

# STOP THE SHEDDING

THE TRUTH ABOUT VAXX SHEDDING AND HOW TO PROTECT YOURSELF



	1
<b>Introduction</b>	<b>2</b>
<b>What is Shedding - Experts' Perspectives</b>	<b>3</b>
Dr. Henry Ealy	3
Priscilla Romans	5
Sayer Ji	6
<b>Vaxx-shedding Treatments &amp; Protection Protocols</b>	<b>9</b>
Use Essential Nutrients to Reverse Shedding Symptoms & Protect Your Body	
Post-exposure	9
1. Vitamin C	9
2. Zinc	9
3. Copper	10
4. Quercetin	10
5. Vitamin D	10
6. Melatonin	11
7. Omega-3 fatty acids	11
8. N-acetyl-cysteine	12
9. Alpha lipoic acid	12
10. EDTA	13
An Expert's Insight - Dr. Bryan Ardis	13
Implement Healthy Lifestyle Habits to Support Healing	14
1. Avoid intense levels of stress	14
2. Make sure you're getting proper, restorative sleep	15
3. Focus on a diet that is rich in nutrients	17
The Dangers of AGEs	17
The Mediterranean Diet	18
A Rainbow on your Plate	19
4. Stay well-hydrated	19
An Expert's Insight: The Benefits of Hydrogen Water	20
Dr. Paul Barattiero	20
Use Natural Medicines to Detox Your Body	21
Milk Thistle	21
Dandelion Root	21
Coffee Enemas	21
Dipeptidyl Peptidase or IV (DPP IV)	21
Carbons, Charcoals, and Clays	21
Cilantro	22
Chlorella	22
Fulvic Acid	22
Humic Acid	22
Top Therapies to Get Rid of the Spike Glycoprotein	23

H.E.L.P. Apheresis - Dr. Syed Haider	23
Hyperbaric Oxygen Therapy - Dr. Ted Fogarty	23
<b>Conclusion</b>	<b>28</b>

## Introduction

When it comes to addressing the effects of vaccine-related shedding, experts make it clear that there are a few important things to do to protect yourself.

People seem to be responding to shedding differently. With some not being affected at all, and others having ongoing and mild flu-like symptoms. And then, there are a few people who seem to struggle with serious symptoms post-exposure.

Typically, our natural medicine and integrative doctors have found from their own patients and their personal experience that one of the best ways to combat shedding is to optimize your health.

They also note that a lot of the treatment protocols that are successfully treating COVID, long-COVID, and vaccine-related injuries also work to treat shedding.

That's because all of these diseases and symptoms manifest from the same cause - the deadly spike glycoprotein. One of our renowned experts who is successfully treating many patients from injuries caused by the spike protein, Dr. Henry Ealy shares the latest research about how and when shedding occurs.

Following next, I'll deep dive into highly effective methods that various doctors and health experts have recommended for addressing the spike protein.

This includes the recommended supplements, how to address lifestyle factors that put you at higher risk of getting sick from shedding, how to optimize your nutrition as well as the key natural medicines that you can use to detox your body.

By combining all of these steps, you are likely to fight off the spike protein in no time. If you still struggle, I've also shared some expert-recommended therapies that have been very beneficial for detoxing from COVID bioweapons.

## What is Shedding - Experts' Perspectives

Next up, Dr. Henry Ealy answers questions about what shedding is and how it occurs. He also shares why we should not live our lives in fear of shedding and isolating ourselves. Understanding how shedding happens allows us to be cautious while still living our lives.

### **Dr. Henry Ealy**

*Let's talk about shedding. First things first, when you're talking about shedding, we do have to clarify that shedding is going to occur either from mRNA or spike protein. But let's talk about timeframes because timeframes are very important from what we've seen in the peer-reviewed literature so far.*

*mRNA we know will now shed via breast milk, via seminal secretions and vaginal mucosal secretions, and also salivary secretions. So far from what I've seen in the literature, up to 48 hours. If somebody got a shot on Tuesday, that means from Tuesday to Wednesday, Wednesday to Thursday, yes they can shed mRNA sequences. Something that the CDC said was impossible.*

*They've lied about everything. Why would they tell the truth about this? Now, there's a couple of things you have to keep in mind. What's being shed is, to our knowledge, the mRNA sequence, not a lipid nanoparticle envelope with the mRNA sequence. What that means is that even though it's possible, I think the thing we'd be the most concerned about is breastfeeding, quite frankly.*

*That would be where I would be the most concerned that a mom who has gotten the shots and has been genetically modified, or recently got the shot, may be transferring mRNA to the baby. The recommendation medically should always be that if a mother did get the shot, I don't know why a mom would get the shot because it was never tested on moms in the first place.*

*But if a mom did, the recommendation would be no breastfeeding and no collection of breast milk. I would say safely for at least seven days following the shot. Now the second issue that comes up is the shedding of the spike protein. I want to be very clear it's spike glycoprotein. Okay.*

*Are you going to be exposed to some shedding? Yes. But you have to understand, if the most prominent place that you'll encounter shedding is going to be through sexual intimacy, all right, it's not going to be through a handshake or an airborne kind of thing.*

*There's a lot of fear out there in people who are not, what have been termed "purebloods", that they can just get something from somebody around. That's not the way it works. All right. When you are in the company of people who have gotten the shots and it's been more than 48 hours since they've gotten the shots, what you would likely be encountering if anything is spike glycoprotein.*

*At small amounts, doesn't mean it can't elicit an immune response from you, but in small amounts, my personal stance on this is there's nothing to fear. Trust your immune system, nourish your immune system and move on with your life.*

*Don't be afraid of people who've gotten shot by Pfizer or Moderna or J&J or any of the other companies out there. There's no reason to live in fear.*

*Now, you might be taking great things and we've seen people taking a lot of zinc, for example. But when you take too much of certain things like zinc, you can cause imbalances in other minerals like copper. Copper is essential for the formation of a specific antioxidant the body makes called superoxide dismutase. It's one of the minerals that's essential for that process.*

*What we want to make sure we are doing is not overreacting to a situation and therefore making things worse for ourselves in our reaction than the actual experiences. Is spike glycoprotein shedding happening? Yes. Is it happening at any appreciable level that's going to create enormous problems for someone? No.*

*But when you take that belief that it is and you start to add on the stress of, "Oh, my God. I can't be around someone because they've gotten the shot." Inevitably what you're doing is you are exacerbating whatever is going on because you're putting your body into fight or flight mode. What I'm going to ask everybody to do is let's take a step back. Let's chill out a little bit and let's not live our lives in fear of each other. All right.*

*If you are being sufficiently exposed to spike glycoprotein via shedding, your immune system will develop a very effective immunological response to that experience.*

*The thing that we cannot do, everyone, is live our lives in fear of people and worry about, "Did this person get the shot? Did this person not get the shot for this reason?" One, it'll drive you insane. Two, not everybody who got the shot has been genetically modified. What you want to do is pay attention to your body and your health and make sure your immune system has all of the key nutrients for mitochondrial energy production, all the key nutrients like Cardio Miracle, John Hewlett's wonderful formula for vasodilation, for helping to keep red blood cells apart.*

*One of my graduate's great formulas is called GreenSilk, green silk.com with mulberry leaf that is going to help prevent hemagglutination or sticky blood. Simple things like fasting, like waking up in the morning and making sure that you're having herbal tea and no calories, just the herbal tea.*

*These things have been practiced, tried, and true, proven for centuries. You don't need to live your life in fear. This is the wonderful time to get educated on nutrition and live your life in confidence, confidence that you know how to take care of yourself. You're not afraid of shedding, you're not afraid of some virus, you're not afraid really of anything. You don't have to live your life in fear.*

One of the questions that many of our viewers have asked is whether it's safe to get a blood transfusion. Dr. Henry Ealy says that you can be contaminated with spike protein if you receive blood that is donated by someone who is vaccinated.

Priscilla Romans is the CEO of a health advocate agency called Graith Care. And she shares insight into what you can do in the instance where you need a blood donation, and how to prepare in advance for these scenarios.

## **Priscilla Romans**

*A lot of questions people do come to us with. We had a big wave of it probably about 3 to 6 months ago. People were calling going, "I need a procedure done, a surgery done but the*

doctor said I'm probably gonna need a blood transfusion." So we started getting the wave of questions. People fearing going to get a blood transfusion from somebody that potentially did receive the COVID-19 mRNA injection.

So, when those people went and decided to get an injection of experimental ingredients, the inserts are still blank, and many times from these injections, that are still out today. People wanted to know what do I do if I need a blood transfusion? Is there anything I can do? Or do I just say no? Well, we believe in options with Graith Care. We believe in going to figure it out. So, initially what we were doing is recommending people to go get- store their own blood because they know it's their own type or have a family member that has the same type of blood that can be tagged and matched in the event that they need a blood transfusion. So the elective procedures, meaning surgeries or procedures that are planned that potentially would need a blood transfusion, you need to have a storage of blood up front.

If you're in a crisis situation, let's say a car accident, let's say there's some type of major body dysfunction where you need to go emergently to the hospital, they need to send you to a procedure or your blood levels are low, meaning under 7 meets medical necessity for a blood transfusion for criteria. So that's the hemoglobin. So if your hemoglobin is 7 or lower, the doctor will go, "Well it looks like you've lost some blood. You meet criteria to meet for a blood transfusion because you need blood in order to carry red blood cells." Red blood cells carry oxygen. Oxygen is very important to the human body. So, people do need blood products and we need blood products for those that are purebloods that don't want to have blood that's been- have some type of transfusion or these spike proteins or some of these experimental ingredients that we don't even know. People don't want to receive those. They want pure blood.

So we've come across a recent option and this group that we're sending people. It's on all of my social media. I've shared about it. It is Blessed By His Blood and I've met the founder. And, I wanted to understand what was her heart, how are we going to be helping people in the event that they don't have anybody in their family to donate blood? So, we're putting together a community in a referral source way and there's several phases that they're working on. And so, it's a membership club. It is literally, we the people, grassroots saying I am unvaccinated, I am gonna donate blood. This is my type. And there's actually an easy way you can know your type of blood that we can provide you too. It's about 8 bucks to get it done.

I say great. Know your type. Know who you can donate to. Because right now if you call any blood bank and you ask are they filtering the current blood supply that they are having people come in and donate, they're not doing it. And again, remember, we can't control these type of places. We, the people, have to figure out an option around it. So God bless America, we're coming together even for blood supply. Now, is that gonna take some work and effort to share this everywhere?

They need to share this information and give people hope. If we don't take action, we're going to have consequences that are going to really devastate humanity. And blood supply is a really big deal. It's very exciting to see we, the people, coming together. So we can always send out that information by this group. It's amazing. All around the world, they can do this. We even have

*contacts over in Switzerland and overseas that are saying, "We want to be a part of this." This is exciting. This is where we start winning and stop the fear game. Stopping the anxiety and saying we have a plan. We the people in all the communities around the world are coming to save humanity. Nobody's gonna save us better than us.*

Sayer Ji, who is the founder of GreenMedInfo, also shares more about the occurrence of vaccine shedding and what he recommends people do to protect themselves.

## **Sayer Ji**

### **Jonathan Otto:**

*When anyone decides to do the right thing for their body, they're a part of that change and kind of one person at a time.*

*Especially with these injuries. I was looking at the stats, and 5.4 billion people are jabbed right now with the COVID jab. I mean, look, is there, what, 7-plus billion at the moment? I'll grab the exact population number, but it's obviously so close. And then, if shedding is a thing, which, I mean, I obviously think it is, then it's kind of like where they've definitely spread their tentacles here.*

*And, so, it really is a matter of us really getting clear on what helps us, and the science that backs what we are doing that allows us to be able to help people and us all survive this thing, and not only survive, but thrive.*

### **Sayer Ji:**

*Absolutely. A good example, Jonathan, is I love to work out, and I love to sweat profusely. And I happen to like group high-intensity interval training. So, sometimes you're partnered up with just a complete stranger. And they're sweating all over the machine. And every time I go through that exercise, there's this calculus. It's like, "Do I really want to find out if they're vaccinated? Do I really want to get afraid about the secretions of other people that might touch me? Or am I gonna just continue to build the confidence and faith I have in the resilience of my body?"*

*Right? So, that's where I go usually, is like, "You know what? I'm just gonna make sure I'm the best, strongest version of myself," doing all the things we know we can do to be healthier, from mindset to basic intentional movement, to dietary commitments to eat the right way.*

*And that's, I think, what this time behooves us to consider is, are we doing that work? Is it a daily practice? And if we do, then it's less likely we will end up getting kind of pulled into this agenda.*

### **Jonathan Otto:**

*Yeah. No, good point, in terms of just keeping that focus on the togetherness and the unity of humanity. And you look at, for example, even something in the Bible where, I mean, Jesus*

*commanded people to be the salt and light of the earth. You can't do that when you're huddled in your room, with the door locked, afraid of everyone.*

*Obviously, there's a time and a place as well. If somebody has got immediately jabbed their own... I mean, I've got young children, so I'm certainly not looking for opportunities to go, "Oh, this person's just got vaccinated yesterday. Let's get him to kiss him." Right? You see what I mean?*

*But I'm also just, "Hey, look, my family, we're protected, and we're here to do a work and a good work in the world, so we're not going to live in that fear."*

**Sayer Ji:**

*My point was, actually, though, that there is a real concern. I have a real concern that, with research that has already been done, and as you can see there are plenty of studies on this, there are these things called self-amplifying vaccines. So, they've developed the technology for those who are vaccinated to shed, and then, involuntarily, others are being affected. They're basically being delivered the payload within what may be naturally occurring exosomes or nanoparticles of cells emit.*

*But this does present a challenge. I do have to consider that I am being threatened with what could be essentially a synthetic sequence that was developed in a bioweapons facility. This is the world we live in.*

*And, so, my point is still the same. I choose not to fear. I choose to work even stronger on developing resilience in my body. But there is a legitimate problem, which is that these programs have existed for decades. Now it's coming out. We know that that's pretty sick, but they've tried to weaponize these particles, and maybe one was accidentally released or intentionally, but that doesn't mean we're victims or that we don't have inbuilt mechanisms that can keep us strong.*

**Jonathan Otto:**

*No, that's a good point. And so then, for shedding, I remember a colleague just a day or so ago were questioning, "Look, shedding, is that really proven?" And for me, I would cite various things, but I'd like to hear from you, what you would cite if somebody was saying, "Shedding's not really a real thing," for this particular individual, as a friend.*

*And I just focused on something else, which was this person's mother was afraid to leave their house because they're afraid of shedding. And I was like, "Look, I'm against that. And we just established that, and we're actually all for family staying together because there is no progress in isolation. There is no success inside of living in fear." That all being said, now, specifically, defining how do we prove that shedding exists?*

**Sayer Ji:**

*It does exist. In fact, the Pfizer trial showed that one of the controls was that they wanted to make sure that inhalation of air from a vaccinated individual was controlled for because that was a potential vector for transmission of these mRNAs, as well as through things like breastfeeding.*

*So, we know that they know skin contact, even being in the same room, could be a big enough risk factor for lateral transmission of these synthetic RNAs. So, that's in the actual Pfizer trial design, the study design, so that it's not conspiracy, it's just there in the actual PDF. Anyone can look it up.*

**Jonathan Otto:**

*Yeah, no, that's a good point. And then, for me, was there anything else that you would cite to either prove, even, for example, if shedding was a real thing, we'd see more examples of people getting the reactions, because you have VAERS, the Vaccine Adverse Event Reporting System, you have all these reports. If shedding is a real thing, we'd see examples that people are reporting, that they were in proximity. Do these reports either show up on VAERS or are they showing up as you go across forums? Are people reporting having issues, even had- having not been vaccinated?*

**Sayer Ji:**

*Well, VAERS, as we know, is notoriously ineffective at capturing the actual rate of adverse events associated with these interventions. 1% post-marketing surveillance capture is the estimate. So, if you have a million adverse events, it's more like 100 million, literally, that are happening in the field that people are being affected by, but only 1% gets captured.*

*But that's only acute reactions. Those are those reactions that you would see an obvious example of someone being harmed. Right? The chronic or subclinical adverse effects of these mRNA interventions, and of course, the whole schedule of vaccines that is already a burden, there's almost no way you can tell. It may take 10, 20, or even 30 years before you know.*

## Vaxx-shedding Treatments & Protection Protocols

To make sure your body can cope with vaccine-related shedding, you need to make sure you focus on a holistic approach to optimize your immune system and overall health.

In the next sections, you'll learn about some of the most important expert-recommended approaches to getting rid of the spike protein and priming your immune system to fend it off post-exposure.

## Use Essential Nutrients to Reverse Shedding Symptoms & Protect Your Body Post-exposure

### 1. *Vitamin C*

According to numerous scientific studies, Vitamin C, also known as ascorbic acid, is one of the most safest and effective essential nutrients necessary for the growth, development, and repair of all body tissues as well as several body functions. Some of these body functions include the proper functioning of the immune system, wound healing, absorption of iron, and even the formation of collagen.

Studies also show that a higher concentration of Vitamin C in one's blood is the ideal nutrition marker for overall health. A higher concentration of this essential nutrient was proven to reduce the likelihood of stress, decrease the risk of stroke by 42%, and even showed significant contributions to cardiovascular disease, eye disease, and even prenatal health problems. [\[R\]](#)

### 2. *Zinc*

Second only to Iron, Zinc is regarded as the second most abundant trace mineral in the human body present within all body tissues. It is an essential nutrient known for numerous health benefits, such as improved immunity, hormone production, proper growth and repair, and even normal digestion.

Zinc also acts as an antioxidant which fights off free radical damage. Free radicals are harmful molecules from toxic chemicals and pollutants in our environment, the buildup of which results in the development of numerous health conditions like cancer and heart disease.

Studies also reveal that Zinc has a critical function during immune response since it helps the body return to homeostasis. It also helps with the development of immune cells and helps control and prevent elevated inflammation in the body. [\[R\]](#)

On the other hand, studies reveal that a deficiency in Zinc is associated with many health conditions in the body, such as an increased risk for infertility and diabetes as well as a weaker immune system.

### 3. *Copper*

Copper, as an essential trace mineral, is vital to several bodily functions. Studies reveal that Copper is vital to the nervous system, the immune system, and even the body's skeletal system. Together with Iron, Copper makes it possible for the body to form erythrocytes (red blood cells) which transport oxygen throughout the body. [\[R\]](#)

Akin to Vitamin C, Copper also helps in the formation of collagen, a kind of protein that helps make up the body's bones and tissues. Thus, an optimal level of Copper was found to decrease the risk of osteoporosis (bone loss). The risk of developing cardiovascular disease, brain impairment, high cholesterol, and high blood pressure were also revealed to be relatively lower with an optimal level of Copper.

#### **4. *Quercetin***

According to scientific research, Quercetin is a pigment that belongs to a group of plants called flavonoids. It is a natural pigment that is present in many fruits, vegetables, and grains such as apples, onions, grapes, citrus fruits, broccoli, etc. As such, it is regarded as the most abundant flavonoid in the diet. [R]

Similar to Vitamin C and Copper, Quercetin is one of the most abundant antioxidants and plays an important role in helping combat free radical damage. As an antioxidant, Quercetin binds and even neutralizes free radicals which are associated with numerous health conditions, such as diabetes, heart disease and cancer.

Quercetin is also regarded to have anti-inflammatory properties. As such, it blocks enzymes involved in inflammation and suppresses chemicals that cause inflammation. Quercetin was also revealed to help provide relief from allergies.

#### **5. *Vitamin D***

Vitamin D is a fat-soluble vitamin and one of the few essential nutrients that the human body can produce on its own by exposure of the skin to sunlight. However, other sources of Vitamin D include certain foods and even supplements.

Notably, studies reveal that the body's natural ability to absorb sunlight and create Vitamin D is impaired due to the following factors: high environmental pollution, applying/using sunscreen, spending most of the time indoors, etc.

The benefits of Vitamin D are numerous. It includes, but is not limited to: the regulation of mood and depression, decreases the risk of Multiple Sclerosis (MS) and heart diseases, and even provides improved resistance to some diseases. [R]

Vitamin D was also one of the many essential nutrients underscored by several world-renowned experts when it comes to the treatment or prevention of SARS-CoV-2. Surprisingly, a deficiency in Vitamin D was disclosed to contribute to an increased risk in acute respiratory distress syndrome, autoimmune diseases, and even Inflammatory Bowel Disease (IBS). [R]

## 6. *Melatonin*

Melatonin is commonly regarded as the sleeping hormone and is one of the few essential nutrients which the body can naturally produce like Vitamin D. It is a hormone that is produced in the pineal gland of the brain and is primarily responsible for regulating the body's circadian rhythm to manage the natural sleep cycle.

Aside from addressing sleep issues like insomnia, melatonin has some other benefits, such as: managing blood pressure and cortisol levels. Melatonin, as an antioxidant, was also shown to possibly improve eye health by helping prevent cell damage and keep the eyes healthy.

Melatonin was also revealed to increase the levels of the Human Growth Hormone (HGH), or the hormone vital for growth and cellular regeneration. Notably, higher levels of HGH are associated with an increase in both strength and muscle mass.

The risk of Gastroesophageal Reflux Disease or GERD was also revealed to be lower in individuals who have optimal levels of melatonin. That's because melatonin blocks the secretion of stomach acid and decreases the production of nitric oxide. [\[R\]](#)

## 7. *Omega-3 fatty acids*

Omega-3 fatty acids, also referred to as essential fatty acids, are hormones that are beneficial to overall health and are crucial to bodily functions. They are vital and irreplaceable nutrients for the body's brain, lungs, eyes, blood vessels, endocrine system, immune system, and skeletal system.

The benefits of Omega-3 fatty acids are numerous. However, keeping a healthy ratio between Omega-3s, which is anti-inflammatory, and Omega-6s, which is pro-inflammatory, is crucial to ensure healthy hormones.

For one, Omega-3s reduce inflammation in the body due to their anti-inflammatory properties. The importance of reducing inflammation in the body cannot be stressed as higher levels of inflammation can lead to autoimmune disease, cancer, heart disease, chronic pain, and Alzheimer's.

Omega-3s also help lower prostaglandins, which are hormone-like compounds that cause contractions of the uterine muscles, causing menstrual cramps and period pains. Evidence reveals that Omega-3s can help make these cramps less severe. [\[R\]](#)

## 8. *N-acetyl-cysteine*

N-acetyl cysteine (NAC), has several benefits in the body. Along with two other amino acids, namely glutamine and glycine, NAC is necessary to make and replenish

glutathione, one of the body's most important antioxidants which helps to neutralize free radicals.

NAC's primary role in the body is antioxidant production. Its antioxidant properties are beneficial for numerous health conditions such as heart disease, infertility, and even mental health conditions. Regarding NAC's role in mental health conditions, NAC helps regulate levels of glutamate, which is the most important neurotransmitter in the brain. Optimal levels of NAC were revealed to improve both mental conditions and substance use disorder.

NAC also plays a vital role in the body's detoxification process since it helps to prevent or diminish both kidney and liver damage. It also helps to prevent the side effects of drugs and other environmental toxins.

## **9. *Alpha lipoic acid***

Akin to Vitamin D and Melatonin, Alpha lipoic acid is one of the few naturally-occurring compounds that the body makes that can also be consumed from dietary food sources such as broccoli, spinach, and Brussels sprouts. It can also be consumed via supplements.

Among others, this compound is a heavy metal chelator, an antioxidant, and helps the mitochondria to make more energy. However, its most notable role is being an antioxidant, since this compound is a very powerful antioxidant that also helps other antioxidants by giving them the electrons necessary to continue the work. [\[R\]](#)

Some other benefits include: protection from oxidative damage and helps with multiple sclerosis (MS), diabetes, and nerve damage.

## **10. *EDTA***

One of our renowned experts, Dr. Bryan Ardis recommends everyone takes 1,000 milligrams of EDTA, known as EthyleneDiamineTetraAcetic Acid, on a daily basis. According to research, EDTA improves heart, brain, kidney, lung, and all organ functions by reducing atherosclerotic plaque in the vascular system. [\[R\]](#)

EDTA has been scientifically proven for its safety and efficacy in helping the body to get rid of harmful toxins. It has also been shown to help people get rid of the spike protein from their bodies, which is why it is recommended by many of our natural medicine and integrative doctors.

## **An Expert's Insight - Dr. Bryan Ardis**

*What were the spike proteins? The spike proteins were actually termed to be and found to be venomous peptides or rabies virus sequences and that these cross the blood-brain barrier to specifically attack nicotinic acetylcholine receptors.*

*This is a big deal. If you do not address the nicotinic acetylcholine receptors, you've missed the entire potential to save lives in relationship to COVID-19. These weapons are designed to cross the blood-brain barrier and attack specifically glial cells in the brainstem and nicotinic acetylcholine receptors.*

*How do you protect those cells? There's a few of them. Ivermectin, just by chance, happens to be an inhibitor, and it protects and binds to nicotinic acetylcholine receptors, and the body prefers Ivermectin over venom peptides or viral strains of the rabies virus.*

*Also, not just Ivermectin, but there's something more powerful at protecting nicotinic acetylcholine receptors from venoms and spike proteins, even if your body's manufacturing them, and that's nicotine.*

*Those of you who have any kind of neurological symptoms, I would first suggest you either try nicotine gum in small doses every day, or you put nicotine patches on your skin. This is numero uno. I cannot even understate how important this is that you use this. In order to get that venom peptides or spike proteins off your nervous system, including your brain, you need to actually use nicotine.*

*Melatonin hormone is an inhibitor of these venom peptides also. Ivermectin can help to get the venoms off the actual nerve receptor called nicotine receptors. And then there's a substance called EDTA. It is a supplement. There's also transdermal applications of EDTA I've heard about recently that also denature venoms. There's also IV infusions of EDTA. And then there's also supplement forms of EDTA.*

*The brain is primarily made up of fats. The myelin sheath around the nerves is damaged by the spike proteins, which were actually declared to be venom peptides or viral rabies sequences, which are also neurotoxic and so I would always recommend fats as a compliment on top of trying to get the venom out of the body using nicotine, melatonin, EDTA, also NAC, N-acetyl cysteine, 500 milligrams 4 times a day every day.*

*Selenium at 200 micrograms every day helps to produce what's called glutathione, which is a natural inhibitor and destroyer of venom peptides in the body and helps to protect the nicotine receptors.*

*On top of that, 3000 milligrams of omega-3 fatty acids. These are the fats to help repair the myelin sheath and repair neurological tissue. Those are the things I would first start with.*

*Just something as a precaution. When you go to use nicotine gum, don't do 4-milligram tablets. Use the 2-milligram forms because those of you who have venom in your body, you're going to*

*get really nauseous when you chew nicotine at high doses because the nicotine receptors are not only in your brain, they completely line your stomach and your intestines.*

*The moment you put nicotine into the oral cavity that's going to end up in your esophagus and your intestines, immediately your gut's going to start unloading venom peptides that are in your body from the mRNA injections. When they dump into the intestines, you're going to feel nauseous.*

*You're going to get diarrhea, you're going on to throw up. Why? Because those toxins when not bound to your intestines are poisonous to you. What does your body do when it has food poisoning for example? You're going to vomit and have diarrhea. Your body's going to react the same way so I always recommend starting at slow doses of nicotine orally or the smallest dose of patches of nicotine to wear daily. That's what I would start with first.*

*In connection with people getting the mRNA shots and then developing inflammatory, gastrointestinal issues, there is a direct correlation, and everyone needs to look at this medically or holistically if you're a naturopathic type of doctor. You need to look at and study nicotinic acetylcholine receptors.*

*This is the key to the mRNA technology and to COVID. Those are the receptors they are targeting with these biological weapons, so please keep that in mind. They are specifically found in the brain, heart, intestines, testes, ovaries, and kidneys. These are the organs where the nicotinic acetylcholine receptors are the most prominent. These are the ones that they are targeting.*

## **Implement Healthy Lifestyle Habits to Support Healing**

### ***1. Avoid intense levels of stress***

When under stress, the body pumps out the hormones cortisol and adrenaline as part of what is known as the fight or flight response, and the body remains on “high alert.” After the stressful situation passes, the body should relax, and the hormone levels should return to normal.

However, modern lifestyles expose people to constant stress. That means stress hormones like cortisol often stay elevated.

These stress hormones affect many body functions, including heart rate, blood pressure, and blood sugar. Experiencing elevated stress over a long-term period impacts your body negatively by weakening your immune system and leading to higher levels of inflammation in your body.

According to research published in the journal, *Frontiers in Human Neuroscience*, titled, *Inflammation: The Common Pathway of Stress-Related Diseases*, researchers, concluded that:

*“Stress induces or worsens CVD [cardiovascular diseases], NAFLD [non-alcoholic fatty liver disease], depression, neurodegenerative disease, and cancer through peripheral inflammation as well as neuroinflammation.” [R]*

Constant stress robs the body of vitality, good health, and energy. If anxiety and chronic stress are contributing to your health issues, the first step to take toward healing is to begin finding ways to reduce many of those stressors in your life. Start by asking yourself some questions:

- Have you taken on more projects than you can reasonably handle? If so, which ones can you let go of and allow others to manage?
- Are you busy with so many activities that you don't have time to just spend a quiet day at home or time alone for a quiet walk in nature? Consider dropping the ones you least enjoy to make more time with less pressure for yourself.
- Is your job so stressful that you come home exhausted every day, or worry about whether or not you'll even have a job the next day? Is that job really worth losing your health over? Can you look for a new job or even start your own business doing something you love?
- Are you taking time to
- Should you find a good therapist or life coach who can assist you in determining the causes of your stress or anxiety and then help you find ways to resolve the issues?

## **2. *Make sure you're getting proper, restorative sleep***

Most of us know that we need to be getting around 8 hours of sleep a night. This is really difficult to achieve with the busyness of life, parenting, and many other factors. However, sleep is an important puzzle piece when it comes to healing your body from any illness or chronic disease.

Lack of restorative sleep puts you at a higher risk of experiencing symptoms when you're exposed to shedding. The reason this happens is that when your body is not well rested, your immune system takes a knock. As you may already know, the key to fighting off shedding is to keep your immune system functioning optimally.

Studies show that insufficient sleep has been linked to the development and management of a number of chronic diseases and conditions, including type 2 diabetes, cardiovascular disease, obesity, and depression. [R]

By ensuring you get enough sleep, not only during your detox but throughout your life, you will give your body the tools it needs to restore and replenish itself. This will lead to better physical and mental health.

Here are a few factors that can help to improve the quality of your sleep:

- Increase your exposure to light in the daytime
- Limit your screen time at night
- Limit long, irregular nap times during the day
- Try to go to sleep and wake up at the same time every day
- Don't eat too late
- Try to exercise later in the day but not just before bed
- Do something to clear your mind before bed

### **An expert's insight - Dr. Syed Haider**

*I think that people in earlier societies, our ancestors when they were exposed to something like Epstein-Barr virus, for example, they didn't have all these incidents of chronic fatigue. It's like you've been going all out for 20 years and you haven't been sleeping enough, and you've got this huge sleep debt that you've got to pay payback. You've been burning the candle at both ends and you've been doing way too much and you're stressed out and your body is right near the limit, right on the edge.*

*Then this virus, whatever it is, Epstein-Barr line, whatever, this infection pushes you over the edge, and then it's all over. It's like the straw that broke the camel's back. Then your body's like, "You know what, I don't care. We're sleeping for the next two years. I don't care what you say. We've got to do this. We've got to get over it."*

*Sleep is really important and it's one of the hardest things to fix. So there's all kinds of sleep hygiene ways of cleaning up your sleep. You can try all of those. I did a lot of them and I still had a problem sleeping, although I would keep in mind for people that they took a bunch of insomniacs out into the woods and took them camping and didn't give them a flashlight, and everyone was cured of their insomnia within 24 hours. If you normalize the sleep hygiene enough, it's very difficult to maintain insomnia. So that's one thing you can focus on.*

*One of the most powerful things is like wearing blue blocker sunglasses. So blue light from screens and from just our normal lights in our homes shuts off melatonin production instantly as soon as you're exposed to it, and melatonin is what we need to sleep. Melatonin is also a powerful anti-inflammatory, so some people actually take high doses of it to treat these symptoms. So whatever it takes to fix your sleep, you've got to do it. Some people may need to try supplements. Ashwagandha is one of those relaxing supplements, but there's a lot of supplements to help you sleep. Magnesium can help you fall asleep. Some people who are taking antihistamines might take the drowsy antihistamine at night to help them fall asleep. So whatever it takes to fix your sleep, do it.*

*For me, I found that the cold plunges did it really fast. They just reset that sympathetic over activity and my sleep normalized pretty much right away. But other things that do it, you wake up, you get early morning sun in your eyes, that helps to reset your body clock. You avoid things that upset you a few hours before bed. You avoid eating three, four, five, six hours before bed*

*and things like that. So there's a number of different things you can do to help normalize your sleep, including supplements.*

### **3. *Focus on a diet that is rich in nutrients***

You are what you eat, meaning that if you follow the typical American diet which is loaded with processed foods, refined carbohydrates, and sugars, you are going to experience health issues.

Even if you don't see these issues coming up in your younger years, it does catch up. Your body craves nutrient-dense foods and requires them for healing whether it's from shedding exposure, long-COVID, a vaxx injury, or other chronic diseases.

Nutrition is what feeds life. Without getting the nutrients you need, your body will struggle to deal with the tons of environmental stresses you're exposed to on a daily basis. That's why focusing on what you should - and shouldn't - be putting in your body is essential.

#### **The Dangers of AGEs**

AGE stands for advanced glycation end products.

Glycation is a reaction in which sugars are bonded with either proteins or lipids. When this bonding takes place, a product called glycotoxin is formed.

When glycotoxins are ingested, they're not able to be broken down, digested, or absorbed in the body. Whole foods have very low AGEs in the body. But we increase AGEs by overcooking food, grilling food, or deep-frying food.

For example, one serving of raw chicken has 800 AGEs, but fried chicken or deep-fried chicken has 8,000 AGEs. And when consumed, the AGEs are not absorbed or digested, and so they accumulate in our bodies.

*According to a study published by PubMed, the evidence demonstrated the crucial role of the receptor for advanced-glycation end-products (RAGE) in orchestrating a plethora of proinflammatory cellular responses leading to many of the complications and end-organ damages reported in patients with diabetes mellitus (DM). [R]*

The same study noted that Diabetes is a chronic disease that is linked to a much higher death rate from COVID-19. This means that any illness stemming from the accumulation of the spike proteins, including exposure to shedding and vaccine injuries will be significantly more dangerous for those with diabetes.

Managing your diet and lowering your intake of AGE-rich foods is therefore extremely important in preventing disease and protecting your body from the dangers of spike proteins.

## The Mediterranean Diet

A Mediterranean Diet is one of the healthiest diets known.<sup>189</sup> It consists mainly of fresh greens, olive oil, peas, and nuts.

The people in the Mediterranean region eat fresh organic food without being exposed to any chemicals like herbicides, fertilizers, or pesticides.

Avocado oil, extra virgin olive oil, and extra virgin coconut oil are healthy “brain food” oils. Your brain can burn those medium-chain triglycerides. Healthy fats are not only essential for life but they are also primary fuel sources. We have to have healthy, vital, fresh oils to cook in and to eat on our salads.

We must avoid trans fats at all costs because of their structure. Trans fat is hydrogenated oil, which is not required by our body and cannot be absorbed or digested well. (“Hydrogenation” means hydrogen gas is added into the oil in a vacuum to help preserve the oil.) The body is building new cells every day from the materials available to it. If the material is broken, it builds the cells out of that broken material, but then the cells leak, and they aren’t healthy.

Trans fats are the wrong material. They don’t fit together well. It’s like having a tile roof and some of the tiles are turned upside down, some of them sideways.

It’s not doing the job. We have to have healthy, natural fats with which to build a solid structure. We should be eating fresh, raw, from nature, olive oil, avocados, coconut oil, almond, all those healthy oils. The body needs both saturated fats and unsaturated fats, but no trans fats.

Dr. Sruti Lam states, *“Fats are required for our human body for a lot of different processes. They’re very useful for producing all the hormones in our body, for cholesterol synthesis, for the nervous system. Fats are actually the lining for all our cells and cell membranes. So, fat is an essential element that is required for our body. But when we’re eating less or a low-fat diet, we’re not getting the adequate amount of fat that is required for all the body functions.”*

## A Rainbow on your Plate

A diet that helps promote health will contain all the colors of the rainbow on a daily basis.

That means eating foods that are naturally colored red, orange/yellow, green, blue/ purple, or white. It does not mean eating a rainbow of artificially colored foods like sodas, popsicles, gummy snacks, and multi-colored candies and frosting.

Color, such as what makes a purple grape purple, can indicate the presence of certain types of phytonutrients.

There are literally thousands of phytonutrients that naturally occur only in plants. Some of them provide health benefits beyond those provided by essential vitamins and minerals.

Some phytonutrients help our cells communicate better with one another, others help prevent mutations at a cellular level, some are anti-inflammatory, others are potent antioxidants, and many have functions we are only beginning to understand.

What we do know is they work to deactivate cancer-causing substances, help protect against heart disease and most chronic diseases in general, are anti-aging, boost the immune system, and generally promote health.

It is thought that phytonutrients, vitamins, minerals, and fiber, all present in fruits and vegetables, work synergistically to promote health and lower disease risk.

If you eat at least one cup from each color group every day, you'll have a great start on getting all the phytonutrients that help promote health.

#### ***4. Stay well-hydrated***

Hydration is critical. Although, it is more important to focus on water intake as opposed to drinking teas, energy drinks, and other liquids. This is because water keeps our organs functioning well, lubricates and cushions our joints, and regulates our body temperature and metabolism.

Moreover, water flushes toxins and waste from the body and transports nutrients to where they are needed. Our cells are making DNA all day long, working like small factories. DNA looks like a rubber band wad, and it has to unfold and string out for it to be copied to create whatever the cell is creating from that DNA.

After it is translated, it wads back up. If the cell is dehydrated, it's difficult for the DNA to untangle itself and then wad back up. Liquid is a medium that helps everything happen in the body.

After the cells manufacture their products, there are waste products, and since we don't have a little blood vessel coming from every cell, the cells throw the trash right outside the door. Then more liquid—the lymph fluid—comes along to carry the waste back into the body systems to be recirculated.

So, we need lots of fluid for both inside and outside the cells, which is why hydration is critical. Hydration with filtered water is best. Tap water and water in plastic bottles, which is often mostly tap water, are not the best.

Plus, that water may have been sitting in plastic for weeks or months, and leaching chemicals from the plastic. The best water is fresh water that's been cleansed with activated charcoal and other substances, preferably right in your own home, and stored in glass.

## **An Expert's Insight: The Benefits of Hydrogen Water**

### ***Dr. Paul Barattiero***

*You need your immune function. You need your body performing at it's peak and hydrogen is gonna do that within an hour. So, you can increase immune function. You can increase performance. You can increase your brain function. You can increase your liver, your kidney, your entire pancreatic system, less inflammation and get them functioning. That's what you need. You need to eliminate.*

*And if your elimination pathways are not open, get the hydrogen water because it's gonna open them and help you not have inflammation in the liver, the kidneys, the gallbladder, the pancreas, the whole pancreatic system.*

*You need to have all those organs actually functioning at peak. And mitochondrial function, you need energy to heal. You need energy to sleep. You need energy. And I know that goes backwards with most people think, but you need energy for the body to function.*

*And ATP is critical and you want to have ATP. And the hydrogen water will get that mitochondrial function to peak really quickly, so you'll have energy. And also it reduces fatigue, so we do that with athletes but also with normal people. If they're feeling fatigue, the hydrogen water will give them energy. There was actually a study on coffee versus hydrogen water, and hydrogen water beat out coffee by 10% in it's energy production ability in the body, but no down cycle.*

*Oxidative stress and inflammation is the cause of cancer. And so, when you're removing that, you're removing all pathology and having the body be less susceptible. So, in many of these studies, 114 of them, it says hydrogen is anti-cancer. And so, many of the studies, like in the colon cancer, it says hydrogen water can inhibit colon cancer. That's a very strong language.*

## **Use Natural Medicines to Detox Your Body**

### ***Milk Thistle***

Another great natural product for encouraging drainage is milk thistle. This works well to help open up the liver bile duct system to get things open and flowing.

Additionally, milk thistle - *Silybum Marianum* - has strong antioxidant and anti-inflammatory properties with a number of beneficial therapeutic applications, including the treatment of acute and chronic liver diseases, infections, and drug intoxication. [\[R\]](#)

### ***Dandelion Root***

Another useful herb is dandelion root, which helps with bile production and also helps to clear the kidneys, so it works in two of the body's drainage areas. In fact, dandelions are a rich source of beta-carotene and polyphenolic compounds, both of which are known to have strong antioxidant capabilities that can prevent aging and certain diseases. [R]

### ***Coffee Enemas***

Coffee enemas help to purge the body of toxins. Researchers from the University of Minnesota also demonstrated that coffee enema benefits might include being able to help stimulate the production of a beneficial enzyme created in the liver called glutathione S-transferase, which acts like an antioxidant, anti-inflammatory, and natural blood cleanser. [R]

### ***Dipeptidyl Peptidase or IV (DPP IV)***

There's an enzyme called DPP IV or Dipeptidyl Peptidase IV that's been gaining more popularity in the last few years because it helps to break down gluten proteins and may reduce the symptoms associated with gluten intolerance. This enzyme helps to squeeze the liver, so again, it really helps to create movement, and motion is life.

### ***Carbons, Charcoals, and Clays***

Carbons, charcoals, and clays are really good for detoxing as they bind to the bile. A good form of this is bioactive carbon that binds strongly to toxins like heavy metals. While most binders just work in the gut, bioactive carbon enters the bloodstream and detoxifies your body systemically.

While older type binders like bentonite clay and activated charcoal may also bind onto and remove nutrients like zinc, bioactive carbon does not. In fact, it adds amino acids and minerals to your system that is readily absorbed by your cells.

### ***Cilantro***

This is a great chelator that can be used to remove heavy metals from your body. In fact, cilantro is a powerful anti-inflammatory, antiseptic, antifungal, and antimicrobial agent and offers amazing chelating properties. [R]

It binds to heavy metals that are removed from the body through our excretory system. Cilantro works best when paired with chlorella.

## ***Chlorella***

Another chelator that has been shown to bind to heavy metals in the body is chlorella. It has also been found to lower the heavy metal toxicity of the liver, brain, and kidneys. It helps the body to excrete these heavy metals effectively. [R]

## ***Fulvic Acid***

Fulvic acid's structure allows it to create an electric charge that helps attract free radicals, heavy metals, and other toxins within the body, allowing it to act like a 'cleaning' agent. [R]

It also makes the heavy metals more soluble in water so that these toxins can easily be transported out of the body.

*Tip:* Choose a fulvic acid that has an acidic pH. This enhances the acid production of the stomach, as well as stimulates the production of enzymes in your gut and pancreas. It also stimulates the activity of probiotics in your gut.

Most fulvic acid producers add alkaline lye and distilled water to their extract to raise the pH, making their fulvic extract an alkali. An alkali supplement can reduce stomach acid production and kill beneficial probiotic microbes in the gut.

## ***Humic Acid***

This is another chelator that some of our experts use to detox the body from heavy metals. It is a safer alternative compared to some of the methods used in Western medicine such as DMPS, DMSA, or EDTA.

Through its negative electrical charge, humic acid pulls the positively charged impurities out of the blood so they will not be reabsorbed, binding with them in the intestine. [R]

## **Top Therapies to Get Rid of the Spike Glycoprotein**

### ***H.E.L.P. Apheresis - Dr. Syed Haider***

*So one of the physicians that I spoke with for the Long COVID Reset Summit is out of Germany, and her name is Beate Jaeger. And she has been working with patients focusing on the micro clotting, treating them with H.E.L.P. apheresis, which is kind of a blood-washing method, which is tremendously effective, although somewhat expensive. It's something like €1,700 per treatment. It is available in a couple of clinics in the US. And then she's also doing triple anticoagulation protocols with a lot of these patients to help them clear up the micro clotting. But what she mentioned to me was that, one of her associates has shown in some studies, she*

*didn't go into detail, that COVID, the virus itself may be a bacteriophage, which means that it may infect our healthy gut microbiome.*

*So bacteria in our gut may be infected by COVID, and it causes those bacteria to create venom proteins, proteins that are normally found in snake venoms. And so that may be one route of snake venoms being released in people's bodies, especially during COVID infections. And whether or not that has something to do with what's going on, you could imagine that perhaps the mRNA is also affecting gut microbiome cells. And it may not only be triggering the release of spike protein into the blood or into the gut, and then being absorbed through the gut, but also perhaps triggering snake venom protein production.*

*I think Beate Jaeger mentioned to me that she treated over 1,000 people at this point with triple anticoagulation for micro-clotting. And out of the 1,000 patients, over 1,000 patients, only 2 had significant bleeding or literally any bleeding. So 2 out of 1,000 had bleeding complications. One of them was admitted because of blood loss through a previously undiagnosed gastric ulcer, and they had to have a blood transfusion. But if you have to go through that to cure your long COVID, it might be worth it. And so there are more expensive treatments like hyperbaric oxygen, which work for some people and don't work for everyone. There's H.E.L.P. Apheresis, which is quite expensive. You'll spend \$1,500, probably, in the US, per treatment. And there's a couple of clinics that do it that I know of, and some of them combine a weekly H.E.L.P. Apheresis with hyperbaric oxygen therapy and things like ozone therapy that can be done.*

### ***Hyperbaric Oxygen Therapy - Dr. Ted Fogarty***

*So, I was first introduced to the concept of air chamber therapy, actually by Dr. Ken Stoller, who was a fellow academic. He was the vice-chairman of Pediatrics at the University of New Mexico School of Medicine when I met him. And I had gotten to know him through researching what could be done with my son who has severe autism and was nonverbal at the time. And Dr. Stoller had mentioned, "Really the physician I considered probably the most important physician of the 21st century in Dr. Paul Harch at LSU." And Dr. Stoller basically referred me to get down to Dr. Harch, but I was in a busy practice and had done a lot of teaching. And we had three kids basically, in an 18-month span of time. And so, it was really functionally impossible for my wife, Carolyn and I to take our son Riley down to New Orleans, to see Dr. Harch back in 2006, as we were starting to investigate this hyperbaric healing pathway. And Dr. Harch had already treated several youngsters with autism out of his hyperbaric- I call him the dean of hyperbaric medicine of America.*

*He has literally done so much behind the scenes to develop protocols, to help all sorts of neurological conditions. And so, we couldn't really functionally get down there. And so, Dr. Stoller suggested, "Well, until you can get down to Dr. Harch, why don't you try an air chamber, a soft chamber, and you can do this. It's pretty simple." And so that's what I did. As freshly minted chair of Radiology at the University of North Dakota, I would come home from work in*

*the evenings and get in an air chamber, and I really didn't ever use the oxygen concentrator too much. It was kind of a hassle.*

*Just knowing the simple physics of air pressure changes and increasing mitochondrial energetics, I got to experience with my son, actually, some of my own healing and I think some of that is part of what has really evangelized me towards trying to get everyone in America and everyone in the world to have what I consider access to a human right of variable altitude pressure changes in their daily life to help them improve their wellness. And so, my first real experience and my first patient, if you will, or aeronaut, as I like to call him, is Riley Schmidt Fogarty, my son. And so over about a year's time, I spent probably 2 to 3 hours in 1-hour sessions per week with Riley in a soft chamber. And from the ages of 3 to 4, I got him to start talking and I really credit that with coming primarily from the hyperbaric therapy, hyperbaric air therapy I did with him over that period of time. And so, doctor healed thyself.*

*I also really experienced a performance benefit in every time I was in the chamber with Riley. And I felt like I'm reading films more productively. I'm able to juggle the workload between the academics and the clinical radiology and family life better when I'm taking a 1-hour nap under 30% increased air pressure. Just translating that out of the Rocky Mountains is, it's basically when you're in Cheyenne, Wyoming and you're at 8,800 feet altitude and your absolute pressure on you is around 11PSI, to add 3.5 to 4 pounds per square inch of air pressure to you is like traveling to the Dead Sea in 15 minutes. So you're really just traveling through the jurisdiction of the airspace to increase. And this is kind of a complex concept, but when you're increasing gas pressure in your body and you're technically- it's like you're increasing the impact of gravity in terms of our atmosphere.*

*So, the reason why we have an atmosphere is because of gravity and gases are packed more closely together the closer you get to sea level or the closer you get to the core of the Earth. And so, when you're changing your altitude through these simple machines of just air pressure devices, you're actually increasing a concept that we use in MRI Physics of Brownian motion, you're actually increasing the efficiency of a biological system, employing Brownian motion and molecular interactions like pinballs, or maybe a better analogy is to think of rubber balls getting closer together and bouncing a small marble in between the rubber balls is actually increasing the marble speed through a column of such rubber balls.*

*So when we're supercharging, and other people kinda get the analogy from automotive world, but when you're supercharging your combustion engine, and you're actually increasing the gas pressure inside the engine by sometimes just 30% when you're gently hitting the accelerator. You're increasing the efficiency of the combustion cycle and that's what doing with hyperbaric pressures. Whether we're talking from the minimal, just 15% increase in gas pressure and 100% oxygen is the protocol that Dr. Harch and I published, that is the simplest and easiest and most accessible way to reverse dementia. And so, it's really astoundingly elegant and really gentle changes trickle charging the brain.*

*This is an amplifier system of virtually everything going on in the human body through simple physics. And so, if we want to look at it in terms of the organelle-based medical industry, if you will, so these mRNA technologies are playing a concept of organelle-based medicine. When you increase the gas pressure of even just air, that increase of 30% gas pressure at the mitochondrial level is increasing the energy output of the mitochondria. It is also actually cascading a number of very important cell signalers, including NRF2. And from an industry perspective, the holy grail of big pharma has been NRF2 expression for a long time.*

*There's a couple of startup companies working on NRF2 expressing compounds, and these things have on occasion gotten into Phase II and Phase III clinical trials. In the end, in several instances, these are more toxic compounds than just gentle oxygen reactive species. And so, there's been huge stock failures actually in some of these startup companies who have tried to create NRF2 drugs, basically. And so, the simplest and gentle NRF2 supercharging drug is just increased reactive oxygen species under mild pressure.*

*And reactive nitrogen species are part of that. And so, when we're amplifying through simple physics, not just the mRNA of NRF2, which I really- I call that NRF2 basically the Jesus molecule. For those of you who are in the Christian faith, it's not to be blasphemous, but it's to signify that this one particular mRNA species is a keystone for the resuscitative regenerative medicine plate that is going on with hyperbaric vessels.*

*So, if you look across the landscape and the politics of the situation and the pandemic, here we have a very simple device that can increase gas pressure, whether it's air or 100% oxygen or a blend of noble gasses and oxygen, it can increase the gas pressure, increase the energy to the cell, increase and supercharge your white cells and your immune system, increase the energy levels to your brain cells that are damaged for repair and regeneration.*

*it's a very simple device and we are literally surrounded by them in this country. And what are those? Those are actually jetliners, airplanes with cabins. Any airplane on the ground that is able to fly at altitude is basically a 1.5 atmosphere chamber. And so, everybody who's ever flown in America or around the world, you've experienced these 3 to 4PSI toggles on your own body acceptance.*

*When we're flying, we're losing pressure first and then gaining pressure as we land. And so, every jet in the world- This is kind of a big secret. I know a lot of people in the grid, in the cabal, so to speak, in the DOD, in the U.S. Senate, in a lot of big places who are starting to understand that we have hyperbaric vessels everywhere in this country, and we can and do turn them into pressure vessels on the ground with ground crews every 2,000 to 6,000 hours of flight, depending on the model.*

*And so, we've already got a whole workflow, a whole situation, where we could have immediately turned this pandemic around in the summer of 2020 with think tank group and white paper that I was a part of that's at [aircraftbot.org](http://aircraftbot.org). It simply lays out the case for how all of the jets on planet Earth already are hyperbaric air chambers intermittently for safety and*

*preventative maintenance purposes, so why don't we start taking care of people in those vessels?*

*At the same time, NYU, the research team at NYU was doing the Phase I trial on hyperbaric oxygen therapy for moderate to severe COVID and that team, which I have contacts to through the research community in hyperbarics, they proved actually to Tony Fauci's hometown and Governor Cuomo at the time that hyperbaric vessels are going to save 90% of New Yorkers in this crisis. They had that data all put together by May 1st of 2020, and it was nearly impossible for them to get it published anywhere. It didn't even formally get published until October of 2020.*

*And so here we have one of our flagship academic universities in the midst of the New York City COVID pandemic crisis, where ventilators are actually not helping as much as we would've otherwise imagined and we're losing 90% of the New Yorkers in May of 2020. NYU's Regenerative Medicine Hyperbaric Unit, this clinic that has the principal physicians working on this, is actually the Winthrop Regenerative Medicine Hyperbaric Clinic. And so, right there in New York City, we already had academic proof of the pudding in the Phase I trial as early as May of 2020.*

*I have emails all over the country, but especially into UNMC and Omaha and University of North Dakota, South Dakota research teams and the government, and the legislature and governor and the senators here. They all got emails from me communicating just how important this breakthrough was at NYU, and to the point of fact is, that we could have saved the world millions of lives just through teaching the simple conversion of aircraft into hyperbaric vessels for COVID.*

*And again, this is where- there's no ICU doc in the country that can debate me. Trust me, I've tried to get them to try and debate me, but when we put an ET tube into your trachea, we can only increase the gas pressure by 3%. So, we're only able to actually pack 3% more oxygen molecules into your lungs when you have moderate to severe COVID and you are on a ventilator. We can only pack 3% more oxygen into each breath that you're taking under a ventilator system.*

*In my soft chamber in my basement, which goes up to 30% increased gas pressure, if I have an oxygen concentrator running into that chamber, and I've actually set up many ICUs for various homes and families between North Dakota, South Dakota, Nebraska, and Iowa, with my partner, Dr. Bradley Meyer, who is a founding physician with me of the AeroNautiX Clinic in Okoboji, Iowa. The two of us have actually set up many ICUs of our patients in their homes with soft chambers who were refusing to go into the hospital anyway.*

*And so, when I am directing the care of these individuals across state lines, and they are getting 30% more gas pressure in every breath without intubation, very gently just in a soft chamber, and they're getting now a 95% oxygen concentration through an oxygen concentrator going into a face mask or a nasal cannula. Actually, 5% of that fraction is argon that we also breathe at 1% without an oxygen concentrator device. That gas mix of 95% oxygen, 5% argon at 30% more*

*gas packing can beat a ventilator any day of the week in oxygenation to human body. The ventilator can only add 3% more, 100% oxygen, and I'm adding 30% more gas pressure at 95% oxygen in this mini ICU system that I employed.*

*Actually, I have been communicating that with federal funding for the North Dakota CARES Act Innovation Grant that I received in basically communicating the anti-pandemic measures relating to hyperbaric vessels and glutathione amino acid precursor stimulus, which is a whole another realm of scientific inquiry and understanding that I have developed and put forth with a mentor, Dr. Albert B. Crum, MD, who's actually the chief advisor to the Dalai Lama.*

*But sufficing to say, there's no ICU dock and ventilator that can actually compete with a soft chamber, an oxygen concentrator, where we now have a 27% increase in oxygen and pure oxygen going into every breath in a soft chamber with an oxygen concentrator. It's a 27% increase in the amount of dissolved oxygen in your plasma and the ET tubes and the ventilators can only add 3%.*

*Something that I actually started teaching medical students years ago up at UND, oxygen saturation of hemoglobin is an important concept, but it's not like our red blood cells are actually physically handing a molecule of oxygen to another cell down the line. The red blood cells are just setting up a gradient, a very transient capillary mechanical, elastical gradient that goes on for oxygen in the capillaries. And so, when those red blood cells are mildly squeezed into a capillary, that offloads the oxygen.*

*And so now, the blood plasma which was 20% oxygen from just breathing normobaric normal baric air, it gets a dump load of increased oxygen from the RBCs. And so now, you have more of a 50% oxygen fraction in the plasma, depending on the various capillary microenvironment characteristics. And so, that then diffuses into through the endothelial cells, through the capillary cells and capillary wall. And then gasses diffuse everywhere, which is the beauty of gasses. They respect no boundaries.*

*So, that's really how you oxygenate your cells. In a normal baric environment, the red blood cells are basically carrying the oxygen right to the capillaries and then creating an instantaneously high oxygen gradient at the capillary level. But you can do that by putting a person or another mammalian species like a guinea pig, and this was done in, I think, Belgium back in the 1960s, but there was a research team based out of surgeons in Europe and the Dutch team that was in a race to create surgical environment for cardiac transplant with the Americans designed and built a 3-atmosphere hyperbaric operating room. Some of the initial studies they did were to put guinea pigs or dogs into this operating environment and get them up to 3 atmospheres and then replace their red blood cells with normal saline and they did just fine. There was enough oxygen gradient without any red blood cells at 3 atmospheres, 100% oxygen for these animals to survive and do just fine as long as they're at that pressure.*

## Conclusion

You know your body better than anyone else. That means you're in a good position to ask yourself whether you really feel as healthy as you should or could be. For many of us, life is so demanding that it feels impossible to take care of ourselves properly.

But this undoubtedly puts strain on our health. If you're not eating a highly nutritious diet, you're not getting exercise, you're not sleeping well, and you're not taking supplements to make up for the nutrients you don't have enough of, you're likely to be more at risk of getting sick from shedding.

Our medical experts have made it clear, and have seen from their experience in treating their own patients... If your immune system is not functioning well or you are not healthy, you're going to see more disease processes taking place in your body.

Getting rid of the spike protein is highly possible, and has been done successfully using the expert-recommended approaches you learned about in this incredible book.

If you know there are things you can start doing to improve your health and protect your body better, start by taking small steps and focusing on what you can manage. Ultimately, the more of these steps you incorporate into your life, the better you'll feel and the more motivated you'll be to optimize your health further.

Even some of the most life-threatening symptoms have been reversed totally by following a holistic approach to healing. Optimizing your health is liberating because you'll find that you no longer have to live in fear of shedding, "pandemics" or other ailments.

You can get to a place where your body does such a good job of protecting you from getting sick that you won't even realize you've been exposed anymore.