

DETOXING FROM SPIKE PROTEIN & OTHER TOXINS – January, 2026
The MUST TAKE / MUST DO List!!!

NOTE: Since I first published this list, there has been additional - significant - research done; this has led to vital discoveries. As a result, this is the “**MUST TAKE**” and “**MUST DO**” List – if a person is going to **clear Spike Protein** from the body, **dissolve the Fibrin-Amyloid Clots** that are in every mRNA “jabbed” person, **reduce the cancer risk of SV-40** that was placed in the vials, **protect your Heart**, etc. These are what you “**MUST TAKE**” and what you “**MUST DO!**” This is the **FOUNDATION**. Again, it is the “**MUST TAKE**” & “**MUST DO**” List.

NOTE: This website (realworldbibletruths.com) has a new page that will enable individuals to identify the best course of action based on specific symptoms, severity, and disease.

[Updated Help for 2025-2026 - COVID Jab Recovery & More](#)

I realize that processing all the information can be overwhelming. **So, I DID ALL THE SHOPPING FOR YOU!**

COST: If you take the 12 items I am recommending – at the recommended dosage – **AND** buy greater quantities (so you save on the price & on shipping) – while shopping for “sales” - the monthly cost can be **below \$120 per month**. If you buy the more expensive brands – and do not use the cost saving measures noted - the monthly cost may be **as high as \$240 per month**.

MUST TAKE List: 12 that are ABSOLUTELY CRITICAL

#1 NATTOKINASE

12,000 FU DAILY (3 Capsules DAILY - 1 Capsule x Morning, Noon, & Night)

NATTOVENA from **ARTHUR ANDREWS MEDICAL** (*Only Buy This Brand!*)

[Nattovena - 4,000 FU Nattokinase](#)

NOTE: This has 4,000 FU of the “Active Ingredient” - PER CAPSULE.
30 doses (90 CAPSULES @ 4,000 FU) are \$30. This equates to **\$30 PER MONTH**.

#2 IVERMECTIN

0.2-0.4 mg/kg DAILY (BASED ON BODY WEIGHT) If Unsure, take **12 mg DAILY**

Many States now have IVERMECTIN as an “OVER-THE-COUNTER” item. But there are alternative sources. **I AM HAPPY TO HELP YOU IDENTIFY A SOURCE!**

As a general baseline, 12 mg daily is a good start. Because I have battled cancer, I take 24 mg daily. The official dosage is based on weight. (I am happy to help you do the conversion).

NOTE: One source has 12mg of the “Active Ingredient” - PER CAPSULE.
100 doses @ 12mg are \$100. This equates to **\$33.33 PER MONTH**.

#3 NAC - AUGMENTED

600 mg DAILY (3 Capsules DAILY - 1 Capsule x Morning, Noon, & Night)

AUGMENTED NAC from **Medhelp RX** (in Alabama) (*Only Buy This Brand!*)

[Birmingham Independent Pharmacy | Highway 280 - MedHelp](#)

Call (205) 547-3900

NOTE: This has 200mg of the “Active Ingredient” - PER CAPSULE.

30 doses (90 CAPSULES @ 200mg) is \$70. This equates to **\$70 PER MONTH.**

This is the most expensive supplement – but this brand of NAC – is the only one proven to breakdown & remove SPIKE PROTEIN in the blood!

Special NOTE: Here is the main website that explains the difference between “AUGMENTED” NAC and regular NAC. It also provides other sellers.

[Augmented NAC – Quantum-Enhanced Spike Detox](#)

#4 OMEGA-3 FISH OIL

1,000 mg (1 Capsule DAILY – in the Morning)

OMEGA-3 2100 / OCEAN BLUE from **Medhelp RX** (in Alabama)

[Birmingham Independent Pharmacy | Highway 280 - MedHelp](#)

Call (205) 547-3900

NOTE: This has 1,050 mg of the “Active Ingredient” - PER CAPSULE.

60 doses (60 CAPSULES @ 1,050 mg) are \$28. This equates to **\$14 PER MONTH.**

#5 VITAMIN D3

10,000 IU DAILY (1 Capsule DAILY – in the Morning)

THORNE from **THORNE**

[Vitamin D-10,000 & Reviews | Thorne](#)

NOTE: This has 10,000 IU of the “Active Ingredient” - PER CAPSULE.

60 doses (60 CAPSULES @ 10,000 mg) are \$25. This equates to **\$12.50 PER MONTH.**

#6 VITAMIN C

1,000 mg DAILY (1 Capsule DAILY – in the Morning)

THORNE from **THORNE**

[Vitamin C 1,000 mg \(formerly Ascorbic Acid\) & Reviews | Thorne](#)

NOTE: This has 1,000 mg of the “Active Ingredient” - PER CAPSULE.

60 doses (60 CAPSULES @ 1,000 mg) are \$18. This equates to **\$9 PER MONTH.**

#7 ZINC

50mg DAILY (1 Capsule DAILY In the Morning)

DOCTOR'S BEST from **iHERB**

[Doctor's Best, High Absorption Zinc Bisglycinate, 50 mg, 90 Veggie Caps](#)

NOTE: This has 50mg of the "Active Ingredient" - PER CAPSULE
90 doses (90 CAPSULES @ 50 mg) are \$10. This equates to **\$3.33 PER MONTH.**

#8 TUMERIC/CURCUMIN

500 mg DAILY (1 Capsule DAILY In the Morning)

TUMERIC CURCUMIN from **LUMA NUTRITION**

[Turmeric Curcumin - LUMA NUTRITION](#)

NOTE: This has 600 mg of the "Active Ingredient" - PER CAPSULE.
90 doses (90 CAPSULES @ 600 mg) are \$23. This equates to **\$7.60 PER MONTH.**

#9 BROMELAIN

500mg DAILY (1 Capsule DAILY In the Morning)

DOCTOR'S BEST from **iHERB**

[Doctor's Best, High Potency Bromelain, 500 mg, 90 Veggie Caps](#)

NOTE: This has 500mg of the "Active Ingredient" - PER CAPSULE
90 doses (90 CAPSULES @ 500 mg) are \$28. This equates to **\$9.3 PER MONTH.**

Special NOTE: If you are taking QUERCETIN that contains BROMELAIN, you will not have to buy this separately! (It would still be good to buy this and use it once Daily – but this is not critical!)

#10 QUERCETIN

500mg DAILY (2 Capsules x Morning & Night)

DOCTOR'S BEST QUERCETIN + Bromelain from **iHERB**

[Doctor's Best, Quercetin Bromelain, 180 Veggie Capsules](#)

NOTE: This has 250mg of the "Active Ingredient" - PER CAPSULE
(BONUS – also has 125mg of BROMELAIN PER CAPSULE!)
90 doses (180 CAPSULES @ 250 mg) are \$29. This equates to **\$9.60 PER MONTH.**

#11 RESVERATROL

600 mg DAILY (1 Capsule DAILY In the Morning)

DOCTOR'S BEST Trans-Resveratrol from **iHERB**

[Doctor's Best, Trans-Resveratrol 600, 600 mg, 60 Veggie Caps](#)

NOTE: This has 600 mg of the “Active Ingredient” - PER CAPSULE
60 doses (60 CAPSULES @ 600 mg) are \$40. This equates to **\$20 PER MONTH.**

#12 MELATONIN

5 mg slow release/extended release (1 Capsule Prior to Bedtime)

THORNE Melaton-5 from **THORNE**
[Melaton-5™ & Reviews | Thorne](#)

NOTE: This has 5mg of the “Active Ingredient” - PER CAPSULE
60 doses @ 5mg are \$20. This equates to **\$10 PER MONTH.**

SPECIAL NOTE: Some of the best brands are **PURE ENCAPSULATIONS - THORNE - ARTHUR ANDREWS MEDICAL - DOCTOR’S BEST** - and - **LUMA NUTRITION.**

SPECIAL NOTE: Some of the best supplement brands are **PURE ENCAPSULATIONS - THORNE - ARTHUR ANDREWS MEDICAL - DOCTOR’S BEST** - and - **LUMA NUTRITION.**

MUST DO List: 2 that are ABSOLUTELY CRITICAL

1. AUTOPHAGY (Intermittent or Prolonged Fasting)

SPIKE PROTEIN is the source of a great deal of harm, damage, disease, and more. If a person has received an mRNA “vaccine” (it is actually “gene therapy” – it never worked as a vaccine), the body has become a factory for producing increasing amounts of **SPIKE**. One **MUST REMOVE SPIKE** from both **CELLS** and the **BLOOD**.

AUTOPHAGY (which is Intermittent Fasting or Prolonged Fasting) is the only sure way of removing **SPIKE PROTEIN** from your **CELLS!** **AUGMENTED NAC** is extremely effective for removing **SPIKE PROTEIN** from your **BLOOD**, but only **AUTOPHAGY** has been proven to remove it from **CELLS**. [Realworldbibletruths.com](#) contains a single document, with 3 videos made by Dr. Sten Ekberg, that makes it easy to understand Autophagy; it makes it easy to start practicing **AUTOPHAGY**. God has given our bodies a natural cleaning and detoxification process that eliminates damaged, misfolded, and toxic proteins – as well as cancer and much more. While one is **FASTING**, the body literally consumes the “bad stuff” for energy!

AUTOPHAGY also boosts the entire immune system, causes the body to ramp up the production of human growth hormone, and more.

2. STOP ALL INTAKE OF SUGAR

SUGAR is the number one food that feeds inflammation, feeds cancer cells, and feeds everything bad taking place in the body.

EXTRA: REALLY GOOD TO TAKE – IF YOU CAN AFFORD THEM

A. MAGNESIUM GLYCINATE

200 mg DAILY

MAGNESIUM GLYCINATE from THORNE

[Magnesium Glycinate & Reviews | Thorne](#)

NOTE: These are 120mg of the “Active Ingredient” - PER CAPSULE
90 @ 120mg (45 doses of 240mg) is \$25. This equates to **\$16.50 PER MONTH.**

Special NOTE: ONLY take GLYCINATE! (Body absorption is off the charts!)

B. CHILDREN’S ASPIRIN

81 mg DAILY (1 CAPSULE – DAILY In the Morning)

ANY BRAND – BAYER “LOW DOSE” is okay.

NOTE: These are 81 mg of the “Active Ingredient” - PER TABLET
300 doses @ 81 mg is \$15. This equates to **\$1.5 PER MONTH.**

C. OTHER

Depending on your situation, there are many supplements (and one medication) that are extremely valuable. This list includes HYDROXYCHLOROQUINE, GLUTATHIONE, RUTIN, MILK THISTLE EXTRACT, and many others.

The WORLD COUNCIL FOR HEALTH is a great resource, when trying to understand why each supplement or medication is valuable.

[Spike Protein Detox Guide - World Council for Health](#)

DISCLAIMER: *I am not a medical professional and this is not medical advice. It is information that I have compiled from the latest peer reviewed studies, from World Council For Health, from Independent Medical Alliance, from a variety of physicians, wellness sites, etc.*