

Boost the Immune System - October 2021

Preventative: Vitamin C, Vitamin D, clean water, sleep, exercise, reduce stress
If cold symptoms arise, consider the options below

Home Made Quinine - <https://www.juicyandlucy.com/home-made-quinine>

- Take the rind of 3 lemons, 3 grapefruits. Try and buy organic unwaxed lemons and grapefruit but if you can't find unwaxed, clean with hot water, white vinegar and baking soda. Let them soak and perhaps give them a bit of a rub.
- Squeeze the juice out (save for later) and use the skin - the zest and the pith - the white bit next to the zest. Cover with 3 litres of water.
- Stove Top - slow gentle simmer for 2 hours (no boiling).
Slow Cooker - low for 6-12 hours.
- Let cool and add the fresh juice. Store in the refrigerator for 10-14 days. Take an inch in a small tumbler. Add honey to taste. Best taken with a zinc supplement.

Quinine works as an anti-viral because they change the pH in the cells, making them more alkaline. This alkalinity disables the ability of a virus to replicate. Second, quinine is a zinc ionophores. They help bring otherwise bio-unavailable zinc into your cells, and the zinc inhibits the ability of the virus to replicate inside your cells. Quinine needs zinc to be effective. <https://naturalhealinghealthnews.com/2021/10/23/the-benefits-of-taking-zinc-according-to-an-expert-nancy-addison/>

Fire Cider Recipe

Fire Cider has been passed down through many generations and cultures to boost the natural health processes, stimulate digestion, and raise the internal thermostat on cold days. Fire Cider has anti-inflammatory properties, and is used to support immune system functions, staving off colds, the flu, and other seasonal ailments. The mixture is considered to encourage digestion, and improve circulation as well.

It is suggested to take 1-2 tablespoons at the first sign of a cold and repeat every 4 hours until symptoms subside. You can also take a tablespoon daily in a shot, mixed with juice, or over a salad to boost immune support.

Ingredients

- 1 medium organic onion, chopped
- 10 cloves of organic garlic, crushed or chopped
- Zest and juice from 1 organic lemon
- 1/2 cup fresh grated organic ginger root (or powder)
- 1/2 cup fresh grated organic horseradish root (or powder)
- 1 Tbsp turmeric powder
- 1/4 tsp cayenne powder
- organic apple cider vinegar
- 1/4 cup of raw, local honey, or to taste

Optional Ingredients - 2 Tbsp Dried rosemary leaves, or orange zest, or cinnamon sticks, or 2 organic jalapeno peppers, chopped

Directions

1. Prepare your roots, fruits, and herbs and place them in a quart-sized glass jar. If you've never grated fresh horseradish, be prepared for a powerful sinus-opening experience!
2. Pour the apple cider vinegar in the jar until all of the ingredients are covered and the vinegar reaches the jar's top.
3. Use a piece of natural parchment paper under the lid to keep the vinegar from touching the metal, or a plastic lid if you have one. Shake well.
4. Store in a dark, cool place for a month and remember to shake daily.
5. After one month, use cheesecloth to strain out the pulp, pouring the vinegar into a clean jar. Be sure to squeeze as much of the liquidy goodness as you can from the pulp while straining.
6. Next comes the honey. Add and stir until incorporated.
7. Taste your cider and add more honey until you reach the desired sweetness.

<https://blog.mountainroseherbs.com/fire-cider>

When you feel unwell.

Ginger Tea - Chop an inch or 2 of ginger root. Add to water in a pot. Boil, then simmer for 20 minutes. Add honey. Drink hot/warm. For kids, cool and dilute with water or juice.

Provides relief to sore throat, coughing and nausea. <https://www.organicfacts.net/health-benefits/herbs-and-spices/ginger.html>

Star Anise seed - Add to chicken bone broth

Star anise contains plenty of important minerals and vitamins including Vitamins A and C as well as small amounts of B vitamins. It also contains calcium and phosphorus but in terms of its medicinal value, perhaps its most important compound is shikimic acid.

Shikimic acid is used as an ingredient in Tamiflu – the influenza medication which has also been used in the battle against swine flu.

<https://healthyfocus.org/star-anise-benefits/>

Other Resources

<https://www.meghantelpner.com/blog/10-natural-cold-and-flu-remedies-and-immune-elixir-recipe/>

<https://thegrownetwork.com/health-benefits-of-elderberry>

<https://www.davidwolfe.com/?s=immune+booster>

<https://www.youtube.com/watch?v=JU8U0bDmXks> - Rosemary Gladstar making Fire Cider

**This information is provided as encouragement to take responsibility for your health. It is not intended to be medical advice. All sources have been referenced. Please research on your own and take back the power of your health and the health of your family.*

Summary of the Spike Protein and Graphene Oxide Detoxification Protocol

Source: David Avocado Wolfe - <https://shop.davidwolfe.com/collections/spike-protein>

This is the updated Nutrition protocol to protect those who've been injected with spike protein, graphene oxide and mRNA and the same protocol is useful to protect those concerned with the spike protein and graphene oxide shedding coming off those who've been injected. We now have evidence of the latest injections containing: mRNA, spike protein, graphene oxide, SM-102, and numerous other potentially toxic substances (also: some—but not all—injections, appear to be higher in graphene oxide and some appear to be saline placebos). If you know someone who has been injected and requires help, please provide them with this Nutrition Protocol:

Shikimate Main Sources to Detox Spike Protein

- Pine Needle Tea for shikimic acid or shikimate (from green edible pine needles) There are toxic pine needles, be careful! When drinking pine needle tea, drink the oil/resin that accumulates too! Shikimate, shikimic acid and their derivatives possess: cancer fighting, antiviral, antimicrobial, anticoagulant and antithrombotic properties.
- Fennel and/or Star Anise Tea: These are also an excellent source of shikimate or shikimic acid (which is known to neutralize the spike protein)
- Schizandra Tea: Ranked in the top three of all superherbs on Earth. Schizandra berries are rich in shikimate amongst numerous extraordinary other properties.
- Vitamin D3* (10,000 IU's per day)

Hesperidin sources to help disable spike protein:

- Citrus fruit (especially blood oranges, due to their high hesperidin content — hesperidin is a chalcone like quercetin that deactivates spike protein)
- Peppermint (very high in hesperidin)

Graphene Oxide Detox:

- Kohlbiter Activated Charcoal: Take between 400-2000mg (1-5 capsules) a day with water.
- NAC: N-Acetyl Cysteine is the best precursor to glutathione in the body which has the best research for neutralizing graphene oxide. Take 900-1800 mg a day. Get it while you can. The US Federal communist government is trying to make NAC illegal unless you have a doctor's prescription.
- Zinc (30-80mg per day depending on immunological pressure)
- Vitamin D3* (10,000 IU's per day)
- Lyposomal Vitamin C (30ml, twice daily)*
- Quercetin (500-1000 mg, twice daily)*
- Iodine* (dosage depends on brand, more is not better). Iodine is a product you have to start with small dosages and build up over time.

Foods

- Carrots and Carrot Juice (rich in Shikimate)
- Dandelion Leaf (Common dandelion (*Taraxacum officinale*) efficiently blocks the interaction between ACE2 cell surface receptor and spike protein D614,
- Wheatgrass and Wheatgrass Juice (the young blades are high in shikimate)
- Legume family beans that are generally considered to be rich in shikimate.

Lee Merritt's Covid Protocol- Covid Virus General Illness Protocol

www.TheMedicalRebel.com.

Vitamin C: I like Mercola Liposomal Vitamin C. 1000 in am then I take a chewable GNC 500 mg every 1-2 hour to get 4-5 gm in a day till over acute disease then 1-2000/ day (although 4-5 gm divided throughout day probably good for life) These are my fav brands but not written in stone.

Vitamin D3 10,000/ iu day. Get level at some point to see you are over 60 ng/ dl

Zinc 30mg-50 mg a day for a month then may keep dose or decrease to 15 mg. I do 30 all the time. If recently sick and you haven't been on these doses use 50-60mg daily for acute illness then as above.

Selenium 200-220 mcg/ day

NAC. (N- Acetyl Cysteine) 600-1000 mg a day

Quercetin 500 mg 2x a day.

Unless bleeding problem, one Baby aspirin a day.

Pepcid 20 mg a day

Melatonin 6 mg under tongue or 20 mg po daily.

Consider:

DMG or Betain, 150-200 1-2 x daily

Lysine: The Recommended Daily dietary intake of lysine is 2660 milligrams for a 154-lb (70 kilogram) adult; (so in general 2-4 gm) depending on weight.

Do not take Tylenol or anything else to lower your temperature. chemically lowering fever is bad for overall disease prolongation. If you need to cool down sit in bath or put on a moist tshirt. Fever is adaptive. It helps your body fight illness. Old literature on polio and TB confirm. Tylenol dangerous to liver— especially during times you cannot eat. I never use it.

Air out the house and sit or walk outside in sunshine if you can. . If the house is dry add humidity.

Doctor websites for more information

America's Front Line Doctors - <https://americasfrontlinedoctors.org/>

Sherry Tenpenny - <https://www.drtenpenny.com/>

Joseph Mercola - <https://www.mercola.com/>

Children's Health Defense - <https://childrenshealthdefense.org/defender/>

Stand for Health Freedom Canada - <https://standforhealthfreedom.com/shf-canada/>

GreenMed Info - The Science of Natural Healing - <https://www.greenmedinfo.com/>

**This information is provided as encouragement to take responsibility for your health. It is not intended to be medical advice. All sources have been referenced. Please research on your own and take back the power of your health and the health of your family.*