**Nutritional Protocol for COVID and other viruses**

These natural remedies have been shown to be effective against viral conditions. They can act preventatively as well as in the event of an infection. Make sure to have them on hand so you can increase dosing as soon as symptoms develop. There can be a cost to these remedies but balance that against being incapacitated with illness. Much of it can remain in the medicine cupboard until needed.

This is the updated Nutrition protocol to protect those who’ve been injected with spike protein, graphene oxide and mRNA and the same protocol is useful to protect those concerned with the spike protein and graphene oxide shedding (transmission) coming off those who’ve been injected. We now have evidence of the latest injections containing: mRNA, spike protein, graphene oxide, SM-102, and numerous other potentially toxic substances (also: some—but not all—injections, appear to be higher in graphene oxide and some appear to be saline placebos). If you know someone who has been injected and requires help, please provide them with this Nutrition Protocol:

Most Important Elements of the Protocol (Shortlist Summary)

**Spike Protein: Shikimate neutralizes the Spike Protein**

This is the Nutrition Protocol to Prevent Damage from Spike Protein and Derivatives due to Injection and to Protect from Spike Protein Shedding (transmission):

***Shikimate***Main Sources to Detox Spike Protein

• Pine Needle Tea for Shikimic Acid or Shikimate (from green edible pine needles) There are toxic pine needles, ( Yew and Ponderosa, best are eastern white pine and Douglas fir ) be careful! When drinking pine needle tea, drink the oil/resin that accumulates too!

You can get the recipes on the internet.

And/Or

• Fennel and/or Star Anise Tea

Use 4 – 8 fruits or half teaspoon of powder, add hot water and honey to sweeten. For more flavour add cinnamon sticks ( 1-2 ) and fennel seeds. Drink 3 cups per day.

Star Anise Can be ordered from [www.australherbs.com.au](http://www.australherbs.com.au) and fennel seeds are probably available from health shops.

And/Or

• Schizandra Berry Tea. <https://www.superfoodevolution.com/schizandra-berry-tea-recipes.html>

• Iodine (dosage depends on brand, more is not better). Iodine is a product you have to start with small dosages and build up over time. Available chemist warehouse.

• Vitamin D3 (10,000 IU’s per day) Available from a Health shop chemist warehouse or online

Dandelion Leaf Extract –take 5 ml per day. This has not been extensively tested against spike protein but worth a try. If you have dandelions in the lawn then you can boil up the leaves to make a tea. Available from [www.naturopathherbals.com.au](http://www.naturopathherbals.com.au)

**Graphene Oxide Detox:**

• C60 (1-3 droppers full per day): This is mainly for people that have had the Jab. One of the issues we are seeing with those who have been injected is disturbances in their energetic field (magnetism) and hot spots of inflammation. C60 is a rich-source of electrons and acts like a fire extinguisher to inflammation and simultaneously (because it bio-distributes throughout the body) drives a normalization of electron flow throughout the body. In this category, there are several Australian Suppliers.

<https://www.healthascension.com.au/product/c60-in-organic-olive-oil/>

<https://c60olive.com.au/>

<https://www.aussiehealthproducts.com.au>

C60 is recommended to neutralize spike protein, detoxify graphene oxide and SM-102.

• Activated Charcoal: Take between 400-2000mg (1-5 capsules) a day with water. Available as capsules from Pharmacy or Health shop or cheaper in bulk from [www.nakitanaturals.com.au](http://www.nakitanaturals.com.au)

• NAC (N-acetyl cysteine) (accelerates detoxification and is considered a producer of the super detoxifier glutathione in the body) Dosage: 1200-2400 mg per day on an empty stomach. NAC is recommended to detoxify graphene oxide and SM-102. Available from:

<https://www.lifeextensionaustralia.com>

[www.return2health.com](http://www.return2health.com).

 • Enzymes (especially those containing serrapeptase and nattokinase such as VeganZyme— dosage for VeganZymes is 3 caps, twice daily):

Serrapeptase: Serrapeptase provides the anti-inflammatory breakdown of excess and unusual protein. Dosage: 100-200 mg on an empty stomach per day.

Nattokinase: Nattokinase has a long history of being used to prevent blood clots. 2000-4000 Fibrinolytic Units per day (2-4 capsules) with or without food.

Spark of Life Proteo-8 is a good product also from [www.return2health.com](http://www.return2health.com).

Special Note: Ivermectin is showing great promise against hydrogels containing graphene oxide and found on PCR test swabs. It is a prescription medicine.

***Counteract the virus.***

* Zinc (30-80mg per day depending on immunological pressure)
* Quercetin (500-1000 mg, twice daily)
* Vitamin D3\* (10,000 IU’s per day).
* Liposomal Vitamin C ( 1,000mg ( 1 Teaspoon ), twice daily). Many brands are available, but Spark of Life is a good one from [www.return2health.com](http://www.return2health.com).
* Selenium 200ug per day
* Magnesium 500mg per day
* Oregano oil. Oil or Capsules. Organol Super Strength from I-Herb is the US is a good brand to have on the shelf for emergencies .
* Apple Pectin 700mg twice per day.
* Iodine\* (dosage depends on brand, more is not better). Iodine is a product you have to start with small dosages and build up over time.

For general vitamins and minerals Healthy Care Australia from Chemist Warehouse seems to be a reasonable brand but there are many other. Just check the ingredients and make sure they do not have unrelated fillers and sugars etc.

***Additional recommendations:***

Hesperidin sources to help disable spike protein:

• Citrus fruit (especially blood oranges, due to their high hesperidin content — hesperidin is a chalcone like quercetin that deactivates spike protein)

• Peppermint (very high in hesperidin)

Superherbs to help disable spike protein:

• St. John’s Wort (shikimate is found throughout the entire plant and in the flowers)

• Comfrey Leaf (rich in shikimate)

• Feverfew (leaves and flowers are rich in shikimate)

• Gingko Biloba Leaf (rich in shikimate)

• Giant Hyssop or Horsemint (Agastache urtifolia) (rich in shikimate)

• LiquidAmbar (Sweet Gum tree) A tea of the spiky seed pods is rich in shikimate.

***Making your own Hydroxychloroquine to counteract immune system malfunction***

Take the peel of 3 Grapefruits and 3 Lemons and simmer it in a covered pan or pot covered with water for 2 hours. Let it cool and do not take the lid off until cool, then strain into a container and store in the fridge. Take about 50ml in a glass of water daily.

If you are concerned about Blood Clots:

Take Lubrokinase to prevent blood clots in severe cases and Astaxanthin to prevent a Cytokine Storm. Available from I-Herb in the US.

***For Lung infection, throat or coughs.***

Use Hydrogen Peroxide 35% 3-6 drops, (or if using 3% 20-30 drops) in saline solution with 10 drops of Colloidal Silver and if available 2 drops of Lugols solution in a Nebuliser three times daily for 2 – 3 minutes per session, until symptoms wain.

( Saline is 1 tsp Salt to 2 cups water boiled. )

Every home should have a Nebulizer as used by Asthmatics. They are available from Chemist Warehouse ( Philips ) or cheaper on Ebay. The compressor types are more reliable than the Ultrasonic ones even though they are noisier. They can be used to safely get remedies into the lungs. It is recommended to mix any remedies with saline rather than water due to the electrical properties.

https://www.ebay.com.au/itm/304126282741?hash=item46cf56cbf5:g:RaoAAOSwfaRhLEl2

***Chlorine Dioxide or MMS***

Chlorine dioxide has been used safely in healing for many decades, and will clear the body of many pathogens.

**Making Sodium Chlorite**

Pour 3 litres of water into a wide-mouthed, heatproof glass jar or glass beaker and heat to just under boiling.

Add the 1/2 cup of salt to the water; continue heating the mixture until the salt is completely dissolved. Remove from heat when the salt is dissolved.

Sharpen both ends of a couple of graphite pencils until you have at least 1 inch of exposed lead on both ends.

Attach the wires to one end of each pencil with the alligator clip. Make sure the clip is only gripping lead.

Tape the cardboard to the mouth of the glass jar or beaker.

Punch holes in the cardboard an inch in from the sides of the jar. Insert the ends of the pencils without the alligator clips into the holes and push into the jar until the exposed lead is submerged in the salt/water mixture.

Attach one alligator clip to the negative terminal of a 9 volt battery and the other alligator clip to the positive terminal of the battery or the solar panel. This provides the electrolysis which turns the NaCl to NaclO2. Wait at least 16 hours before disconnecting the electrolysis.

Disconnect the alligator clips from both the battery or solar panel and the pencils. Remove the pencils and cardboard from the glass jars.

Line the funnel with a coffee filter and place in the plastic container. Pour the salt/water mix through the coffee filter-lined funnel. The sodium chlorite will be caught by the coffee filter.

Remove the coffee filter from the funnel and gently place on a wire drying rack with the side that had the salt/water mix poured on it up.

As the coffee filter dry’s, sodium chlorite crystals form. You can gently scrape the crystals from the coffee filter into a storage container.

**Making Sodium Chlorite Liquid**

If you have purchased Sodium Chlorite Flakes or using your own:

Add 720g or ml into a container. Add 280gm of sodium Chlorite

Add together, stir and wait until its completely dissolved. Store this in an air tight container in a cool dark place.

Make a Hydrochloric acid solution to 5%

Or make a 50% mixture of pure citric acid in water.

**Making and using the Chlorine Dioxide.**

If you have made your own Sodium Chlorite solution, or purchased MMS from internet or Ebay:

The Sodium Chlorite Solution (MMS) bottle should NOT be exposed directly to sunlight.

When you are ready to use the Chlorine dioxide mix a drop of Sodium Chlorite with a drop of Citric acid 50% or Hydrochloric acid 4%, wait 2 – 3 minutes and make sure the liquid turns yellow or brown colour, them mix with half a glass of water. To start with one drop drink only half the water then the second half in the evening. Build up slowly to 20 – 30 drops per day spread throughout the day, if you can stomach it. It will have some reactions in some people at which time you need to find the dose that you can handle.

While you can buy chlorine dioxide over the internet, this website strongly recommends that you make it yourself at home from sodium chlorite (i.e. MMS). Chlorine dioxide is a gas, and will not remain within water for more than a couple of hours. **You should make it at home fresh every time you use chlorine dioxide just to make sure you are getting the maximum effect possible from the product.**

Let me repeat that last statement to make sure t he reader understands this issue. Chlorine dioxide does not remain stable for more than a couple of hours. In other words, the chlorine dioxide must be made **FRESH** each time it is used!!! But there is one thing we can do to stabilize chlorine dioxide. After activation of MMS we can add water to it and keep it air tight in a dark place.