

Arsenal of Healthy Protocols for a Poisonous World

To help you to cleanse and heal from the after effects of the Sars-Corona 2 spike protein, graphene oxide, nano particles and poisons that are in the experimental bioweapon, here are some recommendations that I have gleaned from world leading immunologists, virologists and holistic doctors, who know the truth of what is happening and what you can do to avoid hospitals. This is the Apocalypse and a time when we all need to raise our consciousness to remember who we really are as Love... Divine Spiritual beings having a hue-man experience.

To start, it is important to build your immune system. Here a few key vitamins and minerals that are the best 'vaccine' available:

Selenium Methionine, Liquid D3 and Liposomal C, Zinc picolinate, Quercitin, Astaxanthin, NAC (N-Acetyl Cystein), L-Lycene. Nascent Iodine is helpful to protect the thyroid from radiation from the 5G.

The first thing to counter the shedding from the jabbed is to take daily long hot baths in Epsom salts (1 cup), baking soda (1/2 cup), Himalayan sea salt (1/2 cup), bentonite and Borax (1 tsp). First thing in morning, alkalize the body: on an empty stomach take 1 teaspoon of food grade Diatomaceous Earth (natural silica that detoxes and flushes out heavy metals) and Activated Charcoal (1/2 tsp) in a cup of water or natural unsweetened juice like apple cider. You can also take a tsp of bicarbonate of soda in water morning and night. Avoid refined sugar, processed, goo and acidic foods. It's best to eat fresh fruits, vegetables, grains, nuts, natural foods and no red meats.

Make and drink fresh dandelion tea (glutathione - flushes out graphene oxide) and White or Red pine needle tea (kills the Sars-Corona 2 spike protein recipe below). Also Ivermectin (given to sick animals), HCQ or quinine and zinc picolinate kills the virus. Cinchona bark and chaga tea also work well. I make my own quinine from grapefruit peels - it's what they use to make tonic water (recipe below). Be cautious not to overdose, take when there are signs of congestion and only take 2 oz at a time until cleared. Oil of oregano also kills parasites and bacteria and excellent to heal congestion. I have attached all the tea recipes below.

Do not let them stick the PCR swab up your nose. Do Not Consent. There is morgellans (synthetic parasite) and Ethyl oxide (carcinogen) along with a Luciferase nanochip to go into brain and track your every move. The PCR test is a huge farce. The creator of it, Kary Mullis was murdered for calling Fauci a fraud and stating that they were never designed to test for a virus. <https://lightonlight.education/the-mysterious-death-of-dr-faucis-most-notable-critic-just-before-covid-19-dr-kary-mullis-the-inventor-of-the-pcr-technique/>

The paper masks also contain morgellans (synthetic parasites), asbestos and Ethyl oxide (carcinogen). I never and won't ever wear a mask (unless for there is poisonous gas), as God gave us oxygen to breathe when we enter the world to keep the body alive and healthy ... it's the last thing we do before death to this physical world ... life is eternal and Heaven is awesome! If you remembered it, you'd want to be there now!

I hope this is helpful to you as it certainly has helped me, when dealing with the shedding from those who have received the experimental bioweapon. I am not a doctor, so this is not a prescription, just natural healing from nature as we have always been provided for from the Prime Creator of the Universe, which is in all life, sometimes called God and known as Love. If you have any questions, I have answers from over 100 years of researched information.

How to Make Pine Needle Tea

Depending on how I feel in the moment, In addition to the Pine Needle tea recipe below, I sometimes add chopped fresh ginger and turmeric root, Star Anise, dandelion root, cinchona bark, ground cannabis stems or chaga to the pot! I bring all ingredients in the pot of distilled or fresh spring water to a boil and simmer for about 10 to 15 minutes ... add raw honey and enjoy! Very soothing!

<https://www.artofmanliness.com/articles/how-to-make-pine-needle-tea/>



Packed with antioxidants and vitamins A and C (in fact 4-5 times that of orange juice), sworn by as an immune booster and reliever of congestion, pine needle tea has been used for centuries as both a refreshing beverage and a medicinal drink. In the winter of 1536, the crew of French explorer Jacques Cartier was saved from a disastrous bout of scurvy by drinking this tea. Later, Cartier would describe the source of the tea as the “tree of life.”

The yew tree (top) looks like a pine, but isn't, and is toxic — beware its flat needles. The eastern white pine (bottom) is common, readily identifiable by the fact its needles grow in clusters of five, and makes for a tasty tea.

Thirty-six species of pine are common in North America, though not all are great candidates for pine needle tea. Some species of pine like the Ponderosa pine, as well as trees that look like pines, but actually aren't, like the yew species and the Norfolk Island pine, are actually toxic to drink. But many others, including eastern white pine and noble fir (actually in the pine family) are delicious and safe to drink. Make sure to do your homework on identifying the type of pine you're harvesting before you start enjoying your tea!

The type of needles you pick for your tea depends on your intention for drinking. Older needles have higher concentrations of vitamin C, but taste more bitter. Younger needles will make a sweeter, more pleasant tea for simple drinking. You can differentiate the age of needles by their color and placement on the branch. Younger needles are typically brighter green in color, and are found at the very tips of branches. Older needles are darker and are found at the base of branches.



I used the needles of a Douglas fir for my tea.

Gather a nice fresh branch, rinse it off to get rid of any bugs or dirt, and then pick the needles clean off the branch. If you're working with long needles, like those of an eastern white pine, and will be steeping them in a small pot or mug, chop them up into smaller pieces. There's no need to chop up smaller needles.

Bring three cups of water to a simmer, turn off or remove from heat (important), and add about half a cup of fresh needles to the water. Never boil your pine needle tea. Boiling tends to break down vitamin C and release terpenes that make the tea more bitter. If you want a stronger tea, simply add more needles rather than increasing the heat.



Let your pine needle tea steep for about 20 minutes, or until the needles sink to the bottom of your pot or cup. At this point, you can strain the needles out or leave them in while you drink. If you plan on storing your tea for later, remove the needles to prevent over-steeping.

Another method is to put your pine needles in a tea strainer, place the strainer into a mug, and pour hot water over it. Let steep and then remove the strainer and enjoy. Fresh pine needle tea, with a little extra for garnish. Your finished tea will taste citrusy, a little resinous, and pretty pleasant. Enjoy it straight if you're in the wilds, or add a squeeze of lemon and/or a bit of honey to enhance the taste at home.



[HOME RECIPE FOR HYDROXYCHLOROQUINE \(HCQ\) :](#)

<https://threadreaderapp.com/thread/1260704141308915713.html>

I don't know who provided this formula but if you click on the URL you will see they censored the link. In any event I was able to get it. One doctor said in a video he was using Hydroxychloroquine for his lupus patients and the pharmacist wouldn't fill it. Ohio had tried to ban it and the Governor intervened. It's been used for 65 years.

Dr. Judy Mikovits who wrote "Plague of Corruption" has written another book I just received called "Plague". She writes about chronic fatigue syndrome among other diseases. About the time of the release of aspartame the Epstein Barr Association changed their name to Chronic Fatigue. The Atlanta Journal Constitution wrote over an entire page and a half called "The Enemy Within" on Chronic Fatigue. They said it came out in the early 1980's which is when aspartame was marketed through the political chicanery of Don Rumsfeld. The aspartame pandemic is now called Rumsfeld's Plague.

Dr. H. J. Roberts and I attended the American College of Physicians in Atlanta in March 1995. You could join different discussions in classes and we choose one that advertised Chronic Fatigue. It was next to the last subject and wouldn't you know it, the professor said "we don't know where this came from so we will skip it". We wanted to advise the group the connection is aspartame. Cher suffered from Epstein Barr and was advertising Equal. I sent her information and she turned down the \$900,000 they offered her to continue to advertise this addictive, excito-neurotoxic, genetically engineered, carcinogenic, teratogen, drug and adjuvant.

In "Aspartame Disease: An Ignored Epidemic" by the late world expert H. J. Roberts, M.D. he goes into the autoimmune diseases that can be triggered or precipitated by aspartame. Dr. James Bowen said about lupus: "The ability of methyl alcohol/formaldehyde to create antigenicity, especially as combined in aspartame molecules is so great as to cause severe autoimmune reactions to the tissues deformed by formaldehyde polymerization, adduct formation. The immune system turns against the victim's tissues: Lupus."

Dr. Mikovits also speaks of autism. MIT said by 2025 one out of two babies will be born with autism. One aspartame victim said she has three children by two husbands and drank diet soda through pregnancy. All three children have autism. They work two jobs for a trust to care for their children when they are gone. It has been known for years aspartame causes autism as well as vaccinations. It has also been attributed to Round Up. G. D. Searle made a deal with the FDA to seal the teratology studies and it took me 8 years to find them. Read the Bressler Report. My web site are the initials for Mission Possible World Health International with a dot com. Social media has censored the site because there you can find the FDA reports, scientific peer reviewed research, the real CDC investigation along with congressional hearings and other documents that are supposed to be a matter of public record.

Read on for the formula for Hydroxychloroquine.

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More information on www.wnho.net and www.holisticmed.com/aspartame

The drug that currently kills this virus, is the recipe below on how to make this solution at home, minus big pharma's poisons and preservatives.

The real reason that the drug companies were furious about this cure, not only has it proven to eliminate this virus...but others as well. It was supposed to be a big kept secret...

What is hydroxychloroquine exactly? It is nothing but quinine. Something that anyone can make at home...and something that is being manufactured each and every day in the form of something we have all seen at the grocery and liquor stores...none other than tonic water. This was never supposed to be leaked out...because even a full treatment regime of pills from the doctor is less than a 100.00 for someone who does not have insurance. Something else you may find interesting is that when they created this virus, they also put a strain of HIV in it. This was to make it even more fatal. But... Guess what? The quinine killed that part of the aids virus as well. Can you see now why they were screaming that this was a dangerous drug and not to dare use it. Behind the scene studies are now coming forth that show it being effective for other diseases as well and even on cancers.

I think in days to come, we are going to find out a whole lot more than we ever thought we knew. If you listened to President Trump this week, he said that in one year, every treatment that we are now using in the hospitals will be obsolete. What does he know? He knows that they have withheld these cures to keep people sick and to make millions off of insurance companies.

Quinine has many uses and applications. It is analgesic, anesthetic, anti -arrhythmic, antibacterial, antimalarial, antimicrobial, antiparasitic, antipyretic, antiseptic, antispasmodic, antiviral, astringent, bactericide, cytotoxic, febrifuge, fungicide, insecticide, nervine, Stomach, tonic...so you can be sure that big pharma is scared to death at this point and screaming that this drug does not work...when the entire world sees that it is working. If you ever feel a chest cold coming on or just feel like crap...make your own quinine. It is made out of the peelings of grapefruits and lemons, ...but especially grapefruits... Or you can make a tea out of it and drink it all day. This should take away all your fears about this virus, because you now have the defense against it and many other things. If you take zinc with this recipe, the zinc propels the quinine into your cells for a much faster healing.

Here is all you need to do to make your very own quinine.....take the rind of 2-3 grapefruits and 2/3 lemons/limes. Take the peel only and put in a 2-quart pot (peels down), cover with distilled or spring water about 3 inches above the peels put a glass lid on your pot if you have one, a metal one is fine if you don't. **DO NOT REMOVE THE LID UNTIL WHOLE PROCESS IS COMPLETE.**

Bring the pot to a full boil and turn down to low immediately. Let it simmer for about 2 hours. Do not take the lid off of the pot **till it cools completely**, as the quinine will escape in the steam. You may sweeten the tea with raw honey, as it will be bitter. Take 1 ounce every couple of hours to clear congestion and phlegm from your lungs. Discontinue as soon as you feel better. The remaining quinine, I store in ice cube trays then put in a bag in the freezer. At the first sign of congestion, I take 2 cubes - put in a glass to melt or add a little hot water to speed it up.

Please share this with those who need to reduce fear and allow them to see that God in all his glory, provides us with all that we need. For the record, i am not a doctor of any sorts and only offer this from my own data research. I am not prescribing this in any way, and it is up to the individual reading this to do with this as they desire, in accordance with our God given Sovereign freedom