

SURVIVING ILLNESS, JABS AND OTHER POISONS

It's said that one in five people who've had Covid jabs are suffering the after effects of the jab itself (aka Long Covid) and there's a long list of resulting problems. Doctors are reluctant to investigate with any seriousness because they are now facing many such cases and often there is little that allopathic medicine can do. Typical symptoms include: severe or persistent headaches, blurred vision, shortness of breath, chest pain, pounding heartbeat, body aches, abdominal pain, blood clots, brain fog, memory loss.

DIET

The first thing to do is to get the body in the best possible shape.

Daily intermittent fasting to turn on autophagy (clearing out damaged cells and replacing with new) is considered key by many. This can involve missing breakfast and therefore not eating between supper and lunch the following day... a 14-hour fast minimum.

Many would also advocate the ketogenic (keto) diet, to be adhered to very firmly for around 2 months. After that many back off and switch to what's known as the **Mediterranean diet**.

There are any number of web entries for Keto., two of which are:

Sarah Myhill at:

<https://www.youtube.com/watch?v=97tnK4S3GI4>

Dr Axe at:

<https://draxe.com/nutrition/guide-to-keto-diet-for-beginners/#How to Start the Keto Diet Plan>

In summary:

- Eat lots of different vegetables, especially: leafy greens, mushrooms, tomatoes, carrots, broccoli, cabbage, Brussels sprouts, spinach, kale, sea veggies, peppers, etc. Mostly eat those that are above ground, to keep your carb intake low.
- Healthy food choices that are high in protein but low-carb or no-carb include: grass-fed meat, pasture-raised poultry, cage-free eggs, bone broth, wild-caught fish, organ meats and raw dairy products, such as raw goat cheese.
- If you're vegan or vegetarian, never fear, a keto diet is very doable.
- Healthy fats, which are also low-carb or no-carb, include: olive oil, coconut oil, rapeseed oil (canola)
- Minimal fruits but berries and avocado (yes, it's a fruit) are definitely allowed.
- Want something sweet without the carbs or artificial sweeteners? Go with stevia or monk fruit. Even better, try breaking the sweetness habit.
- Avoid processed and ultra-processed foods which are high in calories and bankrupt in terms of nutrients: those made with white flour or wheat flour products, added table sugar, conventional dairy, bread and other processed grains like pasta, sweetened snacks like cookies and cakes, most boxed cereals, sweetened drinks, ice cream and pizza. REMEMBER...cancers are one of the Covid-jab outcomes and they thrive on sugar. It's estimated that around 80% of the products in your

average shopping trolley contain sugar. Remember too that carbs can produce lots of sugar.

- And bottom line, try whenever possible to eat organically grown produce.

And for drink:

It's important to also drink lots of water (pure not from the tap), green tea is good. Getting enough water helps keep you from feeling fatigued, is important for digestion and aids in hunger suppression. It's also needed for detoxification. Aim to drink 10–12 eight-ounce glasses a day.

I strongly suggest you read everything that's relevant on the websites (above)... it helps to know WHY you are doing all these things. You are learning to become your own best doctor, one that knows you better than any GP. You are on a life-saving adventure.

DETOX

Jabbed people now have spike protein and graphene oxide in their system, and much else besides, the effects of which hardly bear thinking about. However, a number of scientific organisations have been researching detoxes and they seem to be helping.

FOR GRAPHENE OXIDE

One recent offering appeared in *The Expose* and I suggest you read the whole piece, learn about it and do your homework. You'll get an idea of what we are up against and most doctors won't have a clue.

You will find it at:

<https://expose-news.com/2022/09/07/graphene-covid-vaccines-remove-from-body/>

The key detox supplements for graphene are listed as:

Glutathione

N-acetylcysteine (“NAC”)

Zinc

Milk Thistle

Quercetin

Astaxanthin

Melatonin (taken before bed)

Pure Sodium Ascorbate powder (Vitamin C)

Vitamin D3 tablets (also appears below)

Note... most of these are caps or tabs and you can follow the instructions on the bottle. But for Vitamin C I suggest starting at 3 grams a day, mixed into orange juice, taking it over the day and increasing the dosage over a week to 5 grams or more. If you hit bowel tolerance (diarrhea) then back off a bit and slowly return. I would also add three drops of Lugol's Iodine to the glass.

FOR SPIKE PROTEIN

This is the advice given by the Front Line Covid-19 Critical Care Alliance (FLCCC):

Ivermectin: 0.2mg/kg body weight.

Prednisone (via a GP): 10–15 mg daily for 3 weeks. Taper to 10 mg for three days, then 5 mg for three days and then stop.

Low dose naltrexone (via a GP): Begin with 1 mg daily and increase to 4.5 mg as required. May take 2–3 months for full effect.

Omega-3: DHA/EPA 4g per day. Omega-3 fatty acids play an important role in the resolution of inflammation.

Vitamin D3: See tables 1 or 2 for vitamin D dosage. However I normally advocate around 8000 to 10,000 iu. There is no known safety limit and note that everyone in the UK is dangerously low on Vitamin D.

All the above ingredients are available on Amazon except:

Ivermectin. Order from India or ask your awake friends

Melatonin. Find it via your browser

Prednisone. A drug so you'll need a friendly a GP

Low dose naltrexone. A drug so again you'll need a friendly a GP

ALSO... try taking Zeolite ultra-fine powder. It helps remove much of what is dropping on us from the sky, or arriving from wherever

AND HAVE READY...

Keep Chlorine Dioxide to hand. It's said to have a huge range of benefits. If ill, take 20-25 drops throughout the day. For maintenance take 3-5 drops each day. Check out Jim Humble via the browser.