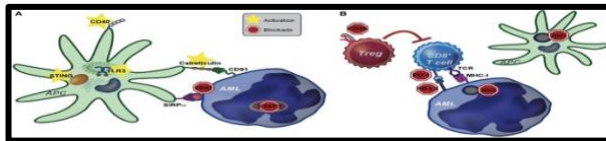


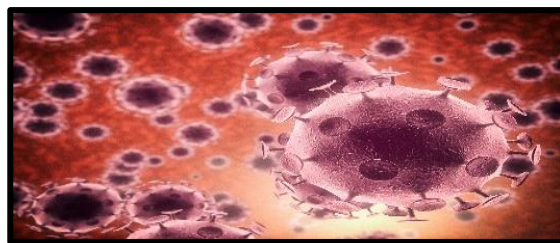
POST-VACCINE DETOX



To VAX or NOT VAX? This is NOT the question to be answered or addressed in this informational article. I personally believe that this health juncture is a personal decision as so many health choices are just that--- **PERSONAL** decisions. As a Certified Health Coach and Holistic Nutritionist PhD, spending over 4 Decades in this Preventive Modality, I look for ways to preventively live up to one of my motto: **“Health is not something you do, but who you ARE along life’s journey.”**

To this end? Boosting and maintaining a highly functioning immune system in alkalinity is THE major component to this **‘Optimal Healthy Lifestyle.’** One thing is an area of consistent agreement within the medical community: When a foreign substance outside of your own body enters abruptly, it creates a disruption of your natural immune system. To this end, I reiterate, I am **not coming down** along one side or the other on the **VAX-Ani-VAX debate**--- I am **“ONLY DELIVERING the MAIL!”** After 2 years, COVID has become something for us to navigate around--- Dr. Russell Blaylock, a retired neurosurgeon is someone who I rely upon with critical and essential information with which to navigate the white-water rapids of Immunity and Optimal Health.

If you have been Vaccinated and wish to detox after the Vaccination—Here are **18 Essential Elements** to consider. How long you should continue this protocol and which dosages have purposefully been eliminated, because this is something I personally believe should be a private and personal conversation with your Holistic Health Provider.



- 1) 50 billion CFU of several acidophilus and bifidobacterial strains
- 2) B Complex Vitamin (vegan encapsulated)
- 3) Nano-Vitamin C
- 4) Buffered Vitamin C with Hesperidin
- 5) L-Carnitine
- 6) NAD + niacinamide
- 7) Nano-Curcumin
- 8) Nano-Quercetin
- 9) Nano-Bacopa

- 10.) NAC
- 11.) Mixed Tocotrienols
- 12.) Magnesium citrate/malate
- 13.) Baicalin
- 14.) Pterostilbene
- 15.) CoQ10
- 16.) Astragalus
- 17.) Benzoctamine
- 18.) Adult Aspirin – If magnesium and nano curcumin are not available.

If you are one who is unable to swallow pills, Numbers 2,4,5 and 13 can be dissolved in water. Most after effect of the COVID vaccinate are centered around inflammation. If you have followed me, you know that I personally believe **'inflammation'** is the cause of all disease. This after Vaccination inflammation and macrophage/microglial activation can be powerfully inhibited by this above protocol and collaboratively combined with a **Parasite/Colon Cleanse**.

If you wish to pursue this path for yourself? Contact me on one of my platforms below. I offer a **FREE 15-minute Consultation/Evaluation** on this and any other health related concern. Because IMMUNITY is the core ingredient to have this Mantra:



'Energy—Creates Vitality—which transcends to—Longevity'

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