

Detox Protocol COVID Vaccines/Protection From Shedding

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"These recommendations and advice reflect my personal opinion. It is not medical advice or medical therapy recommendations. If you are in doubt about your medical condition, please seek medical advice."

This protocol is intended to help vaccinated people to protect themselves from the negative effects of the COVID vaccination and to help them detox the vaccine as much as possible.

Furthermore, this protocol can also be used by unvaccinated people to protect themselves from the so-called "shedding phenomenon", i.e., symptoms occurring in unvaccinated people after they've been in contact with someone who's been vaccinated.

On the mechanism of action of the COVID vaccines:

All vaccines currently in use in Europe, i.e., the Biontech/Pfizer, Moderna, AstraZeneca and Johnson and Johnson vaccine, contain synthetic genetic material of the coronavirus, which causes the cells of vaccinated people to produce the spike protein, an envelope protein of the coronavirus.

In the next step, the body then forms antibodies against the spike protein, which, when coming into contact with a coronavirus, are supposed to render the virus harmless.

We now know that the spike protein circulates inside the bodies of vaccinated individuals after vaccination and that it is most likely being excreted through respiration, through the skin, and through bodily fluids such as sweat, saliva, or semen - a phenomenon known as "shedding".

The spike protein can cause immense problems in both vaccinated and unvaccinated people, since this protein alone seems to be the main cause for the corona symptomatology and since it is capable of damaging the body through various mechanisms.

Here are some examples of the possible negative effects of the vaccines and the spike protein:

1. First of all, with all vaccines there is a risk of integration into our DNA. If this were to happen, among other things, there would be an increased risk of cancer and also the possibility that the cells of vaccinated individuals could permanently produce spike protein, which would expose them to the negative effects of the spike protein long-term.
2. The spike protein can lead to inflammation in the lungs, the heart, or vascular walls (which can lead to blood clots), primarily caused by the binding of the spike protein to certain receptors, called ACE2 receptors, in these tissues.
3. Another mechanism by which the spike protein - or rather the antibodies formed against the spike protein - can affect health, results from the similarity of the spike protein to human proteins. Vaccination can lead to the formation of autoantibodies, i.e., antibodies directed against one's own tissues, and thus to autoimmune disease.

Examples are:

- ITP, idiopathic thrombocytopenic purpura, a lack of platelets, since platelets are being destroyed by autoantibodies, which can lead to bleeding and strokes.
 - Guillan-Barré Syndrome (GBS), a form of polyneuropathy in which, among other things, muscle weakness occurs
 - autoimmune hemolytic anemia (AIHA), a destruction of red blood cells
 - or Hashimoto's disease, an autoimmune disease of the thyroid, to name just a few
4. The similarity of the spike protein to syncytin, a protein needed to form the placenta, could lead to infertility via autoantibodies against syncytin.
 5. Another risk of vaccinating against COVID is the development of ADE (Antibody Dependent Enhancement).
Due to a special feature of the antibodies formed against coronaviruses (MERS and SARS coronaviruses promote the formation of binding instead of neutralizing antibodies), coming into contact with a coronavirus after having been vaccinated can result in the virus not being rendered harmless, but, on the contrary, the antibodies against the coronavirus leading to a particularly severe course of disease with cytokine storm (excessive immune reaction), massive inflammatory responses in the respiratory tract and even death.
 6. A health risk which only arises from the mRNA vaccines, i.e., the Biontech/Pfizer and Moderna vaccines, results from the use of lipid nanoparticles in these vaccines.
On the one hand, these vaccines contain PEG (polyethylene glycol), to which about 70% of the population already react allergic. PEG can trigger allergic reactions including anaphylactic shock. On the other hand, the mRNA-vaccines contain cationic lipids, which are cytotoxic and thus are able to cause cell damage and inflammation.

7. A couple of weeks ago, at the University of Almeria in Spain, the contents of a vial of the Biontech/Pfizer vaccine were examined. The result: the main ingredient in this vial was graphene oxide. Graphene oxide can cause inflammation of the mucous membranes including pneumonia, a loss of the sense of taste and smell, and blood clots.

And graphene oxide depletes the reserves of our most important detoxification molecule glutathione. It also leads to strong magnetic properties of the body, so it could be an explanation for the magnetism that many vaccinated people develop after vaccination.

By now, several researchers, including a research group led by German biophysicist Andreas Kalcker and Dr. Robert O. Young in the US, have confirmed the presence of graphene oxide in all corona vaccines.

Those are the risks that people are almost certainly being exposed to when getting vaccinated.

But there are also thousands of unvaccinated people, who are reporting symptoms, such as increased menstrual bleeding, severe menstrual pain, skin rashes, dizziness, palpitations and arrhythmia, etc., after they've been in contact with someone who's been vaccinated.

So it is likely that there is a transfer of spike protein (or some other molecule) taking place that can lead to health problems even in the unvaccinated.

Moreover, unvaccinated people are now also reporting being magnetic. One explanation for the occurrence of magnetism in unvaccinated people could be the presence of graphene oxide in masks, PCR tests, and other vaccines, such as the flu vaccine.

Now, what can we do ?

The top priority in both vaccine detox and protection from or treatment of shedding symptoms is to protect the body from the negative effects of the spike protein, and to help it break down and eliminate the spike protein as quickly as possible.

In addition, there is the detoxification of and the protection from the effects of graphene oxide and - in individuals, who have been vaccinated with an mRNA-vaccine - lipid nanoparticles.

General supportive measures include:

- A diet that neither promotes inflammation nor activates the immune system, that is: Sugar, animal proteins, such as meat, fish, eggs or dairy products, processed foods, GMOs, i.e., genetically modified foods, gluten, and toxic fats, such as canola oil, should at least be reduced, if possible even avoided altogether.
- Furthermore, intermittent fasting and sauna sessions help boost autophagy, the natural elimination of abnormal cells and damaged proteins.
Autophagy makes a crucial contribution to the degradation of spike protein and the elimination of cells damaged by this protein, but is especially disrupted by viruses such as

MERS, SARS-COV-1 and SARS-COV-2. Intermittent fasting and sauna sessions can remedy this by stimulating autophagy.

Sauna sessions enhance the body's own detoxification and also help the body to eliminate pathogens due to the high temperatures. Furthermore, heat-shock proteins are produced, which enhance autophagy of misfolded proteins, such as the spike protein.

Intermittent fasting is accessible to everyone and it is extremely effective. In intermittent fasting, the time window in which food is ingested is reduced to about 6 to 8 hours. The remaining time one drinks only water. Intermittent fasting is known to effectively counteract inflammation and autoimmune reactions.

Substances that help the body detox spike protein, graphene oxide, and lipid nanoparticles, help protect the body from their damaging effects and support the regeneration of biomolecules:

Since nowadays our food contains only very small amounts of vitamins, minerals, and trace elements, but at the same time our need for these micronutrients has increased tremendously due to the enormous amounts of environmental toxins we are exposed to daily, supplementation has become essential.

However, in regard to the corona vaccination and the toxic spike protein, we should also use supplements to:

- directly render the spike protein, which acts as a toxin, harmless
- prevent or reverse the negative effects of the spike protein, graphene oxide, and lipid nanoparticles
- support rapid detoxification
- and strengthen the immune system

High-dose vitamin C:

Vitamin C is our most important antioxidant which protects our biomolecules, such as our DNA and our cell membranes, from oxidation and can even reverse this oxidation by donating missing electrons. In addition, it is also able to directly render viruses, bacteria, and toxins harmless.

Here's a quote from an article by Dr. Thomas Levy, dated June 21 of this year, about neutralizing the spike protein:

"Vitamin C provides powerful, overall immune system support while optimally supporting the healing of damaged cells and tissues. Clinically, it is the most potent antitoxin ever described in the literature, and no case has yet been published in which acute poisoning could not be neutralized by vitamin C when properly administered.

Continuous intake of high doses of vitamin C in all its forms will prove to be the most useful intervention when we are dealing with a large amount of circulating toxic spike protein."

So much for the importance of vitamin C, which should be taken according to Thomas Levy's Multi-C protocol.

That is, a recommended daily intake of 6 to 12g of vitamin C, divided between liposomal vitamin C, sodium ascorbate and ascorbyl palmitate.

In acute cases, these amounts can be taken several times a day

Multi-C Protocol acc. to Dr. Thomas Levy:

Liposomal vitamin C for the intracellular space, 3 - 6g per day

Liposomal vitamin C, 500mg

<https://de.iherb.com/pr/dr-mercola-liposomal-vitamin-c-500-mg-180-capsules/56881?rcode=CCF8451>

Liposomal vitamin C, Zinc, alpha lipoic acid, quercetin, 500mg, 5mg, 100mg, 50mg

<https://de.iherb.com/pr/codeage-vitamins-liposomal-vitamin-c-180-capsules/104054?rcode=CCF8451>

Liquid liposomal Vitamin C, 3000mg

<https://de.iherb.com/pr/aurora-nutrascience-mega-liposomal-vitamin-c-organic-fruit-flavor-3-000-mg-16-fl-oz-480-ml/99987?rcode=CCF8451>

Sodium ascorbate powder for the extracellular space, several grams per day

Sodium ascorbate, 2000mg

<https://de.iherb.com/pr/now-foods-sodium-ascorbate-powder-8-oz-227-g/795?rcode=CCF8451>

Fat soluble ascorbyl palmitate, 1 to 3g per day

Ascorbyl palmitate, 500mg

<https://de.iherb.com/pr/now-foods-ascorbyl-palmitate-500-mg-100-veg-capsules/407?rcode=CCF8451>

Magnesium:

Magnesium is involved in about 80% of all metabolic functions, in our energy production and in the production of proteins and our genetic material.

In addition, vitamin C and magnesium act synergistically, i.e., they reinforce each other's effect when it comes to reducing increased intracellular oxidative stress and killing viruses and bacteria.

Since about 80% of the population is deficient in magnesium, a daily substitution of at least 300 to 400 mg is essential, many people even need 600 to 1000 mg of magnesium per day for sufficient supply.

Attention !:

With magnesium, overdosing is possible and shows up as fatigue, a drop in blood pressure, muscle weakness, and respiratory depression.

However, magnesium has a very wide safety range when taken orally and, as a rule, people with normal kidney function are protected from overdosing because before generalized magnesium toxicity can develop, diarrhea occurs.

But it can become critical in cases of impaired kidney function and in – especially elderly – patients with chronic constipation.

The use of magnesium glycinate, in which the magnesium is bound to the amino acid glycine, is particularly recommended. In this form, magnesium is highly bioavailable and absorbable. In addition, our body needs glycine for the synthesis of our most important detoxification molecule, glutathione, and for the synthesis of collagen, so an additional glycine source is always a good idea.

Magnesium threonate is a form of magnesium designed to cross the blood-brain barrier, thus positively affecting brain performance and counteracting neurological disorders.

Liposomal magnesium, like all liposomal products, is transported directly into the cells where it is needed.

A little warning:

If you only take liposomal magnesium, you won't be able to notice an overdose on time, since it goes directly into the cells without causing diarrhea first.

So please be careful and always take a mixture of liposomal and conventional magnesium, or just take the conventional one, and do not take 1000mg of liposomal magnesium !

You can take magnesium in the evening before going to bed, as it has a calming and relaxing effect and ensures good sleep. However, if you take 900 or 1000mg of magnesium it would be a good idea to spread it throughout the day.

Here's an example of how to do that:

- 200mg magnesium glycinate in the morning
- 200mg liposomal magnesium at noon
- 200mg magnesium glycinate after exercise
- 300mg magnesium threonate before bedtime

Sources of Supply:

Magnesium glycinate powder, 200mg

<https://de.iherb.com/pr/natural-factors-magnesium-bisglycinate-pure-200-mg-4-2-oz-120-g/102109?rcode=CCF8451>

Magnesium glycinate, 200mg

<https://de.iherb.com/pr/naturelo-magnesium-glycinate-chelate-200-mg-120-vegetarian-capsules/97676?rcode=CCF8451>

Magnesium threonate powder, 144mg

<https://de.iherb.com/pr/life-extension-neuro-mag-magnesium-l-threonate-tropical-punch-3-293-oz-93-35-g/78401?rcode=CCF8451>

Vitamin D:

In these times, the knowledge about the effectiveness and dosage of vitamin D is of enormous importance.

A vitamin D level between 60 and 80ng/ml is considered to be sufficient, a level between 80 and 100ng/ml would be excellent (some doctors for functional medicine even recommend a vitamin D level between 100 and 120ng/ml).

Since a large part of the population is vitamin D deficient, in many cases a daily intake of 5000 to 10 000 IU of vitamin D is required to achieve and maintain a sufficiently high level.

To determine the required daily dose, checking blood levels is recommended.

Sources of Supply:

Vitamin D3, 5000 IU

<https://de.iherb.com/pr/now-foods-vitamin-d-3-125-mcg-5-000-iu-240-softgels/22335?rcode=CCF8451>

Vitamin D3, K2, 5000 IU, 180µg

<https://de.iherb.com/pr/now-foods-mega-d-3-mk-7-180-mcg-5-000-iu-60-veg-capsules/79866?rcode=CCF8451>

Vitamin D3, K2, A, 5000 IU, 500µg, 1500µg

<https://de.iherb.com/pr/davinci-laboratories-of-vermont-liposomal-a-d-k-mint-1-fl-oz-30-ml/103598?rcode=CCF8451>

Vitamin K:

Vitamin D should always be taken in conjunction with vitamin K.

A good vitamin K product should contain both vitamin K1, and vitamin K2, with the sub forms menaquinone-4 and menaquinone-7.

Similar to vitamin C, vitamin K does not become toxic even in extremely high doses, and taking high doses is quite appropriate to obtain an optimal effect.

Source of Supply:

Vitamin K, 3735µg

<https://de.iherb.com/pr/life-extension-super-k-90-softgels/90368?rcode=CCF8451>

Glutathione:

Glutathione is not only one of our most important antioxidants, but it is also often being referred to as the "Master Detoxifier". The largest amounts of glutathione are found in the liver, our most important detoxification organ.

Glutathione is essential for detoxification of the spike protein and the lipid nanoparticles and since the corona vaccines also seem to contain graphene oxide, taking glutathione has become even more important, as graphene oxide depletes our glutathione reserves.

Since glutathione from conventional glutathione preparations is almost totally degraded in the gastrointestinal tract and thus does not reach its site of action, using liposomal glutathione is indicated.

Sources of Supply:

Liposomal glutathione, 500mg

<https://de.iherb.com/pr/codeage-antioxidant-liposomal-glutathione-60-capsules/104057?rcode=CCF8451>

Liquid liposomal glutathione, vitamin C, 750mg, 180mg

<https://de.iherb.com/pr/aurora-nutrascience-mega-liposomal-glutathione-plus-vitamin-c-organic-fruit-flavor-750-mg-16-fl-oz-480-ml/99988?rcode=CCF8451>

Liquid Zeolite:

Another option for breaking down and eliminating graphene oxide, as well as counteracting shedding symptoms and vaccine side effects, is the liquid zeolite Clean Slate.

Zeolites are natural minerals commonly found in volcanic areas that have a microporous framework with cavities, similar to a mineral sponge. Through their negative charge they attract heavy metals, radioactive particles, pesticides, herbicides, and several other toxins, and they are also capable of intercepting the effects of artificial electromagnetic fields at a cellular level.

Zeolites in powder or capsule form are a wonderful detox for the intestines, but they cannot leave the gastrointestinal tract due to their size.

Clean Slate liquid zeolite, on the other hand, is able to reach the internal organs as well as cross the blood-brain barrier, thus being able to detox the whole body.

It seems to be able to detoxify graphene oxide and alleviate shedding symptoms, as well as some vaccination side effects.

In addition, it eliminates heavy metals and aluminum and decalcifies and activates the pineal gland.

By the way, it can also be used in pets to detoxify and protect against shedding symptoms.

The dosage for humans is 10 drops twice a day.

Attention !

Since this product has a massive detoxifying effect, detoxification symptoms such as headaches, fatigue, nausea, diarrhea, etc. may occur. Therefore, it is recommended to start with 2 drops twice a day, and then slowly increase up to 10 drops.

For pets, the following recommendation applies:

Cats get 1 drop twice a day over their food. The same applies to very small dogs, like Yorkshire terriers.

Medium sized dogs can get 2 to 3 drops twice a day, and dogs the size of a German shepherd can get up to 5 drops twice a day.

Pets may also experience detoxification symptoms, such as diarrhea, so the dose should be carefully increased for them as well.

Clean Slate is intended for permanent use/detoxification. The only thing to note is that a time interval of approximately 1 hour should be kept from all other medications and supplements.

It is recommended to take it in the morning on an empty stomach and in the evening before going to bed.

Source of Supply:

Liquid zeolite Clean Slate

www.therootbrands.com/graphene-detox

Quercetin and Zinc:

Amongst other important functions, zinc is able to block viral replication by inhibiting RNA-dependent RNA polymerase within the cell.

When treating COVID-19 with hydroxychloroquine (HCQ), zinc is essential for the effect - HCQ alone cannot achieve the desired effect (<https://americasfrontlinedoctors.org/treatments/hydroxychloroquine/treatment-protocols/>).

HCQ acts as a zinc ionophore and transports zinc into the cell, where it can then exert its effect and block viral replication.

People who do not have access to hydroxychloroquine can replace HCQ with quercetin, a plant pigment that has antiviral and anti-inflammatory effects, as quercetin also acts as a zinc ionophore, especially in combination with vitamin C.

Regular intake of quercetin and zinc is especially important for vaccinated people, because when vaccinated people come into contact with a coronavirus they can fall severely ill due to antibody dependent enhancement.

The greater the viral load that affects a vaccinated person, the stronger their excessive immune response.

This means, that for vaccinated people it is extremely important that they do not contract COVID and that, if they do come into contact with a coronavirus, it is prevented from replicating inside their body.

Since the combination of quercetin and zinc helps prevent this replication, regular intake is enormously important for vaccinated people.

The important effect of quercetin in regard to the spike protein results from its action on the ACE2 receptor. Quercetin prevents the spike protein from binding to this receptor and thus also prevents some of its damaging effects.

Sources of Supply:

Zinc:

Attention !:

When taking a multivitamin preparation that also contains zinc, the amount of the zinc monoprparation must be adjusted accordingly !

Zinc, 25mg

<https://de.iherb.com/pr/kirkman-labs-zinc-picolinate-25-mg-150-capsules/77188?rcode=CCF8451>

Zinc, 50mg

<https://de.iherb.com/pr/life-extension-zinc-caps-high-potency-50-mg-90-vegetarian-capsules/57009?rcode=CCF8451>

Zinc, 50mg

<https://de.iherb.com/pr/solgar-zinc-50-mg-100-tablets/14385?rcode=CCF8451>

Quercetin :

Quercetin, 250mg

<https://de.iherb.com/pr/life-extension-optimized-quercetin-250-mg-60-vegetarian-capsules/17716?rcode=CCF8451>

Quercetin, vitamin C, bromelain, 250mg, 250mg, 70mg

<https://de.iherb.com/pr/bluebonnet-nutrition-super-quercetin-90-vegetable-capsules/13262?rcode=CCF8451>

Pine needle tea and nattokinase to protect against blood clots:

Pine Needle Tea:

Pine needle tea contains extremely high levels of vitamin C and is one of the most powerful antioxidants known. It has antiviral, antibacterial, antifungal, and anti-inflammatory effects and is also said to kill parasites.

Furthermore, it has a very positive effect on respiratory diseases and dissolves mucus. Particularly important, as far as the negative effects of the spike protein are concerned, is its shikimic acid and suramin content.

Shikimic acid is extracted from star anise to make the flu drug Tamiflu, but it is also found in pine needles, and like suramin, it counteracts the formation of blood clots.

One can drink pure pine needle tea or combine the pine needles with star anise and fennel, both of which also contain shikimic acid.

Attention !:

Pregnant women should refrain from drinking pine needle tea since it can lead to abortion !

Nattokinase:

Nattokinase is an enzyme extracted from natto, a Japanese dish consisting of fermented soybeans.

This enzyme is able to dissolve blood clots and clear arterial walls of atherosclerotic plaques. Studies show that it can increase blood flow in the body by up to 62%.

Attention !:

Nattokinase should not be taken together with blood thinners or if you are pregnant or nursing !

Sources of Supply:

Nattokinase, 2000 FUs (Fibrinolytic units)

<https://de.iherb.com/pr/now-foods-nattokinase-100-mg-60-veg-capsules/4516?rcode=CCF8451>

Nattokinase, 2000 FUs (Fibrinolytic units)

<https://de.iherb.com/pr/doctor-s-best-nattokinase-2-000-fus-270-veggie-caps/36581?rcode=CCF8451>

Omega-3:

Omega-3 fatty acids are essential for higher brain functions, such as abstract thinking, concentration, memory, and social behavior.

Of particular importance in connection with COVID and COVID vaccines, however, is their effect on cardiovascular health. They can lower blood pressure, protect arterial walls, and promote blood flow. Furthermore, they inhibit inflammatory processes in the body and play an enormously important role in keeping cell membranes healthy by keeping them elastic and permeable, so that micronutrients can be easily absorbed.

Studies show that around 75% of the population is deficient in omega-3 fatty acids, which should be addressed through substitution.

A fatty acid analysis provides information on the ratio of omega-3 to omega-6 fatty acids. This ratio should be 1 to 3 or lower, since an excess of omega-6 fatty acids promotes inflammation, heart attacks, strokes, or the development of cancer. However, in many people the ratio is 1 to 10, 1 to 15 or even 1 to 25.

Attention !:

Omega-3 fatty acids have to come from marine sources, i.e. from fish or algae, because our bodies are unable to convert the omega-3 fatty acid alpha linolenic acid from, for example, flaxseed, into the longer-chain omega-3 fatty acids EPA - eicosapentaenoic acid - and DHA - docosahexaenoic acid.

The daily dose of EPA and DHA should not be less than 2000mg.

Sources of supply:

From fish: Balance Oil Kit with 2 fatty acid analysis tests + 6 months subscription
<https://www.zinzino.com/2009908563/DE/de-DE/products/Premier-Offers/910331>

From algae: Balance Oil Vegan Kit with 2 fatty acid analysis tests + 6 months subscription
<https://www.zinzino.com/2009908563/DE/de-DE/products/Premier-Offers/910240>

NAC:

NAC (N-acetylcysteine) is a precursor to glutathione, but it has also got independent effects in regard to COVID-19 and the spike protein.

It is antiviral and anti-inflammatory and it counteracts excessive immune reactions. It also protects against lung damage and blood clots. NAC should be taken not only in the event of a COVID-19 disease, but also to prevent side effects from the COVID vaccine and to protect against shedding symptoms.

The recommended dose for prophylaxis is 600mg twice a day. In acute cases, 600mg can be taken up to 4 or 5 times a day.

Sources of supply:

N-Acetylcysteine, 500mg
<https://de.iherb.com/pr/thorne-research-nac-90-capsules/19111?rcode=CCF8451>

N-Acetylcysteine, 600mg
<https://de.iherb.com/pr/life-extension-n-acetyl-l-cysteine-600-mg-60-capsules/47340?rcode=CCF8451>

B vitamins:

In these times, B vitamins are especially needed for stress reduction. Among other things, they protect our nervous system and support its function.

In addition, they play an important role in the treatment of vaccine damage caused by conventional vaccines, as well as in the treatment of states of exhaustion that occur after corona vaccination.

An additional intake of liquid vitamin B12 can be helpful for vegetarians and vegans, but can also have positive effects on energy levels in meat eaters.

Sources of supply:

Complete B-Complex

<https://de.iherb.com/pr/life-extension-bioactive-complete-b-complex-60-vegetarian-capsules/67051?rcode=CCF8451>

B-Complex "100"

<https://de.iherb.com/pr/solgar-b-complex-100-100-vegetable-capsules/19437?rcode=CCF8451>

Liquid B12, 1000µg

<https://de.iherb.com/pr/bluebonnet-nutrition-liquid-cellularactive-methylcobalamin-vitamin-b12-raspberry-flavor-1-000-mcg-2-fl-oz-59-ml/59523?rcode=CCF8451>

Multivitamin:

To ensure a basic supply of selenium, iodine, vitamin A, vitamin E, trace elements, etc., taking a multivitamin is also recommended.

One such preparation that contains adequate amounts of these micronutrients is the following:

Sources of supply:

Multivitamin, 1 tablet per day

<https://de.iherb.com/pr/life-extension-one-per-day-tablets-60-tablets/86016?rcode=CCF8451>

Multivitamin, 2 tablets per day (for people, who cannot swallow large tablets, these smaller tablets are more suitable)

<https://de.iherb.com/pr/life-extension-two-per-day-multivitamin-120-capsules/86453?rcode=CCF8451>

How to protect your children:

General:

- multivitamin
- vitamin D3 and K2: - up to 3 years of age: 1000 IU D3 per day
 - from 3 years of age: 2000 IU D3 per day
- vitamin C (when giving vitamin C please make sure your child drinks enough !)
- zinc
- selenium
- microbiome support
- In case of illness, the immune system can be supported by, for example, echinacea, astragalus, lemon balm, elderberry etc.

Examples:

3-year old child, daily intake:

- multivitamin
- vitamin D3 and K2, 1000IE, 25µg, 2 drops
- Childlife Essentials, liquid vitamin C, 1 tsp.
- Lovebug Toddler Probiotics, 1 packet

6-year old child with a cold, daily intake:

- multivitamin
- vitamin D3 and K2, 1000IE, 25µg, 4 drops
- Childlife Essentials, liquid vitamin C, 2 teaspoons
- Zinc, 8mg, 1 lozenge
- Dr. Mercola probiotic powder packets, 1 packet
- medicinal herbs for children, 3ml

Products suitable for children:

Multivitamin

<https://de.iherb.com/pr/childlife-essentials-multi-vitamin-mineral-natural-orange-mango-8-fl-oz-237-ml/6368?rcode=CCF8451>

Vitamin D3 and K2, 1000 IE, 25µg

<https://de.iherb.com/pr/thorne-research-vitamin-d-k2-1-fl-oz-30-ml/23517?rcode=CCF8451>

Zinc, 8mg

<https://de.iherb.com/pr/vitables-zinc-plus-for-children-tangerine-flavor-90-lozenges/94815?rcode=CCF8451>

Liquid vitamin C, from 6 months

<https://de.iherb.com/pr/childlife-essentials-liquid-vitamin-c-natural-orange-4-fl-oz-118-5-ml/6356?rcode=CCF8451>

Probiotics:

Baby Probiotics, from 6 months

<https://de.iherb.com/pr/lovebug-probiotics-baby-probiotics-6-12-months-4-billion-cfu-30-single-serve-stick-packs/103768?rcode=CCF8451>

Infant probiotics, 12 months to 4 years

<https://de.iherb.com/pr/lovebug-probiotics-toddler-probiotics-12-months-up-to-4-years-15-billion-cfu-30-single-serve-stick-packs/103769?rcode=CCF8451>

Probiotics powder packets, from 4 years old

<https://de.iherb.com/pr/dr-mercola-complete-probiotics-powder-packets-for-kids-natural-raspberry-10-billion-cfu-30-packets-0-12-oz-3-5-g-each/49249?rcode=CCF8451>

Immune system support:

Echinacea, zinc, vitamin C, 50mg, 5mg, 30mg.

<https://de.iherb.com/pr/gummiking-echinacea-plus-vitamin-c-zinc-for-kids-strawberry-orange-lemon-grape-cherry-and-grapefruit-60-gummies/34012?rcode=CCF8451>

Elderberry, echinacea, 1000mg, 65mg

<https://de.iherb.com/pr/california-gold-nutrition-sambucus-for-kids-european-black-elderberry-syrup-with-echinacea-4-fl-oz-120-ml/89367?rcode=CCF8451>

Medicinal herbs for children: echinacea, astragalus, lemon balm, burdock root, etc.

<https://de.iherb.com/pr/herbs-for-kids-herbs-for-kids-echinacea-astragalus-2-fl-oz-59-ml/6424?rcode=CCF8451>

These are things that you can do to protect yourself and your family from vaccine side effects and shedding symptoms.

How long are these measures necessary for ?

As long as the spike protein circulates inside the body of vaccinated people, they should protect their body from its harmful effects and support its elimination.

Since there is a possibility that the cells of vaccinated people will produce spike protein in large quantities over a period of several months, or that the vaccination is even integrated into their genome, a long-term application of these measures is advisable.

At least until we have more clarity for how long and in what quantity spike protein is actually being produced and whether there are ways and means to reverse a DNA-integration.

The same applies in principle to unvaccinated people. As long as we don't know exactly whether spike protein is being transferred when coming into contact with someone who's been vaccinated, in what quantity it is being transferred, whether something else is being transferred, etc., it would be a good idea to protect ourselves.

Whether these measures are really able to neutralize the effects of vaccination completely and prevent shedding symptoms remains to be seen.

In particular, a DNA-integration could be difficult - if not impossible - to reverse.

But we don't know what kind of solutions might emerge in the future.

And excellent doctors and scientists around the world are searching for these solutions.

And while these experts do their work, let us - as experts on our lives - do our work by taking the greatest possible personal responsibility. By cultivating a healthy environment in our bodies, our thoughts and feelings, in our relationships, and in our beautiful world.

With all my love,

Alina

Example of a Supplement Protocol

An intake example for the supplements specified in the detoxification protocol with times of day and dosages:

Directly after getting up:

- 10 drops of liquid zeolite Clean Slate in water

For Breakfast:

- 1 tbsp. liquid liposomal vitamin C, 3000mg
- 1 capsule vitamin D3, K2, 5000 IU, 180µg
- multivitamin
- 1 capsule quercetin, 250mg
- 1 capsule NAC, 600mg

Before Noon:

- ½ teaspoon of sodium ascorbate in water, about 1500 – 2000mg

For Lunch:

- 1 capsule ascorbyl palmitate, 500mg
- 1 capsule magnesium glycinate, 200mg
- B-complex
- liquid B12, 1000µg

In the Afternoon:

- liquid liposomal glutathione, 750mg
- ½ tea spoon sodium ascorbate in water, about 1500 - 2000mg

For Dinner:

- 10ml Omega-3, 2000mg
- 2 capsules liposomal Vitamin C, 500mg
- 1 capsule ascorbyl palmitate, 500mg
- 3 capsules magnesium glycinate, 200mg
- 1 capsule quercetin, 250mg

Before going to bed:

- 10 drops of liquid zeolite Clean Slate in water

Things to consider:

- vitamin D should be taken in the morning or not later than in the early afternoon, as it inhibits the production of our sleep hormone melatonin, which can lead to sleep disturbances
- there are people for whom vitamin C has a stimulating effect and who'd better avoid taking vitamin C in the evening
- the fat-soluble vitamin D and the omega-3 fatty acids should be taken together with fat (a few nuts in your cereal or a little olive oil on your salad are sufficient, though)
- for zinc, please adjust the dose to the amount of zinc in the multivitamin: if no multivitamin is taken, then 50mg of zinc, if the multivitamin already contains 25mg of zinc, for example, then 25mg of zinc in a monoprparation is sufficient
- make sure to always take your zeolite independently (with a gap of about 1 hour) from all other medications and supplements

Detox Protocol COVID Vaccines/Protection From Shedding

Supplements in short:

Substances that will help the body detox spike protein, graphene oxide, and lipid nanoparticles, and that will help protect the body from their damaging effects and regenerate biomolecules:

- **6 – 12g** Vitamin C, according to Thomas Levy's Multi-C Protocol (liposomal vitamin C, sodium ascorbate, ascorbyl palmitate)
- **400 – 1000mg** Magnesium
- **5000 – 10 000 IU** Vitamin D3 (depending on blood levels)
- at least **150 µg** Vitamin K2
- **500 – 750mg** Liposomal Glutathione (depending on preparation)
- **50mg** Zinc
- **500 – 1000mg** Quercetin
- Pine Needle Tea

- **2000 FUs** Nattokinase
- **600 – 3000mg** NAC (600mg twice a day as prophylaxis, 600mg up to 4 or 5 times a day in acute cases)
- **2000mg** Omega-3 (EPA/DHA)
- 10 drops of liquid zeolite Clean Slate twice a day
- **1000 – 2000µg** Liquid B12
- Vitamin B-Complex
- Multivitamin

Adjust as necessary.