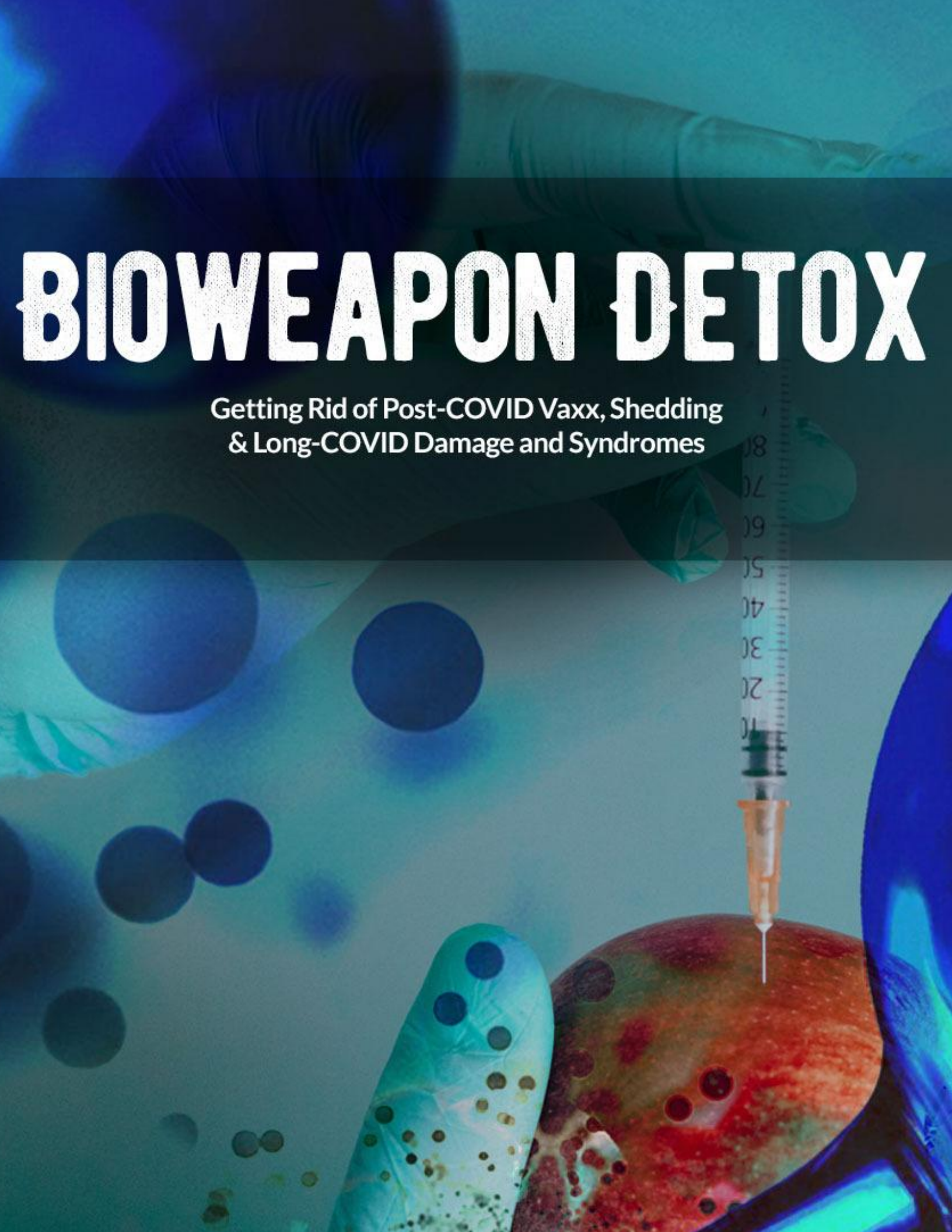


# BIOWEAPON DETOX

Getting Rid of Post-COVID Vaxx, Shedding  
& Long-COVID Damage and Syndromes



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# Introduction

The COVID-19 “pandemic” has been a global health crisis of unprecedented proportions, with far-reaching consequences for individuals and societies worldwide.

Even before the rollout and mandatory vaccination programs of these clot shots, questions have arisen about the potential side effects and long-term consequences of vaccination.

Some people who have received COVID-19 shots have reported experiencing a range of symptoms. Some are mild such as fatigue, headaches, and muscle aches, while some are severe and life-changing, such as cancer, infertility, paralysis, and even death.

Another concern that has emerged is vaccine shedding, where individuals inoculated with the COVID-19 shot spread the deadly spike proteins to others, which top and world-renowned experts revealed to be one of the leading causes of why so many non-vaccinated individuals are suffering from SARS-CoV-2 damage.

In this ebook, we will dive deep first into understanding the concepts behind vaccine shedding, including how the phenomenon occurs, among other things.

Next, we’ll take a look at what detoxing is, why it’s crucial to reverse the damage done by the deadly spike proteins, and how environmental toxins have greatly impaired our body’s natural ability to detoxify itself. Further, we’ll also share a list of activities and essential nutrients that supports the body’s natural detox process.

Lastly, this ebook will enumerate the most common damages done by the spike protein in the long term, as well as new holistic healing treatments to reverse long-COVID damage by our world-renowned experts.

## Understanding Vaccine Shedding

As the world grapples with the COVID-19 pandemic and other chronic illnesses and health conditions, both big pharma and the global government continue to push vaccination programs, despite conclusive scientific evidence of the negative effects of vaccines on health.

Among the many lists of health complications and problems that vaccination brings is the phenomenon known as vaccine shedding – a concept that is not new but has become a point of great concern in the past years.

In this section, we will understand what vaccine shedding is, how it happens, and the individuals who are at the most risk.

## What is Vaccine Shedding and how does it Happen?

Vaccine shedding refers to the release of live, weakened viruses. Shedding can potentially transmit the weakened virus to individuals who are not vaccinated, including those who may have a weakened immune system.

Vaccine shedding happens when live attenuated vaccines, which use a weakened form of a virus or bacteria, are administered to an individual. When a person receives a live attenuated vaccine, the weakened virus or bacteria in the vaccine replicates in the body.

As the virus or bacteria replicates, it can sometimes be shed from the body in bodily fluids, such as saliva, nasal secretions, urine, and stool.

## An Expert's Insight – Dr. Daniel Nuzum

So, another thing that we could discuss here would be the spike proteins. And, I will tell you a story. I'll tell you guys a story real quick. I have 5 children. And my first 2 children were in public schools when they're growing up. They're early 20's and late teens now, so they're either out of high school or almost out of high school. And, my oldest, very, very healthy child. Very, very healthy. He's healthy all through kindergarten.

But then first grade came and he got terribly, terribly sick for a whole month, entire month of October, when he was in first grade. And, was completely healthy the rest of the year, came back around. Next school year started, he's in Grade 2. And, the entire month of October again, absolutely terribly sick. Skin issues, gut issues, breathing issues, lung issues, sinus issues, just all kinds of very mixed symptoms. And again, he was completely healthy the rest of the year.

I was, what in the world is going on here? Why is this happening? And it dawned on me that all the other children were getting their vaccines in August starting school in September. By the end of September, my son's terribly sick. And, what it was is, he was catching all of that they were shedding. All those proteins, all those toxic proteins that they were shedding, he was being exposed to them. And, those caused all the same illnesses that these children were being vaccinated for.

That's to give you an idea of what shedding is really talking about. When someone sheds, if you have the flu for 6 days, you're shedding flu virus. That is when you're infectious. You're tossing infection out of you. Your infection's coming out of yours. It's infectious proteins, the virus is coming out of you. And, you're spreading it everywhere you go. This happens with every viral infection you've ever had. There's a certain period of time where you're infectious, and you can spread what it is that you're carrying.

Now, when someone gets the flu vaccine, instead of being a 6-day period, it's a 42-day period that they're shedding viral load. They're infectious for 42 days, versus 6, if you actually naturally contract influenza. You get the flu vaccine. Now, you're contagious for 42 days, versus 6 days. And, you're 12 times more contagious for those 42 days, because your body is going to be - after the vaccine, you're throwing off more of the - You're shedding more of the viral material than you would if you were just naturally infected with the virus.

This same thing is happening. That's the message that the messenger RNA is carrying to these people systems. Their systems start producing these spike proteins, which are the toxic proteins of coronaviruses. And as it sheds, everyone else around them is going to be picking that up. The thing about these vaccines is, as long as that messenger RNA is in their system, they're going to continue to produce the spike proteins. It's - That then it's not gonna shut off.

So, for everyone around them, there are enzymes. I can't tell you enough how important proteolytic enzymes are. These protein-digesting enzymes are your frontline of defense against this stuff.

## Who is at Risk?

The risk of shedding and potential transmission of the vaccine virus to others can vary based on factors such as the individual's age, vaccination status, and overall health status.

However, some individuals may be at a higher risk of shedding and transmitting the vaccine virus to others, including

- **Infants and young children:** Infants and young children are more likely to shed the vaccine virus after receiving certain live attenuated vaccines, such as the oral polio vaccine and the rotavirus vaccine.
- **Individuals with weakened immune systems:** Individuals with weakened immune systems, such as those with HIV/AIDS or receiving chemotherapy, may shed the vaccine virus for a longer period and potentially transmit the virus to others.
- **Individuals who are pregnant:** Pregnant women who receive the rubella vaccine may shed the vaccine virus in their breast milk and potentially transmit the virus to their newborn.
- **Individuals who are in close contact with high-risk individuals:** Healthcare workers, family members, or caregivers who are in close contact with individuals who have weakened immune systems or cannot receive certain vaccines for medical reasons may need to take precautions to avoid potential transmission of the vaccine virus.

## How the Vaxxed Shed Spike Proteins - Dr. Rashid Buttar

The messenger RNA, the modified messenger RNA genetic modification tool, which is really what that is. When we talk about the jab, when we talk about the vaccine, that's what it is. It's really nothing more than the spike protein that's being introduced into the system. And the thing is that a person does not need to be jabbed or to have the injection to actually be susceptible to this spike protein toxin. So what do I mean by that? So when you watch a movie, you usually want to watch the movie, and then the ending of the movie is what everybody's waiting for, what the conclusion is, what the hidden message in the movie is, or what the ending is because the more intriguing it is and the less you can figure out what's going on, that's where the suspense is.

So I'm going to do it totally backwards. I'm going to give you what the ending is first. So the ending is that there is this thing called the spike protein. And that thing that's called the spike protein is a synthetic analog of poisons that are coming from various spiders, ants, snakes, mollusks, from various marine mammals. It's just all poisons. And they're synthetically derived analogs. So these are things that are found naturally, and they've made the synthetic version of these things. And these things have a massive spike off a substance that's naturally found in our cell membranes called phospholipase A2. And these spike proteins, that are nothing more than synthetic analogs of this venom, are found in the vaccines.

People that have gotten exposed to shedding, which means that you don't get the vaccine itself, but you're in close proximity to other people that have gotten the so-called vaccine, the messenger RNA modified genetic experimentation that is introducing this spike protein into you. So people that have been close proximity with other people are experiencing symptomology that's similar. And that's because they've gotten what they call the shedding. The shedding is exposure of that spike protein that they have been exposed to. That's exactly what happened to me because I haven't had the jab, and I'd refused to take the jab, but I have had 2 specific exposures. One right before I gave the keynote presentation at the World Health Forum in Spain, and I was so sick that my fever had spiked up to 103.5. I couldn't walk. I needed help to get there. And apparently I gave the best lecture of my life, but that started the night before.

And the 2nd time was when I gave a CNN interview, and they'd given me some water to drink. And I remember as I'm guzzling down the water, I'm thinking to myself, was that lid already open? I remember thinking I'm paranoid. And I got sick right after that; within half an hour I started getting sick.

So those are the 2 times that I could have been targeted or poisoned, if you will. Or it could have been just because I was sitting in a plane in close proximity to other people that had the vaccine or in some other type of public space. So I don't know how I'd gotten it, but many people have experienced this viral shedding. And we call it viral shedding because nobody knew, really, what it was, but it's actually shedding off this spike protein following the normal phenomena of viral shedding.

But this is actually the spike protein that's shedding, not a virus that's shedding. And that spike protein is, again, that synthetic analog of these various types of poisons. Once they get into your system, then they are designed by design to elicit a response in the system. It's targeting the heart cells, it's targeting the cells of the reproductive system. So testicles in males and the ovaries in females, they have found an increased preponderance of the spike protein accumulating in those areas.



And it's also being found in the neurological tissue within the brain and within other neurological tissue. Now, what is it designed to do? It's designed to reduce the population, and it's designed that in the initial onslaught that it's going to take down 4 specific demographics. And those 4 demographics are people that are obese. It'll take those people down.

People that are diabetic. Now, people that are diabetic usually are obese, and non-insulin dependent diabetes or diabetes Type 2 is usually characterized by people that are insulin resistant, so they end up having a larger body habitus. They usually end up being obese. And so it's designed to take those people out because the obesity aspect, the diabetic aspect. And we know that it's actually hyperinsulinemia that leads on to cardiovascular disease. And hyperinsulinemia is actually something that's characteristic of cancer, especially in the late stages when the cancers make their own insulin-like growth factor.

So it's targeting obese people, it's targeting diabetics, it's targeting people with underlying cardiac pathology. And it's also underlying people with an immunocompromised issue such as cancer. And actually immunocompromised issues are characterized by things such as cancer and diabetes. So a diabetic is considered immunocompromised. So it's very interesting that it's targeting those demographics; cancer, heart disease, diabetic, and obesity.

Now, if a person doesn't have cancer or history of cancer, or preponderance of cancer, if a person doesn't have an underlying cardiovascular history, if a person isn't diabetic, if they're insulin-sensitive and not dependent on high levels of insulin in their bodies, and if they're not obese, then they're not going to have any problem with this natural exposure from the pathogen, the COVID pathogen. But then when people go running to go get a vaccine, they end up getting inoculated with this substance, with this spike protein that is emulating a synthetic analog of naturally occurring venoms, which cause an increase in the phospholipase A2 of the body.

So phospholipase A2, when the cell membrane is disrupted in human cells, it's already there. But now when you get bitten by a snake or something like that, they spike 20, 30, 40 times that level. And in some various studies that were done of people that died from COVID, they found the phospholipase A2 levels to be exorbitantly high.

Whether you're experiencing symptoms from vaxx shedding, long-COVID or from getting the jab, the mechanism of action is the same: your body is being affected by the deadly effects of spike glycoproteins.

## The Dangers of Spike Glycoproteins - Dr. Henry Ealy

So I'm very proud of the work we're doing as healers. I'm very proud of the relationships and the great work that so many people have done and are doing. I'm so proud to be among them and it's an honor for me to really present what I'm about to present with you. I don't think you can really tell this story of what's going on as far as Covid is concerned, without understanding what the spike glycoprotein is.

And the first thing that we have to really do is get out of this idea of looking at the spike protein as a protein. It's not necessarily a protein, it's a glycoprotein. And glyco means that it's a carbohydrate. So it creates a stickiness to it, if you will. And so, anything that glycoprotein, the spike glycoprotein attaches to is going to create a tremendous bond with it, a binding to it. Now the next problem with spike glycoprotein is that we don't know how long it lasts. One of the things I look for when I'm assessing anything that goes on in the body is terminal elimination half-life.

And what that means is how long does it take for half of those things in the body to be eliminated? We don't know what that is for the spike glycoprotein, but the things that we're learning about long COVID, the things we're learning about people with these severe injuries post inoculation is that the spike glycoprotein is playing an instrumental role because it does not break down.

It does not degrade very easily or very readily. So we have to really be at our best to understand the mechanisms of action. So what we've learned through great work of Dr. Stephanie Seneff, and a colleague of mine, Dr. Greg Nigh, many and many people just like them, too many people really to name, is that the spike glycoprotein creates a number of problems. And the first place that it creates those problems, and this comes from a study out of the Salk Institute and the University of California at San Diego has published in April of 2021, is that the spike glycoprotein is going to be a wrecking ball within the cell structure.

So within the cell we have all these fantastic organelles, mitochondria that produce energy, microtubules that help with the communication system, the smooth endoplasmic reticulum where enzymes are made and detoxification happens. There's this incredible city, if you will, within each cell and they're all interdependent and they work in harmony. So, if you take a wrecking ball into that city, you are gonna destroy structures. And when you destroy structures, you throw off the entire function in the cell. And if the cell can't

maintain life following that, the cell is going to die. And if that happens in a number of cells, you're gonna have tissues that die. So that's how this works at the cell level. Now in that study, the Salk Institute and the University of California in San Diego study, what they confirmed was the spike glycoprotein jacks up, and I use that because I don't want to talk over anybody's head, but it's a wrecking ball to mitochondria.

Mitochondria produce energy, therefore it's gonna lead to incredible fatigue in the body, but especially within the cell. What you have to understand is that every single known biologic function in the body is energy-dependent, say for osmosis and passive transport. Everything in the body depends on energy. So if there is a molecule in the cell that is breaking down the energy producing factories of the cell, there's gonna be severe consequences.

And that's one of the things that the spike glycoprotein does. It also inhibits the formation of nitric oxide. That's what the Salk Institute, UCSD study found. And we've known this since early on in this, and I'm sure that they knew this long before, because this is by design.

Now the other things we've learned along the way, we've learned that from the Lund University study. We've learned that the mRNA sequences that are injected into people can reverse transcribe in as little as 6 hours and upload into the human genome, meaning that a person can now for the first time be officially genetically modified. And that's a huge concern. There should never be a product on the market that is mutagenic.

Meaning it causes for DNA changes either as a consequence of it or a direct intention of it. And in this case, it looks to be a direct intention of it, that they wanted people to get genetically modified. So you have to ask, well, why? Why would they want people to get genetically modified?

They're gonna want people to get genetically modified, not to enhance the human genome, but to destroy it. That this very much looks like a depopulation agenda. That if you create and inject people with genetically modifying compounds, not only are they going to suffer, not only are they going to experience disease and ultimately and decline into the grave, but you also can sterilize young girls. You can also sterilize young boys. And now, what you do is you kill off the older generation.

You kill off the middle generation, and you ensure that the new generation coming up cannot reproduce. And that's what we're seeing with the spike glycoprotein. This is what it does. We found it in the gonads of young girls and in the gonads of young boys, where gonads, the testes and ovaries.

These are the things that they said it could not happen. It could not reverse transcribe and upload in the genome. But the first study, the Lund study in February of 2022, the first study that ever investigated this found definitively that it can. So, what have we been told this whole time?

We've been told a lie. We know that the spike glycoprotein outside of the cell is going to have an incredible binding affinity for the ACE2 cell receptor. What does that mean? Your body has ACE2 cell receptors all over the place. They're like little hands on the outside of cells. And when a spike glycoprotein comes in contact, it binds strongly to that cell receptor. And the cell receptor will pull that spike glycoprotein into the cell and then you have the wrecking ball now on the inside of the cell.

If you've been injected and genetically modified, now your cell is producing that wrecking ball with inside of it. And when that spike glycoprotein gets outside of the cell, when it gets into the tissues, we know it's going to disrupt T-cells in a great way, which is going to really just completely dysregulate how your immune system functions.

That's gonna mean that there's gonna be a rise in cancers and there's gonna be a rise in illness, because now your immune system, your most special, most advanced killers, T-cells, I compare them often to Green Berets, they are the bad asses of your immune system. Well now they don't know what to do because they're coded with all of this spike glycoprotein and they are being destroyed from within. It's as if they taught the immune system how to attack itself.

The first time we've ever seen an autoimmune condition against the immune system. Immune system fighting itself. So what's going to prosper disease within the body, especially cancers. And what have we seeing? An egregious rise in cancers at all ages. But that's not even the worst thing that the spike glycoprotein does.

The spike glycoprotein is also going to lead to a phenomenon known as glycosylation. Remember I said it was a sticky protein. Glycosylation is where red blood cells get coded with a sticky substance, in this case, the spike glycoprotein, and that creates and causes red blood cells to stick together.

So if we have two red blood cells, they're supposed to be floating freely in the blood so that they can maximize the surface area, the surface area for binding oxygen and bringing to the cells, so the mitochondria can produce energy. Picking up carbon dioxide along the way. It's a nice, beautiful, sacred divine exchange that occurs. Oxygen for carbon dioxide. Here's what the cell is giving you, the red blood cell, I'm giving you oxygen that you just breathed in. You are going to turn that into energy. Oh great, give me now all of your carbon dioxide that's toxic and I'll take it out so you can exhale it.

And then it goes out, and the plants say, "Thank you very much. We're going to do just the opposite." It's a beautiful symbiotic relationship that has always existed. So what have they done? They've attacked that beautiful symbiotic relationship. Now you have a spike glycoprotein that causes these red blood cells to stick together, and when they stick together, they lose surface area.

And now, when they lose surface area, they can't grab as much oxygen or carry away as much carbon dioxide. So that's where we start seeing drops in O<sub>2</sub> saturation rates in patients who are suffering. It's like there's air all around them but they can't breathe. Why? Because their red blood cells are stuck together and can't bind that oxygen. And what's building up in their tissue is toxic carbon dioxide. They are suffocating with air all around.

You can throw a ventilator down them, it won't matter. You're now suffocating them with oxygen. Because this phenomenon of glycosylation is occurring. Well, where have we seen that before? And what disease processes? Diabetes. But it's never been like this. And when you get enough of these red blood cells stuck together, something happens. They start to clot.

And as they start to clot, the clots get longer and longer. If the enzyme isn't activated from breaking the clot down, that enzyme is plasmin. So what we find with the spike glycoprotein is that it does two things with the blood that are very lethal. Number 1, is it causes what's called hemagglutination or sticky blood. Red blood cells get stuck together.

Number 2, it prevents the enzyme plasmin from being activated to break the blood clots down. So then, you have to ask yourself a question. Well, that seems like a pretty destructive combo right there.

Where else does this occur in nature? Nowhere. Nowhere else in nature does this occur. Yes, there are toxins in nature that cause red blood cells to stick together, to glycosylate and stick together. And there are molecules in nature that prevent the breakdown of blood clots. But never in the same substance do we see both of those mechanisms of action happening at the same time with the same substance.

This is the first time in human history this has occurred. This is not rapid evolution. This is by design that makes it a bioweapon. The spike glycoprotein. It doesn't matter if that bioweapon is associated and attached to a virus, a coronavirus thinks to Ralph Baric. It doesn't matter if that is something that is injected into a person and now their body is mass producing it with no off switch in sight. The result is the same. There is a wrecking ball in the cell, there is a wrecking ball in the bloodstream, and it prevents, in the

bloodstream, red blood cells from having surface area to bind oxygen and carry carbon dioxide. And it prevents also the breakdown of the blood clot.

So we say, where have we looked at this? And this is where you have to really listen to what Dr. Bryan Ardis is saying. When you go and look in nature for this, where do these things occur? You don't see all of these mechanisms, these lethal mechanisms of action occurring in any substance.

You'll never see it, in one thing. But you do see it, parts of it in one thing. So there is a glycoprotein in snake venom called ecarin. Guess what it does? It causes red blood cells to stick together really, really strongly--hemagglutination. And then there's another one called textilinin. Textilinin is from a different snake. What it does is it prevents the breakdown of blood clots. So what would happen if you put both of those things together? Well, if you put both of those things together, you'd have a bioweapon.

Something that not only causes hemagglutination, red blood cells to stick together, but also prevents them from breaking apart. And if you attack that sacred, sacred thing that we have been given. This gift of life where we are dependent on oxygen and getting rid of carbon dioxide, what you have done is set the body up for certain system failure, certain death.

So when I look at this, this spike glycoprotein, and people say, well, how can you prove that it was engineered in a lab? I say to them two things. Number 1, how can you prove that it was not? And number 2, where in nature do we see this exact series of egregious lethal mechanisms of action in one glycoprotein structure? Show me one place where there is a glycoprotein anywhere in the known world that does all of these disastrous things at the cellular level and in the bloodstream. And of course, everything in the body is dependent upon the bloodstream.

It's why when you look at the Pfizer documents, it's why when you look at the Pfizer documents that they didn't want to let out, that there are over 1300 known diseases associated with the shots alone. That right there tells you it's not safe. I've done the work on all the breakthrough cases, the times it failed.

The number of people who got sick and have got the shot and got sick anyway, got hospitalized anyway, died anyway. It's not effective. So what's the greatest lie being told in our time right now? That these are safe and effective. They are not safe and effective. They're a bioweapon. And it makes it intentional because there's nothing in nature that does all of these mechanisms of action in one molecule. Only the spike glycoprotein.

I think the first thing that we have to really get into is this phenomenon of sudden death, right? We saw this first introduced in VAERS, well before COVID became a thing. We

saw it with SIDS. And one of my opinions for the long time, and I teach on vaccine education, I've been teaching on the horrors of vaccines. I've been teaching on the vaccine media and excipient summary from the FDA and CDC. I've been teaching on VAERS. I've been teaching on the law, the 1986 National Childhood Vaccine Injury Act. I've been teaching on surveillance reporting, or should I say the absence of surveillance reporting that the CDC is required to publish for really more than a decade now.

And what you see in there, and when you look at VAERS, is you see that there are thousands of little babies that have died. Sudden infant death syndrome, right? SIDS. And you look at that and you go, "I really wonder how many of those had a vaccination date close to when they ultimately succumbed." Because to me, I never bought the nonsense that, oh, they must have gotten wrapped up in their blanket. Or maybe the cat in the house slept on their head. That's nonsense. What happens is there is a pediatric schedule where a child up to 18 is gonna get well over 76 shots. 76 chances for them to injure the genome to injure the baby. And that's what we see happening. I am injured. I deal with a lifetime of now seizures from an inoculation injury when I was 13. And that was when my mom's wake-up call, where she finally said, "No more. We're not doing this anymore."

Because she finally put two and two together that every time I got a shot, I got deathly ill. I mean, there was so many times where after I got a shot, I'd have to go and sleep over at my grandmother's for like a day or two and just deal with the poison that was pumped into my body and bypassed my digestive system, which is the first line of defense to keep poisons out, right? That's why they're using it in syringes. So they've been lying for a very long time, this lie of safe and effective. But now we're seeing it in the adult population. And a lot of people are shocked. And I say to them, the only reason you're shocked is because this has been going on in infants for a very long time and now they've perfected it for the adult.

What's happening with adults? Adults, usually we don't care about vaccines until we start having children, and then it becomes a relevant topic. So imagine all the young men and especially the teenagers and young adults out there who thought they were doing something right, thought they were protecting grandma, thought they were protecting people that they love, putting themselves into an experimental program. And then they've injected something into their body that is a wrecking ball for their health.

What's happening? What's happening is system failure. So, when we talk about sudden death, what we're talking about is system failure of the cardiovascular system.

So your heart and all your blood vessels. Well, I've already talked about Hemagglutination and how the spike glycoprotein causes a phenomenon called glycosylation, which means that the surface of red blood cells get coded with a sticky

substance. In this case, the spike glycoprotein. They get stuck together, and when they get stuck together, when enough of them get stuck together, it forms a clot. Well, now when you form a clot and that blood flow that's supposed to be available for cells downstream is now cut off, that clot essentially is like a dam. It's like putting a dam where the blood should be able to flow. So now everything that's dependent upon that water down from the dam starts to suffer. Well, that's what happens in the body. When there's a blood clot everything that's dependent upon that blood and the oxygen and the nutrients getting to those cells, now suffers.

And if that blood clot forms in the wrong place, ie, a major artery for the heart or a major artery in the brain, a stroke, what you get is system failure. And it doesn't matter what age you're at, because the phenomenon is the same, the spike glycoprotein as the cause in these situations. Now let me be clear. The spike glycoprotein isn't the cause of everything going on. It's just a major, major player. There are other factors, the lipid nanoparticle, the additional ingredients that are in the shots that maybe we don't even know. These are all factors. They all play a role. But I have to get you to understand that the spike glycoprotein plays an instrumental role for this reason.

If we know the spike glycoprotein is this destructive, a wrecking ball, for the cell and the systems that depend upon blood, which is every system in the body, why in the world would you ever develop a vaccine based upon that structure? Why in the world would you ever want to give an mRNA sequence for any reason? But let alone the reason of producing this destructive spike glycoprotein, if not for wanting to kill the cell, kill the system and lead to sudden adult death. It's not accident, folks, when you understand what's going on, the energetics of it, it's not an accident that they're going after the heart. The heart is the house of the soul. They're going after the very soul of humanity with this bioweapon. And what you see in people, and especially in athletes and young kids, you're seeing them having cardiovascular events when they had no previous history of cholesterol, high cholesterol, which is a joke, or atherosclerosis or atherosclerotic plaques or anything like that.

So you have to explain it somehow. How do you explain it? The phenomenon of the spike glycoprotein. The first time we've seen a protein have the intense lethal and ubiquitous destructive capabilities that it has. Never before in human history, nowhere in nature do we have such a simple protein, glycoprotein that does this much damage. So myocarditis, what is it? Myocarditis is inflammation of the heart. Pericarditis, what is it? There is a sack, a soft tissue around your heart that keeps the heart in fluid because the heart is constantly beating, it's constantly contracting. In fact, if you do this with me, just make a fist, make a fist, put it right over the middle of your chest bone right here. That's roughly the size of your heart. And every time that you need blood pumped, which is all the time you're gonna be living, it's doing this.



It's squeezing, squeezing, squeezing. Your heartbeat is who you are. It's sacred. We can see who you are through your eyes, the windows of your soul. And what are we looking at? We're looking at your heart, who you really are. What do we associate with the heart? Love? The only thing that we agree upon across all cultures is that the heart is about love.

So what did they do? Develop a bioweapon to attack the heart and attack love. And that's what we're seeing manifesting in these kids and in these athletes, that in ages and people where they had no preexisting condition. This should have never been a thing. The first time there was a report of myocarditis or pericarditis in anyone the program should have been shut down. But if you really want my opinion, the program never should have been approved. No one should have ever had access to this because, as you've seen, there has been no informed consent.

This is worse than Auschwitz. And I know that's a lot for some people to handle. And that's no disrespect to anyone who suffered in Auschwitz or any of those horrible concentration camps. This is worse than the Tuskegee experiment. This is worse than slavery itself, because they're going after the very soul of humanity, our heart and the sacred place of what we really are and where it resides, our DNA. And this is why we have to, in unison, say no.

## Detox your Body from Spike Glycoproteins & Protect Yourself from Shedding

Dr. Ardis - How to Detox from Spike Glycoproteins

*The Pfizer and Moderna shots are instructing your body to make them so, absolutely, the neurotoxic effects are out of this world scary. What I found was, when the French researchers identified the spike proteins were venom peptides, they said these venom sequences, these little bitty fractions of venom proteins, they target nicotine acetylcholine receptors, and they begged the governments around the world to do nicotine studies as a preventative and cure for COVID because smokers aren't ending up in hospitals dying from COVID. They haven't this whole time. They're the least demographic represented worldwide 3 years later of being hospitalized or dying from COVID are smokers. They noticed right away nicotine must be providing the benefit.*

*Well, I just showed you in this study or this study I'm talking about and will present to the world, they know they can reverse glioblastomas that are created by venoms, a neurological tumor using nicotine. They can make it be destroyed. This is the principle behind the nicotine part of this therapy. If people are injured, have long hauler COVID*

*symptoms, it's because these spike proteins, these little fragments of synthetic venoms are bound to nicotine receptors 100% of the time. Your symptoms are 100% caused by venom peptides or glycoprotein, spike proteins, bound to nicotine receptors. When you take nicotine, God designed the body at these nicotine receptors to have the highest affinity to grab nicotine and let go of anything else.*

*So, a venom is there, a poison's there, a heavy metal's there. It doesn't matter. The body grabs nicotine and let goes of the venom, and then the nerve works again. So, your sensations of hearing, taste, and smell that a lot of people lost, hair loss, brain fog, a lot of that stuff is restored simply by putting nicotine into the body, and then the venom gets let go of those receptors or cells, and then the humans themselves have to do something to detoxify or denature the venom floating around in their body now. It's freely floating around.*

*If that venom, for example, is going around your bloodstream now because you've took nicotine, bound that to receptors, if the venom happens to be circulating through your blood and gets into your pancreas where B cells are, B cells are completely covered with alpha-7 nicotinic acetylcholine receptors. If the venom hits it, you're going to start having the inability to control blood sugar. Eventually, you'd be diagnosed as a diabetic. I mean this is exactly what venoms do. Whatever organ they get into, whatever tissue they target, they're going to injure it and cause harm, and then the symptom will be related to what organ it's bound to. So, the key is use nicotine to get it off.*

*Then there are principles, nutrients you should put in the body that are proven to detoxify and break down spike proteins or venoms. You can call them whatever you want. They're venom peptides. That's what they are, and that's okay, you can call them whatever you want, but to detoxify venom, you better go figure out what the research and pharmaceutical companies know, and do it. There's a few published inhibitors, detoxifiers, and denatures of venoms, and we should tell you what those are. For anybody trying nicotine and you have long hauler COVID symptoms, you need to take, I would suggest, small amounts of nicotine at first, starting with 2 milligrams a day. The body will start letting go of venoms. Wherever those venoms go, you're going to have symptoms.*

*So, at the same time, you want to be taking things to detoxify the venom floating around. Venom can live in the body for 10 years. Even after you've been bitten by a snake and been treated, the venom can still be identified in your body 10 years later. Well, if you take certain nutrients, you can destroy them and get them out. So, this is what I recommend from research. Spike proteins, glycoproteins, venom peptides, all the same thing, all of them can be denatured, detoxified using these things, and it's*

*published by them. Vitamin C is a natural inhibitor of venoms. Mucuna pruriens is an herbal extract, a liquid from the velvet bean plant. It naturally inhibits the spike protein venoms of krait venom called Bungarotoxin and cobra toxin. That's been published since 1970s.*

*That plant can inhibit it. Also, licorice root, inside of licorice root is a compound called glycyrrhetic acid. If I mispronounce it, that's okay. Don't hold me guilty. But glycyrrhetic acid out of licorice root is a published antidote to snake bites and snake venom and to spike proteins, which are venom peptides. So, that's another one. N-acetyl cysteine is another published inhibitor detoxifier of venoms and venom components, even the venom components that are disclosed to be inside of the researcher's research papers to do mRNA gene editing therapy vaccines, the people who created these shots. They use snake venom to do it. So, those components are actually detoxified by glutathione, NAC, Vitamin C, EDTA.*

*A heavy metal chelator is an actual complete inhibitor published to destroy venom in the human body and in all mammals, EDTA. So, as you're taking nicotine to get the venom off your cells, you need to be taking something to detoxify it. A good list of these, glutathione, NAC, Vitamin C, EDTA, glycyrrhetic acid from licorice root. Commercially around the world, they detoxify all venoms. Before they inject it into a human as an antiviral vaccine, which they're already doing, they published that in order to detoxify the venom, before they'd inject it inside you because they say if they injected into you directly, it'll kill you. So, they have to detoxify it. They say their favorite way to do it is using hydrogen peroxide.*

*Now, there are principles behind using hydrogen peroxide. Do not use the stuff at CVS and Walgreens if you're sick or injured. That's 3% hydrogen peroxide. It has stabilizers in it that makes it not good for you to ingest, so don't do it. There are 35% hydrogen peroxide that's food grade, and Dr. Ealy and I are putting together a protocol now of how to use that successively. There's ways of doing it, and lots of people have published it. It's just not something I've used in practice for 20 years, but we are thrilled to bring this to the world. They know they can use this to detoxify people. In fact, when I found this about 2 months ago, I knew that this is why hydrogen peroxide in the nose and in the mouth before taking a PCR test- This is why it was helping people test negative for COVID.*

*Hydrogen peroxide detoxifies venom. The PCR tests were nothing more than being utilized as they've been utilized for 30 years to do snake venom research and confirming the presence of snake venom. That's what PCR tests are used for exclusively all around the world, identifying venom peptides in tissues of animals,*

*humans all around the world. So, that's how hydrogen peroxide was most likely working, and that's what they published. It detoxifies venoms, which is phenomenal. So, it can help us. We know these are some of the healing principles we're very excited about. Then there's other ways to bind to venoms and draw it out. One of the main minerals that are depleted by venoms is zinc.*

*We've gone over this many, many times. It specifically targets zinc, but it also specifically targets copper. I will say it here for Dr. Tau Braun because I like that guy. He's created a product called Copperine. It's a vaporized copper and zinc product that you just inhale to get copper and zinc back into the body. You will die as venom is destroying zinc reservoirs. That is another one that everyone needs to be focusing on. Also, just so you know, zinc is destroyed by venoms. Number 1 and number 2 published side effects of a zinc deficiency are loss of taste and smell and hair loss, which is what you're seeing worldwide with COVID.*

*Well, what was identified in the COVID-19 patients in Italy was several zinc metallo proteins on snake venom that destroys zinc reserves as a part of the cascade of venoms they isolated in the blood and feces of all COVID-19 patients. This is most likely why zinc was so important to help us.*

## Dr. Henry Ealy - How To Protect Yourself Against Shedding

Dr. Henry Ealy believes that preparing the immune system for battle is the best approach to combat any infections, including new pathogens like SARS-CoV-2. The immune system requires certain key immunological nutrients to be effective, efficient, and work on our behalf.

These nutrients include Vitamin D, which coordinates the immune response, Vitamin E, which protects healthy cells, and Vitamin C, which is an antioxidant and protects activated immune cells. Additionally, Vitamin C is specifically antiviral and increases systemic interferon response, which helps block viral replication systemically.

People who have an abundance of nutrients in their body are less likely to experience severe symptomatology, hospitalization, and worse outcomes, whereas those who are deficient in these nutrients are more likely to have a more arduous experience when encountering a new pathogen. Zinc is another crucial nutrient that increases binding capacity and optimizes the immune cells to be more effective at killing the virus. Zinc also helps block viral replication in cells, and it is essential to get it into the cell.

In addition to these nutrients, Dr. Henry Ealy mentions some antioxidants in the plant world, such as polyphenols and anthocyanins, that can help prevent infection in plants and can be useful for human health as well. He emphasizes the importance of having a

well-coordinated immune response, including both systemic and specific immune cells. Nutrients play a crucial role in priming the immune system to work effectively, and people who are deficient in these nutrients may have weaker immune responses.

## Detoxing to Heal the Body Holistically from COVID-19

Detoxing refers to the process of removing toxins and harmful substances from the body. It is a natural process that the body goes through to eliminate waste and other unwanted substances that accumulate over time.

However, when the body is inundated with so many toxins, the body's natural ability to detoxify itself is greatly impaired.

Toxins can come from many sources, including environmental pollution, processed foods, alcohol, tobacco, medications, or in this case, the deadly spike protein.

When the body is unable to eliminate these toxins effectively, they can accumulate in the organs and tissues, potentially causing various health problems.

Further, when the spike protein is produced by the body in response to a COVID-19 infection or vaccination, it can have some harmful effects, such as damage to the cells that line blood vessels, leading to inflammation and potentially contributing to blood clotting disorders.

What's more worrisome is the fact that studies and world-renowned experts revealed that the spike protein stays indefinitely in the body and was genetically designed to be harder to break down.

To further shed more light on the importance of detoxing, Dr. Andrea Nazarenko will share her expertise on the matter.

## Why Detoxing is Crucial – Dr. Andrea Nazarenko

*Then as you go up in the ages, detoxification is an essential part of health. So this essential part of health, we need to detoxify in order to be healthy. We're constant... It doesn't matter how well you eat and how much you exercise. If you're constantly bombarded with toxins from your environment, you need to get rid of those toxins. You need to facilitate the detoxification pathways in your body.*

*Our breathing, our exhalation is one of the primary detoxification systems in our body. And when we block that, we are blocking ways to get rid of these toxins. We're creating toxicity within our bodies. Nevermind the fact that you're detoxifying and you're exhaling, and then it's all getting stuck on the other side of the mask so that you're now in this reciprocal cycle where you're inhaling it again.*

Detoxification is the process of removing toxins and other harmful substances from the body. Our bodies are constantly exposed to toxins from various sources, including the environment, food, and even the products we use on our skin. Over time, these toxins can accumulate in our bodies and lead to a range of health problems, including fatigue, headaches, digestive issues, and more.

Detoxing can help support the body's natural cleansing processes and promote healing. There are many natural medicines that can support detox, including milk thistle, N-acetylcysteine (NAC), curcumin, dandelion root, glutathione, vitamin C, vitamin E, selenium, chlorella, and activated charcoal.

Milk thistle is a powerful herb that has been used for centuries to support liver function and detoxification. It contains an active compound called silymarin, which has antioxidant and anti-inflammatory properties.

N-acetylcysteine (NAC) is a powerful antioxidant that can help protect the liver from damage caused by toxins. It also helps to boost glutathione levels, which is a key antioxidant that plays a critical role in detoxification.

Curcumin is the active ingredient in turmeric and has potent anti-inflammatory and antioxidant properties. It can help to support liver function and reduce inflammation in the body.

Dandelion root is another powerful herb that has been used for centuries to support liver function and detoxification. It contains compounds called sesquiterpene lactones, which have been shown to have anti-inflammatory and antioxidant effects.

Glutathione is a powerful antioxidant that is produced by the body and plays a critical role in detoxification. It helps to protect the liver from damage caused by toxins and can also help to remove toxins from the body.

Vitamin C and vitamin E are both powerful antioxidants that can help to protect the body from damage caused by toxins. Selenium is another important antioxidant that can help to protect the liver from damage and support detoxification.

Chlorella is a type of algae that is rich in chlorophyll and other nutrients. It can help to remove toxins from the body and support liver function.

Activated charcoal is a natural substance that can help to absorb toxins in the body and remove them from the digestive tract. It is often used in cases of poisoning or overdose and can also be used to support detoxification.

## Staying Hydrated

Drinking plenty of water can help flush out toxins and support kidney function, which is important for removing waste products from the body.

The amount of water a person needs to drink each day can vary depending on several factors, such as age, weight, activity level, and climate. However, a general guideline often recommended is to drink at least 8 cups (64 ounces or about 2 liters) of water per day for adults.

## Eat a Healthy Diet

Eating a varied and balanced diet with plenty of fruits, vegetables, and whole grains can help provide the body with important nutrients and antioxidants that support detoxification.

The following are some foods that you can consume to support your body's detoxification process:

- Cruciferous vegetables: Vegetables such as broccoli, kale, cauliflower, and cabbage are rich in compounds such as glucosinolates and sulforaphane, which can support the liver's detoxification pathways.

- **Berries:** Berries such as blueberries, raspberries, and strawberries are rich in antioxidants and polyphenols, which can help protect against cellular damage caused by toxins.
- **Leafy greens:** Vegetables such as spinach, arugula, and Swiss chard are rich in chlorophyll, which can help remove toxins from the body and support liver function.
- **Garlic:** Garlic contains sulfur compounds that can help support liver function and promote the removal of toxins from the body.
- **Turmeric:** This spice contains curcumin, which has antioxidant and anti-inflammatory properties that can support detoxification pathways in the body.
- **Green tea:** This beverage contains antioxidants such as catechins that can help protect against cellular damage and support liver function.
- **Citrus fruits:** Fruits such as oranges, lemons, and grapefruits are rich in Vitamin C, which can help support the body's natural detoxification processes.

## Regular Exercise

Physical activity can help stimulate circulation and lymphatic flow, which can aid in the removal of toxins from the body.

The following are some of the ways in which exercise can help detoxify the body:

- **Sweating:** When you exercise, you sweat, which is one of the body's natural ways of eliminating toxins. Sweat contains a variety of substances, including heavy metals and other toxins, that can be released from the body through the skin.
- **Increased circulation:** Exercise increases blood flow throughout the body, which helps to transport toxins to the liver and kidneys for elimination.
- **Improved digestion:** Exercise can help to improve digestion and bowel movements, which can aid in the elimination of waste and toxins from the body.



- Boosted immune system: Regular exercise can help to strengthen the immune system, which can aid in the body's ability to fight off toxins and other harmful substances.
- Reduced stress: Exercise can help to reduce stress levels, which can have a positive impact on overall health and well-being. Stress can also contribute to the buildup of toxins in the body, so reducing stress can help to minimize the number of toxins present.

## Getting Enough Sleep

Sleep is an essential part of our body's natural detoxification processes. During sleep, our bodies undergo a range of restorative processes that help to flush out toxins and other harmful substances from our bodies.

The following are some ways in which sleep supports detoxification:

- Lymphatic system: The lymphatic system is responsible for removing waste and toxins from our bodies. During sleep, the lymphatic system becomes more active, helping to remove waste more efficiently.
- Glymphatic system: The glymphatic system is a recently discovered waste clearance system in the brain. It works by flushing out toxic waste products, such as beta-amyloid proteins, that accumulate in the brain throughout the day. Sleep is essential for activating the glymphatic system, allowing it to remove these harmful substances.
- Liver function: The liver is one of the most important organs when it comes to detoxification. During sleep, the liver works to break down and remove toxins from the body.
- Hormonal regulation: Sleep helps to regulate the production and release of hormones, such as melatonin and growth hormone, that are important for detoxification.
- Cellular repair: Sleep is also important for repairing and regenerating cells throughout the body. This helps to maintain healthy organs and tissues and supports the body's natural detoxification processes.

## Taking Care of Your Gut Health

The gut plays a critical role in the body's ability to detoxify itself. The gut is responsible for breaking down food and absorbing nutrients, but it also plays a significant role in the elimination of toxins from the body.

The lining of the gut is home to a vast community of microorganisms known as the gut microbiome, which helps to maintain the integrity of the gut lining and plays a crucial role in detoxification.

The gut microbiome is involved in the breakdown and elimination of toxins, including harmful chemicals, heavy metals, and other environmental toxins that we are exposed to on a daily basis.

To take care of our gut, there are several things we can do, such as taking prebiotics and probiotics, getting enough sleep, avoiding processed foods, eating a balanced diet, and staying hydrated, among other things.

## Supplements to Help the Body Heal from Spike Protein Damage

### Vitamin A

Plays an essential role in supporting the immune system. A strong and fully functioning immune system can prevent or minimize the damage caused by vaccine shedding.

The following are some of the ways Vitamin A supports the body's immune system:

- Maintaining the integrity of the mucous membranes: Vitamin A is necessary for the production and maintenance of the mucous membranes that line the respiratory, gastrointestinal, and urinary tracts. These membranes are the first line of defense against infection, and Vitamin A helps to keep them healthy and functioning properly.
- Promoting the production of white blood cells: Vitamin A is involved in the production of white blood cells, which are critical for fighting infections. Specifically, it helps to promote the production of lymphocytes, which are important cells involved in the immune response.

- Enhancing antibody responses: Vitamin A has been shown to enhance antibody responses to certain vaccines, such as the measles vaccine, and may play a role in improving the effectiveness of vaccines.
- Regulating inflammation: Vitamin A is involved in regulating the immune response and can help to reduce inflammation, which is important for preventing excessive inflammation that can lead to tissue damage and autoimmune disorders.

## Fulvic Acid

Fulvic acid has been studied for its potential to boost the immune system by enhancing the absorption of nutrients and supporting overall health. Fulvic acid has antioxidant and anti-inflammatory properties with positive effects on gut health, which is important for maintaining a healthy immune system.

It also contains a complex mixture of organic acids, amino acids, and other organic compounds.

Some studies disclosed that fulvic acid supplementation improves immune function by increasing the production of immune cells, such as T-cells and B-cells, and by enhancing the activity of natural killer cells, which are important for fighting viral infections, such as the deadly spike protein in this case.

## Ashwagandha

Ashwagandha is a medicinal herb that has been used in traditional Ayurvedic medicine for centuries. It is known for its adaptogenic properties, which means it can help the body cope with stress and improve overall health and wellness.

A 2019 study published in the Journal of Ayurveda and Integrative Medicine found that ashwagandha supplementation improved immune cell function in healthy individuals, potentially reducing the risk of infections.

## Zinc

Zinc is an essential mineral that is involved in a variety of physiological processes in the body, including immune function, wound healing, and DNA synthesis. It is also known to have antiviral properties and has been studied as a potential treatment for other viral infections, such as the common cold and influenza.

Regarding SARS-CoV-2, recent studies disclosed that zinc supplementation has a beneficial effect on immune function and helps to reduce the severity and duration of viral infections.

## Long-COVID Damage

### Cognitive Dysfunction (Brain Fog)

Cognitive dysfunction, also known as brain fog, is a common symptom experienced by individuals with COVID-19, particularly those with long-COVID. Brain fog is a term used to describe a range of cognitive symptoms, including difficulty concentrating, memory problems, confusion, and fatigue.

These symptoms can be persistent and have a significant impact on a person's ability to function in daily life. It's still not entirely clear what causes brain fog in COVID-19, but it's believed to be related to the direct effects of the virus on the brain, as well as the body's immune response and inflammation. [R]

### Chronic Fatigue

Chronic fatigue is another common symptom experienced by individuals with COVID-19, particularly those with long COVID. It is characterized by persistent and debilitating fatigue that can last for months after the acute phase of the illness has passed.

Chronic fatigue in COVID-19 is often referred to as post-exertional malaise (PEM), which means that symptoms are worsened by physical or mental activity. PEM can cause symptoms such as extreme exhaustion, weakness, difficulty concentrating, and unrefreshing sleep. [R]

### Hearing Loss & Tinnitus

#### *Hearing Loss & COVID-19*

COVID-19 can cause damage to the auditory system, leading to hearing loss or other hearing-related symptoms, such as tinnitus.

Hearing loss in COVID-19 can be sudden or gradual and can affect one or both ears. It may also be temporary or permanent, depending on the extent of the damage. [R]

### *What is Tinnitus?*

Tinnitus is a symptom that can occur in individuals with COVID-19, particularly those with long COVID. Tinnitus is the perception of sound in one or both ears that is not caused by an external sound source. It can manifest as ringing, buzzing, humming, or other sounds.

In the case of COVID-19, tinnitus can be a symptom of acute infection, or it can be a persistent symptom experienced by individuals with long COVID.

The cause of tinnitus is thought to be related to the virus's effects on the auditory system, including damage to the hair cells in the inner ear, inflammation, and reduced blood flow. [R]

## Insomnia

Insomnia is a sleep disorder characterized by difficulty falling or staying asleep. Individuals with long COVID may experience insomnia as a persistent symptom, even after other COVID-19 symptoms have resolved.

A study titled "*COVID-19 and Postinfectious Insomnia*" by Huang et al., 2021 describes a patient who experienced insomnia and other sleep disturbances as a postinfectious symptom of COVID-19 that persisted for several months after recovery. [R]

## Lung Scarring (Pulmonary Fibrosis)

Pulmonary fibrosis is a chronic and progressive lung disease characterized by the scarring and thickening of the lung tissue. The scarring (fibrosis) can lead to a progressive decline in lung function and difficulty breathing.

Symptoms of pulmonary fibrosis may include shortness of breath, a dry cough, fatigue, weight loss, and aching muscles and joints. [R]

### *Long-COVID & Pulmonary fibrosis*

Studies have reported cases of pulmonary fibrosis in individuals with long COVID who experienced severe lung damage during their acute illness. These individuals often present with persistent shortness of breath, cough, and reduced lung function, which

are typical symptoms of pulmonary fibrosis. It is also possible that the virus itself may trigger a fibrotic response in the lungs, leading to the development of pulmonary fibrosis. [R]

## Autoimmune Disorders

Autoimmune disorders are a group of medical conditions that occur when the immune system mistakenly attacks the body's own cells, tissues, and organs as if they were foreign invaders such as bacteria or viruses. This can lead to inflammation and tissue damage, which can cause a range of symptoms and complications. [R]

### *Long-COVID & Autoimmune disorders*

Some studies have reported elevated levels of autoantibodies in people with long-COVID, which are antibodies that mistakenly target the body's own tissues. This means that long-COVID may trigger an autoimmune response in some people.

On the other hand, other studies have reported an increased incidence of autoimmune disorders in people with long-COVID, including thyroid disorders, rheumatoid arthritis, and type 1 diabetes. [R]

## Blood Clots & Stroke

### *What are Blood Clots?*

A blood clot is a clump of blood that has changed from a liquid to a gel-like or semisolid state. Blood clots form when platelets (sticky blood cells) and proteins in the blood combine to stop bleeding after an injury.

However, blood clots can also form inside blood vessels without a clear injury or wound. This can lead to serious complications if a clot blocks blood flow to an important organ or body part.

Symptoms of a blood clot can vary depending on where it occurs in the body. Common symptoms include:

- Swelling, warmth, and redness in the affected area
- Pain or tenderness in the affected area
- Skin that feels tight or stretched over the area
- Shortness of breath or chest pain (if the clot has traveled to the lungs)

- Numbness or weakness in the face, arm, or leg, especially on one side of the body (if the clot has traveled to the brain) [R]

### *What is a Stroke?*

A stroke is a medical emergency that occurs when blood flow to a part of the brain is interrupted or reduced, leading to brain damage or cell death.

Common symptoms of a stroke include

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body
- Sudden confusion or trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden severe headache with no known cause [R]

### *Blood Clots & Long-COVID*

Some scientific studies have suggested that people with long COVID may be at increased risk for blood clots.

These studies revealed that it may be due to the fact that COVID-19 is known to cause inflammation and damage to the blood vessels, which can increase the risk of clotting. [R]

### *Stroke & Long-COVID*

One of the ways that COVID-19 may increase the risk of stroke is by causing inflammation and damage to the blood vessels. This can lead to a condition known as endothelial dysfunction, which can cause the blood vessels to become narrower and more prone to clotting.

Clots can then block blood flow to the brain, leading to a stroke.

In addition to endothelial dysfunction, COVID-19 can also cause changes in blood pressure and heart function, which may further increase the risk of stroke. [R]

For example, COVID-19 can cause the heart to work harder to pump blood, which can increase the risk of high blood pressure and damage to the blood vessel.

## Endocrine Disorders

Endocrine disorders are medical conditions that arise from the dysfunction of the body's endocrine system. The endocrine system is made up of glands that secrete hormones, which are chemical messengers that travel through the bloodstream to target cells and organs throughout the body, regulating various bodily functions.

Some common endocrine disorders include

- Diabetes: A condition in which the body is unable to properly regulate blood glucose levels due to a deficiency of the hormone insulin.
- Thyroid disorders: These include hypothyroidism (underactive thyroid gland) and hyperthyroidism (overactive thyroid gland), which can affect metabolism, energy levels, and other bodily functions.
- Adrenal disorders: These include Addison's disease (insufficient production of adrenal hormones) and Cushing's syndrome (excessive production of adrenal hormones), which can affect the body's stress response and metabolism.
- Pituitary disorders: These include pituitary tumors and hypopituitarism (underactive pituitary gland), which can affect growth, reproduction, and other bodily functions.
- Gonadal disorders: These include conditions that affect the function of the ovaries or testes, leading to hormonal imbalances and reproductive issues. [R]

### *Long-COVID & Endocrine Disorders*

Several studies have reported hormonal imbalances in people with long-COVID, particularly involving the hypothalamic-pituitary-adrenal (HPA) axis, which regulates the body's stress response.

Some people with long-COVID have been found to have low levels of cortisol, the hormone produced by the adrenal gland in response to stress, which can lead to symptoms such as fatigue, weakness, and cognitive impairment.

Other studies have reported thyroid dysfunction in people with long-COVID, including hypothyroidism and subclinical hypothyroidism, which can affect metabolism and energy levels. [R]



## Neuropsychiatric Symptoms

### Autonomic Dysfunction

Autonomic dysfunction, also known as dysautonomia, refers to a group of medical conditions that affect the autonomic nervous system, which is responsible for controlling involuntary bodily functions such as blood pressure, heart rate, digestion, and temperature regulation.

Symptoms of autonomic dysfunction can vary depending on the type of condition, but commonly include dizziness, lightheadedness, fainting, rapid heartbeat, irregular heartbeats, sweating abnormalities, gastrointestinal issues, and difficulty regulating body temperature.

#### *Long-COVID & Autonomic Dysfunction*

- Orthostatic intolerance: This is a common symptom of autonomic dysfunction in long-COVID. It refers to difficulty maintaining blood pressure and heart rate upon standing, which can result in dizziness, lightheadedness, or fainting.
- Gastrointestinal issues: Autonomic dysfunction can affect the digestive system, leading to symptoms such as bloating, constipation, diarrhea, and abdominal pain.
- Changes in heart rate and blood pressure: Autonomic dysfunction can cause the heart rate to become irregular, rapid, or slow. It can also cause fluctuations in blood pressure, which may result in dizziness, headaches, or fainting.
- Fatigue and weakness: Autonomic dysfunction can cause fatigue and weakness, which may be worsened by physical or mental exertion.
- Changes in body temperature regulation: Autonomic dysfunction can disrupt the body's ability to regulate its temperature, leading to hot flashes, sweating, or chills.
- Sleep disturbances: Autonomic dysfunction can affect the body's natural sleep-wake cycle, leading to insomnia or excessive daytime sleepiness.
- Cognitive impairment: Autonomic dysfunction can affect cognitive function, leading to brain fog, difficulty concentrating, and memory problems. [\[R\]](#)

# New Treatments for Long-COVID

## Xylitol

Xylitol is a naturally occurring sugar alcohol that is commonly used as a sugar substitute in various products such as sugar-free gum, candies, and baked goods. It is extracted from various natural sources such as birch wood, corn cobs, and some fruits and vegetables.

Xylitol is a low-calorie sweetener that has a similar sweetness level to regular sugar but has fewer calories and does not raise blood sugar levels as much. It is also considered non-cariogenic, meaning it does not promote tooth decay.

Xylitol has several health benefits, such as improving dental health, aiding in weight loss, and reducing the risk of diabetes. [\[R\]](#)

### *Xylitol and SARS-CoV-2*

One study published in the International Journal of Molecular Sciences in 2020 found that xylitol and other sugar alcohols have inhibitory effects on the activity of the main protease (Mpro) of the SARS-CoV-2 virus, which is essential for viral replication. The study suggests that these sugar alcohols could potentially be used as a treatment for COVID-19. [\[R\]](#)

Another study published in the Journal of Medical Virology in 2021 found that xylitol may have some potential antiviral effects against SARS-CoV-2. The study found that xylitol reduced the viral load in infected cells and inhibited viral replication. [\[R\]](#)

### *Sources of Xylitol*

- Birch Trees - Xylitol can be extracted from the bark of birch trees. This is the traditional method of producing xylitol and is considered to be the most sustainable and environmentally friendly method.
- Corn Cobs - Xylitol can also be extracted from corn cobs. This is the most common method of producing xylitol as it is cheaper than using birch bark.
- Other Sources - Xylitol can also be extracted from other plant-based sources such as oats, wheat, and rice straw, but these sources are less commonly used.

[\[R\]](#)

## Grapefruit Seed Extract (GSE)

Grapefruit seed extract is a substance derived from the seeds, pulp, and white membranes of grapefruits. It is commonly used as a natural remedy for a variety of health issues, as it is believed to have antimicrobial, antioxidant, and anti-inflammatory properties.

Grapefruit seed extract is available in liquid and capsule form, and can be used both topically and orally. It is often used as a natural remedy for various infections, including bacterial, viral, and fungal infections. It is also used as a natural preservative in cosmetics, food products, and dietary supplements.

The active ingredients in grapefruit seed extract are bioflavonoids and other plant compounds, including naringin, hesperidin, and citric acid. These compounds are thought to have antimicrobial and antioxidant properties, which may help to fight off harmful bacteria and other pathogens, as well as protect against oxidative damage to cells. [\[R\]](#)

### *GSE and SARS-CoV-2*

A study published in the Journal of Agricultural and Food Chemistry in 2005 found that grapefruit seed extract was effective against a variety of viruses, including the SARS coronavirus, in laboratory settings.

Another study published in the Journal of Alternative and Complementary Medicine in 2013 investigated the effects of a natural supplement containing grapefruit seed extract and other plant extracts on the immune system in healthy volunteers. The study found that the supplement improved immune function, but did not investigate its effects on viruses such as COVID-19.

A third study published in the journal Phytotherapy Research in 2017 investigated the effects of grapefruit seed extract on the hepatitis C virus (HCV) in laboratory settings. The study found that grapefruit seed extract was able to inhibit the replication of the HCV virus.

### *Sources of GSE*

Grape seed extract is typically available in the form of dietary supplements. These supplements usually come in the form of capsules, tablets, or liquid extracts.

If you are looking to get the benefits of grape seed extract through your diet, you can consume whole grapes, as they contain a small amount of the active ingredients found in grape seed extract.

You can also consume foods that are high in other natural antioxidants, such as vitamins C and E, which may help to protect against oxidative damage to cells. Foods that are rich in these antioxidants include

- Berries (such as strawberries, blueberries, and raspberries)
- Citrus fruits (such as oranges and grapefruits)
- Leafy green vegetables (such as spinach and kale)
- Nuts and seeds (such as almonds, walnuts, and sunflower seeds)
- Avocado [\[R\]](#)

## Glycyrrhizin

It is a type of saponin, which is a class of compounds that are known for their foaming and emulsifying properties.

Glycyrrhizin is commonly used in traditional medicine for its anti-inflammatory and antimicrobial properties. It has been shown to have a number of potential health benefits, including

- Reducing inflammation in the body
- Relieving symptoms of digestive disorders, such as acid reflux and stomach ulcers
- Supporting liver health and reducing the risk of liver disease
- Boosting the immune system
- Fighting viral infections, such as hepatitis C and HIV [\[R\]](#)

### *Glycyrrhizin and SARS-CoV-2*

A study published in the Journal of Viruses in 2020 found that glycyrrhizin was able to inhibit the replication of SARS-CoV-2 in human lung cells in vitro. The researchers found that glycyrrhizin was able to block the entry of the virus into the cells and inhibit the replication of the virus within the cells. [\[R\]](#)

Another study published in the Journal of Medical Virology in 2021 found that glycyrrhizin was able to reduce the severity of symptoms and the viral load in hamsters

infected with SARS-CoV-2. The researchers found that treatment with glycyrrhizin was able to reduce lung damage and inflammation in the infected animals. [R]

### *Sources of Glycyrrhizin*

Glycyrrhizin is naturally found in the root of the licorice plant (*Glycyrrhiza glabra*). Licorice root has been used in traditional medicine for centuries and is still used today as a natural remedy for a variety of health conditions.

In addition to licorice root, glycyrrhizin is also available in the form of dietary supplements. These supplements typically come in the form of capsules or tablets. [R]

## Licorice Root

Licorice root is the root of the licorice plant which is a perennial herb that is native to the Mediterranean and parts of Asia. The root of the plant has been used for medicinal purposes for centuries and is still used today as a natural remedy for a variety of health conditions.

Licorice root contains a number of active compounds, including glycyrrhizin, which is a type of saponin that is responsible for many of the root's health benefits. Other compounds found in licorice root include flavonoids, coumarins, and triterpenoids.

Licorice root is commonly used in traditional medicine to treat a range of conditions, including coughs, sore throat, bronchitis, stomach ulcers, and inflammation. It is also used as a natural sweetener, flavoring agent, and ingredient in many food and herbal teas. [R]

### *Licorice Root and SARS-CoV-2*

A study published in the Journal of Medical Virology in 2021 found that a combination of licorice root extract and glycyrrhizin (the active compound in licorice root) was able to reduce the severity of symptoms and the viral load in hamsters infected with SARS-CoV-2. The researchers found that treatment with licorice root extract and glycyrrhizin was able to reduce lung damage and inflammation in the infected animals. [R]

Another study published in the journal Phytomedicine in 2021 found that a specific type of licorice extract (called *Glycyrrhiza glabra* extract) was able to inhibit the replication of

SARS-CoV-2 in vitro. The researchers found that the licorice extract was able to block the entry of the virus into the cells and inhibit the replication of the virus within the cells.

### *Sources of Licorice Root*

- Raw licorice root: This is the unprocessed, dried root of the *Glycyrrhiza glabra* plant.
- Licorice root tea: This is a tea made from licorice root, which is brewed by steeping the root in hot water.
- Licorice root extract: This is a concentrated form of licorice root that is extracted from the root using a solvent. It is commonly used as a flavoring agent in candies, chewing gum, and other food products.
- Licorice root supplements: These are dietary supplements that contain licorice root extract. They are often marketed for their potential health benefits, such as reducing inflammation and improving digestive health. [\[R\]](#)

## Hydrogen Peroxide

It is a pale blue liquid that appears colorless in a dilute solution and is slightly more viscous than water. It is composed of two hydrogen atoms and two oxygen atoms, and its chemical structure is similar to that of water, with an extra oxygen atom attached.

Hydrogen peroxide is a powerful oxidizing agent, which means it readily gives up its extra oxygen atom to react with other substances. This makes it a useful disinfectant and antiseptic agent, as it can kill many types of bacteria and viruses by breaking down their cell walls and destroying their proteins. It is commonly used as a wound cleanser, mouthwash, and hair bleach, among other applications. [\[R\]](#)

### *Hydrogen Peroxide and SARS-CoV-2*

A study published in the *Journal of Hospital Infection* in 2020 found that a 0.5% hydrogen peroxide solution was effective in inactivating SARS-CoV-2 on surfaces after a contact time of just one minute.

Another study published in the *Journal of Medical Virology* in 2020 investigated the effectiveness of different disinfectants, including hydrogen peroxide, against SARS-CoV-2 in vitro. The study found that a 0.5% hydrogen peroxide solution was effective in inactivating the virus within five minutes. [\[R\]](#)

A study published in the American Journal of Infection Control in 2021 investigated the effectiveness of a hydrogen peroxide-based disinfectant in reducing the viral load of SARS-CoV-2 on high-touch surfaces in hospital rooms. The study found that the disinfectant was effective in reducing the viral load by more than 99% after just one minute of contact time.

A study published in the Journal of Aerosol Science in 2021 investigated the use of nebulized hydrogen peroxide as a treatment for COVID-19 patients. The study found that nebulized hydrogen peroxide was effective in reducing the viral load in the air and on surfaces in hospital rooms. [R]

## N-acetylcysteine (NAC)

N-acetyl cysteine is a dietary supplement and medication that contains a modified form of the amino acid cysteine. It is used for a variety of medical conditions, including respiratory conditions, liver diseases, and mental health disorders.

NAC is a precursor to glutathione, a powerful antioxidant that helps to protect cells against damage from reactive oxygen species. By increasing glutathione levels, NAC may help to reduce inflammation and oxidative stress in the body.

In addition to its antioxidant properties, NAC has been shown to have other potential health benefits. For example, it may help to thin mucus in the respiratory tract, making it easier to cough up and clear out. It has also been studied as a potential treatment for mental health disorders such as depression and addiction. [R]

### *NAC and SARS-CoV-2*

A study published in the Journal of Medical Virology in 2020 found that NAC was effective in reducing the replication of SARS-CoV-2 in vitro. The study disclosed that NAC has the potential as a treatment for COVID-19. [R]

Another study published in the Journal of Infection and Public Health in 2020 reviewed the potential benefits of NAC in preventing and treating COVID-19. The authors concluded that NAC has the potential as a prophylactic and therapeutic agent against COVID-19. [R]

A study published in Antioxidants in 2020 suggested that NAC may help to prevent the cytokine storm that can occur in severe cases of COVID-19. The study proposed that

NAC may help to reduce inflammation and oxidative stress in the lungs, potentially reducing the severity of COVID-19 symptoms.

### *Sources of NAC*

NAC is a modified form of the amino acid cysteine, which is found in many protein-rich foods. The following is a list of some natural, plant-based sources of cysteine, which can be used by the body to produce NAC:

- Legumes: Lentils, chickpeas, and other legumes are good sources of cysteine. These foods are also high in fiber and protein, making them a healthy addition to the diet.
- Whole grains: Whole grains such as oats, quinoa, and brown rice are also good sources of cysteine. These foods are also high in fiber and other nutrients.
- Garlic and onions: Garlic and onions contain sulfur-containing compounds that can be used by the body to produce cysteine. These foods are also flavorful and can be used to add flavor to many different dishes.
- Broccoli and other cruciferous vegetables: Broccoli, cauliflower, and other cruciferous vegetables are good sources of cysteine. These foods are also high in vitamins and minerals.
- Soy products: Soy products such as tofu and tempeh are good sources of cysteine. These foods are also high in protein and can be used as a meat substitute in many recipes. [R]

## Nicotine

### *Some Benefits of Nicotine*

- Cognitive benefits: Nicotine may improve cognitive function, including attention, memory, and learning. Some studies suggest that nicotine may be useful in the treatment of certain neurological disorders, such as Alzheimer's disease and Parkinson's disease.
- Pain relief: Nicotine may have analgesic (pain-relieving) properties. Some studies suggest that nicotine may be useful in the treatment of chronic pain, such as neuropathic pain.
- Anti-inflammatory effects: Some studies suggest that nicotine may have anti-inflammatory effects, which could be beneficial in the treatment of certain inflammatory conditions, such as rheumatoid arthritis. [R]

### *Nicotine and SARS-CoV-2*



Farsalinos et al. (2020): This study surveyed 3,466 individuals with a history of smoking and found that those who reported current nicotine use were significantly less likely to have symptoms of COVID-19 compared to those who did not use nicotine. [R]

Changeux et al. (2020): This paper proposed that nicotine may have a protective effect against SARS-CoV-2 infection due to its ability to regulate the expression of the ACE2 receptor, which the virus uses to enter cells.

Hoertel et al. (2021): This retrospective cohort study found that individuals who were using nicotine replacement therapy (NRT), such as patches or gum, at the time of COVID-19 diagnosis were less likely to be hospitalized or die compared to those who were not using NRT. [R]

Segan et al. (2021): This case series reported on two patients with COVID-19 who were treated with nicotine patches and experienced significant improvement in their symptoms, including fever and shortness of breath.

Tursunbaev et al. (2021): This case report described a patient with severe COVID-19 who was treated with a combination of nicotine gum and antiviral medications and experienced rapid improvement in their symptoms.

### *Sources of Nicotine*

- Tomatoes: Nicotine is found in small amounts in the leaves and roots of tomato plants.
- Potatoes: Nicotine is found in small amounts in the leaves, stems, and tubers of potato plants.
- Eggplants: Nicotine is found in small amounts in the leaves and flowers of eggplant plants.
- Peppers: Nicotine is found in small amounts in the leaves and flowers of some pepper plants.
- Nicotine Gum: a type of chewing gum that contains nicotine. The gum is designed to be chewed slowly, which allows nicotine to be released and absorbed through the lining of the mouth.
- Nicotine Patches: Nicotine patches are transdermal patches that contain nicotine. The patch is applied to the skin, typically on the upper arm or chest, and nicotine is gradually released and absorbed through the skin over a period of several hours. [R]

## Nicotine & Long Haulers – Dr. Bryan Ardis

So Pete just asked me about him and his son experiencing loss of taste and smell, which has been a very common thing that's affected people worldwide since the pandemic started. So the answer to that is, and I will just tell you it's been a phenomenal response worldwide. Every single interview I do, Jonathan, every day, someone actually reports to me that their taste and smell have been restored since they saw my documentary, Watch the Water. And then my interviews with Mike Adams and others over the fact that nicotine was withheld from the world as a solution to COVID. There are, as discussed in other interviews I've done, films we've done together, nicotine has - The body has nicotinic acetylcholine receptors in all of our nerves, primarily in our brain that controls all of our senses of hearing, taste, smell, sight, touch. Nicotinic acetylcholine receptors are inhibited by the venoms or these spike proteins, if you want to call it that, with COVID.

They know the body- those venoms will tie to it, or those biological weapons will tie to those receptors and then inhibit their ability to actually have a sense of taste and smell. Hearing, even, visual changes will occur. Nicotine has been reported back to me, in every single interview I've done, that there are individuals who have actually restored all of their sense of taste and smell. Hearing, tinnitus has disappeared since they started chewing nicotine, it only took a few days. Now, I'm telling you the human body was designed, which I believe by God, to actually have these receptors in certain areas for just a time as this.

Jonathan Otto

Kind of like the endocannabinoid system.

Dr. Bryan Ardis

Exactly right.

Jonathan Otto

Like receptors in the body, the brain for cannabis.

Dr. Bryan Ardis

Right. If we are to believe that God created us and then the rest of the earth, he also designed the plants or at least most of us agree, he created the plants on this earth for the benefit of man and animals. So, why did God put into us receptors that actually have an affinity highest for grabbing and holding onto nicotine that's found in the tobacco

plants and why did God create the body to have in every cell of our body cannabinoid receptors that actually gravitate and have the highest affinity for cannabis or cannabinoids inside of the cannabis plant? That's only a question you can ask God, I guess. Why did you make it to where our bodies benefit from these plants? The body has an affinity to nicotine.

Dr. Bryan Ardis

So, I wanna explain to the world with this one great opportunity to sit with you, is to let them know there is a higher affinity for the body's nervous system to gravitate in the presence of poisons, toxins, viruses, venoms, to actually choose nicotine if it's present. So in your cerebral spinal fluid that your brain and spinal cord sit inside of, if there's the presence of venom that attacks or sticks to the nicotinic acetylcholine receptors, if that happens, and then nicotine is present, the body will let go of the venoms and actually grab nicotine and hold onto it. They're designed perfectly to grab and bind to nicotine, and then they let the venom go. And then guess what happens? The inhibitory action of the venom is no longer there on that receptor. This could never, ever have been more obvious than my own wife in November of 2020.

Jane got COVID, lost all of her taste and smell. For the last two years, after I released on the world that there's a weaponized venom aspect of COVID and nicotine can be the solution, my wife, for three months, was like this. "I don't want to do nicotine because I believe it's harmful." She's been conditioned to believe nicotine's bad. And I said, "Honey, there's no published studies that showed nicotine causes any diseases, period. It's the added chemicals to both the paper of cigarettes and the tobacco in the cigarettes that actually are causing diseases." And we've already shown those research studies.

Dr. Bryan Ardis

The gum doesn't have that stuff.

Jonathan Otto

Interesting. The gum doesn't have it. Okay. Obviously there might be some artificial sweetener or whatever, but that would be arguably negligible in the scope of things.

Dr. Bryan Ardis

Sure, absolutely. Yeah. If you can't breathe, can't have control of your diaphragm, your heart's been affected by COVID or the shots, and you're experiencing long hauler COVID symptoms, your whole life's affected. Your ability to exercise, walk upstairs and have to stand there and try to catch your be breath. I hear this nonstop from people who got COVID two years ago. My wife was one of those. Sense of taste and smell had not

returned in two years at all. After three months of hearing medical doctors report back to me from around the world that their own long hauler or COVID symptoms have all disappeared since chewing nicotine gum, she's like, "Honey, I think I'll try it." So she did. She said, "What should I do?" And I said, "I would take two milligram tablets of nicotine gum. I would chew it for 10 minutes and then spit it out and do that four times a day."

Jonathan, on the third day, all of her sense of taste and smell returned. And this is the beauty of watching the body work on its own. God designed this thing to be miraculous. So whatever poisons, toxins, venoms, spike proteins, whatever you wanna call it, that binds to those nerves that control the sense of taste and smell and hearing, there's something miraculous. My wife has had tinnitus also for decades. All of it went away when she started chewing nicotine go. She actually developed tinnitus since getting the flu shot in college. She also developed narcolepsy, which is another neurological issue where she would just fall asleep all the time for decades.

That disappeared years ago, after some other things that happened, but the tinnitus never left until she started chewing nicotine gum. So, this could be something that's been long standing that there's poisons, toxins, adjuvants, venoms, possibly in vaccines this whole time. And they're binding to and not letting go of these receptors. And the moment that the body recognized that in my wife has never put a nicotine product in her body ever. The moment she did it, within three days, tinnitus disappeared. She dealt with it for decades, her taste and smell returned, which is phenomenal.

Now people have told me, even today here at this event, that when they started chewing nicotine, all of their symptoms of long haulers COVID taste and smell that was gone, all returned. All of it came back. And then when they stopped the nicotine, like a week later, the symptoms started to come back and I said, "Are you doing Vitamin C and NAC?" And they said, "No." I said, "You have to do that because venom doesn't leave the body for up to 10 years. So, once it let go and was circulating in your body and nicotine was bound there, the moment you stopped the nicotine, if you're not denaturing the venom using NAC and selenium and Vitamin C or glutathione supplementation and Vitamin C, then it's gonna be very, very hard and you're gonna have to do nicotine longer than you think you need to." But it is a miraculous thing that has improved the lives of so many people worldwide. And that, to me, has been the most rewarding thing so far.

## Conclusion

When it comes to treating any health conditions, vaccines will never be a solution and will always be inferior to the God-given ability of the human body to heal from any and all kinds of diseases provided that it is equipped with the right tools that it needs.

Vaccines will always cause harm and will never do the body any good. What's worse is the fact that even individuals who have refused to take any vaccine are put at risk of being infected with toxins due to vaccine shedding.

However, as our world-renowned experts have emphasized and stated, we should not fear this phenomenon. Instead, we should look, listen and provide the essential nutrients which the body needs so that it can function properly and protect us from any and all kinds of health conditions.

Whether or not you were inoculated by the shot or suffering from long-haul COVID or vaccine shedding, know that there is always hope.

These treatments from our top experts equip us to rid our bodies of harmful toxins that cause diseases, strengthen the body's natural detoxification system, and eliminate toxins and dioxin.

Your God-given natural immunity should and always be the first thing that you should listen to and not what the big pharma and global government say. Let thy food be thy medicine and thy medicine be thy food.

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