a kind of force that rivets consciousness to matter. Man can no longer get rid of materialistic feeling. It remains animal by constitution and can no longer rise to spiritual conscience"

"I have told you that the spirits of darkness are going to inspire their human hosts, in whom they will be dwelling, to find a vaccine that will drive all inclination toward spirituality out of people's souls when they are still very young, and this will happen in a roundabout way

through the living body. Today, bodies are vaccinated against one thing and another; in future, children will be vaccinated with a substance which it will certainly be possible to produce, and this will make them immune, so that they do not develop foolish inclinations connected with spiritual life – 'foolish' here, or course, in the eyes of materialists"

Some Videos on Transmission

1. [Critically Thinking with Dr T and Dr P – Episode 44](#)
2. [A short video by Dr Alim on shedding](#)
3. [Dr Lee Merrit on shedding](#)

How long shedding/transmission can last?

Many doctors assume it could be permanent due to DNA change, we need more clarification on duration of transmission. It is found that within first 2-3 weeks after jab have pronounced effects of transmission as most of cases are reported around freshly jabbed individuals. Keep in mind that we have reported cases of transmission even as long as 4 months after jab. The challenge on identifying duration of shedding is, most people who had adverse effects from jabbed individuals doesn't know when other person took the jab. Most of them randomly got sick while they worked around clients at work or interacted with people. It is advised to keep distance from jabbed individuals for time being until we know transmission is permanent or not.

How can you protect yourself?

General Guidelines

- Keep distance from jabbed people that you know is shedding. This is not always possible if you do interact with them then keep interaction short and let it be in an open space.
- Some people reported that dogs behave aggressively or withdraw themselves from jabbed individual. This could be used as an indication to identify jabbed individuals but this is not always true.
- Anxiety (chronic fear) weakens your immune system. Stay away from anxiety-provoking "news" with constant repetition of death tallies, and live in the present moment, in joy, with your loved ones. It bears repeating that being happy is good for our health. Stress is pathogenic.

Meditation and Prayer

This may seem odd but mediation do help a lot to raise and balance your energy. Transmission is not just a physical phenomenon but also an energetic attack. This lies in fact that how DNA of jabbed have been changed and they are no longer resonating at divine frequency. Prayer and meditation can help you to shield from this energy transference.

Here is a simple mediation guide:

- Sit in half-lotus position on a cushion (zafu) [or on a chair if more comfortable], knees in contact with the floor, back straight if possible, and stretch the spine as if pushing the sky with the head and the floor with the knees.
- Keep the eyes closed.
- Keep the back upright, but relax the rest of the body, especially the shoulders.
- Put your hands together, the left hand in the right, with the edge of the hands against the lower abdomen and the thumbs gently touching each other, "neither mountain nor valley".
- Come back to the body and the present moment, focusing on your breathing.

- Exhale completely. Let your breathing happen automatically, naturally, without thinking about it.
- Let the thoughts that arise naturally pass by, without challenging them, without holding anything back, without thinking about “I”, without generating thoughts.
- Remain in stillness.
- Just be.
- Let go. Leave beliefs and thoughts behind. Just sit, with no aim in mind, without focusing on any reason for sitting. Sit without purpose. Stretch the back and release the shoulders. Focus on the posture, on breathing, and let thoughts pass by, holding a slight inner smile.
- From moment to moment always fresh, always available to a new present moment.
- Let the divine energy in you create a shield around you, that protects you from everything negative and harmful energies.

Praying is a good way to reduce stress, let it be your daily bread that spiritually feed you. You will be protected by God’s grace.

The work of Professor Masaru Emoto demonstrated the influence of emotions and thoughts on the state of matter (water structure): www.youtube.com/watch?v=SOdKA70KkB8



Masaru Emoto showed us importance of prayer in life and the power of positive thoughts through his studies

The highest vibration is gratitude. Staying in a state of gratitude for life is the highest of protections. Human body is 70% water that makes Masaru Emoto’s study very significant in our life.

Ivermectin

Ivermectin is a well-known, FDA-approved anti-parasite drug that has been used successfully for more than four decades to treat onchocerciasis “river blindness” and other parasitic diseases. There is so little understanding by those who say Ivermectin is an anti-parasitic drug and it cannot or its ineffective or unknown in the treatment use for viruses or Covid-19.

Ivermectin is not only an anti-parasitic drug. It's also a very [effective anti-viral drug](#) and it works very well against single-stranded RNA viruses including dengue, zika, chikungunya etc. It is one of the safest drugs known. It is on the WHO's list of essential medicines, has been given 3.7 billion times around the globe, and has won the Nobel prize for its global and historic impacts in eradicating endemic parasitic infections in many parts of the world. The miraculous drug ivermectin works for transmission as well. Here is [a video on story of Ivermectin](#) for curious minds.

According to [I-Mask+](#) protocol of FLCCC, recommended dose of ivermectin as prophylaxis (prevention) is 0.2mg/Kg, two doses weekly. ([version 15, updated August 27, 2021](#)). **Terry's Protocol** recommends ivermectin on Day 1, Day 3, Day 5 (or 3 consecutive days) then every 7 days and doubling of doses (0.4mg/Kg) in critical cases. **Ivermectin is a blocker for spike protein. It prevents attaching of spike protein onto ace2 receptors and doesn't help to neutralize the spike protein.** Ivermectin is said to neutralise hydrogel from PCR tests.

Here is the prophylactic dose recommended for ivermectin:

Body Weight	Dosage
15-24 kg	3 mg
25-35 kg	6 mg
36-50 kg	9 mg
51-65 kg	12 mg
66-79 kg	15 mg

(0.2mg/kg, approximation done).

Ivermectin from Pet supplies

If you have hard time to find ivermectin then you can use ivermectin for animal use. This is not recommended unless you have no other options. It is worth mentioning that many people use ivermectin for animal use without any issues.

Let's look at Terry's shedding protocol with injectable ivermectin for animal use. **Note: It is important to buy 1% ivermectin solutions without LA/Long-Acting formulations, added vitamins or additives. No fancy content, only pure ivermectin injection.**

First dose under tongue immediately upon any symptoms. Hold as long as possible, then swallow. It will help clear immediate symptoms from shedding.

Rest of doses are taken transdermal. Transdermal or via skin is the best way to use Ivermectin. You can also use ivermectin paste this way but follow milligram dosage. Ivermectin can be absorbed into the fat cells, this is five times more effective. Once in the fat cells, it is released systemically and 'side effects' are minimum.

12 hours after oral dose, rub your next dose onto your chest, tummy, inner thighs and upper arms.

24 hours later take another similar dose. Repeat transdermal treatment for next 3 days or until you are feeling well. You must feel fine within 5 days.

Always take 1 x Dazit antihistamine or Desloratadine antihistamine when using ivermectin.

Dosage of ivermectin injectable:

Body Weight	Dosage
Children (25 - 50kg)	0.1ml/5Kg body weight
Under 50kg	1.0ml
Under 75kg	1.5ml
Under 100kg	2.0ml
Under 125kg	2.5ml
Under 150kg	3.0ml

Detailed dosage for horse paste ivermectin and dosages for other injectable concentrations can be found [here](#).

Precautions for use

1. Discontinue usage if you feel unwell or develop allergies, rashes.
2. It shouldn't be given to child under 15kg.
3. If you have liver problems, kidney issues or immunity related issues such as HIV, cancer etc, Ivermectin is not recommended.
4. Pregnant ladies should not take it unless prescribed by doctor.
5. Not recommended while breastfeeding

Drug Interaction

Some of the products that may interact with ivermectin include: [barbiturates](#) (such as [phenobarbital](#), [butalbital](#)), [benzodiazepines](#) (such as [clonazepam](#), [lorazepam](#)), [sodium oxybate](#) (GHB), [valproic acid](#).

This document does not contain all possible interactions. Keep a list of all the products you use. Share this list with your doctor and pharmacist to lessen your risk for serious [medication](#) problems.

Here is an ivermectin interaction checker just for [a quick checking](#)

You can buy ivermectin from

- www.ivermectin24h.com
- www.alldaychemist.com
- Another way is to try one of the doctors that can provide telemedicine consultation here: [Directory of Doctors Prescribing Ivermectin](#).

More info and studies on ivermectin

https://journals.lww.com/americantherapeutics/fulltext/2021/06000/review_of_the_emerging_evidence_demonstrating_the.4.aspx

<https://pubmed.ncbi.nlm.nih.gov/33278625>

<http://talks.cam.ac.uk/talk/index/56852>

<https://www.worldtribune.com/frontline-doctors-prescribe-ivermectin-to-treat-covid-19>

<https://www.healio.com/news/primary-care/20201208/this-was-a-gift-to-us-ivermectin-effective-for-covid19-prophylaxis-treatment>

<https://www.covid19treatmentguidelines.nih.gov/antiviral-therapy/ivermectin>

<https://heavy.com/news/2020/04/ivermectin-side-effects-coronavirus-cure>

Suramin

Suramin which comes from Pine needles, has inhibitory effects against components of the coagulation cascade and against the inappropriate replication and modification of RNA and DNA. Excessive coagulation causes blood clots, mini-clots, strokes, and unusually heavy menstrual cycles. There is a direct relationship between Suramin (the isolated extract), pine needle tea (a hot water extract of the pine, fir, cedar, and spruce needles), and pine oil (which is derived from the needles though an essential oil steam distillation process). While Suramin has been proven to be effective, it is far better to use pine the way nature created it – as a whole herb. There are many other benefits that can be derived from the whole herb that will be missing from the isolated chemical.

Pine Needle Tea

Pine needles are high in vitamin C and A and shikamic acid among numerous other compounds which provide a long list of benefits. Pine needles tea offers the highest levels of [antioxidant benefits](#) compared with chemical extract processes. **Steep the needles rather than boiling them to retain the nutritional value.**

Benefits of Pine Needle

- **Pine tea kills parasites and AI Nano Tech / Morgellons.** For this reason, it is included in the essential oils Morgellons protocol. It also destroys harmful biofilm.
- **Pine tea is an antidote for DNA-damaging spike proteins** being transmitted from the ALL forms of “the shot.”
- **Antiviral / Immune Support.** Pine essential oil has high antiviral properties that help your immune system fight illnesses and stay strong. Drinking pine needle tea gives your immune system a boost to fight sickness due in part to its high vitamin C content.
- **Respiratory Support.** The steam from pine tea soothes and refreshes. In addition, drinking the tea thins out pain-causing mucus. This tea is a natural remedy for common ailments like the cold or flu and respiratory infections. Pine essential oil a vaporizer clears sinuses blocked by allergies like hay fever and the common cold.
- **Antibacterial & Antiseptic & Disinfectant Cleanser.** To get the effects of pine for your skin you will need more than just a pine scented product. Essential oils and pine needle tea provide the strength needed to really get the benefits of pine. Your skin, nails and hair benefit from the sulfur contained in pine needles. Topical applications tea tree oil and pine – diluted with a carrier oil (coconut, olive oil etc.) – can help an array of skin issues such as cold sores, acne, dandruff and burns.
- **Digestion / Liver Cleansing.** Consuming a few drops of organic pine essential oil can take care of upset stomach causing waste or toxins. This is because of the pine oil's ability to cleanse the liver, helping the body in the detoxification process.
- **Antioxidant, Anti-Aging & Brain Health.** Antioxidants fight free radicals that cause illnesses and aging. Pine needles help fight illnesses that attack the memory, too, thanks to the compounds found in pine. Compounds from different parts of the pine tree stop harmful plaques from forming in the brain of patients with Alzheimer's. Pine needle tea is one of the

most potent antioxidants there is, and it's known to treat cancer, inflammation, stress and depression, pain, and respiratory infections

- **Analgesic** - Relieves Sore Muscles / Anti-Swelling / Anti-Inflammatory. Pine needle tea is useful in increasing the body's circulation, helping oxygenate your body and internal systems including the lymphatic system. The health benefits to your blood alone can help the body heal any physical trauma. Pine can be used topically to help with the symptoms of arthritis.
- **Boosts Your Mood**. Pine has a way of energizing while calming and relieving from stress at the same time. The scent of pine can help lower anxiety, making you instantly happier, and relieve nervous exhaustion and fatigue.
- **Anti-Tumor**. There is medical research showing that pine needles have anti-tumor effects.

Front line doctors and medical experts have come forward and revealed that transmission from those who have taken "the shot" is happening at a rapid rate without skin-to-skin contact.

The shot is being called an experimental bioweapon as it produces a synthetic spike protein from the pathogen they were injected with. ALL of the "serums" (shots) create these DNA damaging spike proteins.

Note - Frontline doctors use the term "serum" since, evidently, the way to avoid taking the jab is to say, "I am allergic to the serum".

Those who maintain high levels of health are not affected by either the serum nor the transference contagion. Their immune system seems to be warding off side effects at this point. However, come winter when the spike protein in their bodies will be challenged with new pathogens, we will all discover our true levels of health.

Making Pine Needle Tea

- **Recipe**

Use 1-3 tablespoons of needles per cup of near boiling water. This is a maintenance health-building dose. Stronger amounts of needles to water can be used therapeutically. If it feels too acidic (due to the vitamin C), moderate the quantity, and complement the tea with alkalizing food and dark green herbs or sea vegetables. For a strong immune booster use a combination of pine, cedar, and spruce needles. Bring the water to a boil and deposit the needles into the hot water. Remove it from the heat, and immediately cover the pan. Steep 15-20 minutes. Keep the lid on while it brews and that will trap the essential oils inside the water and prevents them from evaporating out. Do NOT use tap water.

Here is a [video to make pine needle tea](#) (courtesy Hoets-Turner)

- **Dosage**

The dosage for normal health maintenance is 3 glasses per day. You may want to alternate between the lighter pine needle tea and stronger immunity boosting tea. If you have a strong detox reaction, lower your consumption, then build up to this dosage to avoid a strong Herxheimer (toxic overload) reaction.

Caution: Some pine needles are not suitable for consumption as they can be toxic. To read more details on **toxicity** of pine needle, pine bark go [here](#)

Alternatives to Pine Needle Tea

Other alternatives you can take is

- Fennel Tea
- Star Anise Tea
- Nettle
- Schizandra Tea

You can add these and make tea like how you do a normal tea. There isn't a particular quantity that must be added. Sometimes they are also available directly from stores as herbal tea

These herbal remedies are safe and provides moderate amount of protection from spike protein.

[Here is a video](#) on how to make star anise tea

Herbs with Suramin

Rosmary

Lemonbalm

Pine Needles

Parsley

Nettle

Celery

Chamomile

Chrysanthemums

Skullcap

Giant Nettle Hyssop

Horehound

Oregano

Wormwood

Mugwort

Motherwort

Milk Thistle"

Treatments List:

Autism Spectrum Disorder

Chronic Fatigue

Male Infertility

Plaque deposits in the arteries

Cancers

Immunostimulant

Liver diseases

Lung diseases (inhaled use)

Memory loss

Parkinson's disease (oral use)

Blood Issues

Lymph Issues

Spike Protein (SAR's, Covid, Colds)



Dandelion

Dandelion extract is one of many herbs that will assist in a healthy immune response. Better yet, dandelion extract could prove to prevent infections altogether, by blocking the precise channel by which the spike proteins attach and cause viral replication. Dandelions tend to have a cleansing action on the body by clearing heat and promoting elimination via urination or bowel movements.



Dandelion can be used as tea and is baby friendly remedy. Dandelion is generally recognized as safe, and there are no known cases of overdose [with dandelion leaf extract](#). Other names of dandelion include Piss-a-bed, Lion's tooth, Blowball, Cankerwort, Doon-head-clock, Witch's gowan, Milk witch, Yellow-gowan, Irish daisy, Monks-head, Priest's-crown, Puff-ball, Faceclock, Pee-a-bed, Wet-a-bed, Swine's snout, White endive, Wild endive.

According to [a study common](#) dandelion (*Taraxacum officinale*) can block protein-protein interaction of spike S1 to the human ACE2 cell surface receptor. The study authors warn that reliance on vaccines is risky and dangerous, not just for individual health but also for herd immunity. Vaccine reliance only focuses on antibody augmentation and is proving to be a high-risk intervention with short term results. Vaccine injuries are frequently reported. Re-infections post vaccination are also common, as the vaccine puts pressure on the original engineered spike protein to mutate.

We found that dandelion can work for shedding too. According to the European Scientific Cooperative on Phytotherapy, the recommended **dosage of dandelion leaf is 4–10 grams** steeped in hot water, up to three times per day.

Chlorine Dioxide (MMS/CDS)

Chlorine dioxide (ClO_2) is a synthetic gas that doesn't happen naturally. When dissolved in water, it has a yellow-greenish hue with an irritant smell similar to chlorine. Although their scents are similar, dioxide is very different from chlorine, in both chemical structure and behaviour, because it's a chlorine neutral compound that doesn't combine readily with other substances. The key to the many recoveries from diverse diseases through the administration of a single substance (chlorine dioxide), and confirmed by hundreds of testimonials, is that there must be "something" in common in all the cases. To begin with, it is an oxidant, a substance that facilitates combustion because it adds oxygen to all processes, in contrast to other drugs that usually work by poisoning the pathogens. Oxygen doesn't accumulate in the body, so this is a very different kind of pharmacological dynamic.

Some people don't understand chemistry very well and think that Chlorine Dioxide is the same as Clorox Bleach. If they say that, then they don't understand the difference between Sodium Chlorite and Sodium Hypo chlorite. If they bring that up, you could refer them to a molecular chemistry textbook or a periodic table of elements so that they can study the differences.

Not convinced? There are many patents for the use of chlorine dioxide. Here's a list a some of them:

Use	Patent number
Non-toxic antiseptic	(Pat 4035483 / 1977)
To fight amoebas in humans	(Pat.4296102 / 1981)
AIDS-derived dementia treatment	(Pat.5877222 /1999)
General skin disease treatment	(Pat 4737307 / 1988)
Live blood disinfectant	(Pat. 5019402/ 1991)
For faster wound healing	(Pat. 5855922 / 1999)
General oral care (Procter & Gamble)	(Pat. 6251372B1/ 2001)
Bacteria-derived infection treatment	(Pat. 5252343 / 1993)
Severe burn treatment	(Pat.4317814/ 1982)
Bone marrow regeneration	(Pat. 4851222 /1989)
Alzheimer's, dementia, etc. treatment	(Pat. 8029826B2 /2011)
Animal immune system stimulant	(Pat. 6099855 /2000)
Immune system stimulant (Bioxy, Inc.)	(Pat. 5830511/ 1998)

There are numerous patents on chlorine dioxide including treatment of Ebola. So why chlorine dioxide is not used extensively? The answer is simple:

Many governments and pharmaceutical companies tend to avoid simple, inexpensive and easy solutions to the problem of disease. They flourish on complex, expensive and difficult solutions to healthcare. In short, pharma companies will be out of business if chlorine dioxide is used extensively.

Here is a recent chlorine dioxide [clinical study](#)

Chlorine Dioxide is actually a gas which spreads out in the air when released. It has a yellowish greenish colour if it is condensed enough in the air. It kind of stinks though, so try not to inhale it. It has a strong smell like chlorine for a swimming pool. However, it is not literally chlorine because it is bonded with other atoms that change the makeup and qualities of it. Kind of like how salt (NaCl) is

made of the chlorine atom but it isn't chlorine either. CD gas enters very easily into water and can be mixed and transported that way.

Here is how chlorine dioxide is produced

Liquid Mix Sodium Chlorite liquid + a Weak Acid liquid = Chlorine Dioxide

*Sodium Chlorite (NaClO₂) at about 22.4-29% potency + Hydrochloric acid at 4-5% potency
to get Chlorine Dioxide*

Storage

If you have Sodium Chlorite (NaClO₂) in your home in dry flake form, it is good to keep it out of sunlight, dry and enclosed in a plastic bag so it won't get moist or wet. Dry NaClO₂ lasts for years if kept like this. If you have it in liquid form, keep it in a dark place where it can be stored for a year or more. I've heard of people storing it in a refrigerator for 4 years and it was still fine. Just be sure to stir the liquid before using it so the chemical hasn't settled at the bottom.

Mechanism of Chlorine Dioxide

CLO₂ work in the body using **Electron Oxidation**: Scientists call this bond an "Unstable" or "Negatively Charged" ion. When this bond of atoms separates, it creates a very tiny subatomic pulse of energy. This pulse happens when Chlorine Dioxide gets around pathogens in the body. If you are some sort of virus, bacteria, fungus or parasite that is attacking the human body, you would be afraid of this subatomic pulse because it is actually an explosion that only goes off when it approaches you. CD Molecules are kind of like a target-seeking missile that can travel safely in your bloodstream and only blows up when it hits its target. Don't worry though, the explosion doesn't hurt the rest of the healthy tissues and parts of the body. It only attacks "acidic" and "anaerobic" microbes in the body (the bad guys). All of your healthy cells that need oxygen to live or are "alkaline" are safe. It just passes them by. Here is a short video of how [CLO₂ attacks a yeast cell](#) in the body. Yeasts are generally acidic and wreak havoc in the mouth and other parts of the body. As Chlorine Dioxide attacks pathogens, it is a 2-step process that happens in a fraction of a second. First, the CLO₂ pulls a single electron from the pathogen molecular wall. This action is called Electron Oxidation. (That is what negatively charged molecules do). When this electron arrives at the Chlorine Dioxide molecule, it modifies the Chlorine atom into something called "Chlorite" (CLO₂⁻) and it instantly becomes much stronger which starts the second step. At this second step, the strengthened "Chlorite" is able to pull 4 more electrons from the molecular wall of the pathogen. At this point, the CLO₂⁻ becomes what is called "Chloride" (Cl⁻) because of the 4 new electrons. This pulling of the 5 electrons literally weakens and then tears the pathogen wall apart and starts to disintegrate the wall. It also allows more CLO₂ molecules to enter inside the pathogens and causes destruction there too. When "bad" bacteria, mold or parasites start having their walls shredded, they die and their dead parts need to be flushed out of the human body. With viruses, the reaction is a little different but it still has the same effect. The CLO₂ damages the area of the virus outer protein wall called "capsids" in a way that it cannot reproduce more viruses. It is also been found to do damage to the amino acids in the spires along the outside of the virus. After the Clo₂ has attacked the virus, it goes on living for a short period of time but is unable to reproduce, and it dies with no more posterity to spread its destruction. When these pathogenic microbes die, they also leave a tiny mess of pathogen-body parts for your digestive system to flush out. This is a good thing, but

sometimes it makes you have a little trouble in your stomach because your body is “detoxing” the microbes.

After the chlorine dioxide molecule explodes and separates, the leftover from the exploded ClO₂ molecule is 2 Oxygen atoms and a single Chlorine atom. Remember, ClO₂ starts out as 3 atoms bonded together and is not 3 separate atoms. The Chlorine atom is now separate and floating around in our body system in a form that is called a “Chloride”. This may not stay there for long though. The Chloride atom has atomic characteristics that make it so it can easily bond with many other atoms or molecules. The most common and likely bond will be with Sodium (Na). When it bonds with Sodium, it becomes Sodium Chloride (NaCl). This is also known as table salt. When a person drinks 1-3 drops of chlorine dioxide with water, and it separates to Chlorine and Oxygen atoms, it can end up bonding with Na and making about the equivalent of a few grains of salt in your body, which just gets flushed out. Harmless! Another way that your body uses the Chloride is to make something called Hypochlorous Acid. This acid is super awesome stuff. Hypochlorous acid is also made by the white blood cells in the body and is the best infection-fighter that your body produces. It is very potent. You can also look up Hypochlorous Acid online. It is good stuff to have in you. Additionally, some other final benefits of this Chloride material are as follows in that it helps with a process called the “Krebs Cycle”:

- One of the most important electrolytes in the blood
- Helps to keep the amount of fluid inside and outside of the cell in balance
- Helps maintain proper blood volume, blood pressure and pH in our body fluids

The two atoms of Oxygen, on the other hand, will join with the blood cells in the body and oxygenate them the same way that the cells get oxygenated from your lungs. [Here's a video that](#) demonstrates ClO₂ meeting up with blood cells that are lacking in oxygen, they get quickly charged with the oxygen and then carry it to the various parts of the body to be used. So, what does this extra oxygen do that is absorbed into your blood cells? Well, think of it as giving your body system a boost. You can look up the benefits of what it does from various websites, but I'll just leave a list of the basics here:

- Oxygen is the key element that gives your cells energy. Cells need it to convert their food into energy that you can use (also known as the Krebs Cycle). End result? You have more energy.
- Makes Exercise easier
- You Recover faster from muscle workouts (less stiffness)
- Your brain becomes clear and alert.
- Infections heal faster
- You have more restful sleep
- Wounds and tissue damage heal faster
- Recover better from carbon monoxide poisoning
- Slows and reverses the growth of cancers

The medical industry uses various methods to get oxygen into people's systems because of these benefits. One commonly used method is with something called a hyperbaric chamber, a small air-

tight room that you lay down or sit in, that pumps high levels of oxygen in for you to breathe and absorb. These things cost between \$20-100k to purchase and between \$5,000-15,000 to use per year. If you contrast this with someone taking a dose of Chlorine Dioxide, (which costs about 1 cent worth of material per dose) you can get a similar or better response. It's basically drinking a liquid that turns into oxygen in your blood and then exits your body as carbon dioxide as you exhale. Here are two videos that show actual people drinking Chlorine dioxide and seeing how their blood oxygen levels increase within minutes. ([Video 1](#), [Video 2](#)). Video 1 was especially a big deal because the woman was very sick with Covid-19 and the oxygen levels could have caused her to spiral further into further parts of her body shutting down.

Doctors and scientists are pretty amazed about how powerful this is. That is why there are thousands of Patents on the use of Chlorine Dioxide in industries like food, medicine, disinfectant, drinking water purification and cleaning. In the correct diluted mixture, it is safe to put on our food, city water supplies for our homes, on our skin and even in our bodies. Just make sure that you have the correct mixture with water...not too high a dosage. Some people say that ClO₂ is "toxic" to the human body. They are only telling part of the truth with this. This is only true in the same way that water is toxic, salt is toxic, root beer is toxic and even BBQ sauce is toxic. So, the key is understanding how much of each is a healthy level to take into your body.

Importance of Chlorine dioxide in Shedding

Chlorine dioxide neutralize the spike protein completely in body unlike ivermectin which blocks the binding onto ace2 receptors by spike protein. This means it offers a safe and effective protection against shedding without any side effects and is even safe for pregnant woman. Chlorine dioxide is officially used in Bolivia for covid treatment and has been proved to work well.

Here are some studies on effect of chlorine dioxide

1. [Inhibition of the Binding of Variants of SARS-CoV-2 Coronavirus Spike Protein to a Human Receptor by Chlorine Dioxide](#)
2. [COVID19 Long Term Effects in Patients Treated with Chlorine Dioxide](#)
3. [Chlorine Dioxide in COVID-19: Hypothesis about the Possible Mechanism of Molecular Action in SARS-CoV-2](#)

How to take Chlorine dioxide?

There is no short way if you consider Chlorine dioxide as remedy for shedding, you must read book of [Jim Humble \(MMS\)](#) or [Andreas Kalcker \(CDS\)](#), depending on what you have decided to take.

Chlorine dioxide can successfully cure many diseases and having a sound knowledge in it can help a great deal. Chlorine dioxide comes in two forms mainly MMS and CDS. Let's look at the difference between them:

MMS (master mineral solution)	Vs. Comparison	CDS (Chlorine Dioxide Solution)
CD, MMS 1, NaClO ₂ or "Activated" NaClO ₂	Nicknames	CDS, CDI (when diluted with saline for IV)
Y	Has ClO ₂ in it?	Y
Y	Has HCL and NaClO ₂ ?	N
Most any Diseases	Treats What?	Most any (Autism more w/ MMS)
No. It Burns :)	Used with IV?	Yes, with Saline
Drop-Mixes (A and B)	Way to measure dosages	Milliliters (mls)
A little stronger at times	Effects on Stomach?	Milder on the stomach
Yes	Causes Herxheimer Reaction?	Yes, but less effect (?)
A and B bottles, out of sunlight	Making & Storing your own?	Air tight bottles, cold, out of sunlight
NaClO ₂ (Bottle A) 22-29% HCL (Bottle B) 4-5%	Typical potency (When Stored)	3000 parts per million (ppm)
At least 2-4 years in liquid form	Storage Life?	5-7 months if sealed, cold and dark
Sour & Bitter	Flavor/Taste?	Bitter
Protocols 1000, 2000, 3000	Regimens for taking?	Protocols A, B, C...Z
1990's	Discovered When?	2000's
Jim Humble & Mark Grenon	Developer?	Andreas Kalcker

MMS comes in two separate bottles and used as drops and mixed with distilled water. CDS is a ready to take solution that you can take in ml depending on protocol or can be prepared from MMS.

So, if you are even remotely considering taking Chlorine Dioxide as a supplemental medicine, I will explain that there are 3 basic sequences that should be considered in order. These are listed below with some typical time periods that might be involved for each phase:

1. Th Startup Procedure, 2 - 14 days to acclimate the body to detoxification
2. The Follow a Protocol, 21+ days depending on the length it takes to heal from a disease
3. The Maintenance dosage, 2 weeks to indefinite use throughout one's life

If you are taking MMS, note that the combination of these two components: **sodium chlorite and hydrochloric acid, is never ingested directly or on its own**. Patients must activate both components in a clean, dry glass and then wait until the reaction turns them an amber color. Depending on the temperature of the surroundings, this can take between 30 seconds to one minute. The amber color indicates that the mix is ready, and we can now add water. Never use the mixture in its concentrated state. Each component should be stored in a separate bottle, and they must be mixed in equal parts. The ratio of activator and mix is 1:1, or, in other words, one drop of hydrochloric acid at 4%, with one drop of sodium chlorite at 25%

As a general rule:

[The sicker the person treated, the slower we should increase the dosage.](#)

Chlorine dioxide Precautions

One of our main concerns when we ingest any substance or drug is what effect it is going to have in our body in terms of toxicity. Every health professional should be aware that toxicity is a matter of quantity and that any substance can become toxic if used in excess of safe dose.

Toxicity always depends on quantity and place. If one ingests a great concentrated amount of CD, he will experience strong irritations, although most people will not be exposed to quantities great enough to permanently damage the body. Massive inhalation is toxic because it occupies the alveolar space

Precautions in the use of chlorine dioxide and its precursor sodium chlorite are as follows:

Precaution 1

Although it contains “chlorine” in its denomination, it’s very different to hypochlorite (bleach), even though they often get mixed up. When we combine sodium chlorite with HCL, we generate chlorine dioxide, which is always yellow and has that pool smell. But if we combine hypochlorite with acid, we create very strong and toxic gases, unbearable to us. Besides, the reaction of regular bleach and acid creates a lot of effervescent bubbles, something that doesn’t happen with sodium chlorite.

Precaution 2

Don’t inhale a lot of chlorine dioxide gases for a prolonged time, as they can cause throat irritation and respiratory difficulties. In small quantities and for a short time, it is harmless, as has been shown in the studies performed by Dr. Norio Ogata. Scientific documentation about chlorine dioxide’s toxicity refers to its inhalation, which is not the same as its ingestion in small quantities, which is harmless.

Precaution 3

We always add water to the mix we obtain by activating sodium chlorite with an acid, and that results in chlorine dioxide. It is never used in its concentrated form. If some of the liquid falls on the skin or the clothes, it must be washed with lots of water.

Precaution 4

Never use metallic containers! Metallic containers react to chlorine dioxide and will rust. This also includes stainless steel, as it is an alloy made up of several metals including nickel and chrome.

Precaution 5

Don’t use rubber droppers, since these don’t have enough resistance to sodium chlorite’s alkaline pH, and in time rubber can dissolve in the liquid, leaving particles in dissolution. Also, they are not adequate as droppers since drops are too large.

Precaution 6

Use only PP / HDPE/ PE ophthalmological droppers. All these materials are resistant and can handle both alkalinity and acidity (pH 13 / pH 1), keeping its properties for many years. We don’t recommend PET style translucent plastics to store concentrated sodium chlorite for a long time. In the long-term, they disintegrate and leave residues in the sodium chlorite solution.

PET (Polyethylene terephthalate), contains carbon atoms (the C in the drawing) and due to its

similarity to oxygen, it has low electrons density. It is sensitive to react to sodium chlorite (NaClO₂) due to its high pH, and then the polymer chains disintegrate in time.

How can I know if the sodium chlorite is in bad shape?

The product health indicator is its colour. If the chlorite, which is translucent, turns milky after its activation, then it's in bad shape. CD/MMS activated colour must be always translucent yellow-amber, before reducing it with water. You should never use PET or translucent plastic bottles with sodium chlorite, due to its 13pH. They can be used with CDS because it has a neutral pH.

Precaution 7

Using citric acid as activator can provoke intestinal acidosis in sensitive individuals with diarrhea, discomfort, citrobacter (a bacteria that feeds on citrates). **Although is equally effective, this mix should not be used if you have sensitivities. Use the HCL 4% Activator instead.**

Precaution 8

To neutralize sodium chlorite/chlorine dioxide in emergencies, use only baking soda and never vitamin C (ascorbic acid) like they used to recommend. In the event of an emergency (if a significant amount of sodium chlorite or chlorine dioxide has been ingested), the affected person should take 240 ml of water with a teaspoon of sodium bicarbonate. That neutralizes the effect immediately. **If vitamin C is taken, the acid reacts with sodium chlorite and spontaneously produces chlorine dioxide gas, which is not what you want.**

For further guidance on usage and other doubt clarification, you can head over to <https://t.me/comusavusa>

I strongly recommend to get advice and help regarding chlorine dioxide before you use it.

Niatonin Protocol

This is a new protocol from researcher and scientist Dr. Dmitry Kats. He helped thousands of people recover from long covid and covid jab injury. You can follow protection / pre-jab protocol for shedding symptoms.

Flush Niacin + Melatonin taken shortly apart, with supporting factors

The idea of niatonin protocol is to hit a sweet spot where niacin melatonin combination doesn't cause a flush or tiredness. Fix niacin and raise melatonin dosage until there is no flush. Next day if you feel tired then fix niacin at slightly higher dosage and adjust melatonin dosage until you find sweet spot. This process is repeated until you find a final sweet spot that doesn't cause a flush nor tiredness the next day.

Contraindications/Disclaimer

- Within 3-hours do not take aspirin, apples (pectin) quercetin, antihistamines, alcohol, Rx (most not needed anyways)
- Consult/monitor with your medical provider before/during so apparent side effects can be avoided

Protocols

Protection / General Maintenance / Pre-jab - Individualized per mass, age, sensitivity, health status. Try adapting below-listed doses 1-3x per day to comfort

Age Group	Niacin (mg)	Melatonin (mg)
Adult	500-1500	6-30
Teen	375-750	3-9
Child	50-375	2-6
Baby	25	1

Acute COVID-19 and/or Jab Injury Recovery - Dose-response therapeutic effects (assess by severity). Administer below-listed doses 2-3x daily. Transition to Protection protocol once recovered

Age Group	Niacin (mg)	Melatonin (mg)
Adult	750-2000	15-40
Teen	500-1250	9-18
Child	250-750	6-12
Baby	50-250	1-3

Prolonged aka "Long" COVID Recovery - Start near lower cusp of below doses and creep up along recovery. If non-flush reaction: from 25-75mg and titrate up. Administer below-listed doses 2-3x daily. Transition to Protection protocol once recovered

Age Group	Niacin (mg)	Melatonin (mg)
Adult	500-1500	18-50
Teen	375-750	9-20
Child	100-375	6-15
Baby	25-75	1.5-5

Dr Dmitry Kats is very active here on Telegram: <https://t.me/vaccinereversal>. Consult in group regarding any doubt or questions.

Blue Iodine

Blue iodine was developed in Russia that does miracles to the thyroid. The main ingredient of blue iodine is lugol's iodine. Lugol's iodine is a solution of potassium iodide with iodine. This protocol was coined by Nik. According to Nik, shedding is an energetic attack which enters through your thyroid gland. The irregular bleeding, rashes etc are known manifestations of thyroid dysregulation. If you are sensitive to shedding then your biofield energy related to thyroid is most likely compromised. This may be true in people who had mental trauma in life or physically can be due to iodine deficiency/bromine toxicity or missing cofactors like vitamin A, copper or selenium. Supplementing beef liver extract and brazil nuts will take care of all cofactors. In order to balance thyroid function blue iodine can act very effectively.



Blue iodine is obtained by mixing lugol's iodine with starch. First thing to do is prepare a solution of starch. For convenience, you can make one or two cups of starch solution and keep it in refrigerator and take quarter cup of this for each day's dosage. As a general rule of measurement, for every quarter cup of water, add ½ teaspoon starch (this doesn't have to be very accurate) So if you are making one cup of starch solution add 2 teaspoons of starch. To prepare starch solution, required quantity of starch is added slowly to boiling water with constant stirring. Let it cool before using. To make blue iodine, add 6 drops of 5% lugol's iodine or 15 drops of 2% lugol's iodine to the quarter cup of starch-water mixture while stirring. This is the recommended amount that can be taken per day.

Here is a slight variation to blue iodine protocol. This combines the blue iodine protocol with the sea salt bromine flush. Being a hyper tonic solution this will help clean the lymph system also.

½ teaspoon good quality sea salt is dissolved in 100ml of boiling water. ½ teaspoon of corn or potato starch is added very slowly with stirring to prevent clumping and depolymerize it with the heat. Add more cold water for cooling and dilution until you hit the 270ml mark which makes it isotonic (0.9%). 5 drops of 5% lugol's iodine with stirring is added. This is taken on an empty stomach and then an hour later 500ml plus water is ingested.

Quercetin

Quercetin is a pigment found in many plants, fruits, and vegetables. This is widely used in many covid protocols to boost immunity and reduce damage. Quercetin is part of FLCCC covid 19 protocols as well.

Foods and drinks that contain quercetin include:

- grapes
- berries
- cherries

- apples
- citrus fruits
- onions
- buckwheat
- broccoli
- kale
- tomatoes
- red wine
- black tea

Quercetin is also present in herbal remedies, such as ginkgo biloba and St John's wort. People can also take quercetin as a supplement. Dosage recommended is 250mg/day. Quercetin is usually coupled with zinc and vitamin C for optimum effect in body.

Benefits of Quercetin

Antioxidant properties

Antioxidants work to protect the body from free radicals. Free radicals are unstable molecules in the body that can increase the risk of disease and quicken aging.

Reducing inflammation

Healthy male athletes found that quercetin could reduce inflammation, it did not have the same effect in women with rheumatoid arthritis.

Reducing the risk of cancer

[Research](#) has shown that a diet high in flavonoids, such as quercetin, can help prevent cancers. Fruits and vegetables are full of flavonoids, so increasing intake of these foods might reduce the risk of many types of cancer.

Preventing neurological diseases

Oxidative stress contributes to the development of neurodegenerative diseases. Oxidative stress occurs when there is an imbalance of free radicals in the body. The antioxidant properties of quercetin may help fight free radicals.

Reducing the risk of heart disease

Diet plays an essential role in reducing the risk of cardiovascular diseases, such as heart disease and strokes

Preventing infections

Quercetin has antibacterial properties, which are effective against almost all types of bacteria, particularly those linked to:

- stomach and intestines
- skin
- respiratory
- urinary

Quercetin, along with other flavonoids, might help fight off viruses, such as:

- adenovirus
- herpes simplex virus
- Japanese encephalitis
- respiratory syncytial virus

Lowering high blood pressure

According to [a 2016 study](#) by the American Heart and Stroke Association, taking quercetin supplements could be an effective way to reduce blood pressure.

Other research showed that people who were overweight and took a quercetin supplement of 150 milligrams (mg) per day had lower levels of harmful cholesterol in their blood

Precautions for use

- Daily doses should not exceed 1,200 mg.
- Do not take more than 500 mg in prolonged use (more than 2/3 months) without a therapist's recommendation: few data are available on long-term use. Does not produce negative effects when taken over a period of 3 months.
- For pregnant women and children under 12 years of age, there are no known contraindications. However, in the absence of exact pharmacological data, it is advisable not to consume more than 500 mg over a maximum period of up to 1 month.
- Do not take quercetin if you have a thyroid imbalance.
- A long-term and large intake can cause kidney problems. It is therefore not recommended to use it continuously.
- When administered at prescribed doses, quercetin does not cause any adverse effects.
- The most common side-effects of overdose are stomach and headache.
- This substance is prohibited in individuals with kidney problems.

Drug Interactions

Quercetin may interact with the following treatments :

- anticoagulants, as it can exert an anticoagulant effect.
- Corticosteroids
- May interact with Cyclosporin (an anti-rejection drug used mostly for transplant patients).
- Can inhibit the action of antibiotics of the quinolone family. Do not take in case of chemotherapy, especially with Taxol.
- Avoid in case of treatment with antibiotics of the family of fluoroquinolones.

NAC (N-Acetyl-L-Cysteine)

N-Acetyl-L-Cysteine, or NAC, has gotten lots of buzz recently for all of its potential health benefits. While NAC is only available in supplement form, this amino acid is found naturally in foods in its cysteine form. NAC is supplement form and it forms cysteine, cysteine is essential for formation of glutathione in body. A [study published](#) by the American Heart Association (AHA) proves that spike protein alone causes lung damage & arterial destruction in lab animals. They also demonstrated the cure: “was rescued by treatment with N-acetyl-L-cysteine,” which is an amino acid found in Turkey, Yogurt, Legumes, and Sunflower Seeds. NAC is also recommended to remove graphene from body.

According to the USDA, these are the top 10 foods containing the most amino acids in the cystine form:

- Lean Pork Chops
- Skirt Steak Beef
- Lean Chicken Breast
- Tuna
- Lentils
- Oatmeal
- Eggs
- Low-Fat Yogurt
- Sunflower Seeds
- Swiss Cheese
- Chicken
- Turkey
- Garlic
- Eggs

Caution: NAC shouldn't be taken along with CDS/MMS protocol, wait few hours after CDS/MMS to take NAC

NAC can be bought as supplement, dosage is 600mg for adults.

Benefits of NAC

- Essential for Making the Powerful Antioxidant Glutathione
- Helps With Detoxification to Prevent or Diminish Kidney and Liver Damage
- Helps Relieve Symptoms of Respiratory Conditions
- Boosts Brain Health by Regulating Glutamate and Replenishing Glutathione
- Stabilize Blood Sugar By Decreasing Inflammation in Fat Cells
- Reduce Heart Disease Risk by Preventing Oxidative Damage

Colloidal Silver

Colloidal silver (solute of silver particles) is effective in eliminating more than 600 species of bacteria, viruses and microbes. It heals the most minor wounds up to more complex problems such as ulcers, heart problems or malaria. Thanks to its tissue regenerating property which has been discovered, this miraculous solution could even cure some cancers. Colloidal silver has no side effects, but should be used in accordance with the dosage in order to complete the treatment in the best

conditions. Insufficient and excessive dosage may make it less effective or unresponsive to viruses, bacteria, microbes and fungi. Colloidal silver seems to be helping with transmission as well.

Oral intake of colloidal silver

This is the most common method of using colloidal silver. It is recommended for the treatment of pneumonia and various infections. Dosage varies according to body weight. Of course, the dosage should be reduced by half for children compared to that for an adult. For prevention, 10-15 ml of solution taken 3 times a day is usually enough. As a remedy, this dose should be multiplied by 3 (i.e., 30 ml, 3 times a day). Taking this product for two weeks strengthens the immune system. For best results and for the solution to act quickly, colloidal silver should be kept in the mouth under the tongue. Oral colloidal silver is used both as a preventive and curative method.

Local application of colloidal silver

In local application it can be used as a spray, by use of a dropper or on a dressing (impregnated gauze), as a powerful disinfectant and bactericidal for an infinite number of ailments: shingles, burns, warts, chickenpox, scabies, conjunctivitis, allergies, mycosis, scalp care, acne, etc. Silver particles act very quickly, deactivating bacteria on contact with them. The spray method can be used against sinusitis, wounds, burns, external infections and more, using 1 to 3 sprays about 3 or 4 times a day. People suffering from conjunctivitis, eye irritation, otitis and other ailments resort to 1-3 drops per application at a frequency of 2-3 times a day.

Colloidal silver by inhalation

The inhalation technique of this product can treat certain infections such as respiratory tract infections and sinusitis, as well as combat toothache, aphthae, angina, tonsillitis and even chronic bad breath. Using a nebulizer, the treatment consists of a 5-minute session three times a day

[Here is a website with lot of details on colloidal silver](#)

Detox Baths

Borax/Boron

Borax, or sodium tetraborate decahydrate, $\text{Na}_2\text{B}_4\text{O}_7 \cdot 10\text{H}_2\text{O}$, is a naturally occurring mineral that is used as an emulsifier, buffering agent, and preservative in cosmetic products. It can be combined with glue and water to make the "slime," material that kids play with. It is also used in blacksmithing as a flux in forge welding.

As with any substance, we need to do our research before ingesting any non-dietary substance, and do not consume in excessive quantities. Borax is low in toxicity with an LD50 of 4550 mg/kg for male rats and 4980 mg/kg for female rats and it is lethal to humans in the following doses: 5 to 10 grams for children and 10 to 25 grams for adults.

Typical Borax poisoning symptoms include severe vomiting, diarrhea and shock. From studies, it is clear that you need around 10 grams of borax in order to be toxic. It is totally fine if you are taking borax in lower quantities and has many benefits. Borax can help with arthritis, hormone balance, decalcify pineal gland, maintain proper blood pH, healthy blood sugar, detoxify lungs, kills candida. Borax is the naturally occurring form and it is also available as boron supplement.

[Here is a video](#) on benefits of taking borax as a dietary supplement

Some papers on borax/boron

<https://journals.sagepub.com/doi/full/10.1177/2156587211407638>

<https://link.springer.com/article/10.1007/s00204-020-02700-x>

<https://www.sciencedirect.com/science/article/abs/pii/S0890623897000956>

A scientist who was part of the DARPA AI research team came forward and made some shocking statements regarding morgellons and secret nanotech that he was working on. [During interview](#), the scientist said he had taken a tiny pinch of borax in glass of water 3x per day to destroy the nanites. As a general dose, you can mix ½ teaspoon Borax in 1 litre filtered water, take 6 table spoons of this 1 litre mixture per day that is 2 table spoons at each meal. Unfortunately, other than alleged video of a scientist there are no scientific papers regarding its effectiveness against nano bots, and morgellons but it is worth a shot considering other good benefits of borax.

The borax detox bath can help with rashes from shedding. Here is how to take a borax detox bath.

Fill your bath tub with water. Add 1 cup baking soda, 1 cup Epsom salt, 1 cup borax and 1 cup pink himalayan sea salt or redman's salt. Soak yourself in tub for 20 to 30 minutes. Wash yourself once it's done.

Some people had magnetism of body gone after this bath so this is one detox bath that can't be written off peevishly. The picture below summarizes about borax/boron.

BORON MINERAL
ONLY KNOWN NANOBOT REPLICATION INHIBITOR

BORON

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.

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
Tony Joe

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.

Alfalfa

We have known about this amazing bath for some time now. Alfalfa is cheap and can be easily bought from a pet store. Dr. Christiane Northrup talked about this detox bath in one of her videos. This bath could clear up morgellons from body.



This is what Dr Christiane Northrup says, fill a bathtub with hot water, add 1/2 milliliter of organic laundry soap and a cup of alfalfa pellets or hay that you buy at the pet store. Immerse yourself in tub for 20 to 30 minutes. If you have a black light can see the nano bots or hydrogel gravitate out of body into the alfalfa. Once done take a shower with Dr Bronners peppermint soap (not sure if this soap means anything) <https://shop.drbronner.com/collections/peppermint> Put on gloves get rid of all of the junk in bath tub and dispose it.

A curious member of vaxx shedding group named Erin tried this and was shocked to see what appeared under the black light. Here is [video posted by Erin](#) edited and enhanced.

Graphene Detoxification Protocol (Remove Magnetism)

We have seen cases of people being magnetic after the jab, then there are unvaxxed who experience the same. Even though there is no solid evidence that vax shedding cause this I think it is worthy to mention this protocol here. La Quinta Columna (a group of Spanish researchers) verify and confirm that graphene oxide is responsible for developing magnetism in body. The body can completely break down graphene oxide by itself over time but not fast enough, this could be reason why there is a push for booster shots every few months or every year.

You can speed up the graphene detoxification process yourself with the following over-the-counter supplements.

- **Glutathione** (most important for body detoxification) or better
- **NAC = N-Acetyl-Cysteine** 600-750mg (causes the body to produce glutathione itself)
- **Zinc**
- **Astaxantin** 5mg (also improves vision)
- **Quercetin**
- **Vitamin D3**
- **Milk thistle** (also liver and stomach protection)
- **Melatonin** 1mg to 10mg (against 5G)
- Alternatively **CDS/CDL** and **zeolite**

Graphene oxide not only causes body magnetism, it may become much more dangerous when 5G is brought in. 5G is still on trial in many countries right now, but when full power is here shortly, you shouldn't have graphene oxide in your body at any cost.

Another thing you could do is to have Borax detox bath

FAQ

- What is shedding?

Here is a video by Dr Alim on shedding

<https://open.lbry.com/@transmission:a/Dr-Alim-on-shedding:6>

- What are some symptoms of shedding?

Shedding symptoms can vary depending on person, these include headache, nosebleed, tinnitus, flu like symptoms, sore throat, rashes or shingles, fatigue, menstrual issues, stomach cramps, miscarriage, swelling, pressure change etc

- How long shedding can last?

According to doctors like Dr Palvesky shedding never stops. Shedding is more severe within first 2-3 weeks after the jab. We know cases of shedding people experienced even after 6 months. There is no definite conclusive duration to shedding.

- Do all people who are vaccinated will shed?

No, since vaccines are in clinical trials, there are different batches and formulation for jabs. Those who received a placebo won't shed.

- What will happen to you if your partner is vaccinated and you are not?

Studies show vaccinated do have spike proteins in all their body fluids. Having physical contact could lead you to have various issues like swelling, fatigue, erectile dysfunction, menstrual issues and could even become sterile in extreme cases. Prions disease could be another issue that arises from spike proteins.

- Can secondary transmission occur? (from unvaxed exposed to vaxxed then from the unvaxed to you)

Yes, it can

- What happens to pregnant woman if exposed to shedding?

Miscarriage could happen. This can happen even from secondary transmission.

- What can a pregnant woman do to protect herself?

There is no way to stay protected for pregnant woman using remedies, the only way is to stay away from vaxxed and avoid contact with people as much as possible. All the remedies known can only cure the symptoms or adverse effects but unfortunately miscarriage is something that can't be cured.

- What can be given to kids in case of shedding?

Things that can be given safely for kids include Dandelion tea, Pine needle tea, CDS/MMS, other vitamins that can help with immunity of body. Ivermectin shouldn't be given for kids under 15kg body weight.

- Can shedding cause any permanent damage?

Yes, possible. There are rare cases of blood clots in brain, infertility etc.

- I am not vaxxed but I have become magnetic, what caused this?

This may not be a problem from vax shedding, we suspect this could be due to inclusion of graphene oxide in some popular brands of food products.

References

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