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## Diet, fasting, heat therapies, oxygen therapy

Having an anti-inflammatory diet is critical to wellness in general, and even more so when dealing with illness. Anti-inflammatory means traditional diets with no processed foods, processed fats and sugars, and eating a home-cooked diet high in colourful vegetables and fruit, with quality proteins, fats and oils. Information on this is readily available from multiple online sources. In recent times it has also become common knowledge that intermittent fasting, where the window of opportunity for eating is reduced ideally to 6-8h a day, allows the body to regenerate and repair in a way it cannot when food is consumed all day and late into the night. Nighttime is the right time for healing, so late breakfasts and early dinners help, with nothing in between. Heat therapy like saunas and hot baths with bath salts are also considered to be helpful to detox from spike protein. Another anti-inflammatory treatment is hyperbaric oxygen therapy, which has been used successfully for decades in conditions with high levels of inflammation.

### TOP 10 DETOX ITEMS

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

### TOP 10 DETOX GUIDES

- AAPS Covid Guide
- AFLD Treatments
- FLCCC iRecover Post Vaccine
- FLCCC Long Covid
- LEF respiratory/immune
- Orthomolecular Protocol
- Zelenko Protocol
- Lessenich Protocol
- Yanuck & Pizzorno Integrative
- WCH Spike Protein Full Guide

Disclaimer: As Covid-19 infections, Covid-19 vaccines, and the issue of spike protein harm are new, this guide has been informed by cutting-edge and emerging medical research and the clinical experience of international medical doctors and holistic health practitioners: it will evolve as new evidence emerges, please check regularly for updates. It is for education only: please refer to a health practitioner of your choice if you are unwell and attribute it to the virus or to a vaccine. Patent-free medicines and supplements suggested may have differing availability around the world. The further guides listed are the responsibility of the medical professionals emitting them.

# SPIKE PROTEIN DETOX SUMMARY FOR LONG COVID & COVID-19 VACCINE ILLNESS

"This summary is intended to be a guide for quick action to relieve inflammation stemming from 'spikopathy', a condition associated with too much spike protein in the body. For a much longer version examining the issues in depth, please visit [worldcouncilforhealth.org](http://worldcouncilforhealth.org)."

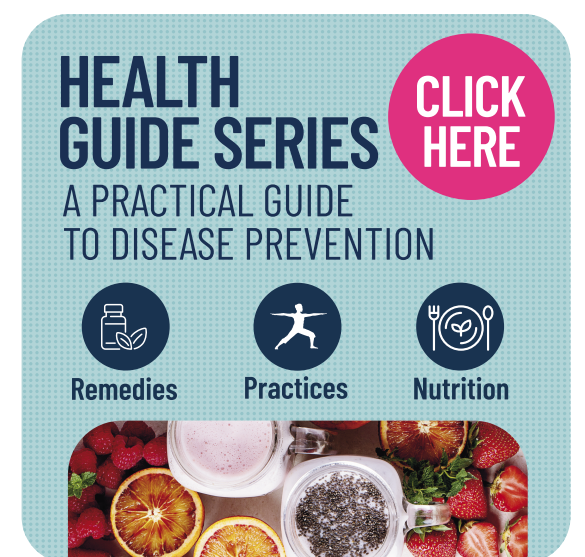
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## Introduction

Covid-19 vaccines are a new, still unproven, drug technology that aims to programme the cells in our bodies to make spike protein, which in turn is supposed to provoke an immune response to protect the body from the virus. We now know, however, that this creates a lot of inflammation and clotting throughout tissues and organs of the body due to these excess vaccine-induced proteins. Inflammation may be worse among people already unwell, or with predispositions, in children or the young and fit who have very powerful immune responses. The production of spike protein by every cell can in fact lead to one's immune system attacking our own body. A Japanese study found vaccine particles concentrating in the liver, bone marrow and ovaries.

There is also evidence suggesting the spike protein may cross the blood brain barrier. This ties in with data that suggests people are suffering from extensive blood clots, myocarditis, heart attacks, neurological dysfunction, reproductive system alterations, gastrointestinal upsets, prion disease and many other conditions.



[WorldCouncilForHealth.org/health](http://WorldCouncilForHealth.org/health)



# The four main approaches for spikopathy

There are four areas that are useful for individuals seeking to reduce inflammation and circulating spike protein in their bodies. People may use whatever combination proves to be most helpful through individual experimentation, depending on what body system seems most impacted and upon what health advice they have received from the health professional of their choice.

1. Over-the-counter or prescription medications
2. Vitamins, minerals and other professional supplements
3. Herbal remedies & teas
4. Diet, fasting, heat therapies, oxygen therapy

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## Over-the-counter or prescription medications

Based on the clinical experience from health professionals worldwide, we can share with you that the following medical interventions have shown a positive impact both on Covid-19 and Covid-19 vaccine illness. The mechanisms vary from interfering with the spike protein attaching to your ACE2 receptors, to stopping abnormal bleeding or clotting, to reducing inflammation, to interfering with viral replication mechanisms. The drugs are being used at differing stages of the illness, according to assessment by a health professional.

- Ivermectin (with zinc)
- Hydroxychloroquine (with azithromycin & zinc)
- Corticosteroids
- Antihistamines
- Aspirin
- Low Dose Naltrexone
- Other interventions, including colchicine, ozone and chlorine dioxide therapy

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## Vitamins, minerals and other professional supplements

Certain vitamins, minerals and other supplements are vital for healing from spikopathy. A quality, professional multivitamin and mineral can provide general support, but a more targeted healing approach includes items not always found in a multivitamin or in sufficient levels for healing from moderate to serious inflammation. These include high dose vitamin D and C, vitamin K2, N-acetyl cysteine (NAC), glutathione, melatonin, quercetin, emodin, black cumin seed extract, resveratrol, curcumin, magnesium, zinc, nattokinase, fish oil, zeolite, and activated charcoal.

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## Herbal remedies & teas

Herbal medicine provides a millenary cornucopia for human health. Some herbs provide shikimic acid that neutralises the spike protein and also stops blood clot formation, like pine needle tea, fennel tea, star aniseed tea, St John's wort extract and comfrey leaf. Other herbs, spices and teas have general anti-viral, anti- bacterial and anti-inflammatory effects, for instance, prunella vulgaris, turmeric, green tea, black tea, milk thistle extract, liquorice, neem, cinnamon, cardamom, nutmeg, cloves, coriander, ginger, garlic, oregano, marjoram, rosemary, thyme, savoury, frankincense, andrographis, dandelion root and leaf, propolis.

NB Pregnant and nursing women, and anyone on prescription medication should get extra advice and double-check to see if the remedy in question is suitable for them. All should seek the advice of their trusted health practitioner.