

## **STEP 1** Negating the spike protein - getting the spike protein associated with Covid-19 infection removed from ACE-2 (angiotensin converting enzyme) receptor sites.

We now know, with the help of world-wide researchers, that spike proteins specifically attach to what is known as the ACE-2 receptors that are found within the inner lining of all of our blood vessels. These ACE-2 receptors are responsible for 3 primary functions in the body:

### **immune system regulation, blood pressure regulation and inflammatory response.**

If these sites are otherwise engaged with the spike protein, they are no longer able to regulate and respond to the normal proteins that attach to these sites to regulate these functions, which can then result in immunodeficiency, abnormal blood pressure regulation and cardiac function and an inability for the body to respond to foreign invaders by mounting an inappropriate inflammatory response.

The spike protein then, is acting like a key stuck in a lock, and in order to open the door to proper functioning, we must WD-40 this key and get it out of the lock. To achieve this, a chemical known as **suramin**, has been found to be an effective tool.

Suramin has inhibitory effects against components of the coagulation cascade and against the inappropriate replication and modification of RNA and DNA. Excessive coagulation causes blood clots, mini-clots, strokes, and unusually heavy menstrual cycles.

While Suramin has been proven to be effective, it is far better to use pine the way nature created it – as a whole herb. There are many other benefits that can be derived from the whole herb that will be missing from the isolated chemical.

**Star Anise** (black licorice flavor) has a higher level of suramin (than pine needle extract) and is packed with antioxidants to help eliminate free radicals in the body including the foreign spike protein. It is rich in B-complex vitamins and vitamin C to improve immune function and is a source of minerals such as iron, potassium and calcium and supports digestive health.

### **How to Prepare and Self-Administer.....easy as 1, 2, tea**

#### **1. Obtain organic whole or ground Star Anise**

- <https://www.starwest-botanicals.com/product/anise-star-organic/>

#### **2. Brew your tea**

- If using *whole star anise*, simply add 1 cup of star anise to your teapot with 3-6 cups of DISTILLED water (purified or reverse osmosis water is acceptable but DO NOT use tap water). If using *ground star anise*, add 2 tablespoons in a teabag, allow to steep 5 minutes before drinking.
- Bring to a boil and steep for 15 minutes

#### **3. Drink 3-6 cups per day EVERYDAY**

- You can drink it as a hot herbal tea, or pour into a pitcher to keep in the refrigerator. Add organic honey to sweeten to taste.

NOTE: this will release the spike proteins from the receptor sites back into your bloodstream so it is important to flush, flush, flush by drinking plenty of water in between cups of tea.

WARNING: if you are experiencing headache, nausea, dizziness or fatigue, you are not flushing with water well enough. Increase your distilled, purified or RO water and decrease the number of cups per day and build up to the recommended 6 cups per day.

## **STEP 2** Now that you've got the key unstuck from the lock, now it is time to bind those keys to remove them from your body, so they don't re-attach to other ACE-2 receptors and perpetuate the problem.

Detoxifying the body is the next step in cleaning the spike protein from the system. Our bodies eliminate unwanted waste through four different mechanisms:

### **sweating, urination, defecation and exhalation**

The body's primary organs responsible for removing toxins are the liver, kidneys and intestines. As we are exposed to many toxins and pollutants everyday, it is important to take out the trash. There are many trends out there for methods of detoxifying our system but we will focus on 3 methods here that are specific to eliminating the now mobilized spike proteins. These are presented in order of importance. Start with method #1 and slowly add the second and third methods as tolerated. Remember.....flush, flush, flush with plenty of drinking water.

### **#1 - 4 Earth Elements Detoxification Smoothy (digestive & urine elimination)**

**Shopping List** (recommended buying resources for good quality products - quality matters)

- **Food Grade Diatomaceous Earth - 1 Tablespoon** - removes parasites and bacteria and worms; provides some trace minerals, promotes skin health, cleanses digestive tract  
<https://www.starwest-botanicals.com/product/diatomaceous-earth-food-grade/>
- **Food Grade Bentonite Clay - 1 Tablespoon** - binds and removes some mold species, intestinal toxins, promotes gut regularity, removes viruses, removes lead and other heavy metals  
<https://www.starwest-botanicals.com/product/bentonite-clay/>
- **Food Grade Activated Charcoal - 1 teaspoon** - blood purification, cleanses blood components and removes ingested, inhaled and absorbed toxins  
<https://www.starwest-botanicals.com/product/charcoal-activated-powder-hardwood/>
- **Food Grade Zeolite - 1 teaspoon** - binds and removes heavy metals, radiation and pesticides  
<https://www.glycolife.net/product-page/zeoboost>

Add **each** of the above constituents (binders) to a weekly smoothy/health shake. The products are tasteless but they will add a somewhat grainy texture. Continue to drink ample amounts of clean water to flush the intestine and bloodstream to avoid constipation. Once you know how this will impact your elimination system, you can slowly increase frequency to **every other day**.

**NOTE:** Ensure you are eating a balanced, healthy, and if possible, organic whole foods diet and stay away from processed foods, sugars and chemicals or you'll be fighting against the wind.

**NOTE:** If you are taking supplements or medications, time your smoothy 2-3 hours before or after medications!!!

### **#2 - Detoxification Bath (sweat elimination)**

**Shopping List - Weekly 20 Minute HOT bath, or as frequently as tolerated.**

- Borax Mule Laundry Soap (powdered) 1 cup - molecular technology destruction
- Epsom Salt 1-2 cups - detoxifies radiation poisoning, pesticides
- Bentonite Clay 1/2 - 1 cup - heavy metals detoxification (starwest-botanicals.com or nuts.com)
- Baking Soda 1-2 cups - Removes fungus and yeast spores

### #3 - Ionic Foot Bath

Some day spas may offer this as an option in their services, but you can also get one of these systems relatively inexpensively for home use. Follow the link below for the one that I use for my clients to help with detoxification of the blood and organs by simply soaking your feet in a relaxing foot bath. Be prepared to be amazed at what your body has been holding onto....the results may shock you.

If you are already feeling unwell, it is suggested to maybe only start with a 10 minute foot bath weekly. It is suggested that a 30-minute foot bath once every 3-5 days is the goal, but start slow with lower time only once per week, and see how you feel. If you **do not** get any symptoms of negative reaction, such as nausea, headach or dizziness, then you can increase your frequency up to 30 minutes per session every 3-5 days, until the water no longer changes color significantly.

**IMPORTANT NOTE:** Please ensure you are following the device grounding instructions carefully to avoid risk of electrical shock.

**NOTE: FOR SOME, IV CHELATION WITH EDTA MAY BE INDICATED FOR SIGNIFICANT TOXIN LOADS. CONSULT YOUR HEALTHCARE PROFESSIONAL REGARDING THIS OPTION.**

### **STEP 3 - Finally but most importantly, giving your body the needed molecular components to repair, regenerate and rebuild.**

The following vitamins and supplements are intended as a general guide for most adult individuals. It is up to you to decide which supplements will benefit you and your overall health. Please consider any pre-existing conditions or medicines you take, prior to starting any new medications. Consult your medical professional as necessary. Use at your own discretion and do your own research.

Rebuilding your immune system and giving your body the elements, minerals and vitamins it needs to maintain or re-establish homeostasis is a necessary and essential part of the detoxification process.

It is also important to note that quality matters in regards to the products you purchase and there are many products on the market that use petroleum-based fillers, which should not be ingested by a human. So please check for quality and purity no matter what brands you purchase. Brands I trust and have vetted are recommended here. You may also want to ask your medical/naturopathic or functional medical provider to establish your baseline needs by checking your blood lab values for deficiencies.

#### Immune Support

- **Liposomal Vitamin C** - anti-oxidant, essential for cells renewal **5000mg per day**
- **Vitamin D3 with K2** - (K2 is required to make the D3 bioavailable for use by the body) **10,000 IU/day**
- **B12 (cobalamin) Supplementation** - vital for DNA production, nerve function, cell formation and red blood cell formation (NOTE: take a minimum of 2 hours apart from Vitamin C)
  - **Age 18-50: 2.4 micrograms (mcg) per day**
  - **Age 50/>: 125 - 250 micrograms (mcg) per day**(Note: For older adults who are already deficient, taking one milligram of vitamin B12 daily for a month has been shown to [reverse the deficiency](#) and appears to be safe and without side effects.)
- **Zinc/Copper** - zinc and copper both support immune system health and in a standard ratio of 50 (zinc) to 1 (copper). You can find good combined supplements containing the proper ratio of zinc/copper. Daily recommended dose is **Zinc 25-50 mg per day/Copper 1-2 mg/day respectively**. (NOTE: if you get a metallic taste in your mouth when you take a zinc supplement, skip the dose for a day or two.)
- **Quercetin** - immune health support and reduces inflammation related to oxidation **250mg twice/day**

## Cell Renewal and Regeneration

- **N-Acetyl-L-Cystine (NAC)** - an amino acid precursor to the antioxidant glutathione for liver detoxification, reproductive and metabolic health, lung health, brain and central nervous system regeneration, muscle pain and recovery - **900mg per day**
- **DHEA** - Hormonal support for stress reduction, weight control, sexual health, brain and immune support (**recommended to have hormones level assessed by a professional before beginning**)
  - Females: 25-50 mg for 3 months (**NOTE: can cause increases in estrogenic hormones**)
  - Males: 25-50 mg daily, may need to be more depending on baseline testosterone levels

FOR MORE INFORMATION, PLEASE GO TO THE NEWSLETTERS AND MEMBERS SECTION AT

<https://truthandreveals.com>

AND CONSULT YOUR MEDICAL, FUNCTIONAL OR NATUROPATHIC MEDICAL PRACTITIONER FOR ADVICE OR RECOMMENDATIONS BASED ON YOUR PERSONAL HEALTH AND HISTORY.

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