

Never lose hope, this is the key message for those who have been vaccine damaged, read about help below. Why not conduct our CureforVax Calculator? It is a simple Excel spreadsheet that helps determine any likely harm, people who score more than 10 points should consider some of the treatment protocols described below.

GOLD Standard Medical Advice

Those listed below are trusted pioneers in this field, these should be your first reference source because they were early to recognise alternative therapies for the COVID infection and building on that they are the best source for vaccine injury treatments as well. These organisations are backed by **real** doctors, health professionals who not only subscribe but actually practice to the ancient Hippocratic Oath "first do no harm".



Spike Protein Detox Guide

Posted on November 30, 2021 • Updated on October 1, 2022

What is Vaccine Shedding and Should I be Concerned About it?

Posted on March 3, 2022 • Updated on March 9, 2022



I-PREVENT

COVID PROTECTION PROTOCOL

I-RECOVER

POST-VACCINE TREATMENT PROTOCOL

The future is packed with revelations and new knowledge, further insights that can make a real difference for you. There are many different solutions that can help you and your ailment.

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A couple of videos: a one minute forecast dated from 1956 that suggested a 2020 virus or was it a plan? Also a two minute video from Doctor Bill Deagle: excerpt from the "Granada Forum", Los Angeles December 7th 2006



<https://rumble.com/embed/v1ksmgw/?pub=4>



<https://www.bitchute.com/video/tq8mWi4TnAau/>

1) Antidote

It is incredible to think that an antidote may exist for the damage that has been done to peoples' bodies but it really could. The bioweapon injections were designed with expertise not readily understood in terms of today's published and public science. It's likely that the transfection, gene-editing methods and the self-assembling communications technology has been in development since the 20th century. Given that so much military funding has been invested to make this "combination" bio-weapon then it's likely that the inventors also devised a mitigation or antidote for themselves, for self-protection.

The Original Flu Pandemic

There are many interpretations of the first global pandemic which raged during 1917-1920, again this event was largely injection/vaccine triggered, however the parties to that democide reflected how the resultant disease was quite indifferent to its targets, and culling many unintended people and causing collateral damage... it kind of ran out of control. Reflecting on that first event we can see how this current COVID pandemic event is far more complex and multi-threaded attack. From 2019 we have large psychological (Mass Formation) media control operations, the COVID pathogen has been aerosolised to trigger lock-down situations but also the regular seasonal influenza infection was re-purposed as "COVID" infection. We also note the use of "contaminants" in the various tests, DNA modifications across the body such as 13p6 gene deletions, BLE IP address wireless networks, 5G triggers and of course most importantly, auto-immune dysregulation.

No Single Universal Antidote

One of the likely flaws around a universal antidote theory is the inconsistency of these jabs, there are many brands from different supply chains. It's clear from statistical observation that "bad batches" do exist. We also know from normal pharmaceutical practice that any drug "trial" is subject to dose-finding, different concentrations and ingredient make-up.... to adjust final outcomes for patients. There are many examples of independent analyses of the contents of actual vaccine vial contents and they are often found contradictory, different results for the same brand, this is probably because the ingredients have actually changed, or even from varying manufacturing processes or factory contamination. It may even become clear that action of the COVID bio-weapon injection is dependent on a second or combining component, for example; external materials, environmental triggers or even ethnic dietary differences. No antidote has been revealed thus far and it won't until the evil agenda has been properly exposed and held to account. The varying make-up of the "vaccines" are causing different injuries and will most likely require a personalised approach to treatment and will first require a *one to one* consultation with an alternative health practitioner, to determine the best way forward for you.

2) Current Therapeutics

This is the most popular course of action for people, it is self-service approach and similar to allopathic medicine practices, a prescription or a pill to fix a particular symptomology. It is worth noting that many of the listed solutions are not strictly allopathic in that they may be recommending nutrient supplements, foodstuffs and or lifestyle changes to effect a beneficial outcome. Those combination approaches may be termed complementary or alternative medicine (CAM).

Disclaimer

The links and details provided are **NOT** endorsements. **YOU** must practice great care in selection and review of the proposed treatments, the link provided should be a starting point for further investigation. There are a whole variety of risk profiles, self-service medications and assisted consultative services. Remember that the world is only two years into this “pandemic”, some of the treatments may pre-date 2020, some are re-purposed drugs, and some can include side-effects, over time any of these could be supplanted by even more effective regimes. I refer you back to the “**gold-standard**” providers at the top of the article for the most assured and low risk approach to treatment. The links below are not provided in any particular order or cost or benefit, they may be a subsidiary or agent seller, seeking the original source or inventor can be helpful. **Use your own discernment and seek additional medical advice.**

Acronym	Full Name	Benefit	Link
IVM	Ivermectin	IVM has a number of actions against parasitic agents, in humans it stimulates or up-regulates interferon amongst many other benefits such as triggering autophagy and re-balancing the gut biome after spike protein dysregulation.	https://pennybutler.com/how-ivermectin-works/
Quercetin	Quercetin	A natural equivalent to IVM. Popular with Naturopaths because it's not a pharmaceutical product	https://covid19.onedaymd.com/2021/10/quercetin-and-covid-19-two-new-studies.html
Vit. D3	Vitamin D3	The most concentrated D3 is made through skin exposure to strong sunshine. In the winter, supplements can help significantly	https://covid19.onedaymd.com/2022/07/vitamin-d-is-critical-for-protection.html
Vit. C	Vitamin C (Liposomal)	Vitamin C, an anti-oxidant with a number of immune-modulatory mechanisms. Liposomal form is adsorbed faster/better.	https://www.healthfirstdc.com/blog/vitamin-c-and-the-coronavirus
Citrus	Citrus fruit & Peppermint	high in hesperidin	https://www.verywellhealth.com/what-you-need-to-know-about-hesperidin-89462
BSO	Black Seed Oil (Nigella sativa)	Anti-Parasitical, includes 4% Thymoquinone. Terpenes acting as zinc ionophore. Multiple pathways of benefit Popular because it's a natural product	https://covid19.onedaymd.com/2021/11/black-seed-oil-and-covid-19-studies.html
BromAc	Bromelain & Acetylcysteine	A combination protocol of protein derived amino-acid and pineapple extract. Breaking science without prescribed dosages or methods. Proposed to eliminate the spike.	https://www.mdpi.com/1999-4915/13/3/425 https://wmcresearch.substack.com/p/friday-hope-bromelain-nac-and-spike
NAC	N Acetyl Cysteine	N-Acetyl Cysteine is a precursor to glutathione. It is an antioxidant and increases glutathione levels in the body to deal with foreign objects	https://covid19.onedaymd.com/2021/01/is-this-one-supplement-everyone-should.html
C60	Carbon60	C60 is a rich source of electrons and acts like a fire extinguisher to inflammation. Also binds to Reduced Graphene Oxide (rGO) to assist in body cleanse	https://www.c-60.com/ https://globalhealing.com/products/supercharged-c60
Natto	Nattokinase	An enzyme derived from the Japanese soybean dish 'Natto', is a natural substance whose properties may help to reduce the occurrence of blood clots	https://www.webmd.com/vitamins/ai/ingredientmono-1084/nattokinase
HCL	Hydroxychloroquine	Has similar anti-viral and anti-parasitical functions to IVM but with dosing and side-effect risks.	https://covid19.onedaymd.com/2022/02/unexpected-comeback-of.html
ZN	Zinc	Zinc is an important companion to the ionophoric treatment partners, HCL, IVM & BSO. It is the zinc itself that stops viral processes in the cell.	https://covid19.onedaymd.com/2021/08/best-zinc-ionophore-supplements-2021.html
Iodine	Lugols Iodine	Anti-viral amongst many other essential processes	https://www.earthclinic.com/remedies/lugols-iodine-supplements.html

Gold	Colloidal Gold	An ancient health remedy. Demonstrated in-vitro to dissolve the bio-communications that come with the jabs. No in vivo proof, yet.	https://zeeemedia.com/interview/dr-david-nixon-the-cure-nanotech-inside-injected-and-uninjected-disappears-with-colloidal-gold/
MB	Methylene Blue (Methylthionium chloride)	Assists mitochondrial function, reduces fatigue. The first ever synthetic drug (1876) used as dye for blue jeans	https://takecontrol.substack.com/p/methylene-blue-health-benefits https://raypeatforum.com/community/threads/would-methylene-blue-oxidize-iron.43378/
Shikimate	shikimic acid	Anti cancer, anti viral, anti microbial, anti coagulant and anti thrombotic	Several plants found in nature:: pine needles, fennel, star anise, St. John's wort, and comfrey leaf,
LDN	Low Dose Naltrexone	Auto Immune Treatment	https://ldnresearchtrust.org/what-is-low-dose-naltrexone-ldn
PNO	Pine Needle Oil	Terpenes against Parasites	http://essentialoilexperts.com/pine-essential-oil-uses-benefits/
PNT	Pine Needle Tea	Terpenes against Parasites	https://pineneedletea.org/blogs/news/reversing-the-effects-of-vaccines-using-white-pine-needles
Suramin	Suramin	One of the active extracts from Pine products	https://www.immunology.ox.ac.uk/covid-19/covid-19-immunology-literature-reviews/suramin-inhibits-sars-cov-2-infection-in-cell-culture-by-interfering-with-early-steps-of-the-replication-cycle
Star Anise	Star Anise (Illicium verum)	Suramin & Shikimic Acid properties	https://www.survivethenews.com/antidote-spike-proteins-covid19-vaccination-fennel-star-anise-pine-needle-tea-turpentine-nano-soma/
CDS	Chlorine Dioxide	CLO2 Miracle Mineral Solution (MMS) low dose cleansing solution for the injections	https://beforeitsnews.com/health/2022/08/mark-grenon-provides-chlorine-dioxide-protocols-for-eliminating-vaccines-mrna-shots-in-the-body-video-3046654.html
Aspirin	Aspirin	Helps reduce blood clotting, addresses a symptom rather than the disease itself	https://www.healthline.com/health-news/aspirin-may-help-prevent-serious-covid-19-complications-heres-why
EDTA	EDTA Chelation	EDTA Chelation (EthyleneDiamineTetraaceticAcid) There are different forms of EDTA, such as di-calcium, di-sodium & tetra sodium	https://www.inspiredhealthadvocate.com/dr-roth-s-covid-vaccine-protocol
NBMI	Emeramide	N,N'-bis(2-mercaptoethyl) isophthalamide (NBMI) Metals Chelator & Anti-oxidant	https://emeramed.com/information/ https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3346673/
AAPS	AAPS covid guide	PDF describes current and emerging help approaches	https://aapsonline.org/CovidPatientTreatmentGuide.pdf
Bird	Bird Group	Bird Group Independent Health Advice	https://bird-group.org/protocols/
OMM	Orthomolecular Medicine	Naturally occurring substances, particularly nutrients, in maintaining health and treating disease	http://orthomolecular.org/resources/omns/v16n37.shtml?nbsp
Truth4H	Dr. Lee Vliet - Truth For Health	Dr Lee Vliet - Vax Treatment Protocols	https://www.truthforhealth.org/2022/04/vaccine-injury-treatment-guide-your-roadmap-to-recovery/
Zingle	C.J. Zingle Protocol	C.J. Zingle Protocol lists many helpful supplements & related interpretations	https://www.amazon.com/Vaccine-Detoxification-Protocol-Protecting-Shedding-ebook/dp/B095TKS7C8
Lessenich	Lessenich Protocol	Dr. Alina Lessenich detox protocol	https://www.drlessenich.com/vaccine-detox
Y&P	Yanuck & Pizzorno etal	COVID Integrative Protocol	https://todayspractitioner.com/covid-19/phased-approach-to-covid-19-from-prevention-through-recovery-from-drs-pizzorno-yanuck-messier-and-fitzgerald/
Buteyko	Buteyko Breathing	Re-training of CO2 levels in lungs drive an improvement in chronic conditions e.g. asthma , bronchitis, sleep apnoea & other conditions	https://www.learnbuteykoonline.net/
CE	Chiropractic Economics	Specialist Chiropractics Long COVID advice	https://www.chiroeco.com/treatment-for-long-covid/
SPP	Spike Protein Protocol	Nutritional Support Protocol	https://ambassadorlove.wordpress.com/2021/06/24/summary-of-the-spike-protein-protocol-david-avocado-wolf/
Z-DTOX	Zelenko Z-DTOX	Supplement Protocol for Immune benefit	https://zstacklife.com/products/z-dtox?variant=42440970764454
X39	LightWavePatch X39	Photo-activation of Stem Cell for recovery	https://feelgoodfunctionalmed.com/x39-patch/
Weed	Hemp (Cannabis sativa)	CannaBiGerolic Acid (CBGA) and CannaBiDiolic Acid (CBDA) bind to ACE2 blocking spike	https://www.forbes.com/sites/ajherrington/2022/01/11/study-finds-cannabis-compounds-prevent-infection-by-covid-19-virus/?sh=48b882581753
MSC	Mesenchymal stem cell	Mesenchymal stem cell treatment for COVID-19	https://www.thelancet.com/journals/ebiom/article/PIIS2352-3964(22)00104-9/fulltext
ICM	Intra-Cellular Melatonin	Near infra-red light COVID treatment	https://pubmed.ncbi.nlm.nih.gov/32388486/
ZN + DMSO	Zinc plus Dimethyl Sulfoxide	Anti-inflammation, nerve blockage (analgesia), diuretics, vasodilation and muscle relaxation. COVID treatment	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7245270/
NO+ VitD	Nitric monoxide & Vit D	Supplement for Cardio-Benefit	https://cardiomiracle.com/
Nicotine	Nicotine (smoking)	Nicotine may suppress protein spike ACE2 action via the angiotensin pathway	https://health-matrix.net/2020/04/20/covid-19-ace2-nicotinic-receptors-and-the-cholinergic-anti-inflammatory-and-cognitive-improving-pathway/
ASEA	ASEA Programme	Redox cell signalling recovery and glutathione booster	https://drarivanalove.myasealive.com/ https://bcenter.org/bwell/therapies/Redox-Signaling
LEF	Life Extension Force	Nutrients to Support Respiratory Immune Health	https://www.lifeextension.com/protocols/infections/respiratory-immune-support

3) The Human Body

Your body is an amazing thing, especially when used properly. It is now clear to anyone who looks beneath the surface that our world is contaminated and most likely it's been done purpose. The problem is everywhere, in the water, the food and the air. When you look to the environmental controls or regulations you will recognize them as a veneer, a smoke-screen that makes the world appear "safe". The key here is to adopt a questioning process to what is happening around you, to incrementally review and improve your own personal environment, improving it month on month.

Clean Water

Fluoride in drinking water and toothpaste acts to dumb down the population, even though you will be told that fluoride benefits children in their teeth development. Many people drink distilled water that is post mineralized, they may use hemp flavoured tooth-paste (without fluoride). A widely adopted municipal water system is both a fabulous convenience for the user but a powerful control mechanism for your Government, local and national.

Bring Sandwiches

Industrial food production and distribution favours cosmetic appearance and shelf-life over nutrition, genetically modified plants and antibiotic loaded animal sources taint the supermarket shelves. People who can afford are choosing organic branded and local farmer market sourced foods. The weather is modified, this technology is over 100 years old, originally developed for beneficial rain-making has now been adjusted to allow radar penetration, energy weapon projection and poison-seeding to crops, livestock and human populations. In some countries beef steak cuts have been measured as "magnetic" and our soil is contaminated from air-seeded modified graphene and heavy metals. The food wrapping and plastic containers abound with endocrine mimics, affecting human physiology – all just from the wrapper or container. The average person is continually self-contaminating without even knowing it. Convenience is promoted above all in our busy lives and processed *fast food* and home delivery is the worst combination of: industrial agriculture, extended best before dates, appearance over nutrition, additives for cost reduction, ingredient substitution as a waste stream and direct calculated contamination. A massive health improvement for all would be to "bring sandwiches" or simply cook at home from organic raw produce.

Fresh Air, Sunshine and Exercise outside

Many homes are contaminated with emissions from furniture, coverings and paint things that off-gas dangerous chemicals. The high cost of home energy, its preservation leads to domestic lifestyles, especially in the winter where the reduced room air-changes lead to concentrations of these toxins. Since the introduction of the light bulb and television the family was exposed to electro-magnetic frequencies (EMF). In the 1970's the TV and lights were switched-off at night. Today in our homes are continuously bathed in way more EMF's and all day and night 24/7, LED lights, WiFi, Cellphones, Smart Devices (IoT), Doorbell IP Cameras. Some people, these days are now "exercising" indoors, in their living room on a static "peloton" bicycle whilst they watch an Internet stream or CGI screen road simulation.

Humans were designed to work outside, to hunt, to harvest and cultivate. Healthy sunshine and exercise is required for proper human body function. Fitness and optimum body mass index is complimentary to a proper diet leading to a healthy happy and long life. Learn to switch all your devices **off** at night and get enough sleep to repair your body and mind.

Intermittent Fasting

Fasting is a long established health benefit. Refraining from eating is even enforced in some religions, Muslims during *Ramadan* and Judaism has *Yom Kippur*. Researchers have found that when your body is in a fasted state, it undergoes a process of cellular housekeeping called autophagy, which they've linked to disease prevention and longevity. Autophagy is an opportunity for your cells to take out the garbage, it's a natural process of cellular repair and cleaning. Autophagy

gives your body a reboot and allows your body to function more effectively. Think of your cells like an oven, over time and as you age, your cells collect damaged proteins, fragmented pieces of white blood cells or enzymes and other metabolites that no longer work well or efficiently - much like your oven collects grease and grime from your meals. If this "waste" isn't removed, your cells don't work as well or as efficiently. In a fed state, the cells don't have to be efficient, so they don't clean up as much. When you strain the system in a good way, like with fasting, suddenly the cell senses that it doesn't have a ton of nutrients and that it shouldn't be wasting what it does have. Intermittence is important, autophagy needs to cycle on and off, too little or too much cellular cleaning can cause problems. An easy place to start is to finish your evening meal at 6pm and then continue to drink water but not eat again until lunchtime the following day. This initial refrain will cause your body some challenge, probably at 9am you may feel oddly faint however your body will find another way forward (autophagy) and by mid-morning you will feel OK. Fasting can help remove vaccine remnants, clean those auto-immune triggering metal trace elements and cell debris, take care not to overdo it.

<https://www.livestrong.com/slideshow/1008373-master-fast-dos-donts/>

4) Suppressed Medical Technology & Treatments

Today there aren't many mechanical or machines solutions you can point at that are independently proven or established that can cure medical symptoms. However they do "probably" exist but have been suppressed. This is one of the key reasons that those who are vaccine injured must not lose hope. We need to petition to get these technologies released.

Viruses and other microbes can be inactivated in a selective way by subjecting them to an oscillating electric field of adequate frequency. **Royal R. Rife** discovered this method already about 100 years ago. He proved its efficiency by means of high resolution microscopes and in **1934**, by controlled clinical tests. However, these results seemed to be unbelievable, since the underlying mechanism was not then understood. His invention was censored, destroyed, dead-ended and "lost". It is possible that rumoured "Med Beds" are the spiritual descendant of the original Rife machine but they still prove practically illusive in the year 2022.

You should beware of "frequency" machines or micro-wave wands that are without medical certification or approvals. There are many "wonder" solutions advertised online, some with positive testimonies but others that have caused harm. We need to see proper medical science-based blinded trials and follow-up attention along with documented outcomes.

The COVID pandemic very clearly highlighted how effective treatments like IVM and HCQ were censored, in favour of the dangerous mRNA experimental "vaccines". The "Surgisphere" debacle is a smoking gun example for an establishment which seeks suppress and control medical knowledge.

<https://media.mercola.com/ImageServer/Public/2022/October/PDF/the-war-on-ivermectin-pdf.pdf>

There are other new devices that are relevant to the pandemic, ionic air purifiers can act to give local space protection or even a virtual mask solution. These simple and affordable machines can reduce risk for immune-compromised people and function without the down-sides associated with plain face coverings or masking.

<https://www.vollara.com/productdetail/FreshAirMobile/>

5) Spiritual Growth & Cognitive Repositioning

Dealing with a new health challenge, one you never knew about or thought likely can be an awful shock. One of the most difficult issues for people is how they reflect on the decisions that took in hindsight. For many it is too difficult to acknowledge that a vaccination given to protect them has actually harmed them. Sadly it is often the most trusting and

innocent in society who have been damaged by this evil agenda. Sufferers will vacillate from utter disbelief that this can happen to trying to apportion blame: it was my family that made me do it, it was my employer that made me do it, it was local Health ordinances, was social media pressure. Worst of all, often people blame themselves and this can be crushing for your sense of agency and self-empowerment.

Managing Mental Health properly during these changing times is very important. There are proven coping strategies that take positive directions, such as a few listed below.

Maintain your Support System, Engage in Hobbies, Take Care of Animals, Spend Time in the Great Outdoors, Get Moving

<https://covey.org/coping-strategies/>

Be kind to yourself - Reaffirm your identity - Allow yourself to feel - Seek early intervention - Adapt your environment

<https://www.helpguide.org/articles/alzheimers-dementia-aging/coping-with-an-alzheimers-or-dementia-diagnosis.htm>

Spirituality can help us to find meaning and purpose in life, can support us in the times of suffering and loss that we all experience, can give us a sense of hope

<https://www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/spirituality-and-mental-health>

Those coping strategies are an excellent starting point; ultimately however the facts are that you have been “wronged”, the well-known “herd psychology” has been weaponised on not just you but many other people world-wide. This is not the time to “give-up”, you will have learnt above about the possible treatments and believe that mankind will shortly be re-directed to fix this global challenge. In a similar way to how psychiatrist Elisabeth Kubler-Ross identified the five stages of grief in 1969. You have started a journey, one that many have already tread and there are at least 4-stages of realisation or “awakening” around COVID and what is behind it all. These stages will be slightly different for each person, some people may never progress beyond stage 1 however many will recount each of these stages and as you progress through them. If these stages resonate, then you are joining a club that is numbering in the millions, you will join a new tribe of shared perspectives.

- 1) **Blue** Pill – You think you are an active participant in a fair society, that the Government makes policies for everyone’s benefit, you pay all your taxes, the Police protect your safety and your doctor/Health System looks after your health. You always try to give back, sometimes doing fundraiser and help the homeless when you can. This was a social contract and you kept up your side of this wider bargain. I am **blue**, it has been this way all my life, it seemed to work before, why has it stopped working?
- 2) **Red** Pill – You accept that you took a risk, you wanted to help, prevent vulnerable people from suffering COVID. You believe in vaccination and that is why you took it. It seems that you have been very unlucky, although your Doctor is quite baffled by your symptoms and they don’t necessarily associate your illnesses with the injections you are now sure that the two are related because you are reading posts on social media about hundreds of other people with identical experiences. The damage is demonstrable and it’s still happening, it is very disturbing to see babies and pregnant mothers now getting these potentially dangerous injections. Having been damaged yourself this becomes a *single focus* cause. When you find out that the COVID tests were also a manipulation it all makes you just crazy mad. Despite your illness you want to stop this vax agenda 100%. The whole pandemic agenda needs to be stopped everywhere. You are “**red**-pilled”.
- 3) **Black** Pill – You have spent weeks and months fighting the COVID pandemic threads, the masks, the tests, the Smartphone APP, the boosters etc. You felt a new agency to fight for the wrongs done to you and to others, in doing so you’ve shared conversations with other activists, who have informed you about many prior and historic injustices and lies. It’s difficult to substantiate historic events but you have seen new information (to you) that suggests that 9/11 was a false-flag to enable the “war on terror” and subsequent resource grabs and furthering security of the petro-dollar, poppies in Afghanistan and Oil in the Middle East. You can verify that all the

Western Central Banks are not part of Government but actually privately owned institutions that control the sovereign monetary system and seize great advantage for their elite owners. You understand that only three cures for cancers exist because all other beneficial treatments have been suppressed and there is a law passed in your country from before you were born that prohibits anybody from promoting any other cancer treatment than 1) surgery 2) chemo or 3) Radiotherapy. You are told that a financial repo-crisis in September 2019 alerted all Western Governments to the imminent failure of their debt-based financial system and it was decided to initiate a COVID lockdown pandemic to exert a controlled demolition of the economies to shore up control over and compliance of the people, after first conducting a trial known as the *Event201* pandemic planning event. The lies and deception seems to reach across all aspects of history and knowledge, you now doubt that Apollo moon missions ever landed on the moon. You now challenge whether man-made climate change is a significant influence, as we actually seem to be entering a planet cooling period. It appears that meat proteins from animal livestock are required for proper biological brain function and bodily renewal, the move towards vegetarian diets or eating bugs can only be promoted to degrade our human existence. You feel like actively going up to the blue-pilled people and physically shaking them out of their trance state, you are "black-pilled".

- 4) **White Pill** - Having spent a lot of time investigating your new "reality" you now see how hard it is to actually know what has happened (in the past) and what is actually happening today. It is increasingly clear that different people live different truths. You recognise how state broadcasters are simply propaganda channels, the news is created to drive narratives that herd the citizens, to control their thoughts and breadcrumb their directions. Much of people's perspective of the "outside" world is controlled through the screen that they use to observe it whether that is the television, the smart phone or the vehicle windscreen. Most all of social media is a manipulation and much of the content is fake or contrived. Deep fake CGI, holograms, avatars and body doubles seem to proliferate on the mainstream news. Bots and censorship make a mockery of true discovery on the internet. You seek out more esoteric knowledge, obscure and hidden insights that inform a more foundational perspective. You discover that much of our standard education is contrived and mis-information, indeed the history we are have been told is mostly re-cast, the dates and even the general epochs cannot be relied upon. It seems that this abuse by the current "leaders" has been on-going for thousands of years, that the citizenry are viewed pretty much as property or livestock by those overlords. There have been democides and megacides before, there have been technological and economic resets before. It would appear that the current fall of the Western Empires, the pestilence and economic collapse is simply a repeat of such events perhaps 200 years ago and in many respects is following an established template. Your foundational perspective draws upon core religious tenets, the simplest/fairness life rules seem to ring truest to you. You realize that without darkness you cannot define light, goodness reigns over evil in the same way that a personal sacrifice will expose the selfish acts of others. You reflect on the contemporary society, one where consumption seems to define people, appearances over actual substance, the worship or accumulation of money seems to dominate, morality is cast aside in self-promotion and power, control over other people is the key target. You reflect on how many people wanted to get the job so they could go on holiday, others so entrained in paying their mortgage to keep the job they simply had to inject. New perspectives help you understand how a human being is an emitter of light, photons are released and that is where the concept of an aura is found. Are people energetic beings, is it their spirit or soul that defines them or is it the actions of their body alone? You come to realise that in some way this *event*, the entraining of people in material slavery is a test, each person is born a sovereign individual and how they live is partly their choice but also shaped by society around them. Karma exists and evil has its own rules too, your research has uncovered that *they* always tell you first, they tell you what they plan to do to you and then if you participate in it then you have chosen that pathway for yourself. Take the most recent (*no time to die!*) Bond movie, released in 2021, the storyline includes an mechatronic evil eye which literally surveils everyone and acts to control all those around it, the arch "baddie" has devised a personalised DNA weapon that can be transfected to others by touch, in his evil (pharmaceutical) lair he produces gazillions of serum to infect on the whole world, our intrepid bond champion fights the evil but is at the very end, finally sacrificed in a light-bringing flash. Imagine if they had told you that the COVID injections were experimental, that the vaccines had a

tracking purpose, which they had not been properly tested and no one knew exactly what would happen, would you have been convinced to participate? You finally realise that this is a spiritual war, what is underway is a “soul harvest”, a harvesting of the spirits of people who were easily “duped”, those resources maybe recycled in the materium and in due course such spirits could be re-birthed and would commence a new journey of temptation. These perspectives include an element of self-protection, the spiritual side may indeed be a human psychological self-protection device, one constructed simply because no sane person can live in a permanently red or black pill state. When you meet new people you have a genuine concern for their safety and happiness, where opportunities present you try to guide them towards a better path but you are not dogmatic and accept their sincerely held beliefs. You recognise a return to religious atonement, a return to moral and humane principals and you align with such movements. You focus your efforts towards protecting those closest to you and any wider activity is directed at strategic and long-term change rather than the memes or arguments of the day. You are **white** pill.

6) Combination/Hybrid Approaches

A mix of the above approaches is likely to be far more effective than relying upon any single method. Attention to diet, supplements, exercise, environment cleansing and mental health will together be more effective than any one single remedy. This is the start of your journey to reclaim health, your continued attention and awareness of new knowledge and experience will be key. The CureForCovid questionnaire result is an excellent summary when you discuss symptoms with a naturopath consultant. This initial result will also be essential to compare progress over time, it is a scientific baseline for your own health, and subsequent measurements will hopefully show improvements for you.

7) Case Study

John wasn't feeling well, a couple of weeks after his booster jab. He was suffering vertigo and brain-fog along with fatigue, he also had an intermittent nervous tick or muscle spasm in his left thigh that came and went quite unpredictably.

John was a regular kind of guy, he followed recommended practice at work and listened to advice from his doctor. He has family responsibilities, needed to make the rent each month. Back in 2021 it became apparent that he would need the COVID injection to carry-on at work, although there was no written mandate there was a lot of pressure from his work colleagues and he also wanted to do the right thing, protect others more vulnerable than himself. He took the COVID jabs.

His lifestyle was also quite normal, he used to like to play golf but it became too time consuming and expensive for his other family commitments. He smoked whilst at work, maybe 3 or 4 cigarettes a day, depending on how stressful it was and at the weekend he liked to have a few beers with his friends. The long daily commute and prioritizing children's sports meant he had less time for personal exercise, he had become moderately overweight and had a pallid complexion.

John suspected that the recent injection had something to do with his symptoms because he remembered vertigo and tiredness after his initial 1st and 2nd vaccinations. Previously those mild fatigue symptoms had subsided within, at most a couple of days but this time it was persisting and now getting worse. Someone told him about the protocols on www.cureforcovid.world John downloaded the COVID self- assessment questionnaire, where he scored 16 and 10, a grand total of 26. John followed some of the “explainer links” provided in the questionnaire and those further confirmed that he was likely damaged by both his pandemic behaviours and the COVID injections themselves.

John was inspired by the holistic approaches listed and decided to make some significant changes to his daily habits. The family now take turns in making healthy sandwiches/lunch boxes for each other, often assembling them the evening before and leaving them in the refrigerator. John doesn't default to fast-food lunches anymore, he also cutting down on

cigarettes but not stopping because he read that nicotine suppresses spike protein action. At the weekend, when he takes his children to sports clubs he packs a folding bicycle and does a circuit in the sunshine during their playtime, he feels better for the exercise even though he's been going quite slowly.



John also embraced the supplements, he was nervous about the pharmaceutical drugs, taking them without a doctor's prescription so he kept to the more natural products. He has a daily regimen, one that has a mixture of Quercetin, NAC, Zinc, Iodine, Vitamin C, Vitamin D3, Blackseed Oil and C60. He found it difficult to juggle the different supplement containers so he instead makes up a month long pill-box, each day has a slightly different mixture but over the week he covers all of the different items. Each evening he makes up the daily mixture in a litre of distilled water with ice-cubes and cranberry juice. He positively looks forward to this refreshing hydrating drink in the evening and it also suppresses his desire to just have a bottle of beer instead.

The family have now habit formed around the WiFi being switched off at 10pm, everyone puts their cell-phones on flight mode and there is a book reading slot before bedtime. Once a week he conducts an eating fast, just from the evening meal through one night and through into the following lunch-time. He does this on Fridays or Saturdays because it was too challenging on a work-day.

The results came slowly, but within one month there was a marked improvement. His leg issue seems to have stopped and his brain fog and dizziness are down to a quarter of what they were. Taking control of his own health outcomes was an extra burden for him, definitely a challenge but having experienced the result he feels more empowered and keen to try further self-improvements.

8) Summary

I offer my sincere best wishes, for your improved future health outcomes. For many people a key learning point around COVID is that they must take responsibility for their own personal health. Your current health provider is still necessary and best used for acute and emergency events, however with studied self-care you can avoid most visits to your local Physician/Doctor. This is an incredible challenge for most people, those who have been encouraged to be dependent on their Doctor for the smallest need and often are satisfied when they leave a consultation holding a pharmaceutical prescription.

Take control, make a plan to improve your condition, stay positive.

Yours faithfully,

Doctor Paolo

Dr Paolo