

DETOXING FROM SPIKE PROTEIN & OTHER TOXINS **Made Easy**

NOTE: This is the minimum regiment – Made Easy!

NOTE: Most items can be purchased on Amazon or numerous other places. There are a couple of items that are not over-the-counter. But I can direct you to doctors who are prescribing these.

DISCLAIMER: I am not a medical professional and this is not medical advice. It is information that I have compiled from a variety of physicians, wellness sites, etc.

VITAMIN C - 1,000mg DAILY

VITAMIN D or D3 - 2,000 IU - 10,000 IU DAILY

ZINC - 50mg DAILY

ASPIRIN - 81mg (Children's or "Low Dosage" Aspirin) DAILY

NAC - 900mg DAILY

NATTOKINASE - 2,000 FU/100mg DAILY (WITHOUT FOOD)

TUMERIC/CURCUMIN - 500mg TWICE DAILY (if possible, or at the very least – DAILY)

RESVERATROL EXTRA - 200mg – 500mg DAILY

RUTIN - 500mg DAILY

GLYCINE - 1,000mg DAILY

BROMELAIN - 500mg DAILY (WITHOUT FOOD)

MELATONIN - 2-6mg DAILY (ONLY TAKE AT NIGHT – IT WILL HELP YOU SLEEP)

HYDROXYCHLOROQUINE - 200mg – 400mg DAILY

IVERMECTIN - 0.2-0.4mg/kg DAILY or 3 TIMES PER WEEK (BASED ON BODY WEIGHT)

SPECIAL NOTE: If you are serious about detoxifying your body, it is important to cut out all types of sugar.