

## Protocol to Minimize Risks of Vaccination Adverse Events

*(Note: The following protocol is strictly offered as a well-informed and general recommendation. Otherwise its application should be guided by a licensed medical or health professional. No supplement amounts have been listed; instead, follow as recommended on the product)*

Earlier this year, the Salk Institute authored a bombshell study showing that what is actually causing vascular damage both in Covid-19 patients and in vaccine recipients is the spike protein itself. Ergo, it has been the viruses spike protein, as well as the mRNA in the vaccines contributing to strokes, heart attacks, blood clots, chronic migraines, etc.

The following protocols are designed for those who for whatever reason need to be vaccinated. We have researched and weighed the evidence to provide what we believe is the most effective approach to maximize the body's vitality and immune endurance to lessen the risks of any adverse reaction. In addition, we took into account costs. Therefore, the protocol is listing only those supplements and foods that have the strongest scientific backing.

The protocol covers three main issues:

- First – lessen the risks of blood clotting, obstruction in the pulmonary capillaries in the lungs, thrombosis, platelet aggregation
- Second – Suppress cytokine activity. Cytokines are natural biomolecules that stimulate the body's anti-inflammatory responses. However, overstimulation can create what is commonly called a “cytokine storm,”

which can result in real damage such as autoimmune disorders

- Third – Pre-vaccination and post-vaccination detoxification. It is wise to first detox the body prior to vaccination of metals and toxins already existing in the body. After vaccination, we can then continue to detoxify as much as possible the vaccine elements themselves. Need to detoxify, and strengthen the body's own resources to detoxify itself as well.

### **Blood thinning to prevent blood clotting and the aggregation of platelets**

- Vitamin C – take with quercetin
- Omega 3 – (fish oil)
- Green vegetables – assists vitamin K activity that can help with anti coagulation
- Garlic
- Curcumin and evening primrose have antiplatelet effects
- Chamomile and red clover tea have natural coumarin, which is the basis for the blood thinning drug warfarin frequently given before surgery to prevent blood clots in veins and arteries
- Coumadin is used to treat or prevent blood clots in veins or arteries, which can reduce the risk of stroke, heart attack, or other serious conditions.

Coumarin is present in over 150 plants; notable foods with higher concentrations of coumarin include celery, grapefruit, carrots, cinnamon, honey, green tea and red wine. However chamomile and red clover are known to have higher levels

- Shikimic acid (shikimate) is an important biochemical metabolite in plants and microorganisms. It is also essential for a healthy microbiome. It has long been known that shikimic acid reduces platelet aggregation and fights cancer. When taken with quercetin it also effectively modulates the body's innate immunity against viral infections

Star anise is the highest source of shikimate followed by pine needles and fennel. We recommend brewing a tea of fresh pine needles (it can red or white pine) with star anise and fennel to mellow the stringent bitter taste. Other sources of shikimic acid, but in much lower concentration, are St Johns Wort, Comfrey, Fever Few and Ginkgo leaf (not the berry).

### **For blocking the SARS-2 spike protein**

- Include foods high in the flavonoid hesperidin. Research from the University of Verona in Italy received attention after scientists discovered hesperidin binds to key viral proteins, including the SARS-2 spike protein as well as the primary protease that is necessary for the virus replicate. Taken in combination with Vitamin C, hesperidin will also counteract cell damage due to oxygen free radicals.

### **Cytokine suppression to avoid autoimmune complications**

- Green tea extract – 45-55% ECGC content
- Cordyceps – a Himalayan fungi that has been thoroughly researched for its many anti-disease and health benefits. Research shows cordyceps help

prevent obstructive pulmonary diseases, possesses immune-modulatory effects, has an excellent clinical profile for antiviral, inhibits proliferation of viral RNA, and enhances immunity. Indian scientists found a molecule in cordyceps binds with the SARS spike protein and primary proteases

The cost of cordyceps varies widely. A single dried wild Himalayan cordyceps can cost as much as \$10 or more. Due to the fungi's large international demand, it is approaching extinction due to illegal harvesting. Most cordyceps are cheap commercial variety imported from China. An excellent and reliable source for cordyceps supplements is from the company Host Defense.

- Vitamin C and quercetin
- N acetyl cysteine
- Curcumin
- Melatonin

### **For detoxification before and after vaccination**

- Zeolites -- an alkaline silicate crystal. These complex crystalline structures can capture heavy metals and toxins and thereby allowing the body to eliminate them.

Sloan Kettering's website notes that zeolites can detoxify the body of heavy metals, modulate the immune system and balance the body's pH. It is important to purchase good reliable zeolites - cheaper does not mean better or even effective

- Fulvic Acid – A chemical derived from decaying plant and animal matter such soil microbes. It has been

shown to boost the immune system while eliminating metals and toxins. Can also help other minerals and vitamins absorption and has been shown to suppress cytokines.

- Humic Acid – This is derived from the fully decomposed remains of organic life. It is a complex mixture of many different acids that are soluble in alkaline solution and exist in the life cycles in soils, oceans, streams, lakes, etc. Webmed states that Humic acid stimulates the immune system against various flues (avian and swine) and other viral infections. If you have a pre-existing autoimmune condition (MS, lupus, or rheumatoid arthritis, etc) you may prefer to use only fulvic acid because humic acid can overstimulate the immune system.

An excellent product that combines zeolites (under strict quality control), fulvic acid and humic acid is offered by Living Foods USA at [www.livingfoodsusa.com](http://www.livingfoodsusa.com)

### **Other important supplements to build the immune system as a prophylactic against viral infections**

Vitamin D

Zinc

Selenium