

The Truth of The Scamdemic

Members of Awaken India Movement bring to your awareness through this document fraudulent aspects of the Pandemic that are being enacted in India and across the world.

Kindly go through this document in detail. If you are implementing, any of the actions that are against the welfare and freedoms of the citizens of India that are protected by its Constitution, kindly stop those actions. If you know of others who are implementing the same, kindly tell them to stop as well, or they may risk criminal prosecution that will have severe repercussions. If you need more detailed, scientific and legal information on each topic detailed below, kindly ask us for it and we will gladly provide it to you free of cost. AIM has 8 research teams with a lot of factual material. This document is a brief summary of it. Thank You. Awaken India Movement website www.awakenindiamovement.com Email: mail2aim@protonmail.ch

Lack of Evidence of Coronavirus

The RT-PCR Test takes a sample of genetic material from the para nasal passage or throat and runs it through an enzyme called Reverse Transcriptase to convert the RNA from the virus into DNA and then multiplies the DNA exponentially to find if fragments of the Sars-Cov-2 virus are present in the person. **Since complete viruses and not their fragments are necessary for transmission, the PCR test is an invalid test when it comes to proving whether a person has an active Sars-Cov-2 infection or not.**

When the genetic material is being amplified in the test, it is done via cycles, which makes the quantity double after every cycle. But the accuracy of this test drops with increasing cycles when compared to the 'Gold Standard' of the so called 'Virus Culture'. When the RT-PCR Test is run at 25 cycles it gives 30% false positives. At 30 cycles it gives 80% false positives, at 35 cycles it gives 97% false positives and at 40 cycles and above it gives 99.9% false positives. Across the world labs are mostly running the cycles between 35 to 45 cycles of magnification, which means that most of these results are at least 97%-99% false. **What is worse is that it compares this amplified sequence with a computer-generated sequence of the virus. The reason they compare it with a computer generated sequence is because they have not isolated the complete Covid-19 virus till date and therefore have not acquired its true complete genetic sequence directly. This is complete Medical Fraud.**

The inventor of the RT-PCR Test, Kary Mullis, an American Biochemist, who got the Nobel Prize for his invention of the PCR technique, said that if you run the PCR Test long enough, you can find almost anything in anybody. It doesn't tell you that the thing you ended up with really was going to make you sick. He also stated that it is not meant to be a diagnostic tool and was skeptical that any PCR test is ever true. He mysteriously died just before the Pandemic which raised eyebrows across the world suspecting murder.

Not a single government or organization till date has been able to provide any scientific evidence in Freedom to Information Requests across the world. The US CDC (Center for Disease Control and Prevention) in its July 2020 report CDC 2019-Novel Coronavirus (2019-nCoV) Real-Time RT-PCR Diagnostic Panel stated - Since no quantified virus isolates of the 2019-nCoV were available for CDC use at the time the test was developed and this study conducted, assays designed for detection of the 2019-nCoV RNA were tested with characterized stocks of in vitro transcribed full length RNA (N gene; GenBank accession: MN908947.2) of known titer (RNA copies/ μ L) spiked into a diluent consisting of a suspension of human A549 cells and viral transport medium (VTM) to mimic clinical specimen. (pg.40). This simply means that CDC had been running PCR tests based not on an actual sample or specimen taken from an infected human, but on "stocks" of "transcribed RNA" taken from a gene bank to mimic the non-existent virus.

The original Corman-Drosten paper admits they used a theoretical virus sequence for all their work and calculations. They, like the CDC and every government and agency, claim this is only because no isolate was ever available. This article by Makia Freeman explains further the 10 reasons why SARS-CoV-2 is a Fictitious Virus <https://thefreedomarticles.com/10-reasons-sars-cov-2-imaginary-digital-theoretical-virus>

Furthermore, the RT-PCR Test for some people across the world has shown positive at one time and negative after a few hours and that is simply impossible! So this RT-PCR test proves time and again that it is a completely false testing system and should be banned from use.

Falsely declaring uninfected people as COVID +(ve?) via a test that gives 97% false positives and thereafter putting them in treatment wards for other Covid +ve patients is gross medical negligence because it exposes them to actual symptomatic Covid +ve people and also people with other incidental comorbidities such as Pneumonia, Tuberculosis, Bronchitis, etc. This is the most dangerous practice as it constitutes medical conspiracy to cause a healthy person's death in the hospital. Furthermore, it causes uninfected people monetary loss and immense mental trauma, whilst also damaging their family and work life. Worse even, is that it is adding to the extreme panic in society caused by a crazed media, of a false high number of "infected" people, which again, are blatant lies. It is clear that testing agencies across the world are forcing this test to create a lot of vaccine business opportunities for vaccine companies.

The Rapid Antigen Test (RAT) – Another Bogus Test

The Rapid Antigen Test (RAT) works in a different way. It takes a sample of genetic material from the paranasal passage or throat. The sample is then mixed with a solution that breaks up the virus and frees up viral proteins from its surface. The mix is then put on a paper strip that contains an antibody tailored to bind to these proteins, if they're present in the solution. A positive test result is seen as a fluorescent glow or as a dark band on the paper strip. The problem is, yet again they are taking a fragment of the virus and **as explained earlier, complete viruses and not their fragments are necessary for transmission, so this test also cannot tell if a person is presently affected with Covid-19.** Moreover, since they have not yet isolated the complete Covid-19 Virus anywhere in the world, it is impossible for them to identify its specific antibody - this is essential in order for them to state that they match the exact antibodies needed for a genuine confirmation of Covid-19 infection. So this test turns out to be a false test too.

Additionally, 'virus fragments' of Sars-Cov-2 as well as similar other Coronaviruses get retained in a person's body from previous infections up to 3 months or more, even after they have been completely healed. As a result, in all such cases the test will falsely show that the person is infected, when in reality they are now fully asymptomatic of Covid and cannot infect others.

The PCR & RAT tests are both scientifically flawed tests because they do not check for a complete live virus in people. Both tests use the fragments of viruses, which the body excretes (common to many other coronaviruses that show up with the common cold), so it cannot be concluded that they are actually detecting the Covid-19 / Sars-Cov-2 Virus. Across India, the vast majority of people who tested positive, were actually asymptomatic, proving these tests are false.

Experimental Physicist and Bio-Materials Researcher Professor Antonietta Gatti examined various PCR test swabs under a microscope and found that their fibers are made of tough materials and contain a large number of nano-particles including silver, aluminum, titanium, and glass fibers, all of which are not declared on the PCR test package insert. Gatti said these fibers are as dangerous for human beings as inhaling asbestos and the swabs are dangerous for the nasopharyngeal mucosa. The glassy fibers, hard and brittle, can scratch the mucous membrane and create lesions. The bleeding is an indication of the invasiveness of the test. Repeated swab testing can produce chronic lesions. The release of fragments of the brittle glassy fibers can cause biological reactions such as granulomas and / or fibrosis of the tissue. These smears pose a risk to the health of infants and children. His article on this research is here <https://www.nutritruth.org/single-post/covid-pcr-test-swabs-are-as-dangerous-as-inhaling-asbestos>

The Gold Standard – So called ‘Viral Culture Test’

The ‘Gold Standard’ Viral Culture Test is also not like a routine bacterial / fungus / yeast culture test where extracts from sample mediums like stools, urine, blood, saliva, nasal mucosa are taken from an infected person and placed it in a growth culture, where the organism count multiplies on its own to be clearly identified under a microscope. But this process is not followed for viruses. Instead, virologists claim they isolate the virus and inject it into living cell lines in a laboratory along with adjuvants (chemicals that cause cellular toxicity) to create cellular damage and this process is what facilitates multiplication of viruses.

But since virologists state that the virus enters our cells on its own and then multiplies in them causing cell damage and then goes to infect other cells, thus, if it were truly a virus that was injected into the cell lines in the lab, it should have used up the cell lines matter to multiply, causing cell damage and then cell death, further moving into other cells to repeat the process, all on its own, without the help of any adjuvants (toxic ingredients in the vaccines such as aluminum hydroxide). But this damaging reaction does not happen when vaccine adjuvants are absent, proving that either the virus is not present to multiply and cause cell damage, or that viral protein matter exists, but it does not do any harm to the cells.

The starving of cells lines (via minimal essential medium) and the addition of vaccine adjuvants (toxic chemicals), into them is actually a scientific malpractice that causes toxic cellular damage. This is followed by cellular repair that expels protein matter called ‘exosomes’ (extra cellular vesicles) which are a natural byproduct of cellular repair. The problem is such exosomes from cells are photographed by high powered microscopes and wrongly labeled as viruses. We all understand basic biology that no wound heals without a waste byproduct. A brown scab that gets formed on an external wound of the body is a similar protein secretion of the body and it is a by-product of the healing process. When the wound heals completely, the scab falls off. Then it has no life of its own to move around, multiply or infect anything or anyone, because it is just a bunch of dead exosomes.

To further drive the point home: German biologist Stefan Lanka proved through experiments that the same cytopathic effects (toxic cell death) are observed in cell lines in the laboratory with just the addition of adjuvants, (without the removal of nutrients), and without the addition of an isolated virus or viral fragments. It proves the fact that adjuvants are solely responsible for the damage of cells, which cause the expulsion of protein debris (exosomes) from the cell in its attempted healing process. It is this protein debris which is expelled by the body while undergoing the healing process, which they are calling a “virus”. Thus the diseases of the body they have attributed to viruses for close to a century are only the natural expulsion of protein debris fraudulently called as viruses by them just to sell their profitable storyline that this damaging “organism” causes sicknesses which needs to be mitigated via a vaccine!

The infamous Louis Pasteur propagated a lie through his ‘Germ Theory’ that there is one germ for every “disease” just to help Big Pharma’s business of formulating a plethora of medicines to combat these germs. The truth is, as Pasteur finally admitted on his death bed, “It is not the germ itself, but the environment of the germ, which contributes the most to the causation of disease.” In this pandemic it is the actual ingredients (adjuvants) in the vaccine and the highly toxic 5G frequencies, which are the damaging environment and thus the causal factor of the numerous adverse reactions and actual deaths we are currently seeing. It is the polio vaccine adjuvants which caused 490,000 Indians to become paralyzed by polio vaccines and hundreds of tribal girls to become sick whilst 7 of them died from the HPV vaccines.

The Truth About Allopathic Medicine: Some Key Observations

The people that give you allopathic pills for diabetes for example, do not cure your diabetes with their pills, so your diabetic condition gets worse over the years, needing higher doses of the medication. This is so, because they only treat the symptoms of diabetes and not its underlying causes. In contrast, natural medicine practitioners actually help you reverse diabetes through corrections in diet, herbal cleanses and lifestyle changes. Similarly, pharma companies are giving you their Covid-19 vaccines now, but as is evident across the world, these vaccines do not prevent you from getting Covid the first time or even the second time. Instead, they make you progressively sicker and prone to their new “delta variant” of a so-

called virus that needs booster doses of the vaccine. This is the very same sickness creating and money making model as allopathic pills for chronic illnesses and it is high time people see this medical fraud.

The truth with regard to viruses is that protein material called exosomes were expelled right from the time the first living organisms on this planet went through their first damage cycle followed by a healing phase. Therefore it is true that exosomes have been present since the time of living organisms, and they are a part of the natural material existing in our bodies at all times that serve their regular functions, but they are fraudulently labeled as harmful viruses, when they are not.

The Shedding of Dangerous Spike Proteins from Covid-19 Vaccines is more than all the previous Vaccinations in the last One Hundred Years

The Covid-19 vaccines have several toxic adjuvants in them like Aluminum Hydroxide, Imidazoquinolinone and 2-Phenoxyethanol that cause cellular damage upon vaccination, and the resultant repair by the immune system causes the shedding of viral particles (exosomes), proving the fact that the so called 'illnesses' they have been blaming on viruses (exosomes) for the last century, are in fact the result of the cellular damage from adjuvants in vaccines. The 'Spike Protein' being used in the Covid-19 vaccines is a GMO (Genetically Modified Organism) as stated in their vaccine insert paper, and since it is not a natural material for the human body, it is damaging the cells of the human body and therefore causing the expulsion of unnatural exosomes as part of its healing process, like the previous polio vaccinations making unvaccinated people in the proximity of vaccinated people sick. As Dr. David Martin states, the current Covid-19 "vaccine", does not meet the actual definition of a vaccine. Instead, it is truly gene modification technology that continuously expels pathogens inside the human body and it has no 'off' switch, resulting in permanent damage to our DNA. Its resultant effect of 'Vaccine Shedding' is now increasing across the globe, with the deaths of so many airline pilots, causing myocarditis in teenagers and extensive menstrual bleeding in thousands of women, as well as young girls worldwide who only came in contact with vaccinated teachers. The damage in terms of serious side effects and actual death from these vaccines is already several times more than all previous vaccinations put together.

Viruses are not living organisms and do not multiply once inside a Host Cell

It is acknowledged by medical science that a virus is a non-living particle, that has no eyes, no mouth, no nose, no orifices at all, no arms, no legs, no digestive system, and no reproductive system. As per science, viruses do not have cells, but a protein coat that protects their genetic material (either DNA or RNA). Therefore, it is just a simple piece of protein structure. It is claimed, but never scientifically proven that it can multiply once inside a host cell. There is not a single microscope video nor progressive slides of the virus moving or entering the cells of the human body or of it using the genetic material of a cell (once in the cell) to multiply itself and then cause cell damage / death and how it moves to other cells to do the same.

The truly Diabolical reason for PCR Tests

What is disturbing is that the nasal test swabs used for the RT-PCR Test and RAT Test contain Aluminum Hydroxide, which is a known neurotoxin. The way the test swabs are inserted deep into the para nasal passages and twisted around, it causes abrasions in the nasal passages allowing Aluminium Hydroxide to penetrate the nasal mucus lining and go into the blood stream. This is absolutely criminal and it is actually being done to load more Aluminium into the body with every successive test, to make the human body electrically conductive to the 5G fields around the human body for human mind and body control purposes. This is further detailed in the section on Vaccines. There is absolutely no reason to go deep into the para nasal passages as samples could have been drawn from inside the nose itself or from snot or from saliva.

New research has just revealed that many of the swabs have Mucomycosis (black fungus), which has become a dangerous development with people who have been hospitalized with respiratory conditions.

Some Key Questions regarding Viruses that are still Un-Answered to This Day

These questions have not been answered by virologists, biologists and doctors till date:

1. How does a non-living particle like a virus outside the human body enter cells of the human body? Why has this activity never been filmed till date with a high resolution microscope?
2. How does a non-living particle like a virus get killed by soap or sanitizers?
3. How does a non-living particle like a virus mutate into other strains?

The power point presentations and animated videos that medical institutions have been showing us of the "Covid-19 Virus" are all made in computer software. They are not videos of a real virus.

There are no human trials of any virus including the present one till date, that prove they infect people and create any illness such as currently, the Covid sickness or its various symptoms. No human trials have been done that prove the virus is transmitted from one person to another either. These real tests are the most important tests compared to any lab test of the virus, because it is the real evidence of infection, diseased state and then its transmission to others. In fact, RFK Jr. won a supreme court case in the U.S. in 2019, proving that all vaccinations since the fifties have never been properly tested on humans, period.

It is Impossible for Asymptomatic People to infect Others

There is also no scientific evidence that asymptomatic people can infect others, yet the Center for Disease Control (CDC) keeps stating this in order to force RT-PCR testing on everyone and declare them Covid +ve with this test that is 97% false. We have always observed over the decades, that viral flu is passed onto others only after a person is 3-4 days into full blown symptoms. So there is no evidence as yet to state that non symptomatic people pass on infections to others. One gets symptoms only after infection is present.

When it comes to weekly PCR / RAT Testing at institutions or organizational workplaces every week or every 3-4 days, a person could get infected a few hours after the test, so they could be carriers of the virus from the very time they collect their Covid -ve result and could be passing on the infection to others on all days till the next time they do the test. So this testing process does not prevent infection transmission at all, even if it is done every day. Doing these tests daily or even once in 3 days damages the para nasal passages and poses a health risk in itself. This is stated by the Indian Council of Medical Research in their paper dated 11th Aug'21.

The SARS-CoV-2 Virus does Not Exist

Dr.Derek Knauss, Clinical Lab Scientist with a PhD in Virology and Immunology, stated "I have tested 1,500 supposedly 'Covid-19' positive samples collected in Southern California with my Lab Team using Koch's postulates and after observations under the Electron Microscope, we found no SARS-CoV-2 Virus in the 1500 samples. Instead all of them had either Influenza A or Influenza B. We then sent samples to Stanford, Cornell and few other Universities in California; they got the same results – no SARS-CoV-2 Virus, only Influenza A and Influenza B. All of us then spoke to the CDC for viable samples of the SARS-CoV-2 Virus, which CDC said they could not provide as they did not have any samples. We have all come to the final conclusion that the SARS-CoV-2 Virus is fictitious and does not exist and most of the 225,000 died due to comorbidities and the normal flu. We at the 7 Universities are now suing the CDC for Covid-19 Fraud.

A Proper Way of dealing with Symptomatic People

Since the virus is air borne according to the CDC, it will already be present within the premises for people to pass it onto each other during the day. Therefore, the safer real time medical practice for all work places, malls etc. would be to isolate or bar anyone with a fever from the premises, based on body temperature readings, and that is currently being done across all states in India, at public buildings and shopping malls, etc., The other real time medical safety is to make a doctor available during working hours on these premises who can check any person reported with Covid symptoms (what we have clearly explained are

5G poisoning symptoms), so they can advise them home isolation or the appropriate treatment. These far more diligent practices will have a much better result for all concerned, which can be followed everywhere.

It is Time to Demand Action and Expose The Fraud

As a citizen of India who is affected by this virus scam, please demand that the Indian Council of Medical Research and All India Institute of Medical Sciences do these tests and prove that the virus exists and it is truly what is causing the Covid sickness. If it can't be proven, then the Coronavirus existence is completely unscientific and false and the Government of India has unfortunately been manipulated to follow fraudulent protocols dictated by the CDC and WHO and other institutions which are in the business of fake disease manufacturing on the behest of Big Pharma Mafia.

The 1st medical fraud was committed by the CDC and WHO prior to the Pandemic, when they changed the classification criteria of a Pandemic from the number of deaths caused, to the number of positive cases. This was never done before in the history of infectious disease, and there was absolutely no need to do it. But they did this in conjunction with the 97% false positive PCR Test and therefore manufactured a global Pandemic via high fake positive cases across the world, when in fact people were not actually infected.

The 2nd medical fraud committed by the CDC and WHO was the rollout of the PCR Test and RAT test that do not detect if a person actually has an active Covid-19 infection.

The 3rd medical fraud committed by the CDC and WHO was to state, without proper scientific evidence, that asymptomatic people infect others. They have not yet done human trials of the virus, which needs to prove that when this virus is administered to a person, it actually causes the stated Covid symptoms, and thereafter, such a symptomatic infected person can pass on the virus to others to make them sick. These tests of the reality of Covid have not been done till date by any agency across the world.

The 4th medical fraud committed by the CDC and WHO was mandating diagnostic protocols in medical institutions across the globe that falsely marked most non Covid deaths as Covid deaths, even though they did not have any Covid symptoms when dying. As a result, patients who were not actually having COVID-19, but died of heart attacks, brain strokes, pneumonia, cancer, tuberculosis and various other diseases, were marked as Covid deaths because of the false positive results from the PCR Test. This is clear medical malpractice. **A person's body must go through some days of the Covid symptoms first to die from Covid later, just like in all other flus and diseases. This is a matter of fact.**

The 5th medical fraud committed by the CDC and WHO was not mandating informed consent for all these experimental vaccines. It means that every person was not informed in advance at vaccination centers about the contraindications of each vaccine or about their side effects. This is against international law. Their consent in writing was not taken for these Covid-19 experimental vaccines. The result is that it left people unaware that some of them should not be taking the vaccine and this resulted with millions of vaccine injuries and vaccine deaths in the world.

The 6th medical fraud committed by the CDC and WHO was not mandating the AEFI (Adverse Events Following Immunization) as it is called in India, or VAERS (Vaccine Adverse Events Reporting System) as it is called in USA and Europe, for every vaccinated person, but leaving it voluntary. This has resulted in the gross underreporting of Vaccine Deaths and Vaccine Injuries across the world. Many vaccination centers refuse to accept a complaint from a vaccinated person regarding vaccine injuries. This is medical fraud.

The governmental health agencies of every country must now collect every vaccinated person's health record post Covid vaccination, starting from the very 1st person in their country and make the findings public

and open to scrutiny by any health agency that doubt its authenticity. Henceforth, the health record of every vaccinated person must be checked on a monthly basis for the first 6 months and thereafter once every 6 months for 3 years at least, as part of the ongoing live trials of these experimental vaccines. This information must form the basis for the review of the vaccination drives going on to access if they are working for the benefit of the people or not.

The 7th medical fraud committed by the CDC and WHO was to state that the virus was transmitted only via contact, thereby mandating all across the globe in 2020 to wash their hands, papayas, apples, milk packets, grocery packages, clothes and all other objects used in public places with soap before using them, also to disinfect their hands with hand sanitizers and to reheat all food just before consuming it. Then in 2021 they declared that the virus is airborne, so people were advised double masking which restricted their breathing a lot and in turn resulted in lesser oxygen in their bodies and associated health problems.

Does not the air containing this virus now fall daily on our hands, papayas, apples, milk packets, grocery packages, clothes and all other objects used in public places and on the food we eat outside our homes? But none of us have been washing these things with soap anymore, or reheating roadside food since the starting of 2021 and we are consuming all these things and not getting Corona. Besides this, our hands on which this virus laden air falls every minute, is touching our faces, our eyes and our nostrils over 20 times each day and infecting us with the 'alleged' Covid-19 virus, but it is not making us sick. So what does wearing masks prevent? The 21st and 22nd instance of infection in a day? And what does social distancing prevent? The 23rd, 24th and 25th instance of infection in a day? How does this matter when we have already infected ourselves 20 times every single day?

The above facts can only mean one of the following three things. First - the virus does not exist in any of the places we are. Second – the virus exists, but is harmless to us, so we need not bother about it. All we have to do is keep our immunity high through good health practices. Third – we have all reached herd immunity, so we are immune from the virus and there is no need of any vaccine to protect us from it.

But since it has not yet been scientifically proven either in laboratories or in virus trials on people that Corona Virus exists, it is unlawful to subject people to any tests to verify its presence in them, and in the process cause people inconvenience, expense, mental trauma, loss of income and family life due to isolation in Covid wards that endanger a person's life due to proximity of other sick people. Masks to prevent the movement of the virus are also a fraud in that case and they have caused health problems for millions across the world. Social distancing and lockdowns have also created damaged the health of people to a great extent and broken down societal structure and functioning and created the worst catastrophe this planet has ever experienced.

A great nation like India, with over 5000 years of holistic medicine experience, must now stop following the dictates of fraudulent global agencies such as the CDC and WHO and the Indian Government must do its own research through the country's proven medical institutions, to verify all the above medical frauds and put the right medical practices in place to protect the people of this great nation.

So what is Really making us Sick? The Actual Cause of Covid Symptoms and Sickness

So what is causing the symptoms of dry cough, fever, body pain, extreme fatigue, loss of taste & smell, diarrhea, breathlessness, frequent urination, mucus secretion from the eyes, etc.?

Everyone gets the flu once or twice a year when the seasons change and they know it gives them fever, body ache, fatigue, cough & cold, loss of taste & smell, etc. for 5-6 days. This is simply the human body going through a rebalancing & detoxification phase to rebalance its internal environment to match the sudden external environment change of the season and in this process the body expels exosomes (protein debris as a by-product of cellular repair) wrongly labeled by doctors and virologists and medical institutions as viruses that damage the human body. Anti-viral drug manufacturers support this storyline, so that they can manufacture antiviral medications to increase their business.

Every experienced and honest doctor has said this over the last few decades - there is nothing you can do about the seasonal flu. No antibiotic and no antiviral can help. Just rest at home, hydrate yourself, take minerals & supplements and eat light food and you will be fine, and we all know this to be absolutely true. **The important point to note here is that you cannot avoid the seasonal flu that happens when our external environment changes, and no medication whatsoever is required to heal from it.**

The Real Culprit: Toxic Frequencies in our Environment

Every time the Telecom MHz / GHz went up on this planet, whether it was during the onset of Radio, Sonar or during the 2G or 3G or 4G telecom revolution, the Biosphere (the magnetic, electric & ionic fields around the Earth) has undergone a higher shift. This is a permanent change in our external environment, which forces all human bodies on this planet to go through a process of intense cellular recalibration and cellular repair, followed immediately by the expulsion of cellular debris as part of the healing process, which takes the form of cellular protein excretions (exosomes). This results in a large number of people getting the typical symptoms of fever, body aches, cough & cold, sore throats, fatigue, etc. When the rollout of a new G Wave system is made to coincide with a seasonal change, an even higher number of people get the symptoms to an even higher degree, and this is the time when the pharmaceutical industry and its associated scientists project a 'Pandemic' onto the world, just to help sell more antivirals and vaccines.

Each time this happens, they show the world the picture of a new exosome that the body creates, specific to the nature of the G Wave radiation damage and cellular repair, but they call it a virus and give it a new name. What harmless protein the human body creates to protect itself, Big Pharma labels as the villain they need to fight, so that they can make a business out of protecting us from it, when this is not required at all.

But now, due to the dense high frequency 5G radiations that are changing the biosphere all over the planet with every new 5G mast that goes up, its radiational damage to the human body is forcing people into a 14-21 days sickness and detoxification cycle. It is such a deep detox that very weak immunity people cannot survive it. Autoimmune condition people or people with chronic illnesses who are on allopathic medicines (comorbid cases), are the weakest group of people to handle this long detox because their immune systems have been compromised with allopathic medicines. The constant 5G field presence is causing chronic low level inflammation in the lung tissues, digestive tract tissues and blood flow system, killing the weakest people first. The next high risk group are people over 70 years because they commonly have weak lungs, hearts, livers and digestive systems. The people who survive this phase develop enhanced DNA that can now adjust to the permanent 5G field. It is a similar process to that which happened when 3G and then 4G was installed all around this planet, but these installations caused just a 5-6 days sickness that most people survived.

No doctor, no biologist, no virologist and no scientist on the planet has explained till date, how viruses now suddenly give us a 14-21 day sickness and in some cases a 'Cytokine Storm' causing death, instead of a 5-6 day flu they used to give us till just 2 yrs back. What has changed so dramatically in the DNA and behavior of the Novel Coronavirus to produce a result 300% harsher than its predecessors? All the pictures of the 'Novel Coronavirus' look similar to previous corona viruses (exosomes) excreted by the human body.

The deep 14-21 day severely sick conditions being experienced by people are the characteristic of 5G radiation, because nothing else has dramatically changed on this planet in terms of its environment in the last 2 years, except the progressive worldwide rollout of 5G that is in progress. In India, telecom providers were already receiving 5G at their receiving stations in November 2019, which they supplied to their clients via fiber optics as Faster 4G Cabled Internet. It should therefore, be completely stopped before more weak people across the world die. 5G was never the need of any citizen in any country, since 4G or even 3G was meeting the needs of people. 5G is just another new business being forced upon consumers for higher profits of Telecom Companies and Equipment Manufacturers to implement a 24 hours video surveillance system mounted on 5G poles at close proximity, by Governments to monitor, control and suppress people, without any permission for this from the citizens themselves. Governments are formed by the people and to serve the people's needs and not to dominate and monitor and control and suppress people.

The continuous radiation from 5G towers and satellites in the sky is causing inflammation in the tissues of the lungs, intestines and other organs of the human body. When this happens, the human body perceives a microbial pathogen attack and increases the body temperature to kill the pathogen and this results in fever and the other Covid symptoms of body ache, loss of taste and smell and fatigue. It takes the human body 7-14 days on average to fight this and upgrade its DNA and energy body to adapt to this new 5G radiation.

The Repercussions of Frequency Poisoning

During this time, if a person has parasites within their body like the Pneumonia or Tuberculosis bacteria, they begin to multiply rapidly since cellular immunity has been compromised and weakened. This results in rapid full blown pneumonia or other pathogen multiplication causing the 'Cytokine Storm' which has killed people across the globe over the last year. If anti-parasitic drugs like Ivermectin or Hydroxy Chloroquine are started in the first 2-3 days of such infections, the parasites get killed and the Cytokine Storm is averted and the person survives. This is why we have thousands of testimonies across the world of Ivermectin saving lives. It is because over 50% of the population has some parasite or the other in their body, but these parasites are normally kept in check and do no harm in a healthy body with good immunity / terrain.

But in some cases, where the person does not have much parasitic load, but they are on allopathic medicines for autoimmune conditions or chronic illnesses like diabetes, high bp, cholesterol, heart disease, rheumatoid arthritis, thyroid, etc., there have been cross reactions between emergency drugs like Remdesvir and Midazolam, making patients further immune compromised, leading to a rapid deterioration of the lungs and oxygen absorption, which lands a person into the ICU and on the ventilator, killing millions across the globe. The claims of new virus variants around the globe are nothing but different sickness symptoms that people's bodies respond with when subjected to varying 5G frequencies. Killing microorganisms with small electric frequency machines such as 'electronic zappers' and killing human cells with electromagnetic radiation as used in cancer treatment, is a 50 year old science and nothing new for scientists, but the common man is completely shocked to know that these technologies are now being used by Big Pharma with the help of Big Tech, to sicken people for the benefit of Big Pharma business.

At the 3G level which afforded quite ample connectivity, there were increasing reports every year of serious blood clots, brain tumors and deaths of infants who were too close to routers. 4G brought with it increased infertility as it disturbs the water in our bodies and has the effect of weakening the outer coating of a human egg sometimes allowing two sperms to enter. This has caused deformed children, sometimes with two sexual organs, but overall, a decrease in human fertility.

What are Doctor's Missing?

Doctors are purposely not taught the very important science of Magneto biology, the science of how electromagnetic frequencies affect the body. So they have no clue that many of the symptoms that people are experiencing are actually symptoms of 5G poisoning in the interstitium (the space between our cells) coming from satellites and lumes (balloons which hover high up with 5G technology which are used to cover rural areas). One poignant example of this phenomenon is the millions of birds that died last year.

Thousands of birds died in Australia simply falling out of the sky. Birds went crazy at a parking lot in Dubai where a 5G tower had been put up. In Japan when hundreds of birds dropped out of the sky in Tokyo, a veterinarian took three dead birds to his lab and did their autopsies. He discovered they all had ruptured lung cells, the symptoms of human and feline corona virus which he claimed is absolutely impossible for birds to get. Birds have a faster metabolism than humans so it is understandable how they died so quickly.

Meanwhile, the Davos Group behind the World Economic Forum has focused on using frequencies to kill Humanity. This started in 1918 with the so-called Spanish flu. It actually started in Kansas in the U.S. where American soldiers were given some vaccine and sent into the trenches in Europe in WWI. At the same time, radio frequencies were introduced for the first time on Earth. Human bodies were bombarded with this new frequency and millions died. In the 1940s another radar frequency was introduced and another

pandemic occurred. In the late sixties the Hong Kong flu followed along with another new frequency. Thousands died but no pandemic was declared. And so it went on with HIV, Bird Flu, Sars-Cov-2, etc.

When 5G is operated at 60 Giga Hertz; it disrupts the hemoglobin in our blood's ability to transfer oxygen from our lungs into our cells. This is exactly what caused most of the breathlessness last year for people with false positives, having symptoms of a disease. With 5G, it is not that people are not getting enough oxygen into their lungs; it is just that the oxygen doesn't go further into their cells, thus causing severe breathlessness. Almost every person in one hospital in New York who had these symptoms died last year when they put them on ventilators which stressed their lungs which were not the problem. The one person who survived had the gut reaction to pull the ventilator out. Several brave nurses and doctors exposed this travesty, but were quickly censored. In the same way, millions of Chinese likely died, millions of birds also died in the southwestern U.S. last year, as did many birds in Kerala. Ignorant biologists thought they had "bird flu" which might endanger humans, so they killed off more of the unfortunate birds in Kerala.

The key places where "Covid" hit worst last year such as Italy and New York, had already installed 5G. This includes Wuhan where Ben Fulford, the ex-editor of Forbes magazine shared a CIA report which mentioned there was a huge array of 5G receivers which were turned on just after vaccinating the population with flu shots which were loaded with aluminum dioxide turning their bodies into antennas to receive an unprecedented blast of the 5G frequency from space satellites. The next day there were two huge bonfires seen from satellites near Wuhan with the chemical signatures of burning human bodies. It seems 21 million people near Wuhan simply disappeared off of their cell phones that day.

Similar damage from 5G towers in India

Dubey from Jafrabad Village in India claimed that 32 people from his village suddenly died, including his wife. Most of them were between forty and fifty years old. When the villagers started suspecting 5G and enquired with authorities, they came to know that a 5G tower had been installed in their village in the last twenty days. They were completely unaware of the installation. The villagers said that deaths were taking place only in their village. None of the neighboring villages were affected. They are emphatic that it is not related to Corona, because since the Corona issue came up last year, for one year, the villagers didn't notice any unusual deaths happening. They warned the authorities to take down the tower within two days or they would burn it down. They are demanding that the 4G tower be reinstalled.

For more details on the damages of 5G to the human body, please refer to our document 'Scientific Evidence of the Plandemic' on Awaken India Movement's website at <https://awakenindiamovement.com/topics/legal/important-documents-letters>

Comorbid people are a large Percentage of the population dying now

Comorbid people are people who take allopathic pills to manage chronic illnesses such as diabetes, high bp, low bp, cholesterol, thyroid, arthritis, obesity, acidity, fatty liver, gout, constipation, migraine, chronic fatigue, digestive disorders, asthma, sinusitis, pneumonia, bronchitis, heart disease, kidney disease, lung disease, hormonal imbalance, infertility, backache, chronic fatigue, autoimmune diseases, etc.

In the 1920's a group of businessmen lead by John D Rockefeller, decided to make a business of health by promoting and creating allopathic medicines to tackle the chronic illnesses of the time such as acidity, headaches, digestive disorders, body aches & pains, cough & cold, immune system disorders, etc. But their first problem was how to get people to leave their traditional natural medicine systems such as naturopathy, healthy diet, herbal detox, herbal medicine, acupressure, acupuncture, yoga, breath work, meditation, bodywork, sound, music & dance therapy, essential oil therapy, energy healing etc. so they would buy allopathic pills instead?

So they designed cheap chemical pills that could be popped anytime of the day to suppress sickness symptoms, so people got a convenient escape from their slower acting traditional medicine systems. Ease of using the pills was the main carrot people fell for, as they do today as well. Unfortunately, people did not

have the sense to realize that the pills were not curing any of their illnesses permanently, but only making their sickness symptoms go away. If a person stopped taking the pills, the illnesses would come back again and so the person was forced to buy their pills again and again. This ensured the continuous and ever increasing revenue for the medicine manufacturers as the populations grew.

Besides that, many of their medicines caused side effects over longer periods of usage and new organ dysfunctions or damages or new illnesses would crop up from their use that needed further medication, and therefore any person who was surviving on their allopathic medicine system would end up using at least 3-4 of their medicine pills over time. So unwisely, people chose to pop more pills and gave them money each time for adding further toxic suppressants to the body's now immune compromised system. In this process, The Rockefellers and their ilk, became very rich over the last 100 years - the trillion dollar pharma industry of today, which has earned the name 'Big Pharma Mafia' because of the unscrupulous way in which they made their business across the world grow, constantly blocking competition from natural medicine systems and defaming them as well, with the help of their money and power.

Till the turn of the 20th century, medical practice was equally divided between allopaths (also known as doctors, who used chemical drugs & surgery to alleviate sickly conditions) and homeopaths / naturopaths (also known as empirics, who healed holistically by simulating natural immune response for healing). During the early 1900s competition between the two groups was very stiff, and to build a lobbying body, doctors (allopaths) combined to form the AMA (American Medical Association) in the USA. At this point of time some new medical methods were discovered which included petroleum based synthetic pharmaceutical drugs which would be extremely profitable to John D Rockefeller, owner of the Standard Oil Company, the world's largest petroleum manufacturer.

Realizing the lucrative nature of allopathic medicine, Rockefeller, combined with industrialist Andrew Carnegie, and financier J.P Morgan, invested huge sums of money to finance and fund research exclusively in allopathic medicine, and funded the setting up of allopathy based medical schools in all major US universities (in particular the Rockefeller Institute for Medical Research, Johns Hopkins University & Carnegie Mellon University etc. which have been very active in manufacturing the bogus narrative of this Pandemic), in order to win university academia over to allopathy. This step was also crucial towards creating an assembly line of university educated doctors who only practiced, researched, and recommended allopathic techniques and completely rejected any other approaches to medicine.

Rockefeller also activated the bought and paid for media houses (which the industrialists essentially controlled) to influence public opinion against anything but allopathy, to the extent that Rockefeller even lobbied the US Congress to officially designate homeopathy & naturopathy as quackery. Within the span of a couple of decades homeopathy & naturopathy were completely crushed and marginalized, and have since been completely overwhelmed by the general public's addiction to toxic pharmaceutical drugs and vaccines; an addiction which the corrupt pharma industry, setup by Rockefeller and his industrialist cronies, has been all too happy to serve. A curious point to note that that John D Rockefeller himself only always consulted a homeopathic doctor for all his health issues right up to his death!

As the number of natural medicine practitioners and teachers across the globe started growing over the last 40 years in reaction to the sharp rise in iatrogenic (physician caused) disease, people started to heal once again from of chronic illnesses with the help of naturopathy, diet & nutrition, herbal detox, herbal medicine, acupressure, acupuncture, yoga, pranayam, breath work, mudras, meditation, bodywork, sound, music & dance therapy, essential oil therapy, energy healing etc. and perhaps over 100,000 natural medicine practitioners across the globe have helped over 100 million people cure their various chronic illnesses with natural medicine and helped them live medicine free lives. This proved that those allopathic medicines were never needed in the first place.

We may know many such people in our circle of family and friends who have done this, so we know this is a matter of fact. To this day, allopathic medicines do not cure chronic illnesses and the majority of people in the world have not yet realized that they have been deceived for the last 120 years. Such is the caliber of

the modern man, who has no clue of the even deeper and larger deception by Big Pharma and its associates, like the CDC and WHO that have manufactured this Plandemic and its unnecessary vaccines. It may take the common man another 100 years to figure what is going on now, but unfortunately this time it includes a depopulation plan as well, so he may not even be around to experience his late realization. Countless allopathic medicines have been banned over the decades because they cause organ damage and make the human body more sick and dysfunctional over time instead of repairing it.

With millions of people switching to natural medicine over the years, the amount of allopathic medicines being bought worldwide over the last 20 years has dropped drastically and this has seriously damaged the incomes and businesses of all pharma companies across the world. Due to their mounting losses, some of the big pharma giants who mainly control this global business have formulated a new model of permanent income to sustain themselves, and this new model of business is vaccines. Just because the incomes from child vaccinations are not enough for them to remain profitable and to meet their business expansion plans, adults are now being targeted by making vaccines the solution for new viruses that do not really exist.

Can it be True that Viruses Don't Exist in the context we have been told?

The HIV virus has not yet been proven scientifically to exist. Yes, people have died of AIDS (Acquired Immuno Deficiency Syndrome), which means dying from a weakened immune system due to infections acquired from another person. This was seen mainly in drug addicts who shared syringes, sex workers, and people with multiple sex partners and sickly people living in extremely unhygienic conditions. It was in 1992 that Paul Duesberg posed the fundamental question which was not answered and has not been till date - What is the evidence that the virus known as HIV causes the conditions known as AIDS? Previous viruses have also not conclusively been proven to cause diseases like measles, rubella and polio. Sickesses caused by unidentified bacterium have been mistaken for sicknesses by viruses. Many reports prove that the outbreaks for these diseases happened after their vaccines were administered to the public, once again proving that vaccines made people weaker which caused them to succumb to sickness. Similarly, across the world now, deaths from COVID vaccinations are outnumbering actual COVID deaths.

It is mind boggling as to why the common man continues to trust Big Pharma Mafia made vaccines, even after they have committed crimes against Humanity for the last 120 years. German/American Advocate Reiner Fullmich, supported by over 100 lawyers and 1,000 doctors, biologists, scientists, researchers and therapists across the world, has instigated a Class Action Suit, suing the Davos Forum, WHO, CDC, Bill Gates and others for faking a Pandemic on the back of a non-existent virus, and for their gross Crimes against Humanity in terms of mandating a vaccine that has been tested extensively on animals for twenty years and killed all of them within five to six months – and was therefore shelved “permanently”.

All the high risk of dying comorbid patients across the world now, are products of the Big Pharma Mafia and their non-curative allopathic pills system. Besides making sicker people on this planet via their vaccines to profit their sickness business, they have collaborated with Telecom companies, Big Tech and Mainstream Media to dupe people into false narratives that propagate the Pandemic and keep people trapped in it.

Every person on the planet now who is popping allopathic pills to manage their chronic illnesses is a living testimony of the fraud by Big Pharma, yet many of these people are foolishly supporting the next global fraud of vaccines by these same companies that have kept them sick for far too long. It is tragic.

What about the Lab Created Virus at Wuhan?

The 'Lab Created Virus' story is being propagated by sections of Big Pharma just to maintain their profitable premise that a dangerous virus and its variants exist and therefore several kinds of vaccines are required to mitigate them. Due to this, several agencies across the globe are digging for evidence of this devious plot and it keeps people away from the truth, which is – gain of function research to develop a higher jump factor in a microorganism to be used as a bio weapon, does not happen for dead exosomes / viruses. It can only be done for a living infective organisms such as the Pneumonia bacterium or Tuberculosis bacterium, in which their living environments are gradually made harsher and harsher over the years and this forces

the organism to mutate in order to survive and in this process it gains function and becomes more infective, having a higher jump factor, whether from animal to human or human to human.

This work would have undoubtedly been done at NIH, USA for 4 years, then transferred to Wuhan Institute of Virology, China where it continued for another 4 years, and all of their hard work would have definitely resulted in creating such infective microorganisms. Such pathogenic organism creation for the purpose of biological warfare has been ongoing in the military factions of several countries over the last 50 years. Yet, the characteristics of such organisms are that they do not survive in the open environment across places and countries over periods of time longer than a couple of months, because they are not in their stable lab created environment. In natural open environments that keep varying, these organisms either die or deregulate themselves and drop their function gained to stabilize at the normal environments. So they get back to their lower infectivity factor once again becoming an ordinary organism incapable of a Pandemic. Such organisms however, can be used for short time interval attacks on people through aerosols in the air conditioning or via contamination of water or food or skin products, and this is what some groups of people across the world have experienced. The people who survived these attacks within 5-6 days, all took high potency antibiotics, once again proving that they killed living harmful microorganisms and not dead viruses.

Covid-19 Vaccines are being used to Sicken People and Depopulate the Planet

The Covid-19 injections are not actual vaccinations by any legal definition. Instead of being like a normal vaccination where a very low dose of the biological pathogen is injected, which is meant to stimulate the immune system to fight back and overpower the pathogen and thus enable the healing process (which is also not a scientifically proven science), the current so-called Covid-19 vaccines contain toxic materials such as aluminum hydroxide (to make you electrically conductive to 5G) , graphene oxide (which can act as a neurotransmitter to control your mind when paired with 5G) , mercury, immortal (cancerous) human fetal cells, fetal bovine (cow) serum, nanobots and nano particles, hydrogel quantum dots and the Spike Protein that is a Genetically Modified Organism that is pumped out by an actual microscopic medical device, injected with the shot, designed to turn the body into a manufacturing unit of pathogens in the form of highly toxic spike proteins.

Numerous scientists have revealed that it is the spike proteins that are causing the most damage to the immune system. The spike protein cells actually attack the immune system rather than exercise it to make it stronger. This experimental mRNA gene manipulation injection, causes irreparable damage to our DNA, causing infertility and further innumerable serious side effects such as nervous system disorders, neuralgias, partial facial paralysis, tremors, walking problems, blood clots, bleeding disorders, premature menstrual bleeding in young girls and even babies, thrombosis, excessive hair fall, autoimmune and allergic reactions; antibody-dependent enhancement of disease and sudden unexplained problems a person never had before in their life. When blood clots lead to heart attack or brain stroke, it gets accounted for as a vaccine death. VAERS reports over 6000 deaths in America alone, over 15000 deaths in Europe and Indian Media channels report over 4000 deaths after vaccination, but in reality there are much more. The vaccine for 'Swine Flu' was halted after it caused less than 100 deaths worldwide. The non-stoppage of the Covid-19 vaccine drives after so many worldwide deaths clearly points out to the fact that financial gains for vaccine companies along with other devious agendas of eugenicists and big tech and mainstream media misinformation are forcing the vaccine drives.

The reason why most people are not getting severe damage from the Covid-19 Vaccines

It has come to light that less than 1% of the vaccines being administered all across the world actually contain the lethal Spike Protein. What this means is that 99% of people at any point in time, profess that they just got the flu for a couple of days after the vaccination and no other health issues. But very healthy people who got the vaccines containing spike protein begin to report its severe side effects within 10 days.

Researchers, who saw over 150,000 Covid-19 vaccine deaths listed on VAERS in Jan'21, discovered they had been deleted from the system a few months later. Finally VAERS was busted in Jun'21 for disregarding another 50,000 deaths, and a witness to the fraud has now acted as a plaintiff in a court case.

A key point is that this is still an experimental vaccine that people are agreeing to without an informed consent form. Besides it is under emergency use and its clinical trials are not yet complete, making it a dangerous choice. All videos that give evidence of other tried and true healing modalities are being deleted by YouTube and other online news channels.

To know how dangerous vaccines are and to see how they have been stealthily introduced into our healthcare systems over the decades by bypassing mandatory safety testing procedures, please watch the following documentaries and videos. The Truth About Vaccines 2020 Roundtable hosted by Ty & Charlene Bollinger, where some of the world's most eminent virologists and microbiologists and doctors and healthcare professionals have explained these details. Read the official reports from government bodies on websites like this one www.altcensored.com – see the video by [Dr. Annie Bukacek](#) [Dr Scott Jensen](#) of how there is no real test for COVID-19 and ordinary viral flu symptoms are wrongly being used by WHO to classify a person as COVID. These videos also disclose how vaccines have killed countless people over the decades – more than they have actually saved.

Watch Dr. Sherri Tenpenny's interview and also Dr. Judy Mikovits interview on the London Real TV website. Watch Dr. Zach Bush's interview on the real nature of viruses and why they are not the ones doing us any harm. Watch Dr. Lorraine Day's interview <https://youtu.be/Uo5QDBdGIJY> She once worked for the CDC, and also got an award for being the person who handled the most number of AIDS cases. She also reversed her Cancer 20 years ago. Someone like this is a person of great caliber. Hear what she says about all the viruses and the operations of the CDC. Also see how death from many other health conditions like pneumonia, bacterial infections, autoimmune diseases and chronic illnesses are being noted as COVID-19 deaths by instructions dictated to hospitals by WHO and The Center for Disease Control (CDC) and how they are monetarily incentivizing people across the world to say they have Coronavirus symptoms.

A Nutrition Protocol to prevent Damage from Spike Proteins

This protocol comes from David Avocado Wolfe <http://bit.ly/SpikeProtein> to protect those who've been injected with any of the Covid 19 vaccines. The same protocol is useful to protect the unvaccinated who are concerned with the spike protein shedding coming off family or friends who've been injected. So if you know someone who has been injected and requires help, please provide them with this protocol. This is the Nutrition Protocol to Prevent Damage from Spike Protein and Derivatives due to Injection and to Protect from Spike Protein Shedding: Imbibing food with shikimic acid is the key to health along with a total diet clean up: stop all use of non-native wheat, white rice, white sugar and animal products. Indians are advised to take saunf (fennel) with meals and Triphala which are readily available.

- Zinc (30-80mg per day depending on immunological pressure)
- Vitamin D3*
- Lypospheric Vitamin C (30ml, twice daily)*
- Quercetin (500-1000 mg, twice daily)
- Iodine*
- PQQ*
- 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)

- C60, or Buckminster Fullerene (1-3 droppers full per day): 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. In this category, two products are available, the traditional C60 product* is made by yours truly and the C60 SuperConcentrate* is made by a carbon scientist friend of mine and contains a higher concentration of electrons.

- Charcoal (2-4 capsules a day): 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”. The Kohlbitr* product is the premier activated coconut charcoal in the world and we also now offer the more gentle birch charcoal.*

- 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)

Wheatgrass and Wheatgrass Juice (blades are high in shikimate)

- Super herbs to help disable spike protein:

Schizandra Berry* (high in shikimate)

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 bellerica*). 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)

GiantHyssop or Horsemint (*Agastache urtifolia*) (rich in shikimate)

LiquidAmbar (Sweet Gum tree) A tea of the spiky seed pods is rich in shikimate.

*Indicates products found in one place here: <http://bit.ly/SpikeProtein>

To learn more about essential supplements which support detox, please see www.biotexlife.com

Employers, Governmental and Educational Institutions are Illegally Mandating a clearly Dangerous Experimental Gene Disrupter which Is Causing Injuries & Death

All over the country we are now seeing letters and notices from institutions or agencies trying to force people to get vaccinated. This is unlawful, as the Ministry of Health and Family Welfare in India still states the Covid-19 vaccines are voluntary; again, a shot which doesn’t meet the legal definition of a vaccination. We all have a right to refuse this grotesque medical experiment which is purely voluntary especially because a large number of people are getting vaccine injuries or dying from them with every passing day. We all have the right to use effective natural medicine protocols to heal ourselves, and also protect our body from any harm or genetic manipulation.

There are no studies or data to confirm a drop in transmission from Vaccination. In fact, there has been a large spike in positive cases since the vaccination drives have begun. The COVISHIELD vaccine is the same as the AstraZeneca Oxford vaccine, which has been discontinued, and even banned in 16 countries.

Why is this not considered before carrying out mass vaccination with the same COVISHIELD in India? If you received injuries from these experimental vaccines, why has the vaccine manufacturer not compensated you for it? Why have the families of vaccine death victims not been monetarily compensated for their deaths?

Did you know that Covid Vaccines are still in clinical phase III trials and have not been approved by the FDA? And by taking these experimental vaccines, you have agreed to be a test subject for a genetic experiment that has never been done on Humanity before? Such experiments on people are banned by The Nuremberg Code. Before you take the vaccine, please read the contraindications written on the paper insert in the vaccine box to know if you are allergic to the vaccine. Only then sign the informed consent form before receiving the vaccine. If you actually read the ingredients and do some research, it is unlikely you would still sign on to take such an obvious bioweapon. The Ministry of Health and Family Welfare states that the vaccines are voluntary and High Courts in India have ruled that these vaccines cannot be forced on anyone. So anyone in India who is forcing the vaccine on you is actually committing a criminal act that is punishable by law.

Millions of people in India and across the world have healed themselves of Covid using Naturopathy, or Nature Cure, or Homeopathy or the AYUSH Protocol for Covid, or the N.I.C.E. Protocol for Covid, or the Functional Medicine approach, so they now have the right antibodies that medical experts state are stronger and last longer than vaccine induced antibodies. So please make the right choice that is safe for you and your family.

1. Ministry of AYUSH protocol for management of mild COVID-19. Moderate to Severe COVID-19 Individuals - This protocol is approved by the Chairman, Interdisciplinary Committee for inclusion of Ayurveda and Yoga in the management of mild COVID-19 and approved by the empowered committee of the Interdisciplinary AYUSH Research and Development Taskforce on Covid-19, both constituted by the Ministry of AYUSH.
2. NISA (NATURAL IMMUNIZATION SUPPORT ALLIANCE) Covid-19 Protocol.
3. Dr. Biswaroop Roy Chowdhury's 3 Step Flu Diet N.I.C.E Protocol which has successfully treated 60000 + individuals with zero Medicine / Money/ Mortality. Survey conducted by Natural Institute of Naturopathy (under Ministry of Ayush) about NICE protocol which concludes that - Nature Cure therapy was successful as a regimen for the COVID cases. This can serve as a model for the successful handling of all mild to severe cases of COVID and also as a preventive intervention in all future cases.
4. Anandaiah's Ayurvedic Herbal Medicines.
5. Dr. Biswaroop Roy Chowdhury's DIP Diet Protocol for improving health & immunity.

The above Covid-19 Treatment Protocols are detailed the document titled 'Scientific Evidence of the Plandemic' on Awaken India Movement's website at

<https://awakenindiamovement.com/topics/legal/important-documents-letters>

In even more chicanery and perpetrated lies as of this writing, the media has just now announced that the FDA has approved the Pfizer vaccine. But this is blatantly false. Instead they approved a vaccine that doesn't even exist yet. It is time for these lies to be taken to court.

The truth is, vaccines do not prevent people from getting infected by Corona or dying from it - this the vaccine manufacturers have stated themselves. They also say that it will at least reduce the severity of Corona if you get it after vaccination, but this is just another blatant lie, because they have no scientific experiments or data to prove it as yet. People have their own immunity to fight the virus, and this fact they are trying to suppress in the media. They go further by falsely implying that their vaccines do a far superior job, while on paper as stated above, they have to admit the vaccines do not prevent people from getting infected with Corona or dying from it. So why bother taking it?

No Evidence of a Pandemic

Only a small fraction of the human population has actually succumbed to severe or fatal consequences from COVID-19. The majority of human beings who contracted COVID-19, have been able to fight it off, and subsequently build natural immunity to it, which include producing antibodies as well as priming the acquired immunity to better handle future infections from not only the same but also other similar strains. As on 18/08/2021, India had 3.2 Crore cases and 4.3 Lakh deaths and a recovery rate of 98.76% for a total period of 18 months. <https://www.google.com/search?q=covid+deaths+in+india> As on 18/08/2021, the World had 20.9 Cr cases and 43.94 Lakhs deaths and a recovery rate of 97.5%. <https://www.google.com/search?q=covid+deaths+in+world&client>

The RA value (which gives the infection rate of any disease) of TB is 14 and for Sars-CoV-2 is just 2.2, which means that an infected TB person can infect 14 people. So, with this condition prevalent in India for years, with no PPE Kit, no isolation, no mask and no social distancing, TB or any infectious diseases was never called as a Pandemic. Therefore Covid-19 has no basis for being labeled a Pandemic in India.

Until people hit their seventies, all age groups have Covid-19 survival rates well over 99%:

0-19: 99.9973%

20-29: 99.986%

30-39: 99.969%

40-49: 99.918%

50-59: 99.73%

60-69: 99.41%

70+: 97.6% (non-institutionalized)

70+: 94.5% (institutionalized and non-institutionalized)

"With every new study, with every new paper, the 'deadly' pandemic gets less and less, well, deadly." Across all countries, the median IFR in community-dwelling elderly and elderly overall was 2.4% (range 0.3%-7.2%) and 5.5% (range 0.3%-12.1%). IFR was higher with larger proportions of people >85 years. Younger age strata had low IFR values (median 0.0027%, 0.014%, 0.031%, 0.082%, 0.27%, and 0.59%, at 0-19, 20-29, 30-39, 40-49, 50-59, and 60-69 years). The related study concluded that the IFR of COVID-19 in community-dwelling elderly people is lower than previously reported. Very low IFRs were confirmed in the youngest populations. <https://www.medrxiv.org/content/10.1101/2021.07.08.21260210v1>

18 Questions by Awaken India Movement asked of Dr.Randeep Guleria, Director, AIIMS

Dear Sir, in the present scenario of tremendous confusion on the Covid crises and crass commercialization of the mainstream medical establishment in India, that is causing tremendous distress, loss of lives and loss of livelihoods affecting the entire country, we seek answers / clarifications from you, as head of India's premier medical institution, to the following questions / pointers. Kindly share credible evidence in support of your statements, so that we may have a clear understanding.

(1). In 2020, "Covid-19" was declared as Pandemic in India on the basis of: (a). WHO declared it a Pandemic on 11th March'20. Does mere declaration by WHO that a pandemic has come, binding on the Government of India without confirming the same by its own research institutions, concerned scientists and referring to domestic studies? (b). Did any public funded medical authority/institution in India give its consent to declaration of a pandemic and health emergency and subsequent measures of mandatory mask and social distancing, lockdowns and then vaccine coercion in the country, linking it to travel and attending educational institution campuses?

(2). Has the SARS-CoV-2 virus been isolated in purified form anywhere in India by any public funded institution, to measure its genetic sequence and study its nature and features? Have these researchers found/received this Virus in isolation? Can this isolated virus be produced by AIIMS Delhi for public scrutiny?

- (3). Has the purported novel virus SARS-Cov-2 been proved via Koch's or River's postulates or following scientific processes of causal relationship along with statistical correlation?
- (4). Is Face Mask safe and effective w.r.t. to Covid-19? Has any study been done by any public funded institution in India to prove that masks are safe and effective w.r.t. to Covid-19?
- (5). Has any study been done by any public funded institution in India to prove that 6 feet physical distancing is effective?
- (6). Is sanitizer safe and effective to prevent Covid-19? Has any study been done by any public funded institution in India to prove that sanitizer is safe and effective w.r.t. to Covid-19?
- (7). Has the clinical trial for emergency approved Covid Vaccines in India completed its phase 3 clinical trial for making it mandatory and coercive in public interest?
- (8). If in a clinical trial the control group participants are given one or more adjuvant or any other vaccine as a placebo, then can it's safety data be deemed reliable? Here the adjuvant or the vaccine being given as placebo has its own proven set of localized as well systemic reactogenicity.
- (9). Are all Covid Vaccines being approved in India fit to be declared as a Vaccine or are in fact Gene (manipulation and modification) Therapy as per classic medical definition?
- (10). What is the efficacy (in absolute terms) of the Emergency Use Approval Covid-19 Vaccines in India?
- (11). Please cite and refer peer reviewed medical study/studies (for each Covid Vaccines) on the basis of which it is being stated that the Covid Vaccines are safe for: (a). Comorbid not using any medication or are on some prescription drugs. (b). Age groups: 18-45; 45-60; and 60 above. (c). Lactating mothers. (d). Pregnant ladies. (e). Baby as foetus in the womb of his/her mother under 20 weeks as well as over 20 weeks. (f). Those in the reproductive age group who want to reproduce in future. If there does not exist a peer reviewed study on the basis of which safety cannot be established for any one or more of the above conditions, then is it bio-ethically correct to state that the Covid Vaccine is safe for the above conditions?
- (12). If it has been proved that natural immunity against Covid-19 is more robust and long-lasting than the immunity (if any) from the Covid Vaccine, then: (a). Why do those recovered from Covid-19 (symptomatic or asymptomatic) need Covid-19 Vaccine? (b). If the most recent serological survey conducted by ICMR says that more than 2/3rd of Indian population above 6 years have gained natural antibodies against Covid-19, then why do Indian population need Covid-19 Vaccine to attain herd immunity if it is being achieved naturally as is being proved by consecutive serological surveys?
- (13). All Covid Vaccines produce artificial spike protein in the cells of human body which the world over is being responsible for localized as well systemic reactions as mentioned in the scientific paper by Salk Institute of USA, which is proving to cause blood clots leading to heart failure and brain strokes including other organ failures, then has the AIIMS Delhi conducted any study on the side effects of these spike proteins on human body? If not done, then as a premier medical research institute of India, will AIIMS Delhi take this responsibility to prove or disprove in a time bound manner, the safety of spike protein produced by the Covid Vaccines on human blood and organs?
- (14). Does a positive report in Covid RT-PCR testing prove that there is presence of pathogenic Covid virus in the body? If not, why is it being used as a gold standard test for Covid-19? Reply with citations and references.
- (15). Third Wave of Covid-19 will come, is this based on assumption or scientific and empirical study? Please reply with citations and references.
- (16). Covid Vaccines will end Covid or provide herd immunity - is this based on hope or any scientific and empirical study? Please reply with citations and references.

(17). With respect to Covid Vaccines, the statement/submission being made that - the benefit outweighs the risk. Is this statement based on assumption or scientific and empirical study? Please reply with citations and references.

(18). With respect to Covid Vaccines, the statement/submission being made that the Vaccine is protecting people from severe or fatal Covid-19 is this statement based on assumption or scientific and empirical study? Please reply with citations and references.

Fortunately some People are using their Common Sense

Millions of people across the globe are tackling the Covid sickness with rest, healthy food, sunlight exposure, supplements and natural medicine and their immune systems have already made the right antibodies during their healing phase, which science says are much stronger and last longer than any vaccine induced antibodies. So such people do not need the vaccine at all and they have the right to refuse it. The reason most of these people were able to fight Corona on their own at home with no need of any medicine, is because they were not comorbid patients, meaning that they were not taking allopathic medicines as they have no chronic illnesses, so their natural immunity was good enough to fight Corona and they have come out of it stronger and they easily have the capacity to fight any "virus variants" as well.

The human body makes specific antibodies for specific germs or radiational damage. The vaccine spike protein does not make the exact same antibodies as the human body that naturally responds to the Covid symptoms attack. The proof of this is that people are getting Covid symptoms even after getting the vaccinations and some are dying from it, whereas this is not happening with people who healed from Covid naturally. If the Vaccines were making the right antibodies, no vaccinated person would die after 1 week because their body would fight off the infection within a week with the help of the immune system B cells, T cells and the antibodies. All deaths after 1 week of vaccination are deaths from spike protein damage.

The people who follow natural remedies have a higher chance of survival and the people with comorbidities have a lower chance of survival. The people who have taken vaccines have an even lower chance of survival than the aforementioned, so it is the people with comorbidities and vaccines that have the least chance of survival. The evidence of this is being experienced now amongst people all across the globe. The vaccines will only make people sicker over time because of the toxic ingredients in them. People on allopathic pills for other illnesses like high bp, cholesterol, diabetes, etc. are becoming more affected, because of the sometimes synergistic reactions between the toxic vaccine ingredients and the chemicals in their allopathic tablets. This is visible now with many people across the world getting very sick and some dying within the first three days after vaccination and still more within three weeks after the vaccination.

But The Lies March On

All the proof and testimonies of these deaths are there on alternate media channels and not the fake mainstream media channels. The Prime Minister of India as well as the Ministry of Health said the vaccines are 100% safe. Now because of the thousands in India who have died from Covid vaccines, we know that they have lied and are just saying what CDC & WHO and Vaccine Manufacturers are forcing them to say.

Currently we are experiencing a push by recently hired, "frontline workers" recruited by the Indian government to push the vaccine agenda through the village Panchayats. If the government personnel or the new hirelings were truly informed as to the actual ingredients in these injections, they would realize their moral and legal culpability for the severe adverse reactions and deaths they will and are certainly causing. Each individual must use due diligence.

People across the world are grossly unaware of the number of Covid-19 vaccine deaths and injuries, and that's the only reason they assume they are safe. But everyone needs to know the truth, so please see the Adverse Drug Reactions of Covid-19 Vaccines on this website www.vigiaccess.org

Scroll down to that page and checkbox - I understand (notice the WHO Logo). Then click Search database and type in Covid-19 Vaccine and click Search. Click ADRs then click on each ADR. You'll be in for a shock!

Awaken India Movement (AIM) has sent details of Covid Vaccine deaths covered by media/social media in India as on 21.9.21 to various high authorities of our country. Vaccine Deaths in India covered by the Media! File updated till **Victim #4946**

File Link: https://drive.google.com/file/d/1uikc1a6_KDzUx7HNLrfwa1NJRt0D_YP/view?usp=sharing

Note: (1). In case it doesn't open on your phone, you may click the download button to open file in new tab
(2). Actual cases of death after taking the Covid Vaccines can be 100 times more than the cases listed in this document.

Funeral Director John O'Looney from UK says that Covid is a Global Scam.

He and his wife and helper without masks or other protective Covid gear washed the dead bodies of hundreds of so called 'Covid Death' bodies and cremated them too, and they did not get Covid till date. He said this interview that the virus does not exist! <https://rumble.com/vmlz42-funeral-director-john-olooney-blows-the-whistle-on-covid.html>

John says all deaths in 1st wave were the usual yearly deaths and not from Covid and that most deaths in the 2nd wave were vaccinated people. He also said that all delta variant deaths are from vaccine reactions and the lies on this will never end, as they fake variant after variant. 45 Funeral Directors told him of the same situation they were facing, so it's not just his word. He confirmed that people are being deliberately killed to depopulate the planet and warned that children are being targeted now and if the common people don't stop this genocide, nothing else will.

John's testimony is one of the thousands of real testimonies about the truth of Covid. Mainstream Media is spewing fake news daily at the behest of The Globalists. It's time to dump them and go for news on the ground from real people who care.

As has become the norm nowadays, a couple of Big Pharma funded Fact Checker websites notorious for fake debunking of real news tried to say that they could not verify John O'Looney's story, but thankfully he is now part of a high level 16 member group in talks with UK Parliament about the Global Pandemic Fraud.

What will it take for People to finally Wake Up?

A Freedom of Information (FOI) request made to MHRA reveals adverse reactions to the Covid-19 injections are 17.5 times higher than adverse reactions to all other vaccines combined since 2010. That's how deadly the Covid-19 vaccines really are. <https://dailyexpose.co.uk/2021/08/14/f-o-i-request-reveals-adverse-reactions-to-the-covid-19-injections-are-17-5-times-higher-than-adverse-reactions-to-all-other-vaccines-combined-since-2010>

Dr Mike Yeadon says "Children are 50 times more likely to die from the Covid Vaccines than from the virus itself" <https://dailyexpose.co.uk/2021/07/09/dr-mike-yeadon-children-are-50-times-more-likely-to-die-from-the-covid-vaccines-than-from-the-virus-itself>

Shocking 86% of Children suffered an Adverse Reaction to the Pfizer Covid Vaccine in Clinical Trials. <https://theexpose.uk/2021/05/30/shocking-86-of-children-suffered-an-adverse-reaction-to-the-pfizer-covid-vaccine-in-clinical-trial>

After taking Covid injection, 82% pregnant women got spontaneous abortion within 20 weeks of pregnancy. Here is the reference study: <https://www.nejm.org/doi/full/10.1056/nejmoa2104983>

Dr. Peter McCullough, one of the most highly cited physician in the USA, on the early treatment of COVID-19 stated in an interview that the virus is not spread asymptotically. That is, only sick people give it to other people. Therefore, we should stop testing symptomless people. That just generates false positives – creating extra ‘cases’ and extra concerns. ‘There shouldn’t be a single person on Earth that should undergo an asymptomatic test or a test done on a routine basis. People ought to just walk past these testing stations. They have absolutely no standing whatsoever.’ Also that natural immunity is robust, complete, and durable. It cannot be improved by vaccination, or any other method. A person who has developed immunity after exposure to the virus is at minimal risk of becoming seriously ill again from Covid. Where apparent cases of that kind have been reported, a misinterpretation in the test procedure has been responsible. Even with loosely defined cases, 11 studies involving 650,000 individuals showed a long-term recurrence rate of only 0.2%. ‘Someone who is naturally immune can walk up to someone who has Covid-19, get a big cough in the face, and they are not going to get the illness.’

A new study from Israel, one of the most vaccinated countries in the world, claimed that “fully vaccinated” people are 27 times more likely to get infected with Covid-19, and 8 times more likely to require hospitalization, than those who are unvaccinated and have the natural immunity that comes from catching the virus and recovering from it. Article Link: <https://nationalfile.com/israeli-study-fully-vaxxed-are-27-times-more-likely-to-get-covid-compared-to-people-with-natural-immunity>

So why are people being fear driven by the media to take this Covid injection, when thousands of doctors are protesting against it worldwide? (In India: Indian Doctors For Truth, and internationally, The International Doctors Alliance with over 10,000 members!)

Over the last 65 years, the different pharma companies have paid out literally billions of dollars to the families of vaccine damaged and killed victims in numerous courts and countries, so they clearly do not have a benevolent motivation. No more died in 2020 from “Covid” worldwide than from the flu in any given year, but at no time has there been the sheer number of side effects and deaths as in the past few months, which graphs worldwide for each country, show clearly begin with the roll out dates for the improperly labeled “vaccinations”. This is comparable to the results of animal tests in which all the test subjects eventually died.

For 20 years researchers have done extensive animal trials on this same experimental mRNA vaccine. In all cases 80% of the animals suffered immediate adverse events and 1% died immediately. Within five to six months, all the animals died. Because of this, all trials were discontinued permanently. So why give it to our children now?

In the U.S., which started injecting these vaccines at least six to eight weeks before India, the statistics were the same as with the animal trials with the first three million Americans who took the jab: 80% had immediate adverse reactions and 1% or just over 3,000 people died immediately. Now over one third of Americans, who have not been properly informed by the mainstream media, or 130 million people have taken the jab and thousands of accounts of severe side effects are pouring into social media sites, of both the vaccinated, and more importantly, of unvaccinated family members and co-workers who are forced to be in close range of the vaccinated. 30,000 unvaccinated women responded with their own accounts of having double periods, post- menopausal women bleeding excessively, pregnant women having miscarriages, men with swollen testicles and generally unvaccinated spouses of the vaccinated suffering from excessive blood clots, dizziness, fainting, headaches, fever, severe bruising and numerous variations of pulmonary disorders due to the toxic transmissions coming from their vaccinated spouse. We can thus assume if we compare with the 20 years of animal tests: 104 million people in the U.S. (80%) of these have had immediate adverse events and 1.3 million (1%) died immediately.

Recently on the border of Madya Pradesh and Maharashtra, tribals at a large Panchayat gathering of many villages were told they should take the Covid “vaccination”. Skeptical, they declared only if the Sarpanches took it, would they consider. The Sarpanches agreed, but unfortunately several died the same day and the rest died within 8 days leaving all 21 dead along with 28 other villagers.

Not far away in Madhya Pradesh in a different situation, three villages of tribals who were starving due to the fact that they couldn't purchase food this year for the dry season (because last year's lockdown prevented them from trading goods to purchase the needed surplus food), caused them to call on the government for help. The government responded, "If they agreed to take the "vaccination", each would receive a 50 kg bag of food". Only five were willing to take the jab in desperation for their starving children. Most likely, due to their lack of exposure to such injectable filth, all five died within one week.

Indian High Courts have ruled against Coercive Vaccinations

The Ministry of Health and Family Welfare on its website under the heading "Frequently Asked Questions on Covid-19 Vaccine" has stated that the Covid-19 vaccine is voluntary. The link to the FAQ's Ministry of Health and Family welfare (MOHFW) is as under:

<https://www.mohfw.gov.in/pdf/FAQsonCOVID19VaccineDecember2020.pdf>

Meghalaya High Court rules against Mandatory Covid-19 Vaccination. As in the case of PIL No.6/2021 filed by Registrar General, High Court of Meghalaya Vs. State of Meghalaya, in the High Court of Meghalaya, presided by Honourable Mr. Justice Biswanath Somadder, Chief Justice and Hon'ble Mr. Justice H.S. Thangkhiew, Judge who passed the order on 23rd June, 2021, overruling the state's attempt to mandate vaccinations.

In the Gauhati High Court matter Case No. : WP(C)/37/2020 of In Re Dinthar Incident versus State of Mizoram and 11 Ors, dated 2nd July 2021, the Honorable Mr. Justice Michael Zothankhuma and Honorable Mr. Justice Nelson Sailo, in respect of the following clauses of the Standard Operating Procedure (SOP) dated 29.06.2021

It has been brought to our notice that even persons who have been vaccinated can still be infected with the Covid virus and spread it to others. So if vaccinated and un-vaccinated persons can be infected by the Covid virus, and if they can both be spreaders of the virus, the restriction placed only upon the un-vaccinated persons, debarring them from earning their livelihood or leaving their houses to obtain essential items is unjustified, grossly unreasonable and arbitrary.

Clauses 5(2), 6(1) and 6(2) violate Article 14 of the Constitution by discriminating between vaccinated and unvaccinated individuals. Clause 6(1) and 6(2) violate the fundamental right of a person to practice any profession, or to carry on any occupation or trade or business under Article 19(1)(g) and his right to livelihood protected by Article 21 of the Constitution of India. Furthermore, Article 19(6) of the Constitution states that restrictions can only be made in the form of a law and not by way of executive instructions by the State Government via Executive Orders under the Disaster Management Act, 2005, curtailing the Fundamental Rights of the citizens that are protected by the Constitution.

We hold that the restrictions placed upon unvaccinated individuals vis-à-vis vaccinated individuals in terms of Clause 5(2), 6(1), 6(5), Serial No. 31 & 42 of Annexure-3 of the SOP dated 29.06.2021 are arbitrary and not in consonance with the provisions of Article 14, 19 & 21 of the Constitution. The said impugned clauses are interfered with, to the extent that the allowances available and given to vaccinated persons in the above clauses shall also be made equally applicable to unvaccinated persons. The State respondents are accordingly directed to issue a corrigendum of the SOP dated 29.06.2021 at the earliest incorporating the above directions.

High Court of Manipur at Imphal, PIL No: 34/2021, Dated: 13/07/2021 ruled - the State cannot seek to impose conditions upon the citizens so as to compel them to get vaccinated, be it by holding out a threat or by putting them at a disadvantage for failing to get vaccinated. Restraining people who are yet to get vaccinated from opening institutions, organizations, factories, shops, etc., or denying them their livelihood by linking their employment, be it NREGA job card holders or workers in Government or private

projects, to their getting vaccinated would be illegal on the part of the State, if not unconstitutional. Such a measure would also trample upon the freedom of the individual to get vaccinated or choose not to do so.

High Court of Guwahati, Itanagar Bench, PIL No. 13/2021, Date: 19/07/2021 - There is no evidence available either in the record or in the public domain that Covid-19 vaccinated persons cannot be infected with Covid-19 virus, or he/she cannot be a carrier of a Covid-19 virus and consequently, a spreader of Covid-19 virus. In so far as the spread of Covid19 Virus to others is concerned, the Covid-19 vaccinated and unvaccinated person or persons are the same.

Supreme Court of India's decision in Common Cause v Union of India (2018) 5 SCC 1 - A person has a right to choose medication of his choice.

As in the case of Writ Petition No. 9773 of 2020 (GM-RES-PIL) as per Article 226 of The Constitution of India, dated 29th September, 2020, filed by A. Varghese & Dr. Priyanka Arora versus Union of India via MOHFW and via Ministry of AYUSH, Commissionerate of Health and Family Welfare Services, Govt. of Karnataka, ICMR, Council of Scientific & Industrial Research Ministry of Science & Technology, Govt. of India, wherein the Honourable Karnataka High Court Chief Justice Mr. Abhay S. Oka and the Honourable Justice Mr. Ashok S. Kinagi ruled against the mandate of Allopathic treatment for Covid-19 via the revised Standard Operating Procedure for CCC dated 20-07-2020 issued by Commissionerate of Health and Family Welfare Services, Govt. of Karnataka to allow howsoever chooses, to use Ayurveda as a treatment modality for COVID-19.

As in the case of YOGENDRA KUMAR versus INDIAN AIR FORCE & 1 other(s), the High Court of Gujarat at Ahmedabad via R/Special Civil Application No. 8309 of 2021 presided by Honourable Mr. Justice A.J.Desai and Honourable Dr. Justice A. P. Thaker passed the order on 22nd June, 2021 that - no coercive action shall be taken against the petitioner, who is at present not willing to take vaccine.

70% of the Covid-19 deaths in the UK have been among vaccinated people, and not the unvaccinated people as falsely claimed by UK Prime Minister, Boris Johnson
<https://theexpose.uk/2021/09/09/fact-check-boris-bbc-sky-news-lie-about-unvaccinated-death-rate>

The Covid-19 injections have caused 18,856 blood disorders, 14,727 cardiac disorders, 160 birth defects, 19,513 eye disorders including blindness & 236,355 nervous system disorders including paralysis & stroke, as reported to the MHRA <https://dailyexpose.co.uk/2021/09/02/uk>

Dr. Jacob Puliyel, a former member of the National Technical Advisory Group of Immunization, filed a Public Interest Litigation in Indian Supreme Court, followed with an Additional Affidavit stating - Vaccines are Not Effective, Mandatory Vaccination is Unconstitutional and Against Individual's Rights, Scientific evidence that natural immunity being long-lasting and robust as compared to vaccine immunity, Vaccines do not prevent infection or transmission for Covid-19 and are not effective in preventing against infection from the new variants, Serious adverse events are being reported in India and globally from the Covid 19 vaccinations, Healthy children are almost at no risk of serious disease from Covid-19, Administering experimental vaccines to children, about which no medium or long term side effects are known is unethical and irresponsible. Its details are here <https://www.livelaw.in/top-stories/supreme-court-mandatory-vaccination-not-matter-of-public-health-no-guarantee-against-infection-180941>

Corruption of more than 80,000 Crores in issuing circulars of compulsory vaccination and restrictions on entry to local train, malls etc. Indian Bar Association, Awaken India Movement demand immediate arrest of accused Bureaucrats and Ministers.

The safest persons today are those who have recovered from Covid-19 and if any relaxation can be given should be given to them first. The Vaccinated people are not in the safe person's category. But the vaccine mafia gave bribe in thousands of crores to the ministers and bureaucrats and for issuing circulars, directions and orders for giving relaxations in train, mall etc., only to vaccinated people.

Article: <https://vaccinemafiaexposer.blogspot.com/2021/09/corruption-of-more-than-80000-crores-in.html>

So what is Really behind all These Lies?

This is the same experimental DNA technology which is being pushed by Eugenicists Anthony Fauci, George Soros and Bill Gates and the entire Davos Group as a part of U.N. Agenda 21 through the CDC and WHO which receives most of its massive donations from both The Bill and Melinda Gates Foundation and the CCP (Communist Party of China). The CCP is being used by the Davos Group to push the technocratic takeover of the Earth by 2030. All 5G grids are meant to be in place, but concentrated in all the cities to take full control of the population who will be fully microchipped by the “vaccinations” if the globalists have their way.

This is all a part of U.N. Agenda 21/2030 to depopulate the world by 7 billion people by 2030, also referred to as “The Great Reset” by Klaus Schwab of the Davos Group. On the Georgia Stones where this plan is literally laid out in stone, it states we need to depopulate the Earth until there are only 500 million humans left. The 500 million humans who survive this planned vaccination/5G holocaust are being set up to be turned into trans-humans. Any intelligent person, who has done a proper survey of the current natural resources of this planet viz a viz consumption of populations in a holistic, collaborative, non-polluting, eco-friendly, renewable sources of energy based model of living, knows that this Earth can easily host up to 10 billion people. Therefore, they also know that the 500 million target of The Globalists is a complete lie and complete propaganda in order to have just that population size which can be completely under their control.

The ultimate goal of The Globalists and the Billionaires Club of each country is to severely cull the population they call “useless eaters” with the 5G frequencies, the mRNA vaccinations, the toxic PCR tests and starvation. The vaccinated are all chipped with no freedom from control by the grid. Whomever doesn't die will be moved into the new smart cities dominated by 5G, their own version of Soilent Green Food, and the Elon Musk electric cars that will not be allowed to be driven outside of the cities if The Globalists have their way. They want to replace currency with a cryptocurrency system to control who gets food to eat.

These Globalists who have been manipulating almost every government on this planet through their money and corporation cartels, have over the last decade also been mortally afraid of the rising number of people across the world who have realized that their governments do not work for their benefit anymore, and these people have therefore been agitating to bring down their corrupt governments and reinstate the true people's governments for good governance. The Globalists have also realized that people have understood that much of the entire money system is fake and not backed by real assets, and their fake global banking system is on the verge of a collapse. So these Globalists have strategically devised the 5G system to have towers with video cameras in close proximity to enable a police vigilant state to control the people against their will. Knowing well that the rollout of the 5G internet system will cause the Covid symptoms of which millions will suffer and die, they had to place its blame on something unseen, which they labelled as the Covid-19 non existent virus. Through the virus excuse they are mandating Covid-19 vaccines containing the spike protein, which over the coming years, will kill even those people whose bodies adapt to the new permanent 5G field, till the population reduces to 500 million. Their devious crime must be stopped now.

Other aspects that Weaken the Immune System making people sic from Covid Symptoms caused by 5G Radiation:

1. Masks
2. Sanitizers
3. Social Distancing
4. Lockdowns
5. Chemtrails
6. Toxic Air
7. Stress
8. Sedentary Life

9. Malnutrition due to Denatured Soil
10. GMOs
11. Processed Foods
12. Toxic Body Products
13. EMF

- **Masks**

RTI reply by ICMR stated that the size of the Sars-Cov-2 virus is 70 - 80 nanometer, i.e. less than 0.08 microns, whereas the pore size of standard surgical masks is from 0.3 micron to 10 micron. This means that anywhere between 4 to 125 coronaviruses can go through each pore of a mask. This clearly proves that masks are a scam and they are useless to prevent infection by the SARS-Cov-2 virus.

Wearing these masks has been demonstrated to have substantial adverse physiological and psychological effects. These include hypoxia (decreased oxygen intake leading to inadequate oxygen supply at the tissue level), hypercapnia (increased carbon dioxide intake leading to too much carbon dioxide in the blood), shortness of breath, increased acidity and toxicity, activation of fear and stress response, rise in stress hormones, immune suppression, fatigue, headaches, decline in cognitive performance, and predisposition for sickness, chronic stress, anxiety and depression.

Long-term consequences of wearing masks include deterioration in overall health, development and progression of chronic diseases and premature death. Wearing of masks also leads to inhalation of all sorts of toxins present in them such as micro plastics, PolyTetraFluoroEthylene (PTFE), cobalt, nano particles and nanobots, among others.

The Ministry of Health and Family Welfare in India also admitted in their paper on 3rd Set'21 that prolonged use of masks (especially N95) has been found to cause headache, worsening of acne, skin irritation, skin eruptions due to pressure effect, etc.

From the outset of the 'lock down' and restrictions, face masks were forced on the entire population with a great majority of healthy people. This is altogether contrary to even WHO guidelines on the use of face masks, which had been used as guidance in April 2020 by the MoHFW, that masks were to be work in specific settings and contexts and not universally, because they affect health negatively. WHO Guidelines dated 05.06.2020 where they have listed out potential harms and disadvantages including Breathing Difficulties (Hypoxia- Oxygen Deficiency), on the use of mask by healthy people. The wearing of face masks by infants, children and teenagers, who are physically more active than adults, is very dangerous, as they need high levels of oxygen to support their neurological development.

Another important point to note is that billions of masks are being used and discarded every day and billions of dollars are being doled out by governments to municipalities and institutions for combating this alleged "crisis", yet we see no bio-hazard bins for the disposal of used masks, which should be very carefully collected and properly disposed of, because they should be containing the highly contagious virus. But no such diligence is being followed, and people use the same masks for days after keeping it in their cars, on the table, on the chair, in their hands, in their pockets, and all sorts of places, yet these infected masks cause no infection, once again pointing to the non-existence of the virus. It shows that the ongoing operation has nothing to do with health or any infectious contagion, but with an oppressive control system.

RTI reply dt 27.05.2021 received on Masks clearly mention that wearing of masks is VOLUNTARY. RTI reply dt 27.05.2021 received on Masks mention that no studies are available on the effectiveness and side effects on the use of masks by the DM Cell & MOFW. Guidelines from the Ministry of Health & Family Welfare MOHFW which clearly mention Healthy people are not to wear masks. Poster from Ministry of Health & Family Welfare MOHFW which says masks are to be only worn when sick and visiting the doctor. AIIMS - All India Institute of Medical Sciences booklet which says persons with no symptoms are not to wear masks.

- **Sanitizers**

Using chemical-filled hand sanitizers is a ridiculously dangerous activity which only leads to the removal of necessary microbes from people's hands. This is one of the reasons people are falling sick as they have lost the protection offered by these microbes. The Ministry of Health and Family Welfare Guidelines state, that the use of sanitizers is not advised and that it can cause many serious allergies. WHO states that Alcohol-based hand-sanitizers do not guarantee the removal of all bacteria and viruses and can in fact cause the microbes to develop immunity and mutate into a more resistant variant. Sanitizers cannot kill Corona viruses because viruses are non-living.

With so many manufacturers coming out with these so-called personal care products, there are absolutely no checks and balances and what the consumer ends up getting is a cocktail of mostly poisonous chemicals. High levels of toxic methanol (wood alcohol) have been found in many brands. This causes blindness and even death if ingested. Symptoms of methanol poisoning include nausea, dizziness, weakness, and visual disturbances.

The toxic effects of Quaternary Ammonium Compounds (QACs or Quats) that are widely used as active ingredients in personal care products also does not make for good reading. Quats are lung irritants and can contribute to asthma and other breathing problems. They irritate the skin too – and can lead to rashes.

In addition, there is emerging science that is showing exposure to Quats is harming sperm quality and reducing fertility. It could also result in birth defects (proven in mice already). The other thing is that Quats will linger on a surface long after one has cleaned with them. Even DDT is used in certain sanitization drives by corporations. This is extremely dangerous as DDT is the cause of polio.

- **Social Distancing**

The two-meter distancing rule was conjured out of nowhere and this distance varies too from region to region making the whole exercise pointless. Also, from the variations one can easily deduce that this rule or guideline has nothing to do with promoting health or keeping people safe. A cough can spread droplets for 18 feet, and a sneeze can travel 24 feet!

This measure has been used by repressive governments against their prisoner populations as a measure to cause psychological harm. Social distancing / isolation was developed by the CIA as a form of torture:

1. It causes:
 1. Depression
 2. Insomnia
 3. Anxiety
 4. Suicidal thoughts
 5. Impaired brain function accelerated cognitive decline
 6. Reduced immunity to infection
 7. Poor heart function
2. Following social distancing/isolation rules is said to double the risk of death. It is, indeed, equivalent to being obese, smoking 15 cigarettes a day, and being an alcoholic.
3. When social distancing/isolation was first widely introduced about 70 years ago, it was regarded as the ideal way to break down prisoners.
4. People who are lonely have higher levels of the hormone cortisol, an indicator of stress; show weaker immune responses to pathogens; and are at increased risk for premature death.
5. It caused more damage to Prisoners of War than physically abusing them or starving them.
6. Distancing destroys the part of the brain responsible for learning
7. Social distancing/isolation is a cruel and inhuman thing to do to humans. Indeed, it is a war crime.

People should be asked to wait 48 to 72 hours before occupying the same space that was occupied by someone else just a moment or two before. After all, as per the science, 'deadly' particles can hang and spread around for long periods of time. This simple logic should wake more people up.

The bottom line: According to Celest Solumb, ex-FEMA person, the actual reason for the 6 ft. distancing is to train humans to stand far apart so that when the 5G grid becomes fully operative, they will be able, through your microchip, to tell who and where you are. When three or four people are close together, they can't tell whether there are only one or several humans present.

- **Lockdowns**

The lockdown is the key puzzle piece for Agenda 21. For total control of humanity, the middle class has to be brought to its knees. Everyone is to be rendered dependent on handouts. We can see this trend in the elites' clever plan to have the U.S. government give many of the middle class who have lost their jobs or businesses a monthly guaranteed income. This has caused the collapse of several sectors of the economy as people stay home and refuse to take a job. One state even stopped all of these payments from the federal government, in order to help incentivize people to fill important jobs in order to keep strategic services running.

The bottom line is that lockdowns are a way of forcibly imprisoning people in their homes, forcing pay cuts, job and business losses, so they become dependent and unable to even defend themselves from the onslaught of Agenda 21. The plan is to basically destroy the economy of every country.

The four African leaders who stopped the lockdown and vaccinations in their own countries died mysteriously. The Covid virus, which has been proven many times over not to exist (it has never been isolated), by some of the world's leading scientists, is simply the excuse to create the lockdowns and herd people brainwashed with fear of Covid, into taking the kill shots.

Countries like Sweden who did not pursue lockdowns stayed perfectly healthy. So 2020 really was a ruse. Now however, with the vaccinated shedding so dangerously to the unvaccinated, or as Dr. Sherry Tenpenny has pointed out, they are actually transmitting dangerous spike proteins, there will need to be some kind of compassionate resolution to keep the unvaccinated protected so that the human race survives. Lockdowns however are not the answer. Most humans are good hearted and capable of self policing and basically doing the needful to ensure survival. If we cooperate together, we can stop this holocaust in its tracks, arrest the culprits and put this planet back on track.

- **Chemtrails**

Chemtrails spraying started in 1999. To this date no one has a definitive answer as to why the spraying is going on, nor why people are developing all sorts of odd health problems and complaints following spraying. Chemtrail poisons have caused Respiratory Problems and Acute Respiratory Distress; Chronic Fatigue and Flu-like Symptoms; Chronic Headaches and Allergies; Fibromyalgia and Chronic Pain; Mental and Emotional Problems; Immune System Depletion; Mysterious, Debilitating and Incurable Health Problems.

It is known that more and more people are developing strange chronic type conditions which are generally unresponsive to standard medical care, as well as to herbal treatment, due to internal toxic changes in the body. Chemtrails are also affecting the life or bio-energy, resulting in severe fatigue and weakening.

Messenger RNA Bombs

But the worst part of this is that Chemtrails may contain Messenger RNA Bombs that spread massive cytokine storms of spike proteins on our crops, onto farm animals which we eat, into our water supply, and

in our lungs, as part of the Global Genocide Depopulation Event. The idea behind this is to prevent the UNVACCINATED from avoiding the lethal effects of the Experimental Eugenics Bioweapon.

The ingredients of the persistent contrail formula that is being sprayed in the upper atmosphere by jet aircraft contains nanoparticles of aluminum (in several forms) along with barium, strontium, mercury, plastics and various other ingredients. Even viable Lyme disease cysts and other biological substances have been found in the nanoparticle dust that is falling from the sky.

This is a toxic cocktail: The environmental toxicity from the interaction of various toxic metals and glyphosate, the environmental exposure to electromagnetic frequency radiation from technology that uses microwaves, the mRNA protein spikes from the new gene manipulation interventions and the lipid nanoparticles in them.

- **Toxic Air**

The percentage of poisonous gases in the air all over the world is at an all-time high due to a large amount of vehicular pollution from the transportation of food and other goods as well as people commuting to work on a daily basis. Added to this is the amount of pollution coming from manufacturing facilities that make unnatural processed products that do have natural alternatives. If cities and states learn how to create local, self-sustained goods and services, which will automatically translate to local jobs, then the amount of vehicles and their corresponding pollution could drop to less than half of the present levels.

Toxic air causes lung diseases and a diminished level of vitality in the human body on a daily basis. The rampant deforestation across the globe to make space of the extremely unhealthy and environmentally damaging 'smart cities' must be stopped and people need to return to natural homes in natural surroundings with a good number of trees around them for good level of oxygen.

- **Stress**

Stress from what's going on in the world can also bring down your immunity. So instead of worrying about it, take the proactive steps advised here. Meditate daily. Resolve any relationship problems that you may have. Try to work online from home or make goods at home or deliver online services to keep the income flowing. Take time out and watch a funny movie. Laughter is the best medicine!

- **Sedentary Life**

Being sedentary at home in the lockdown reduces immunity. Therefore, exercise at home daily and get some direct sunlight too. Walk bare feet on the Earth to get its negative ions into your body and bloodstream because they reduce internal inflammation and increase body immunity.

- **Malnutrition due to Denatured Soil**

Most people across the world who eat commercially produced fruits, vegetables, nut, beans, peas, grains, seeds, roots and leaves that are grown using unnatural toxic fertilizers and pesticides, do not understand that such foods lack the adequate levels of nutrients, because such soils are mineral deficient. Therefore, such food does not give one adequate nutrition even though one eats to their fill daily. This causes a state of malnutrition with people realizing that they now need to take supplements on a daily basis. The commercial food markets have become exploitative in nature and the only healthy option is for people to go back to eating fresh, local, organic and seasonal food that is grown on mineral rich soil.

- **GMO**

Genetically Modified Organisms (GMO) used in our food production are causing severe health problem in people across the planet. A lot of food has been weaponized such as wheat to cause people to easily become overweight. Different types of rice have been found to have toxic residues. But the key issue facing most humans is an over acidic diet when in actual fact to maintain health, an alkaline diet is the key. Processed foods are by their very nature, acid based, because to preserve anything it has to be acid based. When humans were still hunters and gatherers, our diet was 95% raw food and only 5% cooked food. Now it is the opposite. We eat 95% cooked food and only 5% raw. Most raw food such as salads and vegetables are alkaline.

The answer to having nutritious food is to rid ourselves of all chemical fertilizers, pesticides and GMO seeds which turn food into poison. Additionally, to further detoxify the environment, all chemical medicines need to go, with a return to the tried & tested advice – Let food be thy medicine, and medicine be thy food.

- **Processed Foods**

Anything that comes in an airtight tin or tetra pack or bottle and that contains a preservative or a stabilizer and most contain cheap synthetic coloring agents, flavoring agents, aroma agents as well. Stabilizers are master chemicals that cut down chemical reactions between the other chemicals in that food unit. It is a package of atomic warfare in reality that remains stable only in air tight containers, But when we open up and put into our bellies, these chemicals are free radicals that rob electrons from the tissue linings in our mouth, gullet, stomach, intestines and colon, causing them inflammation, ulceration, tumors and finally cancer. That is why we are all running after anti-oxidant foods to repair this damage. As their toxic ingredients get absorbed by our intestines, they contaminate our blood and sicken its purifying organs like the liver, lungs, kidneys and skin. It could take up to 20% of the human immune system resources through homeostatic processes, to counter this activity on a daily basis.

Eating unhealthy foods such as foods containing animal's milk, processed sugar, too much oil and also processed foods that contain chemicals, as they all engage the immune system to fight their harmful effects on the body. We should instead eat fresh food and organic if possible or grow our own food to be sure of its purity. Avoid microwaved food as well. The normal food we get in the market lacks vitamins and minerals because they are grown on demineralized soils and with bad farming practices and that is why we in turn lack vitamins and minerals in our body, and that takes our immunity severely low. Therefore now it is important to take supplements of Vitamin A, Vitamin B12, Vitamin C, Vitamin D, Zinc, Iodine, Calcium and others as per our deficiencies and also have lung strengthening teas of tulsi, ginger, lemongrass, nettle and turmeric.

- **Toxic Body Products**

Using body products, cleaning agents and domestic detergents* that contain unnatural chemicals. Their chemicals go through the pores of our skin and finally reach the bloodstream and then our lungs, liver, kidneys, and skin. The immune system then becomes consumed with eliminating these toxins, which very likely could use up 10% of your immune system, just to counter these toxins with appropriate detox activity on a daily basis. Therefore, use only natural herbal products from sources that you trust for all these needs.

- **EMF**

Surrounding ourselves chronically with electromagnetic fields* via the excessive use of laptops, mobile phones, and wireless and blue tooth networks, damage the human body's energy fields originating from the chakras within our body. When these energy fields are damaged, associated organs get weaker and they begin to malfunction and overall body immunity suffers. There have been viral epidemics across this planet at each instance of increased electrification of the Biosphere of the Earth, right from the time of the radio

and then onto sonar, satellite TV, 1G, 2G, 3G, 4G and now the much more harmful 5G radiations that are causing a very serious degree of lung inflammation, blood thickening and body detox effects that many people across the world are not able to survive.

The expulsion of viral protein matter from the human body is not something new. Ever since the first living organism on this planet went through a sickness and repair cycle, viral protein called Exosomes or viruses have been shed from the body as a natural byproduct of the repair cycle, just like how you have a dried scab fall off a wound on your foot after its healing is complete.

Therefore, we should roll back to 3G networks, which cause us much lesser damage, and because it catered to our internet needs completely. We should also replace all wireless and blue tooth networks in our homes with cabled internet and give up using mobile phones all the time, and instead use a cabled IP phone with apps like Skype or GTalk to make audio / video calls to people across the globe. These kinds of EMF damages could take up to 10% of the human energy flow and immune system resources to counter its activity on a daily basis. The 5G satellites around the Earth electrifying its biosphere and damaging the magnetic fields of the planet, are also part of the electromagnetic damage that not only humans beings are receiving, but also plants and animals, as well as bugs, bees & birds that are dropping dead from the sky.

The next damaging field is HAARP (High-Frequency Active Auroral Research Program) installations across the world that are huge mazes of 180 or more high-powered radio frequency transmitter antennas meant for ionospheric research. Their radiations can cross 1000 kms in all directions, and they operate across the same 1.5 MHz – 9.5 MHz frequency range of the cellular structures of human body causing it inflammation and sickness.

Pathogen Range: 77KHz – 900 KHz

AM Radio Range: 540 KHz – 1600 KHz

Human Body Range: 1500 KHz – 9500 KHz

FM Radio Range: 88,000 KHz – 108,000 KHz

That is why scientists across the world blame these machines for not only causing unprecedented weather changes by ionizing the atmosphere, but also producing Covid like symptoms in people. Scientific enquiry committees must be set up by human rights organizations to investigate these installations and shut them down for their detrimental effects on human beings and the environment.

The Pandemic Solution in Summary

1. Switch to locally produced, fresh organic and seasonal foods every day of your life to enjoy good health.
2. Have a good daily exercise routine and some time outdoors in nature. Do the following exercise for building lung strength and heart strength and level of oxygen in the blood per cc. If you have a cough or cold, this exercise will make it disappear within 5-7 days, if you do it twice a day.

Do 10-15 chest pushups against the edge of a table / bed / veranda railing. Next, sit down on a chair and keeping your eyes closed, do 20 in and out breaths, only through your nose, with good force and full lung capacity. Next, keeping your eyes still closed; roll a spiked acupressure ball in both hands, especially over the points for liver and lungs and thymus for 1 minute. If you don't have the ball, see an acupressure hand chart and press these points with the pointed tip of your thumb or index finger. Do two more sets of these 3 steps. After a week, if it makes you feel more energized, you can increase the count of pushups or breaths.

If your oxygen goes below 97% anytime of the day, take deep breaths through the nose only and breathe out through the mouth only with rounded lips like you are blowing into a balloon with some pressure. It will take your oxygen levels higher in a couple of minutes.

3. Do herbal cleanses for the kidney, liver, stomach, intestine and colon, because they knock out toxins and rejuvenate these organs to give you better immune function and health and younger looks as well.
4. Mingle with your local community daily and have productive social interactions.
5. Design a low EMF lifestyle and get rid of WiFi and go back to 3G and cabled internet.
6. Use Integrative Natural Medicine protocols such as to cure people of all comorbidities.
7. People in every state / district, should work towards making their areas self-sufficient in food, water, local products and services, education, healthcare and jobs as well. After all that has happened, we cannot continue to let our children be conditioned by fake medicine models and nutrition models that primarily serve corporations and not the people's health and food security.

Every aspect of human consumption is going through a transformation to organic alternatives and people should design their villages based on local asset based community development models. The lesser the dependence on foreign elements from out of the state, the lesser the probability of the contamination and commercialization of all types of products, whether it is food, body products, home products, or household goods and services.

8. With the help of ethical lawyers in your state, file criminal proceedings against all state and non-state actors that do not sever the interest of the people. The Government was elected to serve the people and not the other way around. Fight for your fundamental rights of a just and dignified life and use your constitutional rights in your courts of law.

For daily updates on various aspects of this fraudulent Pandemic, please subscribe to Awaken India Movement's Telegram channel at <https://t.me/awakenindiamovement>

For further details about the evidences of content presented in this document, please refer to our document 'Scientific Evidence of the Plandemic' on Awaken India Movement's website at <https://awakenindiamovement.com/scientific-evidence-of-the-plandemic>

For various legal documents that you can use, kindly visit Awaken India Movement's website www.awakenindiamovement.com where you will find these useful documents:

- Letter To Authorities – legal liability notice to anyone who is trying to force vaccinate you. Download link <https://awakenindiamovement.com/letters-to-authorities-against-vaccination>
- Compensation Claim from persons who gave the vaccines from people who were given the vaccine that resulted in their vaccine injury or a family member's death, at <https://awakenindiamovement.com/topics/legal/important-documents-letters>
- Compensation Claim under Epidemic Act for loss occurred to your income or business due to lockdowns and other personal restrictions, at <https://awakenindiamovement.com/application-for-compensation-due-to-lockdown>
- Medical Exemption Certificate for Covid Vaccination from your doctor, stating the reasons why you are not eligible for the vaccines as well as the legal clauses of law that protect you from experimental and unapproved vaccines. Download Link: <https://awakenindiamovement.com/covid-19-vaccine-medical-exemption-certificate>

Please share this empowering document with as many people as you can. Thank You!

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