

What to do if Vaccinated and you want to avoid problems if possible:

This is my opinion and does not constitute official medical advice. If you are sick or bleeding contact a competent medical authority. This is for adults. For children I cannot affirm the dosages and I would find a non-vaccinating Pediatrician. This is simply what I would do for myself or a loved one. Everyone has to make their own choices.

When Luc Montagnier (the man who discovered the AIDs virus) predicted a large death count this winter of the Vaccinated, he added—"if you take any other vaccine, or if you wear a mask".

1). Do not get ANY further vaccine--not just the second of a series, not just a booster, but any vaccine—no shingles, no flu, no nothing.

2) Do not wear a mask.

The data coming out of the UK suggests that, every week after being vaccinated, the immune system becomes weaker. Younger people lose their competency slower, but predictably. This is essentially saying the vaccinated are getting "Acquired Immunodeficiency Disease" or AIDS. This means you cannot keep your own genes from expressing virus or cancer segments. And you cannot fight infections. But there are things to do that we have learned from the history of AIDS.

3. Eat an anti-inflammatory diet. See Grain Brain by Dr. Perlmutter, or Wheat Belly by Dr. Davis. The key is good natural fats in abundance, no man made foods, low carbohydrate, no Wheat. I don't drink milk, but I do eat yogurt for good gut health.

4. If you have vaccine remorse within a week of the vaccine, I would do acute illness ivermectin protocol. (.5mg/ kg/day of Ivermectin x 5 days then same dose once a week for 8 weeks.)

5. If you have vaccine remorse late after injection I still would consider a dose of ivermectin weekly for 8 weeks at the above level to maybe eliminate spike proteins.

6. Go get IV glutathione and Vit C injections weekly for a few weeks. Go to a chelation center that offers that. IV ozonation may also help reverse many effects including wound healing etc. I would do this as soon as possible.

7. After implementing the above, I would go to a cash lab and get a D-Dimer test. If you can find a person who does fresh blood examination have that done as well. (You can do these tests to begin, but it wouldn't change my mind about the protocol, because we have seen problems arise late. What you want to determine is if your d-dimer (an indication of active clotting) is normal, and if your blood looks normal. (After injection, people are often noted to have clumping, or "rouleaux" formation in the red blood cells.)

8. The following supplements:

- Vit C. I especially like liposomal by Mercola, but anything is better than nothing, and liposomal is more expensive. Take 500-1000mg hourly to dose of 6-7 gm a day as soon as possible after vaccination. Preferably do IV above ASAP after injection. Otherwise, I'd just start some Vit C at your desk or workplace so you take is frequently throughout the day. There is almost no toxin Vit C cannot reverse damage.
- I take Greska's C-60 (available on this site) because it is a super antioxidant, and by physician reports is great heavy metal chelator. It also is an electron donor. In private unpublished research it resolves rouleaux formation (stacking of the red blood cells seen after vaccine). It may help the graphene problem. Graphene sucks up electrons to damage metabolism and cellular health. The dosage is whatever comes up into the eyedropper 1-2 times a day.
- Selenium 200-220 mcg/ day DON'T TAKE MORE. This is über important to block progression of the HIV component.
- N-AC 600-1200 mg/day,
- Betaine ~600 mg a day. A substitute is DMG 150-200 mg capsules, or powder 1-3 a day. These may ameliorate the epigenetic control of your DNA if any synthetic DNA/RNA present.
- Vitamin D. Adults should take 5000-10,000 iu a day. (No overdoses have been recorded at 10,000 iu a day. At some point, after a couple months or so, check a level and you want to be above 55.)
- Zinc. Take 30-50 mg daily (adults)
- Quercetin 500 mg a day
- Melatonin 3 mg-12 mg under the tongue at night. If you have creepy vivid dreams back down dose.
- Lysine 1.5- 2 gm a day.
- Unless on other blood thinners, a Baby Aspirin daily

9. Bath Solutions: To be added

10. I personally make sure not to have a 5G phone, or a 5G router in the house or office. If possible hard wire your computer system. The new frequencies resonate with DNA, your hair follicles and possibly graphene.

