

## SPIKE PROTEIN DETOX GUIDE

by The World Council for Health

The below spike protein detox guide has been created by The World Council for Health and is designed for people who have not have the inoculation but are concerned about spike proteins. You can find more information here: <https://worldcouncilforhealth.org/resources/spike-protein-detox-guide/>

Most of these items are easily accessible in local grocery stores or as nutritional supplements in health food stores.

Note: This list is not comprehensive and other substances, such as serrapeptase and CBD oil, have also been suggested.

Some holistic practitioners also recommend substances to cleanse the body of metals after vaccination, such as zeolite and activated charcoal.

### 1 Top ten Spike Protein Detox Essentials

#### Top ten spike protein detox essentials:

- Vitamin D
- Vitamin C
- NAC (N-acetylcysteine)
- Ivermectin
- Nigella seed
- Quercetin
- Zinc
- Magnesium
- Curcumin
- Milk thistle extract

### 2 What to take, How much to take, Where does it come from and Where to get it

Medicines and supplements that can be considered:

| Substance                                       | Natural Source                                                                 | Where to Get                                                                  | Recommended Dose                                                                                                                                                                                 |
|-------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ivermectin                                      | Soil bacteria (avermectin)                                                     | Prescription                                                                  | 0.4mg/kg weekly for 4 weeks<br>If symptomatic, refer to the <a href="#">FLCCC I-Recover Protocol</a><br><br>*Check package instructions to determine if there are contraindications prior to use |
| Hydroxychloroquine                              |                                                                                | Prescription                                                                  | 200mg weekly for 4 weeks<br><br>*Check package instructions to determine if there are contraindications prior to use                                                                             |
| Vitamin C                                       | Citrus fruits, berries and vegetables (broccoli, cauliflower, brussel sprouts) | Supplement: health food stores, pharmacies, dietary supplement stores, online | 6-12g daily (divided evenly between sodium ascorbate (several grams), liposomal vitamin C (3-6g) & ascorbyl palmitate (1 – 3g)                                                                   |
| Prunella Vulgaris (commonly known as self-heal) | Self-heal plant                                                                | Supplement: health food stores, pharmacies, dietary supplement stores, online | 7 ounces (207ml) daily                                                                                                                                                                           |
| Pine Needles                                    | Pine tree                                                                      | Supplement: health food stores, pharmacies, dietary                           | Consume tea 3 x daily (consume oil/resin that accumulates in the tea also)                                                                                                                       |

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|                            |                                                                           | supplement stores,<br>online                                                                                                                      |                                                                          |
| Neem                       | Neem tree                                                                 | Supplement: health<br>food stores,<br>pharmacies, dietary<br>supplement stores,<br>online                                                         | As per your<br>practitioner's or<br>preparation<br>instructions          |
| Dandelion Leaf<br>Extract  | Dandelion plant                                                           | Supplement (dandelion<br>tea, dandelion coffee,<br>leaf tincture): natural<br>food stores,<br>pharmacies, dietary<br>supplement stores,<br>online | Tincture as per your<br>practitioner's or<br>preparation<br>instructions |
| N-Acetyl Cysteine<br>(NAC) | High-protein foods<br>(beans, lentils, spinach,<br>bananas, salmon, tuna) | Supplement: health<br>food stores,<br>pharmacies, dietary<br>supplement stores,<br>online                                                         | <a href="#">Up to 1200mg daily (in<br/>divided doses)</a>                |
| Fennel Tea                 | Fennel plant                                                              | Supplement: health<br>food stores,<br>pharmacies, dietary<br>supplement stores,<br>online                                                         | No upper limit. Start<br>with 1 cup and monitor<br>body's reaction.      |
| Star Anise Tea             | Chinese evergreen tree<br>(Illicium verum)                                | Supplement: health<br>food stores,<br>pharmacies, dietary<br>supplement stores,<br>online                                                         | No upper limit. Start<br>with 1 cup and monitor<br>body's reaction.      |
| St John's Wort             | St John's wort plant                                                      | Supplement: health<br>food stores,<br>pharmacies, dietary<br>supplement stores,<br>online                                                         | As directed on<br>supplement                                             |
| Comfrey Leaf               | Symphytum plant genus                                                     | Supplement: health<br>food stores,<br>pharmacies, dietary                                                                                         | As directed on<br>supplement                                             |

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|                              |                                                                                      | supplement stores,<br>online                                                  |                                                            |
| Nattokinase                  | Natto (Japanese soybean dish)                                                        | Supplement: health food stores, pharmacies, dietary supplement stores, online | As directed on supplement                                  |
| Boswellia serrata            | Boswellia serrata tree                                                               | Supplement: health food stores, pharmacies, dietary supplement stores, online | As directed on supplement                                  |
| Black Cumin (Nigella Sativa) | Buttercup plant family                                                               | Grocery stores, health food stores                                            |                                                            |
| Curcumin                     | Turmeric                                                                             | Grocery stores, health food stores                                            |                                                            |
| Fish Oil                     | Fatty/oily fish                                                                      | Grocery stores, health food stores                                            | Up to 2000mg daily                                         |
| Cinnamon                     | Cinnamomum tree genus                                                                | Grocery store                                                                 |                                                            |
| Fisetin (Flavonoid)          | Fruits: strawberries, apples, mangoes<br>Vegetables: onions, nuts, wine              | Supplement: health food stores, pharmacies, dietary supplement stores, online | Up to 100mg daily<br>(Consume with fats)                   |
| Apigenin                     | Fruits, veg & herbs<br>parsley, chamomile, vine-spinach, celery, artichokes, oregano | Supplement: health food stores, pharmacies, dietary supplement stores, online | 50mg daily                                                 |
| Quercetin (Flavonoid)        | Citrus fruits, onions, parsley, red wine                                             | Supplement: health food stores, pharmacies, dietary supplement stores, online | <a href="#">Up to 500mg twice daily, Consume with Zinc</a> |

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| Resveratrol | Peanuts, grapes, wine, blueberries, cocoa                                               | Supplement: health food stores, pharmacies, dietary supplement stores, online | Up to 1500mg daily for up to 3 months       |
| Luteolin    | Vegetables: celery, parsley, onion leaves<br>Fruits: apple skins, chrysanthemum flowers | Supplement: health food stores, pharmacies, dietary supplement stores, online | <a href="#">100-300mg daily</a>             |
| Vitamin D3  | Fatty fish, fish liver oils                                                             | Supplement: health food stores, pharmacies, dietary supplement stores, online | <a href="#">5000 - 10,000 IU daily</a>      |
| Vitamin K   | Green leafy vegetables                                                                  | Supplement: health food stores, pharmacies, dietary supplement stores, online | 90-120mcg daily (90 for women, 120 for men) |
| Zinc        | Red meat, poultry, oysters, whole grains, milk products                                 | Supplement: health food stores, pharmacies, dietary supplement stores, online | <a href="#">11-40mg daily</a>               |
| Magnesium   | Greens, whole grains, nuts                                                              | Supplement: health food stores, pharmacies, dietary supplement stores, online | <a href="#">Up to 350mg Daily</a>           |
| Jasmine Tea | Leaves of common jasmine or Sampaguita plants                                           | Grocery store, health food stores                                             | <a href="#">Up to 8 Cups a Day</a>          |
| Spices      |                                                                                         | Grocery store                                                                 |                                             |
| Bay Leaves  | Bay leaf plants                                                                         | Grocery store                                                                 |                                             |

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| Black Pepper     | Piper nigrum plant                                                              | Grocery store                                                                 |                                                                                             |
| Nutmeg           | Myristica fragrans tree seed                                                    | Grocery store                                                                 |                                                                                             |
| Sage             | Sage plant                                                                      | Grocery store                                                                 |                                                                                             |
| Rutin            | Buckwheat, asparagus, apricots, cherries, black tea, green tea, elderflower tea | Supplement: health food stores, pharmacies, dietary supplement stores, online | <a href="#">500-4000mg Daily</a><br>Consult healthcare provider before taking high end dose |
| Limonene         | Rind of citrus fruits such as lemons, oranges, and limes                        | Supplement: health food stores, pharmacies, dietary supplement stores, online | <a href="#">Up to 2000mg Daily</a>                                                          |
| Baicalein        | Scutellaria plant genus                                                         | Supplement: health food stores, pharmacies, dietary supplement stores, online | <a href="#">100-2800mg</a>                                                                  |
| Hesperidin       | Citrus fruit                                                                    | Supplement: health food stores, pharmacies, dietary supplement stores, online | <a href="#">Up to 150mg Twice Daily</a>                                                     |
| Green Tea        | Camellia sinensis plant leaves                                                  | Grocery store                                                                 | Up to 8 cups of tea a day or as directed on supplement                                      |
| Potatoes tubers  | Potatoes                                                                        | Grocery store                                                                 |                                                                                             |
| Blue Green Algae | Cyanobacteria                                                                   | Supplement: health food stores, pharmacies, dietary supplement stores, online | <a href="#">1-10 Grams Daily</a>                                                            |

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| Andrographis<br>Paniculata | Green chiretta plant | Supplement: health<br>food stores,<br>pharmacies, dietary<br>supplement stores,<br>online | 400mg x 2 daily<br><br>*Check for<br>contradictions |
| Milk Thistle Extract       | Silymarin            | Supplement; Health<br>food stores,<br>pharmacies, dietary<br>supplement stores,<br>online | 200mg x 3 daily                                     |
| Soybeans (organic)         | Soybeans             | Grocery store, health<br>food stores                                                      |                                                     |