

## C V 1 9/long haul/shots/proximity/viral infections best help?

### Description

We use this as an aide to our own research and share with our doctor as appropriate. We can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects often by typing in the name of two drugs or drug/herb and interaction effects into a search engine.

Best research against C V 1 9/long haul (LH)/shot symptoms (CVVS)/proximity to person w/shot (CVVP) in order of effectiveness-

Active infection what appears to work in studies & practice-

Nicotine may displace the spike protein safest with patches or gums

N-acetylcysteine (NAC) may displace the spike protein

Natto/nattokinase on empty stomach may displace the spike protein & quickly stop heart disease, diabetes, cancer

High dose lecithin liposomal vitamin C may displace the spike protein

Elderberry 4 capsules 500mg w/50-100mg zinc every 8 hours or until no symptoms

Iodine (molecular best) at 1% nasal spray every hour if sick or daily at night or after seeing people may be near 100% prevention

Peroxide 1% (food grade best) nasal spray may be almost as effective as iodine

Prescription ivermectin w 50-100mg zinc may also help against a lot of hidden viral & parasitic infections & cancer

VitD3 1.25mg/50K daily under tongue 2x faster/stronger/longer w/cup of organic kale & baby greens mix or natto or 0.5mg/500 mcg vitamin K2 also may stop 95% autoimmune disorders like MS & autism if blood levels over 150ng/ml

Melatonin at night extended release or under tongue 10mg+ (higher better, some go over 100mg) 50-100mg zinc, stronger anti-inflammatory than steroids

Daily fasting or intermittent fasting

Daily sauna/steamroom/whirlpool (SSW) then outside (if winter) or cold shower until too cold then back in SSW

[theepochtimes.com/health/preventing-covid-19-vaccine-adverse-events-doctors-give-suggestions\\_5083476.html?utm\\_source=Health&src\\_src=Health&utm\\_campaign=health-2023-05-25&src\\_cmp=health-2023-05-25&utm\\_medium=email&est=x6gbnec9X4LaaJnDLLynWIVDYh3KWJcjJHmGTRsd2z8o%2FNidPtKtxJkb](https://theepochtimes.com/health/preventing-covid-19-vaccine-adverse-events-doctors-give-suggestions_5083476.html?utm_source=Health&src_src=Health&utm_campaign=health-2023-05-25&src_cmp=health-2023-05-25&utm_medium=email&est=x6gbnec9X4LaaJnDLLynWIVDYh3KWJcjJHmGTRsd2z8o%2FNidPtKtxJkb)

After active infection, what may stop long symptoms in order (most things taken under tongue 2x faster/stronger/longer benefit):

Lithium orotate or chloride 0.1-40mg best for neural growth/protection/recovery not 2000 mg prescription lithium carbonate with heavy adverse side effects

Lecithin liposomal EDTA may remove metallic heart blockages along with heavy metals

VitD3 1.25mg/50K daily under tongue 2x faster/stronger/longer w/cup of organic kale & baby greens mix or natto or 0.5mg/500 mcg vitamin K2 also may stop 95% autoimmune disorders like MS & autism if blood levels over 150ng/ml

Organic spirulina 500mg-8g with a vegetable (essential) for heavy metal chelation, improves mood & cognition, heart disease, liver health & is only source of EPA/DHA omega3 fatty acids in fish oil

Alpha lipoic acid (ALA) 600mg wakeup & before or after every meal until pain, migraine (1 hour), sciatica (1 day), neuropathy gone, 1 mo diabetes II, 3 mos heart disease, immediate cancer, diabetic dementia, all neurological problems (regrows neurons), if take more than 3g/day vitB7 biotin after meal or vitB sustained release complex after breakfast and/or

Turmeric w/black pepper or ginger for pain/inflammation, viral infections, diabetes II, heart disease, cancer and/or

Berberine 500mg 2x a day before meals for diabetes II, heart disease, cancer, inflammation, viral infections

N-acetylcysteine (NAC) 600mg 2x a day

C60 (helps everything? especially cancer & lack of energy)

Organic MCT oil 1/4ts every four hours in food or under tongue for unlimited energy, reduced hunger

Natto spores on black or garbonzo or soy beans or soy natto (has nattokinase & vitK2) or nattokinase on empty stomach or vitamin K2 or 1 cup organic kale (best)/baby greens

Lecithin liposomal vitamin C (5-10x more vitamin C in cells)

Magnesium glycinate 500mg for sleep or magnesium threonate for cognition

Melatonin at night extended release or under tongue 3mg+ (higher better, some go over 100mg) stronger anti-inflammatory than steroids, add 50-100mg zinc if viral infection

Organic noni capsules if still pain after ALA works like nonaddictive opiate

Sustained release (methyl) vitamin B complex after first meal

Foods- all organic or Aldi brands (not name brands) as have no MSG or FD&C food coloring- yellow#red#blue# with mercury & lead as nonorganic foods have chronic illness causing chemicals added, worst is Nutrasweet/aspartame/Equal/Neotame all neurological including blindness, FD&C food colorings, MSG may cause brain damage, migraines, seizures, massive weight gain & is unlabeled in a lot of foods

Pressure cooking & using the liquid retains 90% of vitamins, slow cooking less than 50%, pressure cooking kills lectins that people can be sensitive to & makes beans & rice much more digestible

Organic kale & baby greens have vitK1 body makes into vitK2, magnesium, zinc, boron

Organic sweet potatoes or pumpkin, carrots, butternut squash for highest beta carotene/vitamin A (delicious if baked & blended with white potatoes)

Organic freshly ground/frozen flaxseeds before a meal best may stop most cancers if eat vegetables or take MSM after

Organic raw honey for weight loss & reverse diabetes, better in stopping coughing than dextromethorphan in a study, better than no calorie sweeteners in studies

If no calorie then only organic stevia, monk fruit & allulose mix

Organic fair trade chocolate/cocoa (not Dutched/alkalized) with raw honey (lowers diabetes & weight!) if use water measure exact amounts, cocoa can be mixed cold with hand blender & sipped all day long, baker's chocolate has no sugar melt in pan in boiling water (double boiler not under flame) add raw honey put in small ice cube molds use straight out of freezer for slower ingestion, reverses heart disease, better cough suppressant than codeine, is a superfood because w/honey & frozen limits how much can eat & will supplant many less healthy sweet treats

Organic brewers yeast for high vitamin B amounts, very high protein, & high chromium (helps retain muscle during weight loss)

Organic broccoli sprouts (soak 2 hrs) then five days daily rinse & 12hrs later turn for 100x more glucoraphanin->sulforaphane for cancer, neuroprotection, autism [healthline.com/nutrition/broccoli-sprouts#benefits](https://www.healthline.com/nutrition/broccoli-sprouts#benefits), vit C & vitE

If eat meat, organic grassfed (not Roundup/glyphosate GMO corn & soy), organic eggs, unpasteurized nonhomogenized raw milk (w/iodine or silver solution or another antibacterial agent)/butter/ghee

Only cook with organic unrefined coconut oil or organic grassfed butter/ghee (or lard if eat animals) all other oils have polyunsaturated fats that turn to formaldehyde when heated & even if not heated if refined are already heated & mercury added

Organic olives (not California black), uncooked, 4x more effective against heart disease than often contaminated olive oil

Organic avocados, uncooked, in lieu of avocado oil (vitamin E)

Best to use real olives, avocados, flaxseed in lieu & cheaper than processed oils

A little fat with every meal/snack for digestion & satiety

Celtic or Himalayan salt for minerals

Iodine (molecular like Iodine best or Lugol's) also in seaweed & spirulina

Organic sunflower seeds 50% RDA, almonds 50% for vitamin E, butternut squash, kiwi, broccoli

Spices-

Organic garlic, onions & leek

Organic Italian seasonings- oregano, parsley, sage, rosemary, thyme

Zinc + zinc Ionophores

Zinc is an antiviral/bacterial that when taken with something that puts it into cells at a much higher level than normal penetration & an ionophore makes it far more effective than zinc alone. The ionophores in order of research effectiveness appear to be zinc with elderberry, prescription ivermectin, high dose melatonin, quercetin & green tea (not decaffeinated).

#### Elderberry & zinc

Does elderberry (juice or 4 capsules) & 50-100mg zinc stop an active viral infection symptoms in 12 hours? Cold sore/shingles in three? Does elderberry taken 3X a day stop bacterial respiratory infection symptoms in three days?

Elderberry stopped every viral infection & studies in three days including a weaponized chicken virus, & every bacterial infection except two (took a little longer).

When zinc is added it often works overnight to eliminate symptoms if viral, a few hours if cold sores/shingles

[draxe.com/nutrition/elderberry/](https://draxe.com/nutrition/elderberry/)

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#### Ivermectin & zinc

Ivermectin is a zinc ionophore & antiparasitic used safely for 40 years with no known severe side effect even from large overdoses in over 4 billion human doses & perhaps well over 100 billion animal doses. It appears over 80% effective in preventing C V 1 9 infection & death, possibly near fully effectively when taken with zinc. It is also like melatonin an anti-inflammatory that can help with C V 1 9 shot symptoms. It has reportedly often resolved long haul covid symptoms in a couple days. It also appears to help the body system target cancer that is hiding from the immune system.

[Flccc.net](https://flccc.net)

#### Iodine especially molecular

Iodine kills 99.99% of C V 1 9-antiseptic, skin cleanser, gargle & mouth wash, & spray. C V 1 9 starts in the nasal passages so nightly spraying may be 100% effective at prevention. 0.5% gargle stopped C V 1 9 infection in a few days done three X a day for thirty seconds.

<https://pubmed.ncbi.nlm.nih.gov/32643111/>

<https://doi.org/10.1111/jopr.13209>

Molecular iodine appears far healthier than povidine iodine & has been used by the majority of dentists the last few years at 50x the strength. Iorinse is the most popular brand.

Food grade hydrogen peroxide

If 0.1-3% food grade peroxide may stop C V 1 9 at reportedly near 100% by nebulization with active infection, will it prevent 100% in nasal passages & mouth rinse & gargle where C V 1 9 & other respiratory infections start?

[articles.mercola.com/sites/articles/archive/2021/04/18/nebulized-hydrogen-peroxide.aspx?ui=2786f3a193080a6ac8e761767b46de0f800c80dc6755366258bbe02615c997aa&sd=20210418](https://articles.mercola.com/sites/articles/archive/2021/04/18/nebulized-hydrogen-peroxide.aspx?ui=2786f3a193080a6ac8e761767b46de0f800c80dc6755366258bbe02615c997aa&sd=20210418)

Vitamin D3 under the tongue for preventative

Is a 1.25mg / 50,000 IU capsule of vitamin D3 twice weekly to get blood levels above 70ng/ml week enough to prevent c v 1 9 at nearly 100%? Most viral infections? Many cancers by 80%? Increase lifespan by more than anything else studied in 47 year study on longevity?

Does opening up the capsule of vitamin D3 & absorbing it under the tongue/gums work over 2x faster, stronger & longer than swallowed?

Does getting blood levels of vitamin D3 above 150 ng/ ml reduce autoimmune disorders like MS symptoms by 95%? Reduce autism sensory processing disorder & restore social understanding?

Does vitamin D3 increase calcium absorption?

For every 1.25mg/50K of vitaminD3 does taking 500mcg of vitamin K2 / 50mg or 2oz of organic natto / 25mg or 1oz powdered natto prevent high blood levels of calcium & move it to the bones & teeth & reverse osteoporosis?

[alienherbalist.com](https://alienherbalist.com) search vitaminD3

500mcg of vitamin K2 or organic dark leafy greens for every 50K D

Many people take 50,000 IU of vitamin D3 under the tongue or with a meal (fat soluble) to get levels up fastest.

Taking magnesium & vitamin K2 with vitamin D3 makes it 2.5x more effective, and prevents any calcium elevation. Eating dark leafy green have both magnesium & vitamin K1 (which our bodies may make into vitamin K2). Otherwise 100mg of vitamin K2 for every 10,000 IU of vitamin D3 should move calcium from the arteries to the bones & teeth & reverse osteoporosis.

vitaminDwiki.com

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Lecithin liposomal C

In March 2020 30 doctors (& one US Veteran) in the Shanghai Medical Center, Asia's oldest & most revered medical institution, announced 100% success against even end stage C V 1 9 with intravenous Vitamin C of up to 50g per day without significant side effects. South Korea reportedly followed, and New York hospitals. It was only reported in one newspaper in the US, the New York Post and only the New York hospitals' success.

Lecithin liposomal vitamin C appears to be 5-10X more effective than regular & is the next best thing. Liposomal C without lecithin appears to be only as effective as regular vitamin C.

Iodine

With Iorinse or another dental iodine so much safer than povidine/betadine that it is used by dentists as a mouth rinse at 50x stronger doses in a 30 second mouth rinse then gargle & 4 minute breathing in the vapors from the bottle every hour through the nose & mouth alternately stop respiratory infection symptoms in four hours?

Does iodine stop all infections?

Do all tested viral, fungal, and bacterial infections in studies appear to be vulnerable to 0.5% povidone iodine (PI) mouth rinse that has 0.2ppm elemental/molecular iodine (E/MI) between 1-10 doses? Did a 30 second mouth rinse stop C V 1 9 in 3 daily doses over three days? Even faster adding 30 second gargle after 30 second mouth rinse (gargle is stronger, both is strongest), nasal spray/rinse, & nebulization or a simple 3-5 minute alternating breathing in the vapors through the nose/mouth?

Dentists give patients a 30 second mouth rinse of an iodine formulation that has most of the problematic and useless types of iodine removed. It is so much safer that one of the formulations, Iorinse iodine, 1oz at 100ppm is 500X stronger than the 0.2 parts per million PI that was so successful in studies.

The concentrate at 500ppm for 33oz is less than \$20 in bulk on dental supply websites.

At that strength, would just a few drops (5) on a toothbrush and brushing the gums then teeth stop any hidden gum/periodontal disease & uncontrolled tooth decay bacteria (periodontal disease bacteria) seemingly caused by root canals & tooth extraction w/out ligament removal that is found in & is the likely source of so many heart attacks, early Alzheimer's disease & cancers?

Do respiratory infections concentrate in the lungs, nose, throat, & mouth to spread to others, and does repeated treatment with iodine or 1-3% food grade hydrogen peroxide of any of these areas appear to stop the infections?

Is food grade hydrogen peroxide at 1%-3% also effective against almost all tested but just takes more frequent dosing?

[oralhealthgroup.com/features/molecular-iodine-could-this-be-a-game-changer-for-dentistry/](http://oralhealthgroup.com/features/molecular-iodine-could-this-be-a-game-changer-for-dentistry/)

[physicsforceps.com/molecular-iodine-mouthwash?product\\_id=513](http://physicsforceps.com/molecular-iodine-mouthwash?product_id=513)

[researchgate.net/publication/280868601\\_Practical\\_use\\_of\\_povidone-iodine\\_antiseptic\\_in\\_the\\_maintenance\\_of\\_oral\\_health\\_and\\_in\\_the\\_prevention\\_and\\_treatment\\_of\\_comm](http://researchgate.net/publication/280868601_Practical_use_of_povidone-iodine_antiseptic_in_the_maintenance_of_oral_health_and_in_the_prevention_and_treatment_of_comm)

[sciencedirect.com/science/article/pii/S1882761621000065](http://sciencedirect.com/science/article/pii/S1882761621000065)

[researchgate.net/publication/349719736\\_Comparative\\_in\\_vitro\\_evaluation\\_of\\_the\\_antimicrobial\\_activities\\_iodine\\_and\\_other\\_commercially\\_available\\_antiseptics\\_against\\_clinically\\_relevant\\_pathogens](http://researchgate.net/publication/349719736_Comparative_in_vitro_evaluation_of_the_antimicrobial_activities_iodine_and_other_commercially_available_antiseptics_against_clinically_relevant_pathogens)



## Melatonin

9-18mg 4x a day melatonin (experimental group) with zinc (both groups) stopped C V 1 9 with acute respiratory distress syndrome (ARDS) cold with no patients getting worse & halving the hospital time. In contrast, (horribly) 35% of people in the placebo group didn't make it.

2 studies infants with sepsis 100% survival with 20mg melatonin

High dose, perhaps at least 10mg per night, melatonin w/zinc essential for anti-inflammatory, anti C V 1 9, & long haul & side effects of the C V 1 9 shots & vaccines.

[articles.mercola.com/sites/articles/archive/2020/10/19/high-dose-melatonin-benefits.aspx](https://articles.mercola.com/sites/articles/archive/2020/10/19/high-dose-melatonin-benefits.aspx)

Long covid/exposure to the spike protein

## PD1 inhibitors

For people who's immune system appears weakened, PD1 inhibitors (used to stop cancer from blocking the immune system) may help bring the immune system up to strength against infections & cancer

**[Pembrolizumab](#)** (Keytruda)- approved for higher non-synonymous mutation tumor burden

**[Nivolumab](#)** (Opdivo)- melanoma, [squamous cell lung cancer](#), [renal cell carcinoma](#), and [Hodgkin's lymphoma](#)

**[Cemiplimab](#)** (Libtayo)- cutaneous squamous cell carcinoma (CSCC) or locally advanced CSCC w/no options

**[Dostarlimab](#)** (Jemperli)-mismatch repair deficient (dMMR) recurrent or advanced solid tumors

[en.wikipedia.org/wiki/PD-1\\_and\\_PD-L1\\_inhibitors#PD-1](https://en.wikipedia.org/wiki/PD-1_and_PD-L1_inhibitors#PD-1)

Best doctors on what works against C V 1 9 & variants here & in hotspots

Flccc.net

Americasfrontlinedoctors.org

Mercola.com

Inflammation & blood clots

Does 600mg **alpha lipoic acid** before every meal help stop blood clots & inflammation, diabetes, heart disease/high blood pressure/congestive heart failure & cancer & cognitive/neurological symptoms?

Does taking **organic natto** powder 1/8-1/4th ts 2x a day on an empty stomach 2x a day do the same with vitamin K2 & nattokinase?

Does 2-8g organic spirulina (must be taken with a vegetable) clear out heavy metals, work as a cognitive enhancer & anti-inflammatory, help heart disease & fatty liver?

**Turmeric & black pepper or ginger?**

Does **low dose naltrexone (LDN)** at 4.5mg nightly help reduce the cognitive, pain, cancer & inflammation?

Does **edta** clean out heavy metal contamination?

2-8g of **organic spirulina** taken with a vegetable?

C V 1 9 infection & side effects

Are the side effects of getting C V 1 9/long haul syndrome/one of the four shots/proximity to people having gotten a shot and shedding the spike protein much the same because in all cases the spike

protein becomes targeted by the body & we have the spike protein in many organs (90 places in the body)?

Cognitive & neurological problems (prions, early onset Alzheimer's)

Heart attacks & blood clots

Uterus-menses restart/disregulation/miscarriage

Male infertility

Liver damage

Kidney damage

Lung damage

Active & lingering C V 1 9 infections

Ficcc.net, I-Mask protocol (also under Math+ protocol) has most of the treatments found most effective against C V 1 9 in studies & practice. They & AmericasFrontlineDoctors.com have links to doctors in every state that will prescribe what has been shown to work right now in every country.

Do they show as the most effective for treatment-

Daily i v e r m e c t i n & zinc (50+ studies)?

9-18mg melatonin 4X a day with zinc at 100% success in stopping C V 1 9 acute respiratory distress syndrome (ARDS) in seven days with no ventilation vs 35% of placebo group died & rest took 14 days to discharge?

High dose (up to 50g/day) intravenous sodium ascorbate for C V 1 9 at all stages including ARDS & long haul symptoms, post shot side effects, post shot proximity effects? Does lecithin liposomal vitC (not liposomal vitC alone) approach the effectiveness of intravenous?

1.5 mg of liquid cholecalciferol (vitD3) for a week then 0.2mg/200mcg daily stop C V 1 9 & is taking it under the tongue & gums 2x more effective?

Rinsing the mouth 3x a day for three days with 0.5% iodine stop C V 1 9 at 100% in a study?

Nebulization, nose spray (or just vapor inhale alternating nose & mouth), gargling with 0.5% iodine or dental lorinse &/or 0.1-3% food grade hydrogen peroxide/iota carageenan (red sea algae) also have evidence of being 100% effective against C V 1 9?

Antibiotics doxycycline/teicoplanin/azithromycin?

Blood pressure drug losartin?

Fluvoxamine (60 Minutes)?

Nicotine gum/patch/vapor?

Anti-inflammatory Colchicine?

Corticosteroids especially inhaled like budesonide?

Convalescent Plasma?

Interferon?

Leeks?

Licorice root?

Stinging nettle?

Parastoo Tarighi, Samane Eftekhari, Milad Chizari, Mahsa Sabernavaei, Davod Jafari, Parastoo Mirzabeigi,

A review of potential suggested drugs for coronavirus disease (COVID-19) treatment, European Journal of Pharmacology, Volume 895, 2021, 173890, ISSN 0014-2999, <https://doi.org/10.1016/j.ejphar.2021.173890>.

[https://www.sciencedirect.com/science/article/pii/S0014299921000431?dgcid=rss\\_sd\\_all](https://www.sciencedirect.com/science/article/pii/S0014299921000431?dgcid=rss_sd_all)

Inhaled budesonide in the treatment of early COVID-19 (STOIC): a phase 2, open-label, randomised controlled trial

Sanjay Ramakrishnan, MBBS, Dan V Nicolau Jr, PhD, Beverly Langford, RGN, Mahdi Mahdi, BSc, Helen Jeffers, RGN, Christine Mwasuku, PGDip et al.

Lancet Respir Med 2021 Published Online April 9, 2021 [https://doi.org/10.1016/S2213-2600\(21\)00160-](https://doi.org/10.1016/S2213-2600(21)00160-)

Go to “What is going on” & read the references before the next section

boost energy-

alpha lipoic acid 600mg 4x a day before meals/snacks or as major antiinflammatory, antinerve pain, mitochondrial booster, antidiabetic, antiheart disease, anticancer, antidementia

methylene blue 15-20mg/day oral or under tongue, start 5mg 2x a day & work up as needed

c60 carbon 60 (also for cancer)

1/8 ts (or more) MCT oil under tongue every 4 hours or with meals

Clear spike protein & graphene oxide-  
edta  
coated silver/colloidal silver  
spirulina w a vegetable 2-8g a day (start 500mg)  
ivermectin w/zinc 50mg  
N-acetylcysteine (NAC) (along with cognitive problems/mental illnesses)?  
pine needle tea  
star anise  
activated charcoal empty stomach (middle of night good)  
zeolite  
natto 1/16 or 1/8 ts on empty stomach has nattokinase & vitamin K2  
elderberry 10 oz juice or capsules with 60-100mg zinc viral 10 hours, bacterial 3 days  
melatonin (slow release 10mg) & zinc 50mg  
(borax if it was safe)  
broccoli sprouts  
dandelion  
Green tea (EGCG) & zinc 50mg  
hydroxychloroquine w/zinc 50mg  
serrapeptase like in veganzyme  
fennel  
schisandra  
sublingual glutathione  
quercetin

comfrey

feverfew

ginkgo

G hyssap or horsemint

quinine pressure cook then leave until no steam lemon & grapefruit peels

More:

Intermittent fasting helps everything- waiting as long as possible from last meal of the night to first meal next day, every hour over 12 more benefit, coffee or tea with MCT oil stops hunger, sometimes grass fed butter and/or prebiotic added if get hungry

[covid19criticalcare.com/protocol/eat-well-guide-to-fasting-and-healthy-eating/](https://covid19criticalcare.com/protocol/eat-well-guide-to-fasting-and-healthy-eating/)

sunlight exposure or red incandescent light on both sides or front & back of head 4 minutes every 4 hours

half baby aspirin before bed, after wakeup

magnesium start at 100mg go to 400mg (theonate may help cognition most)

lecithin liposomal glutathione or glutathione under the tongue

spermidine 1-2K daily or wheat germ

probiotic mix with last meal/snack of night

nigella sativa 200-500mg 2x daily

dark leafy greens like organic baby greens or organic kale

TDCS- transcranial direct current stimulation or TMS transcranial magnetic stimulation

HBOT- hyperbaric oxygen therapy

vibration plates therapy

[covid19criticalcare.com/treatment-protocols/i-recover/](https://covid19criticalcare.com/treatment-protocols/i-recover/)

[nutrtruth.org/single-post/vaccine-acquired-immune-deficiency-syndrome-vaids-we-should-anticipate-seeing-this-immune-erosion](https://nutrtruth.org/single-post/vaccine-acquired-immune-deficiency-syndrome-vaids-we-should-anticipate-seeing-this-immune-erosion)

[universallifetools.com/2021/07/what-to-do-if-you-have-had-the-jab](https://universallifetools.com/2021/07/what-to-do-if-you-have-had-the-jab)

Effects of N-acetylcysteine, oral glutathione (GSH) and a novel sublingual form of GSH on oxidative stress markers: A comparative crossover study. [ncbi.nlm.nih.gov/pmc/articles/PMC4536296/](https://ncbi.nlm.nih.gov/pmc/articles/PMC4536296/)

It's not your fault

For those who got a C V 1 9 shot (in the US) & elsewhere & are bewildered by the side effects, the deaths, the skyrocketing new infection rate after the shot & the viral spike protein shedding that's giving others symptoms, it is not your fault. You did not ask for this. You were told it was effective & safe & lied to with billions of dollars through decades of deception. God loves you. You are only responsible for what you do now, at this time, with the knowledge you have. Reading the references

Are doctors reporting occasional cases of women getting miscarriages, altered menses or menses years after menopause when partners have gotten the shot? Do we need research to know how close of contact, how many people, how good the ventilation especially in bathrooms, who sheds the most spike protein particles and when, what reduces the shedding, and what reduces the immune reaction to being near people who've gotten the shot?

Should by the precautionary principle women who are pregnant & their babies may be most vulnerable

& might consider avoiding close contact with anyone who has gotten a shot against C V 1 9 that makes them shed the spike protein? Same with people who are older, have chronic illnesses like diabetes & heart disease?

## Distancing

Have some people who have gotten none of the shots have found that when spending time indoors with select or many people who got one of the four shots they are sometimes getting symptoms of the vaccine itself? Is this due to something akin to viral shedding when sick with a virus- people who got a C V 1 9 shot putting out the spike protein particles the shot has them make and people who are unvaccinated getting reactions to it as if they gotten one of the shots because we have spike proteins all over our bodies including uterus, male genitalia, heart, liver, etc? Does our immune system then attack our own tissue?

Would it help people of vulnerable groups like women who are pregnant, people who are older, people who have chronic disease especially heart problems to meet people outside or if inside the people visiting having their back to the window with a fan blowing out & if masking with safer nylon masks (antibacterial without a coating)? Should they consider being extra cautious with a woman who is pregnant as the uterus has a lot of spike proteins & the fetus is very vulnerable to the vaccination or an antibody response from the Mother due to exposure to viral shedding of the spike protein by people who got the shot?

What may prevent/end the side effects of C V 1 9, long haul, the shot, exposure indoors to person who got a shot?

## Vitamin D3

Has a doctor reported good results in using high vitamin D3 (over 150ng/ml) to reduce autoimmune diseases by 95% on VitaminDwiki.com (not wikipedia)?

Have studies showing high dose vitamin D3 up to 25mg a day may be safe if vitamin K2, magnesium, & EPA & DHA omega 3 (organic spirulina with a vegetable) levels are high?

Does it appear C V 1 9 infection is near zero at vitD3 blood levels at 70ng/ml or more in research at VitaminDwiki.com?



## Low dose naltrexone

Does low dose naltrexone appears to reduce autoimmune diseases/cancer/increase social understanding & reduce aggression in autism?

## Anti-inflammatory antivirals & anti-inflammatories & blood thinning

Because of the extra vulnerability are following the guidelines at I-Mask for prevention of C V 1 9 crucial? Are high dose melatonin & ivermectin (both with zinc) \the best in studies to stop C V 1 9 infections & long haul infection symptoms? Are they anti-inflammatory to help the side effects & anti C V 1 9 to stop the possible infection? Does alpha lipoic acid before or after meals 300-600mg (perhaps not immediately with medications) & astaxanthin for people who are on blood thinners, & turmeric & ginger for people not on blood thinners, & holy basil all anti-inflammatories that may help prevent/recover from the damage of the shot spike protein attack by the body on it's own spike protein filled tissues? Might the mild blood thinning of the turmeric & ginger may also prevent blood clots? Could half of a baby aspirin before & after sleeping overnight help prevent blood clotting without significantly increasing internal bleeding as any higher doses of aspirin appears to? Did a study of people who've had heart attacks and are at high risk of 2nd see 75% reduction with that regimen?

## Bed elevation

Does elevating the head of the bed by six inches (pillows or blocks under the legs) appear to help prevent heart attacks that are most common the three hours before & after waking because lying flat causes a buildup of fluids that use gravity to move through the body?

## Strophanthus

Can strophanthus be used as a complement to medicines that thin the blood like aspirin because it does not thin the blood but does reduce blood clots? Is Strophanthus the plant the drug ouabain comes from that has been used for hundreds of years against heart disease & congestive heart failure? Does it appear to be able to stop the damage from a heart attack the sooner it's given after the attack as well as congestive heart failure as well as being an antiviral itself? May it help ameliorate some of the heart damage from C V 1 9/longhaul/shot/proximity? Does it work perhaps in part by converting heart damaging lactic acid into heart fueling pyruvate; stimulate the sodium-potassium pump to excrete sodium (opposite of digitalis/cardiac glycosides) & reduce swelling & increase blood flow without blood thinning; increase parasympathetic activation but without the side effects of beta blockers?

Does strophanthus in liquid form taken in a drop under the tongue 3-5X a day have little to no side effects and increase absorption & stabilize blood levels much better than oral ouabain capsules?

Association of American Physicians and Surgeons is urging a halt to CV 19 shots being given to women of reproductive age

Testing

Does thermography provide the best imaging for blood clots?

C-reactive protein tests help reveal inflammation. D-dimer tests help detect blood clots, and tests that indicate troponin levels

**Category**

1. Uncategorized

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