



IMPERATIVE HEALING, MAINTENANCE AND PREVENTION PROTOCOL

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STILL, IT'S IMPORTANT TO SHARE INFORMATION SO THAT WE CAN ALL BUILD OFF ONE ANOTHER AT THIS TIME. WITH THAT BEING SAID, LET'S MOVE ON NOW TO MORE IMPORTANT THINGS...

It's becoming rapidly evident, to this author at least, that the regulated health professionals aren't being trained or even informed, for the most part, about significant health concerns that surround such topics as nanotechnology, graphene, protein corona and the subsequent corona metabolite, Bio API systems, prokaryotes (bacteria (gram +, gram -), archaea), eukaryotes (fungi-mold, yeast, parasites, algae (not cyanobacteria), etc.), agrobacterium, mycosis, microzyma activation, pleomorphism, fermentation, blood types, gene mutations, heavy metals, foreign vectors, infectious proteins, vitamin D receptor dysfunction, autoimmunity, immune priming, methylation, MCAS, 'omics' (genomics, proteomics, etc.), spike protein, ACE II, open reading frames, transhumanism, etc. As such, many of our physicians, seemingly, have not

been prepared for the myriad of complex issues that the collective human populace is facing at this present time.

<https://pubs.rsc.org/en/content/articlelanding/2020/en/c9en00938h>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7379444/>

<https://en.wikipedia.org/wiki/BioAPI>

<https://www.cdc.gov/fungal/diseases/candidiasis/invasive/index.html>

<https://en.wikipedia.org/wiki/BioAPI>

<https://biointerfaces.umich.edu/research/neural-engineering/>

<https://pubmed.ncbi.nlm.nih.gov/7678134/>

<https://pubmed.ncbi.nlm.nih.gov/34498423/>

<https://www.nature.com/articles/s41467-021-22102-6>

<https://omim.org/entry/607093>

<https://omim.org/entry/116790>

<https://omim.org/entry/600310>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4898281/>

<https://www.sciencedirect.com/science/article/abs/pii/S0169475898013581>

https://link.springer.com/chapter/10.1007/978-3-319-43033-1_1

<https://zageno.com//plasmid-vectors>

<https://pubmed.ncbi.nlm.nih.gov/19758226/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4898281/>

<https://pubmed.ncbi.nlm.nih.gov/19758159/>

<https://www.sciencedirect.com/science/article/pii/B9780128032473000210>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6158375/>

<https://pubmed.ncbi.nlm.nih.gov/15694129/>

<https://www.niaid.nih.gov/diseases-conditions/primary-immune-deficiency-diseases-pidds>

Therefore, in the absence of knowledge or training on these matters, healthcare providers may be, and some actively are, causing harm to the individual because the individual is not analyzed from a genuinely holistic perspective for critical emerging health concerns.

At this time, medical conditions known as CAPA and CAM must be realized and responded to by the medical community and society at large! We're dealing with a very invasive fungi associated with so-called Covid-19. Communities must prepare NOW! Pulmonary Aspergillus is deadly and we must urgently respond to this emerging threat together!

Here's a blurb from Pfizer on CAPA and CAM:

“The novel coronavirus has recently been linked to two serious fungal infections: COVID-19 associated pulmonary aspergillosis (CAPA) and COVID-19 associated mucormycosis (CAM).¹ The resurgence of these rare fungal infections has medical personnel concerned.

A 2021 study found that more than 47,000 cases of CAM were reported in just three months in India. And with the Delta variant spreading worldwide, reports suggest that the number of cases is likely much higher.²

Aspergillosis and mucormycosis, which is often, mistakenly, referred to as “black fungus”, existed before COVID-19, though it is rare and primarily affects people with severe illnesses—such as bone marrow transplants or acute myeloid leukemia—and people in the ICU with damage to the lungs.³ However, it has been exacerbated with COVID-19.”

https://www.pfizer.com/news/articles/the_truth_about_covid_19_and_black_fungus

I believe that, for a large part, we’re dealing with a multitude of issues that lead to the development of meningitis and further complications arise when rolling over into meningitis disease. The real trouble starts when it all evolves to a state of sepsis or septicemia, leading to an inevitable cytokine storm and then, usually, death. According to the CDC, meningitis is contracted in a variety of ways like Non-Infectious Meningitis (cancers, systemic lupus erythematosus, certain drugs, head injury, and brain surgery can cause meningitis.),

Amebic Meningitis (primary amebic meningoencephalitis (PAM) is a rare and devastating infection of the brain caused by *Naegleria fowleri*. *Naegleria fowleri* is a free-living microscopic amoeba that lives in warm water and soil.), Parasitic Meningitis (various parasites can cause meningitis or can affect the brain or nervous system in other ways. Overall, parasitic meningitis is much less common than viral and bacterial meningitis.),

Fungal Meningitis (meningitis caused by fungi is rare, but people can get it by inhaling fungal spores from the environment. People with certain medical conditions, like diabetes, cancer, or HIV, are at higher risk of fungal meningitis.), Viral Meningitis (meningitis caused by viruses is serious but often is less severe than bacterial meningitis. People with normal immune systems who get viral meningitis usually get better on their own.), Bacterial Meningitis (meningitis caused by bacteria can be deadly and requires immediate medical attention.

<https://www.cdc.gov/meningitis/index.html>

<https://www.cdc.gov/meningococcal/about/diagnosis-treatment.html>

Tuberculosis meningitis has similarities to what’s being purported as Covid and meningitis has been reported as an initial presentation of Covid-19 and it has been said that “The common presenting symptoms of fever, fatigue, and mild respiratory symptoms like dry cough, are associated with COVID-19, however, patients can also develop neurological manifestations like headache, anosmia, hyposmia, dysgeusia, meningitis, encephalitis, and acute cerebrovascular accidents during the disease. Although very rare, these neurological manifestations are sometimes the sole initial presenting complaint of COVID-19. This case report discusses patients where the initial presenting symptoms seemed to be exclusive to meningitis but the later diagnosis was COVID-19. It is important to increase awareness of these rare presentations in physicians and healthcare workers and facilitate early diagnosis and management to prevent the horizontal spread of the disease.

<https://www.frontiersin.org/articles/10.3389/fpubh.2020.00474/full>

https://www.cdc.gov/tb/webcourses/Course/chapter2/2_transmission_and_pathogenesis_of_tuberculosis_2_pathogenesis_of_tb_tb_meningitis.html

The immune system struggles to overcome illness these days because our immune systems are fundamentally disabled. Our terrain is compromised and without healthy terrain, becoming sick is pretty much inevitable.

In addition to the problems at hand, we have several health professionals inundated with confusion while they attempt to define or redefine the word virus. A virus is the body's response to an infection and while the professionals remain confused on this incredible detraction, people around the world continue to get sick and die. So, we can either think for ourselves at this point or suffer the fate of millions of others who are relying on the confused, alleged professionals.

I've completed a chart to indicate what I believe the disease process to be. Instead of repasting the image and taking up space in this document, I've pasted a link below where you can find a variety of formats to view the chart in. This is my attempt to get started on collaborating with others to get on the same page about this virus nonsense and how infection in the body actually occurs and what happens from there. We must attempt to better understand what's actually going on with the process of infection and disease. I'm sending the chart to Health Canada along with several questions. Hopefully I can get some feedback and reviews of the chart from a diverse group of medical professionals and fine tune the chart as I go..

<https://drive.google.com/drive/folders/1xxzzgW6pyPPI3fp0cflyTouUpuzX00yV?usp=sharing>

The bottom line is a healthy terrain. If we have healthy terrain we aren't likely to pick up an infection. If we allow an infectious protein to be injected into us through vaccines or other alleged therapies then our terrain is compromised and no longer good. When our terrains are compromised and subsequently infected, we're likely to pick up coinfections and fester in the pleomorphic stage where, in the absence of intervention, we progress into disease and into subsequent deterioration and, finally, death.

Agrobacterium has been used to genetically modify organisms. In return, we're now dealing with invasive fungi, complicated by the pleomorphic cycle. With unhealthy terrains, the morphing bacteria, yeast and fungi are wreaking havoc in many unsuspecting individuals who are eventually diagnosed with one of a number of rapidly increasing human maladies such as autoimmune, fibromyalgia, ALS, diabetes, cancer or what have you. Oftentimes, Lyme disease or an even more contested disease known as Morgellons lurks behind many of these surface issues. Various maladies and the rates thereof continue to increase yet, if we look deep enough into the matter, common denominators become evident.

Wikipedia informs us that "Mycelium (plural mycelia) is a root-like structure of a fungus consisting of a mass of branching, thread-like hyphae. Fungal colonies composed of mycelium are found in and on soil and many other substrates. A typical single spore germinates into a monokaryotic mycelium, which cannot reproduce sexually; when two compatible monokaryotic mycelia join and form a dikaryotic mycelium, that mycelium may form fruiting bodies such as mushrooms. A mycelium may be minute, forming a colony that is too small to see, or may grow to span thousands of acres as in Armillaria."

“Sclerotia are compact or hard masses of mycelium.”

<https://en.wikipedia.org/wiki/Mycelium>

<https://en.wikipedia.org/wiki/Sclerotium>

Then, we add in the confusion surrounding the definition of what a virus actually is, or isn't. If we don't understand how a healthy terrain protects us from all that we're currently dealing with, we'll never understand how to keep ourselves safe from disease. It all starts with the terrain. If the terrain is weak, invaders will attack.

In today's world, from this author's perspective, it's nearly impossible to maintain a healthy terrain. GMO's, glyphosate, antibiotics, fluoride, parasites, radiation, emf, quantum dots and other unregulated nanotechnology, smog/PM2.5, chemicals, fast food, intoxicants, and whatever else, can and do act to keep our terrain compromised. In this way, we're all at risk of disease!

When our bodies are exposed to the unfathomable amount of toxins that inevitably exist in today's world, our immune systems start degrading. Once the degradation begins, the 'terrain' of the body is easily overwhelmed by exposure to such things as: viral proteins and those shedding them; medical treatments and procedures; genetically engineered products; tainted water sources, PM2.5; fungus; etc.

Once the immune system is taken down, so to speak, the only way back to optimal health is through a fully committed approach to repairing oneself. A full system detox with full-spectrum nutrition will be required. The treatment plan will take planning, patience and support. While many people continue to realize that they have symptoms of Morgellons disease, many others have been living with the horrible disease for years.

There's been a lot of controversy over a condition known as Morgellons Disease. Scores of people have suffered, many dying from the unbelievably horrible disease, while, all too often, doctors either refused to acknowledge the symptoms or misdiagnosed the patient with a condition known as delusional parasitosis. Many people have suffered, some even taking their own lives, because of the incredible pain, confusion, disfigurement, loneliness and humiliation of the extremely debilitating disease.

I, myself, have suffered from Morgellons for at least 15 years now, and probably much longer than that, in all reality. It's been a terribly confusing and disabling process to determine the cause of my own disabilities, especially in the absence of support from a trusted medical professional and, especially, since the confusion and overwhelming nonsense of the pandemic and the post-covid world we're all living in now.

The actual facts about Morgellons are finally being accepted by the mainstream medical community, so hopefully we can all get on the same page about it soon. Morgellons shares many fundamental similarities with Lyme disease, AIDS, Epstein Barr, and so many other misunderstood conditions like autism, ALS, etc. Cancer, mutations and metabolic disorders are at all time highs but, from my perspective, common denominators will soon add up and all of

these strange anomalies are going to connect as more of us ask the hard questions and subsequently demand seriously honest answers.

<https://coem.com/blog/morgellons-disease/>

Naturally, few of us will want to accept that myiasis is sometimes associated with morgellons. It's a condition where various types of larvae invade the human body where they reproduce and complete their whole life cycle. Obviously, this is an unthinkable topic but it's essential that we get honest about potential afflictions and either prevent them from happening or get them cleared up, no matter how much we may not want to think about such nastiness.

https://www.researchgate.net/publication/327484822_Human_urinary_myiasis_by_Psychoda_al_bipennis_A_case_report_and_review_of_literature

<https://www.tandfonline.com/doi/full/10.1080/23772484.2017.1291278>

<https://www.cdc.gov/mmwr/preview/mmwrhtml/00000503.htm>

Quorum sensing is another issue that we're dealing with. Bacteria have become highly intelligent. We learn from Pubmed that: "Bacteria communicate with one another using chemical signal molecules. As in higher organisms, the information supplied by these molecules is critical for synchronizing the activities of large groups of cells. In bacteria, chemical communication involves producing, releasing, detecting, and responding to small hormone-like molecules termed autoinducers . This process, termed quorum sensing, allows bacteria to monitor the environment for other bacteria and to alter behavior on a population-wide scale in response to changes in the number and/or species present in a community. Most quorum-sensing-controlled processes are unproductive when undertaken by an individual bacterium acting alone but become beneficial when carried out simultaneously by a large number of cells. Thus, quorum sensing confuses the distinction between prokaryotes and eukaryotes because it enables bacteria to act as multicellular organisms. This review focuses on the architectures of bacterial chemical communication networks; how chemical information is integrated, processed, and transduced to control gene expression; how intra- and interspecies cell-cell communication is accomplished; and the intriguing possibility of prokaryote-eukaryote cross-communication."

<https://pubmed.ncbi.nlm.nih.gov/16212498/>

When we attempt to eradicate the morphing bacteria/yeast/fungi, it tends to become angry and agitated, as if to say that if it can't survive, neither can the host. Going too hot and heavy at this beast can cause problems. As I see it, the detox itself is potentially dangerous, requiring medical supervision. The trouble is, most mainstream doctors don't know what they're dealing with and finding genuine support is difficult. This is why I encourage those who do know what's going on with human health, to circumvent the medical system, establish clinics in communities throughout Canada and attract the healthcare professionals who can respond to the looming crisis. Many of those alternative healthcare providers were likely ousted from their jobs over the covid tyranny anyhow, and would be eager to establish their practice with the support of their community.

Another issue is payment. Until we get an alternative system in place, a lot of alternative healthcare services might have to be on a volunteer or barter-like basis until we get alternative

systems in place and firmly established throughout Canada. All I know is that we're in serious potential trouble with the mainstream healthcare system and worrying about how we'll get paid for helping one another is the least of our worries, at the end of the day. At present, we simply have to do the right thing, trusting that our needs will be met, one way or another as we continue to do the right thing for ourselves, our families and our communities. In the absence of a safe community, we're all at risk for disease and so much more unnecessary adversity. We must reconnect with each other in our respective communities and do what it takes to keep each other informed and protected from not only disease and the lack of effective treatment but tyranny and oppression in general.

We know that the SARS-CoV-2 vaccines are going to cause future problems, especially when other factors like agrobacterium or, say increased wifi signals, are brought into the mix. We must be aware of the fact that proteins and other toxins were injected into those who received the covid vaccines. I don't believe the healthcare professionals are informed or prepared to respond to the potential crisis that could unfold in the near future.

<https://drive.google.com/drive/folders/1xxzzgW6pyPPI3fp0cflyTouUpuzX00yV>

Although I have some medical office assistant training where I learned to understand medical terminology and procedure, I'm certainly not a medical professional and I don't claim to be completely accurate with what I think I know, by any means. In fact, I have more questions than answers and I could use some help from holistic healthcare providers to better understand where I'm at in my own research. I believe that I have a grasp, albeit not a firm one, on what's occurring to our bodies cellularly but like I said, I could really use the benefit of further collaboration with those who are far smarter than myself.

Someone has to be willing to be wrong and to ask the difficult questions. Not all of us can afford alternative healthcare providers or the extra clinical testing that goes along with getting an actual diagnosis to even begin an effective treatment plan, that is all too often physically intolerable and financially burdensome in the end anyhow. Healthcare in Canada is not universal and free nor is it fairly accessible to all people in Canada. If one can't afford quality care or subsequently manage the prescribed protocol, they often fall through the cracks of the system whereby poor health simply declines

With that being said, I put the following diet and clean living protocol together for myself and my loved ones to follow in our quest for better health. It took me quite some time to gather enough understanding to get this far with it. I'm offering it as a starting point for others to share with their own healthcare advisors so that the conversation about evolving health concerns can get started in communities across Canada.

The protocol should not, however, be interpreted as medical advice. In fact, I caution individuals to seek the quality care of a trusted medical professional, if it's at all possible, before attempting any drastic change in diet and lifestyle. We all have unique responses to the myriad of our respective maladies. I'm not just saying that to cover my butt. I genuinely encourage individuals to collaborate with qualified holistic health care providers!

Have a trusted care provider ponder and scrutinize the health information in this document series and then have them further assess this part in full before proceeding with any part of the protocol. Your health professional might tell you that as well intended as I seem to be, that I have it all wrong or that this protocol isn't for you.

Still, we have to keep asking questions until the answers make sense. All we can do is keep bouncing ideas off one another until we get the clearer perspectives that we need for good universal health. No matter what, you should always trust your own intuitions and do your own research before putting anything into your body as a supplement. What works for me and mine might not work for you and yours, or anyone else for that matter. Do your own research and do what you think works best for you and yours with all things considered.

As far as I can tell, an increasing number of the population, especially those with gene mutations, aren't able to properly methylate DNA. Other factors that prevent proper methylation are nanotoxicity, drinking alcohol, taking street and/or pharmaceutical drugs, stress, smoking, illness, environmental factors and poor diet. We can methylate too much and, on the other hand, not enough.

<https://lauraschoenfeldrd.com/is-your-b-complex-vitamin-doing-more-harm-than-good/>

As a result of poor methylation, vitamins can fail to process properly and homocysteine levels can rise, in addition to a myriad of other potentially serious health problems.

According to nature.com website, "Within the past thirty years, researchers have discovered numerous details about the process of DNA methylation. For instance, scientists now know that methylation plays a critical role in the regulation of gene expression, and they have also determined that this process tends to occur at certain locations within the genomes of different species. Furthermore, DNA methylation has been shown to play a vital role in numerous cellular processes, and abnormal patterns of methylation have been linked to several human diseases. Nonetheless, as with other topics in the field of epigenetics, gaps remain in our knowledge of DNA methylation. As new laboratory techniques are developed and additional genomes are mapped, scientists will no doubt continue to uncover many of the unknowns of how, when, and where DNA is methylated, and for what purposes."

<https://www.nature.com/scitable/topicpage/the-role-of-methylation-in-gene-expression-1070/>

Some mutations, and other health issues, can affect how individuals process protein, too. If protein consumption is an issue then the paleo diet below will require further consideration and, in which case, I would seriously recommend the aid of a trusted alternative healthcare provider.

As I understand it, hypermethylation (too much) can potentially cause increasing agitation, anger, irritability, depression, anxiety or just an overall sense of upset/imbalance if levels aren't correct.

<https://www.gatewaypsychiatric.com/same-s-adenosyl-methionine/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4898281/>

<https://pubmed.ncbi.nlm.nih.gov/15694129/>

<https://www.psychologytoday.com/ca/blog/click-here-happiness/202001/what-is-the-comt-gene-and-how-does-it-affect-your-health>.

It's very important to understand the health and environmental effects of nanotechnology and subsequently boycott it in all forms until clear human health studies and regulations are established. I'm concerned about zinc toxicity after researching the effects of nanotoxicity on the human population. There are other heavy metal toxicity concerns that I encourage the reader to learn more about as well. Lab testing is a good way to see where individual levels are at, if that's a viable option to the reader.

This protocol is designed for full spectrum nutrition to promote a slow and gentle detox of the body while simultaneously providing the nutrients required to support our failing immune systems. The trick is to get the body to naturally produce what many of the supplements purport to provide. Getting nutrients from supplements can be costly, and in some cases the supplements are ineffective or even harmful. Getting our nutrients from a full spectrum, whole food diet is the crucial key to effective healing while eliminating the parts of our diet that were making us sick in the first place.

The goal is to gently reset the immune system and get the body operating how it should by giving it what it needs and getting rid of what it doesn't. In this way, we'll be producing what the body requires, naturally and in proper, balanced amounts. As we heal we become far more mindful of our diet. Once the body is detoxed and replenished with vital nutrients the aim is then to maintain that healthy status with clean living and a full spectrum, whole foods diet. Supplements thereafter become largely unnecessary.

Another critical element to fighting infectious disease is the vagus nerve. I can't express how important it is to get that thing fired up. Please look into how you go about it and get to it as soon as possible!

Many of us are at a point where we wish to be more inline with our spirituality. Many people find that they have too much brain fog or body pain to stay focused on their path. With this protocol, I'm simply trying to get the body stabilized while preventing further harm. From there, we'll feel better and eventually do better in all areas of our lives. Once the brain fog lifts and the body starts repairing, it should be far easier to focus on bigger things.

Eventually, once to a point of stable basic function we should be feeling well enough to take even bigger steps to better health and spiritual alignment by fasting and exploring benefits of such things as colloids, spagyrics, Ormus minerals, monatomic elements, plasma, homeopathic medicine, etc. When our brains are working and our bodies are feeling good we are in a far better position to process information and make necessary changes in our diet and lifestyle. As we know, however, it's one step at a time.

Herein is a basic protocol; a work in progress. For now, it's a place to start for me and others who are trying to figure out our own health issues while under stress with few resources and a tight budget. Keep a journal of what you experience as you undergo any protocol or procedure for better health.

Again, I don't recommend any specific healthcare product, remedy or protocol to anyone. I take no responsibility, whatsoever, for the actions and resulting health consequences for any person, whosoever. The reader understands that no medical advice or direction is given herein and that the reader is subsequently responsible for their own due diligence in doing what is best for them and their own overall healthcare requirements.

As previously mentioned, biofilm and the entities that cause it tend to get aggressive when sensing that their host is issuing an eviction notice. In this way it must be fought from all angles as aggressively, in return, as necessary. Once the purge begins, depending on the degree and progression of disease, individuals should be prepared to strike back however and whenever possible until an absolute eradication is achieved.

Routine eye washes, excellent oral health, nasal rinses (neti pot, etc.) a committed skin and foot care routine and intentional clean-living practices are likely requirements until the nasty organisms are actually evicted and a general sense of well-being is restored over time. In the absence of a strong, properly functioning immune system, we'll all be much more susceptible to all sorts of foreign invaders. The idea here is to rebuild innate immunity while cleansing and restoring adequate nutrition through a whole food approach. Once the immune system is enabled to do what it's designed to do we'll all feel so much better, getting stronger physically, mentally, emotionally and spiritually.

However, most people are likely to feel worse, to some degree, before feeling better while purging/cleansing and the process may actually make one feel so terrible that they want to give up. A person may feel extremely unwell for several reasons while following any health protocol so it's important to realize the level of awareness and commitment necessary before beginning a detox protocol.

It's important to realize what we're up against before investing and potentially wasting our time and money on a process that we don't fully understand and can't, in the end, commit to as a result. I, myself, have hit many brick walls with my attempts at healing and I feel it important for the reader to understand that, in many instances, the healing process takes a serious investment of time and emotion as well as good budgeting habits. Healing takes serious intention and patience; being prepared for the ups and downs of healing, especially the purging phase, will be, from my perspective, half the battle. Once that battle is won a person can go on to win the war by continuing to rebuild the immune system.

Once we begin to cleanse the temple, so to speak, the *demonic* critters that are infecting us will inevitably begin to push back in different ways. While some entities may become more aggressive, others may recess into deeper or more remote parts of the body in attempts to

avoid 'treatment'. It's really important to be aware and as steadfast as necessary in repelling events like bacterial migration to the brain or parasitical migration deeper into internal organs. In this way, it would be helpful to employ a 'zapper' while committed to any protocol so that, in conjunction with other parts of the protocol, migration attempts can be better controlled during the strenuous purging process.

Because it's a strenuous process, it's important to calm the central nervous system and to get decent rest as necessary and adequate sleep. Quality sleep is an important part of good health but many of us have disturbed sleep patterns for whatever varying reasons. Restoring a good sleep pattern, however possible, should be a focus when attempting to heal. We should all be intentional about our bedtime routines; sleeping in a cool, dark room, waking with the natural pattern of the sun.

Learn about and employ castor oil packs and start employing them as necessary!!!

Learn all you can about clean living concepts that work best for your lifestyle.

If unable to have iodine levels appropriately monitored, consider dabbing iodine onto a part of the body that can later be covered with clothes. The skin will absorb what the body requires, over time. This is a safer method, from my perspective, than ingestion, especially if there's no way to safely monitor iodine levels. .

Additionally, we must pay attention to our PH levels. Our bodies are made up of a significant amount of water. Like a pool, that water can get polluted. Swimming pools must be properly maintained and our bodies, in the same way, must be maintained, too. Disease festers in an acidic environment and most of us have to do better at increasing our alkalinity levels while ensuring that we find and maintain a balance because we can't let the PH get too high, either. When we find our perfect PH level and keep it balanced our body's electrical system and our immune system are far better aligned, and able to work in synergy, preventing disease and helping the body to operate as it should.

I purchased a quality blend of medicinal mushrooms that I reacted horribly to. I had a difficult time adapting to them as they made me so itchy so the red flag was already up. After one month of taking the mushrooms, I had to stop as I had exceptionally unusual and painful sores erupt, that have been very difficult to clear up. The mushrooms started producing the effects of sclerotium.

If there's an issue with biofilm in the mouth, sugarless (sugarless doesn't mean unsweetened, just look for healthier ingredients than white refined sugar and, especially, aspartame) ginger candies, in combination with other clean diet efforts, work well to combat it.

Immunocompromised individuals should not blindly take probiotics as the varying bacterias can cause complications. Ferments are the best way to reset the gut biome along with a system cleanse, an organic whole-food diet, clean living practices and supplemental supports.

Personally, I'm not that fond of fermented food but it's an important step to good health so I looked into various recipes and I was pleased to find so many fermented desserts and beverages available. It'll take a bit more effort than I was hoping for but getting fermented foods into us should certainly be doable, especially as we continue to learn more about it and get better at fine-tuning recipes that work for our individual needs and preferences.

The immune system knows exactly how to operate if the terrain of the body isn't worn down and the body isn't in a subsequent state of disrepair. We have to get the terrain repaired while removing parasites, harmful proteins, bacteria, heavy metals, fungus, and other toxins or pathogens. After that, it's a matter of clean living and clean food to avoid reinfection. The ultimate goal is to cleanse out what's disabling the body from doing what it knows what to do if not impaired. This won't be a simple process for everyone and professional medical intervention may be necessary in some cases.

Detoxing too harshly or too quickly can upset the body and cause major problems. Be aware and proceed with caution and common sense. Continuous monitoring of the physical and mental state of the detoxing individual is imperative! Try to log your progress so that you know exactly what went right and wrong if you do have issues adjusting to diet and/or lifestyle changes.

Quit, or at least try to drastically reduce caffeine intake. If you're a smoker please seriously consider giving it up. I'm a smoker myself, but after understanding that all things must be ingested in moderation and that being addicted to anything is a 'sin' that takes away from our optimal being, I'm ready to give it up but with all that being said, it must be realized and remembered that nicotine has been found to be beneficial to overcoming Covid-19. I understand that this information may motivate some smokers to continue smoking and it may even encourage others to start but I really do believe there's a better way than society living in a cloud of smoke. I only want to use nicotine medicinally at this point and for the sake of longevity I encourage others to do the same. As for myself, I know that I'm sick and tired of being controlled by anything - including cigarettes. There's a better way forward, for me at least, and I seek to control that which controls me. At the time of writing this paragraph I'm into my third week of not smoking and, believe it or not, it's not half as challenging as I thought it would be. Will the willpower last? Who can say. I'm also trying to live in the moment instead of in the past or the future, which is also a trick, but all all I can do is roll with the punches and, as cliché as it sounds, believe that I'm in control and that I can do any frickin thing that I set my mind to! ;)

I also question tobacco as a potential source of agrobacterium. It seems that the genetic modification of organisms has detrimentally affected far more than society trusted it to, including alcohol products, tobacco, cannabis plants, potentially coffee and so many other natural products that are used as fundamental ingredients in much of today's prepared and takeaway foods.

If using cannabis, especially for medicine, please, please start checking your sources. From my perspective, agrobacterium is a very big deal and we have to start inspecting the products that

we're using for any potential sign that its growth has been mediated by it! Aside from that, cannabis grown outdoors can accumulate mold spores that the smoker needs to be hypervigilant about and avoid smoking!

Immediately increase nitric oxide levels and get good blood flow happening to prolong telomere longevity. Mitochondria biogenesis and the cellular signaling that initiates repair in the body depend, as well as DNA methylation and so many other critical biological operations depend on healthy nitric oxide levels.

Use green tea shots if necessary. Green tea has high fluoride content but also high nutritional value. If required for extra support before beginning the protocol, the fluoride should detox out of the system with continued protocol adherence.

From my perspective, those who are in advanced stages of cancer or who are in a rapid state of decline from other issues, should consider immediately adhering to the Budwig protocol or other lifesaving protocols like Essiac tea, Vitamin B17 therapy, plasma, frequency healing, etc.

I feel that time is very, very precious at this point. I urge all readers to figure out what steps they want to take at repairing their health and to get started as quickly as possible. If a person is going to stay on junk food and not attempt to improve their overall quality of living then this or any other protocol is, in all reality, pointless and it'll just waste the readers time and money. Healing protocols require investment and they take time and are best suited for those who are very serious about overcoming the underlying root to illness.

The healthcare industry is not properly responding to what I consider to be an impending health crisis that pales in comparison to the alleged Covid-19 pandemic. At the risk of sounding like a conspiracy theorist, I must say that the criminal negligence surrounding Covid-19 is partially what led us to be as sick as we're becoming.

What we're dealing with is actually, as I see it, an incredible crime against humanity that will be figured out by the wider community in time. At this very moment, we simply have to keep ourselves alive and do what we can to help those around us to understand the issues at hand so that they, too, can respond to the compounding health issues that are currently prevalent and steadily increasing throughout the world today.

I have incredible hope that humanity can and will overcome this epic global nightmare. Together we are stronger and we **MUST** share information and do what it takes to help each other heal. Having said that; let's get started.

Below are the daily Supplements that I'll be taking for a synergistic effect. I'll take these at varying times throughout the day. It was not cheap or easy to get these supplements but I finally managed to get enough supplements gathered to begin the protocol. I'm confident that when taken with an effort to improve my sleep cycle, eating a full spectrum, whole food diet, daily smoothies, exercising with contrology techniques, and living a general detoxifying, intentional

lifestyle will provide me with the synergistic effects that I need to begin to fundamentally heal from years and years of terrible, debilitating illness, stress and trauma.

With the supplements and the daily smoothie, which work in synergy, the body should start to repair and feel better over time. The goal is to get the body on track to repairing itself while urging it to naturally produce what it needs, in response to the foods that we eat, as opposed to taking lab-made supplements for things like glutathione, quercetin, vitamins, minerals, etc.

While this protocol calls for supplements, they are natural supplements that the body knows how to process and respond to. We have to eliminate the unknown risks that we all take when consuming pharmaceuticals and nutraceuticals as there's so much confusion and unaccountability surrounding their safety and/or long-term effects of so many products on the market today. Readers are subsequently encouraged to investigate the potential harmful effects of antioxidants and to subsequently weigh the pros and cons of such before using them for supplementation.

Don't start all of the supplements at once. Begin as slowly as felt necessary and add the next supplement when safe and appropriate to do so. Again, medical support is advised when embarking on this or any other health protocol.

It's really important to go slow so that you can understand what you might be reacting to or not tolerating well. We have to be able to identify what we're experiencing within ourselves and subsequently understand the reason we're experiencing it. When we take too many new foods into our diets all at once it can be very difficult to keep a handle on what is doing us good and what might be doing us harm. Approach the situation as you would when cautiously introducing new foods to a weaning baby. There's an example chart of what supplements to take and when to take them found below.

I haven't added dosage and timing to this protocol as everyone should follow a regime that works for their own body and lifestyle.

Individuals will have to plan out the best times to take their supplements in accordance with their individual lifestyle. I plan to follow a schedule similar to below:

7:00 AM - Waking & starting the day - hygiene routine, chores, fitness, spiritual time, etc.

8:00 - 9:00 AM - Snack or light meal & morning supplements with water.

10:00 AM - Morning drink/smoothie

11:30 - 12:00 PM - Snack or light meal & noon supplements with water

12:30 - 1:00 PM - Afternoon drink/smoothie

2:30 - 3:00 PM - Snack & afternoon supplements with water.

4:30 - 6:00 PM - Dinner with supplements and water

7:00 - 8:30 PM - Evening drink/smoothie

9:00 PM - Water

10-11:00 PM - Bedtime

Continue all supplements for at least six weeks unless otherwise indicated. Everyone should do their own homework on how much, how often and for how long any particular supplement should be taken, if at all. Be alert to contraindications for your own specific current state of being. Some people can't take borage supplements while others can. We must be responsible for knowing our own selves and our own subsequent unique requirements.

If kidney stones become an issue begin taking Apple Cider Vinegar or alternative treatment. With the synergy of the protocol, chances of kidney stones developing is minimized but still quite possible for some.

If you struggle with a new ingredient take more time to adjust to it or eliminate it all together. This is a fairly comprehensive synergistic protocol and eliminating or switching out the odd ingredient shouldn't be too big of a deal, especially if you can find something with similar values to replace it with.

Some of us are sicker than others and may require up to at least six months of treatment on any given protocol for full detoxification and proper nutrient absorption and organ function repair. Even then, there's likely to be some lingering issues, potentially from damage already occurring in the body. The timing of the protocol and how long to take any particular supplement is up to the individual according to their unique requirements. This protocol is simply a suggestion if others wish to use it as a template for their own health recovery and is, in no way, to be considered as medical advice.

Be aware of supplements that should only be taken for shorter-term periods than other supplements, and cease taking those supplements as recommended by the manufacturer or otherwise advised by a trusted healthcare provider. If you believe that you are reacting to any particular food or product in the protocol, discontinue it immediately. Seek medical care if necessary. Not everyone tolerates all natural foods and medicines the same way. What works for one person does not always work for another. A holistic approach is called for with vigilant care to how one personally reacts to any given ingredient in this protocol or any other protocol.

Be aware of potentially fluctuating blood sugars, varying states of blood (thinning, clotting etc.) and organ function while committing to this or any other protocol. Journaling daily vitals is recommended to monitor for any drastic changes in your state of being. Report any concerns to a trusted healthcare provider. Sometimes small changes can lead to big problems down the road so just be sure to do what feels right to you while seeking qualified medical advice when necessary.

Increase quercetin-rich food, bromelain and papaya enzyme intake as needed if having histamine reactions, especially as your body makes adjustments. Try to eat low histamine foods. Increase DAO levels. Keep in mind that hives and histamine reactions can indicate that serious issues are occurring within the body, possibly leading to a possible cytokine storm. If hives are an ongoing issue, please seek medical treatment! Berberine can help with preventing hives and

Desmodium and Anise are said to help calm a cytokine storm. Other foods like Brazil nuts are allegedly beneficial too, so try to keep some on hand, just in case.

The reader is urged to determine the most suitable system of bioavailability that works for them while understanding that liposomal delivery systems are still relatively new developments. .

Be aware of, and avoid, the various additives (ie. maltodextrin; lead, arsenic, and other organic and inorganic metals; carrageenan; MSG, yeast extract; hexane-extracted soy and rice; acrylamides; etc., and potentially unhealthy coatings, capsules (ie. phthalates, plasticizers, polymers, pigments, etc.) that various manufacturers use when producing their supplements. The supplements that we consume must be in a pure form with as few additives as possible and absolutely no GMO, whatsoever! Research everything about the supplement from its inner contents to its outer casing.

Add Mercurius Solubilis to the protocol if desired or add it upon contracting an illness during the protocol. There are tons of other homeopathic remedies to look into as well. I'm just learning about the ins and outs of homeopathic and spragyric medicines for myself and urge the reader to understand more about these alternatives on their own terms.

<https://www.thieme-connect.de/products/ejournals/abstract/10.1055/s-0040-1716336>

Drink 8 ounces of purified water when ingesting supplements. Drink pure water as often as possible throughout the day, especially when sweating, stressing or feeling unwell.

FAST! Consider a 3 day fast before beginning the protocol. The benefits of a fast are immense. Intermittent fasting is recommended as soon as possible after the protocol is finished. Once feeling strong and healthy, one should commit to a 40 day fast.

DAILY PROTOCOL

APPROXIMATELY 6 WEEKS BUT MAY BE LONGER DEPENDING ON INDIVIDUAL REQUIREMENTS

DIET

I'm not 100% sold on any specific diet for the healing phase of the protocol. There are many diets that one can choose to follow but I recommend designing a diet that works for the specific individual. This could make it tricky if a whole family is changing things up at the same time but we must be holistic in our healing. One shoe does not fit us all. Below is a brief example of the AIP diet.

AIP/Paleo Diet

No grains

No dairy

No pork

No processed foods

No sugar or artificial sweeteners

No nightshades

No beans, lentils, seeds or nuts.

The strict AIP diet calls for no eggs in addition to the above restrictions, but some people find it far too difficult to manage without eggs in the diet. Some people still eat particular nuts, too. There are exceptions to the AIP excluded foods that you can look further into should you wish.

As mentioned before, there is a wide variety of diets out there being promoted but you must do what works for you. Admittedly, these elimination diets are tough to get started on and manage from there without changing your lifestyle in general. A new mindset has to come about, where your health becomes your primary focus. I'm not so eager to endure these lifestyle changes myself, but some of us will only have to adhere to it for a month or so before beginning to reintroduce restricted foods again. As everyone is unique, others will take a while longer before hitting next stages of whatever diet protocol they're loosely following or have designed for themselves. .

It all depends on the individual and their unique requirements. Look into the AIP, GAPS, Lyme disease, low-histamine and/or other protocols and find recipes and tricks and tips that'll make the process easier to endure. Research the stages, the restrictions and the overall benefits of the differing, respective diets and learn what's going to work best for you and yours.

<https://autoimmunewellness.com/>

Like I said, my way or anyone else's way isn't the way for everyone so do what works for you. I've chosen the supplements listed below to produce a synergistic effect that repairs damage by firing up the body to do what the body inherently knows what to do, naturally and automatically, when not impaired or disabled.

Cut out the sugar at all costs! Do not, however, supplement with dangerous aspartame. Do the required research on other sweeteners before using on a blind leap. Really, as much as we don't want to hear it, the most viable solution rests on re-educating our taste buds and moving away from sweet foods altogether as a general rule!

Some individuals may want to consider the Borax Protocol. I'm going to go with boron supplements myself, considering all of the new ingredients that I'll be taking in and trying to monitor. Still, if interested, see the link below for details about the protocol. Don't take Borax water and boron together; chose one or the other.

<https://www.earthclinic.com/remedies/borax.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4712861/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4712861/>

<https://youtu.be/mpSJdLyqibs>

<https://youtu.be/UiwkcWI-4so>

I strongly urge the reader to understand the risk to benefit ratio of employing chlorine dioxide!

Shortly upon waking, a squeeze of lemon into a small glass of purified water on an empty stomach is beneficial, if tolerated.

Start with the morning dose on day one (Berberine) and then add supplements as you go until you're taking all of the supplements. So, for example, one would start with the Berberine and then add the noon dose, then the afternoon dose and then the evening dose. The next day one would take all of those supplements again while adding the new day's supplements at the appropriate times. By the end of Day 6 you'll be on your way and it's up to you and your healthcare provider how long you should stay on the protocol. Some may need weeks while some may need months and maybe even longer.

I know that it can seem like a lot of supplements to be taking but it's far better, from my perspective, than chemo meds or nothing at all because we're dead. Choking down a few supplements isn't that bad in the grand scheme of things. Still, I get it; my stomach doesn't appreciate or tolerate a lot but we'll just have to push through, however possible.

NUTRITIONAL SUPPLEMENTS:

CHLORINE DIOXIDE. I won't comment on how much or how often but I'll personally be employing chlorine dioxide. Readers are encouraged to learn more about chlorine dioxide and its powerful detoxing effects.

MORNIN	NOON	AFTERNOON	NIGHT
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FEMALE

DAY 1	Berberine	Fermented Chlorella	Olive Leaf	Lemon Balm
DAY 2	Cayenne	Rosemary	Fenu-Thyme	Eyebright
DAY 3	Coconut Oil	Sage	Lecithin w Safflower	Tart Cherry
DAY 4	Dandelion Root	Garlic w Parsley	Ginger	
DAY 5	Sulphur	Marshmallow Root	Slippery Elm	
DAY 6	Licorice Root (DGL)	Pine Bark	Boron	

MALE

DAY 1	Berberine	Fermented Chlorella	Olive Leaf	Lemon Balm
DAY 2	Cayenne	Rosemary	Saffron	Eyebright
DAY 3	Coconut Oil	Sage	Cod Liver Oil	Tart Cherry
DAY 4	Dandelion Root	Garlic w Parsely	Ginger	
DAY 5	Sulphur	Marshmallow Root	Slippery Elm	
DAY 6	Licorice Root (DGL)	Pine Bark	Boron	

- **STOP: Licorice root & Sulphur after 30 days.**
- **Start/Stop other supplements according to own requirements**

Consistently and continuously evaluate your own progress and determine when to stop the protocol, subsequently moving on to the maintenance protocol (found below) or, on the other hand, to stay on the protocol for another 30, 60, 90 days or even longer in some cases.

Everyone will mend and strengthen at their own respective rate. The stage and degree of illness partially determines how long it may take to heal but it's the commitment to healing in general that will play the biggest role in how long the process takes, overall. Somemay heal in six weeks or so while others may take up to six months, a year or, perhaps, even beyond that. It all takes time, patience and commitment... but we'll get there!

It's really all about getting rid of pathogens and strengthening the immune system to prevent reinfection. In the absence of a thriving immune system the body can and will be weakened by all sorts of pathogens and foreign invaders! Focus on the immune system and anything that prevents it from operating as it naturally should!

SMOOTHIES:

MORNING

Nettle tea concentrate
 Coriander tea concentrate
 Carrots (frozen or fresh puree)
 Mangos (fresh or frozen)
 Unsweetened applesauce
 Egg whites
 Coconut water or kefir

Pineapple
Lemon Juice
Fresh or frozen berries & melons
A dollop of creme fraiche

DAYTIME

Tulsi tea concentrate
Burdock tea concentrate
Ground Pumpkin Seed
Sweet potato (frozen chunks or fresh puree)
Lime juice
Buttermilk
Olive Oil
Tonic water or bitter lemon
Apricot Paste (sulphite-free)
Sole
Cranberries and/or Pomegranates
Other fresh or frozen fruit as desired
Milk/Water/Ice/frozen yogurt as necessary/desired.

Be aware that quinone is found in tonic water. If quinone isn't something that you should personally ingest, simply omit it from the recipe and balance out the amount used in the smoothie with other liquids as desired.

SIDE NOTE: Please be aware of the potential effects of using Hydroxychloroquine:

<https://www.euronews.com/next/2024/01/05/hydroxychloroquine-use-during-covid-pandemic-may-have-induced-17000-deaths-new-study-finds>

EVENING

Chamomile tea concentrate
Hibiscus tea concentrate
Pickled beets or kvass
Broccoli florets
Turmeric paste
Tart cherries, raspberries, etc.
Cacao or darkest chocolate tolerated. Avoid milk chocolate!
Dash of pure vanilla extract
Buttermilk or creme fraiche
Frozen organic yogurt, ice or what have you , if desired

Drink at least 6 ounces of purified water before bedtime. Drinking ample amounts of clean water during and after any healing protocol is imperative!

Here's a link to information on Sole

<https://wellnessmama.com/health/make-sole/>

I know that it may seem like a lot of ingredients to be dealing with but it's the quickest, easiest way to get full spectrum nutrition to adequately address the myriad of disabling health issues that many of us are experiencing at this time - and in the quickest way that I can understand, especially in the absence of sound professional advice. I make these smoothies for myself and they end up turning out with great texture and taste. Sometimes I end up adding too much of this or too much of that and simply balance it out in the end with a little bit of this or that. Taking these smoothies regularly means that you won't need a huge glass each time. Just a few ounces on a regular basis will make a difference over time.

Please note that there is sodium in the turmeric paste and that Celtic Sea salt is also added to the sole recipe for remineralizing water discussed later on in this protocol. Individuals should adjust their dietary sodium levels accordingly in response. Also be aware that not having enough sodium in the diet can be just as problematic in some ways as having too much. As with most things in life, find a way to strike the best balance possible in your own given situation.

Extra options - figs, dates, prunes, raisins, etc. Be vigilant against mold, sulphites and other potential matter that may compromise the quality of smoothie ingredients as with anything else ingested.

Tweak the taste & consistency to your individual preference by increasing or reducing fruit, coconut milk & water ratios as necessary. Smoothies can be poured over cubed or crushed ice if desired.

To brew tea concentrates simply steep the teas ahead of time using purified water in mason jars. Put the jars in the fridge and let them steep for a day. Double the usual amount of the tea to water ratio to get a fairly strong concentrate. Remove tea bags after 24-48 hours of cold steeping. The teas must be made with organic herbal tea and purified water. Loose leaf tea or tea bags can be used, also be employed. A full cup of tea per use isn't required with concentrates; just add the tea concentrates to daily smoothies as desired.

Turmeric paste recipe:

½ C. ground turmeric, 1 Tbsp ground cinnamon, 1 Tsp. ground ginger, 1 Tsp. black pepper, ¼ C. avocado oil, 1 Tsp. celery salt, 1 Tsp. of Celtic or Hawaiian sea salt, 1 C. water. Mix over a low heat until well mixed, forming a smooth paste. Don't overheat or burn the mixture and use only a low, gentle heat for only a few minutes during the preparation. Refrigerate up to 14 days.

Consider making up some fermented ginger, garlic, honey, lemon, onion, etc. It's fairly easy to make and use and the benefits are quite incredible. This is a good concoction to take at the first sign of the body being invaded by a pathogen.

Crème Fraîche is something worth looking into if you aren't opposed to dairy in your diet. Just a scoop or two into a prepared dish and you have a simple way of getting good bacteria into your

system. Look into real buttermilk 's potential benefits if dairy is an option for you. Otherwise, there are tons of recipes for fermented food out there that each of us should be able to employ in our life in some way.

Other things that promote the production of lysozyme, like Canadian cranberry beans, mung beans, jenny milk, buffalo milk, (etc.) can be added to the diet to help break down the cellular structure of particular bacteria.

Again, some people will need as little as six weeks while others may require six months or more before they feel the effects of wellness. Take as much time as necessary to be sure that you've defeated the enemy - beyond any doubt! Health is a lifelong project so be vigilant hereafter.

Some people will undoubtedly run into problems while cleansing and healing and those people will have to re-evaluate what is and what isn't working while others will float through the protocol without issue. We're all going to have different requirements but with enough patience and support we'll eventually find what works for each of us over time.

When finished with the healing protocol, a maintenance protocol should be considered.

MAINTENANCE PROTOCOL

Continue to drink the various teas. Eat fermented foods to maintain good gut-health. Eat whole foods and focus on high protein, low carbs! Cut out all of the 'junk' foods that you possibly can! If Histamine levels or other concerns become prominent you may have to go back to the health protocol for a longer period of time or scratch this protocol altogether and try a different way forward with the advice of a dietician that understands the importance of holistic, whole-food nutrition.

Continue to get oils, herbs & spices from diet. Re-detox as necessary. Continue taking smoothies and other drinks if desired. The extra supports in the protocol are costly so if you want to cut the smoothies out or just have the odd one now and again, that's fine too..

Vitamins and minerals should be obtained from a full spectrum whole food diet as opposed to commercially processed supplements wherever possible. Any potential commercial or prescription supplement MUST be an organic, NON-GMO product! More and more products are becoming genetically modified and/or contaminated with glyphosate and/or other chemicals. It's extremely important, too, to keep in mind that many of these new plant based 'solutions' are genetically modified. Be vigilant, hypervigilant even, with what you ingest and/or dole out to others!

Although our bodies are cleaner and more nutritionally supported after the healing protocol, there's still more healing to do. Our central nervous system, internal organs, eyes, ears, teeth, skin and so much more still requires some immediate TLC as well as long-term support.

Once I'm finished the healing protocol I'll be maintaining my health by taking the following supplements:

Borage Oil, Parsley, Thyme, Rosemary, Sage, Garlic, Ginger, Boron and a good whole-food multi-vitamin/mineral supplement.

For a period of time I plan on taking Tart Cherry, Eyebright and Lemon Balm for extra support in key areas. As I feel it is necessary, I'll take dandelion root, pine bark, borage oil or whatever becomes necessary and appropriate in the future. I'll certainly be doing an intentional gentle cleanse once or twice a year. From here on, I'll be very careful about keeping the body clean by being vigilant with clean air, water and food as a means of prevention.

In time I won't be as focused on the recipe for healing but will continue with smoothie as I continue with the maintenance phase. I'll remove the diatomaceous earth from the smoothie for long-term use, using it only as I feel it necessary in the future.

ADDITIONAL INFORMATION

Body temperature can indicate many things to us. Keeping a record of your temperature, pulse, moods, reactions, etc., is very beneficial while trying to adjust to a new protocol or dietary lifestyle. This way we can witness and monitor changes within ourselves as they are occurring. This record would also assist a health practitioner in understanding your situation should medical intervention become necessary at any point of a healing journey. Immediately report concerns to a trusted, qualified healthcare provider.

A fever is the body's way of trying to kill invading pathogens. It's best to let the fever naturally attack the invader(s) in the beginning phase of illness. When the fever becomes too high or persists too long, it's time to become more aggressive with what's causing the fever in the first place, while making attempts to control the fever.

Take high doses of organic/non-gmo, wholefood Vitamin C at the first sign of feeling unwell. Make extra smoothies or simply eat as many fresh fruits and vegetables as possible. As mentioned earlier in this document, Liposomal and subsequently nano technology should be entirely understood by the reader before adding it to the diet. Whole food vitamin C is always best as opposed to ascorbic acid.

Increase L-lysine and reduce L-arginine in the diet wherever possible. Striking a balance can be tricky but being conscious of the issue and doing what one can is better than not responding to the matter at all.

They say we become less hungry and have less cravings the healthier we get, so here's to hoping that meals get easier and easier the better I feel and make continued improvements to the overall lifestyle in general. With the cost and availability of food, it would certainly be helpful to many of us if we can get hunger and cravings under control! When the protocol is complete, the reader should consider frequent dietary fasting as well as preparing to complete a significant

40 day fast to continue our evolution into good overall physical, mental, emotional and spiritual health.

In addition to the smoothies, the morning and evening beverages, more fermented foods and the daily supplements, I plan to eat organic, whole foods and high protein for meals. It gets tricky because we need to ingest more fermented foods for good gut health which leads to better overall health, but the ferments, vinegars and what have you can raise histamine levels. Therefore, we want to focus on increasing the natural production of Diamine Oxidase to keep histamine levels under control as we increase the amount of ferments that we're taking in. This balance is very important, especially for those with mast cell activation. Limiting dietary fat, getting enough good protein, promoting a healthy gut while reducing toxins in the diet are fundamental steps to increasing DAO levels.

For pain management, try learning more about the body's meridians. I use reflexology and therapeutic touch techniques a lot in my own life. I hope to refine my own skills in those areas and get better at using those healing techniques on others as I totally believe in their fundamental merits.

Wild lettuce, kratom, homeopathic arnica (never in raw form) and/or other herbal remedies, body rubs, plasters, soaks, etc., can be used, if necessary for pain, as needed.

Rub a strip of medicinal-grade iodine on your leg or somewhere else unnoticeable; it will typically only absorb what the body needs. Do this more or less often as needed to meet your individual needs. There are many contraindications for iodine so be sure you research what works for you specifically.

Try to get lab testing done to monitor baseline levels of vitamins, minerals, metals, salts, etc. Be aware that cilantro can zap necessary elements, such as iron and zinc in addition to removing unwanted toxins, metals, etc. Test for everything you possibly can. Consider tests for CARD9 deficiency, 'Long Covid' (lyme/hiv/ebv/herpes/morgellons), mold, bacteria, parasites, heavy metals, Vitamin D receptor dysfunction (calcitriol levels), toxic chemical build up, mast cell activation, mutations, endocrine disorders, cardiovascular and neurological anomalies, organ function and what have you. A good holistic practitioner should know what to test for, according to your individual holistic profile, but do your own homework before and after the consultation with the practitioner so all options are weighed.

There are several tests that we can rely on that most of us aren't even aware of. If you're going outside of the mainstream system, you may have to pay for your lab work but the results would likely be beneficial and worth it in the long run, especially when interpreted by a trusted holistic practitioner. Quite often you can get a family physician and/or staff at a walk-in medical clinic to order blood work that's usually free under the basic medical coverage plans in most provinces/territories in Canada, but quite often they won't go beyond the basics without justification and many doctors don't see, or aren't permitted to see, the justification in many cases... not just yet, anyhow.

Ancient scriptures tout the benefits of enemas and actually refer to the process as a genuine baptism. You can buy enema bags and do it yourself with very little issue. People with particular medical issues should research how the process might affect them. Coffee enemas, for example, are contraindicated for those who have certain types of hernias, blood vessel disease, hemorrhoids, Crohn's disease, heart disease, congestive heart failure, diverticulitis, colitis, particular cancers and tumors, chronic anemia. I'm not sure how the process affects pregnancy or lactation nor do I understand the effect that it would have on children, so please do your research before attempting an enema cleanse.

Do what works best for you. Detoxing parasites and toxins from our system is paramount to optimal healing and subsequent immune function. There are multiple options for enema so, again, do what works best for you.

<https://www.hertfordshirecolonics.co.uk/enemas-and-herbs>

The above blend of supplements and smoothie ingredients provides all that one would typically require for a full spectrum diet that includes ample amounts of vitamins and minerals that are crucial to healing and, for example, magnesium, an essential element for healing and good health that synergistically works together for full-spectrum nutrition and in support of a slow, gentle yet aggressive detox that works best over time.

We can not heal - actually heal at a most fundamental level - when we fail to take a complete approach to overcoming the inherent reasons behind our failing health. From my perspective, total healing will require a multi-pronged approach. The supplements, smoothies, drinks and clean-living protocols must work together and for that to happen we have to be relentless and vigilant in making it happen. We have to want it enough otherwise, there really is no point in wasting time and money on a half-way approach that won't actually heal us in the end. We have to change our whole way of thinking and our subsequent way of living if we truly want to overcome our health dilemmas once and for all.

In all honesty, I'm not even sure that we can ever be at our optimal human state with the environment that we're forced to endure in our daily lives. Once we understand the importance of our biological terrain and how poisoned everything around us actually is, I believe the mainstream society will understand what an epic crime against humanity that a poisoned environment actually is. Without clean air, food, water and medicine, humans suffer and can not possibly be the optimal biological machines and spiritual energetic beings that they were designed to be. .

At any rate, it took me a couple of years to put this synergistic blend together, but I believe that this protocol responds to nearly every adverse health issue that I, and so many others, are potentially dealing with at this time and gives me, and, perhaps others, the best shot at feeling as decent as possible while getting healing as much as possible over time. I don't have a lot of money or time and my brain fog can be overwhelming and I therefore attempted to narrow the protocol down to the most effective but easiest and cheapest way of doing things.

Still, the protocol wasn't easily affordable and I'll need to completely clear my schedule so that I can mindfully follow the protocol with all the brain fog, pain and confusion that I have most days, but I believe that will all start to get better when I actually put the plan in action. I've finally obtained many of the supplements and now I just have to finish up a few personal administrative projects before I can actually begin my own intentional process of healing. I'll try to journal my progress and share the results on my website as I go.

I'm fairly excited to get started because this protocol is designed to help me overcome a plethora of interconnected issues. There's so many issues that I need to address while minding the fact that I need a blood-thinner and I need to significantly increase my glutathione and nitric oxide levels. I have to get my endocrine system in order, restore good gut health and support far better overall cellular health. My neurological health is an utter mess and this leads to mental health issues. I have so many issues to overcome that it seems nearly an impossible feat to accomplish. Still, I'm determined to overcome my adversities and to help others in doing the same wherever possible. I verily believe that the alternative is rapidly worsening health and, ultimately, an early, preventable, uncomfortable death

While detoxing I have to manage my significant pain levels and seriously attempt to avoid triggering a cytokine storm. All the while, I need to get my blood thoroughly cleansed and find a way to eliminate brain fog, lesions and hives while subsequently finding a way to improve my sleep quality. I need to be able to eat better but my moods, budget and disabilities create issues for a stable eating schedule. It's been a very frustrating few years, but I believe that I'm getting much closer to establishing an achievable protocol that will actually work over time. It won't be easy but I have a *crazy* feeling that it will be worth it.

Individuals may require a deeper detox of particular organs, accomplished with a frequency generator. The length of time on the protocol depends on the individual and their overall fundamental condition.

As for many of the standard items that a person might learn about when seeking out items of the guise of 'natural healing', I think it's very imperative to understand that

Finally, some supplement manufacturers are using aspergillus, and who knows what else, in their products which I urge the reader to be aware of and, as far as I'm concerned, avoid at all cost! If we don't know what a particular word on a supplement bottle is, we must define and understand the word, especially before ingesting whatever it might be. There's far too much deception going on in the nutraceutical market and buyers must beware!

CLEAN LIVING

Clean living, good hygiene, exercise, holy sacraments, meditation, Abhyanga, music, social interaction, natural connections, continued learning, charity (be the servant), continued self defense practices, build up the biological terrain and avoid re-infection, EMF & radiation

shielding, avoid particle inhalation or absorption, avoid any sort of injection, keep up good gut health, meditate more and more, stay active, balance moods and emotions, organic whole-food diet, stay busy, be genuine and authentic, let go of the past, keep moving forward.

I know that concept is sometimes easier said than done but it's a choice one has to make between self fulfillment and self demise. Being angry at the people who victimized us has no impact on them, only affecting us, our thoughts and subsequent vibrations and our personal evolution in the long term. Our vibrations matter! All matter vibrates and the frequency at which we choose to vibrate determines our overall quality of life. Therefore, it's a scientific fact that living in fear or with hate or jealousy, etc., actually affects us on our most fundamental cellular level.

Most of us have enough trauma knotted up in our bodies and we have to learn to be kinder to ourselves by learning to feel new and unusual emotions that go along with the letting go process. Does the other person deserve for you to let it go? Probably not. Do you deserve it? I bet you do! Forgiveness doesn't mean letting someone get away with injustice or treating you wrongly, it just means understanding that the negative karma is on them, not on you and that karmic justice catches up with us all, in time, in accordance with the laws of vibration and attraction. You just have to live your fullest, most honest and integral life and the universal energies will balance out the karmic justice, one way or another, in the end.

Look into GANS plasma & amino acids and how to generate such. The science isn't really new, per se, but it's gaining a lot of momentum, especially in the era of covid. Plasma, from my perspective, is a field of science that's been overlooked or taken for granted for too long and its capabilities and benefits are something that we all should start learning about.

I'll be keeping cayenne pepper (100,000 heat units) on hand in case of heart attack. Even if the cayenne settles the heart attack down it's still imperative to seek medical attention. Take the cayenne and cough in a rhythmic cycle until you arrive at an emergency care center.

I'll take significantly high doses of whole-food vitamin C should I feel unwell. If infection occurs I'll likely use additional oils, herbs and/or colloidal silver, if necessary, with extra probiotics from whole food sources.

If the reader is interested in making their own colloidal silver there is ample information about such on the internet. You can buy a generator or find DIY instructions to make our own. As I understand it, a linear power source is an important design element for quality colloidal silver production. Rod quality and spacing matters too! An agitator seems to be a benefit while the magnetic stirring seems less important in producing a quality product. Timing matters and so does particle size. Steam-distilled, pure water as opposed to other forms of distilled water makes a huge difference in the end result too. Nothing should ever be added to the product besides the pure water and the clean silver rods. Lasers and PPM testers can help to give an idea of the parts per million, however, only actual lab testing can tell you for sure so be aware of this and govern yourself accordingly if planning to ingest the final product.

For minor ailments, colds & flus and what have you, there is an abundance of information about natural remedies on the internet. Be sure to use a trusted source and try to stick with a whole food approach. .

Dr. Hulda Clarke authored a book titled *The Cure To All Disease* that I urge the reader to process through. It's quite imperative to understand what Dr. Clark, and others, were attempting to communicate to the medical community about the fundamental condition of the body in relation to disease.

Further cleanses may very well be required. Dr. Hulda Clark's team and other health advisors have instructions for specific cleanses available online.

Copper can kill bacteria and inhibit the development of biofilm.

<https://pubs.rsc.org/en/content/articlehtml/2019/ra/c9ra05880j>

Understanding the requirement for metals and minerals is essential to balanced health

<https://www.henryford.com/blog/2021/03/metals-in-your-diet>

Explore recipes that target overall better health, specific health ailments or recipes that satisfy the sweet tooth in a more healthy manner such as pickled lemons and bay leaves, beet kvass, fruit sauerkraut, one ingredient banana ice cream (or with cacao as a second ingredient), fizzy ginger lemonade, etc.

Remove all sources of glyphosate, fluoride, chlorine, and other harmful chemicals from your diet and environment. Be aware that not all health supplements and/or foods are completely healthy in this regard. For example, Cacao can have incredibly high amounts of lead and cadmium, just like green teas have high levels of fluoride. We must understand all aspects of the foods and supplements that we intend to use as health aides.

Use air filters in your home and be aware of what you're inhaling, ingesting and transdermally absorbing when outside of the home. With the amount of PM2.5 out there, it's getting to the point that the sole act of breathing outside can be a source of biological terrain degradation and subsequent reinfection of pathogens.

Boycott all forms of nanotechnology, genetically modified foods, harmful chemicals and any increase to our social collective EMF/radiation levels, at least until we get some long-term safety studies to rely on.

Cutting out the sugar is likely going to be one of the hardest things that some of us have to deal with but it has to be done. Sugar is an intoxicant and it does so many other horrible things to the body. Poisonous sweeteners like aspartame must be avoided. Use pure, sweet sorghum, cane, unpasteurized honey, maple syrup or other natural sweeteners.

Aspartame is a poison. Avoid it!

<https://www.metro.us/aspartame-is-made-from-bacteria-feces-patent-confirms>

<https://pubmed.ncbi.nlm.nih.gov/34063332/>

If tolerated, eat high protein, high fiber meals. Get lots of whole foods, fruits, veggies, fiber, and purified, alkaline water. The smoothies and supplements should boost production of all the good stuff like nitric oxide, glutathione, amino acids, essential enzymes, mitochondria protection, etc., and give your body what it needs to keep feeling stronger and better every day.

Dr. Hulda Clark said that particular organs should have targeted cleanses and that some cleanses don't reach far enough into the organs whereby the use of a zapper is required for the final stage of parasite elimination. The reader will have to look into this further should they wish to employ Dr. Clark's method.

<http://nutesla.com/wp-content/uploads/2010/08/Hulda-Clark-A-cure-for-all-disease.pdf>

We need a healthy balance of bacteria in our bodies. If you're killing bad bacteria with medicine remember that many of the medicines also kill the good bacteria. Replacing the good bacteria is essential while undergoing certain therapies. Be aware of your gut biome at all times! The microbiota has suffered greatly for many of us and we must focus on healing the gut if we are to have success with overall, long-term healing.

Consider doing frequent, or as necessary, castor oil packs. The benefits are quite amazing. There are many old time remedies that we can employ in our modern lives once we become aware of our options. Look into other remedies like onion, poultices, mustard plasters, etc.

<https://advancednaturopathic.com/news-events/health-articles/benefits-of-castor-oil-packs/>

Use only pure drinking water. To make my own sustainable and safe water filter, I bought two 4L mason jars with spigots along with a glass drill bit to drill holes in the bottom of the top jar (filter). One jar sits perfectly on top of the other. The top jar will be drilled so that the water will filter down into the bottom jar. The top jar - the filter, will be lined with cheesecloth and filled with layers of crushed rock, sand and activated charcoal.

On top of the layers of sand, rock & charcoal, I'll bunch up some pure copper mesh that the water will pour over first. The copper mesh should kill most bacteria/microbes, if any, in the water. When the filtration process is complete I can store the top jar until next use or take it with me on travel as a portable water filter. I will monitor, maintain and clean the filter & reservoir so that neither vessel develops bacteria/biofilm. Depending on your original water source, the filtered water may have to be boiled after it's filtered to kill off bacteria for extra measure. .

Adding substances to water, like limestone for example, can change the alkalinity of the water. It's up to the individual and their specific needs or desires with how they adjust the PH of their water, if at all. Testing the PH of your water is recommended.

This water filter can be taken with you in an emergency and it can continue to supply you clean water in any potential future scenario. Keep in mind that this type of filter is good to use for tap or lake water but that the water may need to be boiled before and/or after filtering if the water contains bacteria or certain other pathogens. Copper, colloidal silver, etc., can aid in killing off dangerous contaminants.

When the water is too risky or difficult to filter, distilled water becomes imperative, especially for drinking water, making diy medicines and personal hygiene recipes, etc. I'll add an appropriate amount of sole (see recipe link below) to remineralize the water for drinking water purposes. Look into the benefits of Celtic, Hawaiian and other sea salts over that of Himalayan sea salt. Some say that Himalayan salt is too radioactive, while others disagree, but whatever the case there are several options to choose from.

<https://wellnessmama.com/health/make-sole/>.

A few shungite stones can be kept in a clean water receptacle and then ingested for healing purposes. The reader is encouraged to look into the benefits of shungite water. Look for elite or noble shungite as opposed to basic shungite. Monitor the PH level of your shungite water. Elite shungite is best but basic shungite will work too - just make sure it's actual, genuine shungite!

If you suspect a vitamin D receptor dysfunction, consider the cessation of Vitamin D supplementation ,if taking any, until, at least, the end of the protocol. Perhaps excessive sunlight and UVB light sources should be avoided, too. I'm just not sure about this yet and encourage the reader to do their own research if a VDR dysfunction is suspected.

Conditions like Ehlers Danlos Syndrome, Hereditary Angioedema and Morgellons are serious emerging health concerns while metabolic and molecular disorders reach unprecedented levels! Please learn all that you can about your own health, especially if you or your loved ones have long term wonky, unexplainable symptoms that may be explained by these conditions that many physicians remain uneducated about.

Although red light (infrared/near infrared) healing can be immensely beneficial in most cases, I'm not exactly sure how it affects us while the VDR is in a state of dysfunction. I'm just understanding this vitamin D receptor issue for myself and encourage others to research and understand more about it, too. As I understand it, the bacteria that is disabling the receptor must be killed off so that our bodies can utilize a very critical vitamin in the way that it should.

<https://pubmed.ncbi.nlm.nih.gov/19758226/>

Still, those wishing to go on with red light therapy should make sure that the plug to the lamp is grounded! Please do your own research on how to use red lights with the safest possible EMF levels.

Again, as methylation requirements vary from person to person, you'll have to figure out where you're at with that..Methylation levels are being overlooked by most healthcare providers and yet, it's so critical to understand in generating and maintaining viable overall health.

<https://www.nature.com/articles/npp2012112>

Be sure to fully investigate a product before using it in your own life. At one time, I was buying into a lot of what the alternative healthcare industry was selling but after researching the actual short and long term effects of such things as antioxidants, baking soda, apple cider vinegar, industrial probiotics, essential oils, medicinal mushrooms, coconut oil, etc. By reading medical literature for myself, albeit not a simple task, I've learned far more than I ever did by simply reading what others have to say on the internet, even if what I read is put out by so-called acclaimed medical experts. Reading actual medical literature and knowing who put that literature out in the first place is half the battle in understanding the important issues surrounding an individual's medical state of being. Finding resources and support to respond to those issues with a safe, informed and holistic approach is, from my perspective, the other half of the battle.

Switch to oils, if you can, as opposed to margarine. Ghee and butter are alternatives, but like many others, I have an aversion to the taste and smell of ghee and I'd prefer to reduce or eliminate butter where possible. The best alternative, as far as I'm aware, is to experiment with different oils and various flavor infusions to find what works best for individual needs and preferences. There are tallows, lards, shortening, butters, creams and so much more that nature gives us, we just have to learn about them and incorporate them into our sadly misinformed North American lifestyles.

Heed the age old advice to eat an apple a day. Quercetin is grossly underrated in our diets, although it does conflict with particular mutations, or so I've read, so please be mindful of your own Quercetin toleration. If making applesauce or eating apples whole, it's best to include the skins too. So you have to make sure the apples are organic or that the glyphosate and other toxins are cleansed out of the apples.

Glyphosate is an epic problem in our diets. I can't even begin to discuss its effects here in this document but please be aware of it and how it mimics glycine in the body and how glycine is essential for glutathione production. Do whatever it takes to avoid glyphosate in the diet, especially in the developing bodies of children and youth. .

On another note, so many of us are just barely hanging on, so to speak. Many of us are already experiencing significant systemic dysfunction and even constant, mild cytokine storms in many cases, due to autoimmune conditions and other underlying health conditions. It's just a waiting game, from my perspective, before things escalate into rapid, worsening health conditions among the populace, especially in the absence of sound medical care in our failing social systems.

Sticking our heads in the sand is not an option or death will knock on our door sooner than later with the current state of world affairs. Elimination diets and health protocols suck! I totally get it! I'm suffering through it too. It's of the utmost importance, however, that we get proactive with and hypervigilant about our health...NOW!

I believe it is imperative to find an effective bug repellent as soon as possible. We must prevent ourselves and others, especially children, from being bitten by insects this summer, especially by ticks and mosquitoes. There are a few oils that are said to be very effective in insect control. Look into Geranium. As far as I've learned, it MUST BE pelargonium capitatum x radens to be as effective as we want it to be for a repellent. Another one is Oil of Lemon Eucalyptus - not anything else but OLE! Ravensara is said to be effective but I haven't seen the actual studies on that one, nor have I tried it for myself. Neem oil is incredibly effective too, however, it's also used as birth control in some countries so use caution on the potential side effects of any particular oils, especially ones that can affect individuals in their development and child-bearing stages of life. Wild leek and witch hazel, especially in combination with the oils mentioned above, are said to help repel insects as well.

For beds, furniture and carpets that are infected with lice, fleas, bedbugs, or other critters, sprinkle diatomaceous earth around. It can be vacuumed up and reapplied as necessary.

For ants and other invading insect control in the home, you can mix honey and borax that will eventually kill off the invading colony. Having peppermint plants around the house helps to control spiders and other unwanted guests like small rodents.

Be vigilant and prevent flies, even fruit flies, and other insects from landing on food. Insects can easily cross contaminate foods and the excrement and eggs that they leave behind for us to unknowingly ingest should be avoided at all cost!

IMPORTANT HABITS TO CONSIDER FOR CLEAN, INTENTIONAL LIVING & SUBSEQUENT GOOD (PHYSICAL, MENTAL, EMOTIONAL & SPIRITUAL) HEALTH

- Natural, organic toothpaste/mouthwash
- Natural, organic stain removers, laundry detergents and fabric softeners
- Natural, organic dish detergents and rinses
- Natural, organic cleaning products for the home, office and vehicles.
- Natural, organic air fresheners and air 'purifiers'.
- Get enough sleep (paramount!). Nap if sleep is lost. Listen to and honor your circadian rhythm. Be sure the room can reflect the natural patterns of light and darkness. Sleeping in the dark is critical for a good sleep cycle. Waking naturally, in sync with the sun is optimal. . .
- Exfoliate in the shower or tub with a pumice stone!!!
- Use only natural & organic shampoos, conditioner and soap.
- Organic body wash, hair care and skin care (deodorants, scrubs, moisturizers, treatments, etc.)
- Dry brush the entire body.
- Moisturize/anoint with coconut oil or oil of choice.
- Regular nail care. Natural polishes only.

- Eye washing with an eye wash cup. Use pure, distilled water or quality saline. Eyes can also be washed and moisturized, if tolerated, with a dab of coconut oil into each eye.
- If using make up, find natural, organic sources.
- Netti pot or other device to clear nasal passage.
- Oil pulling
- Tongue scraping
- Reduce or eliminate blue light exposure especially after the sun goes down.
- Do not sleep with electronic devices in the vicinity.
- Receive a full body massage (Bonus - experience the rainbow technique)
- Chiropractor
- Holistic dentist - No fluoride, DIY toothpaste.
- Learn about the assemblage point. (Important!)
- Exercise. It's so important to boost your heart rate every day. Don't forget to stretch first. If stretching is as far as you make it, it's a start. Learn about contrology exercises by Joseph Pilates (not the adapted, new age pilates, look into the difference)
- Vagus nerve activation & adrenal workup/supports (cold water, tens machine, etc.)
- Regular foot baths & nail care
- Ground yourself by making frequent contact with the earth. Walk barefoot, lie on your back in the grass, etc.
- Employ orgone energy
- Keep your 'pool' balanced. Water makes up a significant part of the human body. Letting the pool stagnate or fill up with toxins causes severe health issues. PH balancing is critical!
- Regular foot massages with appropriate oils.
- Have a sauna as much as possible. There are portable saunas for sale these days.
- Organic cotton base layer between your skin and non-organic or gmo'd materials.
- Use an organic topsheet as a barrier between you and non-organic bedding.
- Use pillows that don't facilitate bacteria/fungus.
- If you have access to a sensory deprivation chamber give it a try.
- Cold water therapy
- Cook with herbs, spices & oils
- Don't use Teflon or aluminum pots/pans/dishes
- Watch for all sources of plastic contamination (reusable water bottles, etc)
- Frequently clean laundry machines - mold/etc. accumulates quickly.
- Keep a clean oven, fridge & freezer.
- Thoroughly clean home (walls, windows, floor, beds, couches, carpets, etc.) at least twice per year.
- Watch for mold in damp areas and stay on top of it. Mold doesn't just go away so be vigilant. Fans and dehumidifiers may need to be employed to effectively dry out the cause of mold and special paints may need to be used to prevent regrowth of mold. Mold issues are not something to take lightly as it can cause so many adverse health issues and can lead to disablement or death very rapidly. Do not mess around with mold. If you have to remortgage your house to get rid of it, then do what it takes. If you're in an apartment, consider moving if the issue can't be

fixed for your immediate safety. I get the issues with cost and inconvenience but life is far more precious than a bank account and sometimes we just have to do what we have to do in this life!

- Use simple, old school light bulbs, if possible. Investigate the safety of the lightbulbs you use otherwise.
- Improve air quality in the home. (DIY: Merv 13 furnace filter fixed air-tight with packing tape onto a box-fan)
- Generate negative ions as much as possible
- Protect from smog & electrosmog, monitor ppm2.5 in your area.
- Reduce radiation at home however possible.
- Keep routers, tablets, phones, etc. away from the body as much as at all Possible.
- Avoid MRI dye
- Generate negative ions in your environment as much as possible.
- Keep orgonite, metals and plasmas around you. Look into Wilhelm Reich and learn about orgone accumulation and generation.
- Sound/vibration/frequency
- Learn about frequency generators. Hulda Clark has diy instructions for zappers and anything else you need to know about killing parasites and toxins with frequency. Dr. Clark's info on detoxing the body is also critical knowledge.
- Carry nano-coated infinity charm
- Use plasma as it becomes more widely known & available
- Full spectrum light therapy ** Also look into how light is affected by nanotech.**
- Fasting (research the benefits of different types of fast and prepare for the ultimate 40 day fast once healthy enough)
- Prayer/meditation
- Sing/chant
- Dance
- Anointing oil (research proper practice, anoint the whole head and body). Abhyanga practice.
- Burn resins, essential oils, spice, grass etc. therapy. Don't use air freshener or cheap incense. Only burn trusted, quality resins, oils, incense, etc. You can buy charcoal pucks and organic resins online for a reasonable price.
- Use tuning forks, bells & singing bowls, etc.
- Charge your water
- Grounding & communing with nature (re-aligns body frequency)
- Wear a cotton barrier between skin and clothes wherever possible. Formaldehyde is a neurotoxin, Indigo and other dyes and chemicals are endocrine disruptors.
- Pure, positive thoughts. Manage negative thought & subsequent vibration.
- Love more, hate less. It's a challenge, I know, but we must!
- Find an emotional balance. Emotional control and positive mind frame is critical to holistic healing.
- Find a holistic support person to help you through the detox/healing process for extra reassurance and safety.
- Have full chest to chest hugs with loved ones and friendly strangers, transferring or receiving good energy to others as much as possible..

- Cry it out! Crying releases hormones that assist with proper emotion control. Holding the tears in is toxic. Literally! Tears have biological properties that correspond to different emotions.
- Laugh. Just like crying, beneficial hormones release with every smile and giggle.
- Establish clear boundaries for your time, energy and emotions. Set a schedule and live by it. Demand respect for your established boundaries.
- Eliminate toxic relationships with toxic people.
- Monitor alcoholic beverages (if you must consume them) and other 'treats' for methods and additives that use fluoride, excessive sugar, harmful chemicals, etc.
- Keep a healthy body, mind, and home.
- Clean out the car. Old drinks and food that kids drop can be sources of mold and other toxins. Take steps to have good air quality in whatever space you're in.
- Don't be idle as it truly does lend to poor physical and emotional health. Be active doing the things you enjoy doing, reaching goals and milestones along the way. Many of us have had our hopes and dreams stifled for far too long. It's time that we all become dreamers, first thinking and then doing! We must dream about the world we want to live in and then make those thoughts a reality by putting them into practice. If we can think it, we can likely do it! We simply have to find other like-minds and make our collective dreams for a better world happen, little by little! .
- Only ingest filtered or distilled, alkaline water. If you're concerned about mineral intake you can purchase or DIY the minerals to remineralize ultra clean water. You can use many natural elements to naturally cleanse and remineralize water. Sole (recipe found within) can also remineralize distilled water.
- Talk to yourself, use encouraging words.
- Chinese medicine, Ayurveda Medicine, etc.
- Boob Therapy with olive oil and full knowledge on procedure. Research. Do not aspirate oil!
- Chakra activation/strengthening supports.
- Keep a garden (even in winter)
- Have a small hobby farm if possible.
- Learn more about homesteading, permaculture, etc.
- Learn about bioplastic
- Complete small acts of kindness.
- Read and study something that interests you. Read ancient scripture sometimes if possible. The truth is all around us but if we want to access that truth we must be intentional about it and actively seek it out!
- Cease negative vibrations such as fear, hate, etc. Again, I know it isn't easy, but it's worth it!
- Seek... and find. Learn YOUR truth about the holy sacraments. For example, the baptism, the fasting and praying and then the holy eucharist. The details have been purposely obscured. What is the real bread and wine of the bible? How do the elements react in the body? SEEK YOUR TRUTH!

Watch for toxins or unwanted ingredients in purchased preparations that you might add to your diet. For example, kombucha is often made with green tea which has a high level of fluoride in most cases. Your body should continue to detox out toxins while you're on the protocol but post protocol, taking preventative measures and maintaining a healthy homeostasis will be most of

the battle in maintaining restored health. Like they say, an ounce of prevention is worth a pound of cure. It's about finding a reasonable balance between what we ingest and if and how our bodies use, store and/or eliminate what's ingested.

Use herbs, spices and essential oils for aromatherapy, especially for respiratory conditions. Rub essential oils into carrier oil for foot rubs, back rubs, skin care, pain management, cooking. Food Grade essential oils have many therapeutic benefits, especially when used consistently in conjunction with clean, purposeful living.

Make your own creative smoothies, drinks, treats & meals in addition to the above protocol. Eat a diet appropriate for you, keeping the clean diet & living concepts in mind.

The key to a clean diet is the purity level of whatever you choose to put in your body. Buy organic and take the steps necessary to avoid toxin ingestion in all ways possible. Do research on the purity of any product you invest in.

If you want to deviate away from the protocol once you get the hang of what's required to properly fuel and nurture the body please feel free to go for it. This is a template to get us started. Who wants to be enslaved to the same old boring routine forever? Not me. Shake it up. Life is yours so live it your way!

Perform a full detox, at least annually, preferably biannually, hereon. Post-protocol, once feeling stronger and clearer-minded, is an excellent time to do a prolonged, or even short-term fast. Fasting is very beneficial for our physical and spiritual health! The 'professionals' often minimize the benefits of cleansing and/or fasting but if we actually remember back to the days of good health, an annual cleanse was actually quite normal at one time. It was not considered unusual to 'deworm' people until the most recent past.

If using cannabis, source only organic heirloom seeds. Be vigilant about GMO (agrobacterium) and cannabis treated with chemicals and/or compromised by graphene, etc. I've read emerging reports about the potential harms of using CBD for the long-term. We have to understand how taking just one part of a plant can affect our overall well-being while leaving the rest of the plant out of the equation. Whole foods should be considered, as opposed to just parts of a food or plant, and I encourage the reader to look more into that issue on their own terms.

Avoid green, black, white and oolong teas for their fluoride content. Go for herbal preparations that don't use traditional teas as their base. There are so many options for healthy beverages available these days and so many different and creative ways to make tea.

If eating meat works for you then eat meat, if it doesn't then don't. We all need to judge others far less in this regard. Besides, as we start coming together in our communities and return to taking care of one another, we'll learn more and more from each other and collectively find ways to heal each other with our knowledge and compassion.

Regardless of what it is you eat, the most important factor is non-gmo, non-toxic food. Period. Eating organic is very expensive but we have to pick our battles and fight the fight towards better health wherever and whenever we possibly can.

WARNING - JARISCH-HERXHEIMER EFFECT (ENDOTOXIN RELEASE) & CYTOKINE STORMS. It is very important to research what Herxheimer is and how it can affect you or those in your care! The profound changes of detoxing and transition into clean-living protocols could threaten the general well-being for an interim period. Be aware of the state of the body at all times. Watch for any and all changes. Documenting is wise. Be proactive. Stay hydrated, rested and full of nutrients. If fasting while feeling unwell be sure to stay hydrated.

It is imperative to monitor for possible Herxheimer reactions or the dreaded chemokine/cytokine storm as the body adjusts to this new protocol and finds a balance. The body will be purging toxins as the synergistic effects of the protocol take effect.

If a Herxheimer reaction or cytokine storm begins, rest the body immediately. Don't stress or strain if at all possible. Prepare to be down and out for two days, perhaps three. Get as much sleep as required. Administer the following foods, drinks and supplements, intermittently and as tolerated, promptly upon display of symptoms:

- Desmodium Molliculum and Pimpinella Anisum OR Burbur Pinella
- Natural analgesic
- High dose vitamin C foods & drinks
- Blueberry, strawberry, asparagus - drink/eat as a mixture or ingested separately.
- Bone broth
- Brazil nuts (high selenium). Do not overdose on the nuts - less can be more in this instance.
- Organic dandelion herbal tea, organic cacao & raw honey shot
- Plenty of filtered or distilled water and/or natural fruit punch, iced tea, ginger ale, root beer etc.

Most people will handle a detox with little difficulty, but others, especially those with underlying conditions, may experience varying symptoms, some life threatening. In moderate to severe cases a cytokine storm could ensue. Herxheimer reactions and cytokine storms can be potentially fatal so it's imperative to seek urgent medical attention if such is potentially imminent or actually occurring!

Everyone should make a serious effort to stock their own natural medicine kit. Knowing CPR and first aid is something we should all be invested in, too, as we might just find ourselves in a situation where it saves the day at some point in the future, especially as the healthcare system continues to degrade into a system of risky chaos. Suturing and resetting bones, as well, certainly wouldn't hurt the inclined reader to know about, especially if responsible for others, especially children, elders and the ill or disabled or if in any sort of community leadership role where others look to you in response to serious matters within the group.

EXTRAS

- Iced Tea (Herbal tea bags of choice, raw honey, other sweetener of choice, lemon, distilled water)
- Hot herbal teas
- Chai Chill (slushie)
- Dandelion wine, jelly, etc.
- Jellies/Jellos, etc.
- Fruits and vegetables of every colour
- Golden Milk (1 cup unsweetened coconut milk, 1/2 cup water, 1/2 teaspoon turmeric powder, 1/4 teaspoon ginger powder, 1/8 teaspoon cardamom powder, tiny pinch of mace, 1 cinnamon stick, 3 saffron stigmas, 1/2 teaspoon oil (coconut, avocado, etc.), 1 teaspoon honey)
- Salad Dressing (Olive oil, apple cider vinegar, oil of oregano, parsley, onion, salt, garlic, rosemary, thyme)
- Fruit Punch (Prune Juice, pure cranberry juice, lemon, dandelion tea base, grape juice, pineapple juice. Optional – club soda or homemade ginger ale)
- Ginger ale (1 cup sugar alternative, 1/2 cup water, 2 Tbsp fresh ginger, 3 Tbsp lemon juice. Boil till sugar substitute dissolves, remove from heat, steep for one hour, strain & cool. Pour 2-3 Tbsp to 8oz club soda. Water down if necessary. Ice &/or slice of lemon/lime option.)

If feeling unwell, give plenty of fluids, especially distilled water, and monitor temperature, breathing, heart rate and blood pressure. Take high doses of Vitamin C.

Watch for signs of an infection. If infection is evident do not hesitate to begin treatment. My choice is oil of oregano or colloidal silver. If taking colloidal silver, simultaneously boost levels of selenium and boost probiotics either way. Seek professional medical care if/when necessary. Stay hydrated with purified, alkaline water.

If a feeling of unwellness persists, continue with above measures and begin to administer CBD oil and high doses of Vitamin C. Boost electrolytes. Serve chamomile, peppermint (etc.) tea. Rub frankincense essential oil mixed with carrier oil into the belly button and/or onto the feet. Massaging the back with oils is beneficial too.

Mold and/or yeast are often unseen culprits behind illness so remain vigilant for symptoms of such and treat accordingly.

Do your own research and consult with a qualified health care provider if/when necessary. If a person is to the point of near death they can allegedly get instant benefit from certain nutrients delivered to them via a suppository. I understand that some people who were in critical condition and subsequently given the Budwig protocol in this manner allegedly went on to recover from their beds in intensive care units when the protocol was administered to them as a last resort treatment before death..

<https://gobudwig.com/cancercure/>

UPSET STOMACH

- Peppermint

- Ginger
- Magnesium
- Chamomile

PAIN MANAGEMENT

- Mild pain- Lemongrass essential oil, ginger, turmeric, etc.
- Moderate to Maximum – Kratom, wild lettuce, ginger, turmeric, etc. Whatever plant medicine you choose, watch for agrobacterium and avoid it!.
- For joint Pain- olive oil (2parts) & apple cider vinegar (1part).
- Peppermint oil on temple and crown for headache
- Homeopathic arnica

There are many remedies available, it just takes a bit of research to learn what works best for the individual.

LAXATIVE

- Castor oil
- Licorice
- Psyllium husk
- DIY coconut oil suppositories (with or without essential oils)
- Chia seeds
- Blackstrap molasses

URTICARIA

(Hives are dangerous cytokine reactions. Pay attention!)

- Electrolytes (coconut water)
- Rooibos tea
- Bromelain (pineapple)
- Papaya
- Quercetin (apple)
- Blueberries
- Stinging nettle
- Turmeric complex

- Warm bath with magnesium flakes - wash off when finished. Rub down with Chrysanthemum cream.

ANXIETY

- St. John's wort
- Valerian
- Lavender
- CBD oil
- Kratom
- etc.

BLADDER SUPPORT

- Cranberry Juice
- Pears

HEART ATTACK

IMMEDIATELY CALL 911. Take cayenne pepper tablets as instructed or 1 teaspoon of ground cayenne Pepper (must be 90,000 heat units to serve purpose) in warm water, if conscious. If the individual is unconscious, administer a cayenne pepper tincture under the tongue. The tincture should be made ahead of time and on hand incase of emergency. . .

GENITAL CARE

Use coconut oil for non-serious genital issues. Wash affected areas with gentle soap and pure water, dry, and apply coconut oil. Coconut oil can be used as a natural lubricant, too. It's also used to treat yeast infections and other skin/gentile maladies. It's very safe to use in most cases and usually quite effective for most general issues.

Cornstarch and baking soda aren't all they're cracked up to be. If using cornstarch, use only an organic/gmo-free type. Better yet, consider using arrowroot powder instead..

SPLEEN CARE

All of our organs likely need a detox. Slowly, the synergy of the protocol with work to gently detox our bodies. The borax/boron should help with that. Still, our spleen needs special attention and some extra TLC. The spleen is more important that we once realized and we need to get back to its prime functioning state. The spleen likes to be warm. Try to give the body warmth while the spleen heals. The spleen is adversely affected by stress and negative emotion. It's a very important organ that we must learn to honor more. If specifically responding to matters of the spleen, try to follow the guidelines below.

Increase

- Winter squash, carrot, parsnip, turnip, sweet potato, yam, pumpkin
- Sesame, pumpkin, sunflower seeds
- Seaweed, kelp
- Jasmine, raspberry, chai teas
- Walnut, pistachio
- Aloe
- Grapes
- Pomegranate
- Ginger, pepper, cardamom, garlic, cinnamon, clove, fennel, rosemary, sage, thyme, cayenne, holy basil

Avoid

- Cold, raw, frozen foods & drinks
- Dairy
- Wheat

- Processed food
- Refined flours & sugars
- Coffee
- Alcohol
- Peanuts & Peanut butter
- Cucumber
- Grapefruit
- Lettuce
- Bananas
- Avocado

Extra medicinal Considerations

- Vitamin B17 – not just for cancer
- Cedar, spruce, pine, etc.
- Essiac tea
- Budwig protocol
- GANS Plasma
- Copper
- Essential oils
- Nicotine (not smoked)
- Frankincense/myrrh
- Tree turmeric
- Etc., there are incredible amounts of natural resources for healing and strengthening ourselves.

OTHER RESOURCES & SUPPORTS

The following recipes aren't perfected; they're a work in progress... Will update in time.

I hope to pursue funding that will enable me to keep researching and to subsequently make the products as a potential business endeavor. Again, progress takes focus, time, patience and, of course, funding but I believe that I'll get there in time. There are many other health products that I hope to keep exploring and bringing forward like GANS plasma, colloids, salts, minerals, structured water, energy devices, etc.

Bath Detox

- 5 cups diatomaceous earth
- 5 cups celtic sea salt
- 4 cups borax
- 2 cups ground ginger
- 2 cups citric acid

Mix ingredients together. Store in an airtight container. Scoop 2 cups into a warm/hot bath.

Other options: charcoal, epsom and/or other salt, oils, baking soda, ACV, bay leaves, etc.

Add at least 1 cup of magnesium flakes for the added effect of magnesium, if desired.

Be aware of differences between magnesium flakes and epsom salts and other bath salts. To absorb bioavailable magnesium, for example, and to reduce sulfur absorption, use the magnesium flakes over the epsom salts. Just have a good sense of what elements you might be absorbing through your bath water and understand the risks and benefits of the elements as with everything else you do for vigilant clean and healthy living. .

<https://www.ancient-minerals.com/difference-between-magnesium-chloride-magnesium-sulfate/>
<https://aminoco.com/blogs/nutrition/getting-enough-sulfur>

I'll be attempting to make a personal line of hygiene & cleaning products for myself, friends and family. It takes a bit of research along with trial and error to find recipes that actually work as desired. I think I've got much of it figured out. Like I mentioned previously, I just need the time, money and energy required to get at it. Hopefully 2024 is a better year for productivity because I believe that these products will be in great demand in the coming days.

Below are some of the ideas and/or actual recipes that I'm relying on at this time. I'll try to add the actual recipes as I get them as optimal as I want them to be, making sure that they actually work so that others aren't wasting their time and money on products that aren't really worth it in the end. I keep updated notes at home but I'm not always updating this document so please bear with me and message me directly if curious about progress.

Soap

Liquid castile soap, essential oil, water

Hard castile soap

Lye soap, etc.

Soap nuts/berries

Laundry

Soap nuts/berries

Dryer balls

Vinegar

Borax

Baking soda

Washing soda

Starch

DIY detergent

Skin Detox

Diatomaceous earth and coconut oil. That's it.

Make into a paste and apply as a facial scrub. BEWARE - If face tissue is contaminated with

toxins/microbes, you will likely have a breakout until all toxins are removed. Infection control may be necessary as you evolve through the process. I used a colloidal silver cream to control the resulting infection in my case.

Toothpaste

Mix ¼ cup of purified water & ½ tsp of arrowroot powder, heat over med/high heat until thickened. Set arrowroot paste aside and mix 5 & ½ Tbsp of xylitol, ½ Tsp xanthan gum, 4 ½ Tbsp of diatomaceous earth, 4 ½ Tsp of Triphala, 1 Tsp sweet almond oil, 1 Tsp. of magnesium oil, 1 Tsp of clove oil, 1 ½ kalonji oil, ½ Tsp of organic flavoring (mint, citrus, berry extracts), ½ Tsp of colloidal silver. Mix well to a paste. Add arrowroot mixture to the paste. Stir until a smooth toothpaste becomes evident. Store in a glass jar or in toothpaste tubes available for sale in stores or online.

Mouthwash

Magnesium oil, finely ground tulsi, colloidal silver, xylitol, witch hazel, aloe, parsley water, vanilla and mint extract

Deodorant

In a bowl, mix 2 Tsp ACV powder, 1 Tbsp diatomaceous earth, 1 C. arrowroot starch. Set this dry mixture aside until later. Put a glass bowl in a pot of hot water so the water in the pot can melt. Add 2 Tsp Cocoa Butter, ½ C. shea Butter ½ Tsp of sage and grapefruit infused castor oil, 1 Tsp almond oil, 1 & ½ Tbsp of candelilla wax. Stir until melted together and then, while the bowl is still resting in the pot of water, add the dry ingredients from the first bowl. Stir until well blended with a smooth, pourable texture. Quickly pour mixture into deodorant containers or jars, keeping in mind that the mixture is still very hot. If you don't have enough containers to use up the whole batch, store the mixture in the fridge until later. When ready to use the refrigerated mixture, slowly reheat on low to medium heat, stirring well and then quickly pour the mixture into the container(s). Don't burn or overheat the mixture.

Add other infusions as you see fit for fragrance.

Lime & Chrysanthemum should be explored for shampoos and whatnot.

Household Cleaners

Borax, Vinegar, Baking Soda, Castile, Lye, Dettol, Citrus, etc.

EMF Protection

Shungite, copper netting, plasma, orgonite etc. There is a lot more you can do in the area of protecting yourself from EMF, this is just a start.

ELIMINATE/AVOID

- Refined sugars & grains
- Mold
- Biofilm

- ALL genetically modified food/organisms, agrobacterium,
- Mycelium, fungal spores
- Medical nanotechnology
- Most grains, especially those that are genetically modified.
- Corn syrup
- Aspartame
- Glyphosate
- Fluoride, chlorine, cadmium, etc. Know what you're ingesting!
- Processed foods (cold meats, cheeses, snack foods, etc.)
- Trans fats, hydrogenated oils
- Alcohol for recreation
- Fatty foods & Fast food
- Pork, excessive red meat, grilled meats,
- Dairy (cheese, milk, butter, etc.)
- Soda pop, concentrated or impure fruit juices
- Commercial ice cream and snacks
- Radiation/emissions
- Negativity and toxic environments.
- Pharmaceuticals, injections.
- Unwell individuals & animals

ALL INDIVIDUALS ARE REQUIRED TO DO THEIR OWN RESEARCH AND TO MAKE RESPECTIVE INFORMED DECISIONS. THIS DOCUMENT AND ITS CONTENTS ARE MY OWN OPINION. ANY AND ALL OF MY PERSONAL PERSPECTIVES ARE OFFERED AS A LAY PEER SUPPORT PERSON ONLY AND NOT AS AN EXPERT OR A PROFESSIONAL IN ANY CAPACITY.

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Authored by Brenda Overall
 Belleville, Ontario
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www.holisticusinternationa.ca