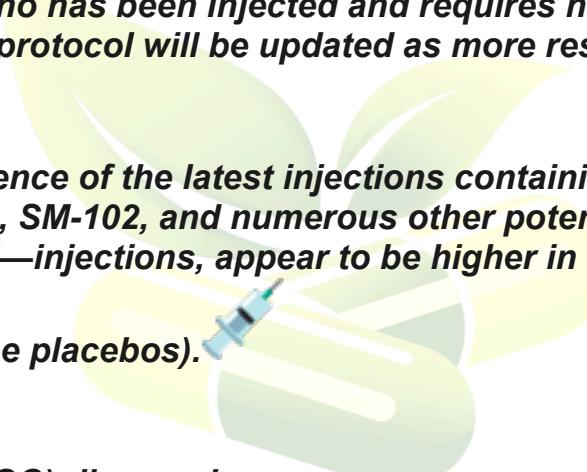




This nutrition protocol is a compilation shared by experts, including Dr David Wolfe, Dr Judy Mikovits and others.

This protocol is to protect those who've been injected with the quackcine(s) and the same protocol is useful to protect those concerned with the spike protein shedding and graphene oxide shedding coming off those who've been injected. It would also benefit those with coVid symptoms or if already affected with coVid. So if you know someone who has been injected and requires help, please provide them with this protocol. This protocol will be updated as more research is done on other products.


 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).



Graphene Oxide (GO) discoveries:

- GO fibres are in plastic masks.
- GO fibres are on PCR test swabs.
- GO is in all Covid-19 vaccines.
- GO creates thrombosis.
- GO causes blood clots.
- GO disrupts the immune system.
- GO can trigger a cytokine storm.
- GO toxicity can instigate pneumonia.
- GO creates a metallic taste in the mouth.
- GO causes inflammation of the mucous membranes.
- GO produces a loss in the sense of taste and smell.
- GO is magnetic (especially at the injection site.)
- GO blocks detoxification in the body by blocking glutathione.
- GO may be activated by 5G frequencies.
- GO was already included as an adjuvant in the flu shots in 2019.
- GO passes thru the blood-brain barrier.

So graphene oxide can act as a solo trigger for most COVID symptoms. This is not a VIRUS or spike protein, but a chemical warfare agent. 



Damn-nation state (manufactured stickies)



The spike proteins are artificial sticky proteins (prions) and as such can cause all the same problems, but they are produced far more rapidly by our own body. They are not vaccinations. They will not protect you.

How can any sane scientist not understand the danger of such an intervention in the human system? There is no credible defense.

For those who have been jabbed and wish to reverse it, you have 8 or 9 months before some of the damage is permanent. That is, of course, if the clotting doesn't get you first.

Below are the frequencies of spike proteins for each of the four main Jabs and recommended natural remedies. A star anise/peppermint tea combo will gradually negate the Four main, Astra Zeneca, Pfizer, J & J and Moderna proteins. Shedding victims who are less likely to know which protein, should drink this tea.



Essential oils should be applied, one drop, on the wrist and spread with the other wrist, for at least two consecutive days. Topical application only, never internal.



Astra Zeneca, ————— 1,630Hz, Sage oil

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Pfizer, ————— 2,743Hz, Myrrh oil

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Moderna, ————— 1,834Hz, Laurel, Vetiver, Frankincense, Ravensara



Johnson & Johnson, — 3,332Hz, Laurel, Niaouli, Ravensara

One or two cups per day of most herbal teas (not Moringa) will in seven days

eliminate Astra Zeneca proteins. (John Millward)





Dr.Judy Mikovits: There's an antidote.

Because these people wouldn't be injecting people unless they knew the answer. SURAMIN [S-U-R-A-M-I-N]. This is the most important antidote. It's 100-year-old essential medicine, WHO (World Health Organization) essential medicine for African Sleeping Sickness. You can inoculate the tiniest amount of Suramin, and reverse Autism.

The antidote is called Suramin. Suramin is found in many forests around the world in Pine needles. Suramin is an extract of Pine needle oil. It comes in a synthetic pharmaceutical concentrate which can be injected into your body in case of emergencies or you can simply extract Pine oil through distillation.

Even better, you can ingest Suramin simply by drinking Pine needle tea. Suramin has inhibitory effects against components of coagulation (clotting) cascade and against the inappropriate replication and modification of RNA and DNA.



Antidote for the Covid 19 Va((ine



Pine Needle Tea



You will need 5 grams of fresh or dried pine needles to make one cup of pine needle tea. Do not throw away the used pine needles after making one cup. You can make a second cup from the remains of the first cup you made.

- **If you are scheduled to be vaccinated, then start taking the tea a week prior (3 cups a day minimum) and continue for a year or longer after getting the vaccine. We suggest you make it a lifestyle if possible, as we do not know how long the effects of the va((ine will be and also due to the extra benefits that come with this tea.**
- **If you've already taken the va((ine we suggest that you start the pine needle tea regimen right away, a minimum of 3 cups a day for a year minimum, and if possible make it a lifestyle regimen as we do not know how long the effects of the vaccine will be.**
- **Pine needles and Pine tea are a superfood and super antioxidant when used in moderation. It's safe for everyone and will give a great boost to your immunity, lift your mood and increase your energy. Pine needle tea becomes a potent medicine when used to excess. We are being hit with bioweapons and as a countermeasure, you might as well double your intake from 3 to 6 cups per day. If you have a strong detox reaction in general, please reduce your intake.**
- **As a precaution, the first time you consume this tea, drink half the cup first and wait for an hour to see if you have any allergy issues. If you do not develop any allergies, then it should be safe for consumption.**



Important: We suggest pregnant women to not take pine needle tea. (Dr Judy Mikovits)



#IVERMECTIN might work against COVID-19, but I have found something far better.

#CDS or #ClO2 has NO SIDE-EFFECTS targets the ACID in the body - and as Bacteria, Fungi and Viruses are more acid than the rest of the body (the other cells) it will first go after these!

- The good thing is it also works against HIV, AIDS, Cancer and about 600 other ILLNESSES !

The name under which the former product was known was #MMS, but however #CDS / #ClO2 was carefully researched for over 13 years by Andreas Kalcker - a German Biochemist - after somebody told him to use it for his arthritis. He had it so bad he could hardly hold a pen. He tested the CDS/ClO2 in Bolivia on a large scale last year with great effects against COVID-19 and had a 100% recovery rate with a

cure in about 4 days.



Special Note: Ivermectin is showing great promise against hydrogels containing graphene oxide and found on PCR test swabs, but it is a pharmaceutical, so I do not include it. Ivermectin blocks spike proteins from attaching to the cell membrane. (Alternative is Neem Capsules or Oil.)



Switch off WiFi and all electronics when not in use especially at bedtime. You'll also need to keep your distance from wireless technology, smart devices, and EMF in general especially by the end of this month when they intend to launch all the Starlink satellites and 5G at its full capacity. I would consider protecting yourself with a scalar device now and going hardwired, ditch the cell phone since these can all be activators of this technology. Lastly, you might want to consider structured water, spay zeolites, Red Pine Needle Oil, Fulvic Acid, NAC, and anything else that

increases your glutathione levels naturally.



This is the Nutrition Protocol to Prevent Damage from Spike Protein and Derivatives due to Injection and to Protect from Spike Protein Shedding as well as to Deactivate Graphene Oxide (Urgent for all who were injected with the "Covid vaccine")



* **Hijaamah / Cupping Therapy* :**

NB: I treat ladies and children ONLY

Cupping to be done immediately upon taking the mRNA. Fasten a piece of cloth or tourniquet above and below the site. Now, do cupping on the site itself, as well on the neck, chest, heart, liver and kidney points. Thereafter do another session after 2 weeks to Prevent binding of spike protein. Daily Ruqyah with Verses from Quran and Sunnah. This is in addition to reciting at least one juz of Quran LOUDLY daily. Also, do prolonged sajdah in your nafl Salaat so as to be grounded. (MI Khalid Dhorat)

◆ **Calcium Bentonite Clay + Zeolite * : - This is the ultimate prevention. Taken at bedtime or twice daily for chronic skin conditions. Detoxifies - Its strong negatively charged ions (anions) pull, hold and capture positively charged ions (cations), which are found in toxins, viruses, mold, yeast, heavy metals and radiation. This is made possible by its tremendous absorption ability.**

◆ **BLACK SEED Capsules * / Black Cumin 2 caps in the morning as PROPHYLAXIS / PREVENTION (must be 100% pure preferably from Aafiyah Healthcare) OR (2 tablespoons Black Seed Oil) 100% pure and either Turkish or Egyptian quality. Nigellidine binds and BLOCKS THE SPIKE PROTEIN SO IT CANNOT PENETRATE INTO BODY CELLS**

◆ **Zinc* (30-80mg per day depending on immunological pressure) Zinc enables the body to make proteins and DNA, contributes to wound healing, and plays a role in childhood growth and development. It also has antioxidant properties and plays an important role in cell-mediated immune function and modulates mRNA levels of cytokines.**

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◆ **Green Banana * Capsules or veggie juices for potassium. Potassium and magnesium are two of the most important minerals required by the human body, and it's important that you're taking in enough of both to maintain the hundreds of bodily functions that require the two minerals. The importance of potassium is highly underestimated. This mineral is classified as an electrolyte because it's highly reactive in water.**

◆ **Vitamin D3* 5000IU to 10 000IU daily**

◆ **Vitamin C *(Sodium Ascorbate) 3000mg thrice daily or Lypospheric Vitamin C (30ml, twice daily)* To prepare your body to cope and handle allergies and inflammations, your Adrenal Glands need to be strong so it can produce enough natural Steroids to handle inflammations. High doses of Vitamin C can act as an anti histamine to reduce the adverse effects of allergies. Available in 90s capsules and 500g tubs.**

◆ **Quercetin or Hydroxychloroquine (HCQ):** Quercetin works like HCQ. One of its mechanism of action is that it blocks the 'virus' (with spikes around it) from attaching. These two supplements will help with spike protein damage and apply to most organs of the body but not all.

Dosage: (500-1000 mg, twice daily)

Quercetin, a flavonoid with multiple proven health benefits to both man and animals, displays a plethora of biological activities. Quercetin-treated neutrophils exhibited a remarkable suppression in mRNA expression of various proinflammatory genes. One of the lesser-known and recently discovered roles of quercetin, is modulation of microRNA (miRNA) expression, which plays a vital role in health and disease.

◆ **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. Because your body does not produce iodine, it needs to be supplied in the diet. Iodine can also be used to detoxify toxic compounds and strongly increases the mRNA decay rate.

◆ **PQQ** (20-40 mg per day) PQQ is actually the only nutrient on earth known to be capable of generating new mitochondria.

PQQ is contained in fruits and vegetables and in human breast milk and is a plant growth factor and bacterial cofactor. Studies have shown that PQQ disodium salt (BioPQQ™) has positive effects on cognitive function and may have a protective effect on UVA irradiation-induced aging. Eating plenty of PQQ-rich foods, such as spinach, parsley, carrots, oranges, tomatoes, bananas, dark chocolate, and green tea, is likely enough to get adequate amounts and

◆ **CoQ10*** - Coenzyme Q10 functions as an antioxidant just like PQQ. It is directly involved with the mitochondria making energy. CoQ10 acts like a spark-plug inside the mitochondria that engages the aerobic respiration process to make ATP/energy.

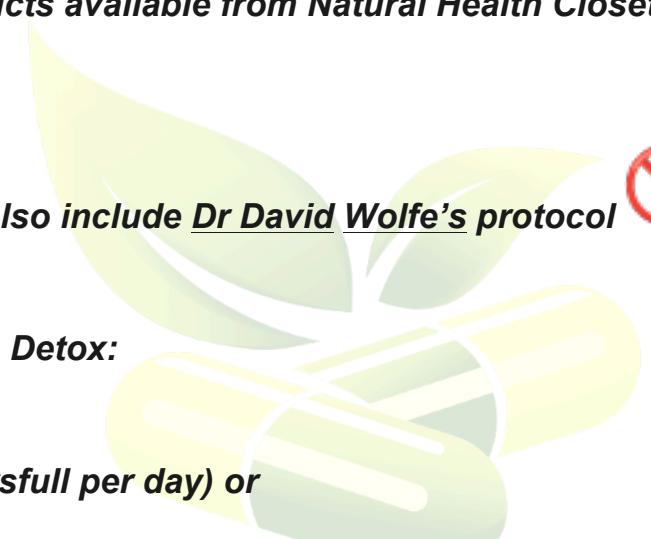
◆ **Magnesium Malate supplement for chest tightness* OR Magnesium Oil Spray*.** Required for over 300 functions in the body - Vital for health but is easily depleted during times of high stress and modern living. Low magnesium levels can lead to fatigue, anxiety, muscular tension and cramps, poor sleep, and cardiovascular dysfunction. Low blood serum levels of magnesium are usually first indicated with either muscular cramps or spasms or an eyelid twitch. Increased levels of magnesium are required during stress and for those who exercise frequently such as athletes because it is involved in muscle contraction and relaxation.

◆ **Epsom Salt Bath:** The sulfates in Epsom salt help flush toxins and heavy metals from the cells, easing muscle pain and helping the body to eliminate harmful substances. Your skin is a highly porous membrane and adding the right minerals to your bathwater triggers a process called reverse osmosis, which actually pulls salt out of your body, and harmful toxins along with it. For a detoxifying bath, at least once weekly add two cups of Epsom Salt to the water in a bathtub and soak for 10 minutes.

- ◆ **Vida Life * (Taib Uvid) from Aafiyah Healthcare.**
Vida life is based on the study by successful treatment for Covid-19 from a Taibah University medical research team, in Madinah, Saudi Arabia. The research team (of 11 which includes an immunologist, Dr Ahmed Okashah, microbiologists, cardiologists, surgeons and other specialists) was led by Dr. Salah Mohamed El Sayed. They have referenced a research paper that shows how black seeds and chamomile can completely stop the growth of coronaviruses.
Dosage 2 - 3 capsules daily as a preventative dose from coVid.
- ◆ *** Steam Inhalation: Add 1 scoop Vida Life powder with 10 drops clove oil to a bowl of boiled water and carefully inhale the steam for 15 mins 5x a day if coVid positive.**
- ◆ *** Nebulizing Kit from “Healthaholics “ consists of 3 non-steroidal meds. Very effective for chest tightness and lung health. Invest in a good quality nebulizer and get the Nebulizing Trio. BREATHE EASY Kit Contains the treatment only, not the machine. Safe for babies and pregnant women. Safe for all ages. This At-Home Treatment* Can Knock Out Any Virus—including the Coronavirus.**
- ◆ **Your immune system can be strengthened with Omega 3 essential fatty acids * (3000mg) daily and**
- ◆ **A good multivitamin and mineral with at least 25mg METHYLATED B complex vitamin.**
- ◆ **Probiotics * Probiotics supplementation could reduce the severity of COVID-19 morbidity and mortality. Probiotics can inhibit cytokine storm by simultaneously boosting the innate immunity and evading the exaggeration of adaptive immunity, which is challenged to respond quickly to the viral onslaught. Probiotics-induced suppression of the inflammatory cytokine response may prevent both the severity and the occurrence of ARDS, making probiotics an attractive adjunct.**
- ◆ **Fulvic Acid* has natural antiviral and antibacterial properties; it's also anti-inflammatory and a potent detoxing agent.
Fulvic Acid transports nutrients into cells, cleans & refurbishes cells to optimal efficiency.**
- ◆ **Senna Makki*: Capsules or Tea made with Senna Leaves. EMODIN (found in SENNA leaves) blocks the SARS coronavirus spike protein. Drink senna tea ASAP if you have any sign of this virus to avoid the infection getting to your lungs. Capsules also available.
(Not to be taken if you have diarrhea, ulcerative colitis, chrons disease , undiagnosed abdominal pain, intestinal obstruction)**

- ◆ **Colostrum** * *Bovine Colostrum has the ability to repair both DNA & RNA. Colostrum contains all five immunoglobulins: IgA, IgD, IgE, IgG and IgM, commonly known as antibodies; cytokines, which regulate the immune system and are anti-tumorous.*
- Colostrum contains leukocytes, lactoferrin, lysozyme, and all of the immunoglobulins: IgA, IgD, IgE, IgG, and IgM. These components together combat bacteria, viruses, and yeast. Immunoglobulins (A, D, E, G, and M) are the most abundant of the immune factors found in colostrum. IgG neutralizes toxins and microbes in the lymph and circulatory system. IgM destroys bacteria, while IgE and IgD are highly antiviral.**

- ◆ * *Indicates products available from Natural Health Closet. WhatsApp: +2772 423 9955 to order.*

- ◆  **NB:- #Sources also include Dr David Wolfe's protocol**
- ◆  **Graphene Oxide Detox:**
- ◆ **C60 (1-3 droppersfull per day) or**
- ◆ **Shilajit: One of the issues we are seeing with those who have been injected is disturbances in their energetic field (magnetism) and hot spots of inflammation. C60 is a rich-source of electrons and acts like a fire extinguisher to inflammation and simultaneously (because it bio-distributes throughout the body) drives a normalization of electron flow throughout the body. Shilajit * is a natural superfood that has a variety of trace elements and amino acids including Carbon 60. (C60) C60 is recommended to neutralize spike protein, detoxify graphene oxide and SM-102.**

- ◆ **N-acetyl cysteine:**
- N-Acetyl Cystiene is the best precursor to glutathione in the body which has the best research for neutralizing graphene oxide. Dosage: 1200-2400 mg per day on an empty stomach. NAC is recommended to detoxify graphene oxide and SM-102. Get it while you can. The US Federal communist government is trying to make NAC illegal unless you have a doctor's prescription. A tool to perturb SARS-CoV-2 spike protein conformation: -**

NAC removes spike proteins. Some evidence shows them to be in the mRNA vaccines. Some evidence also shows that these spike proteins shed from a vaccinated person to an unvaccinated person.

◆ **CocoBlk*** (3-6 capsules a day): Activated Charcoal is the pre-eminent detoxifier and when taken on an empty stomach, works its way down into the intestines and activates a blood purification process known as “interstitial dialysis”. Take 400mg to 2000mg daily with water. Our Aafiyah Healthcare * product is the premier activated coconut charcoal and coconut oil combination.* Works like a bomb for food poisoning too.

◆ ***Colloidal Silver** - Colloidal silver is said by some to be one of the most powerful agents of cure on earth. According to a study at UCLA Medical center in the 1980's, colloidal silver was able to kill 650 various disease-related pathogens. And they were destroyed in mere minutes. The benefit embraced by many in the medical and alternative health community is that colloidal silver doesn't seem to build any immunity or resistance within the organisms which it destroys. That flies in the face of our modern ongoing antibiotic travesty. Many people have taken it to help with cold and flu symptoms. Depending on degree of exposure, Silver blocks the protein on the spikes from entering the cell.

◆ **Chlorine Dioxide (CDS) or Miracle Mineral Supplement (MMS)** Chlorine dioxide neutralizes and eliminates the spikes.

◆ **Between a blocker (HCQ, Quercetin, IVM, Dandelion, etc), and a neutralizer (CDS/MMS, Ozone, NAC), I prefer a neutralizer because it eliminates the spikes rather than merely blocking it. (I suggest) alternating this with NAC (in case there is Graphene Oxide transmission). I worry that the blocked spikes will continue to circulate and reach the brain and cause all sorts of mental illnesses (Dr. Malone, Bahkdi, Tenpenny, Mikovits).**

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◆ **Most people prefer Chlorine Dioxide (CDS) to de-magnetize the body and NAC along with fennel and star anise teas or white pine tea. You can buy the seeds and stock up as the FDA is trying to ban some herbs and seeds.**

- **Chlorine dioxide neutralizes the spikes.**
- **NAC or Glutathione neutralizes the GO, as well as spikes to some extent.**
- **For protection, I will alternate use of Chlorine dioxide and NAC. That is until I know more.**

!! **Most Important Elements of the Protocol (Shortlist Summary)** !!

🚫 **Have foods high in Fulvic Acid, Glutathione and Shikimic Acid so as to prevent the binding of artificial proteins to receptor cells, to fight against graphene oxide and other radio active receptors and heavy toxic matter such as sulphur**



Spike Protein: Shikimate neutralizes the Spike Protein



Shikimate Main Sources:



► Pine needle tea is one of the most potent antioxidants known to man and it's a superfood. You can pluck it right off the tree and eat the tips of Pine, Spruce, Fir, and Cedar. Pine needle oil is known to treat cancer, inflammation, stress, depression, pain, respiratory infections like pneumonia, influenza, and COVID-19. Pine needle tea also kills parasites. 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)



Superherbs to help disable spike protein:



► Schizandra Berry (high in shikimate)

Schizandra Tea: Ranked in the top three of all superherbs on Earth. Schizandra berries are rich in shikimate amongst numerous extraordinary other properties.

► Triphala formulations: In Sanskrit, the word Triphala means "three fruits": a combination of Indian gooseberry (*Emblica officinalis*), black myrobalan (*Terminalia chebula*) and belleric myrobalan (*Terminalia belerica*). The *Terminalia* fruits are rich in shikimate.

► St. John's Wort (shikimate is found throughout the entire plant and in the flowers)

► Comfrey Leaf (rich in shikimate)

► Feverfew (leaves and flowers are rich in shikimate) available in capsules as well. It helps the body remove prions.

► Gingko Biloba Leaf* *Capsules available (rich in shikimate)

► Giant Hyssop or Horsemint (*Agastache urticifolia*) (rich in shikimate)

- ▲ **Liquid Ambar (Sweet Gum tree)** A tea of the spiky seed pods is rich in shikimate.
- ▲ **Dandelion Leaf (Common dandelion (*Taraxacum officinale*))** efficiently blocks the interaction between ACE2 cell surface receptor and spike protein D614, mutants D614G, N501Y, K417N and E484K in vitro)
- ▲ **Glycyrrhiza glabra (Chinese medicine's licorice root): Glycyrrhizic acid is extracted from the root of the licorice plant which inhibits spike protein.**
- ▲ **Neem** * - **Capsules and Oil.** Alternative to Ivermectin. It has over 130 biologically active compounds that show wonders in keeping viral and bacterial diseases at bay. Neem is known to be a powerful immuno-stimulant and that's what makes it ideal to have in current time when the entire world is under the constant threat of novel coronavirus infection.

  **NB:- #Sources also include Dr David Wolfe's protocol**

-  **Hadhrat Abu Hurairah رضي الله عنه narrates that Nabi ﷺ said صلی الله علیہ و سلم "Ajwah dates are from paradise and have healing against poison. (Tirmidhi)**
-  **Dates : Ajwah - CAN BE USED FOR THE PREVENTION AGAINST MAGIC, MADNESS, FRUSTRATION, HEADACHE, POISON OR MENTAL DISORDERS.**

-  **Foods: Carrots and Carrot Juice**
-  **Wheatgrass and Wheatgrass Juice (blades are high in shikimate)**
-  **Citrus fruit (especially blood oranges, due to their high hesperidin content – hesperidin is a chalcone like quercetin that deactivates spike protein) Look for organic only.**

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Peppermint (very high in hesperidin)

-  **Medicinal Mushrooms like Shitake, Lions Mane, Chaga, Turkey Tail etc**
-  **FIG Olive 50 Day Infusion, with Herbal Antibiotic (12 herb infusion from MI Khalid Dhorat, Wellness Spot)**



Plant Sprouts - are generally considered to be rich in shikimate. Testing of 5 sprouts were done by a research doctor and all were rich in shikimate:



red kidney bean (*Phaseolus vulgaris*),



moth bean (*Cigna aconitifolia*),



soy bean (*Glycine max*),



mung bean (*Vigna radiata*) and



alfalfa (*Medicago saliva*) were analysed for their shikimic acid content during germination.



All these were analysed for their shikimic acid content during germination: so the sprouting process is key to activate shikimate production.



Enzymes:



Nattokinase (enzyme) and **Natto** is a traditional Japanese food made from soybeans that have been fermented with *Bacillus subtilis* var. *natto*. Natto (also rich in vascular protective Vitamin K2) and Nattokinase have a history of being used to prevent blood clots. The idea is here is that the enzyme Nattokinase goes to work dissolving clots. Dosage: 2000-4000 Fibrinolytic Units per day (2-4 capsules) with or without food.



Serrapeptase (enzyme): is an anti-inflammatory proteolytic enzyme in the trypsin family. Like other proteolytic enzymes, serrapeptase helps break down proteins into smaller particles. It can promote healing by reducing fluid and debris accumulation that occur around necrotic or injured tissue. Dosage: 100-200 mg on an empty stomach per day.



PrepZymes * **Digestive Enzymes**. Taken before or with meals. Enzymes help enable digestion by breaking down nutrients your body can use to continue running smoothly. Breaks down hard-to-digest foods to promote regular bowel activity & a healthy digestive system for adult & teen men and women.



Oxygen Therapies: Ozone and Oxygen therapies are effective at degrading spike protein and graphene oxide. All forms are recommended from consuming MMS to drinking ozonated water or using ozonated water for enemas and even ozone injections by a trained health professional.



CocoNut Water for electrolytes.

Coconut water has nutrients and natural sugar, which help in cleansing the body of toxic elements, which makes it a very effective drink.



Also, WATER ONLY fasting (for 1 week) has been shown to repair DNA damage and silence foreign mRNA.



And taking full spectrum hemp extract is another excellent suggestion due to the positive effects on our endocannabinoid system, which regulate almost every internal function.



WATER WATER WATER

- * For every 25kg in body weight, drink 1 litre of water**
- * Don't drink tap water. It contains fluoride and other heavy metals. Purify it.**
- * Drinking water about 30 mins before meals strengthens the stomach lining, whilst drinking water during meals weakens it.**
- * Add some pink Himalayan salt to your water as you may experience some loss of minerals via urine elimination**
- * Drinking water is not enough. The oxygen needs to penetrate the nucleus of each**

cell. For this, you need lots of * Potassium and Vitamin B.

- Water hydro therapy (hot 3 mins, cold 30 secs) is the best to stimulate blood flow.**

(*Wellness Spot* MI Khalid Dhorat)



Certain chemicals (found in foods and spices are known to contribute to glutathione production in the body, assist in recycling oxidized glutathione back to its reduced (non-oxidized) form, and also boost the synthesis and the activity of important glutathione enzymes – glutathione peroxidase (GPx) and glutathione S-

transferase (GST)





Food Sources of Glutathione Precursors Include the Following:



- ◆ **Milk thistle helps to prevent glutathione depletion in the liver. It is also a natural liver detoxifier and liver protectant.**
- ◆ **Asparagus is the highest plant-based source of glutathione.**
- ◆ **Okra is also naturally high and assists in the elimination of the mucoid plaque in the small intestines.**
- ◆ **Rice bran, high in Alpha Lipoic Acid (ALA) promotes the synthesis of glutathione in the body.**
- ◆ **Several spices found in Indian curry including turmeric, cinnamon, cardamom, black seeds (black cumin), and curcumin contain glutathione.**
- ◆ **Rosemary**
- ◆ **The sulfur containing vegetables (kale, broccoli, brussels sprouts, cabbage, onions, garlic, cauliflower, bok choy, watercress, mustard, horseradish, turnips, rutabagas, kohlrabi) assist in the making of glutathione in the body (glutathione is a sulfur containing molecule).**
- ◆ **Pink Sulfur Salt(Black Salt)**
- ◆ **Bilberry**
- ◆ **Avocados**
- ◆ **Ripe seeds of the green bean**
- ◆ **Red beets** ◆ *** Capsules available**
- ◆ **Aloe Vera** ◆ *** Capsules available**
- ◆ **Peaches, and watermelon**
- ◆ **Goat whey protein powder (Raw)**
- ◆ **Pycnogenol from pine bark.**

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Brazil nuts is one of the highest natural source of selenium. Selenium is a co-factor for the enzyme glutathione peroxidase.



Spinach



Parsley



If you want to get the most glutathione out of raw, uncooked foods, be sure your gut is healthy. If that means you must take a daily probiotic or even change your diet to eliminate candida (heavy metal detox), then work on your gut so you can maximize your glutathione potential. This major antioxidant is a primary



necessity for your body to maintain vibrant health



** Indicates products available from Natural Health Closet.
WhatsApp: +2772 423 9955 to order or for more info.*



I know many of you are aware that this "vaccine" can cause permanent damage but there are some symptoms that are reversible and with the right support and supplements, victims of the vaccine can bounce back in a shorter time frame. An over stimulated immune system can burn through vitamin B1 which can be deadly and causes many neurological symptoms such as chest tightness, muscle weakness, tingling, blurry vision, nausea, vomiting, changes in heart rate, shortness of breath etc.

NB: These types of symptoms are common not only from vaccines but other drugs as well. Pump the nutrients and green juices, while avoiding sugars and processed foods. This helps your cells repair faster and allows them to have nutrients to function better, making you feel a whole lot better.



REST REST REST! Put yourself first or you won't heal. Detoxifying the body, healing the gut and nourishing your system with alkaline foods is a winning combination.



Please note that I don't think that a "magic bullet" approach to health is a good idea. Any healthcare protocol should be seen as helping to promote optimum health IN THE CONTEXT of a healthy overall lifestyle. A "healthy overall lifestyle"



would, in my opinion, include (but is not limited to):

Avoiding processed foods, pasteurized dairy, toxic cooking oils, high sugar "junk food" diets.

Enjoying sufficient exercise.

Enjoying drinking plenty of pure water.

Getting adequate sunshine and fresh air.

Avoiding environmental poisons and other "personal" poisons such as nicotine and alcohol.

Getting priorities in a healthy order so as to avoid undue stress.

Trusting in GOD, the Almighty Creator

Getting adequate sleep and rest.



Disclaimer: This protocol is not to be construed as personal medical advice. Consult your qualified health professional. No information on this post is to be seen as a treatment for any specific illness. I do not endorse the use of this treatment as a substitute for proven therapy or for a doctor's care or for the treatment of any specific illness.

This information is simply presenting a treatment that I have personally used, am aiming to use, or am considering using. I am interested in it personally as a source of normal food nutrients and lifestyle changes for the maintenance of optimal health. This material is simply shared for what it's worth in the hope of saving others time and / or money as they do research. This material is not copyrighted, but this disclaimer should be added if it is copied. It should not be sold or otherwise used to make a profit. I am not in a position to answer questions about this protocol due to time constraints. Suggestions on improving this protocol are welcome however, and I am also interested in testimonials regarding perceived benefits or side effects that can possibly be added to the TESTIMONIALS LIST.

**Natural Health Closet -
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Natural Health Practitioner
PHCA, Certified Cupping Therapist,
Dip DN UK
IG: @natural_health_closet
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eMail: naturalhealthcloset@gmail.com
Based in Durban, South Africa**

(Date modified: 29 June 2021)



PROVEN RUQYA TREATMENT FOR COVID-19 AND OTHER TRANSMISSABLE / CHRONIC DISEASES



(MI Khalid Dhorat)



*In order to effectively overcome *Covid-19 and many other serious diseases*, it would be prudent to effect treatment on three levels:*

- 1) *Spiritual Level,*
- 2) *Sunnah and Natural Herbs,*
- 3) *Allopathic/western models of treatment.*



*Many people jump straight to the third option, whilst ignoring the *first two crucial steps in any treatment*, which sometimes unnecessarily prolongs one's duration of disease.*



*All illnesses are a *test from Allah Ta'ala (whether contrived in a lab or natural) and a sure Mercy which is gifted to the chosen*, a means of purification from our sins, a reminder of our involvement in sins, and having left the safety and protection of Allah by abandoning our duty to Him. We can adopt all government guidelines like masking etc, but *if Allah Ta'ala has not willed our protection and recovery, nothing will help, even if you mistakenly feel one vaccine every month will save you from illness and death*. A return to normal will only take place once our relationship with Allah Ta'ala has also returned to normal. Remember this, and remember it well. In addition, we have to adopt all natural methods too, especially the Sunnah herbs – *because SHIFA HAS BEEN GUARANTEED VIA IT*. They are not experimental or newly discovered, and are completely safe.*



*The following Ruqya treatment is not only based solely on Qur'an and Hadith, but its *curative ability has been WITNESSED FIRSTHAND by hundreds of people worldwide*. This is the reason we are spreading it far and wide, with the hope that we can make a true difference. The *oxygen levels of many were raised to normal levels by practicing on it*, and within a few days, patients either recovered or were discharged from hospital. It can also be practiced as a preventative measure for the entire family.*

DIRECTIONS:



** Firstly, give out some *charity for the pleasure of Allah, and then perform two Raka'ats Salaat ut-Tawbah and two Raka'at Salaat al-Haajat*. Repent to Allah Ta'ala*

for all our sins and shortcomings (major as well as minor), making a firm *determination not to anger Allah Ta'ala anymore*. Wake up for Tahajjud Salaat daily, recite at least 1 Juz of Qur'an daily, and don't spend your hours in bed watching movies, chatting on social media etc.



*** Daily, recite the two pages of *Ruqya with the INTENTION OF SHIFA AND PROTECTION, with full devotion and concentration*. Thereafter, blow on four items:**

- 1) *Yourself,***
- 2) In a bucket of *water, in which the sidr leaves has been soaked***
- 3) In a jar of *olive oil*, and**
- 4) On some *Oud/Bakhoor.* (Some also blow on their Miswaak).**



***Note: If the patient *cannot recite it himself or herself, then someone else (like a pious person, or an Aalim/Aalimah) can be asked do so* on his/her behalf. Also, If the Ruqya is recited and blown on *Zam Zam water, it can be topped up, but not so on normal Qur'anic water*.**



This water should be used to *cook with and drink daily*, as well as to *pour over your body after taking a shower (with the intention of protection/shifa, not purification – heat it up a bit)*. The *olive oil too should be used to cook (instead of unhealthy oils), and also as a skin cream*. The Oud/Bakhoor should be burnt in the house, but *not near the patient so that it does not affect his/her breathing capacity.*



In addition, play *Surah Baqarah and the Manzil* loudly in the house daily, as well as the *Ruqyah audio clip which can be sent to you via WhatsApp.



On a mission for your health

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May Allah grant all those who are sick Shifa Kaamilah. Aameen.