

Health protocol

From Dieter and Manasi

We have put together a health protocol to protect against shedding of spike protein from vaccine and keep our immune & gut health strong. The idea is, to be so resilient that even if we come in contact with a COVID affected person, our immune system is able to neutralise it. Gut and immune health are directly connected, one can say Gut Health = Immune Health and vice versa.

Enjoy reading 😊

- Make raw onion and raw garlic a daily part of meals as both have high anti-viral, anti-parasitic properties. They help the body with fighting off and purging the spike protein and other particulates/toxins. They 'literally' burn so make sure you eat them with food and see if your stomach can handle them easily.
- Fennel Tea as protection against spike protein shedding, a great video explaining this: <https://www.bitchute.com/video/vLo4i3FVWAop/>
- Pine Needle Tea as protection against spike protein shedding. Article explaining this: https://ambassadorlove.wordpress.com/2021/05/06/pine-tea-possible-antidote-for-spike-protein-transmission/?fbclid=IwAR1_DVRRCRB4Rfdr00cErT_RURUOEPc3Zyx1DNRWnAuaPgK_ZPUidzgunSg
- Video on how to harvest the right kind of pine needles - <https://www.youtube.com/watch?v=RdTcmexTBH0>
- Steam inhalation using essential oils of tea tree, rosemary, eucalyptus, especially after you come home from a crowded place or near a vaccination centre. This practice is also beneficial when done daily as it also promotes mental clarity and memory.
- Frankincense essential oil is one of the most powerful anti-inflammatories and immune boosters. It is used in Ayurvedic medicine. It can be used internally by applying a drop inside the roof of your mouth or in steam inhalation. The quality needs to be high grade. - <https://draxe.com/essential-oils/what-is-frankincense/>
- Ayurvedic Infusion: in a glass jar of water soak these - organic lemon slices with peel, organic orange slices, cut apple, cut fresh ginger and turmeric, crushed cardamom and cumin and any of these herbs- tulsi/holy basil, lemon balm, dandelion. Close the lid and soak overnight or 8 hours during the day, when ready, strain and drink. The infusion contains powerful essential oils from lemon and orange peel which have antimicrobial properties: <https://draxe.com/essential-oils/lemon-essential-oil-uses-benefits/> Herbs and spices add various complex medicinal compounds that are beneficial for the digestive and immune system. The infusion tastes delicious.
- Golden Milk - an amazing immune tonic, I am sharing my recipe: <https://ayurveda-mandala.com/blog/golden-milk-gorgeousness-perfect-immune-tonic/>
- Reishi and Chaga Mushrooms are amazing to build a strong immune system. Besides that these mushrooms have numerous other properties. Please check out my blog and there are links to other related blogs in this article: <https://ayurveda-mandala.com/blog/reishi-the-queen-of-medicinal-mushrooms/>
- Sauerkraut and Beet Kvass are fermented foods which help strengthen the gut and immune system besides giving vitamins, antioxidants and other nutrients.
- Regular use of Miso soup and Chicken broth will not only keep your immunity strong but also heal your gut.
- Neti - Ayurvedic nasal wash with warm salt water - an excellent way to clear the nasal passage and detox.
- Homeopathic remedies: Arsenicum Album, Gelsemium and Eupatorium also known as AGE - these can be used as prophylactic and on the onset of symptoms. Best to check with a homeopath or a homeopathic pharmacy.

- 15-20 min Lymphasizing exercises such as - jumping on rebounder, brisk walking /light jog, jumping jacks - all will keep the lymph system moving and help detox the body.
- Yogic breathing such as Kapaal Bhati and Anulom-Vilom Pranayam helps to expel toxins and increase oxygen flow to lungs and brain.
- Direct sunlight on skin for 15 to 30 min regularly makes a huge difference to immune health and mental health so try to get that as much as possible.
- Below in the email there are links to information on Ivermectin, hydroxychloroquine, VitC, D and Zink that have been used successfully in preventing or reducing Covid effects
- Staying away, where possible, from going near Vaccination Centres as there is the most risk of coming in contact with shedding of spike protein from the vaccine. Taking the above measure would ensure that our immune system is capable of handling it even if we come in contact.

Sharing few more of my blogs below on how Medicinal Mushrooms, Ayurvedic herbs and spices can be used Ayurvedically and medicinally to create a robust immune system and gut health:

1. <https://ayurveda-mandala.com/blog/immunity-tonic-herbs-and-medicinal-mushrooms/>
2. <https://ayurveda-mandala.com/blog/ayurvedic-wisdom-for-a-strong-immune-system/>

This is just the tip of the iceberg what the Covid vaccine does to people:

https://circleofmamas.com/wp-content/uploads/2021/04/Frontline-Workers-Testimonies_News-Reports_VAERS-data_12APR2021-1.pdf

Here are further well sourced articles that conclude to immediately stop the roll-out of the Covid vaccines:

- <https://www.ukcolumn.org/article/banned-paper-doctors-risk-versus-benefit-assessment-of-covid-jabs>
- <https://www.lifesitenews.com/news/french-drug-assessment-center-demands-removal-of-all-four-widely-used-covid-vaccines>

The issue of **spike protein shedding** is real as reported here:

- <https://ambassadorlove.wordpress.com/2021/04/28/world-doctors-warning-stay-away-from-the-vaxxed/>
- <https://www.lifesitenews.com/news/covid-vaccines-must-be-halted-immediately-renowned-toxicologist-tells-cdc>

We have researched information on how to **protect one-self from the spike protein**. There are actually a couple of natural remedies against the effects of spike protein shedding by the vaccinated. This off-course helps also against Covid virus itself.

- <https://rumble.com/vay2vx-dr.-mccullough-explains-treatment-protocol.html>
- <https://healthimpactnews.com/2021/covid-19-vaccine-bioweapons-update-on-spike-proteins-being-transmitted-from-vaxxed-to-unvaxxed-people/>
- <https://ambassadorlove.wordpress.com/2021/05/06/pine-tea-possible-antidote-for-spike-protein-transmission/>

Ivermectin is the most successful preventative and treatment against Covid-19 disease and spike protein:

<https://c19ivermectin.com/>
<https://www.youtube.com/watch?v=vYF8bnmdQfY>

This and other treatments like Hydroxychloroquin, with Zink, Vitamin D and C were showing early on high success rates in preventing or reducing Covid effects:

- <https://swprs.org/on-the-treatment-of-covid-19/>
- <https://rumble.com/vay2vx-dr.-mccullough-explains-treatment-protocol.html>
- <https://www.youtube.com/watch?v=jjYKx-wqxJk>
- <https://aapsonline.org/covidpatientguide/>

These were used successfully in countries like India from the onset of the pandemic but ignored, vilified and outright banned for treatment in most First World countries. So that we are forced to wait for a vaccine as the sole solution to get back to normal. Yet the alternatives and already available treatments would have saved 100 of thousands of lives.

In case you didn't know India's surge in cases started after the vaccine roll-out (<https://www.conservativewoman.co.uk/is-indias-covid-death-spike-related-to-vaccination/>).

Hope our sharing adds value to your well-being. Please keep sharing far and wide as more and more people need to know about this knowledge. 😊🙏