

Eden Solutions of the Ozarks Whole Body Cleanse Program (ESO WBC Program)

Your Body is a Temple

Reclaim Your Health with a Personal Strategy Map & Progress Journal

For individuals, small businesses, and corporate wellness programs

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Welcome Message

Hi, I'm Robert Reynolds. My journey began in the nuclear power industry as a chemist and radiation protection specialist. In 1988, my health was deeply impacted by vaccine injury, and I was faced with a turning point. Leaving behind my career, I embarked on a mission to reclaim my health and discover healing principles rooted in truth and nature.

The Eden Solutions of the Ozarks Whole Body Cleanse Program is the fruit of decades of experience, research, and personal transformation. This is not just a detox—it's a call to reclaim responsibility for your own health and vitality.

Important Disclaimer

This program reflects my personal experience and is intended as a resource for education and empowerment. I am not a licensed medical professional. Always consult with your doctor before beginning any health regimen. Your journey will be unique, and outcomes vary depending on personal health status, consistency, and chosen protocols.

Why Understanding Comes First

Motivation follows inspiration—and inspiration begins with understanding.

Before diving into cleanses and protocols, it's vital to understand *why* we cleanse. Why detoxify? Why now? What's happening in our bodies and environment that warrants this deeper level of care?

Some people simply want to be told what to do, while others need to understand the “why” behind every step. This program respects both paths. That's why we begin with foundational knowledge—so you're not just participating in a program but reclaiming your awareness and intention.

The Problem: Understanding What We're Up Against

Modern exposures are taking a massive toll on our health. Here's the critical context that shapes this program:

The Top Concerns Driving Our Protocols:

1. **Spike Protein Shedding** – Emerging science suggests that spike proteins from vaccinated individuals may spread to others, creating widespread impact.
 2. **Spike Protein in the Brain** – Damaging areas like the hippocampus and pineal gland, impairing memory, cognition, and natural hormone regulation.
 3. **Spike Protein in the Body** – Accumulating in organs, tissues, and cells, acting as a Trojan horse for deeper dysfunction.
 4. **Cancer Links** – Spike protein contains viral snippets (e.g., HIV, EBV) associated with chronic fatigue and new aggressive “turbo” cancers.
 5. **Clotting Disorders** – Are clots caused only by spike proteins? What other co-factors are contributing?
 6. **Environmental Contaminants** – Blood and air samples are revealing the presence of metals, graphene oxide, hydrogels, and even nanobots—far beyond what most of us imagined.
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Reverse Mapping the Healing Strategy

To tackle this multilayered challenge, the program is broken down into practical stages. We begin with the most urgent threats to brain and blood health, and work our way backward into foundational, long-term cleansing and rebuilding protocols.

Program Modules: What to Expect

1. **Addressing Spike Protein & Brain Health**
Latest research, symptoms, and healing protocols to mitigate neural and systemic damage.
2. **Environmental Toxins & Bodywide Cleanup**
Targeting metals, graphene, nanotech, and hydrogels through detox, binders, and support.
3. **Foundational Cleansing**
Parasites, liver, kidneys, and nutrient absorption. Rebuilding core detox channels.
4. **Gut and Intestinal Repair**
Mucosal lining repair, small intestine support, and nutrient assimilation techniques.
5. **Lifestyle Integration & Regeneration**
Diet, movement, energy healing, frequency work, and emotional detox.

Our Mission

This is a practical and spiritually aligned approach to healing. We focus on:

- Supporting brain and spiritual resilience
- Clearing toxins and environmental burdens
- Restoring core digestive and detox systems
- Rebuilding the body, one layer at a time

You are not alone. You are not broken. You are capable of healing.

Empowered Foundations for Lifelong Wellness

Establishing Your Wellness Reference Point

Before any cleansing and healing protocol can truly work, it's essential to understand where you are—mentally, emotionally, physically, and spiritually. Healing isn't just a checklist; it's a journey of reconnection. Reconnection with your body. Reconnection with your spirit. And most importantly, a reconnection with your inner belief that healing is possible.

“The mind doesn't know the difference between reality and a deeply-held belief. Visualize your goal, and your mind will help create it.”

Embracing a growth mindset at the beginning of your wellness journey helps remove hidden obstacles that sabotage transformation. That's why this foundation belongs not just at the end—but as a guiding light from the very beginning.

Let's begin the journey—together.

Eden Solutions of the Ozarks Health & Wellness Program

Holistic Cleanse & Life Optimization Journey

Contact: bob@edensolutionsoftheozarks.com

PROGRAM OVERVIEW

Core Themes:

- Personal Development, Self-Mastery & Inner Healing
- Detox & Cleanse: Full-Body Systems Support
- Energy, Frequency & Vibrational Wellness
- Environmental Resilience & Recovery
- Integration of Natural, Functional & Emerging Sciences

**Getting Started: Specifically, What are you After, What have you tried, Why Now?
What do you get if you succeed? What happens if you don't succeed?**

- Orientation: Establish Your “Why” (Purpose, Mission, Legacy)
 - Personal Baseline Assessment (Mind, Body, Spirit, Lifestyle)
 - Daily Routine Templates
 - Introduction to Road Mapping & Progress Tracking
 - (Optional) App Integration Coming Soon
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MIND, HEART, SPIRIT CONNECTION

- *The Lost Connection* – New Science of Depression
- Self-Love, Inner Strength, and Emotional Resilience
- Guided Visualization, Prayer & Meditation Practices
- Breathwork: Wim Hof Method + Advanced Breathing Tools
- Vibrational Tools: Shape Power, Biogeometry, Energy Fields
- Healing Modalities: EFT, Acupressure, Thymus Tapping, Aroma Therapy, P. Magnetism
- Self-Image Breakthrough: Mirror Work, Removing Self-Sabotage (Big Leap Principles)

MOVEMENT, ENERGY & DETOX FLOW

- Fascia Release, HWT/CWT Therapy
 - Detox Massage & Clapping Therapy (Doc of Detox)
 - Gentle Yoga, Walking, Lymphatic Movement
 - Castor Oil Packs, Epsom Salt Baths
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DEEP CLEANSE CYCLES (Phased Approach)

Pre-Cleanse & Foundations:

- Environment Detox: Water, Air, Food, EMF Load
- Kidney Prep (Tea or Tinctures + Supplements)
- Gallbladder Support
- Hydration, Mineral Balancing, Herbal Teas

Cleanse Modules (Progressive Stages):

1. **Kidney Cleanse** – Teas, Tinctures, Rejuvica Drops
 2. **Parasite Protocol** – Black Walnut, Wormwood, Clove, plus Zimax II, Ivermectin, Fenbendazole
 3. **Heavy Metal Detox** – Ca-EDTA, Fulvic/Humic Acid, Chlorophyll, Binders
 4. **Small Intestine Cleanse** – Okra/Pepsin, Digestive Enzymes, Mullein
 5. **Liver & Gallbladder Flushes** – Andreas Moritz + Hulda Clark Protocols
 6. **Bacteria/Fungal Control** – Mastic Gum, Licorice, Ulcetrol, Iodine, Probiotics
 7. **Colon & Advanced Detox** – Bernard Jensen Colonics, Fascia, Clapping, +2 Ionic Calcium
 8. **Brain & Neuro Support** – Iodine, Quantum Healing, Frequency, Magnetism, ORMES
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REBUILD & REGENERATE

- Amino Acids, Trace Minerals, Nutrient Rebalancing
 - Alkaline Nutrition & Ketosis Options
 - Superfood Integration
 - Bone Broth, Green Juicing, Sprouting
 - Emotional Clearing & Gratitude Practice
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EDUCATION & CRITICAL THINKING

- Human Skill Development, Resilience Building
 - Natural vs. Allopathic Approaches: Blending the Best
 - Reframing the Concept of Disease (“Crooked – Manmade Disease”)
 - Integrative Science: Astro, Quantum, Bio/Geo Physics, Hyperdimensional Awareness
 - Environmental Toxicology & Mitigation Plans
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LIFESTYLE & LONG-TERM STRATEGY

- EMF, Water/Air Safety, Mold & Spike Protein Detox Awareness
- Dental Review (Amalgam & Cavitation Concerns)
- Addiction Support & Habit Transformation
- Fasting for Spiritual & Physical Renewal
- Hormone Balance, Endocrine Strengthening

ASSESSMENTS & EVOLUTION

- Progress Checkpoints (every 4–6 weeks)
- Liver Cleanse Intervals (30+ days apart)
- Final Phase Review: Crafting Your Personal Health Blueprint
- Post-Program Support: Life Planning, Self-Coaching Tools, Long-Term Integration

GRADUATION & LEGACY

- You are the Composer of Your Life
- Create a sustainable personal wellness map
- Continue mentoring others with your testimony
- Step into your legacy of health, service, and contribution

Lifestyle Tips for Safer Detox: these are all around lifestyle changes you are going to want to implement and continue throughout the cleansing process and beyond.

- Use dry brushing, or castor oil packs for lymph support
- Stay hydrated: half your body weight in oz. of water daily
- Try *infrared sauna* or hot Epsom salt baths to sweat out additional toxins
- Avoid EMFs (cell phones, Wi-Fi near sleeping area) during metal detox
- **Rest:** 7–9 hours of deep sleep is crucial for detox repair

Overview

Table of Contents, and other helpful remarks or statement...

Let's focus on one area at a time.

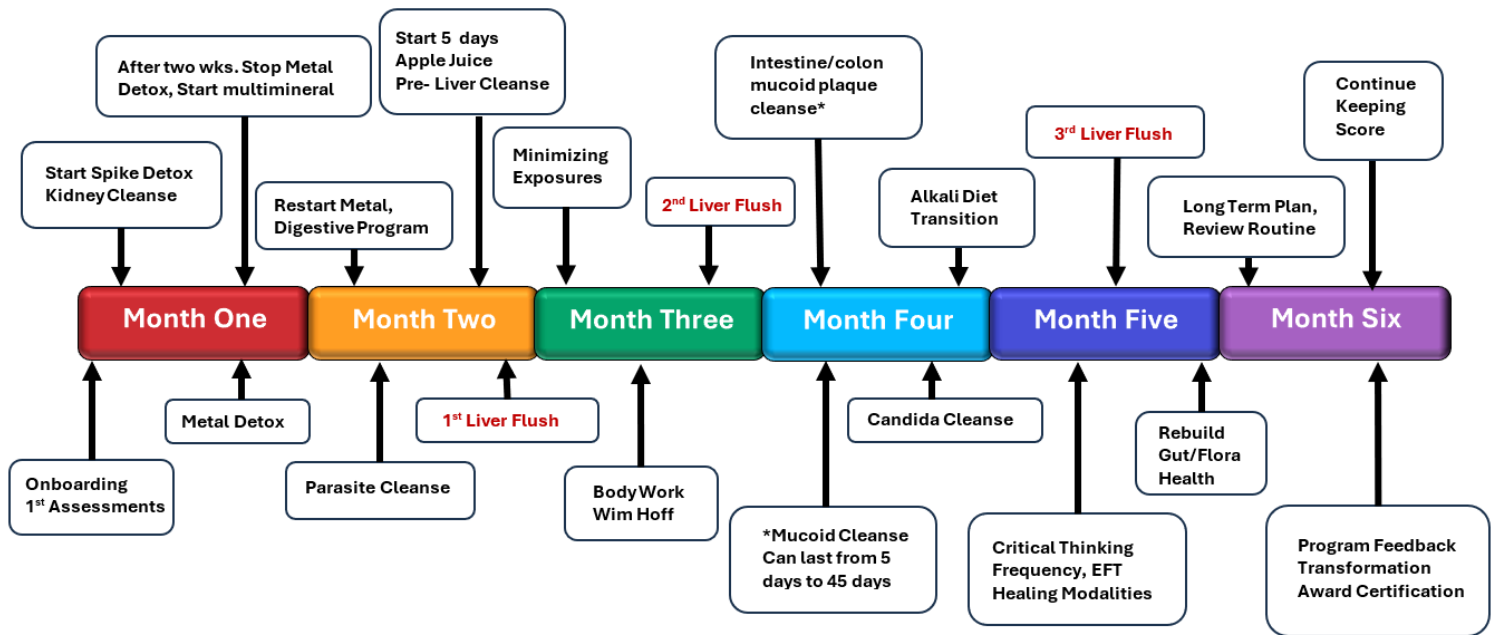
- 1. Spread of Spike Protein to the non-vaxxed, shedding...**
- 2. Spike protein in the brain...**
- 3. Spike protein in the body and cells...**
- 4. The spike protein has snippets of HIV, and EBV(CFS) seeming to help be part of the massive increase in cancers... what is the main cause of the turbo cancers?**
- 5. Clots... are the clots only from the spike protein?**
- 6. Air Samples, Vaccine Vile Samples, Blood samples**
- 7. Program for Spike Protein**
- 8. Program for Metals, Hydrogel, Nanobots in blood**
- 9. Program for Basic Health – Metal, Parasites, Liver Cleanses, Kidney Care, Nutrient uptake, mucoid cleanse of plastics from small intestines and colon**
- 10. Diets, Workouts, Energy, Frequencies, Saunas, and more.**

EDEN SOLUTION'S 'WAY OF THE GARDEN - 9 STEP HEALTH TRANSFORMATION'™



This chart is property of Eden Solutions of the Ozarks - email: bob@edensolutionsoftheozarks.com | 870-426-3558

EDEN SOLUTION'S 'WAY OF THE GARDEN – 9 STEP HEALTH TRANSFORMATION'™



Month	Week one	Week Two	Week Three	Week Four
1 st	Onboarding Aligning Program with schedule. Overview Spike Protein cleanse	Initial Assessments Indoor Air/Water Quality Start Cleanse Program	Kidney Cleanse Building the body up during detoxes	Metal detox Nutrient Balanced Diet
2 nd	Digestive aid Big Leap, Mirror Work, Self-Sabotage	Parasite Program Natural Complementary	Support Science of Depression & Disease Causes	1st Liver Cleanse Addictions, Habits, Life Planning Workshop
3 rd	Minimize Exposures Environmental Toxins and EMF Pollution Exposures	Body Work Heat Therapy/CWT Breathing, Wim Hoff	2nd Liver Cleanse What we know about Iodine, Fasting for Health, Spiritual Growth	Spiritual Discernment, Intuition, Intercession, and Healing
4 th	Mucoid Cleanse Ongoing cleansing, building, diet, and food quality.	Maintenance Mop up programs	Alkali vs acidic diets Healthy meals Maintaining Alkali	Candida Candida and Fungus are Similar Characteristics
5 th	Nutrient Balance Building the body up - before, during, and after detoxing.	Critical Thinking Workforce Integration, Developmental, and Soft Skills.	3rd Liver Cleanse Fascia Work Heat Therapy/CWT	Flora/Gut Health Colonics & Rebuilding Gut Flora - Dr. Davis
6 th	Acupressure EFT, Clapping	Modalities Quantum healing, Freq. and Vibes.	Ongoing Research Exposure mitigation program	Review Q&A End of program assessments.

7. Program for Spike Protein

How to Clean Your Blood if You've Taken the Covid Shot

[@ShawnRyanShow](#)

<https://www.youtube.com/shorts/mJp1GCf2ilE>

Expensive, non-expensive Methods:

Plasma exchange – expensive

**Dr. McCullough – Spike Protein Supplement with Nint.,
bromalin, and thulin/thimaline**

Severe long haulers –

blood filtration, like dialysis... Ria's process

This Destroys Spike Protein? 2024 Update [EO Nutrition](#) Great resources in the more tab

<https://www.youtube.com/watch?v=djqn4HJWEBs>

Bromelain, N-Acetyl Cysteine, Nattokinase, Glutathione

Lithium – 5 mg elemental lithium, 110 mg lithium orotate

Plasmalogen dose: 204 mg

Phosphatidylcholine Dose: 1000 mg

Other Nutrients shown to help – Rutin, Fisetin, Quercetin, Prunella Vulgaris Extract

Spike Protein Detox Guide

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

Ten spike protein detox essentials:

- Vitamin D
- Vitamin C
- NAC (N-acetylcysteine)
- Ivermectin
- Nigella seed
- Quercetin
- Zinc
- Magnesium
- Curcumin
- Milk thistle extract

The COVID Advisor

Independent COVID-19 Guides, Resources and Protocols - Reducing Risk of COVID-19 Infection and Severity

<https://covid19.onedaymd.com/2022/05/treatment-for-post-vaccine-syndrome-i.html>

Dr Peter McCullough: How to Detox Spike Protein from Body

By Editorial Team - [June 19, 2025](#)

Base Spike Detox

According to Dr Peter McCullough (in a X/Twitter post):

Base Spike Detox is what I am currently using in my practice for those who have had COVID-19 multiple times, one or more of the COVID-19 vaccines, or both and believe persistent SARS-CoV-2 Spike protein could be causing problems in their body.

I have arrived, based on the emerging scientific literature (1) and my clinical observation, that three OTC products are essential as a triple base combination:

- 1. Nattokinase 2000 FU (100 mg) twice a day**
- 2. Bromelain 500 mg once a day**
- 3. Nano/Liposomal Curcumin 500 mg twice a day**

<https://covid19.onedaymd.com/2023/03/dr-peter-mccullough-prescription-and.html>

<https://www.twc.health/products/ultimate-spike-detox>

Promising Solution to remove Spike Protein: Inactivate and flush out of the Body

<https://sarahwestall.com/promising-solution-to-remove-spike-protein-inactivate-and-flush-out-of-the-body/>

Natural Informant w/ Danny Curtin

Nattokinase: We Tested Them All... Which Products Can You Trust?

https://youtu.be/K1L_g6-vdC4?t=182

Quercetin with Bromelain Liquid Drops, 4X Stronger Than Capsules & Pills, 7-in-1 Organic Zinc Quercetin 1000mg with Bromelain 500mg Vitamin C D3 Immune Support for Respiratory Health & Antioxidant - \$19.99

Nattokinase Supplement Liquid Drops – Made of Nattokinase 2000 FU Extract – Vegan, GMO-Free – Liquid Alternative to Natto Veggie Caps – Aids in Maintaining Heart Wellness (Strawberry Watermelon, 60mL) \$17.99

Nattokinase supplement | serratiopeptidase and Nattokinase supplements | Nattokinase liquid drops | liquid Nattokinase | natto liquid | Serratiopeptidase | High Absorption | Non-GMO | Gluten-Free - \$19.99

Nattokinase Supplement 4,000 FU Per Serving, 240 Veggie Capsules – Japanese Natto with Bromelain, Turmeric Curcumin & Black Pepper Complex – Digestive Enzymes & Heart Health – Non-GMO, Vegan - \$21.99

Spike Protein Detox Guide It is a researched source of ongoing references.

In extreme cases of Long-Covid, or Post-Covid Syndrome it has been determined Plasma exchanges, although effective, or not as practicable as:

EBOO: Extracorporeal Blood Oxygenation and Ozonation – this process can cost anywhere between \$300-\$1500, you can have a blood sample tested with longhaulers link below, as well as other facilities.

<https://longhaulers.world/>

<https://longhaulers.world/treatment/>

Search the following and locate a clinic in your area. If you need assistance contact us.

EBOO: Extracorporeal Blood Oxygenation and Ozonation:

<https://eboomedical.com/eboo-clinics/>

EBOO, or Extracorporeal Blood Oxygenation and Ozonation, is an advanced medical therapy that combines the principles of extracorporeal circulation with ozone therapy. It involves drawing a patient's blood, treating it with a combination of medical-grade oxygen and ozone, and then returning the treated and filtered blood to the patient's body. This process aims to enhance the blood's oxygenation, stimulate the immune system, neutralize toxins, and support overall health and well-being.

Do a search in your area for EBOO: Extracorporeal Blood Oxygenation and Ozonation

Here is a good index to start with: <https://eboomedical.com/eboo-clinics/>

Here is one I found in my area for example:

<https://silverliningclinic.com/>

<https://silverliningclinic.com/eboo-and-intravenous-exosomes-for-regenerative-health/>

Here is a good read on the process, and a link to a lead in Sacramento, Ca.

<https://pubmed.ncbi.nlm.nih.gov/16156950/>

<https://www.instagram.com/p/DDX9IWESwMn/>

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

Research across the medical spectrum with scientist and doctors who truly have humanities interest have shown a combination of some of the supplements and items listed here are helpful in improving areas of the immune system to help out with long-term damages from covid, and the spike protein spreading to the non-vaxed.

**Dr. McCullough – Spike Protein Supplement with Nint., bromalin, and thulin/thiamine
Ultimate Spike Detox**

<https://www.twc.health/products/ultimate-spike-detox>

8. Program for Metals, Hydrogel, Nanobots in blood

Ria and Longhaulers program

For USA order here for EDTA:

<https://go.globalhealingcenter.com/1rnPog> ...and here for TOXIN BINDER
<https://go.globalhealingcenter.com/AWqPoo> Use Code RIA15

EBOO: Extracorporeal Blood Oxygenation and Ozonation – this process can cost anywhere between \$300-\$1500, you can have a blood sample tested with longhaulers link below, as well as other facilities.

<https://longhaulers.world/>

<https://longhaulers.world/treatment/>

The Following is the site the Long haulers use for their supplements.

1. [Global Healing Site](#) This is the link to the home page.

The following links take you directly to the product at the store.
The nurses are recommending 2-7.

2. [Ca-EDTA](#)

3. [Multimineral](#)

4. [The Vitamin C](#)

5. [Digestive Enzymes](#)

6. [Toxic Binder](#)

Other Option: Least expensive way with good quality

1. [Ca-EDTA \(Swanson Vit.\)](#)

2. [Multi-Mineral](#)

3. [Vitamin C](#)

4. [Digestive Enzymes](#)

5. [Binder](#)

9. Program for Basic Health – Metal, Parasites, Liver Cleanses, Kidney Care, Nutrient uptake, mucoid cleanse of plastics from small intestines and colon

a. Kidney Cleanse – complete drops/teas; routine can go up to 6 weeks or more
Kidney Tea Cleanse – preparation instructions

- Equal parts: **Hydrangea Root, Gravel Root, Marshmallow Root, Juniper Berries, Cleavers Leaf, Licorice root, Uva Ursi leaf**

Instructions:

1. In 6 qt. water, add herbs/tinctures. Bring to a boil, reduce heat, simmer for 20 mins. Cool and strain into pitcher(s). Refrigerate and drink the tea herbs gently to make a daily infusion.
2. Combine with Parsley Tea, continue for up to **6 weeks** while avoiding heavy proteins.
3. **For Parsley Tea:**
6 qt. water, 1 bunch parsley – home grown or organic curly leaf, bring to boil, reduce heat, simmer for 10 mins, before loses bright color. Cool and strain. Great cold over ice, can add honey and lemon or combine with fav tea infusion.

b. Parasite Cleanse -- Start 2 weeks into kidney work. There are several different protocols you can use. This is not a 1 and done.

How to Cleanse Safely:

- **Start low, go slow:** Ease into dosages to avoid strong detox reactions
- **Hydrate well:** Half your weight in ounces of water daily.
- **Continue** Kidney program for as long as it takes, up to 6 to 8 weeks.
- **Eat clean:** Focus on whole, unprocessed, nutrient-rich foods
- **Rest:** Aim for 7-9 hours of sleep for immune support
- **Track symptoms:** Watch for energy dips, Herxheimer reactions ("die-off")
- **Here are the most used herbs for parasite cleanses:**

- Black Walnut – capsules or tincture
- Wormwood – capsules or in a combo formula
- Cloves: capsules or powdered, or in a combo formula
- Oregano Oil: tincture or oil – put in capsules for ingestion
- Garlic: tincture, oil, capsules

Basic Cleanse Protocols: source doesn't have to be from the following. They are listed for your convenience. You can find these products on Amazon, or other sources across the internet, and at your local health food store.

- Hulda Clark Protocol –black walnut, wormwood and cloves. Follow [Instructions](#).
- Herbs can be purchased through Dr. Clark Store [Shop Products](#) or from your local health/natural foods stores – either in combinations or as separate herbal components.
- Zahler ParaGuard –[Liquid Drops](#) or [Capsules](#)
- Global Healing Paratrex -- [Shop](#)

Ivermectin / Fenbendazole – these are their own regiment.

c. Metal Detox – works best in conjunction with parasite cleanse. **Purpose:** Gently draw out heavy metals (mercury, aluminum, lead, arsenic) and synthetic contaminants (hydrogel, nanoclusters, spike-related materials) using safe and the best chelators.

Phase 1: Mobilization & Metal Chelation (10–21 Days then 1 to 2 weeks break)

Morning (Empty Stomach)

- Ca-EDTA (per recommended dosage)
- Cilantro tincture (1 dropper)
- Chlorella (10–15 tabs), or Chlorophyll water (1 tsp)
- Fulvic acid (if tolerated)
- 1 capsule bentonite clay or activated charcoal (away from meals & supplements)

Evening

- Herbal tea (ginger, nettle, turmeric)
- Castor oil pack or Epsom salt bath for lymph support

Phase 2: Replenish & Repair (7–14 Days or ongoing) Purpose: After mobilizing and removing toxins, support deep cellular repair and restore essential minerals, nervous system resilience, and hormonal balance.

Key Nutrients & Healing Supports:

Magnesium, Selenium, Zinc, Vitamin C, Boron, NAC, Glutathione, Trace Mineral Complex

Products & Resources – Subject to change

- **Cleanse Directions:**
[Dr. Clark Heavy Metal Cleanse Guide](#)
- **Clean, Zeolite-Free Detox Products:**
[MetalGone Cleanse \(EDTA, binders, minerals\)](#)

d. Liver Cleanse – usually a couple weeks after the kidney cleanse has been initiated and after first parasite cleanse completed.

Total Duration: 7–10 days

Phases:

1. Pre-Flush Prep (Days 1–6)
2. Flush Day (Day 7)
3. Post-Flush Support (Days 8–10)

Pre-Flush Prep (Days 1–6)

Goal: Soften stones, open bile ducts, prep digestive system

- **Daily:** Drink 1-liter of organic apple juice or 500 mg malic acid 3x/day
- **Food:** Plant-based, low-fat, no fried/processed foods
- **Hydrate:** 2–2.5 L warm water/day
- **Optional Herbs:** Gold Coin Grass, Chanca Piedra
- **Colon Prep:** Herbal cleanser or enemas by Day 6

Flush Day (Day 7)

No food after 2:00 PM

- **6:00 PM** — 3/4 cup water + 1 tbsp Epsom salt
 - **8:00 PM** — Repeat Epsom salt drink
 - **9:45 PM** — Drink mix of:
 - 1/2 cup extra virgin olive oil
 - 3/4 cup grapefruit juice
 - Optional: pinch ginger or garlic
- Lie on back with head up, or right side for 20 mins, then rest.

Post-Flush Support (Days 8–10)

- **6:00 AM** — 3/4 cup water + 1 tbsp Epsom salt
- **8:00 AM** — Repeat Epsom salt drink
- **10:00 AM** — Light smoothie or fruit
- **Afternoon** — Soft plant-based meals

Additional Tips

- Repeat flush every 3–4 weeks (6–8 total suggested)
- Track stone color, size, symptoms
- Use herbs for maintenance (milk thistle, dandelion root)

Optional Supports:

- Coffee enema or colonics
- Binders: activated charcoal, bentonite clay, chlorella
- Digestive support: ox bile, enzymes

Avoid During Flush Days

- Dairy, animal protein, alcohol
- Cold drinks, processed foods
- Vaping, stress, excessive talking

Most of the liver cleanses today all have some similarities to Hulda Clarks original Liver Cleanse.

Cleanse directions: <https://drclarkstore.com/pages/liver-gallbladder-cleanse-instructions/>

Products: <https://drclarkstore.com/collections/dr-hulda-clark-liver-and-gallbladder-cleanse>

The Amazing Liver and Gallbladder Flush: Andreas Moritz

Natural Therapy For Your Liver: Christopher Hobbs

2nd Liver Cleanse – rest at least 2-4 weeks/ depending on health/schedule before starting
Support your body as it rebuilds. Repeat seasonally for best results.

e. Candida, Bacteria & Gut Pathogen Cleanse – can start in between liver cleanses and continue 6-8 weeks. This is going to be targeting H. pylori, Candida, Fungi, Glyphosate, Spike Protein Accumulation & Dysbiosis

Phase 1: Pathogen Cleanse (2–4 Weeks)

This phase focuses on clearing harmful microbes, fungi, and residues like glyphosate and spike protein-related toxins.

Suggested Daily Routine

Morning:

- Lugol's iodine in water (follow guidance; start microdose like 1 drop of 2%)
- Mastic gum + Ulcetrol
- 8–12 oz warm lemon water
- Light breakfast (avoid sugar, gluten, dairy)

Midday:

- Fennel seed tea or capsule
- Optional: turmeric or berberine capsule
- Probiotic-rich foods (sauerkraut, coconut kefir, etc.)

Evening:

- DGL licorice (before dinner)
- Light herbal meal: soups, greens, cruciferous veggies
- Optional: binder like activated charcoal (1 hr away from food)
- Fennel seed tea or capsule
- Optional: turmeric or Caprylic Acid, berberine capsule
- Lugol's iodine in water

Targeted Herbal Allies

Supplement/Herb	Role
Mastic Gum	Supports eradication of <i>H. pylori</i> and healing of stomach lining
DGL Licorice	Soothes mucous membranes, supports anti-inflammatory repair
Ulcetrol (NOW)	Combines mastic gum with other gut-healing compounds
Lugol's Iodine (1–5%)	Potent antimicrobial & antifungal support (low microdoses)
Fennel Seed	Reduces gas, bloating, and microbial overgrowth
Turmeric	Anti-inflammatory, supports bile flow & gut barrier
Caprylic Acid / Berberine (optional)	For added antifungal, anti-candida support

Foods to Focus On

- **Cleansing greens:** arugula, cilantro, spinach
- **Low-starch veggies:** zucchini, cucumber, cauliflower
- **Healing fats:** coconut oil, olive oil
- **Protein:** clean fish, eggs, legumes (small amounts)
- **Ferments:** raw sauerkraut, miso, coconut yogurt

Foods to Avoid

- **✗** Sugar, honey, maple syrup, artificial sweeteners
- **✗** Refined carbs (white bread, pasta)
- **✗** Alcohol, beer, vinegar (except apple cider vinegar)
- **✗** Moldy foods (cheese, peanuts, leftovers)

Phase 2: Gut Rebuilding & Microbiome Reset (2–4 Weeks)

After clearing out the harmful microbes, this phase helps re-establish healthy gut flora and strengthen the immune gut barrier.

Probiotic & Prebiotic Support: Dr. William Davis, Super Gut and biome rebuilding through making high pre/probiotic “yogurt”.

High-quality Probiotic Blend (30–100B CFU), Slippery Elm / Aloe Vera, Inulin / Chicory Root / Acacia Fiber

f. Colonics/Enemas -- Advanced Bernard Jensen protocol*. Colonics for prolapsed, transverse, and restricted descending colon. Enemas can also be used for a less invasive approach.

Rebuilding gut flora with a helpful lining better equipped for the toxins ingesting from air.

Used to improve liver flushes and rebuild the elasticity of the colon if colon becomes in trouble.

For assisting the liver flushes only mild cleanses are needed to have greater results.

Cleanse directions: <https://drclarkstore.com/pages/digestive-aid-cleanse-instructions/>

Products: <https://drclarkstore.com/collections/colon-digestive-cleanse>



Colon Cleanse Support

Clearing the Path for Detox & Rejuvenation



Why Colon Cleansing Matters

During any deep body cleanse—especially **liver flushes, parasite programs, and heavy metal detox**—If the colon is backed up or sluggish, toxins released from the liver and tissues can be **reabsorbed**, causing fatigue, headaches, skin issues, and healing crises.

g. Small Intestine Mucal Cleanse – This cleanse is a little different than a normal colon cleanse, colonic, colemas, or enema. It focuses on removing a mucoid build up in the small intestinal wall. After completing other cleanses, rest 2-4 weeks before starting, this can go for 45 +/- days **with the Okra/Pepsin and digestive enzymes method**.

Dr. Kelley Cleansing the Small Intestine page 36 of, [Dr. Kelley's Do-it-Yourself Book](#)

Or some of the newer programs are much faster.

<https://www.3daycleanse.com/category/all-products>

Optimal health network

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

Vit-Ra-Tox Colon Cleanse Kit

<https://www.optimalhealthnetwork.com/Vit-Ra-Tox-Colon-Cleanse-Kit-for-Detoxification-p/800.htm>

Ezyrelife

<https://www.ezyrelife.com/mucoid-plaque-cleanse/>

h. Energy, Frequency, Magnetic, Mindset Modalities - This foundational system works hand-in-hand with the cleanse protocols and detox routines. When you align your mindset, energy, and physical space with your intention to heal, the body responds in miraculous ways.

You are the composer of your healing song. This is your new rhythm. One rooted in self-love, grounded truth, and empowered transformation.

i. Love Me Work: Foundational Mind-Body Practices

Mental & Emotional Recalibration:

- *Mirror Work* – Learning to love yourself more
- *The Big Leap* – Identifying and overcoming self-sabotage
- *Daily Journaling* – Track emotional detox, gratitude, growth

Energetic & Frequency-Based Healing:

- Wim Hof & Conscious Breathing Techniques
- Life force awareness, grounding, magnetic pulse & vibrational therapies
- Introduction to Biogeometry, Shape Power, and aura energy
- Quantum, Nuclear, Geo, Bio, and Astro-Energy awareness

Body-Mind Integration:

- HWT/CWT (Hot & Cold-Water Therapy)
- Fascia release work, Stretching routines
- Thymus Taps, Foot Message Activation, EFT Tapping
- Basics of Acupressure & Reflexology

Spiritual Practices & Inner Strength:

- Meditation, Intuition building, Intercession & Prayer

- Recognizing and nurturing your healing gifts

Supportive Healing Tools:

- Aromatherapy: essential oils for cellular & emotional healing
- Magnesium oil sprays for muscle support & detox pathways
- Clapping therapy for circulation and scar tissue – *Doc of Detox Method*

ii. Functional Wellness Focus

- **Anatomy of Detox:**
- Strategies to clear the body from the inside out
- **Core Organ Connections:**
- Mind, Heart, Gut & Lung defense (The Four Pillars)
- Breathing exercises for the lungs and nervous system
- **Lifestyle Shifts that Last:**
- Going alkaline to create a healing-friendly environment
- Exploring safe, intentional ketosis to reduce inflammation
- Eliminating poisons from diet and environment
- Hydration: infuse water with herbs like ginger, matcha, and green tea
- Latest Program for minimizing Environmental and Socio-health exposures and pre-care protocols.
- **Minimizing Exposures**
- Effects of multiple low dose exposures over a lifetime.
- What to do about it?
- Outdoor/Indoor air and water quality
- Protecting your loved ones now and in the future.
- EMF Pollution Load/Other Environmental Toxins
- Ongoing Research of exposures & mitigation programs
- Program assessments, Results Matter, Q&A.
- Life Planning Homework and Workshop
- Dental Review
- The “zapper,” a low voltage frequency device*
- Fasting for physical and spiritual outcomes.
- Ionic Foot Bath, Fascia tool work, Clapping, Acupressure
- Detoxing and rebuilding
- ORMUS, 19 Essential Elements
- What we know and don’t know about Iodine
- +2 Ionic Calcium, GAA, Creatine
- Supplement and Probiotic build-up
- Spiritual and **Quantum** healing, Frequency, magnetism, and Vibes*.

- Mind, Brain, Heart, Gut, Lungs/Respiratory Defense – breathing helpful modalities.
- Go alkali, and ketoses. Cut out the poisons.
- Drink more clustered and magnetized water

Checkpoint Assessments

1st Liver Cleanse.

Recommended Keeping your primary doc. in the loop.

Minimum 30 days apart – depending on xyz..

2nd Liver Cleanse

Other topics:

- Critical Thinking, Human Skill Development, and Workforce Integration.
- Bringing it all together, Review, and Highlights
- Developing Your Own Road Map to Health. You are the Composer of your own song.
- End of program assessments, Q&A.
- Life Planning Homework and Workshop
- Dental Review
- Addictions, Habits, Importance of Support Network
- Fasting for physical and spiritual outcomes.

Parasite Cleanse Chart

	Black Walnut Hull Tincture or Black Walnut Hull Capsules	Super W Bland	Cloves
Day	Take 1x day on empty stomach, at least 15 min prior to food. Tincture: add drops to ½ cup water. Caps: open 1 cap to get pinches of powder only. Add to ½ c water.	Take 1x day on empty stomach, at least 15 min prior to meal, or w/meal if sensitive stomach	Take 3x day on empty stomach, at least 15 min prior to meal, or w/meal if sensitive stomach
1	1 drop tincture or 1 pinch powder	1 capsule	1 cap 3 x day
2	2 drops tincture or 2 pinches powder	1 capsule	2 caps 3 x day
3	3 drops tincture or 3 pinches powder	2 capsules	3 caps 3 x day
4	4 drops tincture or 4 pinches powder	2 capsules	3 caps 3 x day
5	5 drops tincture or 1 capsule	3 capsules	3 caps 3 x day
6	2 teaspoons tincture or 5 capsules	3 capsules	3 caps 3 x day
7	none	4 capsules	3 caps 3 x day
8	none	4 capsules	3 caps 3 x day
9	none	5 capsules	3 caps 3 x day
10	none	5 capsules	3 caps 3 x day
11	none	6 capsules	7 caps all at same time
12	none	6 capsules	none
13	2 teaspoons tincture or 5 capsules	7 capsules	none
14	none	7 capsules	none
15	none	7 capsules	none
16	none	7 capsules	none
17	none	none	none
18	none	none	7 caps all at same time

Now take supplements 1 x week. Refer to Maintenance Program as needed.

If you weight 150# or more, take 2.5 teaspoons Blk. Walnut Tinture instead of the listed 2 teaspoons.

Listed: 1 drop of tincture = 1 **single** droplet – **not** a dropper full!

Digestive Aid Cleanse Handy Chart

	Turmeric	Fennel Seed	Betaine HCL	Digestive Enzymes	Cascara Sagrada
	Take 3 x day, 1 morning, 1 afternoon, 1 night. Take on empty stomach at least 15 min prior to meals.	Take 3 x day, 1 morning, 1 afternoon, 1 night. Take on empty stomach at least 15 min prior to meals.	Take 3 x day, 1 morning, 1 afternoon, 1 night. Take on empty stomach at least 15 min prior to meals. Do not take w/coffee or on empty stomach.	Take up to 3 x day w/meals	Take at bedtime, only as needed, w/full glass of water. Take 1-2 capsules. Do not exceed recommended dosage. Do not take laxatives for more than a week. For children under 12 yrs., consult healthcare professional.
DAY 1	1 capsule 3x day	1 capsule 3x day	1 capsule 3x day	1 capsule 3x day	
DAY 2	2 caps 3x day	2 caps 3x day	2 caps 3x day	1 capsule 3x day	
DAY 3-7	3 caps 3x day	3 caps 3x day	3 caps 3x day	1 capsule 3x day	
DAY 8-12	3 caps 3x day	3 caps 3x day	3 caps 3x day	1 capsule 3x day	

Betaine HCL helps raise stomach acid to optimal levels. If you experience sensitivity issues with Betaine HCL, try Hydrochloric Acid 5% drops. Hydrochloric Acid 5% sold separately. If your stomach acid levels are too high, discontinue use of acid supplements and talk to your healthcare provider.

Principles of Candida Cleansing

Usage Warning: Consult with a healthcare professional before starting this cleanse if you are taking any medication or if you have a medical condition. Do not take this cleanse if you are pregnant, nursing or under the age of 18 without consulting with a healthcare professional first. Individuals with kidney disease, liver disease or diabetes should consult with a healthcare professional before taking chromium. If you have any adverse reactions or other symptoms, discontinue taking the 'cleanse' and seek advice from a qualified healthcare professional.

1) Following a Candida Diet

2) Supplementing with Antifungal Nutraceuticals

3) Re-establishing Intestinal Flora

4) Dealing with the Die-off Reaction

5) Adopting an Anti-yeast Lifestyle

Daily Supplement Schedule

	Para Buster	Fungal Fighter	Chromium	Inulin Powder
DAY	Take 3 x day, on an empty stomach 20 min before meals or w/meals if sensitive stomach.	Take 3 x day, on an empty stomach 20 min before meals or w/meals if sensitive stomach.	Take 1 x day w/food	Take 1 x day at bedtime. Avoid eating for next 7 hrs.
1	1 cap 3x day	1 cap 3x day	1 cap per day	2 teaspoons/day
2	1 cap 3x day	1 cap 3x day	1 cap per day	2 teaspoons/day
3	1 cap 3x day	1 cap 3x day	1 cap per day	2 teaspoons/day
4	2 caps 3 x day	2 caps 3 x day	1 cap per day	2 teaspoons/day
5	2 caps 3 x day	2 caps 3 x day	1 cap per day	2 teaspoons/day
6	2 caps 3 x day	2 caps 3 x day	1 cap per day	2 teaspoons/day
7	3 caps 3 x day	3 caps 3 x day	1 cap per day	2 teaspoons/day
8	3 caps 3 x day	3 caps 3 x day	1 cap per day	2 teaspoons/day
9	3 caps 3 x day	3 caps 3 x day	1 cap per day	2 teaspoons/day
10	3 caps 3 x day	3 caps 3 x day	1 cap per day	2 teaspoons/day
11	3 caps 3 x day	3 caps 3 x day	1 cap per day	2 teaspoons/day
12	3 caps 3 x day	3 caps 3 x day	1 cap per day	2 teaspoons/day
13	3 caps 3 x day	3 caps 3 x day	1 cap per day	2 teaspoons/day
14	3 caps 3 x day	3 caps 3 x day	1 cap per day	2 teaspoons/day

RESEARCH INFORMATION

Surveillance Under The Skin | Dr. Yuval Noah Harari

<https://www.youtube.com/watch?v=o5RbjycHTU>

“Useless People” - Who is Yuval Harari? Klaus Schwab's Right-Hand Man

<https://www.youtube.com/watch?v=1tnCQkQOAdQ>



Has the synthetic biology industry hijacked IUCN?

Gates-funded synbio lobby firm Emerging Ag Inc takes driving seat in IUCN

<https://www.etcgroup.org/content/has-synthetic-biology-industry-hijacked-iucn>



Biodigital Convergence: A New Era or a Dangerous Path?

<https://tacomaencounter.org/news/biodigital-convergence-a-new-era-or-a-dangerous-path/>

[NanoWars](#)

Digital Twins and Biodigital Convergence

Virtual Representation of Biological Systems

<https://whowhatwhere.substack.com/p/digital-twins-and-biodigital-convergence>



1. Spread of Spike Protein to the non-vaxxed, Shedding...

Health of Pure Bloods Threatened by Shedding of mRNA and Spike Protein

<https://www.bitchute.com/video/LQt7ftej7QLW>



Health of Pure Bloods Threatened by Shedding of mRNA and Spike...

[+HickJames+] Cutting Through

@EpochTimes senior editor

Dr. Pierre Kory <https://x.com/JanJekielek/status/1756475494155812993>



Dr. Pierre Kory: Humanitarian Catastrophe of Excess Deaths and Spike Protein Shedding
<https://www.bitchute.com/video/nk5E226UQu50/>



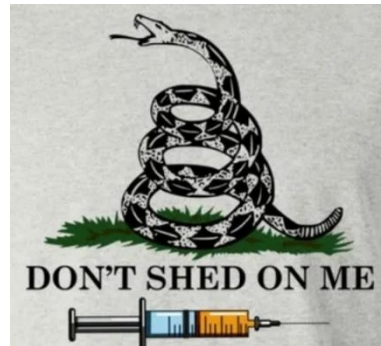
Dr. Pierre Kory: Humanitarian Catastrophe of Excess Deaths and Spike Protein Shedding

468 Views · 1 year ago

I compiled a concise, organized, and referenced document detailing the scientific and clinical evidence that spike protein shedding causes side effects in a cohort of people exposed to the vaccinated. [Pierre Kory, MD, MPA](#) Feb 20, 2024

**mRNA Vaccine Shedding Of Spike Protein:
State Of Scientific and Clinical Evidence**

<https://pierrekorymedicalmusings.com/p/mrna-vaccine-shedding-of-spike-protein>



Here is a review of the work...

**SHEDDING OF COVID mRNA VACCINES A review of the available evidence By Pierre Kory,
MD, MPA**

<https://imahealth.org/wp-content/uploads/2024/02/Shedding-of-COVID-mRNA-Vaccines-A-review-of-evidence-2024-02-03.pdf>

The Forgotten Side of Medicine

What We've Learned from a Year of Vaccine Shedding Data

Numerous data sources now corroborate that the COVID vaccines shed in a consistent and replicable manner [A Midwestern Doctor](#) Jan 19, 2025

<https://www.midwesterndoctor.com/p/what-weve-learned-from-a-year-of>

COVID-19 vaccine spike proteins are SHEDDING, giving people heart attacks, strokes and more 01/18/2022 / By [Arsenio Toledo](#)

<https://pandemic.news/2022-01-18-covid-vaccine-spike-proteins-shedding-unvaccinated.html>



Dr. been Medical Lectures

Vaccine Antibodies Shed In the Breath

<https://www.youtube.com/watch?v=IOTPPCL4fiY>



0217 2023

https://rumble.com/v29xlsq-live-8-uncensored-shimon-yanowitz-new-nanotech-in-injected-people-is-spread.html?e9s=src_v1_s%2Csrc_v1_s_m

Uncensored: Shimon Yanowitz - NEW! Nanotech in Injected People is SPREADING!

Shimon Yanowitz joins us to discuss his new research into how the nanotech inside COVID-injected people is spreading to the uninjected, as well as recent revelations about nanotech detection in the sputum.



Is vaccine shedding possible? Over 1,000 reports say it's real and it's happening

By Rhoda Wilson on February 17, 2024 • (16 Comments)

<https://expose-news.com/2024/02/17/over-1000-reports-say-shedding-is-real-and-happening/>

THE  EXPOSÉ

2. Spike protein in the brain...

Great, short explanation of the following resources

https://www.youtube.com/shorts/Ns2D4_aawnA

Michael Nehls Warns Of The Dangers Of Spike Proteins | Read 'The Indoctrinated Brain' Today Bannons War Room

https://rumble.com/v4fttyk-michael-nehls-warns-of-the-dangers-of-spike-proteins-read-the-indoctrinated.html?e9s=src_v1_s%2Csrc_v1_s_m



Was the Spike Protein Designed to Dumb Us Down?

https://rumble.com/v4a2970-was-the-spike-protein-designed-to-dumb-us-down.html?e9s=src_v1_s%2Csrc_v1_s_m



Drbeen Medical Lectures

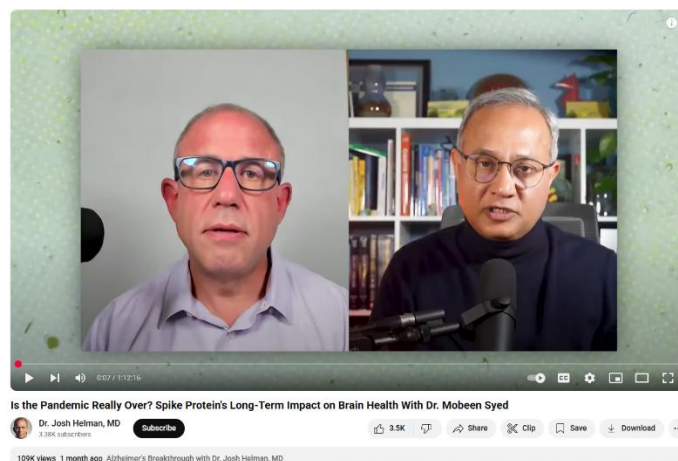
Spike Protein Accumulates in Brain and Skull and Causes Damage. Brand New Study

<https://www.youtube.com/watch?v=Jmje9djPd5o>



Is the Pandemic Really Over? Spike Protein's Long-Term Impact on Brain Health With Dr. Mobeen Syed, [Dr. Josh Helman, MD](#)

<https://www.youtube.com/watch?v=oe6k6IWnJxM>



TERRIFYING: mRNA 'Vaccines' Cause 'Personality Changes': 'Pineal Gland Was Completely Destroyed' - Italian Pathologist

<https://lionessofjudah.substack.com/p/terrifying-mrna-vaccines-cause-personality>

Top Pathologist Warns mRNA 'Vaccines' Cause 'Personality Changes'

[SlayNews](https://rumble.com/v6sff69-top-pathologist-warns-mrna-vaccines-cause-personality-changes.html)

<https://rumble.com/v6sff69-top-pathologist-warns-mrna-vaccines-cause-personality-changes.html>



SARS-CoV-2-Mediated Neuropathogenesis, Deterioration of Hippocampal Neurogenesis and Dementia

<https://journals.sagepub.com/doi/full/10.1177/15333175221078418>

SARS-CoV-2-Mediated Neuropathogenesis, Deterioration of Hippocampal Neurogenesis and Dementia

Risna K. Radhakrishnan, MSc, and Mahesh Kandasamy, PhD [View all authors and affiliations](#)

[All Articles](#) | <https://doi.org/10.1177/15333175221078418>

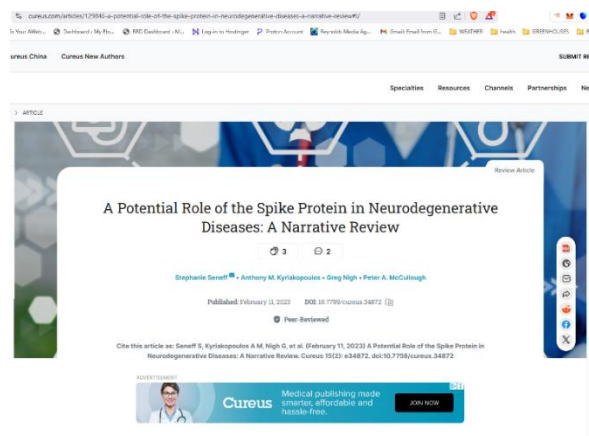
[Contents](#) | [PDF/EPUB](#) | [Cite article](#) | [Share options](#) | [Information, rights and permissions](#) | [Metric](#)

Abstract

A significant portion of COVID-19 patients and survivors display marked clinical signs of neurocognitive impairments. SARS-CoV-2-mediated peripheral cytokine storm and its neurotropism appear to elicit the activation of glial cells in the brain proceeding to neuroinflammation. While adult neurogenesis has been identified as a key cellular basis of cognitive functions, neuroinflammation-induced aberrant neuroregenerative plasticity in the hippocampus has been implicated in progressive memory loss in ageing and brain disorders. Notably, recent histological studies of post-mortem human and experimental animal brains indicate that SARS-CoV-2 infection impairs neurogenic process in the hippocampus of the brain due to neuroinflammation. Considering the facts, this article describes the prominent neuropathogenic characteristics and neurocognitive impairments in COVID-19 and emphasizes a viewpoint that neuroinflammation-mediated deterioration of hippocampal neurogenesis could contribute to the onset and progression of dementia in COVID-19. Thus, it necessitates the unmet need for regenerative medicine for the effective management of neurocognitive deficits in COVID-19.

A Potential Role of the Spike Protein in Neurodegenerative Diseases: A Narrative Review
Stephanie Seneff • Anthony M. Kyriakopoulos • Greg Nigh • Peter A. McCullough
Published: February 11, 2023 **DOI:** 10.7759/cureus.34872

<https://www.cureus.com/articles/129846-a-potential-role-of-the-spike-protein-in-neurodegenerative-diseases-a-narrative-review#!/>



3. Spike protein in GENERAL... the body and cells.

Yale Study Reveals Shocking Truth: Spike Protein Lingers – and Grows

<https://www.breitbart.com/politics/2025/07/01/yale-study-reveals-shocking-truth-spike-protein-lingers-and-grows/>



Stop the WHO Tyranny - Speech by Dr. David Martin, 1 year ago (2024)
<https://www.bitchute.com/video/ZErFRHmbSwXG/>



Dr. David Martin Issues An Emergency Warning To President Trump, 5 months ago
<https://www.bitchute.com/video/6tvIX4mmo6BW/>



4. The spike protein's snippets of HIV, and EBV(CFS), and massive increase in cancers... what is the main cause of the turbo cancers?

Dr Richard Fleming shows the HIV inserts to the S Spike Protein.

https://rumble.com/vup1m6-dr-richard-fleming-shows-the-hiv-inserts-to-the-s-spike-protein..html?e9s=src_v1_s%2Csrc_v1_s_m



Dr. David Martin ~ Cancer Rates Explode From the mRNA Vaccine Spike Proteins Found In Center Of Cancer Cells

https://rumble.com/v28yysq--dr.-david-martin-cancer-rates-explode-from-the-mrna-vaccine-spike-proteins.html?e9s=src_v1_s%2Csrc_v1_s_m



Dr. Patrick Soon-Shiong: You're Being Lied to About Cancer, How It's Caused, and How to Stop It - Tucker Carlson

<https://www.youtube.com/watch?v=mgZaT-OriO8>



The Chronic Disease Expert: We Can Now Reverse Stage 4 Cancer! This Is Feeding Your Cancer Cells! [The Diary Of A C](https://www.youtube.com/watch?v=LgsJ3V9pIG0)

<https://www.youtube.com/watch?v=LgsJ3V9pIG0>



5. Clots... are the clots being ignored?

Dr McCullough Senate Hearing 2025

https://www.youtube.com/watch?v=ejGLqHv_0RI&t=2s



The COVID Clots: A Full Measure Town Hall

https://www.youtube.com/watch?v=KVGf-XZ3Y_s

Microvascular Research Foundation

<https://mvresearch.org/>



0919 2023

<https://rumble.com/v1glsch-live-7pm-shocking-white-embalmer-clots-are-self-assembling-circuits.html>

SHOCKING: White Embalmer Clots Are Self Assembling Circuits

Welcome to the Dr. Jane Ruby Show –. The results are in...Board certified embalmer and funeral director, Richard Hirschman's bizarre and mysterious white clots pulled from sudden death in C19 jabbed cadavers, are no longer mysteries, thanks to the work of microscopy expert and Brighteon TV founder, Mike Adams.



Died Suddenly: The Documentary (2022)

https://archive.org/details/died-suddenly-2022_202211



Alex Jones spoke with Tom Renz about [the new exotic technology injections](#) that are set to be unleashed on Americans by the Trump administration.

<https://www.infowars.com/posts/breaking-self-replicating-sarna-is-set-to-be-green-lit-by-the-trump-admin-as-top-scientists-warn-that-the-experimental-technology-is-infinitely-more-dangerous-than-the-already-confirmed-deadly-mrna-p>



Now that we have covered the spike protein lets go on to other complications showing up at the same time...

6. Vaccine Vile Samples, Blood samples, Air Samples

Vaccines:

WHISTLEBLOWER REVEALS PFIZER PUT MICRO-CHIPS IN COVID "VACCINES"

https://rumble.com/v6q71zo-whistleblower-reveals-pfizer-put-micro-chips-in-covid-vaccines.html?e9s=src_v1_s%2Csrc_v1_s_m



Dr. Carrie Madej

First U.S. Lab examines "Vaccine" Vials, HORRIFIC Findings Revealed

https://www.bibliotecapleyades.net/ciencia3/ciencia_coronavirusvaccine57.htm



Blood:

Maria Crisler @crislerwyo

Clinical scientist/inventor/ceo/patient centered organic health applications/healer/Native American warrior for truth Antarctica an Oasis 🤔 I'm nobody's victim 🦋

Maria Crisler - Raising Frequency via Organic and Synthetic Parasitic

<https://www.bitchute.com/video/ldz5zehpNf7i>

Geoengineering and What is in Your Blood? - Maria Crisler

<https://www.bitchute.com/video/b5dyZyHvelgy>



Ria No Moresilence

Long Haulers Telemedical Portal

<https://longhaulers.world/>

This is a membership to the Nurses and Professionals working the blood labs with cutting edge microscopes and years of experience. (We should all buy Ria more than a cup of coffee)

<https://buymeacoffee.com/longhaulers>



0614 2025

<https://rumble.com/v6uqbwn-nanotech-bioweapons-and-emf-dr.-groups-shocking-findings-and-solutions.html>

Nanotech, Bioweapons & EMF – Dr. Group's Shocking Findings & Solutions

Bombshell interview with **Dr. Ed Group** exposing the full scope of the transhumanist agenda, how they're turning humans into synthetic beings, and what you can do right now to reclaim your health and sovereignty.



Christine Anderson

https://en.wikipedia.org/wiki/Christine_Anderson

Christine Margarete Anderson (born 29 July 1968 in Eschwege)^[1] is a German politician who has been serving as a [Member of the European Parliament](#) since 2019

Man in America Show

MEP Christine Anderson EXPOSES the SINISTER Plan for Global Slavery—and How We FIGHT BACK

<https://madmaxworld.tv/watch?id=6860bb30d624b4e65aba6838>



Air:

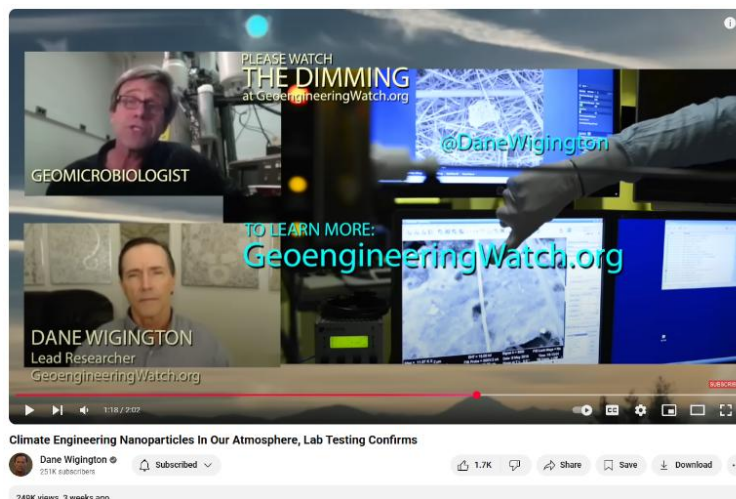
**Dane Wigington from Geoengineering Watch joins
Mike Adams to discuss heavy metals CHEMTRAILS FALLOUT**

<https://www.brighteon.com/d2cfa698-dfcc-4ba7-ae57-958f9bf62f69>

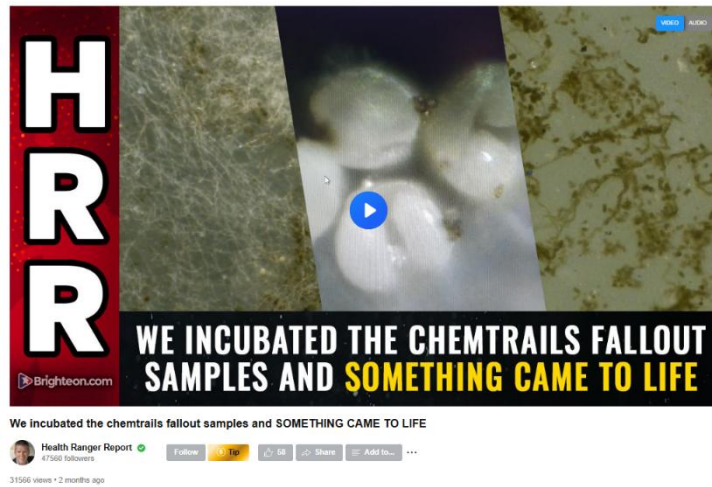


Climate Engineering Nanoparticles In Our Atmosphere, Lab Testing Confirms

<https://www.youtube.com/watch?v=XSjZxtsWD9w>



We incubated the chemtrails fallout samples and SOMETHING CAME TO LIFE
<https://www.brighteon.com/250093b3-41bb-44fc-8288-7773c9512ac1>

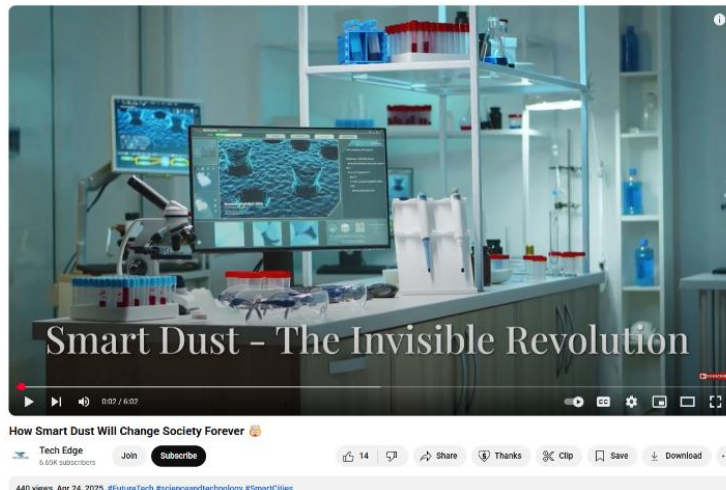


The Dimming, Full Length Climate Engineering Documentary (Geoengineering Watch)
[Dane Wigington - https://www.GeoengineeringWatch.org](https://www.GeoengineeringWatch.org)
<https://www.youtube.com/watch?v=rf78rEAvhY&t=1s>



How Smart Dust Will Change Society Forever

<https://www.youtube.com/watch?v=TiWTHyWuIY0>



Research Biodigital Convergence

Indigenous perspectives on the biodigital convergence

<https://digitalreality.ieee.org/images/files/pdf/sas-white-paper-final-nov12-2017.pdf>

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Israel Is Spearheading a “Bio-Convergence” Revolution

<https://innovationisrael.org.il/en/israel-is-spearheading-a-bio-convergence-revolution/>

Instructor for educating development of nanotechnology under the skin, and how to adjust without losing our cool.

<https://odysee.com/@Psinergy:a>

**Hey Doctors, they teach you how to read diagrams at MIT & CAMBRIDGE Don't they?
SO, WHATS YOUR PROBLEM WITH UNDERSTANDING THE BIODIGITAL CONVERGENCE GLOBAL
STANDARDIZATION FOR INDUSTRY 4.0.???
THE DIAGRAMS ARE SELF EXPLAINING!**

https://rumble.com/v6usrkl-414527637.html?e9s=src_v1_upp_a

Jay Wilson (Byrdturd) F. B.

Genius at finding all the patents for the biodigital convergence...

The rest of the program continues with modules on Spike Protein healing, environmental detox, parasite protocols, nutrient rebuilding, and lifestyle enhancement tools.

Supplement Resources for more efficient use in your research and implementations.

SPIKE PROTEIN:

DAILY SUPPLEMENTS –

WEEKLY – SOAKS

OTHER WORK TO MINIMIZE EXPOSURES

ENVIRONMENTAL TOXINS, BIODIGITAL CONVERGENCE, EMF POLLUTION:

NANOBOT. HYDROGEL, METAL, OTHER

DAILY SUPPLEMENTS –

WEEKLY – SOAKS, SAUNA, IONIC FOOT BATHS,

BASIC HEALTH PLATFORM:

Eden Solutions Infinity Health Transformation

KIDNEY, PARASITE, METAL, LIVER, GUT CLEANSE, FLORA REBUILD,

Contents....

SPIKE PROTEIN – **ongoing** with at least two, or three supplements from the list... Twice a day? Try to develop a once a day program for the more semi-ongoing programs

KIDNEY CLEANSE – 6 weeks

METALS, PLASTICS – **off and on, ongoing**. Three weeks on, Two weeks rebuild, one week hold. Repeat. Work around other cleanses.

DIGESTIVE AID – best parasite program, before liver cleanse – 2-8 weeks

PARASITE CLEANSE – 18 days... 3x a day... black walnut, wormwood, cloves, then **ongoing maintenance**,

LIVER CLEANSE – 6 day run up, 2 day flush... three flushes over 24 weeks, **on going** goal is to get 5 asap, and quarterly after.

MUCOID CLEANSE – 1 to 6 weeks depending on program, once a year

CANDIDA/FUNGI – 2 to several weeks

GUT FLORA DIET

Spike Protein

If possible blood test and EBOO: Extracorporeal Blood Oxygenation and Ozonation

<https://longhaulers.world/treatment/>, supplements suggesting best results

***Bromelain, N-Acetyl Cysteine,
Nattokinase, Curcumin, Glutathione, Turmeric,
Dandelion Leaf Extract, Ivermectin, fenbendazole
Vitamins D, C, Zinc, Quercetin, Oregano Oil***
<https://www.petermcculloughmd.com/>
<https://www.twc.health/products/ultimate-spike-detox>

<https://eboomedical.com/eboo-clinics/>

**** Metals: Environmental Toxins, Hydrogel, Nanobots,**

EBOO: Extracorporeal Blood Oxygenation and Ozonation: <https://eboomedical.com/eboo-clinics/>

* **White Vinegar** ½ tsp + **Hydrogen Peroxide** ½ tsp water 3x day; pinch of **boron** a day

[Ca-EDTA](#)

[Multimineral](#)

[The Vitamin C](#)

[Digestive Enzymes](#)

[Toxic Binder](#)

Eden Solutions Self-Care Healing Quest (ESSCHQ)

Kidney:

Cleanse drops.

Tea:

**Hydrangea Root, Gravel Root,
Marshmallow Root, Juniper Berries,
Cleavers Leaf, Licorice root,
Uva Ursi leaf –Keeps for 4 days. Sip 2 cups a day.**

Parasite:

Black Walnut,

Wormwood,

Cloves,

Oregano Oil,

Garlic, Compo,

Options below:

Zahler ParaGuard – [Liquid Drops](#) or [Capsules](#) Global Healing Paratrex -- [Shop](#)
Ivermectin / Fenbendazole – these are their own regiment.

**** Metal:**

Ca-EDTA,

Cilantro tincture, Chlorella or Chlorophyll

Fulvic/Humic Acid,

Bentonite clay or activated charcoal *away from meals and supplements.*

Replenish: **Multimineral, Magnesium,**

Selenium, Zinc, Vitamin C, Digestive enzymes

Liver Cleanse:

1 liter of apple juice each day, 6 days leading up to cleanse,

Epsom salt before and after, water,

½ cup virgin olive oil,

¾ cup fresh squeezed grapefruit juice.

Colonics, Colemas, Enemas: For the liver flushes, 1- or 2-Liter system

Fungi, Candida, Bacteria:

Lugol's iodine, HCL

Mastic gum +

Ulcetrol,

8–12 oz warm lemon water

DGL licorice,

binder like activated charcoal,

Fennel, Turmeric 2 capsules 3x day

Gut Biome Health after cleansing: Dr. Davis's protocol, Kimchi, other sources

Ionic foot baths, saunas, red light therapy

BOOKS AND OTHER INFORMATION DEALING WITH HEALTH, WELLNESS AND OTHER RESOURCES (Not all yet... just a scratch)

<https://globalhealinginstitute.org/>

<https://eboomedical.com/eboo-clinics/>

<https://drclarkstore.com/>

Deep Tissue Cleansing through bowel management. Bernard Jensen

<https://avenaoriginals.com/blogs/testimonial/dr-bernard-jensen-story>

Cure for All Diseases, Cure for All Advanced Cancers, Hulda Clark

<https://www.amazon.com/Cure-All-Advanced-Cancers/dp/B003VCKJBO>

One Answer to Cancer, Dr. William Donald Kelly

<https://soilandhealth.org/wp-content/uploads/02/0201hyglibcat/020221.kelley.answer.pdf>

Bob Beck

Robert Becker

Leonard Horowitz – Healing Codes for the Biological Apocalypse, and all other material

Lt. Col. Bearden – Oblivion, America at the Brink, Gravitobiology,

Living Energies – Calum Coats on Viktor Shaugberger's works

SMALL INTESTINAL MUCAL CLEANSSES

<https://www.3daycleanse.com/category/all-products>

Optimal health network

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

Vit-Ra-Tox Colon Cleanse Kit

<https://www.optimalhealthnetwork.com/Vit-Ra-Tox-Colon-Cleanse-Kit-for-Detoxification-p/800.htm>

Ezyrelife

<https://www.ezyrelife.com/mucoid-plaque-cleanse/>

Everything for Dr. Davis non-yogurt

Here is a link at the end of one of the video with Dr. Berg making a patch. But I will film making it as well. You can use one capsule. Make the first bowl and use it as starter to make the next batches. It will be better.

<https://youtu.be/RCjQAQuWiYc?t=1752>

Ultimate Probiotic Yogurt Maker with Adjustable Time & Temp Control - Make Trillions of Live Probiotics with Two 1-Quart Containers for Larger Batches - Greek Yogurt Maker - **ULTIMATE LIFETIME WARRANTY**

Toniq 50 Billion CFU Lactobacillus Reuteri Probiotic 50mg per Serving - L Reuteri Probiotics - Highest CFU Count Lactobacillus Reuteri Probiotic - 60 Vegetarian Capsules - 60 Servings

It's Just! - Inulin Prebiotic Fiber, Water Soluble, Chicory Root Powder, Promotes Gut Health, Add to Smoothies, Vegan/Keto Friendly

Ultimate Yogurt Jars - Make More Delicious Yogurt! 8 Count Small Glass Yogurt Cups With Lids - 100% BPA Free, Airtight & Dishwasher Safe! Perfect Containers for Yoghurt, Oatmeal, Pudding, or Jello

The Self Care Wand

https://officialionicare.net/?sca_ref=9164985.n5C9pnMQ3Fd1