

How To Stay Healthy In the Plandemic

Health Protocols In a Time of Deceit

The Amazing Truth about Viruses Reveals the True Nature of All Vaccines

A little research on the nature of Germ Cell Theory, as propagated by Louis Pasteur, reveals the largest medical scam in history: "That there is one germ for every disease" as stated by Pasteur, we now know is a gross fallacy. 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." So in the end, Pasteur, Rockefeller's "pet" who had created the fake "proof" that every germ needs its own medicine (so Rockefeller could make a fortune), was finally refuted. Unfortunately, Humanity has lived with the toxic side effects of this gross lie for over a century. The Plandemic and big pharma's current desperate attempt to force vaccinate all humans, is the end result of a collapsing system for which iatrogenic disease, (physician caused disease due to harmful drugs), has been the 3rd biggest killer after heart disease and cancer for over thirty years!

So how does illness manifest?

Illness happens when our cells become toxic and start to shed these toxins into the interstitial fluid in the Interstitium (the space between the cells that is the largest organ in the body). The interstitial fluid could be compared with toilet water which flushes our waste into the septic system to be broken down and finally purified.

What causes the Common Cold or Flu?

When too many toxins enter this fluid they then need to be broken down. Both fever and cough are detox reactions in the body and should not generally be suppressed. The body needs to cough out phlegm, not artificially dry it out with antihistamines. It also needs to burn infection with a fever. Cold compresses can be used to bring a fever down if need be. Medicine is rarely ever needed. Proper diet is the best medicine and the only medicine that should ever be relied on.

In 2020, overall, worldwide, Deaths Did Not Increase. What is causing them now?

As a part of this Plandemic it is the actual ingredients (mostly toxic adjuvants) in all of the vaccines and the highly toxic frequency, 5G (which at 60 gigahertz destroys oxygen absorption), which are the environment and thus the causal factor of the numerous adverse reactions and actual deaths we are currently seeing. In all countries according to precisely dated graphs, the steep rise in the death rates in 2021 correspond universally with the deployment of mandated vaccines in each country as well as the 5G roll out. Morticians bear this out.

The fact is, the human body is only made up of 10 – 20% human DNA. At least 80% is composed of bacteria, fungi and viruses. Thus viruses are our friends. They are what we are made of. Some viruses shed in the form of protein debris when we detox with the symptoms of a cold or flu. This is what scientists have seen in their microscopes for an entire century! It is polio vaccine adjuvants which caused 490,000 Indians to become paralyzed by polio vaccines and thousands of tribal girls to become disabled and die from Gardasil vaccines. MMR vaccines are now viewed by thousands of scientists and doctors as the cause of 77 million autistic humans worldwide.

The Hidden Secret: Not One Virus Has Ever Been Isolated

The other key point is the fact that not one so called "virus" such as the Spanish flu, the Hong Kong flu, H1N1, Sars Cov 1 or 2 or Covid 19 have ever been isolated. So why make a vaccine? The so-called Spanish flu actually started in Kansas with the mass vaccination of American soldiers who were then sent into the trenches of WWI to shed the vaccine adjuvants, which then killed millions worldwide. This was the first Davos Group Eugenics experiment of our time. It is the addition of the vaccine adjuvants (toxic chemicals), into cell lines that is the grossest form of long standing medical fraud, as they are what actually cause the toxic cell damage that ends up being referred to as a "virus". This is followed by

cellular repair that expels protein matter called 'exosomes' which are a natural by-product of cellular repair. The problem is such exosome material excretions from cells are photographed by microscopes and wrongly labelled as "viruses".

This utter lack of an isolated virus or viral fragments proves the fact that adjuvants (ingredients) 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 any natural detox process, which they are calling a "virus". Thus the dis-eases of the body they have referred to as viruses for over a century which are only the natural expulsion of protein debris, are fraudulently called viruses to sell their profitable storyline that this damaging "organism" which, laughingly is not even alive, needs a vaccine!

Why Today's Covid 19 Shot Can Not Be Legally Defined As A Vaccine

As Dr. David Martin so aptly points out, the current vaccine does not meet the actual definition of a vaccine, because along with the dangerous adjuvants it contains, an actual microscopic medical device which manufactures spike proteins is being injected into humanity. The problem is, this manufacturing process never seems to turn itself off. This is the much touted mRNA experimental gene therapy which killed all animals in twenty years of extensive experimental trials for which reason it was shelved "permanently". It has now come to light that it is these spike proteins which are killing so many airline pilots, causing myocarditis in teenagers, and extensive menstrual bleeding in thousands of women, as well as tiny girls worldwide who only came in contact with vaccinated teachers. It has killed literally hundreds of thousands of people. So why has it not been withdrawn?

Why Are Some People Not Affected By The Vaccine?

What has come to light is that the likelihood is, at least 10% or more have been given a saline shot for the first and/or second dose, so as not to alarm the population immediately of the dire side effects of this experimental gene therapy. For example, just this week in the U.S, when one social network platform requested people to write in about Covid experiences in the unvaccinated, instead they were inundated with 180,000 reports of severe side effects and deaths from the vaccinations, so due diligence is recommended.

Both Vaccinated and Un-vaccinated need to protect themselves from Spike Protein:

In all countries where the vaccines have been given, thousands of people are experiencing a large number of very dangerous side effects. The main ingredient which is causing young men to have heart attacks, myocarditis and other neurological effects and women to have unusual menstrual bleeding in females of all ages including toddlers; and that have caused many babies to die immediately after drinking mothers milk from their just vaccinated mothers, is now known to be caused by the spike proteins the mRNA technology is pumping out in the bodies of the vaccinated. Unfortunately this is also causing serious problems for their close family and friends who are unvaccinated due to the shedding or transmission of the spike proteins.

A Nutrition Protocol to prevent Damage from Spike Proteins

This is the updated protocol by 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 droppersfull 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)
- Superherbs 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 see www.biotexlife.com.

Also, contact www.imanah.com for information on Nature Cure/Natural Health Science.

"Let Food Be Thy Medicine, And Let Medicine Be Thy Food"

5G Has Similar Symptoms of Covid

In 2020 the death count was similar to any other year. The few places where people did suffer more difficult symptoms coincided without exception, to the addition of 5G. Italy, China, England, the U.S., Japan and Korea, all were radiated with 5G from satellites. Even when numerous bodies floated up along the beaches of Equador, with a little research on the internet you could see that they had already introduced 5G. www.tomeulamo.com/fixers/264_CORONA-5G-d-pdf

Every time a new Telecom MHz / GHz has been introduced 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.

No doctor, no biologist, no virologist and no scientist on the planet has been able to explain how viruses 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 a couple of years ago. What has changed so dramatically in the DNA and behaviour 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, since nothing else has dramatically changed on this planet in terms of its environment in the last two years, except the progressive worldwide rollout of 5G that is still in progress and due to reach catastrophic levels. It should therefore be completely stopped before more weak people across the world die.

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. In the same way, 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. Birds have a faster metabolism than humans so it is understandable how they died so quickly.

When 5G is operated at 60 Giga Hertz; it disrupts the haemoglobin 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 a sensation of 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.

Ben Fulford, the ex-editor of Forbes magazine, shared a report from a CIA contact who mentioned there was a huge array of 5G receivers in Wuhan which were turned on just before the pandemic and after vaccinating the population with flu shots which were loaded with aluminum dioxide. This turned 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. The Wuhan event may be the experiment for the pinnacle of what they have planned for the "Third Wave" which involves the current push for coerced vaccinations of children. It just so happens many schools have had 5G installed in preparation for just such a similar event as in Wuhan. Recently three schools in the U.S. experienced mysterious emergency calls for ambulances when teachers and students simply fell unconscious. To further understand the implications of 5G, please see the video: '5G Apocalypse: The Extinction Event.' Also check out www.awakenindiamovement.com regarding these topics.



Oxidative Therapies: A True Panacea for healing all Disease

Why We Need To Keep The Redox System In Perfect Balance

The secret to healing all disease is to bring the body's redox system in perfect balance. The redox system is the body's system for balancing oxygenation and oxidation. Very simply Oxygenation is the process of how oxygen provides much needed energy to the cells. Oxidation is the process of burning up weak and damaged cells, so that they can be easily transported out of the body. These two processes keep the body in perfect order.

Because ozone (O₃) has a combination of both O₁ which oxidises only damaging toxins and O₂ which oxygenates and thus brings needed energy to the cells, it is the perfect panacea for virtually all disease. This powerful healer is created in the earth's atmosphere and blends with the clouds which then turns H₂O (water) into H₂O₂ (hydrogen peroxide).

In the clouds which are now transformed into H₂O₂, then rain on the rivers, streams and oceans, the H₂O₂ then oxidizes the excess toxins such as bacteria, viruses and fungi purifying the water on our planet. Our bodies also manufacture their own H₂O₂ and Ozone to purify our blood in a similar way. For example, Covid has been easily healed by proper application of ozone in only three to five days on the average. Unfortunately due to its suppression for over a century, very few doctors even know of the astounding success of these two formidable healing agents.

It is important to understand that one hundred years ago, there was 36% oxygen in the air we breathe; today there is only 17 – 20%. Because of this, we are all suffering from hypoxia (lack of oxygen to the cells). For example Dr. Otto Warburg, the only man ever to receive the Nobel Prize for medicine twice, in 1931 and 1944, proved that the main cause of cancer is lack of oxygen to the cells. Oxidative treatments such as the use of ozone have healed thousands of cancer patients over the last century. In 1920 Dr. Charles Neiswanger M.D. stated: Ozone is a powerful antiseptic in contact with diseased mucus surfaces; consequently its beneficial action is quickly apparent in the treatment of bronchial and laryngeal affections, hay fever, and all diseases of the respiratory system. Thus with the main side effects of the Covid 19 vaccines and 5G being related to the pulmonary and respiratory systems, ozone can provide necessary palliative care if you are hit by a strong detox reaction.

Unfortunately ozone has been completely suppressed for over one hundred years because it makes all Rockefeller medicine, especially vaccines, unnecessary. In addition to the use of Ozone and its offshoot, H₂O₂, another powerful Oxidative Therapy, Chlorine Dioxide, also known as MMS (Miracle Mineral Solution) has also been introduced, healing thousands in Africa from many of the vaccine caused diseases. It too has been suppressed, especially now.

MMS is Sodium Chlorite, not to be confused with table salt that is sodium chloride. It sounds the same but it is very different. Much like Ozone, Sodium Chlorite has been used for over one hundred years in a variety of industries to kill pathogens, to sterilize water, sewage, and a variety of other things such as animal husbandry, because it kills bacteria, germs and dissolves excess viruses effectively. Like ozone which is used in shrimp farms, Sodium Chlorite is also used in the food transportation industry.

How Do Oxidative Therapies Work?

When you activate sodium chlorite (with an acid like hydrochloric acid - the same that is used to digest food), it turns into something called chlorine dioxide which is a very special molecule. It is an oxidant just like the O₁ in ozone. It kills pathogens, bad bacteria and oxidizes excess viruses. Chlorine Dioxide(not to be confused with Chlorine Bleach), supports the immune system in the same way as Ozone or H₂O₂, as it can discern the difference between weak or damaged cells and healthy cells, because they have different amounts of electricity and acidity. Weak cells are known as low titer cells and healthy cells are high titer cells. The O₁ in Ozone, like chlorine dioxide, only oxidizes low titer or weak or damaged cells. Thus, these three forms of oxidative therapy are very much like a torpedo that selectively targets pathogens and leaves everything else alone, thus supporting the immune system and not damaging the body like chemo therapy and other drugs which cause iatrogenic (physician caused) disease.

As the truth comes out about the suppression of these treatments which have no side effects when properly administered, only cleansing effects, medicine will be transformed. To heal the microbiome of humanity and the planet, for our very survival, virtually all chemical medicine and agricultural products need to be disbanded. Oxidative treatments are relatively inexpensive and savvy doctors who learn all the various protocols will be able to help humanity heal virtually all forms of disease. Ultimately humans need to become educated to rely on organic food as medicine and only use such prophylactics on rare occasions. With the current health crisis however, Oxidative Therapies are the treatment of choice.

Resources: For further info on ozone: visit www.healyourselfwithozone.com or www.biotexozone.com. To learn more about lifesaving oxidative treatments, the following books are recommended: *Heal Yourself With Ozone* By Dr. Paula Horan, *Rapid Virus Recovery - No Need To Live In Fear* By Thomas E. Levy, MD, JD. (see <https://m.youtube.com/watch?v=qgeilt0BHaU> for dealing with upper respiratory disease using H2O2), *Breakthrough Miracle Mineral Supplement* By Jim Humble. As a special offer to the reader, the Biotex Home Ozonator, used to create super charged ozonated water and to activate the immune system, is available at a special discount of 12,000 Rupees. After placing your order at: <https://biotex-life.myshopify.com/products/room-ozone-generator>, the 16,000 Rupee price will switch to 12,000 at checkout when you enter the Code: HEAL

Natural Health Science/Nature Cure: A Return To Food As Medicine To Maintain Good Health

As stated in the Vedas: "Every living being is endowed with a self-healing, self-maintaining, and self-improving mechanism with total reliance on its own creative intelligence." Natural Health Science, or "Nature Cure", is a system which is followed by every living organism, (except humans), on earth, and the sooner we, as humans, live in accordance with these natural laws, the sooner we can live disease free, constantly improving, to reach and maintain optimal health.

By living consistently, using the guiding principles of Natural Health Science, one allows the body to repair itself naturally and continue in a state of homeostasis. The five elements: Ether, Air, Sunlight, Water, and Earth are considered food. This is a divine system which has proved to work throughout the ages. The knowledge is translated directly from the Vedas and was compiled into 1500 verses in Sanskrit 150 years ago, (with the guidance from the Kanchi Shankaracharya), by Acharya Sri K. Lakshmana Sarma, one of the three main disciples of Sri Ramana Maharshi. Thousands have benefited over the past century, bringing the body back to full health, often from a state of near death due to poor lifestyle choices. To learn the basics, contact: <https://www.elearning.wellcure.com/Basics-of-natural-hygiene>, or contact <http://www.imanah.com>

It is important to gain a greater understanding of nutrition and the metaphysics of the body for greater health and longevity. With such knowledge and its direct application, it is possible to heal chronic disease and actually reverse aging if bad habits are corrected in a disciplined manner. A modern rendition of the practical laws of health science based on a plant based diet and periodic detox, are laid out in a simple and clear manner by Darryl D'Souza in his much acclaimed book: *Become Healthy Or Extinct*, which is an online pdf file available at: www.becomehealthyorextinct.com. It teaches how to use Integrative Natural Medicine & Therapies to reverse chronic illnesses and enhance immunity to lead to a disease free life. In this book Darryl describes his well thought out detox protocols via various cleanse therapies and the use of acupuncture to energetically clear blockages and heal numerous conditions.

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