

## **Protecting yourself from Chemtrails – symptoms and remedies**

### **Quick Guide to Herbal/Natural Solutions**

Chemtrails have been shown to contain the following toxins: Mercury, Aluminium, Barium or Barium Salts, Lead, Arsenic, Mycoplasma (bacteria) Mould Spores (dangerous to health).

#### **SYMPTOMS ASSOCIATED WITH CHEMTRAILS**

Fatigue Sinus pain Joint pain Depression Anxiety Inability to concentrate Salty-metallic taste to the air Swelling/inflammation Changes in eyesight Upper respiratory infections Accelerated heart beat Skipping heart beats Loss of balance Stomach pain Difficulty achieving deep sleep Headaches Muscle pain Frequently cracking joints Insomnia Anger issues Looping thoughts or songs Chemical taste to the air Ringing in the ears Near or farsightedness Elevated blood pressure Heart pain Shortness of breath Dark circles under the eyes Frequent illness Vivid or restless dreams

#### **TIME TO DETOX!**

Following is a quick list of supplements that can help with each of these toxins.

MERCURY Mercury is difficult to get rid of in the body because 90% of it is excreted by the liver into the colon, and then the colon simply reabsorbs it.

- Algin (Sodium Alginate) Extract of seaweed. Captures the mercury in the colon. On an empty stomach take half a teaspoon in a small glass, 3 times a day. Do this for 6 months, stop for three months, then do it again. Thereafter do this once every few years.
- Vitamin C – heavy supplementation is recommended. 4gms per day or check in browser for bowel tolerance procedure.
- Vitamin E - Mercury damages the brain. Vitamin E protects it. Follow instructions that come with it.
- Malic Acid chelates (binds to) mercury and carries it out of the body. Take 500-800mg daily with food.

ALUMINIUM Aluminium can cause all sorts of damage.

- Malic Acid chelates (binds to) mercury and carries it out of the body. Take 500-800mg daily with food.

BARIUM Barium causes dangerous potassium loss in the body which can cause a heart attack.

- Algin (Sodium Alginate) Extract of seaweed. Captures the mercury in the colon. On an empty stomach take half a teaspoon in a small glass, 3 times a day. Do this for 6 months, stop for three months, then do it again. Thereafter do this once every few years.

#### LEAD

- Selenium with Vitamin E – Effective for helping remove lead from the body. Follow instructions that come with it.

## ARSENIC

- Vitamin C – Protects the body against the harmful effects of arsenic. 4gms per day or check in browser for bowel tolerance procedure.
- MSM – It's a good source of sulfur but avoid if you have amalgam dental fillings. Take 1000-2000mg daily, preferably with water and a meal
- Caprylic Acid – Well-known for its power to kill yeast and fungi. One 1500mg tab per day • Oregano - Well-known for its powerful anti-microbial activities. Follow instructions that come with it.
- Garlic – One of the most well-known antibacterial and antifungal foods. Follow instructions that come with it.

## MOLD SPORES & MICROPLASM

- Caprylic Acid – well-known for its power to kill yeast and fungi. One 1500mg tab per day
- Oregano – well-known for its powerful anti-microbial activities. Follow instructions that come with it.
- Garlic – One of the most well-known antibacterial and antifungal foods. Follow instructions that come with it.

## **TYPICAL SUPPLEMENT REGIME**

### **Sodium Alginate**

On an empty stomach take half a teaspoon in a small glass, 3 times a day. Do this for 6 months, stop for three months, then do it again. Thereafter do this once every few years.

### **Vitamin C (4gms per day)**

Check in the browser for the bowel tolerance procedure when needed.

### **Vitamin E**

Follow the instructions that comes with it.

### **Malic Acid (half a one gram scoop)**

Take 500-800mg daily with food

### **Selenium**

Take 200mcg daily, with water and a meal

### **MSM**

Take 1000-2000mg daily, preferably with water and a meal

### **Caprylic Acid**

Take one 1500mg tab daily

### **Garlic**

Follow the instructions given