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<https://covidcalltohumanity.org/2021/07/31/got-vaccinated-and-regretting-it-ways-to-cope-part-1/>

Got Vaccinated and Regretting It? Ways to Cope (Part 1)

July 31, 2021 Shell Lorenzo

Overview of various nutritional and medicine protocols that can help prevent and heal covid.

<https://renewableenergy.com/general87/vaccin.htm>

What To Do If Force Vaccinated

By Dr. Russell Blaylock

Dr Blaylock's List of suggestions on how to reduce the toxic effects of a vaccination.

<https://thedrswolfson.com/10-ways-detox-vaccines/>

How to Detox After a COVID Shot

Dr. Jack Wolfson

Dr. Wolfson's suggestions for detoxifying from the shot.

<https://mms-seminar.com/en/detoxification-protocol-against-graphene-oxide-and-body-magnetism/>

Fast detoxification of graphene oxide, spike proteins and magnetism in humans (HuMagnetism) !!!

<https://drjockers.com/immune-nutrients-to-calm-cytokine-storm/>

Immune Nutrients to Calm Cytokine Storm

Dr Jockers

Dr. Jockers protocol for calming the cytokine storm using diet and nutrition.

<https://anggur.uk/mrna-vaccine-detox-protocol/>

mRNA Vaccine Detox Protocol Nutrition For Life

anggurmanis

Summary of the Spike Protein and Graphene Oxide Detoxification Protocol.

<https://katrinah.com/nutrition-protocol-to-neutralize-graphene-oxide/>

Nutrition Protocol To Deactivate & Neutralize Graphene Oxide

Summary of recommended nutritional protocols for people who received the injections and need to neutralize the graphene oxide in the body.

<https://therealtruthnetworkcom.wordpress.com/2021/04/28/how-to-neutralize-mrna-vaxx-damage/>

Possible Ways to Neutralize Covid Vaxx Spike Protein Damage

<https://rightsfreedoms.wordpress.com/2021/05/15/how-to-guard-against-the-spike-protein-contagion-caused-by-the-covid-vaccinated/>

How to Guard Against the Spike Protein Contagion Caused By The Covid Vaccinated

Dr. Judy Mikovits

Dr. Mikovits' antidote for the covid vaccine and spike protein contagion.

<https://ambassadorlove.wordpress.com/2021/06/24/summary-of-the-spike-protein-protocol-david-avocado-wolf/>

Summary of the Spike Protein Protocol

David Avocado Wolf

Nutritional protocol to prevent damage from spike proteins and from shedding.

<https://nogreport.com/2021/06/14/dr-mercola-explains-dr-bridles-bombshell-revelations-regarding-spike-proteins-from-vaccines/>

Dr. Mercola Explains Dr. Bridle's Bombshell Revelations Regarding Spike Proteins from Vaccines

The problem of spike proteins and some solutions.

<http://orthomolecular.org/resources/omns/v08n07.shtml>

Vitamin C Prevents Vaccination Side Effects

Thomas E Levy, MD, JD

Suggestions for using Vitamin C to help detox from vaccinations.

<https://deeproootsathome.com/3-foods-that-contain-shikimic-acid-to-halt-transmission/>

3 Foods That Contain Shikimic Acid to Halt Spike Protein Transmission

**Pine Needles
Fennel Seeds
Star Anise**

Using foods with shikimic acid to stop vascular damage from the shot.

<https://dreddymd.com/2021/06/29/research-dandelion-leaf-extract-blocks-spike-proteins-from-binding-to-the-ace2-cell-surface-receptor/>

RESEARCH: Dandelion leaf extract blocks spike proteins from binding to the ACE2 cell surface receptor

Researchers have discovered the dandelion extract blocks SARS CoV-2 spike proteins and their variants.

<https://www.afinalwarning.com/517717.html>

Is Pine Needle Tea the Answer to Covid Vaccine Shedding?

HEALTHRANGER

Learn about suramin, shikimic acid and how to make your own extracts.

<https://www.survivethenews.com/new-option-dandelion-leaf-extract-to-block-spike-proteins-from-covid19-vaccination/>

New Option: Dandelion Leaf Extract to Block Spike Proteins

from Covid19 Vaccination?

<https://thetruthaboutvaccines.com/pine-needle-tea/>

Pine Needle tea stops spike protein budding in un-jabbed

Mike Adams

Pine needle tea may offer a solution against covid vaccine “shedding” or transmission, which appears to be a phenomenon where vaccinated people are spreading harmful particles or substances to others around them.

Search the web “pomegranate, elderberry, choke berry, green tea. Covid”

<https://duckduckgo.com/?q=pomegranate%2C+elderberry+choke+berry%2C+green+tea.+covid&t=h &ia=web>

BREAKING GOOD NEWS: These four herbal extracts reduce viral load and block SARS-CoV-2, influenza, adenovirus

<https://www.naturalnews.com/2021-09-02-four-herbal-extracts-reduce-viral-load-block-covid-influenza-adenovirus.html#>

<https://dreddymd.com/2021/09/03/herbal-extracts-reduce-viral-load-and-block-sars-cov-2-influenza-adenovirus/>

Antiviral activity of plant juices and green tea against SARS-CoV-2 and influenza virus in vitro

<https://www.biorxiv.org/content/10.1101/2020.10.30.360545v2>

What is Chokeberry?

Chokeberry (Aronia melanocarpa) is an antioxidant-rich fruit that is commonly consumed in Eastern Europe and Russia. Chokeberries have been

used in folk medicine by Native Americans as a treatment for the common cold.

Chokeberry is also called Aronia Berry

Covid-19 Prophylaxis Protocol

Dr. Vladimir Zelenko

www.VladimirZelenkoMD.com

<https://vladimirzelenkomd.com/prophylaxis-protocol/>

This is Dr. Zelenko's protocol. Prophylaxis is an action taken to prevent or protect against a specified disease.

<https://whitehatauxiliaries.files.wordpress.com/2021/09/how-to-neutralize-potential-damage-from-mrna-vaccine-deactivate-neutralize-g.pdf>

HOW TO NEUTRALIZE POTENTIAL DAMAGE FROM mRNA VACCINE & DEACTIVATE & NEUTRALIZE GRAPHENE

Outstanding list of protocols to take action against covid.

World Council for Health

Spike Protein Detox Guide

<https://worldcouncilforhealth.org/resources/spike-protein-detox-guide/>

Early Covid-19 treatment guidelines: A practical approach to home-based care for healthy families

<https://worldcouncilforhealth.org/resources/early-covid-19-treatment-guidelines-a-practical-approach-to-home-based-care-for-healthy-families/>
