**Example of a Supplement Protocol by Dr. Alina Lessenich** [of Body, Mind, Soul Academy]

An intake example for the supplements specified in the detoxification protocol with times of day and dosages:

Directly after getting up:  
– 10 drops of liquid zeolite Clean Slate in water

For Breakfast:  
– 1 tbsp. liquid liposomal vitamin C, 3000mg  
– 1 capsule vitamin D3, K2, 5000 IU, 180µg  
[– multivitamin]  
– 1 capsule quercetin, 250mg  
– 1 capsule NAC, 600mg

Before Noon:  
– ½ teaspoon of sodium ascorbate in water, about 1500 – 2000mg

For Lunch:  
– 1 capsule ascorbyl palmitate, 500mg  
– 1 capsule magnesium glycinate, 200mg  
– B-complex  
– liquid B12, 1000µg

In the Afternoon:  
– liquid liposomal glutathione, 750mg  
– ½ tea spoon sodium ascorbate in water, about 1500 – 2000mg

For Dinner:  
– 10ml Omega-3, 2000mg  
– 2 capsules liposomal Vitamin C, 500mg  
– 1 capsule ascorbyl palmitate, 500mg  
– 3 capsules magnesium glycinate, 200mg  
– 1 capsule quercetin, 250mg

Before going to bed:  
– 10 drops of liquid zeolite Clean Slate in water

**Things to consider:**– vitamin D should be taken in the morning or not later than in the early afternoon, as it inhibits the production of our sleep hormone melatonin, which can lead to sleep disturbances  
– there are people for whom vitamin C has a stimulating effect and who`d better avoid taking vitamin C in the evening  
– the fat-soluble vitamin D and the omega-3 fatty acids should be taken together with fat (a few nuts in your cereal or a little olive oil on your salad are sufficient, though)  
– for zinc, please adjust the dose to the amount of zinc in the multivitamin: if no  
multivitamin is taken, then 50mg of zinc, if the multivitamin already contains 25mg of zinc, for example, then 25mg of zinc in a monopreparation is sufficient  
– make sure to always take your zeolite independently (with a gap of about 1 hour) from all other medications and supplements

**Detox Protocol COVID Vaccines/Protection From Shedding**

Supplements in short:

Substances that will help the body detox spike protein, graphene oxide, and lipid  
nanoparticles, and that will help protect the body from their damaging effects and  
regenerate biomolecules:

– 6 – 12g Vitamin C, according to Thomas Levy`s Multi-C Protocol (liposomal vitamin C, sodium ascorbate, ascorbyl palmitate)  
– 400 – 1000mg Magnesium  
– 5000 – 10 000 IU Vitamin D3 (depending on blood levels)  
– at least 150 µg Vitamin K2  
– 500 – 750mg Liposomal Glutathione (depending on preparation)  
– 50mg Zinc  
– 500 – 1000mg Quercetin  
– Pine Needle Tea  
– 2000 FUs Nattokinase  
– 600 – 3000mg NAC (600mg twice a day as prophylaxis, 600mg up to 4 or 5 times a day in acute cases)  
– 2000mg Omega-3 (EPA/DHA)  
– 10 drops of liquid zeolite Clean Slate twice a day  
– 1000 – 2000µg Liquid B12  
– Vitamin B-Complex  
[– Multivitamin]  
Adjust as necessary.

**Overview**

1. The vax, according to Robert Malone, is known to open the blood-brain barrier, cause cell damage (cytotoxicity), and is “*active in manipulating the biology of the cells that coat the inside of your blood vessels – vascular endothelial cells, in part through its interaction with ACE2, which controls contraction in the blood vessels, blood pressure and other things.”*
2. The vax causes cells to produce a spike protein *<a spike protein is an envelope protein of the coronavirus>*
3. The spike protein invades the body via the endothelium *(a single layer of cells, called endothelial cells, which line all your blood vessels and lymphatic vessels. These include your: Arteries. Veins. Capillaries. Lymph capillaries.)* and causes inflammation and damage to the vascular system, even independent of the virus. It can cause inflammation and clotting in any tissue in which it accumulates.
4. The spike protein attaches to the ACE2 receptors, impairing their normal function. [see attachment], triggering any number of issues like autoimmune disease, or abnormal bleeding or clotting,
   1. To gain entry into your cells, it has to bind to either an ACE2 receptor or CD147 (also known as Basigin – BSG). CD147 in a simplest explanation is a mediator to inflammatory and immune responses.
   2. The spike protein must be proteolytically cleaved (cut) for it to cause damage. Otherwise it would just attach to the receptor without entry. Because it is cut, is a damning indication that it was created through gain of function. Being cut enables its entry into these cells that otherwise protect your body.
   3. Tropism is the term for the cells that the spike protein can infect. There are 31 specific cells classified for tropism for the spike protein:

Blood Prostate Salivary gland

Spleen Adrenal Gland Adipose tissue

Bone marrow Bladder Thyroid

Brain Liver Heart

Blood vessel Colon Kidney

Muscle Lungs Testis

Pituitary Fallopian tube Small intestine

Skin Ovary

Stomach Esophagus

Cervix uteri Pancreas

Nerve Breast

Uterus Vagina

The first case of postmortem study of a patient vaccinated against covid found the spike protein all over the body. The immune system’s response to foreign peptides pervasively in every organ? Endothelial destruction.

Preventing the spike protein from entering our cells is our primary objective to protect our body.

1. The spike protein aggregates p53 [“guardian of the genome”, a tumor suppressing gene that prevents cancer formation], rendering it ineffective, causing unhindered cancer progression
2. The body forms antibodies against the spike protein which are *supposed* to render the virus harmful
3. The spike protein is shed by the vaxxed through skin, breathing and bodily fluids.

Dr. Zelenko: “Covid-19 poison death shots create killer antibodies and killer antibodies are time bombs that get triggered by exposure to matching viral infections.”

The spike protein caries many risks….

* Risk of integration into DNA
  + Which can increase cancer
  + Could permanently produce the spike protein
* Can lead to inflammation
  + Lungs, heart, vascular walls (think blood clots)
  + Binds to the ACE2 receptors in these tissues
* Excess antibodies from the spike protein leads to autoimmune disorders/diseases
* INFERTILITY: The spike protein is similar to syncytin (a protein needed to form the placenta), which interferes with the body’s ability to get pregnant because of the formation of autoantibodies AGAINST synctin
* Risk of development of ADE (Antibody Dependent Enhancement)
  + Because it binds instead of neutralizes antibodies, causing a cytokine storm (excessive immune reaction) with massive inflammatory responses (especially in the respiratory tract), and can lead to death.
* Risk of developing HIV (Human Immunodefeciency Viruses)
* The lipid nanoparticles include:
  + PEG (polyethylene glycol) which roughly 70% of the population is allergic to
    - Triggers allergic reactions, including anaphylactic shock
  + Cationic lipids
    - Which are cytotoxic, causing cell damage and inflammation
* Contains graphene oxide
  + Which causes inflammation of mucous membranes
    - Including pneumonia, loss of sense of taste and smell, blood clots
  + Deplete glutathione (an essential detox molecule of the body)
  + Contains strong magnetic properties

**GOAL:**

* Breakdown and eliminate spike protein as quickly as possible.
* Detox the effects of graphene oxide and lipid nanoparticles.

THERAPY STRATEGIES TO MEET DETOX GOALS

**\*\*\*\*Intermittent Fasting (aka: time restricted eating)**

* Condense your eating window to 6-8 hours in a 24 hour period, drinking only water during the fasted times.
* Promotes immune system homoeostasis….
* Through the process of **autophagy**
  + Removes damaged cells and mitochondria
  + Clears misfolded and foreign proteins
  + Counteracts inflammation and autoimmune reactions
  + Promotes the breakdown and elimination of the spike protein
* Avoid if pregnant or breastfeeding, or under 18 years of age.
* Persons with diabetes or underlying medical conditions should be monitored by a physician or qualified person.

\*\*\*[regular sauna usage stimulates autophagy, enhances detoxification, helps the body eliminate pathogens, produces heat-shock proteins which enhances autophagy of misfolded proteins]\*\*\*

**Ivermectin .2-.3 mg/kg for 4-6 weeks**

* Take with food or after a meal
* Halts the crystalline growth of graphene oxide hydrogels inside the body
* Anti-inflammatory properties
  + Binds to the spike protein to aide in elimination in the host
* Quercetin and ivermectin should NOT be taken simultaneously. If taking both, stagger them morning/night.

**Hydroxychloroquine (HCQ) 200mg 2x/day for 7-14 days WITH 25-50mg Zinc , reduce to 200mg/day as tolerated (after 7-14 days)**

* This is a second line agent if Ivermectin is not an option.
* Reduce dosage to 100-150 mg/day for long term usage.
* Must use HCQ WITH ZINC for the benefit.

**Vitamin C 1000 mg 3-4x/daily**

* Try to get vitamin C high doses from foods vs. ascorbic acid (long term) – your body absorbs it better.
* Vitamin C protects our biomolecules (i.e. DNA and cell membranes) from oxidation and reverses oxidation by donating missing electrons.
* Take C in frequent smaller doses rather than one large dose; the body will absorb it better.

Multiple delivery methods of Vitamin C:

* Ascorbyl palmitate (fat soluble form)
* Liposomal Vitamin C (encased in fat droplets)
* Sodium Ascorbate (sodium with vitamin C) – less acidic

Intravenous vitamin C: 25g/week -- with oral vitamin C 1000mg 2-3x/day

\*\*caustic to the veins!!! Must give it slowly over 2-4 hours!

Dose: 7.5-15g initially, up to 8-12g daily total.

* High dosages of vitamin C can cause kidney stones!! Avoid if have a history of kidney stones and/or consider STONE BREAKER simultaneously.
* If you take more than 10,000 iu of D3/day, STOP consuming dairy and Vitamin C supplements to avoid CALCIUM CLOTS!
* Take vitamin C with magnesium for maximum benefit.

**Magnesium 500mg/day**

* Magnesium is involved in our metabolic functions (80% of them!), energy production, and the production of proteins and genetic material.
* Magnesium and C act synergistically to kill viruses and bacteria, and to reduce oxidation.

Multiple delivery methods of Magnesium:

* Magnesium Glycinate (magnesium bound to amino acid: glycine)
  + Highly absorbable
  + Body needs glycine to synthesize glutathione and collagen
* Magnesium Threonate
  + Crosses the blood brain barrier, counteracts neurological disorders
* [Liposomal Magnesium (fat soluble) – easy to overdose on this one without warning]
* If you get diarrhea, back off your dosage. Diarrhea is the first symptom of magnesium overload which will lead to toxicity with symptoms of fatigue, blood pressure drop, muscle weakness and respiratory depression.

**Quercetin 250-500mg/day \*must take with Zinc 25-50mg/day**

* Quercetin is an effective substitute for HCQ
* Anti-inflammatory, inhibits mast cells, reduces neuroinflammation
* Do NOT take with Ivermectin simultaneously! Stagger morning/evening.
* Use with caution if have pre-existent thyroid disease and/or hypothyroidism. Monitor TSH levels.

**Zinc 50mg/day**

* Adjust your intake if you have zinc in any other form (like in a multivitamin). Do not exceed 50mg/day.
* Zinc blocks viral replication by inhibiting RNA dependent RNA polymerase within the cell

**NAC (N-acetyl cysteine) 600-1500mg 2x/day \*take with zinc for efficacy**

**(For acute cases may take 4-5x/day)**

* Take 600-750mg NAC with 50mg Zinc first thing in the morning on an empty stomach to reduce graphene oxide
  + LaQuinta Columna’s secondary protocol for graphene oxide:
    - Astaxanthin 5mg, Querectin, milk thistle, D3
* NAC is more effective when injected vs. ingested
* NAC’s effectiveness starts decreasing after three months
* NAC is a precursor to glutathione
* Studies showed far more effectiveness of NAC against the spike protein when coupled with 20mg of Bromelain

**Glutathione**

* Considered the Master Detoxifier for graphene oxide
* At age 65 the body’s levels of glutathione fall drastically
* Graphene oxide depletes our glutathione levels
* [Glutathione is found largely in the liver (the major detoxification organ)]
* One of the body’s most important antioxidants
* Detoxes the spike protein and nanoparticles
* Excellent to offset with NAC – remember that NAC weakens after three months
* \*\*\*Use Liposomal Glutathione\*\*\* 500mg/day
  + Because the gastrointestinal tract degrades conventional glutathione

**Vitamin D3 with Vitamin K 4-5000units D3/day with 100mcg Vitamin K/day**

* Always take D3 and K together!
* Make sure K has K1 and K2 with Menaquinone 4 and Menaquinone 7
* Take in the morning or early afternoon because it can disrupt sleep and inhibit melatonin production
* Take with fats for better absorption

**Omega 3 2000+ mg/day [DHA/EPA 4g/day]**

* Take with fats for better absorption
* MUST come from fish/algae (marine) sources NOT flaxseed. Our body cannot convert flaxseed oil omegas efficiently!
* Anti-inflammatory, aids cardiovascular health

**Liquid Zeolite“Clean Slate” start with 2 drops 2x/day, slowly increase to 10 drops 2x/day**

* From natural minerals, has a negative charge that attracts heavy metals, radioactive particles, pesticides, herbicides, toxins, and intercepts effects of EMFs at a cellular level.
* They tell you to take it in powder form to detox the intestines and liquid forms for organs and to cross the blood-brain barrier.
* Do NOT take within one hour of other supplements.
* Take on an EMPTY stomach.

**Suramin**

* Called the “antidote” to the poison by Dr. Judy Mikovitz. Suramin is the pharmaceutical drub that comes from Shikimate.
* Comes from pine needles (spruce, cedar, fir), star anise, fennel…. SHIKIMATE/Shikimic Acid
* Dissolves mucus, kills parasites, antiviral, anti-parasitic, anti-fungal, anti-inflammatory
* Counteracts blood clots
* Used in Tamiflu
* Many online recipes for making Pine Needle Tea
* Look up David Avocado Wolf online for more information.
* Do NOT use if pregnant! Can cause miscarriage/spontaneous abortion!

**Nattokinase 100mg or 2000 FUs**

* An enzyme extracted from the Japanese food called “Natto” (boiled soybeans that have been fermented with a specific bacteria)
* Dissolves blood clots, clears arterial walls, increases blood flow
* Degrades the spike protein
* Do NOT take if pregnant, nursing, or on blood thinners!!!!

**Hydration work up to 2 liters of water/day**

* Water with Himilayan salt and fresh lemon (or lime) drops
* Consume half a liter upon waking, work up to two bottles a day

**Nigella Sativa (black cumin) 200-500mg 2x/day**

* Do NOT take if on cyclosporine and phenytoin, or if undergoing anesthesia\*\*\*

**Melatonin 2-6mg of extended or slow release at bedtime**

* May have to start with 1 mg and work up

**Probiotics/prebiotics daily**

* Consider Kefir instead of supplements for better efficiency

**ASEA Redox – “Water of Life”**

* Claims to increase endogenous glutathione production 5-800% in the body
* Claims to detoxifies graphene oxide, nanoparticles and spike protein
* Increases mitochondria production
* Sodium chloride in distilled water
* MLM company recommended by Dr. Rima
* CAVEAT: Do your own research on this. These are claims I have not substantiated.

**Rooibas Tea**

* Considered a meta-antioxidant, detoxifier.
* One cup of Rooibos tea is equivalent to 50 cups of green tea in antioxidant effect.
* Hydrating.

**Other Misc. natural supplements:**

**NANA-ME (N-acetyl Neuraminic Acid Methyl Ester)**

**CBD oil/Cannabis**

**Nigella Seed**

**Chlorine Oxide**

**Sodium Bicarbonate E500 (baking soda,** make sure it doesn’t have aluminum**)**

**Super Blue Green Algae**

**MMS (Miracle Mineral Supplement)**

* Chlorine dioxide
* See Jim Humble protocol online

**Nutraceuticals**

* eg: Dandelion and broccoli sprout powder, carbon 60 – C60 fullerenes, etc.

**Pharmaceuticals:**

**Aspirin 81mg/day with food**

**Low dose Naltrexone (LDN 1mg/day, increase to 4.5 mg/day for 2-3 months**

**Low dose corticosteroid 10-15mg/day prednisone for 21 days**

* Taper to 10 mg/day (or as tolerated)
* Taper to 5 mg/day (or as tolerated)

**Fluvoxamine start low dose 12.5mg/day, increase slowly as tolerated**

**Spike Protein Inhibitors**

* Prunella vulgaris
* Pine needles
* Emodin
* Neem
* Dandelion leaf extract
* Ivermectin

**Spike Protein Neutralizers**

* NAC
* Glutathione
* Fennel tea
* Star anise tea
* Pine needle tea
* St. John’s wort
* Comfrey leaf
* Vitamin C

OTHER THERAPIES

* Non-invasive brain stimulation (NIBS) – for cognitive function
  + Rehab centers, can be done at home with training
* Behavioral Modification
* Mindfulness Therapy
* Psychological Support
* Hyperbaric Oxygen Therapy
* Whole Body Vibration Therapy
* Cold Hydrotherapy
* Tai-Chi
  + Form of traditional Chinese martial art
* Detox baths
  + Bentonite Clay
  + Borax, pink Himilayan salt, Espom salts, baking soda (no aluminum!)
* Prayer

**But God.**

THE GOD PART OF THIS EQUATION

I cannot expound on a manmade problem without offering a God solution. I have been severely grieved by the implications and realities of the covid vaccine.

Once when I was talking with God about it, lamenting the many Christians I knew that were deceived and/or frightened into getting the vaccine to their peril, I was reminded of the account of the Israelites who grumbled in the desert and God sent venomous vipers that bit and killed many of them. [Numbers 21:4-9] Then He sent the remedy: a bronze snake on a pole. If one was bit, they only had to look up at the bronze snake after being bit and were healed. There is zero science for this. This is supernatural.

Of course this was a shadow of the provision of Christ millennia later. [John 3:14-14]

I know there is supernatural provision where there is no natural. Faith is the necessary component to activate the provision.

Numbers 21:4-9

4 Then they set out from Mount Hor by the way of the Red Sea, to go around the land of Edom; and the people became impatient because of the journey. 5 The people spoke against God and Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we loathe this miserable food."

6 The Lord sent fiery serpents among the people and they bit the people, so that many people of Israel died. 7 So the people came to Moses and said, "We have sinned, because we have spoken against the Lord and you; intercede with the Lord, that He may remove the serpents from us." And Moses interceded for the people. 8 Then the Lord said to Moses, "Make a fiery serpent, and set it on a standard; and it shall come about, that everyone who is bitten, when he looks at it, he will live." 9 And Moses made a bronze serpent and set it on the standard; and it came about, that if a serpent bit any man, when he looked to the bronze serpent, he lived.

Pray. Believe.

Put yourself in the secret place of the Most High, abide under the shadow of the Almighty.

Psalm 91

**Resources I gleaned information from:**

**FrontLine doctors protocol here**: https://covid19criticalcare.com/wp-content/uploads/2022/12/I-RECOVER-Post-Vaccine-Summary.pdf

**FrontLine doctors protocol package of detailed information here:**https://covid19criticalcare.com/wp-content/uploads/2022/12/I-RECOVER-Post-Vaccine-Protocol.pdf

**Dr. Alina Lessinch detox protocol (on the handout):**https://speakingaboutnews.com/detox-protocol-covid-vaccines-protection-from-shedding/

**Dr. Alina Lessinch’s website for her Body Mind Soul Academy**(I think she’s German, so the protocols are NOT in English, which is why I linked you to the above article that has translated the protocol): https://drlessenich.com/en/toxin-removal-protocols#pll\_switcher

**David Avocado Wolf’s spike protein notes here:**https://ambassadorlove.blog/2021/06/24/summary-of-the-spike-protein-protocol-david-avocado-wolf/

**Dr. Zelenko’s website for ordering immune support products**(some especially for covid/vaccine): https://zstacklife.com/?ref=j25twk74kl

**NAC reduces graphene oxide here:**https://pubmed.ncbi.nlm.nih.gov/30892320/

**Spike protein impairs endothelial function:**https://www.ahajournals.org/doi/10.1161/CIRCRESAHA.121.318902

**Initial study about ASEA Redox affecting important signaling pathway genes:**https://mediafilelibrary.myasealive.com/src/media/xmfl/file/ASEA%20REDOX%20Gene%20Science%20Summary%20EN.pdf

**Order ASEA Redox from Dr. Ariyana Love’s website here**: https://drariyanalove.myasealive.com/

**Study Dr. Zelenko references about NANE-ME preventing antibody dependent enhancement:**https://www.biorxiv.org/content/10.1101/2021.07.13.452194v2.full.pdf

**Protocol for the vaxxed, breakdown of supplements and miscellaneous info:**https://www.gigibelser.com/current-events

**Tropism, the spike protein throughout the body:**https://wmcresearch.substack.com/p/tropism-why-the-spike-protein-can

**How to remove graphene oxide from the body:** https://expose-news.com/2022/07/15/how-to-remove-graphene-oxide-the-dangerous-undisclosed-ingredient-in-covid-vaccines-from-the-body/

**Dr. Mercola on how to detox from the spike protein…. This has a much more extensive list of supplements:**https://knightspirit.com/home/bridging-the-gap-between-what-was-and-what-will-be/how-to-detox-spike-protein-after-covid-or-vaccine-dr-mercola/

**Dr. Mercola again on detox:** https://www.organicconsumers.org/news/how-detox-spike-protein-after-covid-or-vaccine

**CD147**: https://pubmed.ncbi.nlm.nih.gov/24372217/

**Order Clean Slate (liquid zeolite) here:**https://www.liquid-zeolite-detox.com/clean-slate

**Very good overview of zeolite toxin removals** (hit the x if it goes straight to ordering without the content): https://zeolitefordetox.com/zeolite-detox-protocol/

Dr. Rima Laibow’s protocol:

**NAC** 900mg/day

**Vitamin D3** 10,000 IU/day

**Co-Q 10** 400mg/day

**Biotin** 10mg/day

**L-Glutamine** 1000mg/day

**Hyaluronic Acid** 60mg/day

**DHEA Fish Oil** (liquid) 1Tbsp/day

**Vitamin E** w mixed tocotrienols and tocopherols 1000mg/day