

Protocols to Heal from COVID and the Vaccines

Protocol to Reduce the Impact of the Covid Genetic Modification Injections

Protection from Graphene Oxide and Spike Protein

1. **Destabilize the lipid nanoparticles:** Micro-current such as Wellness Pro or TENS or PEMF mats.

2. **Detox polyethylene glycol:** Cellcore detox protocol. Increase the Binders dramatically for several weeks before and after- julietilt.com

3. **Dismantle the mRNA:** Micro-current such as Wellness Pro or TENS or PEMF mats. (I have PEMF IMRS mats with FarInfrared which my clients use and I use one at home. I recommend this one: julietilthealthcoaching.omnium1.com)

To reduce the vaccine effectiveness take the following for one week prior to and three weeks after receiving the “vaccine:”

· Take herbal anti-inflammatories such as:

Increase Inflammation Control from Cellcore- julietilt.com

Willow, meadowsweet, birch, poplar, goldenrod, and polygala which contain salicylic acid derivatives and have effects similar to aspirin.

Other supplements such as devil's claw, echinacea, turmeric/curcumin, cat's claw, Boswellia/frankincense, myrrh, resveratrol, and fish oils have anti-inflammatory effects that theoretically could reduce response to the vaccine.

Take natural antibiotics such as garlic, grapefruit seed extract, or oregano oil.

Marijuana and hemp

Also:

Do NOT exercise after receiving the “vaccine” as this increases blood flow which enhances its properties.

For anyone who is ill- Vaccinated or Unvaccinated

Things that you can do without a prescription.

The Health Ranger, Mike Adams talks about shikimic acid and the spike protein. It interrupts the shikimic acid pathway in the body and protects from the spike protein. You can get that from a star anise, fennel seeds and Doug Fir needles. And you can make a brew of all three of those things crushed up, pour boiling water over them in a French press that works well and drink two to three cups a day. Here is the recipe (feel free to share) We are fortunate in this area to have access to so many doug fir trees(Pacific Northwest)!

FIR TREE TEA

Best tree is Douglas fir, but any fir in a pinch. Not spruce. Not cedar, although it has its own properties.

Cut about 12 to 15 inches off a branch, asking the tree for permission beforehand and thanking it afterward. It is good to have both bark and needles. Cut into one inch segments and place in a pan or tea pot. Bring water to a boil, then cool a bit, to avoid pouring boiling water on the tree and killing the vitamin C and essential oils.

Let steep for five or more minutes and drink hot or cold. Tastes good and you can drink it all through the day. Good for colds, kills viruses, probably helps with any inflammation.

Drink 3-6 cups per day of fir tree needle tea. Make sure to consume fir needle tea twice per day, about 6 hours apart. This way you keep the Shikimate actively working within your body for extended hours during the day. **This will potentially increase protection against spike protein transmission.**

Spike protein causes your blood to clot, so consume plenty of Shikimic acid - found in fennel seeds, star anise, pine needles. Also helps to interrupt vaccine shedding.

Also found in Middle Eastern, Ethiopian, Iranian foods- use their spices

Strong Regimine of Nutrients: Take all daily

Vit C

Vit D

Vit A

Liposomal Glutathione

Quercetin
Zinc
Bifido Bacteria
B1- Thiamine
Fast for 2-3 days

Many people are deficient in Vit B1. Best Vit B1- Thiamine Foods What foods contain thiamine?

Below are the best food sources of thiamine/vitamin B1 (percentages are based on the adult RDA of 1.2 milligrams daily):

1. **Nutritional Yeast** — 2 tablespoons: 9.6 milligrams (640 percent DV)
2. **Seaweed (Such as Spirulina)** — 1 cup seaweed: 2.66 milligrams (216 percent DV)
3. **Sunflower Seeds** — 1 cup: 2 milligrams (164 percent DV)
4. **Macadamia Nuts**— 1 cup: 1.6 milligrams (132 percent DV)
5. **Black Beans** — 1/3 cup dried, or about 1 cup cooked: 0.58 milligram (48 percent DV)
6. **Lentils** — 1/3 cup dried, or about 1 cup cooked: 0.53 milligram (44 percent DV)
7. **Organic Edamame/Soybeans** — 1/3 cup dried, or about 1 cup cooked: 0.53 milligram (44 percent DV)
8. **Navy Beans** — 1/3 cup dried, or about 1 cup cooked: 0.53 milligram (44 percent DV)
9. **White Beans** —1/3 cup dried, or about 1 cup cooked: 0.53 milligram (44 percent DV)
10. **Green Split Peas** — 1/3 cup dried, or about 1 cup cooked: 0.48 milligram (40 percent DV)
11. **Pinto beans** — 1/3 cup dried, or about 1 cup cooked: 0.46 mg (39 percent DV)
12. **Mung Beans** — 1/3 cup dried, or about 1 cup cooked: 0.42 milligram (36 percent DV)
13. **Beef Liver** — 1 3 oz. piece cooked: 0.32 milligram (26 percent DV)
14. **Asparagus** — 1 cup cooked: 0.3 milligram (25 percent DV)
15. **Brussels Sprouts** — 1 cup cooked: 0.16 milligram (13 percent DV)

To Heal and Detox from COVID and the Vaccines

Dr Nuzum DO. NMD, PhD

<https://www.drnuzum.com/>

Need to Detox and Repair Immune System

There is no safe way of making vaccines thus far- injecting toxins into your body. Tissue from unclean animals- loaded with retroviruses

Aborted baby tissue culture- religious exemption- advocate for this- basic bill of rights ensures this- religious equality

Ivermectin and Hydroxychloroquine- shut down the inflammatory response

Treat COVID with these, and the following....

Coffee Enemas- upside down latte!- even found in the Merck manual-increases Glutathione production- helps the vaccinated or infected people

NAC- the FDA is pulling NAC (N AcetylCysteine- Glutathione precursor)- - converts to Glutathione in your liver- treats COVID and the vaccine injuries -it will be off the market by the end of the year! Enhances your ability to detox. Non toxic too.

To replace NAC: Use

Cysteine- amino acid -along with Alpha Lipoic acid and/or Milk Thistle extract-

Methionine

Vit C

Alpha Lipoic Acid

Milk Thistle

Ivermectin- instead use:

Bromelain- pineapple enzyme works instead of Ivermectin- it works in higher doses- 8-10 caps- need grams

Viruses are proteins- all proteolytic enzymes work

Digestive Enzymes- reduces toxins by dissolving it

Testing for antibodies- they are proteins

Digestive tract- if healthy- it requires more than 60% of your energy
Digestive enzymes give the gut a break, your energy levels will rise
Fulvic Acid- helps body to make more digestive enzymes

Detox- need to prepare the system first- if people eat standard American diet, they are missing 80% of the nutrients the body needs
If you detox them they will get sicker- but you do not need to get worse before you get better- need to prepare the body first
Takes 2-3 months to get these people ready before detox
Give them Digestive enzymes and Fulvic acid and Probiotics
Probiotics- can make people bloat- colonizes the gut- when we put the probiotics into a hostile environment- there will be a fight
Begin with Digestive enzymes digest- 4-5 capsules will be antimicrobial, start these first for 1-2 months, then add probiotics

Autophagy-(Cleaning out damaged cells and replacing with new cells)
Enzymes are the work horses and chemical directors in our body
Most Medications activate or deactivate certain enzymes
Metabolic Enzymes: Liver has 65,000 enzymatic reactions every 5 minutes, the heart, brain, joints and muscles
Digestive Enzymes: if your body does not have enough digestive enzymes it will take enzymes from other tissues in the body
Proteolytic enzyme breaks down proteins- virus are proteins
Heat- fever- viruses dissolve with heat- cooking steak- makes it easier to chew- easier to chew- proteins get broken down- FEVER

3 BEST VIRAL Remedies:

1. HEAT: Chronic infections- saunas, EMF, Red Lights
2. ACIDS: Ascorbic Acid- keeps connective tissue anti oxidized- helps white blood cells fight infection- breaks down proteins
Stomach- HCL acid- breaks down the protein
Fulvic Acid internally or IV-
Lemon Juice- gets rid of infections- citric and ascorbic acid
Viruses are proteins and break down in the presence of acids

3. Proteolytic Enzymes- Bromelain from pineapples, papain from papaya- indigenous medicine- eat fresh pineapple and papaya for colds, flus. Breaks down viruses.

RAW Diet- raw smoothies- daily

Coffee Enemas with Fulvic acid in it

Eat 2 lbs Raw Cruciferous Vegetables- blended up per day

Omega 3's with Flax and Chia fresh ground- keep whole seeds in fridge- eat quickly

Blend up with frozen banana

Take out grains from diet for a few weeks

Lowers Omega 6's- to lower inflammation to revitalize toxins and purge parasites

RAW Food: for long haul COVID or Vaccine injury

For Healing: Need excellent nutrition first. In particular MINERALS- they are either present or not. Nutrition is paramount for healing.

RAW food- to maximize nutrition- get the highest amt of nutrients

I would rather have more diversity of nutrients, than have massive amounts of a couple nutrients

Bones have 78 minerals, 30 amino acids, vitamins etc

Tissues are made of multiple different nutrients

RAW foods are best source of nutrition- get nutrition from food- raw foods have the easiest absorbable and assimilable nutrients

Juicing is excellent- carrot juice- concentrate the nutrition

Blending the fruits and vegetable- it is easier to drink large quantities of fruits and veggies

Add fruits and veggies with chia in blender- "already chewed" in blender

Activate digestive enzymes by chewing a bit before eating smoothie

Disease reversal- blender is an excellent tool

Positively charged toxic metals- aluminum- toxic to the body

Plants convert minerals into negatively charged form- broccoli has massive amounts of aluminum, but it is negatively charged and does not harm the body or brain

Fulvic- stored underground for a few thousand years

Dr Vladimir Zelenko MD

Nominated for the Nobel Prize in Medicine, Dr Vladimir Zelenko MD who has treated over 7,000 Covid patients is interviewed by Del Bigtree. He has several protocols on his website VladimirZelenkomd.com

Very encouraging to listen to this man. He points out that there is a program to treat the vaxed and also those that are trying to improve their immune system BUT you need to start NOW. The scientists are worried that if you were vaxed, your own immune system will start attacking your own tissues when you come in contact with any new variants in the environment this Fall and Winter.

Look up pathological priming or listen to any videos by Dr Judy Mikovitz/ virologist or

Former Pfizer VP executive now Whistleblower, Dr. Michael Yeadon. He explains that mRNA gene technology used in the COVID shot to trigger the body to create viral spike proteins is a “fundamental problem” that scientists and researchers have known about for years because these spike proteins can lead to [blood clots and other health problems](#).

Dr Zelenko states Zinc kills the enzyme that the virus needs to make copies of itself. Ivermectin and Hydroxychloroquine gets the Zinc into the tissues but so does Quercetin 500mg, or EGC 200 mg which is a Green Tea Extract

He said do not fear the variants. He said all you have to do is shut down the factory (with Zinc and Quercetin) that all the variants use to make copies of its genetic material, then you shut down all variants that appear in future, which they will because viruses always mutate, it is what they do. Improve your immune system.

Don't Take Any More Shots, Including Flu Shot- it has Graphene Oxide in it as well

Follow Dr. Zelenko's High Risk Prophylaxis (prevention) Protocol:

D3 5000 iu per day

Vitamin C 1000 mg per day

HCQ - need RX (if over age 45 **or** vaccinated)_ **200 mg** (see dosage instructions above) **or is**
the gun

Quercetin 500 mg per day (if under age 45 & unvaccinated **or** HCQ is unavailable) **is the**
alternate gun;

Zinc Sulfate 25 mg per day is the bullet (against Covid in your body, coming from the
BioWeapon SARS Co-V 2, and/or the Vaccine BioWeapon)

Zelenko also was trying to decrease the vaccine accidents in Israel where 82% of the people
were vaxed and now a huge # have Vax injuries. 60% of everyone hospitalized with Covid are
fully vaxed which are the same stats that I heard on a Zoom call with the ICU Nurses at
Riverbend Hospital in Eugene Oregon..

This is happening in the US as well but it is heavily censored.

<https://thehighwire.com/videos/a-doctors-grave-warning-for-israel/>

More Info: Treat COVID and Heal/ Detox from the Vaccines

Henry Ealy CHN

<https://www.energetichealthinstitute.org>

Look for article in Green med info- “Restoring Public Trust during COVID”

To heal from COVID or the Vaccine

Fasting to induce Autophagy- 72 hour water fast

Take key nutrients:

Quercetin

Vit D

Vit C

Vit A

K2

Zinc

Richard M Fleming MD, PhD- The Fleming Method

Brilliant doctor/attorney with a very effective protocol

<https://www.flemingmethod.com/>

FLCCC Alliance

How to get Ivermectin

<https://covid19criticalcare.com/>

People for Safe Vaccines.org

Advocateme-<https://www.advocateme.com.au/>

-find here templates all ready to use with all the research

Cops for COVID Truth

Teachers for COVID truth

Chiropractors for COVID truth etc

NOTE: The current cutting edge science shows the cause of all disease as the following:

Malnutrition, poisoning/toxicity, injury, trauma/conflict shocks and FEAR

Microbes do not cause disease- blaming them is like blaming the police force/fire dept for showing up at the scene of a crime. They are there to protect and heal the body.