

SPIKE PROTEIN AND THE IMMUNE SYSTEM

It's believed that an important part of our gut bacteria can be dramatically lowered by bio jab spike proteins, with the result our immune system may become seriously compromised. The bacteria in question is Bifidobacteria.

View on Telegram

<https://t.me/c/1705568329/2314>

Test the level of Bifidobacteria in the gut.

If it's seriously low, start the Spike Protein detox regime below.

Also search out foods that are high in Bifidobacteria. For example:

- yogurt with added cultures.
- kefir, a fermented milk drink.
- buttermilk.
- fermented foods including kimchi, tempeh, miso, and pickles.
- cured meats.
- certain wines.
- sauerkraut.
- sourdough bread.

Start a regime of supplements

Ivermectin: the backbone of the treatment protocol. Repolarizes macrophages, anti-inflammatory, anti-viral. 10 mg tab, daily for 4 – 6 weeks. Can double or more if necessary. (Bruce can supply.)

Melatonin: 2-6 mg of slow/extended release prior to bedtime. Start with 750 mcg up to 1mg at night and increase as tolerated. Some people may have vivid and unpleasant dreams with higher doses. (Amazon)

NAC: 600mg, 1 tab per day. (Amazon)

Vitamin C - has a big impact on the microbiome. 3-5 gms per day of ascorbic acid powder in warm water. (Amazon)

Vitamin D: 4-5000 iu per day is a good baseline, heading up to 10,000 iu. (Amazon)

Vitamin K2: 100 mcg/day is a reasonable starting dose. (Amazon)

Bromelain: 500mg/day (Amazon)

Nattokinase (interim form if possible):

Quercetin: 250-500 mg/day (Amazon)

Omega 3: 2000mg (EPA 660mg, DHA 440mg) per cap, 2 caps per day. (Amazon)

Consider taking a Bifidobacterium Supplement

https://www.amazon.co.uk/Vitamins-80-Bifidobacterium-Capsules/dp/B01MQU33N0/ref=sr_1_5?keywords=bifidobacterium&qid=1684838290&rdc=1&sr=8-5

After a couple of months, test again and see how the level is looking.