

# GENERAL HEALTH PROTOCOLS

## IMMUNE RESTORATION, MAINTENANCE & COVID

This is general advice only, you may require additional and/or different protocols depending on your health needs. If you are on medications, especially diabetes and/or blood pressure medications, this protocol can normalize your body so that your medications may suddenly be too strong for your condition...please monitor yourselves accordingly. The dosages below are for adults and should be adjusted for children. As the body cleanses and restores itself, you may experience flu like symptoms and loose stool from the detoxification process (Herxheimer Reaction). Think of it as internal spring cleaning. It won't be long before you start to feel much better.

[Holistichealthandcancercare.com](http://Holistichealthandcancercare.com) "Free Info" has more info on the below recommendations.

RECOMMENDATION	WHY
<p>DO NOT take ANY Covid-19 shots or Covid pills.</p> <p><u>Covid shots are not vaccines</u>...they are gene modifying experiments.</p> <p>All animal testing resulted in death. (flu shots also weaken the immune system)</p>	<p>These shots cause blood clots, heart attacks, myocarditis (inflammation of the heart), strokes, infertility, miscarriages, anxiety, autoimmune diseases and destroys our immune systems. The clots created are not normal, but are very fibrous, solid and can grow rapidly. A D-Dimer test may be able to detect micro clots in your body, so you may be put on blood thinners. The shots contain snake/cone shell venom, mRNA spike proteins which re-writes our genetic codes, tumor suppressor proteins promote and accelerate cancer growth, graphene oxide (razor like particles that cut blood vessels), nano technology which are self assembling and become more active when near WiFi, electronics &amp; cell towers (EMF radiation). Causes Sudden Adult Death Syndrome (SADS). Some mRNA shots were/are saline.</p>
<p>Purchase gluten free, organic &amp; non-GMO grains, breads, crackers, pastas, cereals, baked goods etc.</p> <p>Organic, non-GMO sprouted breads are tolerable for many people even though these are not gluten free.</p>	<p>GMO crops (Genetically Modified Organisms) have been created in labs and now contain 2-5 times more gluten and gliaden proteins than traditional grains. Humans and livestock cannot digest these manipulated proteins. They also have glyphosate and BT toxin embedded into the seeds so that the stomachs of crop eating insects dissolve, killing them. GMO's cause autoimmune diseases, attacks our organs (esp. thyroid and stomach) causing arthritis, brain impairments, fatty liver, cancer, diabetes, stomach issues/IBS/SIBO, sleep issues, ADHD, weak immune system.</p>
<p>Choose organic meat, dairy, eggs and fish</p> <p>Wild caught Alaskan salmon and canned albacore/skipjack/tuna occasionally are OK.</p> <p>Smaller fish types, herring, smelts, anchovies, Pacific sardines, Atlantic mackerel are the healthiest as they are not farmed and contain less mercury/toxins than larger fish.</p>	<p>Concentrated Feeding Operations (CFO's) have changed the molecular proteins of meats, dairy and eggs. Livestock are fed GMO crops containing glyphosates, BT toxins, pesticides &amp; herbicides, given antibiotics, growth hormones, and animal by-products, which our bodily proteins are made from. Do you really want to eat that beef or chicken knowing the animal was sick or had cancer? Most fish in the stores are farmed and are fed GMO crops, antibiotics, animal by-products, are contaminated from algae blooms, parasites and bacteria. Some common fish are genetically modified (ex. salmon) and have been proven to have cancer and allergenic agents in their meat, and provide far less Omega 3 with poor quality protein.</p>
<p>Eat a plentiful variety of organic non-GMO fruit &amp; vegetables</p>	<p>Organic foods reduce our intake of pesticides and herbicides that destroy healthy gut bacteria greatly weakening your immune system. If consuming soy, purchase only fermented, organic &amp; non-GMO as regular soy causes hormonal imbalances. Organic, fermented non-GMO foods are very healthy for our guts, are high in nutrients and natural probiotics, and strengthen our immune systems.</p>
<p>Choose natural sweeteners</p> <p>- honey, pure maple syrup, monk fruit</p>	<p>Avoid Aspartame, Splenda, Sweet'n Low, Sugar Twin, NutraSweet, Equal, high fructose corn syrup (HFC), fructose, agave etc. These are neurotoxins that can accumulate in the body increasing the risks of cancers, brain tumors, diabetes, Alzheimer's, Parkinson's, ADHD, digestive issues, fatty liver, heart palpitations, high blood pressure, insomnia, autoimmune diseases etc.</p>
<p>Increase Omega 6 Healthy Fats</p> <p>- butter, lard, nuts, seeds, olive, coconut oils, avocados, Efamol (see below)</p>	<p>These healthy fats reduce inflammation, are essential for strong immune systems, normalizes blood pressure/cholesterol/blood sugar, reduce arthritis and pain, improves memory and learning, faster recovery from illness, increases oxygen throughout the body for greater energy, reduces cancer risk, keeps blood fluid and prevents cells from clumping together, keeps arteries and veins flexible, combats bacteria, fungus, mold, "viruses". Eliminate processed/restaurant foods, which are "bad" Omega 6.</p>
<p>1-3 easy and formed bowel movements per day</p>	<p>Having zero to 1 bowel movements per day is clinical constipation. This increases the risk of colon cancer. Waste products contain toxins that must be removed regularly or they will accumulate and recirculate through your body making you ill. Increase fruits, vegetables, water and magnesium to achieve regular, daily bowel movements. Dairy can be constipating and reduces bone calcium.</p>

RECOMMENDATION	WHY
<p>Vitamin C - 1,000mg 3x/day minimum increasing to bowel tolerance</p> <p>See website for "Daily Vit C &amp; Bowel Tolerance" and "We Die Without Enough C"</p>	<p>Vitamin C is a free radical scavenger, grabbing onto toxins and escorting them out of the body, reducing overall pain, arthritis and osteoporosis risks, builds strong immune systems and protects DNA. When high amounts of C are present, hydrogen peroxide is created, which recirculates glutathione and oxygenates the body while killing pathogens, bacteria, fungus, mold, "viruses" and cancer cells. High amounts of C reduces blood clotting and creates nitric oxide which dilates arteries for better blood flow, reducing the risk of heart disease.</p>
<p>Magnesium Bisglycinate or Malate</p> <p>160 - 600mg/day in divided doses especially before bed</p>	<p>Reduces muscle cramps, helps heart arrhythmias, helps keep excess calcium out of soft tissues and arteries, required for vitamin D metabolism and DNA production, aids in bowel movements, is a calming sleep aid. Magnesium deficiency results in poor memory and concentration, fibromyalgia, migraines/headaches, anxiety, depression, arthritis, osteoporosis, gallbladder and kidney stones, blocked arteries.</p>
<p>Professional Multi Vitamin containing iodine, methylcobalamin (B12) and methylfolate</p> <p>(ex. AOR Ortho Core, AOR Multi Basics, whole food vitamins)</p>	<p>Most commercial foods lack the required daily nutrients because of mass farming operations, pesticides, herbicides, storage, shipping etc. Common and less expensive brands (Centrum, One-A-Day, Swiss, Jamieson etc) are of poor quality and not absorbed well, and can be derived from compounds that are toxic to our cells. Multi's should be taken several times a day with food as the body can only absorb small amounts at each meal, and have nutrients in proper ratios avoiding imbalances (ex. too much zinc will deplete copper, magnesium and iron). Multi's are essential for our immune systems, help regulate hormones, mood, sleep, reduce symptoms of depression, fatigue, cancer, autoimmune issues etc.</p>
<p>D3K2 – 1,000-4,000+IU depending on blood tests</p>	<p>D3 is a hormone needed for effective calcium absorption into the bones and teeth, aids in preventing autoimmune issues, osteoporosis, cancer, heart disease, fibromyalgia, asthma, diabetes, lowers blood pressure etc. K2 is required to guide the D3 into bones and teeth instead of accumulating into soft tissues and arteries resulting in blocked arteries, arthritis, kidney and gall stones. Magnesium is also essential for this process.</p>
<p>Efamol 1000mg 1-3 caps with each meal = 3-9/day</p> <p>See website "We Need More Omega 6 Than 3", and "Omega 6:3 Tissue Composition"</p>	<p>This Omega 6 is a powerful anti-inflammatory, normalizes hormones/blood pressure/cholesterol/blood sugar, decreases arthritis and pain, improves memory and cognitive functions, faster recovery from illness, increases oxygen throughout the body for greater energy, reduces cancer and osteoporosis risk, keeps blood fluid and helps prevent cells from clumping together, keeps arteries and veins flexible, combats bacteria, fungus, mold, "viruses", helps hair growth.</p>
<p>Carlsons Cod Liver Oil Lightly Lemon 1g Take only 1 cap/day with a meal</p> <p>0 88395 01383 6 sku</p>	<p>This Omega 3 is an <u>unadulterated</u> fish oil with naturally occurring vitamin E and A. Powerful antioxidant, required in small amounts daily. Too much fish oil in the <u>adulterated</u>/processed forms of EPA/DHA lead to inflammation and imbalances of pure Omega 6 and 3 ratios. The body requires 11 times more omega 6 than Omega 3. In proper amounts, Omega 3 has similar benefits as Omega 6.</p>
<p><b>Apple Cider Vinegar (ACV)</b> Braggs, Filsingers, Flora Wellness Shot or ACV capsules before each meal</p> <p>OR</p> <p>Digestive Enzyme before each meal (ex Prairie Naturals Enzyme Force, Now Super Enzymes, Enzymedica Digest Gold)</p>	<p>If you have had your gallbladder removed, you will need ox bile digestive enzyme to help you process and absorb fats. As we age, our bodies may not produce enough stomach acid to break down our food resulting in gas, bloating, indigestion and malnutrition. The Covid shots, vaccines and medications can further reduce stomach acid and create an acidic environment opening the door to autoimmune illnesses. Some medications specifically reduce stomach acid, when in reality, we may need more. Apple Cider Vinegar (ACV) helps to break down foods reducing indigestion, is an anti inflammatory, helps with healthy gut bacteria and general immune defenses to restore normal PH balances in the body. A digestive enzyme is more powerful to break down foods if ACV doesn't eliminate your digestive issues. Some people may have structural issues with the esophagus allowing stomach acids to flow backwards into your esophagus causing burning/reflux.</p>
<p>Adequate Salt intake Pink Himalayan Salt is best</p> <p>See website "The Best Salt for Your Body"</p> <p>White table salt is harmful</p>	<p>Sodium chloride is a vital electrolyte required for the proper functioning of muscles, nerves, PH and fluid balances, cardio vascular health, blood pressure regulation, bone integrity, adrenal, thyroid and hormonal balances, energy production, immune system and detoxification processes. Lack of enough sodium can result in headaches, heart arrhythmias, indigestion, lack of energy, weakened immune system. You can be very generous consuming this salt as only 84% is sodium, and 16% are trace minerals.</p>

# PROTOCOL FOR REDUCING SIDE EFFECTS OF COVID SHOT

## SAME AS ABOVE, with ADDITIONAL:

RECOMMENDATION	WHY
<p>Tabacum Homeopathic</p> <p style="text-align: center;">OR</p> <p>Nicorette nicotine chewing gum (chew 4x/day for 10 min then spit out)</p>	<p>Use one of these if you have lost your sense of taste/smell/hearing and/or have neurological issues since having a Covid shot. The snake/cone shell venoms target the nicotinic acetylcholine receptors of the brain resulting in the above side effects. Nicotine in small amounts through the day helps to remove those toxins over time. 1-3 good bowel movements per day and plenty of water is necessary to eliminate the toxins out of the body, along with supplementation and proper diet. DO NOT start smoking! Cigarettes/vapes contain many artificial chemical toxins. Smoking small amounts of pure tobacco leaves are a possibility, but I have nothing to back up this theory as of yet.</p>
<p>Nattokinase and/or Serrapeptase 1 cap /day on empty stomach</p>	<p>Traditionally used to dissolve blood clots, scar tissue and to improve circulation. These enzymes can thin the blood and should not be taken while on anti-clotting medications.</p>
<p>NAC (N-acetylcysteine) 600mg 2-3x/day</p> <p style="text-align: center;">OR</p> <p>Glutathione (GSH) 500mg 2x/day</p>	<p>Covid shots deplete glutathione, your master antioxidant which is essential for our immune systems. NAC is a precursor to glutathione. If you are very ill, I suggest GSH until your health is more stable, then switch to NAC until your health is restored. NAC requires other nutrients to create GSH therefore a quality multi vitamin and vitamin C is needed. NAC is good for breaking up mucus in the lungs, reduces coughing and wheezing, as does GSH.</p>
<p>10,000-50,000mg vitamin C/day</p> <p>Liposomal (Naka, CanPrev etc) OR <u>LivOn Lypo-Spheric</u> And/OR <u>Intravenous Vitamin C</u></p>	<p>This is a free radical scavenger, grabbing onto toxins and graphene and escorting them out of the body, reducing overall inflammation, increasing immunity and protects DNA. When high amounts of C are present, hydrogen peroxide is created, which recirculates glutathione and oxygenates the body while killing pathogens, bacteria, fungus, mold, "viruses" and cancer cells. High amounts of C reduces blood clots and creates nitric oxide which dilates arteries for better blood flow. When you are ill, your C requirements increase greatly, especially if you suffer from frequent "viruses".</p>
<p>Professional Probiotic</p> <p>(ex. Genestra HMF Multi Strain's or Super Powder/caps or Forte, New Roots 12 Human Strains 42 Billion)</p>	<p>We have approx 3 pounds of healthy bacteria in our gut consisting of thousands of different strains. The Covid shots, vaccines and medications, especially antibiotics can destroy the delicate balance. Our gut is our "second brain" and is key to our emotions, thoughts, sleep/wake schedule, immune system, and if compromised can result in symptoms of ADHD, memory and mood issues, insomnia, fungal and bacterial overgrowth, parasites, digestive and bowel complaints, autoimmune diseases, frequent illnesses.</p>
<p>Additional help...research on web</p>	<p>Castor Oil liver compress for 20min every evening, Milk Thistle and/or R-ALA liver support (not ALA as it is synthetic), non-chlorinated water, turmeric/garlic/holy basil/spices, epsom salts/baking soda baths, grounding, walking/exercise, meditation, spirituality, MMS (Miracle Mineral Supplement), intermittent and extended fasting, juicing, powdered whole food shakes, sun gazing, baking soda before bed (see <a href="https://holistichealthandcancer.com">holistichealthandcancer.com</a>, "Free Info" tab for directions), Urotherapy (Dr, Edward Group, <a href="https://globalhealinginstitute.org/courses/urotherapy-the-ancient-art-of-self-healing/">https://globalhealinginstitute.org/courses/urotherapy-the-ancient-art-of-self-healing/</a>). Medications/vaccines/Covid shots alter biochemistry in the body producing food sensitivities/intolerances/allergies- eliminate one food at a time for 3-4 days then re-introduce heavily on 5 day and monitor symptoms for 3 days....do this for all foods in your diet to determine which foods are causing issues, then avoid those foods.</p>

**Disclaimer:** This does not constitute as medical advice or diagnosis. DO NOT stop taking medications unless consulting with your doctor. All recommendations are given with the intent of balancing and restoring cellular functioning to achieve optimal overall wellness, health and education.

Jan 2023