

# **Therapies for alleviating the Toxic and Pathological effects of the experimental Covid-19 “Vaccine”**

Heavy metal detoxifier, anti-carcinogenic and immune booster treatments to reverse the cytotoxic effects of the experimental Covid-19 “Vaccine”.

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## **Prologue**

Since the introduction of the international Covid-19 “vaccination” programme mandated by the World Health Organisation in December 2020 and promoted by the principle producers of the Covid-19 “vaccines” – Pfizer, Moderna, AstraZeneca and Janssen, there has been a lack of scientific consensus on whether these designated pharmaceutical products are “safe and effective”, are indeed experimental, since no long term health studies have been carried out to assess the impact of these Covid-19 “vaccines” and whether there is a justification for violating the health autonomy of the global population by WHO and national governments under the pretext of public health protection? In fact, Scientists such as Dr. Geert Van de Bossche, (a world-renowned vaccine specialist) [1], Professor Luc Montagnier (the world-renowned Virologist and Nobel prize Winner for the discovery of HIV) [2], and Dr Sucharit Bhakdi (former Head of the Institute of Microbiology at the University of Mainz) [3-4] argue that the Covid-19 “vaccines” are not “safe” and “effective”, are experimental with the imposition of vaccine mandates by the WHO and subservient national governments, constituting a threat to Democracy and Civil Liberties as well as a violation of health autonomy. On the contrary Bill Gates (an American business magnate and the founder of the GAVI the global vaccine alliance) [5], Albert Bourla (the Chairman and Chief Executive of Pfizer) [6] and Dr. Anthony Fauci (the director of the National Institute of Allergy and Infectious Disease and the Chief Medical Adviser to the President of the US) [7] argue that the international Covid-19 vaccination programme is needed to contain the Covid-19 “Pandemic” and emerging Covid-19 variants.

## **Mortality and disease following inoculation with the Covid-19 “vaccine**

In fact, deaths and serious life-changing injuries following the inoculation with the experimental pharmaceutical Covid-19 “vaccine” products (from Pfizer, Moderna, AstraZeneca and Janssen) as recorded by the official European (EudraVigilance) and US (Vaers/CDC) databases are currently in the tens of thousands and millions respectively. As of June 4th, 2022, EudraVigilance has reported 45,316 dead and over 4 million adverse reactions (4,416,778) of which 45.1% are serious requiring hospitalisation [8-9]. Additionally, VAERS/CDC as of June 24th, 2022 has reported 29,162 deaths and over 1 million injured (1,314,594) [10-11]. The Harvard Pilgrim study the most comprehensive and transparent research as of present, estimates that less than 1% of vaccine induced injuries and deaths maybe recorded due to multiple factors including patients’ hesitancy to report, lack of systemic recording and medical institutionalised pressure/dogma [12]. Furthermore, the official numbers also recorded are likely to be a gross underestimate as reported by Dr Zelenko and multiple studies [13].

Millions of individuals worldwide following inoculation with the covid-19 experimental pharmaceutical “vaccine” product have suffered severe adverse effects as documented in the VAERS and EudraVigilance databases [8-11], including heart inflammation (Pericarditis and Myocarditis), thrombosis, auto-immune disorders, carcinogenesis, reproductive disorders,

and neurological dysfunction. In fact, a study published in *Scientific Reports* in 2022 [14] from Israel, (one of the most highly vaccinated counties in the world, with 80% of the eligible population having received three doses of the Covid-19 “vaccine” [15]) recorded a drastic increase in emergency cardiac events including cardiac arrest and acute coronary syndrome. Furthermore, according to VAERS, there has been an increase of 684% in children under the age of 18, acquiring heart disease following inoculation with the Covid-19 vaccine, in comparison to all FDA approved vaccines for the age group over the previous 30 years [16]. Including people in this data set from VAERS up until the age of 40, there is a 871% increase in carditis, following emergency use authorisation of the Covid-19 vaccine from December 2020 until June 24th, 2022, compared to data from all other FDA approved vaccine over the last 30 years [16-17].

This was also the case for incidences of abnormal blood clotting/thrombosis reported post Covid-19 “vaccination”. For instance, the most recent data from June 24<sup>th</sup>, 2022 entered into VAERS for COVID-19 jabs in the past 18 months lists 23,294 cases of thrombosis (blood clots), resulting in 1095 deaths, 1626 permanent disabilities, and 4,409 life threatening events [10-11, 18]. In contrast all other FDA approved vaccines for the past 30 years, record 515 cases of thrombosis (blood clots), resulting in 19 deaths, 68 permanent disabilities, and 116 life threatening events [10-11, 18]. Therefore, in the past 18 months following the experimental Covid-19/SARS-Cov2 “vaccine”, there have been 45X more cases of blood clots, and 58X more deaths from blood clots, than cases and deaths due to blood clots following all other FDA authorised vaccines for the past 30 years. VAERS has also reported 4,292 fetal deaths following Covid-19 “vaccination” in the last 18 months in contrast with 2,618 recorded deaths of unborn babies for the 30 years prior to the authorisation of the Covid-19 vaccine in December 2020 [19], with all FDA approved vaccines (not including the Covid-19 vaccines). Therefore on average there are 86 fetal deaths per year following non-Covid Vaccines, compared to 2861 fetal deaths per year following Covid-19 vaccines a 33-fold increase.

According to Eudravigilance there has been 4,184 cases of tumours (both benign and Malignant neoplasms) following inoculation with either the Pfizer, Moderna, AstraZeneca and Janssen Covid-19 “vaccines”, with 389 deaths, following the tumorigenic adverse “vaccine” reactions [8-9]. In fact, Dr. Ryan Cole, the Medical Director of Cole Diagnostics observed a 20-fold increase in human endometrial cancer in his previously healthy patients following injection with the Covid-19 “vaccine” [20]. Dr Ryan Cole also noted a drastic depletion in natural immunity of his patient’s following injection with the “Covid-19 vaccine”, with a sharp decline in the level of vital Natural killer cells (which suppress the formation of cancerous cells) [20]. In agreement with his finding, Dr. Nathan Thompson, recorded a 59% decrease in the level of Lymphocytes (CD8, CD4 T-cells and Natural Killer cells) after the second Pfizer experimental shot, from a patient who previously had a functioning and healthy immune system [21]. Recent studies have also confirmed that immunity declines post inoculation with the experimental Pfizer/BioNTech shot with a decrease in the TLR4 (Toll-like Receptor 4) and TLR7/8 immune response [22] and a decline in the CD4 T cell numbers accompanied with a

reduction in the Type1 interferon response [23]. The TLR4 immune response is vital to suppress the formation of cancerous cells.

## **Alterations to DNA by the Covid-19 “Vaccines” – Peer reviewed scientific studies**

The Covid-19 “vaccines” have also been demonstrated to directly induce alterations in human DNA. In a recent study from the University of Lund in Sweden published in *current issues in molecular biology*, it was found that not only is the Pfizer mRNA vaccine BNT162b able to enter a human liver cell line, but is reverse transcribed into DNA rapidly, just 6 hours after treatment with the Pfizer mRNA vaccine [24]. The fact that the Covid-19 vaccines can alter an individual’s DNA is denied by both the CDC, the WHO and national governments [25-27]. It has been demonstrated that the presence of the SARS-CoV2 spike protein DNA in human cell genomic DNA is carried out through the increased gene expression of LINE-1 (Human Endogenous Reverse Transcriptase Long Interspersed Nuclear element-1). In fact, the study showed that 6 hours after treatment with Pfizer mRNA vaccine BNT162b, LINE-1 expression is almost 3-fold higher than the non-vaccine control. LINE-1 is an endogenous Reverse Transcriptase that is able to reverse transcribe the Pfizer mRNA encoding the spike S1 protein into DNA [24].

Furthermore, a study published in the renowned Proceedings of the National Academy of Sciences (*PNAS*) journal from Massachusetts Institute of Technology (MIT), demonstrated that SARS-CoV2 RNA can be reverse transcribed and can be integrated into the genome of human cells [28]. In fact, in the Pfizer/BioNTech assessment report on their “Covid-19” mRNA vaccine product no genotoxicity or carcinogenicity studies were provided [29]. On a molecular level the SARS-CoV-2/Covid-19 Spike protein has been demonstrated to inhibit DNA damage repair by impeding the DNA repair protein BRCA1 and thereby inhibiting V(D)J recombination, which is vital for a functioning immune system and the formation of a diverse array of lymphocytes [30]. A Swedish study published in the journal *Viruses* reveals the “potential molecular mechanism by which the spike protein might impede adaptive immunity” and underscores the potential adverse effects of spike protein-based vaccines [30]. For a more detailed analysis on the Pathology, disease, and mortality following inoculation with the SARS-CoV-2 (Covid-19) “vaccine” please refer to the book entitled “Autonomous and Transparent Scientific Research in the Covid-19 Epoch” [31].

## **The Presence of Graphene Oxide in the Covid-19 “vaccine”**

Due to the enormous number of deaths and multitude of adverse reactions following injection with the Covid-19 “vaccines” since December 2020 as reported on the VAERS and Eudravigilance databases a large number of independent researchers, have undertaken meticulous research to uncover the contents of the Covid-19 vaccines, using state-of-the-art microscopy, including optical microscopy, light field/dark field microscopy, electron microscopy as well as energy dispersive X-ray spectroscopy [32-36]. Multiple research teams have uncovered the presence of large quantities of Graphene Oxide (which is known to be

genotoxic and cytotoxic) in the presence of the covid-19 “vaccine” vials from Moderna, Pfizer, AstraZeneca and Janssen from Laboratories in Spain, the United States, the United Kingdom and Argentina [32-36]. In fact, the presence of Graphene Oxide in the Pfizer “vaccine” vials was first uncovered by the research team of Prof. Dr. Pablo Campra a Professor at the University of Almeria in Spain for almost 19 years [32]. Dr. Robert Young in the US then went onto verify the presence of Graphene Oxide in the aforementioned Covid-19 “vaccines” as well as identify the presence of multiple toxic heavy metals (including Cadmium, Chromium and Lead) and Parasites (such as *Trypanosoma Cruzi*) [33].

### **Individuals inoculated with the Covid-19 “vaccine” emit a Bluetooth frequency**

Furthermore, it has also been confirmed by Dr. Luis Benito MD PhD (a medical Doctor with a PhD in Molecular Biology) that individuals inoculated with the Covid-19 vaccine possess a 12-digit MAC address, which can be detected via Bluetooth[37]).His experiments were replicated with over 137 patients [37]. These findings have also been corroborated in Mexico by Dr. Pedro Chávez Zavala MD the President of COMUSAV Mexico (Coalicion Mundial Salud y Vida), who found that individuals who were inoculated with the Covid-19 “vaccine” emitted a frequency detected by Bluetooth. The 12-digit Mac address detected in each inoculated individual do not correspond to any registered device, this was confirmed by checking MAC address databases. All of his experiments were conducted in a geographically isolated region of Mexico, with the individual testing having no mobile or electrical devices and with none in close proximity [38]. He also found Bluetooth signals emanating from deceased individuals in Cemeteries only from those who had passed away from January 2021 (the start of the global Covid-19 vaccination programme) and no blue tooth signals were emitted from those that had deceased prior to 2021.

In fact, the potential presence of Nanotechnology in the form of nano routers has been identified in a recent study entitled ““Microstructures in Covid Vaccines: Inorganic crystals or Wireless Nanosensors Network [39]?” with the images being published on research gate. For more detailed information on the contents of the SARS-CoV-2 (Covid-19) “vaccines” please see pages 22-29 and Figure 16 of the book entitled “Autonomous and Transparent Scientific Research in the Covid-19 Epoch” [31]. Additionally, a database has been established to check the lethality of individual Covid-19 vaccine with reported adverse reactions and mortality being recorded. This information is available on the website, [How Bad is my Batch ? \(https://www.howbadismybatch.com/\)](https://www.howbadismybatch.com/), where a vaccinated individual can enter their batch lot number to identify the toxicity of the Covid-19 “vaccine” vial they have been inoculated with [40].



## Therapies for mitigating the toxic effects of the SARS-CoV-2/covid-19 experimental “vaccine”

In order to find a wide-spectrum therapy candidate for mitigating the toxic effects of the experimental covid-19 vaccines, we need to find remedies that are ant-Thrombotic, anti-Cancerous, immune system boosters as well as heavy metal detoxifiers. In this respect the effectiveness of any wide-spectrum therapy will be enhanced if applied internally with the ability to reach the underlying deeper tissues.

### Detoxification of Graphene Oxide and Heavy metals

As mentioned, Graphene Oxide has been mentioned as one of the principal components of the Covid-19 “vaccine”, with analysis of the Pfizer vaccine vials confirming that there is up to 747 µg/µl of Graphene Oxide per vial (meaning that the Pfizer vials contains 1% RNA in comparison to 99% Graphene Oxide [32, 34]). The presence of aggregates of reduced Graphene Oxide (rGO) from the Pfizer “mRNA vaccine” has also been demonstrated to cause abnormal stacking and coagulation of red blood cells [33], a phenomenon termed “rouleaux”. In fact, a large plethora of studies have demonstrated that rGO and Graphene derivatives induces toxicity in red blood cells [33, 41-43] and cells in the blood brain barrier [44]. Furthermore, Graphene Oxide is also a superconductor, and has been demonstrated to interact with Electromagnetic frequencies (EMFs), augmenting its toxicity [45]. Therefore, an individual with high levels of Graphene Oxide in their body is at risk of exacerbated cellular damage and genotoxic effects when Graphene oxide is activated with external EMFs such as 5G higher frequency electromagnetic waves [46].

As eloquently summarised by Diane Kazer (a nutritionist and detoxification specialist), there are five steps to remove Graphene Oxide from your body [47].

1. Ingest food and supplements as a healthy diet, which are able to **Bind** to Graphene Oxide such as **Zeolites**, **Activated Charcoal** and **Fulvic Acid**.
2. **Degrade** Graphene Oxide complexes to prepare the body for excretion. Compounds which boost **Glutathione** levels such as **N -acetylcysteine (NAC)**, **Zinc** and antioxidants such as **Vitamin C** and **Quercetin** facilitate this process.
3. Maintain optimal **digestive** and bowel function for **clearance** of toxin complexes. Probiotics, Fermented food, and healthy fats are essential in a diet as part of this process.
4. **Block** toxic nanoparticles from entering the cell, to maintain cellular and DNA integrity – agents which aid in this process include **Zinc**, **Quercetin**, and teas (Pine needle, Dandelion, Illicium verum and Fennel).
5. Boost **immunity** – via exposure to **Vitamin D**, **Vitamin C** and **Zinc** as well as creating an alkaline environment in the body via consumption of alkaline fruits and vegetables, especially olive leaf extract (rich in Vitamin C, Zinc, Arginine and Selenium).

## **Chelation therapy for removal of Graphene Oxide and toxic heavy metals from the body**

### **Zeolites**

The term “Zeolite” (derived from Greek, “ζεω” – to boil and “λιθος” – stone; meaning boiling stone) was introduced in 1756 by the Swedish Minerologist and Chemist Baron Axel Fredrik Cronstedt. Zeolite is a natural mineral of volcanic origin formed by a chemical reaction between lava and Saline water, it has been utilised for centuries as a natural remedy for heavy metal detoxification due to its binding and filtering properties. Zeolites are principally composed of aluminosilicates (SiO<sub>4</sub> and AlO<sub>4</sub> are complexed together by shared oxygen atoms). The most widespread and studied Zeolite in the medical field is the naturally occurring Zeolite Clinoptilolite (ZC), which is capable of removing toxic heavy metals like Mercury, Lead, Aluminium and Cadmium [48-53], as well as eliminating Ammonia, Pesticides and Radioactive Materials [54-56]. How does Zeolite remove toxins from the body? Due to its negative charge and its reticular microporous structure, it can trap both positively charged ions (heavy metals and free radicals) by forming an extremely stable and strong bond with the negatively charged toxins. The neutralised toxic heavy metals (in the Zeolites negatively charged field) are therefore trapped in this inert Zeolite-Toxin complex. This Zeolite-Toxin complex is then expelled from the body through the small intestines, the zeolite sequestered toxins are also excreted by the kidneys throughout the blood stream. The chelation process takes place in approximately 5-7 hours, as a normal physiological bodily process, without causing any damage to the kidneys or liver. It is estimated that a full body heavy metal detox with consumption of Clinoptilolite takes approximately 7-9 weeks, the length of time depends on factors such as health, lifestyle, diet, and age.

What is the protocol for performing a Zeolite heavy metal detox? First it is necessary to purchase Zeolite of 100% Volcanic origin, with no additives which is safe and suitable for human consumption such as Clinoptilolite and has been certified. One teaspoon of Clinoptilolite in a glass of water, 3 times a day for 7-9 weeks, should be sufficient for a complete detox. There is also published studies documenting Zeolites as having immunomodulatory [57-59], antioxidant [60-62] and anti-tumorigenic functions [63-64]. For instance, immunodeficient patients receiving TMAZ treatment (a Micronized form of the Zeolite Clinoptilolite), reported dramatic increases in specific immune cell counts (such as CD19C B-lymphocytes, CD4C T-lymphocytes, and HLA-DRC activated T-lymphocyte), with no documentation of significant adverse reactions after the treatment [57]. Moreover, in animal models, Zeolite supplemented to food decreased the level of free radicals of intestinal nitric oxide [65] as well as increasing the activity of critical antioxidant enzymes Glutathione (GSH), Catalase and superoxide dismutase (SOD) [60, 65]. These enzymes are crucial in removing an excess of Reactive Oxygen species (ROS). In fact, it has been demonstrated that the interaction of Graphene Oxide with human cells can induce excessive ROS production, which is the first step in initiating carcinogenesis as well as accelerating ageing and mutagenesis [66-68].

Zeolite is also an alkaline mineral, and it is able to balance the pH in the body, creating an alkaline environment in the bloodstream. In fact, it has been demonstrated that Alkalization Therapy has been demonstrated to increase the survival time of patients with advanced pancreatic cancer, almost three-fold, from 4.7 months in the control group (who had a low urine pH  $\leq 7.0$ ) to 16.1 months for those patients which had a higher (alkaline) urine pH  $> 7.0$  [69]. Dr. Hiromi Wada, a professor Emeritus at Kyoto University, Japan also demonstrated that Alkalization therapy improved the survival time of non-small cell lung cancer (NSCLC) patients in combination with EGFR tyrosine kinase inhibitor treatment [70]. Furthermore, animal studies from the lab of Dr. Robert Gillies at the Moffitt Cancer Center, Tampa Florida have confirmed that increasing the extracellular PH (neutralising the acidic environment) of tumours reduced the formation of metastasis in mouse models of Breast cancer [71]. Furthermore, Zeolite has also been demonstrated to have an anti-carcinogenic function, for instance in cancer bearing mice and canines treatment with micronized Zeolite Clinoptilolite led to an improvement of overall health status, prolongation of lifespan as well as a decrease in tumour size [72]. However, it is yet to be fully determined the mechanism by which Zeolite confers an anti-tumorigenic function, more clinical studies are needed to determine this. Overall based on its structure, properties and therapeutic attributes, the Zeolite Clinoptilolite is therefore an extremely promising candidate not only in removing Graphene Oxide and toxic heavy metals from the human body, but also eliminating the toxic effects produced by Graphene Oxide on a cellular level.

### **Glutathione, N-Acetyl Cysteine (NAC) and Zinc.**

Glutathione is an essential antioxidant molecule in humans composed of amino acids glycine, cysteine and glutamic acid and it functions to protect the integrity of cells by neutralising (reducing) reactive oxygen species (ROS) emanating from free radicals, peroxides, and heavy metals [73-74]. Glutathione is synthesised in the liver and is central to fundamental processes in the body including tissue repair [75], maintaining the integrity of proteins in the body [76-77] as well as assisting in immune system function [78-79]. Glutathione exists in both reduced (GSH) and oxidized forms (GSSG) and being one of the principle reductive agents intracellularly, Glutathione is crucial in regulating oxidative stress levels. In fact, in healthy cells and tissues more than 90% of the Glutathione is in the reduced form [80]. However, Graphene Oxide is known to directly interact with and oxidise Glutathione (GSH) to GSSG [81], this depletion in GSH subsequently increase the level of Reactive Oxygen species (ROS), which has been documented as the principal reason for its cytotoxicity [81-83]. The question then arises, as to how one restores the level of endogenous reduced Glutathione (GSH) after an individual has been inoculated with Covid-19 “vaccines” containing abnormally high quantities of Graphene Oxide? One potential method is via the ingestion of N-acetyl Cysteine (NAC).

N-acetyl Cysteine is the precursor to glutathione and causes the body to produce glutathione and is also able to exert antioxidant effects by reducing the level of free radicals in the body [84]. Furthermore NAC, not only produces the reduced form of Glutathione but binds to the surface of Graphene Oxide particles, preventing GO mediated oxidation of Glutathione [85]. Thus, the sequestering of Graphene oxide particles by NAC enables the restoration of the reduced form of Glutathione levels, resulting in decreasing the levels of ROS and reducing GO mediated toxicity and cellular damage. The aforementioned chelation capability of NAC has also been demonstrated with Mercury, Cadmium or Arsenic since NAC is able to bind and form complexes with these heavy metals reducing their toxicity [86]. In fact, Dr. Ricardo Delgado a biostatistician and member of a group of Scientists and Medical doctors in Spain (La Quinta Columna), has documented preliminary evidence that NAC and Zinc treatment are able to ameliorate magnetism (induced by graphene derivatives and metallic nanoparticles) in patients following inoculation with the Covid-19 Pfizer “vaccine”. He states that “with these two antioxidants (NAC and Zinc), I have helped individuals affected by magnetism after inoculation with two doses of the Pfizer Covid-19 “Vaccines” and after two weeks they are no longer affected by magnetism”. [87]. To detoxify from Graphene Oxide Dr. Jose Luis Sevillano (a family Doctor in France, with 20 years of experience) recommends taking one capsule of NAC (750mg) and two tablets of (25mg) Zinc in the morning to ensure improved absorption in the body [88-89].

Zinc is also known to reduce Graphene Oxide [90-91] and Dr. Sevillano postulates that Zinc could complex with reduced Graphene Oxide, changing its structural composition and inhibiting its toxicity [92]. Zinc one of the most abundant trace elements in the human body, is also able to increase the rate of Glutathione synthesis [93-94], thus suppressing the toxic effect of Graphene Oxide, by reducing the quantity of ROS in the body. Zinc is able to regulate the production of Glutathione by affecting the enzyme responsible for Glutathione synthesis, glutamate cysteine ligase [93]. In fact, it has been demonstrated that treatment of human retinal pigment epithelial cell clones (ARPE-19) with 100-150 mM of Zinc increased the mRNA levels of glutamate cysteine ligase via the nuclear transcription factor Nuclear Factor, Erythroid 2 (NFE-2), this is therefore a mechanism by which Zinc increases the intracellular level of the antioxidant glutathione [94]. Additionally, Zinc is able to indirectly act as a heavy metal detoxifier by upregulating the Metallothionein proteins [95-97]. Metallothionein proteins are able to effectively bind to and sequester heavy metal ions such as Chromium, Cadmium and Mercury, therefore functioning as the principal system of detoxification of heavy metals and conferring protection against oxidative stress [98-101]. Zinc is also able to compete with Iron and Copper in binding to the Cell membrane, this is postulated to reduce the production of free radicals, since Iron and Copper ions catalyse the production of free radicals, whereas Zinc ions are inert and do not partake in this process [102-104].

## **Humic and Fulvic Acids**

Fulvic Acid (FvA) and Humic acid are a group of compounds generated by the gradual decomposition of plants and animals by microorganisms. FvA is a subclass of humus (organic matter), which can be found in the Earth's soils, rock sediments, streams, and lakes. Humic acid is a structure with a similar but larger molecular structure than Fulvic Acid, however unlike Fulvic Acid, which is soluble in water at all pH levels, Humic acid is only soluble in alkaline solutions (high pH). Fulvic Acid is composed of a diverse array of nutrients and active compounds, including trace minerals, electrolytes, fatty acids, silica, prebiotic, and probiotics. FvA's structure is composed of hydrophilic, carboxylic containing molecules [105]. In fact, the molecular structure of FvA, is composed of aromatic organic polymers with multiple interlinking carboxy groups facilitating its ability to release negatively charged hydrogen ions, subsequently neutralising harmful free radicals, and sequestering toxic heavy metals FvA therefore functions as both a heavy metal detoxifier and antioxidant compound [106-107]. In fact, FvA has been utilised in traditional Indian Ayurvedic Medicine in the region of 3000 years [108]. A tar like substance from the Himalayas termed Shilajit, consists of up to 15-20% FvA and according to ancient texts has health promoting properties and has been used to treat digestive and immune system dysfunction [108].

Fulvic and Humic acid are potent heavy metal detoxifiers and has been shown to drastically reduce levels of toxic heavy metals such as mercury [109-110], lead [109, 111] and cadmium [112-113] in multiple human and animal studies [109-113]. For instance, humic acid treatment on humans who had been occupationally exposed to toxic levels of cadmium reduced levels of cadmium in the blood by 17% in six weeks [112]. In addition to decreasing levels of cadmium, humic acid treatments also improved indicators of liver and kidney function [109, 112]. In animal studies Fulvic and Humic Acid have been demonstrated to significantly reduce the absorption of cadmium in rat intestines [113]. Furthermore, dietary supplementation of Fulvic Acid to the Fish Nile Tilapia (who had originally consumed diets high in lead and cadmium), drastically reduced the accumulation of the heavy metals lead and cadmium [114]. Humic acid treatment has also been demonstrated to be effective in removing mercury from pigs. An 87% reduction in the levels of brain mercury compared to controls was recorded in this study, with humic acid treatment increasing excretion of mercury in all organs tested in these animals [109]. Furthermore, both Titanium-dioxide induced oxidative stress and Iron induced cardiotoxicity were significantly reduced by humic acid treatment in animal studies [115-116].

Preliminary evidence also suggests that Humic Acid treatment maybe a potential antidote for Graphene Oxide toxicity, since an *in vivo* study in Zebra Fish embryos demonstrated that Humic acid treatment was able to alleviate cardiac edema and hatching delay in Zebrafish embryos as well oxidative stress and mitochondrial damage induced by GO [117]. Additionally in plants Humic Acid was demonstrated to reverse the phytotoxic effects induced by Graphene (such as decreased biosynthesis of chlorophyll, reduced number of roots and

abnormal morphology of shoots) and this study also showed that HA treatment reduced the aggregation of Graphene, potentially indicating that HA is a potent detoxifier of GO [118]. FvA has also been demonstrated to be a potent antioxidant as well as having the ability to neutralise superoxide free radicals outside of the cell [119], has also been demonstrated to reduce oxidative stress markers after drug-induced myocardial pathology in rats *in vivo* as well as significantly increasing essential antioxidants such as Glutathione (GSH), SOD and Catalase [120].

Overall, there is a strong body of evidence that FvA and HA are potential treatments in detoxifying heavy metals and Graphene Oxide as well as ameliorating associated oxidative stress and pathological damage. HA and FvA as well as being natural mineral sources also increase cell membrane permeability, which enables the transfer of minerals into cells and uptake into the body [121]. There is evidence that FvA is more bioavailable when ingested in a liquid form and about a 12 Drops should be taken at a time with 16-20 ounces of filtered water (since Chlorine acts in a negative way with FvA). Certified organic FvA should be purchased, which does not have chemicals and artificial ingredients is GMO free and free of pesticides. In fact, shilajit, an ancient supplement utilised in Ayurvedic medicine contains up to 85 minerals, and high amounts of Fulvic Acid and Humic Acid [122].

### **Vitamin C**

Albert Szent-Györgyi a Hungarian biochemist, first isolated Vitamin C (L-ascorbic acid) in 1912 and in 1937 received the Nobel Prize in Physiology or Medicine, for this discovery [123]. Vitamin C is a well-established antioxidant, acting as a free radical scavenger as well as being able to reduce lipid peroxidation, it is an essential vitamin which your body cannot produce, and studies have demonstrated that consuming elevated levels of vitamin C can increase your blood antioxidant levels up to 30% [124]. This vitamin C elevated antioxidant level can therefore function to ameliorate oxidative stress damage during ageing and lower the risk of chronic disease linked to increases in oxidative stress [125]. For instance, Vitamin C has been demonstrated to reduce high blood pressure [126], lower the risk of heart disease [127], boost immunity [128] and improve cognitive functions such as cognition and memory upon ageing [129].

There is also an increasing body evidence to suggest that Vitamin C can also function to assist in the heavy metal detoxification process and ameliorate oxidative stress induced damage caused by toxic heavy metals, such as cadmium [130] and lead [131]. For instance, Vitamin C treatment has been demonstrated to reduce oxidative stress and pathological damage induced by cadmium chloride in the lungs and brains of rats [132]. Equivalent protective effects were also observed in the liver, kidney, brain, and testes of rats upon exposure to lead [133]. In humans a drastic decrease in blood levels of lead from  $1.8 \pm 0.05 \mu\text{mol/L}$  to  $0.4 \pm 0.05 \mu\text{mol/L}$  was documented in a cohort of 75 adult male smokers receiving 1 gram of vitamin C daily for one week [134]. Interestingly Vitamin C has also been documented to be a chelating

agent [135] which may account for its ability to reduce the toxic effects of lead and decrease its levels in the blood. Overall Vitamin C is an essential antioxidant to enable the liver to function optimally and eliminate accumulated toxins. If there is a deficiency in Vitamin C, proper detoxification cannot occur, and the liver becomes congested and unable to detoxify the body correctly and efficiently [136].

There is now accumulating evidence that high dosage Vitamin C may have a beneficial impact in cancer therapy. It was first hypothesised that Vitamin C possessed anti-cancerous properties approximately 63 years ago in 1959 by Canadian Physician Dr. William McCormick. Dr. McCormick was one of the first to document those individuals with cancer had extremely low levels of Vitamin C in their tissues, with a 4,500 mg deficiency of Vitamin C [137-138]. Furthermore, he attributed this phenomenon to the fact the Vitamin C is essential for promoting collagen synthesis, which is needed for cells in the body to organise and adhere to one another. Therefore, the premise was that optimal levels of collagen synthesis are necessary to prevent any growing cancer cells from breaking away and metastasising, since they will be strongly bound to the cell. Extending these studies in 1974, Dr Ewan Cameron a Scottish surgeon published the results of a clinical trial on vitamin C treatment in advanced stage cancers of terminally ill patients. Out of a high proportion of the 50 patients he tested, a significant number observed increasing life expectancy and clinical outcome [139].

Subsequently, Dr. Ewan Cameron collaborated with two-time Nobel Laureate and world-renowned Chemist Linus Pauling to conduct clinical trials of 100 patients with terminally cancer treated with high dosage Vitamin C [140]. Their survival rates and disease progression were directly compared with a control cohort of 1000 patients who did not receive Vitamin C treatments. Saliiently all individual parameters were matched to enable a meaningful comparison, such as age, sex, type of cancer and its progression. The results demonstrated that patients treated with Vitamin C had a four-fold in their mean survival time and an improved quality of life [140]. In concurrence with their initial findings, a follow up study carried out by Professor Pauling and Dr. Cameron, demonstrated that 22% of cancer patients undergoing Vitamin-C treatment survived for over a year, compared to the control group, who were not administered intravenous Vitamin-C [141]. An independent clinical trail at the Kamioka Kozan Hospital in Japan gave similar clinical outcomes as above [142].

The Mayo clinical attempted to replicate the results from the clinical trials conducted by Professor Pauling and Dr. Cameron, without success. Unfortunately, they did not administer the Vitamin-C for the treatment of Cancer patients utilising the same Pauling-Cameron protocol. The Mayo-Clinical treated the patients with lower dosage Vitamin C for only 2.5 months (then reverted back to chemotherapy), whereas Pauling-Cameron treated patents for the entire study, which in some cases was up to 12 years. Additionally, the Mayo clinic utilised

only oral Vitamin C (10 g of Vitamin C daily), whereas Pauling-Cameron utilised higher doses both orally and intravenously [143-144, 140-141]. In fact, Dr Mark Levine's group at the NIH in a study published in 2004 in *Annals of Internal Medicine*, found that the high dose vitamin-C administered intravenously to cancer patients in the Pauling studies produced peak plasma concentrations of close to 6mM, more than 25 times higher than the oral Vitamin-C in the Mayo Clinic study, where patients would have produced a peak plasma concentration of just 200 µM [145]. Based on the aforementioned promising clinical studies, over the past decade there has been an increased number of Phase I/II clinical trials documenting the safety and efficacy of high dose Vitamin-C treatment as a treatment for cancer patients [146-148]

## **Vitamin D**

Preliminary studies from Dr. Cole and Dr. Thompson document that previously healthy individuals, are afflicted with a depleted immune system after inoculation with the SARS-CoV2/Covid-19 "vaccine" [20-21]. Therefore, in order to protect against the documented effects of the SARs-CoV2/Covid-19 "vaccine, such as a lowered immunity, an increase in viral infections (such as shingles, HPV and Influenza) and increased incidences of cancer [20-23] it is crucial to maintain an optimally functioning immune system. Since the discovery, isolation, and identification of Vitamin D in 1927 [149] by the German Professor Adolf Windaus (for which he was awarded the Nobel Prize in Chemistry in 1928 [150]), there are multitudes of studies documenting Vitamin D, as a vital component for the correct functioning of the immune system [151-153]. In fact, Vitamin D receptors have been discovered in almost all cells of the immune system, and Vitamin D metabolising hormones are also prevalent in immune cells [151-153].

Once acquired from either sunlight (via UVB waves) or diet, Vitamin D2 and Vitamin D3 are metabolised in the liver to form 25D (25-hydroxyvitamin D), the principle circulating form of Vitamin D. Target immune cells (monocytes, macrophages, and dendritic cells) which express the Vitamin D receptor (VDR) and the Vitamin D activating enzyme CYB27B1 can then utilise 25D for specific immune responses. For instance, in Monocytes/Macrophages the presence of 25D induces anti-bacterial responses to infection [154-155]. In fact, the ancient Greeks utilised Heliotherapy to treat phthisis (tuberculosis - TB). In the modern era Vitamin D has been found to suppress the growth of *M Tuberculosis in vitro* [156] as well as successfully treating TB patients [157-158]. Additionally, Vitamin-D immune mediated responses have also been demonstrated to exert both anti-viral [159-160] and anti-inflammatory activity [161-162]. Vitamin D has been demonstrated to have anti-Viral effects against a diverse array of viruses including Hepatitis C (HCV) [161-162], Respiratory viruses such as Influenza Virus [163-164], RSV [165-166] and Rhinovirus [167-168] as well as Herpes Viruses [169-170] and more recently Human Papilloma Viruses (HPVs) [171-172].

The anti-Viral effects of Vitamin D are exerted via the interaction of Vitamin D with the host immune system. For instance, one of the best characterised immune related functions of



Vitamin D is the production of cathelicidin [173]. Cathelicidins have been found in the majority of cells in the immune system including neutrophils, monocytes, dendritic cells, and macrophages. These peptidases, exert antimicrobial functions by rapidly disintegrating the lipoprotein membrane of microbes, such as fungi, bacteria, and viral pathogens [174]. Moreover, Vitamin D also has the capacity to directly regulate both autophagy and apoptosis by immune cells, one of the mechanisms necessary for the clearance of viral infections [175-176]. In fact, the number of cases of pathogenic (viral, bacterial, and fungal) infections and parasitic infestations, following inoculation with the Pfizer, Moderna, AstraZeneca and Janssen Vaccines was recorded on the 5th June 2022 by EudraVigilance [8-9] as 225,257 (including 4,306 deaths). The EudraVigilance recorded adverse reactions classified as infections, include shingles (herpes zoster), herpes simplex and Human papilloma virus (HPV) and Dr. Ryan Cole has documented drastic increase in all of these viral infections in his previously healthy patients following inoculation with the Covid-19 “vaccine” [177]. The first recorded case of shingles post-covid 19 vaccination was reported in the Las Vegas Dermatology Clinic [178] in February 2021. Therefore, a depleted immune system and the presence of opportunistic pathogenic infections following inoculation with the Covid-19 vaccine highlights the need for intake of essential nutrients such as Vitamin D, which has both immune boosting and anti-viral functions.

Furthermore, Vitamin D immune regulated responses have also been demonstrated to alleviate autoimmune conditions such as Type-1 Diabetes [179], Multiple Sclerosis [180], systemic lupus erythematosus [181], rheumatoid arthritis [182] and inflammatory bowel disease [183]. It is postulated that Vitamin D ameliorates autoimmune conditions by promoting a TH2 non-inflammatory immune response [184-185] concomitantly suppressing a pro-inflammatory TH1 immune response. For instance, Th17 cells are a subset of CD4+ T cells involved in maintaining inflammation and promoting organ specific autoimmunity which can cause tissue damage. However, circulating Vitamin D (25D) suppresses the Th17 cell response inhibiting autoimmunity and tissue destruction [186-187]. Additionally, Vitamin D also maintains Dendritic cells (antigen presenting cells) in an immature state improving self-tolerance and suppressing autoimmunity [188-189]. In fact, following inoculation with the Covid-19 “Vaccine” immune dysfunction which is defined by EudraVigilance at “Autoimmune/autoinflammatory syndrome” was recorded at 40,551 cases on June 5<sup>th</sup> 2022 (including 231 deaths) [8-9].

Finally, Vitamin D was also demonstrated to improve Natural Killer Cell activity, for instance in a Korean study published in *Frontiers in Immunology*, when Vitamin D was at a serum level of 30-39.9 ng/ml compared to less than 20 ng/ml low natural killer cell activity was restored to normal levels in adult males [190]. Additionally in a study published in *Nature Immunology* scientists at the University of Copenhagen found that without sufficient levels of Vitamin D natural killer cells of the immune system, were not able to react and defend against serious pathogenic infections in the body [191]. Therefore, since Vitamin D improves the Natural Killer Cell response, it may assist in alleviating the effects caused by the depletion of the

immune system following inoculation with the Covid-19 “vaccine” including increased incidences of cancer and opportunistic pathogenic infections. In fact, a recent study published in *Plos one* demonstrated that Vitamin D supplementation boosts anti-tumour activity of the innate immune system via the stimulation of Natural Killer cell activity [192].

### **Quercetin**

Quercetin is classified as a bioflavonoid; it is highly abundant in fruits and vegetables and is responsible for the medicinal activity of plants. The name Quercetin is derived from the Latin *quercetum* (meaning Oak forest) and has been in use since 1857. As well as functioning as an antioxidant and reducing cellular and DNA damage by neutralising free radicals [193-194] it also possesses unique biological properties which encompass anti-carcinogenic, anti-viral anti-inflammatory and antioxidant activities [195]. Quercetin also has the capacity to suppress lipid peroxidation, platelet aggregation and clotting as well as promote the formation of new mitochondria (this renews the mitochondrial network, ameliorating oxidative stress and cellular damage caused by mitochondrial dysfunction) [196]. Overall, therefore Quercetin has the potential to alleviate carcinogenesis, blood clotting and subsequent thrombosis, oxidative stress, and inflammation, as well as increased viral infection, that have been widely reported as adverse effects following inoculation with the SARs-CoV-2/Covid-19 “vaccine” [8-11]. Furthermore, Quercetin has been demonstrated to assist in heavy metal detoxification and has the ability to chelate and reduce the toxicity of a diverse array of heavy metal ions [197-198], such as Chromium [199], Cadmium [200], Lead [201], and Iron [202], demonstrated to be present in the SARs-CoV-2/Covid19 vaccines [31-33].

Quercetin being the most prevalent of the flavonoids can be found in a variety of foods including onions, apples, grapes, berries, broccoli, capers, shallots tea and tomatoes. Interestingly the highest concentration of Quercetin can be found in Capers (raw) at 234mg per 100 grams with the lowest concentration being present in black or green tea at 2mg per 100 grams [203]. In fact, it is estimated that the average individual consumes approximately 10-100 mg of Quercetin daily through different food sources [203]. However, Quercetin is also present as a dietary supplement with doses ranging from 500 to 1,000 mg per day, when used to reduce the risk of disease and chronic illness [204-205]. Since Quercetin has relatively low bioavailability (meaning it is poorly absorbed in the body), it is frequently included as a supplement in combination with other compounds such as Vitamin C or bromelain (a digestive enzyme) to improve absorption [206].

In fact, the Quercetin supplement (Quercetin-4-O- $\beta$ -D glucoside), was utilised to improve bioavailability and administered to inhibit platelet aggregation in a clinical pilot study at the University of Reading in 2004. These findings were published in the *Journal of Thrombosis and Haemostasis* [207], where the researchers demonstrated that Quercetin-4-O- $\beta$ -D glucoside potently inhibited platelet aggregation of patients as soon as 30 mins after ingestion [207]. Based on their research the authors concluded that the improved bioavailability of Quercetin

has the capacity to function as a dietary inhibitor of platelet aggregation and subsequent thrombus formation. Additionally, a methylated (more bioavailable) form of Quercetin, Pentamethylquercetin (PMQ) was demonstrated to reduce thrombus formation in mice and inhibit platelet aggregation in human platelet rich plasma cells in a study published in *Scientific Reports* [208]. Additionally, consumption of sources of flavonoids (including Quercetin) have been associated with a lower risk of cancer in multiple epidemiological studies [209-210] and it has been demonstrated that Quercetin treatment can inhibit tumour proliferation in wide diversity of cancers such as prostate, cervical, lung, breast, ovarian and colon [211-216].

## **Melatonin**

The hormone Melatonin was first isolated from bovine pineal glands in 1958 by Dermatology professor Aaron B. Lerner at Yale University [217]. Following on from this initial discovery, it is now well established that Melatonin is produced in the Pineal gland of the human brain and responsible for managing the circadian cycle and natural sleep cycle [218-219]. In fact, in 1975 researchers at the Massachusetts Institute of Technology (MIT) were the first to demonstrate that Melatonin production correlates with the time of day and exhibits a circadian rhythm [220]. However, in addition to its regulation of the sleep cycle Melatonin has also been recognised as a potent antioxidant and this function of Melatonin was first discovered in 1993 by researchers at the University of Texas [221]. They also demonstrated that the administration of Melatonin could delay the ageing process in rodents [222]. Melatonin is able to promote the expression of crucial antioxidant molecules such as superoxide dismutase, glutathione, and catalase [223] and has been shown to be twice as effective as Vitamin E in its antioxidant activity [224].

As a consequence of its potent antioxidant activity, there are a large plethora of studies demonstrating the protective effects of Melatonin against heavy metal toxins. For instance, as well as inhibiting Cadmium induced carcinogenesis in the uterus and mammary glands [225], Melatonin is able to ameliorate oxidative and inflammatory damage in liver cells caused by Cadmium exposure [226-227] as well as reduce Cadmium-induced neurotoxicity [228]. Additionally, Cadmium-induced excess ROS production which leads to pathological damage in the heart, testes, and immune organs as well as disruption of the circadian cycle can all be significantly improved through the antioxidant capability of Melatonin [229-230]. Additionally, Chromium which is also present in the Pfizer, AstraZeneca and Janssen Covid-19/SARS-CoV2 “vaccines” is known to be a potent oxidizing agent and generate ROS, causing damage to liver and kidney cells as well as being carcinogenic and inducing DNA damage [231-234]. However, these aforementioned effects are mitigated by Melatonin treatment, which not only detoxifies free radical generated by Chromium (III) and Chromium (VI) ions, but also promotes the formation of harmless Chromium complexes through binding of ions, which suppress their toxicity [235-236]. Finally, Melatonin treatment has also proved beneficial in alleviating lead induced neurotoxicity [237-238] (hippocampal memory deficits and motor

dysfunction), genotoxicity [239] and gonadal toxicity [240]. The primary mechanism Melatonin mitigates lead-induced toxicity is through increasing lead excretion and inhibiting its accumulation by upregulating metal transporters which facilitate the removal of toxic heavy metals out of the cell [241].

Furthermore, Melatonin has also been demonstrated to function as an anti-Cancer treatment. In fact, patients suffering from Colorectal Carcinoma exhibited significantly lower plasma melatonin levels during the night [242]. Additionally, Melatonin treatment stabilised the cancer of patients with metastatic lung and colorectal tumours and improved their condition and general health [242-243]. Clinical studies in humans, animal studies and *in vitro* studies have all demonstrated that Melatonin treatment decreases metastasis, tumour growth and angiogenesis in a wide diversity of cancer cell types including Breast [244-245], Cervical [246-247], Ovarian [248-249], Lung [250-251] and Prostate [252-253]. It is postulated that Melatonin operates through suppressing metastatic cancer growth via inhibiting the proliferation of tumour cells by blocking pro-oncogenic signalling pathways [254]. Melatonin is also able to inhibit tumour formation by suppressing angiogenesis (disrupting tumour blood vessel formation) and reducing levels of VEGF a factor critical for promoting angiogenesis [255-256]. Finally, Melatonin treatment is not only able to promote the upregulation of tumour suppressor genes p21 and p53 but also reduces the number and integrity of cancerous cells by promoting pro-apoptotic pathways (molecules that can cause the death of cancer cells) [257-258]. Melatonin may be taken in doses of 0.5 -5 mg per day, depending on your medical condition and on recommendation of a medical practitioner [259].

### **Olive Leaf extract**

Since ancient Greek times the Olive Tree was well known for its remedial properties and Hippocrates is known for having prescribed olive oil for treating skin conditions, respiratory ailments, and digestive problems [260]. In fact, there is a plethora of studies that demonstrate the antioxidant, anti-inflammatory and cardio-protective activities of oleuropein, a biophenol predominantly found in olive leaves [261-264]. On top of this olive leaf phenols has also been demonstrated to be anti-thrombotic by inhibiting platelet activation [265], a key step in pathological thrombosis and reduce platelet aggregation by decreasing the production of thromboxane (a substance made by the platelets that causes blood clotting and constriction of the blood vessels [266-267]).

The fundamental ingredients of olive leaves, such as indole-3-acetic-acid, a (plant hormone), flavonoids principally luteolin and apigenin and the phenolic compounds Oleuropein and Verbacoside, derivatives of Hydroxytyrosol, (HT) bestow OLE with a natural anti-cancerous function. For instance, Olive leaf phenols Oleuropein and HT have been demonstrated to exert potent anti-cancerous activity in both cellular models of breast and prostate cancer [268-272]. These findings have consistently reported that Oleuropein selectively eliminates

cancerous cells by inducing cell death and suppressing proliferation, while not impacting on healthy non-cancerous cells. Interestingly luteolin and apigenin have also been demonstrated to suppress prostate and breast cancer, [273-276] as well as suppressing cancerous activity in lung, colon and glioblastoma cell models [277-282]. Finally, indole-3-acetic-acid has been demonstrated to induce apoptosis of prostate cancer and human melanoma cell lines [283-284] and more recently it is being considered as a serious candidate for lung cancer therapy due to the numerous molecular mechanisms by which it can disrupt and suppress the formation of tumorigenic cells [285].

Olive leaf extract (OLE) has been demonstrated to provide cryoprotection against heavy metal toxicity in both *in vivo* and *in vitro* studies [286-288]. For instance, OLE has been shown to protect kidney cells from Cadmium, a heavy and extremely toxic metal that can accumulate in vital organs as a result of contamination of air, food and water and disrupt their physiological functions. Cadmium induced toxicity in cultured mammalian renal cells lead to an increase in ROS production, disruption, to the cytoskeleton architecture and severe DNA damage. Strikingly all these cellular dysfunctions induced by Cadmium treatment were fully reversed with the administration of OLE [286]. Lead another highly toxic heavy metal that has also been shown to be present in the covid19 experimental “vaccines” has been demonstrated to cause brain injury as well as exerting cytotoxic effects on the blood, spleen, hippocampus [289-291] and in the liver [292] in mouse models *in vivo*. All the aforementioned effects in the vital organs and red blood cells could be fully reversed upon application of OLE and in the brain (principally the capillary and neurons). OLE is able to accomplish this dramatic cryoprotection against lead induced poisoning by downregulating apoptotic genes and increasing the expression of major free Radical scavengers such as Superoxide Dismutase and Catalase [288-292].

The essential nutrients contained within Olive leaves, such as Zinc, Vitamin C, Arginine Selenium, and phytochemicals also confer it with natural anti-Viral and immune enhancing properties [293-294]. For instance, Zinc and Vitamin C, have been well established for the capacity to shorten the duration of respiratory tract infections and have been demonstrated to interfere with the capability of viruses to replicate and enter into the host cell [295-298]. In fact, it was originally reported in 2007 that the phytochemical present in olive leaf extract disrupt the ability of such as Cold Viruses and Influenza to replicate and cause infection [299]. Furthermore, olive leaf extract has been demonstrated to exhibit anti-viral activity against Herpes Simplex Virus Type-1 [300] the rhabdovirus VSHV [301] and HIV-1 [302-303] and the capacity of oleuropein and HT to suppress the formation of virus-host protein complexes, indicated that is potentially an effective agent against Ebola, measles virus and respiratory associated coronaviruses, which also contain similar type-1 membrane glycoproteins. Additionally olive leaf extract has been demonstrated to upregulate the numbers of CD8 +ve, Natural Killer cells and interferon- $\gamma$  [304], therefore OLE can be categorised as an immune boosting agent.

## **Pine Tree Oil**

The therapeutic benefits of the pine tree were first introduced to Europeans through the indigenous people of Quebec, Canada, who taught French explorer Jacques Cartier and his men in 1535 that pine needle tea (made from pine tree needles and bark) were an effective remedy against Scurvy (which is caused by Vitamin C deficiency) [305]. Furthermore, Pine needle oil has been demonstrated to have anti-Cancer effects in traditional Chinese Medicine [306-307] as well as possessing antioxidant and anti-microbial activities [308-309]. Alongside high levels of Vitamin C, pine tree oil also contains essential nutrients such as flavonoids, procyanidins and proanthocyanidins. There is now a growing body of evidence that components of Pine Tree Oil are effective in the treatment of a variety of cancers. For instance, a Paper published in *Prostate* in 2008 demonstrated that proanthocyanidins are able to prevent the proliferation of the human cancer cell line LNCaP and kill these type of cancer cells [310].

More recently a study published in *Experimental and Therapeutic Medicine* in 2018 demonstrated that Pine Needle Oil treatment suppresses the proliferation of the Human Cancer Liver Cell line (HepG2) [311]. These findings are consistent with and follow up on the pioneering work carried out in the Institute of Ageing, Seoul National University in South Korea who published their research in 2006 in the *Journal Nutritional Cancer*. As well as demonstrating that Pine Tree Oil exhibited potent Antioxidant activity, they also proved that Pine Tree Oil treatment prevent the growth of cancer cells in human breast cancer cells (MCF-7), human gastric carcinoma cell line (SNU-638) and the human leukaemia cells (HL-60 cell line) [312]. They supplemented these *in vitro* studies with *in vivo* animal studies and demonstrated that Pine Needle Oil treatment could alleviate tumour formation in both Mice Sarcoma Cell and in a rat mammary tumour model. In fact, Dr. Freda Branyon, a Doctor of Naturopathic Medicine with 38 years of experience in the medical profession, highlights the importance of Terebinthine Pine and its anti-Cancer effects? Terebinthine Pine derived from the Greek work meaning resin, *τερεβινθίνη* was originally used by the ancient Egyptians and Greeks as an elixir and Dr. Branyon states “It helps to mitigate adrenal fatigue and balance hormone production. It is turpentine pine resin that is among the most regarded anti-cancer remedies in ancient folklore, showing benefits in cancers of the liver, breast, spleen, rectum, tongue and even more” [313].

## **Cilantro, Chlorella and Spirulina**

Chlorella and Spirulina are forms of algae that have been demonstrated to have a wide plethora of health benefits including reducing the risk factors of heart disease and improving the regulation of blood sugar levels [314-317]. Both contain a wide diversity of nutrients including Proteins, Omega-3 Fatty acids, and Iron [318-321], with both algae containing high levels of antioxidants [322-323]. Interestingly Chlorella and Spirulina both exhibit Metal detoxification functions [324-325]. Spirulina a photosynthetic cyanobacterium (classified as a blue-green algae), consists of higher levels of Chlorophyll (over 10x more than wheat grass),

which is known to have an extremely high capacity to absorb heavy metals [326]. Furthermore, Spirulina is able to operate as a heavy metal chelator, due to the relatively large surface area of Spirulina cells, which can bind toxic heavy metals to facilitate their removal from the body. Spirulina is known to alleviate experimentally induced heavy metal toxicity in a variety of pre-clinical paradigms and numerous preclinical studies exist demonstrating the protective effects of Spirulina against arsenic, cadmium, lead, and mercury toxicities [325]. For instance, in male mice Spirulina treatment was able to mitigate Cadmium-induced reproductive toxicity and improve the motility and viability of spermatozoa [327]. Additionally, DNA damage and Chromosomal aberration induced by Cadmium treatments in rats, was reversed after Spirulina treatment, with Chromosomal defects and DNA fragmentation being drastically reduced [328].

Similarly, Chlorella is also a potent heavy metal detoxifier and like Spirulina its detoxification *modus operandi* is due to its high chlorophyll content. In fact, it is one of the highest currently known with 3 grams of Chlorella (the average recommended dose per adult) providing approximately 100 mg of Chlorophyll per day [329]. However, for heavy metal detox a typical dosage of 20-30 grams of Spirulina or Chlorella is recommended, which should subsequently be reduced to a maintenance dosage of 3-6 grams per day after successful heavy metal detoxification [330]. It is also important to find a natural uncontaminated supplier of Spirulina or Chlorella (free from additives and heavy metals). In fact, Chlorella as part of a combination treatment with *Fucus spiralis* (a species of seaweed/brown alga), was able to substantially reduce heavy metal levels in patients with long-term Titanium implants and Amalgam Fillings such as Mercury, Tin, and Lead [331]. Additionally in animal studies Chlorella treatment was found to protect against Cadmium-induced liver toxicity in male rats by reducing Cadmium levels and increasing levels of metallothionein [332-333], which are known to complex with heavy metal ions and assist in their excretion from the cell [333].

Cilantro a herb from the fresh leaves of the coriander plant (*Coriandrum Sativum*), is a quintessential herb in numerous Mexican, Indian, and Middle Eastern recipes and is known for its extremely potent heavy metal detoxification activity. Cilantro is able to alter the electric charge on intracellular deposits of heavy metals to a neutral state, which loosens their bond to body tissue enabling the toxic heavy metals to be excreted from the body. In fact, in 2005 health care researchers from The Optimal Wellness Test Research Centre in Nevada in Clinical studies demonstrated that an oral Chelation formula of both Cilantro and Chlorella was able to remove multiple heavy metals from the body. The study showed that with the Cilantro/Chlorella combination treatment 87% of lead, 91% of mercury and 74% of aluminium were chelated within a period of 42 days. Furthermore, the majority of subjects exhibited a drastic reduction in lead levels (100%), mercury levels (100%) as well as aluminium levels (92%) [334]. These human clinical studies have also been confirmed in animal models where treatment with *Coriandrum Sativum* leaf extract (Cilantro) decreased heavy metal concentrations of iron, cadmium and arsenic in the kidneys of mice [335].

## Ivermectin.

Ivermectin is derived from the Avermectin family of compounds which were first discovered by Satoshi Omura of Kitasato University and William Campbell of Merck & co. In fact, Satoshi Omura was the first to isolate the bacterium *Streptomyces avermitilis* in 1970, which he obtained from woodland soil on the southeast coast of Honshu, Japan. William Campbell then demonstrated that the bacterial culture could cure mice infected with *Heligmosomoides* (an intestinal parasitic roundworm, [336]). Following the use of the derivative Ivermectin as a veterinary wide-spectrum anti-parasitic in 1981 [336], Ivermectin was subsequently used in humans as a broad-spectrum drug for the treatment of nematodes and arthropod parasites and has been successfully used to treat river blindness and lymphatic filariasis (caused by parasitic filarial worms), since it was first registered for human use in 1987 [337]. As a result of its beneficial impact to humanity in 2015 the Nobel Prize for Physiology or Medicine was awarded both to William Campbell and Satoshi Omura [338].

In fact, both Dr. Phillippe Van Wellbergen, a physician with 40 years of clinical experience with a private practice in the world-famous Harley Street London and Dr. Zandre Botha (a health practitioner with a PhD in alternative medicine) both recommended the use of Ivermectin in a Covid-19 “vaccine” detoxification protocol [339-340]. Dr. Zandre Botha documented a significant improvement in the health condition of her patients and a reversal of blood cell aggregation induced by the Covid-19 “vaccine, following treatment with vaccine detoxification protocols which included Ivermectin (see Vaccine detoxification protocols below). The therapeutic potential of Ivermectin as part of a vaccine detoxification treatment, could stem from its multipurpose usage both as an anti-parasitic treatment (Parasites have been identified in the Covid-19 Pfizer Vaccine, see Section: The Presence of Parasites in the SARS-Cov-2/Covid-19 vaccine [31]) and as an inhibitor for binding of the toxic spike protein (produced in the SARS-Cov-2/Covid-19 vaccines) to ACE-2 receptors [341] in the human vital organs. This could potentially alleviate the pathological damage caused by trillions of spike proteins (produced by the Pfizer and Moderna mRNA “vaccines” and the spike proteins produced in the DNA form by AstraZeneca and Janssen Covid-19 “vaccines) on the blood vessels, the heart, lungs, and brain (see section Spike Protein Toxicity after administration of the Covid-19 “vaccine”, [31]).



## Detoxification Protocols following inoculation with the SARS-Cov-2/Covid-19 “vaccine”

*Dr. Zandre Botha*

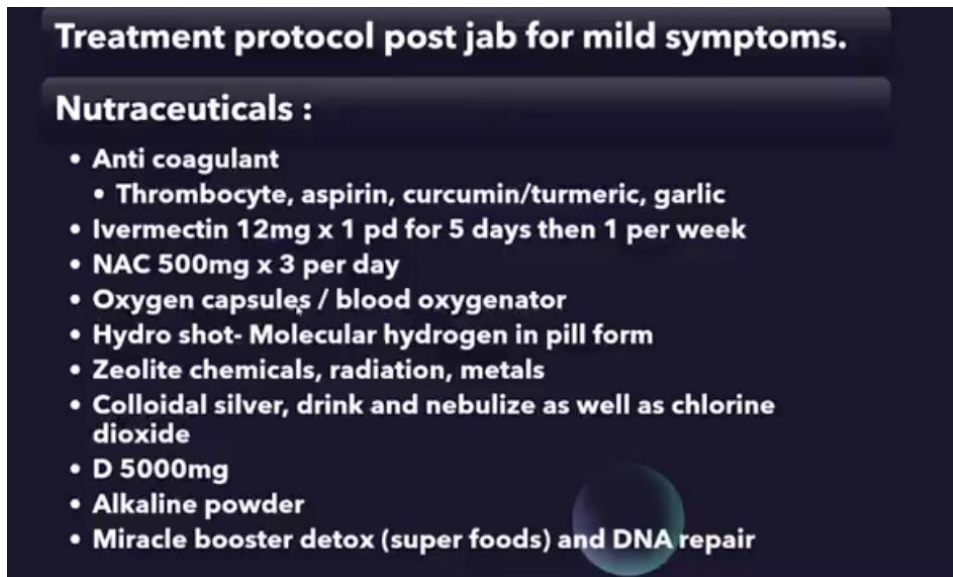
### Excerpts from Interview with Stew Peters [340]:

Stew Peters: Dr Zandre Botha is in South Africa, she has seen a whole host of negative symptoms in her vaccinated patients: Blood Clots, Arthritis flare-ups, hypertension, heart attacks and worst of all metastatic cancer in vaccinated patients who were previously in remission, but Dr. Botha says that there are reasons to be optimistic. She believes she may have developed a therapy that can improve her patients clotting blood...So let's talk about this shot, the bioweapon being falsely referred to as a vaccine. You have seen some horrible side effects of people that have been vaccinated, but we have some positive news here today you have found a therapy that is helping to improve what you are seeing in the blood of you vaccinated patients.

Dr. Zandre Botha: So, yes for me it is just heart-breaking that 100% of my cancer patients, who took the shot...100% of them that were in remission are now completely out of remission and the cancer came back not even like before, it has completely spread. So, it's really been devastating and like I say I am not removed from the situation, I do see these patients and I say God there has got to be some sort of resolution...so the Caring Workers Healthcare Coalition got together, and we had a health summit, we had multiple round table meetings. So, this is a group of doctors all over the world, who had multiple meetings and compared notes... So, for the treatment protocols there are two parts, one is nutraceuticals, so its medicines (higher doses of natural products) and there is also a therapeutic part.

So, for the treatment Protocols, I am talking about Post-jab and this is for mild symptoms. Obviously, I am treating my cancer patients, my hypertension patients and the people who are in serious danger, I am treating a little bit more aggressively, but this is for every person that has taken the jab has woken up and said, dear God, I repent and need help. So, this is the protocol for them (**Figure 1**). So, first of all we do see red blood cell aggregation in each and every person. So, the first thing that need to happen is an anti-coagulant. I use a product called **Thrombocyte** and a natural product for an anti-coagulant is **Curcumin, turmeric, garlic**. This has to be given in high dosages and then at least if you are not allergic to Aspirin, an **Aspirin** so that your blood does not clot as much. Then **Ivermectin**, my Ivermectin protocol is 12mg, 1 per day for five days then 1 per week. I also give high dosages of NAC, very safe at three times a day at 500 mg. That is going to detoxify the Liver. I also give a blood oxygenator; I do something called **Hydro-shots**, which is molecular Hydrogen in pill form, which is wonderful for severe oxidative stress. I give one of the biggest things people should get their hands on is something called Zeolite. **Zeolite** can actually detox Chemicals, Radiation and Metals, which kind of ticks three major boxes for me when it comes to this jab. Silver, you get a **nano-colloidal Silver** I would advise my patients to drink it as well as **Chlorine Dioxide** such a wonderful product, I have started to introduce into my practice. Vitamin D, 5000 mg I do an alkaline powder since people's hearts are severely compromised. Alkaline powder is not just good for the heart, since acidity will cause lots of excess problems for the heart. I also do a

product I developed called my Miracle booster, but that actually repairs DNA. But what is inside this is a combination... it is you super foods **Spirulina**, **Moringa**, **Black Seed**...I also do a product in their called Barley I also do a **Beetroot Powder**, ...that is going to help to boost your Iron levels which is vital for Oxygen transport. Mild symptoms are fatigue and congestion, but they do not know that they are fatigues because they are not getting oxygen into the heart and the brain. So, people should not be ignoring fatigue symptoms at all.

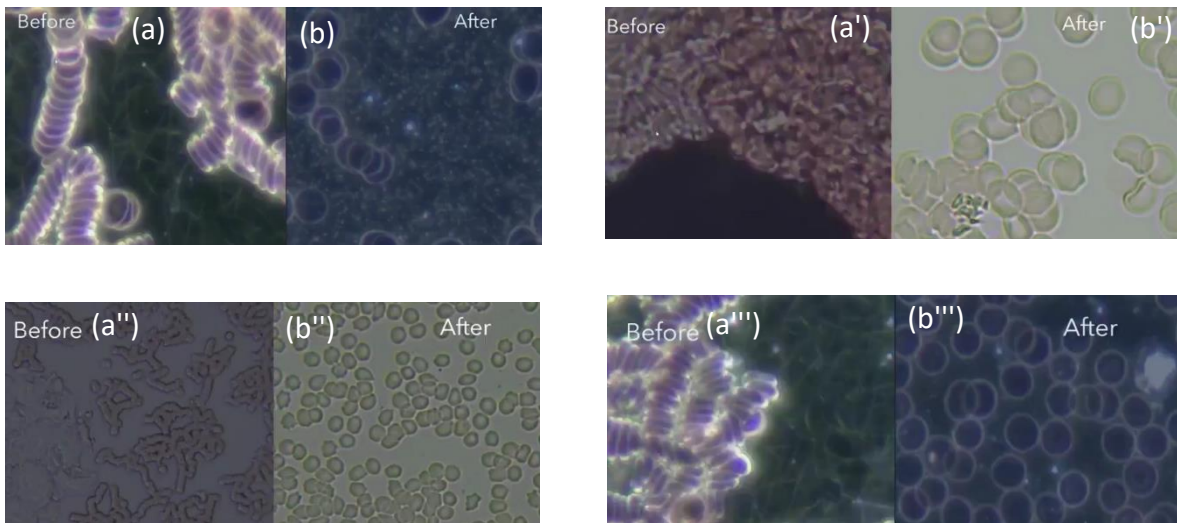


**Figure 1. Treatment Protocol Post-Covid 19 vaccination by Dr. Zandre Botha.** Dr. Botha gas developed a combination treatment consisting of Nutraceuticals, for her patients who were previously health and following inoculation with the Covid-19 vaccine, suffered fatigue as well as demonstrating abnormal aggregation of their red blood cells.

Stew Peters: Lets take a look at these blood samples and tell me what you are seeing here?

Dr. Zandre Botha: Ok...So let me talk about therapy as well, combined ...This has made all the difference. I mainly focus on four different treatments, and they are targeted treatments. One is called Molecular Hydrogen. Then Ozone therapy intravenous or in the pod. Ozone is brilliant for detoxification and cell renewal. The I do a product called **RIFE therapy**...I focus on DNA and ATP repair...because that is going to help and restart the mitochondria of cells, which is vital, and we also do **coMra laser therapy** which works on stem cells. So, it's quite intense, so this is what I used on my cancer patients and people who have had severe effects.

So, we ran this (treatment) for six months and I monitored the blood (**Figure 2**) and also checking with my patients in regard to symptoms and there was such a wonderful improvement. They started to report that they were feeling better after about 3-4 weeks on the treatment protocol, with the Medicines. So, a lot of people are feeling better just with the Medicines (Figure 1) and then we upped our approach with the therapies as well and that I believe, is making a massive, massive difference in the bloods of the people (vaccinated individuals) and also with their symptoms.




**Figure 2 -Micrographs of red blood cells of patients following inoculation with the Covid-19 “vaccine” (left panels) and after six months of treatment with Covid-19 “vaccine” detoxification therapy (right panels).** The left panels (a, a', a'' and a''') are micrographs of blood smears taking from patients following inoculation with the Covid-19 “vaccine”. Severe red blood cell aggregation is clearly visible, in all panels and the rouleaux “stacking” phenomenon, can be observed at a single cell level in panels (a and a'''). Following six months of treatment with Dr. Botha's nutraceutical combination and therapy red blood cells exhibit a healthy rounded morphology (right panels – b, b', b'' and b''') and no longer display an abnormal aggregated phenotype.

## Post-Covid Jab Supplement Guide

Dr. Naseeba Kathrada is a general practitioner who obtained her Medical Degree (MD) University of KwaZulu-Natal - Nelson R. Mandela School of Medicine in Durban, South Africa. She is founder of the Health Care Workers Coalition (HCWs) in South Africa and a principal member of the World Council for Health. She has developed a post-Covid jab detox guide, which lists the essential supplements needed to alleviate the adverse reactions suffered following inoculation with the Covid-19 “vaccine” [342].



# Post Covid Jab



## SUPPLEMENT GUIDE



### PINE NEEDLE TEA

SURAMIN - ACTIVE EXTRACT

**ABOUT**

Sipping pine needle tea could give your immune system a much-needed boost. Back in the day, sailors used to drink pine needle tea to protect from scurvy. Pine needles are bursting with vitamin C, with 4 to 5 times more per serving than a glass of orange juice!

**BENEFITS**

Suramin is used to treat African sleeping sickness and river blindness. Also used for autism and is noted to help the body through post-medical procedures, both complex surgeries and simple ones. Suramin is believed to be particularly helpful for blood clots. Historically, Native Americans used pine needle tea as an expectorant and decongestant – to expel mucus and phlegm, thus eliminating bacteria and other pathogens in the lungs. Traditionally, pine needles have been used as a way to soothe arthritic joints by relieving pain.

**PROPERTIES**

- AntiOxidant
- AntiViral
- AntiParasitic
- AntiCoagulant
- Mood Stabiliser
- Weight Management
- AntiInflammatory
- Analgesic
- Clears Sinuses
- Expectorant



### TURMERIC

CURCUMIN - ACTIVE EXTRACT

**ABOUT**

There are over 10 000 peer reviewed published articles that prove the benefits of turmeric - especially curcumin. Turmeric is arguably the most powerful herb on the planet at fighting and possible reversing disease.

**BENEFITS**

Ayurveda and Traditional Chinese Medicine Practitioners have been prescribing turmeric and its extracts as part of holistic protocols for thousands of years. Studies show the use of turmeric greatly reduces instances of platelet aggregation and potentially reduces the risk of blood clots. Arguably, the most powerful aspect of curcumin is its ability to control inflammation as it contains several anti-inflammatory compounds. It has been used successfully for the treatment of arthritis, diabetes, scabies, acne scarring, IBS, high cholesterol, obesity, liver detox and is now being researched for pancreatic and prostate cancer.

**PROPERTIES**

- AntiCoagulant
- AntiInflammatory
- Analgesic
- AntiDepressant
- Skin Health
- AntiScarring
- AntiDiabetic
- AntiParasitic
- AntiBacterial
- AntiFungal
- Cardio protective
- Good gut health



### ZEOLITE

CLINOPTILOLITE - COMMONEST TYPE

**ABOUT**

Zeolite is a complex mineral which forms in the contact of volcanic lava and water. Zeolite is a 100% natural volcanic mineral compound that contains more than 60 trace minerals and 12 amino acids.

**BENEFITS**

Tiny cages enable zeolite to act as a “molecular sieve,” filtering molecules based on their particle size. Negative surface charge loosely binds minerals – such as sodium, potassium, and calcium – and replaces them with large ions and heavy metals. In other words, zeolite can pick up plenty of “bad stuff” like viruses, environmental toxins, pesticides, free radicals, heavy metals (cadmium, mercury, lead and arsenic) and replace it with “good stuff”. The body doesn’t absorb Zeolite, so it passes through and out of your system in 5 to 7 hours - it takes the trash along with it. Studies also suggest that zeolite helps treat HSV, Hepatitis C, colds and flu. It removes free radicals, helps maintain an alkaline pH between 7.35 and 7.45, which promotes healthy brain and immune function. Zeolite improves skin quality and fights the visible signs of ageing.

**PROPERTIES**

- AntiOxidant
- AntiCoagulant
- AntiFungal
- ProBiotic
- Heavy metal detox
- Mood Stabiliser
- Hangover reduction
- Anti depressant
- AntiInflammatory
- Skin Health
- Oral Hygiene
- Liver Detox



### NIGELLA SATIVA

BLACK SEED/KALONJI

**ABOUT**

Nigella Sativa seeds have been used for over 2000 years for their aroma and flavor in cuisines as well as their reported health benefit properties. In fact, archaeologists found black seeds in King Tut’s tomb and the Prophet Muhammad once touted black seed oil extract as a “cure for every disease except death.”

**BENEFITS**

As more and more studies start to surface, it becomes quite apparent that this ancient seed from the Nigella sativa plant may have a profound impact on your health and wellbeing. Through the support of cognitive function, liver health, digestive health, and metabolic function; it is definitely making a case for quite a strong supplement for overall health. Research shows that antioxidants can have a powerful effect on health and disease. In fact, some studies indicate that antioxidants may protect against several types of chronic conditions, including cancer, diabetes, heart disease and obesity. Anecdotal research alone shows many users of Nigella Sativa reporting feelings of elevated mood, sleep support, less brain fog, feeling more present, healthy stress levels, and supporting cognitive performance.

**PROPERTIES**

- Immune Booster
- AntiOxidant
- AntiInflammatory
- AntiBacterial
- Lowers Cholesterol
- Stabilises Blood Sugar
- AntiHypertensive
- Cardio-Protective
- Analgesic
- Supports Gut Health
- Improves Memory
- AntiStress

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# Post Covid Jab

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## SUPPLEMENT GUIDE



### HYDROGEN PEROXIDE

USE FOOD GRADE H2O2

#### ABOUT

Known in medical terms as oxidative therapy or bio-oxidative therapy, hydrogen peroxide is a simple, well-studied, and useful molecule for a range of medical and sanitary applications. Hydrogen peroxide (H2O2) contains one more atom of oxygen than water (H2O) and is naturally produced in the human organism as a by-product of oxygen metabolism.

#### BENEFITS

Knowledge of the antiseptic effects of hydrogen peroxide (H2O2) dates back to the late 19th century, and its mechanisms of action has been amply described. Given its anti-infective and oxygenating properties, hydrogen peroxide may offer prophylactic and therapeutic applications for responding to the COVID-19 pandemic. H2O2 has been used in treating numerous diseases including scarlet fever, diphtheria, runny nose, coryza, whooping cough, asthma, hay fever, and tonsillitis. Specifically for viral diseases that attack the respiratory system, the first reported medical success using hydrogen peroxide therapy dates back exactly 100 years, when The Lancet showed how intravenous H2O2 was successfully used to treat a group of patients with influenza during the 1918-1919 Spanish Flu pandemic in the Mesopotamian valley. The mortality was reduced by half.

#### PROPERTIES

- AntiViral
- AntiBacterial
- Clears Sinuses
- Topical Acne Rx
- Topical Ulcer Rx
- Detox Bath Rx
- Sanitizer
- Stain Remover especially blood



### CHLORINE DIOXIDE

ClO2

#### ABOUT

Chlorine dioxide is a gas and must be produced at the time of use. The most common and simple method for producing chlorine dioxide gas is a process of mixing sodium chlorite (NaClO2) and an acid activator. When these two substances are mixed, chlorine dioxide gas forms. The gas is a very simple and tiny molecule and contains one chlorine atom (Cl) and two Oxygen atoms (O2).

#### BENEFITS

#### PROPERTIES

ClO2 is extremely soluble in water and does not create chemical bonds. It can be used to safely and effectively purify water while completely deactivating viruses, bacteria, fungi, and some parasites. It even neutralizes many toxins, pesticides, herbicides, and pharmaceuticals that contaminate drinking water. Alcid, a patented ClO2 is used for treating wound disinfection, donated human blood and blood component disinfection, an oral rinse for prevention and treatment of infection, formulations for anti-inflammatory diseases including psoriasis, fungal infections, eczema, dandruff, acne, genital herpes, and leg ulcers. Other products included topical applications for preventing and treating bacterial infections. Also under development were systemic anti-inflammatory formulations and methods for reducing inflammation in tissues such as the bowel, muscle, bone, tendon and joints.

- AntiViral
- AntiBacterial
- AntiParasitic
- AntiFungal
- Anti-Dandruff
- AntiInflammatory
- Treats Candida
- Sanitizer
- Food Disinfectant



### QUERCETIN

NATURAL & SUPPLEMENT

#### ABOUT

Quercetin is a natural pigment present in many fruit, vegetables and grains. It's one of the most abundant antioxidants in the diet and plays an important role in helping your body combat free radical damage, which is linked to chronic diseases.

#### BENEFITS

#### PROPERTIES

The beneficial effects of flavonoids like quercetin come from their ability to function as antioxidants inside your body). Antioxidants are compounds that can bind to and neutralize free radicals. Free radicals are unstable molecules that may cause cellular damage when their levels become too high. Damage caused by free radicals has been linked to numerous chronic conditions, including cancer, heart disease, and diabetes. Quercetin is the most abundant flavonoid in the diet. It's estimated that the average person consumes 10-100 mg of it daily through various food sources. Foods that commonly contain quercetin include onions, apples, grapes, berries, broccoli, citrus fruits, cherries, green tea, coffee, red wine, and capers. It's also available as a dietary supplement in powder and capsule form.

- AntiOxidant
- AntiAllergy
- AntiInflammatory
- AntiHypertensive
- Used for rhinitis
- Immune Booster
- Cardio-Protective
- Neuro-Protective
- Anti-Ageing
- Enhances exercise performance



### ARTEMESIA

ARTEMESIA ANNUA

#### ABOUT

Artemisia is a large plant family with numerous varieties, all of which have exceptional healing properties. We are going to focus on artemisia annua, also known as Sweet Annie or Sweet Wormwood. This is not to be confused with artemisia absinthia, also known as "Wormwood."

#### BENEFITS

#### PROPERTIES

High in antioxidants, artemisia annua is a potent immune system fortifier and has a long record of reducing fevers and other ailments. It has been proven around the world to be an effective treatment for malaria and the first SARS corona virus. Artemisia annua so effectively reduces inflammation, that it can keep our bodies from producing an over abundance of defensive cytokines, avoiding potentially life-threatening "cytokine storms." In Traditional Chinese Medicine, artemisia is known as Qing Hao and has been used specifically to treat fevers. Africa, too, has millennia of history using artemisia annua as a powerful anti-malarial folk remedy. It is also used to treat the deadly African Sleeping Sickness,

- AntiBacterial
- AntiHelmentic
- AntiRheumatic
- AntiMalarial
- AntiSpasmodic
- AntiPyretic
- Alleviates menstrual disorders
- Hepatitis Rx
- Cancer Fighting
- Cardio-Protective
- Diuretic

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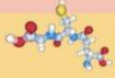




# Post Covid Jab

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## SUPPLEMENT GUIDE



### GLUTATHIONE ABOUT

Glutathione is an antioxidant produced in cells. It's comprised largely of three amino acids: glutamine, glycine, and cysteine. Glutathione has superb antioxidant potential. It scavenges free radicals throughout the body and recharges other antioxidants, thus preventing chronic diseases.

#### BENEFITS

Glutathione, often referred to as "the mother of all antioxidants," is one of the most talked-about supplements in the healthcare industry. It has a range of benefits that include enhancing heart, liver, and brain health. Glutathione levels in the body may be reduced by a number of factors, including poor nutrition, environmental toxins, and stress. Its levels also decline with age. Glutathione is equally important for the regeneration of other antioxidants your body needs, such as vitamin C and vitamin E. It increases your overall antioxidant defense, a task that can never be accomplished just with one substance. In addition to being produced naturally by the body, glutathione can be given intravenously, topically, or as an inhalant. It's also available as an oral supplement in capsule and liquid form

#### PROPERTIES

- AntiOxidant
- Enhances Detox
- Mitochondrial Support
- Liver Support
- AntiInflammatory
- Used for psoriasis
- Used for Insulin Resistance
- Anti-Ageing
- Skin Brightening
- Brain & mental health support



### NAC N-ACETYL CYSTEINE

#### ABOUT

N-acetyl cysteine (NAC), as a nutritional supplement. NAC is a precursor of L-cysteine that results in glutathione elevation biosynthesis. It acts directly as a scavenger of free radicals, especially oxygen radicals. NAC is a powerful antioxidant.

#### BENEFITS

This drug is not found in natural sources, although cysteine is present in some meals like chicken and turkey meats, garlic, yogurt, and eggs. NAC is a well-tolerated mucolytic drug that mellow tenacious mucous discharges. It is also recommended as a potential treatment option for different disorders resulted from generation of free oxygen radicals. A review on NAC literature shows that this agent is a safe and well-tolerated supplementary drug without any considerable side effects. It is an antioxidant with a free radical scavenger property. It has been used as a beneficial drug treatment for some disorders such as polycystic ovary syndrome, acetaminophen toxicity, RPL, chronic bronchitis, ulcerative colitis, liver cancer, muscle performance, hemodialysis, asthma, Alzheimer's and Parkinson's.

#### PROPERTIES

- Replenishes Glutathione
- AntiOxidant
- Enhances Detox
- Liver Support
- AntiInflammatory
- Used for Insulin Resistance
- Brain & mental health support
- Used for Infertility
- AntiCoagulant



### MSM METHYLSULFONYLMETHANE

#### ABOUT

Methylsulfonylmethane (MSM) is also called dimethyl sulfone, DMSO<sub>2</sub>, methyl sulfone, and many other names. It is an oxidation product of dimethyl sulfoxide (DMSO) and a source of sulfur for producing the amino acids methionine and cysteine. MSM is a water soluble white, odorless, crystalline compound that contains 34% elemental sulfur

#### BENEFITS

MSM can be found in foods like milk, coffee, tomatoes and chard. Supplemental form can be taken by mouth or applied to the skin. One of the most popular uses of MSM is to decrease joint or muscle pain. It has been shown to benefit those with joint degeneration, a common cause of pain in the knees, back, hands and hips. Research shows that it may also be helpful in lowering inflammation, improving skin health by acting as a sulfur donor, decreasing allergy symptoms and speeding recovery after exercise. Additionally, some evidence suggests that MSM may have cancer-fighting properties. It can enhance the effectiveness of other common supplements used to treat arthritis such as glucosamine sulfate, chondroitin sulfate and boswellic acid. MSM increases glutathione levels as well.

#### PROPERTIES

- AntiInflammatory
- AntiOxidant
- Improves Skin Health
- Muscle Recovery
- Reduces joint pain & stiffness
- Used for Insulin Resistance
- Helps allergy symptoms
- Immune Booster
- Cancer Fighting



### CBD CANNABIDIOL

#### ABOUT

Cannabidiol oil is made by extracting CBD from the cannabis plant, then diluting it with a carrier oil like coconut or hemp seed oil. Better known as cbd, it is a popular natural remedy used for many common ailments. Tetrahydrocannabinol (THC) is the main psychoactive cannabinoid found in cannabis, and causes the sensation of getting "high" that's often associated with marijuana. However, unlike THC, CBD is not psychoactive.

#### BENEFITS

CBD is gaining momentum in the health and wellness world. The human body contains a specialized system called the endocannabinoid system (ECS), which is involved in regulating a variety of functions including sleep, appetite, pain and immune system response. The body produces endocannabinoids, which are neurotransmitters that bind to cannabinoid receptors in your nervous system. Studies have shown that CBD may help reduce chronic pain by impacting endocannabinoid receptor activity, reducing inflammation and interacting with neurotransmitters. CBD may also help reduce chemotherapy-induced nausea and vomiting and has been shown to ease symptoms related to epilepsy and Parkinson's disease; reduce the progression of Alzheimer's disease and help lower blood pressure. Cannabidiol Inhibits SARS-CoV-2 replication and promotes the host innate immune response.

#### PROPERTIES

- Analgesic
- AntiInflammatory
- Anxiolytic
- AntiDepressant
- Treats Acne
- Neuroprotective
- AntiHypertensive
- AntiPsychotic
- Substance Abuse treatment

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# Post Covid Jab



## SUPPLEMENT GUIDE



### IVERMECTIN

#### ABOUT

Ivermectin is a semisynthetic, anthelmintic agent for oral administration. Ivermectin is derived from the avermectins, a class of highly active broad-spectrum, anti-parasitic agents isolated from the fermentation products of *Streptomyces avermitilis*.

#### BENEFITS

There are few drugs that can seriously lay claim to the title of 'Wonder drug'. Penicillin and aspirin being two that have perhaps had greatest beneficial impact on the health and wellbeing of mankind. Ivermectin can also be considered alongside those worthy contenders, based on its versatility, safety and the beneficial impact that it has had, and continues to have, worldwide-especially on hundreds of millions of the world's poorest people. When it first appeared in the late-1970s, it was the world's first endectocide, forerunner of a completely new class of antiparasitic agents, potently active against a wide range of internal and external nematodes and arthropods.

It was quickly discovered to be ideal in combatting two of the world's most devastating and disfiguring diseases, Onchocerciasis and lymphatic filariasis. It has also been used to successfully overcome several other human diseases including covid-19

#### PROPERTIES

- AntiViral
- AntiParasitic
- AntiInflammatory
- Protease Inhibitor
- Spike Protein Binding



### NAT TOKINASE

#### ABOUT

Nattokinase is an enzyme extracted and purified from a Japanese food called nattō. Nattō is produced by fermentation by adding the bacterium *Bacillus natto*, which also produces the enzyme, to boiled soybeans. Natto has been used as a folk remedy for diseases of the heart and blood vessels for hundreds of years.

#### BENEFITS

Nattokinase is commonly used orally for cardiovascular diseases including heart disease, high blood pressure, high cholesterol, stroke, chest pain (angina), deep vein thrombosis (DVT), "hardening of the arteries" (atherosclerosis), hemorrhoids, varicose veins, poor circulation, and peripheral artery disease (PAD).

Nattokinase "thins the blood" and helps break up blood clots. This might protect against heart disease and conditions caused by blood clots such as stroke, heart attack, and others. It is also used for pain, fibromyalgia, chronic fatigue syndrome, endometriosis, uterine fibroids, muscle spasms, infertility, cancer, and a vitamin-deficiency disease called beriberi.

#### PROPERTIES

- AntiCoagulant
- Cardio-Protective
- Neuro-Protective
- AntiHypertensive
- Analgesic
- Used for PMS symptoms



### HOCL HYPOCHLOROUS ACID

#### ABOUT

HOCl is a weak acid that is formed when chlorine (a gas) dissolves in water. It is used as an active ingredient in sanitizers and disinfectants because of its ability to break apart cell membranes

#### BENEFITS

Hypochlorous acid (HOCl) is a powerful oxidant that has been used from the beginning of the 20th century as a healing agent and disinfectant. It can be used effectively against a variety of bacteria, fungi, viruses, and pathogens.

Despite its efficacy at killing viral and bacterial pathogens, hypochlorous acid is 100% secure for use by people. It can be used safely around children and animals and does not harm the environment. You do not need to worry about accidental ingestion or contact with your eyes: even in these situations, HOCl is completely harmless.

Disinfectants are EPA registered to kill illness-causing bacteria, viruses, and sometimes fungi, while sanitizers are only EPA registered to kill illness-causing bacteria. HOCl is a very good oxidant with powerful antioxidant properties, far superior to chemical bleach.

#### PROPERTIES

- AntiOxidant
- AntiMicrobial
- Helps allergy symptoms
- Immune Booster
- Surface Sanitizer
- Disinfectant



### HCQ HYDROXYCHLOROQUINE

#### ABOUT

Hydroxychloroquine belongs to the family of medicines called "antimalarials" (AMs), which are also classified as disease-modifying anti-rheumatic drugs, or DMARDs: acid that is formed when chlorine (a gas) dissolves in water. It is used as an active ingredient in sanitizers and disinfectants because of its ability to break apart cell membranes

#### BENEFITS

HCQ is also used to treat symptoms of rheumatoid arthritis and discoid or systemic lupus erythematosus. Chloroquine and hydroxychloroquine are weak diprotic bases that can diffuse across the cell membrane and raise the pH within cell vesicles. HCQ has endothelial stabilizing and anti-thrombotic effects. Its use has been explored as an adjunctive therapy in refractory thrombosis in antiphospholipid syndrome. It may also prevent recurrent pregnancy losses in the absence of antiphospholipid antibodies. HCQ favourably modulates atherogenic lipid and glycaemic profiles.

#### PROPERTIES

- AntiInflammatory
- Immuno-modulatory



# Post Covid Jab

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## SUPPLEMENT GUIDE



### VIT C ASCORBIC ACID ABOUT

Vitamin C is an essential vitamin, meaning your body can't produce it. Yet, it has many roles and has been linked to impressive health benefits. It's water-soluble and found in many fruits and vegetables, including oranges, strawberries, kiwi fruit, bell peppers, broccoli, kale, and spinach.

#### BENEFITS

Studies show that consuming more vit C can increase your blood antioxidant levels by up to 30%. This helps the body's natural defenses fight inflammation. Vit C supplements have been found to lower blood pressure in both healthy adults and those with high blood pressure and have been linked to a reduced risk of heart disease. These supplements may lower heart disease risk factors, including high blood levels of LDL (bad) cholesterol and triglycerides. Vit C-rich foods and supplements have been linked to reduced blood uric acid levels and lower risk of gout. Vit C supplements can help improve the absorption of iron. As a result, vitamin C may help reduce the risk of anaemia. Vitamin C may boost immunity by helping white blood cells function more effectively, strengthening your skin's defense system, and helping wounds heal faster.

#### PROPERTIES

- Immune Booster
- AntiInflammatory
- AntiOxidant
- AntiHypertensive
- Cardio-Protective
- Improves Skin Health
- Improves Wound Healing
- Cancer Fighting
- Improves Memory



### VIT D 25-HYDROXYVITAMIN D ABOUT

Vitamin D is a fat-soluble vitamin that is present only in small amounts in certain foods, and it's made in our bodies only when our skin is exposed to the sun. It's considered an "essential" nutrient because the human body cannot make it on its own, without the assistance of food and sunlight. Vit D3 is better absorbed than Vit D2

#### BENEFITS

Research indicates that this so-called "sunshine vitamin" impacts not only your bones and skeletal structure, but also immune function, blood pressure, mood, brain function and your body's overall ability to protect against a range of illnesses. Higher D levels among older adults were associated with reduced rates of deadly infections, while low serum concentrations of vitamin D were linked to higher susceptibility. Because it can help control inflammation, it may also benefit those with chronic diseases and autoimmune disorders, including: multiple sclerosis, rheumatoid arthritis, irritable bowel syndrome other digestive disorders, and high blood pressure. Vitamin D deficiency has been linked to an increased risk for mood disorders, including depression, seasonal affective disorder, severe mood problems experienced during PMS, insomnia and anxiety.

#### PROPERTIES

- Immune Booster
- Essential for good bone health
- AntiInflammatory
- AntiHypertensive
- Cardio-Protective
- Improves Skin Health
- Balances sugar levels
- Hormone Regulation
- Mood Stabiliser
- Improves Memory



### MAGNESIUM ABOUT

Magnesium is a mineral that supports hundreds of chemical reactions in your body. However, many people get less than they need. Magnesium is the fourth most abundant mineral in the human body. It plays several important roles in the health of your body and brain. In fact, every cell in your body contains it and needs it to function.

#### BENEFITS

One of magnesium's main roles is acting as a co-factor or helper molecule in the biochemical reactions continuously performed by enzymes. Magnesium also plays a role in exercise performance. It helps move blood sugar into your muscles and dispose of lactate, which can build up during exercise and cause fatigue. Supplementing with Mg can boost exercise performance for athletes, the elderly and people with chronic disease. Magnesium plays a critical role in brain function and mood, and low levels are linked to an increased risk of depression. People who get the most magnesium have a lower risk of type 2 diabetes. Moreover, supplements have been shown to lower blood sugar in some people. Mg is a natural diuretic and can lower blood pressure especially in people with existing high blood pressure. Interestingly, magnesium has been shown to improve mood, reduce water retention and other symptoms in women with PMS

#### PROPERTIES

- Improves exercise performance
- Important for cell membrane integrity
- AntiDepressant
- Immune Booster
- AntiInflammatory
- AntiHypertensive
- Migraine Treatment
- Improves PMS
- Blood sugar regulator



### ZINC ABOUT

Zinc is a trace mineral, which means you only need a very small amount of it every day. You can get this essential nutrient by eating a balanced diet, but sometimes you may need to take a zinc supplement.

#### BENEFITS

Your body needs zinc to function properly. Your body uses zinc to do the following: heal wounds, support the function of your immune system, develop your reproductive system, develop your sense of taste and smell, produce and store insulin, help your thyroid and metabolism work properly, make proteins and DNA. Zinc has also been shown to improve the common cold, diarrhoea, age-related macular degeneration (AMD) As zinc deficiency results in altered numbers and dysfunction of all immune cells, subjects with suboptimal zinc state have an increased risk for infectious diseases, autoimmune disorders, and cancer. Zinc supplementation improves the mucociliary clearance, strengthens the integrity of the epithelium, decreases viral replication, preserves antiviral immunity, attenuates the risk of hyper-inflammation, supports anti-oxidative effects and thus reduces lung damage and minimized secondary infections.

#### PROPERTIES

- AntiViral
- AntiInflammatory
- AntiOxidant
- Important for cell membrane integrity
- AntiDepressant
- Immune Booster
- Wound Healing
- Lung Protective
- Neuro-Protective
- Immune Booster
- Blood sugar regulator





# Post Covid Jab

## DETOX GUIDE

### HIMALAYAN SALT LAMP

- Balances electromagnetic radiation
- Cleanses, deodorizes and purifies air
- Calms allergies and reduces asthma
- Alleviates coughing and other symptoms of the common cold
- Improves circulation
- Raises energy levels
- Sharpens concentration and mental performance
- Enhances mood
- Reduces stress and promotes relaxation
- Improves sleep
- Absorbs Negative ions



### SAUNA

- Improves overall health, wellness and performance
- Aids in recovery after intense physical activity
- Flushes toxins via sweating process
- Improves brain health
- Relieves stress
- Improves sleep
- Cleanses the skin
- Burns calories



### HOCL DIFFUSER

- Sanitises air
- Disinfects surfaces
- Speeds up wound healing
- Cleanses the skin



### INFRARED LAMP

- Improves blood circulation
- Relaxes muscles
- Helps oxygenate tissue
- Relieves pain
- Improves healing
- Reduces stress



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