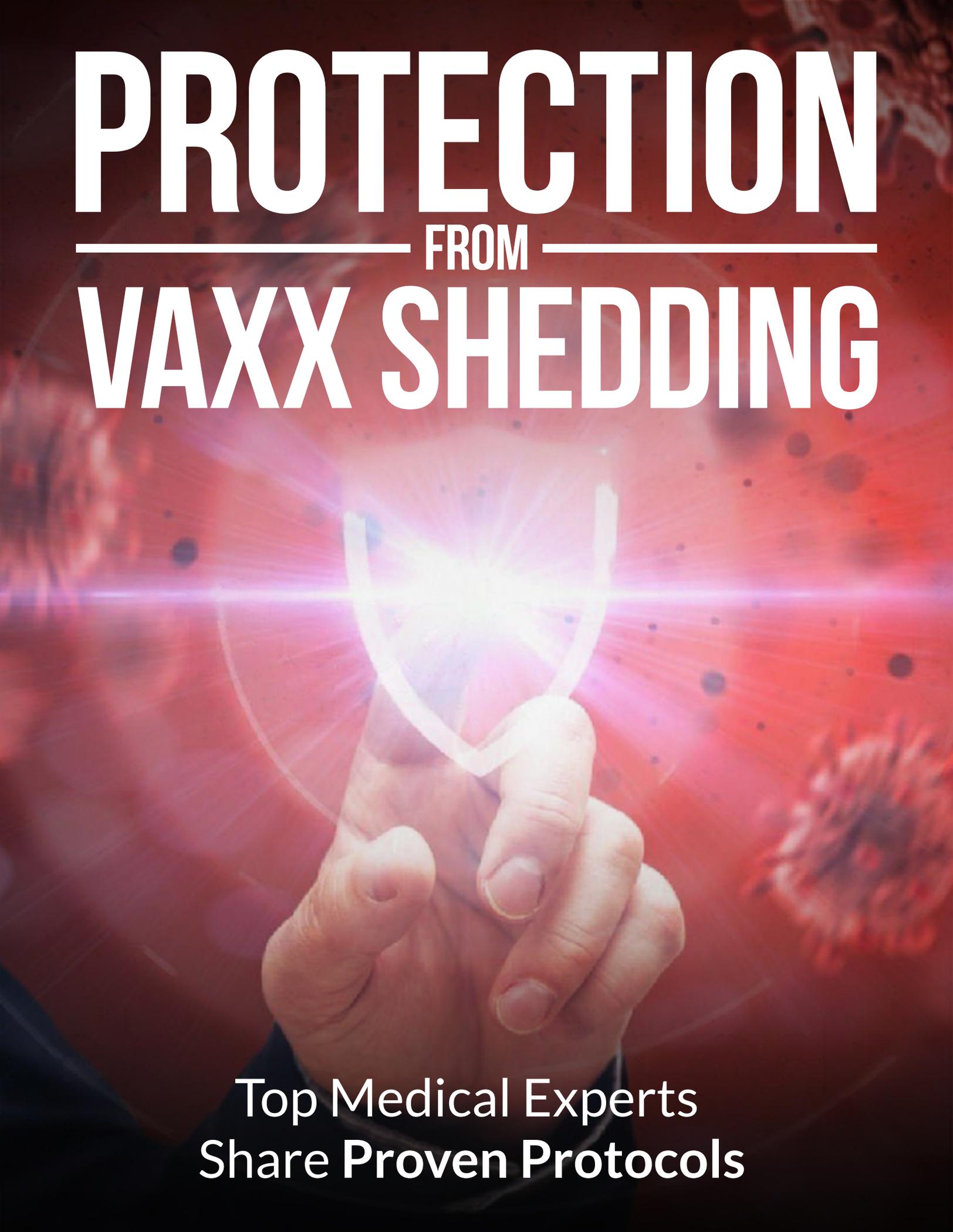


# PROTECTION

FROM

# VAXX SHEDDING

A hand holding a glowing shield against a red, virus-like background. The shield is a bright, glowing white and yellow shape, resembling a shield or a protective barrier. The background is a deep red with a textured, almost crystalline appearance, suggesting a virus or a complex biological structure. The overall tone is urgent and protective.

Top Medical Experts  
Share Proven Protocols

# Protection from Vaxx Shedding: Top Medical Experts Share Proven Protocols

<b>Protection from Vaxx Shedding: Top Medical Experts Share Proven Protocols</b>	<b>1</b>
Introduction	1
Is Vaxx Shedding Real?	2
Chris	2
What is Vaxx Shedding?	4
Dr. Mark Sherwood	4
Dr. Jack Wolfson	5
How to Protect Yourself - Expert Insight	6
Dr. Tau Braun	6
Dr. Edward Group	10
Dr. Bryan Ardis	14
Dr. Henry Ealy	15
Conclusion	18

## Introduction

Many people wonder why they feel symptoms of illness after being in contact with loved ones or friends who have been vaccinated. Even though they haven't been vaccinated themselves. Or they feel sick after going to public places where there are undoubtedly many others who have received the jab.

It feels unfair that someone who opted out of getting the COVID shot still winds up with side effects from shedding exposure. And this is the reality that many people are currently facing. The jab was designed to affect everyone, directly or indirectly.

Because so many people are dealing with symptoms, especially those who need to be in contact with a lot of people, the shedding phenomenon is leading to increased concern, and even fear.

We're seeing people change their professions, avoid public spaces, and refrain from visiting friends and family who have been vaccinated. We've spoken to many of our world-renowned experts on this topic and we're sharing everything you need to know about shedding and how to protect yourself.

They make one thing clear... The fear of being exposed to shedding of the spike protein should not lead you to alter your life and isolate yourself. This is what the global government wants. By ensuring that your immune system is optimized, shedding will not need to be a concern for you.

So what is shedding and is it real? We'll dive into these questions next. Starting with former medical myotherapist, Chris who shares her personal account of becoming ill after being exposed to vaccine shedding.

## Is Vaxx Shedding Real?

### *Chris*

About June of 2020, I was working about 19 years into my practice as a medical myotherapist. As pro athlete therapist-nutritionist, my goal was to be able to help people be able to get back on the field from IR. I worked for Applied Science Performance Institute, took me years as a tiny little five-foot-four girl to be able to break into the sports arena and actually show what I could do based on leverage and talent. To be able to show big athletes who are six foot eight and 380 were four times my size to be able to have clout in my job. So 20 years and, I finally made it. Did everything I'd always wanted to do. And in June of 2021, a year later, I was working on a regular athlete. As usual, they saw me every week and the next morning I woke up and my tongue was cracked, blistered, couldn't taste a thing, and it was swollen horrible spinal migraine.

And I had my left ankle was swollen and my left ring finger would not straighten out. 20 years of working on people have never had a result like that. You're talking tuberculosis, flu people came in for everything and they knew I'm working on you, on muscular, but for whatever reason, they still felt like I could help them even if they came in with a cold. So a little 10 by 10 room with no windows. Never got sick from any of my patients. Person walks in, not sick. The next day I wake up with symptoms. So I took PQQ, I took Ivermectin, I took several different formulations. I ate coconut oil just to find different holistic ways of being able to get rid of the symptoms I was having. Two weeks later, worked on the same client, woke up the next morning on a Tuesday, exact same symptoms, cracked tongue, blisters, swollen, couldn't talk.

And at that point, I thought it was an allergy, something that maybe he was using on his skin. And that was causing that issue out of nowhere. Two more weeks later, the third time it happened. And I'm a patterned person. I'm also not the type of person who's going to keep doing the same thing twice. So I started looking into what was in the vaccine and found out, yes, he'd been vaccinated because he had to, to keep his job. And graphene oxide was something that I was aware of, especially from flu vaccines. And I knew that typically if some of my patients had a flu vaccine, I wasn't going to work on them for a couple weeks.

So I knew that if they had a flu vaccine, I wasn't going to work on them for a couple of weeks in order to make sure that any shedding that they had going on was not going to cause issues in my body. What we found is that graphene oxide going into the body had all kinds of side effects,

but what were they going to be? My license was up for renewal in August of 2021 and I retired. 20 years, I finally got where I needed to go, what I needed to get to be able to prove myself as a little white girl in the society of very large men. And I had to let it all go. And it was my talent, it was my love. I enjoyed making people feel better, getting them out of pain, making their bodies healthy and function at the best capability, taking people who thought they had to retire and putting them back on the field as an MVP the following year. And now, you have no job, you have no career. You can't touch anyone because you don't know what's in their body making you sick.

So I wound up meeting John Michael Chambers in September of 2021. Started working in news because now it's about information. If I can't help you with your body and I can't help you with your health, I have to help you with information. About a month ago, which would've been in August of 2022, my legs went completely numb, my arms went numb while I was in Dallas at a speaking tour and I had a stabbing pain in my chest while flying.

And it felt like I had an elephant sitting on my spine. Anyone who knows anything about female heart attacks, those are typical of a female heart attack. And it worried me because I don't eat gluten, sugar, dairy, I exercise every single day. If I'm going to teach people how to be healthy, I'm going to be the symbol for that for them as well. And it scared me and I heard about some Suppressed Technology. That's an energy medicine. I went to receive it. I called and made an appointment that day. That's the beauty of being a CEO. You make things happen in an admin and within two days had this treatment and it was an ultrasound of the carotid artery brain stem and all the way down to the back of the knees. And what she found was a spike protein 1.9 millimeters long, running through my brain stem.

She said that if it gets to two millimeters wide, that's when you get an aneurysm. It's 0.9 millimeters right now. So I have five children. I do this for them. I do this for their kingdom, for their ability to be free. When she continued scanning, she found organs that were textbook, which was really fun because everything I'm doing is proving that it's working. Because if I'm not going to eat gluten, sugar or dairy, better get something out of it because my diet is no fun whatsoever.

But at least I know that it's working. And at the back end of the kneecap that's called the popliteal, you can actually see the full blood flow from the femoral artery. Found something called peripheral arterial disease. PAD, it's genetic, comes from my father. I would never have known I'd had it based off my diet and exercise. I could have lived my entire life, never having a problem with it. But now because of a graphene oxide with again, a scan through the carotid artery showing it looks like metal flakes and your blood and it's actual blocking blood flow, it's making the platelets stack like pennies where blood cannot get through to the arteries. So unfortunately, if you have a comorbidity and you've been shed on, whether you believe it happens or not, I can personally devote my life to the fact that it does happen.

I never ever got vaccinated. I have not been jabbed in 15 years with anything. I've had five kids and nobody's stuck a needle in me. That's period how it works. And somehow I've got spike proteins, graphene oxide, and I've got blocked blood that's causing the ability to take me out and I'm not doing it. So the solution to it is that John Michael Chambers and I, who is the owner and founder of American Media Periscope, are looking for underground medicine. We're looking for energy medicine, we're looking for technologies, we're looking for food and vitamins. We're working with Dr. Mark Sherwood, who's phenomenal with functional medicine and DNA. We're working with anyone we can find that's going to find a solution to eradicate the spike proteins, the graphene oxide, because the people who are choosing to be alive, the people who are choosing to stand up against tyranny also have the right to live as well.

And so does everyone else. So we find that solution, which we're working on every six weeks I'll be doing this scan. And when I do it and we see that the potions, lotions, and pills are actually working. We will be distributing that information out. So everyone, whether vaccinated or unvaccinated, shedded, or doesn't know at all, when you start noticing you're having issues and you've never had them before, you have to start thinking about who am I been with, who have been hugging, who have been touching? Because is it possible they didn't have to vaccinate everybody, they just had to vaccinate enough.

## What is Vaxx Shedding?

### *Dr. Mark Sherwood*

The whole idea of vaccine shedding is, or viral shedding, is really based upon the idea of is a person contagious or able to spread the ABC virus. And in this case, we're talking about the COVID spikes. Yeah, I suppose that would be a plausible thing and yes, people can adapt to that. For example, in our own life, and I know I don't have to say this but I will, in my own life I have not been vaccinated, and don't plan on being vaccinated. I thought it was a bad idea from the beginning and I thought and still believe that operation Warp Speed was one of the dumbest decisions we made in our nation for many, many years. Having said that, I have no concern if someone is "shedding" because I have, as noted by a blood test even last week, still over 4,800 SARS-CoV-2 anti-spike antibodies present in my blood.

So I'm not worried about it, I don't care. In other words, if somebody's shedding, I'm not afraid to give him a hug because I know that my body's going to adapt. Other people, no such luck. The immunocompromised state is causing havoc when people get the long haul, and/or long haul fatigue from COVID, and/or shedding, and/or chronically infected by the world's viral status that is, we get this mitochondrial dysfunction. And mitochondrial dysfunction is none other than the lack of energy production to sell, which can create things like fatigue, brain fog, malaise, lack of sleep, body pain and GI disturbances, et cetera.

Now, we have dealt with this scenario a lot. In our practice, we have had, as I stated earlier, we've had about 12,000 people we've dealt with COVID and nobody's died. And some of that

group has been vaccinated and we didn't tell 'em to and we did our best to inform them, but they chose anyway.

That doesn't mean that we're gonna treat them any different. We have worked diligently to reduce all of the potential contributors to problems from the spike proteins, shedding, COVID, et cetera, and those comorbidities would be things like hypertension, get high blood pressure back to those ACE receptors. Obesity, we don't want excess fat because that creates excess inflammation and we wanna make sure our hormones are in adequate supply because the Immunoglobulin G or IgG antibody is the most prevalent antibody developed within the human and its efficacy is dependent upon the presence and adequacy of hormones, especially estradiol, both in men and women. In other words, we don't have estradiol present. In other words, for a postmenopausal woman or maybe if andropausal male, we would see the IgG molecule become inflamed.

Also, we want to reduce, eliminate and resolve this idea of Type 2 diabetes, which should not exist in one single person. We need to promote good vascular health, and we've done that through sort of stabilizing and even reversing somewhat cardiovascular disease processes and even autoimmunity, which is already tragic, which is driven and initiated primarily by the chronic ingestion of the standard American Western diet, which has a high content of compounds, molecules, and chemistry that will cause leaky gut that will drive and initiate the autoimmune process.

### *Dr. Jack Wolfson*

So when someone receives a COVID shot, the mechanism of action of what they're trying to allegedly do, you know for us is to generate an immune response to the production of the spike protein. And then again, so spike protein is produced by the structures inside of the cell that makes proteins. And then again, now the immune system can sense that, and therefore now the immune system exists.

And the idea would be if Spike protein tries to be produced from COVID, well then, you know, the body would be able to combat that. Well, the problem is again, is that we've got no idea what all this overabundance of spike protein does. The immune response to that, again, we'd like to believe that, okay, well for those who got it, they were be protected. But again, what are these immune factors?

What are they doing to the rest of the body? They're generating inflammation, oxidative stress, they are attack molecules that are attacking other proteins in the body, and what's called molecular mimicry. So can these attack your thyroid? Can they attack your pancreas? Can they attack your brain? Can they attack your heart? And the answer is, we see evidence of this every single day. Now, when someone has this spike protein that's being made in abundance, I think there is a very strong concern of spike protein being shed or being released, and how that affects someone else who is not vaccinated or did not receive any COVID shot, if you will. So how does that impact that person? I'm not aware of any data necessarily that would say that

Spike protein is definitively being shed. I'm not aware of any data that says it's not being shed. So if Fauci or anybody else was right here and we would say, Well prove that it's not being shed, he would have no proof of that.

So I don't think anyone has ever, again, definitively been able to prove whether or not, And I think obviously first do no harm. So let's make sure again, that we are not around those people ideally who may be shedding spike protein, cuz we don't know. But certainly what I think is another issue is that when someone is injected with a foreign material and their body starts to produce all these different proteins and immuno-activation, we've created some kind of artificial situation. And in this artificial situation, are we changing the electromagnetic field or what would be said of the aura of that person? So for example, when we take night vision goggles, we're looking at the infrared energy coming from another living organism, and that energy field, we're able to measure that. And if we artificially inject someone with a chemical, are we changing the electromagnetic energy emanating from that person?

And can we, as another person who is able to recognize that, can we see how we don't feel well around this person? Can being around that person again, can their electromagnetic field influence our electromagnetic field in a negative way? I certainly believe so. And when that happens, could that change our immune function? Could that change the way our blood vessels function, the way that our brain functions, all the way down to a subatomic, to an atomic cellular level?

Can that change all of the almost infinite number of things that are going on in our bodies at any particular time? The answer, I believe to be true. And again, there is no evidence to the contrary. And I think that this is something that a lot of people intuitively feel when you get that gut feeling, when you get that sense, when you're around someone that you don't feel well, I think that's why I think, again, that their altered abnormal electromagnetic patterns and fields are interacting with us and our body is quickly telling us that it doesn't like it and we need to move away from that person.

## How to Protect Yourself - Expert Insight

*Dr.s Tass Braus*

So what are some of your suggestions of what I can do for preventative and treatment from blood clots due to others shedding? Alright, so shedding is a real thing. And the evidence of shedding came actually scientifically from a pretty unique source. In that the shedding, the proof of shedding came from a paper that recently came out, peer-reviewed paper, that basically showed that the vaccine was making it through, not just in terms of component parts, but in terms of entire vaccine components all the way through into breast milk for at least 4 days. And so, that would show that the vaccine in itself has the potential of vaccinating others through bodily secretions. Now, that particular paper only looked at breast milk, but breast milk is pretty good at filtering out toxins.

The body is gonna defeat as many toxins as it can, so that toxins don't get passed on from mom to child. And the fact that those actually made it through is quite startling. And so, one can make some assumptions around shedding in other bodily secretions. I'll throw a new one at it that came from a discussion I had with homeopathy practitioner. And we were talking and I said, "you know, tobacco, as a homeopathy remedy, is a very close match." And this is the link between the nicotinic receptors and tobacco and specifically, the nicotine in tobacco that would have some that would basically provide a layer of mitigation. If you understand the mechanism of action of the spike protein, you know that it can use multiple places as receptors.

Of course, everybody got obsessed with ACE receptors and looking at the pathology as it would come from, and looking at the fact that they said that the viral replication was coming from the virus inserting itself in ACE. But the so-called virus or the spike protein more importantly, can actually insert itself with very, very what's called high binding affinity into the nicotinic and specifically their acetylcholine receptors. They actually play a huge role numerous systems in the body. The most overlooked one, in my opinion, relates to HIV inserts within the spike protein, as well as generally what we call the HIV virus. And that is that the nicotinic receptors is something called an Alpha-7. And Alpha-7 is a modulator of the immune system.

So you can actually suppress the immune system, and that would eventually lead to a compromised immune system. If you suppress the immune system and switch it off, it might have some short-term benefits, but if it stays off for too long, of course then, you're creating this perfect environment where things are not getting signals to come and do the battle and keep everything in harmony. It's interesting that we use such, sort of, in medical terms, everything's always so violent. And so, there's another way to look at this, which is just homeostasis, you know, the balance between all things. And so, it's a little like pruning a garden. Or basically, if you're looking at wildlife, everything eats each other. And so, there's always this natural chain of events in a food cycle.

And so, that's really what the immune system is about. Things are eating each other, and we call it fighting it out, but I don't necessarily know that fighting is rarely the right word choice. Because sometimes things get kept in balance, not just, you know, sort of in violent or even killing kind of ways or die off. It can literally just be the environment in terms of pH. Viruses for example, for those that sort of follow the traditional understanding of viruses, they need an acidic pH. There's another way of looking at viruses which is also really interesting, and goes along with some of my other work. Viruses, by definition, the word virus comes from the word venom. So one can actually just think about the fact that you're talking about replicating toxins and that these are not living creatures in the traditional sense, but they are chains that can get into other microbes and basically take over a microbe and then make more of itself. Sort of the most primitive reproduction on the planet. That should hope to start marrying the concepts from terrain theory, and traditional virus theory.

I think that they can live very, very much within the same framework. And I think it's interesting that it should have even become an argument. I digress. I'm gonna go back to the question I answered that shedding is a real thing. To back him from a homeopathy point of view. The key to all of this is really understanding that what somebody's dealing with is a poisoning, a toxin,

venom, whatever one somebody wants to call it. Even the buildup of something like cyanide gas or hydrogen peroxide in the body. And so really, you're looking at all the systems that are detox systems, chelating systems. My favorite one, I think it's because I got really excited to learn a lot more about copper during this pandemic. Copper had purposeful reputation damage since the exodus into Egypt onwards.

And the reason for that is that when you say an expression like, "An apple a day can keep the doctor away," that's certainly true. And apples are filled with all kinds of good stuff including the pectin, which is also rarely necessary to defeat spike protein syndrome. So there's another giveaway in terms of what you can do about shedding. You can make sure that you're having pectins in your diet. Those generally come from the skins of fruit, including apple and citrus. Out of all the citrus fruits, the most interesting for me is that you can have a look at what's just taken place, which is the Jewish holiday that follows the story of Exodus. And you have the secourt. And in the secourt, you have this citrus fruit that used to be called Citron Medica, if I'm saying it correctly. You know, sort of a medical fruit.

And I think it's very interesting that it comes from a word that has a female derivative. And so, that's really interesting for me because there's a lot about this that's about sort of defeating organisms and understanding that this is basically reproduction. And so, there's also charges, sort of positive and negative. So the word citron medica in Judaism, that's known as the etrog or the esrog is very interesting because it has very, very high pectin underneath its skin. Now for those, you don't have to run off and necessarily buy an esrog, you can get that from other citrus fruits. And as people know, I've realized that this is - spike protein syndrome causes a form of diabetes very close to what some people would call insulin resistance. Insulin and resistance in itself is sort of way too specific, because insulin is not the problem, and it's not resistance that's the problem.

It's the whole cycle of being able to use glucose in the body. So interestingly enough, you can actually just use the rind of citrus fruits. And sometimes, that's actually in gel or jellies and jellos will contain pectins. And for those that don't want to necessarily stock up on and have to scrape the rind of fruit or get into the rind you can obviously now in a modern day will buy pectins as supplements. So you wanna look out for a modified citrus spectrum and be taking that regularly. Answering the further answer question around what to do about shedding, bentonite clay has become my best friend, so has activated charcoal. These are both products that would be used for decontaminants. These are both products that should be used for the kind of poisoning that SARS-CoV-2 can cause or the spike protein can cause in a vaccine.

And so these are naturally, when somebody goes to an ER, and they've got a poisoning, they would use things like activated charcoal. Activated charcoal can actually be used as a daily dose, as a helpful detox mechanism. People are familiar with things like fulvic acid and humic. Some of the other detox products. Bear in mind bentonite is used and they charge a lot of money in places like spas to detox the skin, and then it dries on the skin and then basically is rinsed off. The FDA does not advise people to take bentonite as an edible or to add a spoon full of it like I do with my Greek yogurt. I am not interested in the FDA's recommendations for myself. It's up to you whether you wanna listen to the FDA or not.

I can't tell you what to do, nor do I ever intend doing that. But for myself, I have no interest if I want to eat some clay, just like the old childhood song says, "I'm gonna just sit over here and eat my worms." If I want to eat some clay that doesn't have worms in it, that's been used for thousands of years, and the Persians were certainly famous for their use of bentonite clay as a medicinal tool. I'm gonna do just that. So I add a teaspoon of clay to my Greek yogurt and to my honey, and then I put my other supplements in it. We are still rarely talking about what to do about both shedding and if somebody had come into contact with a coronavirus, any coronavirus, as well as vaccine injury, all of this applies.

There's a complete overlap in terms of protocol. I'm gonna just mention some other supplements that I think are really useful: L-carnitine, L-methionine, the Vitamin Bs, and specifically, B3, and B12 are really useful. Some debate in the community around which Vitamin B12. I think personally, if somebody is concerned that they've got a buildup of cyanide gas, which, you know, you're like, "How do I get a buildup of cyanide gas?" It appears that the body makes a certain amount of cyanide gas and uses cyanide from foods as a natural antimicrobial. I think that might be possible that pockets of that are not chelated, and sort of there's an internal sort of gas build-up of cyanide. But I also think that another reason people could have cyanide is that some recent work I did with Dr. Bain and Dr. Ardis in looking at products like Remdesivir, is that it looks like part of those mechanisms of action is actually to create cyanide in the body. And so I think a lot of people's medicines potentially create cyanide as a mechanism. And so therefore I'd say, you want to chelate that gas, cyanide gas out of the body, and the B12s can do that, and the methylated Bs would be better than a cyanide because the name gives it away. Some of the B12s actually have a small amount of cyanide in them which is fine and not harmful, but if you are trying to chelate it, I don't see the point of putting anymore. So you'd use a methylated B12. I'm gonna move on to the next question. It says, "If the mRNA jab alters one's DNA to produce the spike protein throughout the body, and since the spike protein that the jab emits through their skin and breath can affect the unjabbed, can the admitted spike protein also alter the DNA of the unjabbed who are affected by the spike protein?"

This is a great question. I think there's another - there's a way to understand sort of how DNA changes, and that we shouldn't overreact when we hear about DNA changing. Epigenetics is an incredible science to get into, and really what it translates to is we are not a static system. A lot of things about our bodies or the things that we know about ourselves have to be static. They tend to be rigid, but that doesn't mean that they are, and that they couldn't change with some extreme set of circumstances. There's a great twin study that involves a set of twins that went off to space, and one astronaut stayed longer in space than the other one. And a huge amount of genetic material of DNA changed in one of the twins from being up in space in an extreme environment.

Our bodies react, when we look at genetics, our bodies are living systems, and so the genetic code would code for something to be different in the human body that ultimately preserves life. We often look at things in a backward way, where we think changes are always negative. I think rarely change is negative. I think that structurally things in our bodies happen to give us that one

more moment, to give us one more breath, to give us one more day, one more year. I think I live in a world where optimism defines the way a system works, optimism can be looked at as sort of a close match to, if you designed an AI system that always looked for the bit for the best outcome, the best possibility, and then spat that out as a solution.

Well, you could think about the universe as a massive, not artificial intelligence, the greatest intelligence. And that in living time, it spits out the best solution in any moment. And that this is it. It doesn't mean to say that the next moment might not be better or change. And so, it's the same thing with our DNA. Can this change DNA in their body, uh, and, and go from an, an unjaded person to, uh, from a jaded person to an unjaded person? Uh, yes, unfortunately, I think that the science is gonna show over time that that can happen. Bear in mind, that would have to be pretty extreme, but venoms are really extreme. I think that toxins have the ability to shift, uh, all poisons do. And that's why you can think about, you know, what happened with thalidomide, for example, and that that can be generational.

### *Dr. Edward Group*

Urokinase is the number one blood clotting solution ever found by allopathic medicine and ever found by natural naturopathic medicine as well. There's no enzyme that's going to be as powerful as the urokinase. Now, if you don't want to do your urotherapy, you can look into a combination of nattokinase, serrapeptase, as well as lumbrokinase. You know, a combination of those three enzymes. Or what I love to do is to just have somebody take a couple drops of DMSO every single day, which is dimethyl sulfoxide. However, if it were me, what I would do and what I would trust the most is to start on the urotherapy.

We are starting to see people that are exposed to lots of people that are traveling, especially people who travel to Europe, which are coming back with weird types, or were exposed to weird type of shedding particles over there. For some reason, a lot of people that travel to Europe in 2021 and 2022 have more symptoms than people that just stayed in their local area. Europe is being, you know, attacked really, really hard, and people have multiple, multiple injections over there. And so, you have, you know, who knows what you have breathing out with all that shedding that you're breathing in. So, I would also look at what type of supplements you're taking.

I don't know the brand of the nattokinase, I don't know the brand of the Vitamin E. Most of the Vitamin E out there is rancid. It's not really that good for you. But I would also say that the rule of thumb no matter what is to go back to the basics. Clean and heal your gut, clean and heal your liver, do multiple liver cleanses. Most likely if you're having blood clots, your liver is congested. It's not functioning properly, it needs to be cleansed.

Number three, clean all the parasites out of your body. This is for everybody. It doesn't matter what condition you have. Parasites, every single condition, whether it's a migraine, headache, nail fungus, eczema, psoriasis, rheumatoid arthritis, heart disease, diabetes, cancer, all the thousands and thousands, insomnia, mental illness, you name it. Have a parasitic component to

them. It is vital for everybody to do a 6-week parasite cleanse and to stay on a parasite cleanse one day every single week for maintenance.

What I use for parasite cleansing is I use Ivermectin and I use Paratrex. Paratrex is a souped-up Hulda Clark parasite remedy that has black walnut hull, it has wormwood, it has clove, it has diatomaceous earth, it has neem, it has a perfect synergy of really powerful therapeutic herbals. And that works extremely well in conjunction with Ivermectin. I recommend the Ivermectin paste, the durvet brand that you can get on Amazon. I don't fully trust the pill-based Ivermectin that's coming from China and coming from Mexico and everywhere else, because I don't know what kind of fillers and excipients and all that other stuff they're putting in there. Who knows? They could even be putting mRNA stuff in there. I don't know. The horse one though, from what I've researched and other people have researched is animals are very sensitive to any type of chemicals or constituents.

And so, you know, that's probably one of the cleanest sources. Is Ivermectin organic and supernatural and super clean? No. But neither is a diet coke. I mean, neither is, you know, a million things that people are consuming every single day. You know, eating out fast food, drinking diet drinks, using artificial sweeteners, using food diets, using all this other stuff. I mean, the fact of the matter is, we're probably exposed to way more poisons on a daily basis than what you're gonna get through a dose of Ivermectin. So, I mean, sometimes you just have to weigh out the benefits with the risks, and there's just almost impossible to live in a bubble and do everything 100% clean. So you just have to weigh out those risk versus benefits.

What I recommend is doing the Universal Protection Program for the first 18 days, and then going into a maintenance dose. And that doesn't mean that you cannot do other stuff with it. Like even if you have your own naturopath, your own practitioner, or you feel a gut feeling or your intuition, I always tell everybody to pay attention to your intuition and your gut feeling. What you wanna do is you wanna eventually start learning about your own body.

You wanna start learning like what feels good when you take it, what you might need today, what you might not need today. And you wanna become your own practitioner, eventually. You wanna become your own doctor. And so you can, I recommend after the 18 days, doing the program one day a week. That means taking everything one day out of the week.

But we do have some people that do it 2 days out of the week, just as a maintenance dose. And the trick is, or not really the trick, but the answer is, what feels right for you? Everybody's different. What feels right for you? And if you really start paying attention to your body and you start noticing those things, you'll notice, "I just don't really feel like taking that today. But you know what? This one feels good. I might take that one. I might not take this one today, but I might take that one today." That's what I do. Because I have like a bunch of supplements, but I usually only try to take maybe 6 supplements in the morning, and then 6 supplements in the afternoon. I change it up. I'm like, "You know what? I feel like I need this, this, this, and this in the morning. I feel like I need this, this, this, this, and this in the afternoon."

And you know the good thing about working with practitioners, naturopathic practitioners is, you can learn a lot from them, you can get your blood work done, you can do your urinalysis, you can see what you're deficient in. And then working with massage therapists and acupunctures, balancing your energy, enhancing your energy, raising your vibrational frequencies, that's what it's all about. And then, like I said, if you feel the need to, like, "Hey, I wanna take some of my extra Vitamin C or I wanna go do an ozone treatment, or I wanna do, you know, a coffee enema today," or whatever, whatever. You could add as many things as you want. Go for a walk in nature, do some grounding, do this, do that. Add as many things as you want to your protocol, that's fine. I'm just trying to simplify something that you can do with the universal that is very effective, that's been tested multiple times, and that can help you tremendously. Or, help anybody you know that may be suffering or that may be going through any adverse reactions.

A lot of people over 40, a lot of people over 50, obviously, they're suffering from degeneration in their bones. And so, let me just say this. Like if you have osteoarthritis, if your bones are degenerating, ask the question why? And the question - the answer to the why is that, we are consuming 90% of our minerals that we consume are inorganic. Because as soon as you cook food, you convert the organic minerals into inorganic minerals. The amount of inorganic synthetic minerals that the big food and agricultural companies use to fortify bread, they fortify cereals, they fortify grains, they fortify practically everything, they add synthetic nutrients into, inorganic minerals. And then you have tap water and you have bottled water, which is full of inorganic minerals.

What's happening is, it's literally turning us to stone inside. So it's not creating extra bone. It actually works the opposite. When you have inorganic minerals, it sucks the organic minerals from the bones, and you end up with osteoporosis and bone disease and really fragile bones and all kinds of joint diseases, too. So drinking distilled water, that's why I recommend drinking distilled water because it starts taking those inorganic minerals, starts bonding those inorganic minerals, and releasing them from the system. And so my recommendation, if you're suffering from any type of osteoarthritis, rheumatoid fibromyalgia, chronic fatigue, gulf war syndrome, all that stuff, start drinking only distilled water or distilled water 90% of the time. And then I would also recommend the urotherapy as well.

Because the urotherapy is gonna - it's proven, and it was even written up in the Journal of Stem Cell therapy, that urine therapy actually provides you with bone stem cells, skin stem cells, and all stem cells that you need to regenerate not only your bones and your tissues, but also your organs. And again, detoxification, detoxification, detoxification. I cannot stress enough how important it is to constantly detoxify your system. And better yet, avoid putting chemicals and toxins in your body, and avoid being in toxic situations with people that could possibly be bringing you down, that could possibly be altering your mental state.

Healing is not, it's not difficult. I mean, I get the same questions over and over. It's like, "What do I do for this? What do I do for that? What do I do for this? What do I do for that?" And it's just like, it's not confusing, it's not hard. God did not want healing and disease to be some super difficult thing and challenging thing. It is challenging and it is difficult because it's a learning experience. Do you know how many people I've had tell me that cancer was the best thing that's

ever happened to them that have survived? Because conditions, a lot of time and diseases can be there to wake you up, to make you focus on yourself.

As a matter of fact, a lot of times, that's what it is. A lot of times, it's because you're not paying attention to yourself, and it's karmic-related, and is spiritually related, and it's physically related, and it's built up emotions of pain and suffering and trauma and built up anger and resentment and jealousy and negative emotions. And so, your body has tried to give you signs and symptoms for a long time and you just haven't listened and you haven't done anything about it. So then it forces you to get a disease like cancer or some debilitating thing. Because the only way sometimes people learn is through trauma, is through pain, is through suffering. That's what we're going through right now. But it's beautiful. That's what the great awakening's all about. I've talked to many people who have conquered addictions, and they were in rehab for 20 years and spent \$400,000 going to multiple rehab centers.

Nothing worked. I'll say, "What was it that finally worked?" They said, "I had to lose everything. I lost my wife, I lost my kids, I lost all my money. I went through the most pain, the most trauma, the most suffering. And since something clicked, I finally started paying attention to myself. I finally started having gratitude, and I was thankful for the things that I had in my life. And I stopped and I've been clean for 10 years. That's what we're going through right now. If you have symptoms in your body, it's your body yelling at you and screaming at you to do something about it.

Everybody I know that has conquered a condition or conquered a disease says it was the best thing that ever happened to them. It changed their life completely. And that's how you have to look at it. You have to look at it like through the lenses of hope, through the lenses of faith, through the confidence that you can take on whatever this challenge is and conquer it and be a better person and a more educated person in the end.

Same thing, those questions about lyme. Everybody basically has lyme. Most people don't know it, but they do. But the same Universal Protection program works for lyme. It works for everything. Because lyme is just a parasite. I mean, you know, I think it's a man-made biological weapon actually. I think that it's been spread all over. Some people are more sensitive to it than other people. When the body breaks down or gets to a certain energy field, then it kicks in. It can lay dormant.

Many things can lay dormant, but it's the same thing. You know, you don't have to suffer anymore in your life. You just have to make that one decision tomorrow or today I'm going to conquer this condition that I've been suffering from and I'm going to do it through changing my habits, changing my, you know, avoiding any toxins in my external environment, avoiding toxins in my internal environment.

I'm going to cleanse my gut, cleanse my liver, cleanse all the parasites outta my body, cleanse all the chemicals and heavy metals outta my body. I'm gonna do whatever else I can do like exercise and far infrared saunas and you know, acupuncture and massage and anything else, you know, chiropractic. And I'm going to focus and put time into myself. Stop thinking that

somebody else is gonna heal you. Nobody else is gonna heal you, okay? You're gonna get information from me and you're gonna get information from other healers and you're gonna get information on solutions, but ultimately, you need to take that information and do something with it. The only person that's gonna heal you is going to be you.

## *Dr. Brya Ardi*

Remember, 10 weeks is the optimum shedding period is what, Dr. McCullough and others are stating from research. How does this shedding of protein spikes affect those who are not vaccinated? Or does it it does affect them? The whole purpose is to get the venoms from them into you or the toxins that are in you, into others. Cuz they knew not everybody would fall for it. Now here's another question.

There's a lot of people who actually are very sensitive to the shedding. If you haven't had any symptoms or scenarios being around people that are vaccinated, you probably aren't gonna have any. I've had zero effects and I'm around thousands of people shaking hands, taking pictures around people around the entire country every day, all day, every day, all day, all the time. But I take stuff to keep me healthy. Okay? And I believe that helps.

How long do you recommend using the detox package after exposure to vaccine shedding? I just think you should be doing it nonstop. They're not giving up this agenda. I think we should. I take this stuff every day. I think everyone, if, even if it was just as simple as the Doc's Viral Defense that I use there, it's got Zinc, Selenium, N-Acetyl L-Cysteine, Quercetin, and Betaine Anhydrous, I expect that's gonna protect against any shedding. I mean, I'm gonna do it everyday cuz I'm gonna be around people and expecting they're not gonna make this go away anytime soon.

Can I protect myself from shedding? So, I mentioned earlier what I do is I take supplements that are inhibitory to venom peptides, which I, Dr. Ardis am convinced from the research studies I've actually gone through and looked at for the last 50 years plus, that they are just using weaponized venom peptides.

And in order to protect yourself from venom, you have to take stuff that's inhibitory to venom, copper, and the effects of venom, copper, zinc, vitamin C, N-Acetyl L-Cysteine, selenium, glutathione, EDTA. Now I continue to say NAC and selenium, and then I say glutathione. You don't need to supplement glutathione. If you have selenium NAC and apple pectin supplemented in your body or taking that every day, your body will make glutathione from the liver on its own, which is very protective also from the side effects of shedding or getting the shots.

## *Dr. Henry Ealy*

As someone I know feels they're getting shedding symptoms, the answer to that from what we know today is yes. And let me tell you a firsthand story. I just went and hung out with some family members, a lot of family members at a party this past weekend. Most of them have gotten multiple shots. Not all of 'em, thankfully, but most of 'em got multiple shots. And I came back home feeling a little bit off, and I had to shut it down for the evening because I just didn't feel well. Fortunately, our body develops antibodies and an immune reaction to that shedding, so you don't need to worry about it. You just need to make sure you're keeping yourself very nutrient-dense, alright? You wanna make sure you're taking your mitochondrial nutrients and your vitamins. D, C, A, vitamin E, zinc - getting those, some of those from your foods, and the things you can't get from your foods, you get 'em from supplementation.

But keep your body nutrient dense. Make sure you're doing really five important things a day. Are gonna have a theme today. There's five things your body needs every day, purification. That means wake up and poop in the morning. Move your body, All right? Be hungry. That's something that's very important.

Every day. Be hungry and be hungry before you get into number four, which is nourish. And then after you nourish later in the day, you need to rest. So, again, your body needs five things every day to purify, to move, to be hungry, to nourish, to be nourished, and then to rest. You give your body those five things. You don't have to worry about what's going on in the world.

I'm gonna say 'em one more time for you. Number one, purify. That means waking. Get rid of the waste. Teach your body how to poop as soon as you wake up. The most important thing you can do. Number two is gonna be moving your body. Number three, be hungry. Number four, nourish your body. And number five, rest. You give your body those things. You don't have to worry about this stuff, all right? You know, and, and you're unmodified genetically. You don't need to worry about these things.

How do we know for sure that a spike protein can shed when it's not a virus? Uh, because we have studies that have confirmed that it's, that shedding does happen, particularly in the oral mucosa. So we have seen that. We've seen studies that have it. Um, I wish I could cite the authors and the journal that it was in.

I don't commit those to memory as the great Dr. Peter McCullough does. But I have read the studies and we have confirmation that shedding does occur. Shedding is a phenomenon that has happened since the dawn, of vaccines. So, um, it's just happening on a global scale and at a, uh, and at a level, we've never seen because of the involvement of the spike protein. Remember that the spike protein is the key that unlocks the cell so that the virus can get into the cell.

But, it also is something that can injure the body by itself. So if you come in contact with somebody that's doing some shedding, you get a little bit of, um, of that spike protein in your

body, it will and rest. How can we detox to prevent shedding and causing others to be sick? So this sounds like somebody who's gotten the shots.

Okay. We have three things that we like to do. The first thing you have to do is stop the decline. These are for people who've gotten the shots and feel like they're being genetically modified. Number one, the first thing you gotta do is stabilize the system. And that's gonna be with a lot of nutrition, okay? You gotta get the nutrients in and let the body self-correct, get into its own homeostasis. Number two is detoxify and purify.

So when you detoxify the cell, that's gonna be through cleansing. We like to use bentonite, clay, and psyllium. If you go to energetic health institute.org, we have a fantastic detoxification certification. We'd love to have you in it.

We are gonna run it again in 2023. We have our last class underway, so far, but we are working on releasing something, within the next seven days called the Art of Cellular Healing, where you will be able to kind of do it yourself. We're gonna show you how to really take care of yourselves one cell at a time, and make sure the environment that your cells live in is very strong and very healthy. When you're doing that, you are going to effectively, with the inclusion of, uh, fasting and auto phagocytosis, you give your body now a chance to DNA repair from an injury due to the shots. There are a lot of people out there that are saying that the damage that is done once a person is genetically modified, that it can't be undone. That is not true. It can be undone.

It is very arduous. It takes a lot of time, and it takes a lot of discipline on the patient's part, but it can be undone. Now, can it be undone in every single case, especially in severe cases that I'm not confident to say yes to yet? But it, if you understand DNA repair as I'm gonna be teaching it this weekend, if you understand some of the challenges in front of the cell and, and, and what it takes for a person to be healthy, it is possible. And if it's possible, the last ingredient is your faith.

The last ingredient is your willingness to do the work. So make sure that you have that willingness to do the work, and we can help get you there. We can put you in the best possible situation for it to happen if it's going to happen. I do have patients I've worked with who we feel have gotten a full recovery.

Now, in those situations, they were not severely injured. The injuries were mild to moderate. When you get into this severe injury category, it's a completely different ballgame, and expectations need to be managed as a result.

What happens at the cell level is that when you're fasting and, you're hungry, your body is gonna go into auto phagocytosis from what's happening then within the nucleus of the cell is DNA repair starts to really ramp up in that situation. So what I advocate for is you go from fasting to eating, fasting to eating, but not so much just intermittently. Like every day. I'm talking about three to five to seven days of fasting every month. And then on the days, you're not fasting, that's where you're putting the nutrients in potentially something like ivermectin in to

assist so that every month you can give your body more specific time for fasting. More specific time for DNA repair.

There are five things that the body needs every day. Purification, movement, no food. So hunger, nourishment, and rest. The body needs those five things every day. You gotta give it to it every day. When we're talking about a healing approach for people who are attempting to recover from the shots, you now have to get into another thought process with that. In addition to what you're doing every day for the body, you now have to look at this in terms of a month, at a time healing process.

And a month at a time healing process suggests that you should be doing several weeks of detoxification and then anywhere from three to five to seven days of fasting and repeat those cycles again and again and again. Giving the body enough time to liberate itself from the assault of the genetic modification, and to, in fact, engage basic excision repair and nucleotide excision repair to be able to heal the DNA.

All right? That's the key. Cuz the only way that you turn off this nasty mechanism is when the DNA heals itself. And thankfully, the body and your cells are programmed to heal the DNA, okay? So that's why they want you to take shots every couple of months so that they can continually re-injure the DNA. All you have to do is say no to that, and then put your body in the optimal situation for repairing its own DNA. I shouldn't say all you'd like that so easy. It's, it's hard, Okay? But if you're really serious about getting healthy, fasting has to be a foundational primary therapy that you're utilizing. In the last year of working with this, there's nothing else out there that's coming close to doing what, um, fasting is doing for the people where it's working. In my professional opinion.

Please define shedding, does it occur continuously forever after someone gets the jab? There is a potential for that if they've been genetically modified. Now, remember everybody that got the shot didn't get genetically modified. The people where the genetic modification really took place, or the people with methylation issues. So, if you didn't have a methylation issue, then you may not have, and you got the shots.

You may not have been genetically modified. It may not have uptaken into your DNA. Don't be afraid. Your immune system, if somebody is shedding, right, If somebody is shedding spike proteins and you are being exposed to that, just like anything else out in the, your natural environment, it's your body is going to figure out how to deal with that situation by engaging the immune system.

So don't be afraid to go out just because people may be shedding, understand that the first few times you do go out, you may feel a little off, you know, later after you've been out around some people. Make sure your nutrition is high. Give your body the five things it needs and trust that your body can handle even that crazy situation, Okay? Put faith in what God gave you as a gift. Just make sure you take care of that gift that God gave you.

## Conclusion

Vaccine shedding is something that won't go away anytime soon. While some people are still skeptical about whether it really does happen, many have reported their first-hand experience of getting sick from shedding exposure.

People also get affected by shedding differently. Some have serious symptoms and struggle to get past them while others have only mild flu-like symptoms. Some people don't feel anything at all, like Dr. Ardis shared.

The most important thing to do to protect yourself from the effects of shedding is to make sure you optimize your health. This means eating highly nutritious foods, taking the supplements that our experts have recommended in this eBook, detoxing, and taking care of your overall health by getting enough rest. Exercising regularly is also important.

The healthier you are, the less affected you are by being around those who are vaxxed. And by making sure your immune system is strong, you won't have to worry about other so-called "pandemics" or "killer viruses". God has given us everything we need inside our bodies to protect us. We just need to nurture them.

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