

Vaccine Detoxification & Shedding Protection Protocols | Dr. Alina Lessenich

Source: [Bitchute](#)

Dr. Alina Lessenich describes some of the dangers of taking the covid vaccine and being exposed to vaccine shedding. She then details treatment protocols for each of those conditions.

IMPORTANT NOTE: DO NOT TAKE THIS INFORMATION AS GOSPEL. DO YOUR OWN RESEARCH BEFORE IMPLEMENTING/INCORPORATING ANY OF THE RECOMMENDED PROTOCOLS.

TRANSCRIPT (Note some words were inaudible and appear as ???. Other words may be inaccurately transcribed as well)

Dear friends. Welcome to this video in which I would like to talk about what vaccinated people can do after the corona vaccinations to protect themselves from adverse effects of this vaccination, and to detox the vaccine as much as possible. As well as what unvaccinated people can do to protect themselves from the so-called shedding phenomenon from symptoms occurring after they've been in contact with someone who's been vaccinated.

Let's start with a brief look at the corona vaccine and their mechanism of action. All vaccines currently in use in Europe, that is biotech Pfizer, Moderna, AstraZeneca, and Johnson & Johnson vaccine contain synthetic genetic material of the coronavirus which causes the cells of vaccinated individuals to produce the spike protein – an envelope protein of the coronavirus.

The body then forms antibodies against the spike protein, which when coming into contact with the coronavirus are

supposed to render the virus harmless. We now know that this spike protein circulates inside the body of vaccinated people. And then it is likely being excreted through the respiratory tract, through the skin, and through bodily fluids such as sweat, saliva, or semen – a phenomenon we refer to as shedding.

This leads to immense problems as the spike protein alone seems to be the main cause of the corona symptomatology, and this is capable of harming the body through various mechanisms.

Here are a few examples of the possible harmful effect of the vaccines and the spike protein.

First of all, there's a risk of the vaccines being integrated into our DNA. Should this happen, among other things, there would be an increased risk of cancer, as well as the possibility that the cells of a vaccinated individual would permanently produce spike proteins, thus vaccinated people would be exposed to the negative effects of this protein long-term.

These effects include inflammatory responses in the lungs, the heart, the ??? walls, which can lead to blood clots, primarily being caused by the binding of the spike protein to ACE2 receptors in these tissues.

Another mechanism by which this spike protein or rather the antibodies against this spike protein may affect health results from the similarity of the spike protein to human proteins.

The vaccination can lead to the formation of all antibodies and thus autoimmune diseases, such as ITP, idiopathic thrombocytopenic purpura, Guillain-Barre syndrome, autoimmune hemolytic anemia, and numerous others.

The similarity of the spike protein to syncytin, a protein

needed to form the placenta, could also lead to infertility via autoantibodies against syncytin.

Now, the risk of the corona vaccination is the development of a ADE, antibody dependent enhancement. Coronavirus often leads to the formation of binding instead of neutralizing antibodies, so that the coronavirus isn't being rendered harmless by these antibodies. But the antibodies, on the contrary, leads to an especially severe and sometimes even fatal course of disease with cytokines storms and massive, respiratory inflammation. when vaccinated people come into contact with the ? virus.

Another health risk posed only by the mRNA vaccines results from the use of lipid nanoparticles in these vaccines. On the one hand, these vaccines contain PG, polyethylene glycol, to which about 70% of the population is already allergic. PG can trigger allergic reactions even to the point of anaphylactic shock. And on the other hand, the mRNA vaccines contain, cationic lipids, which are extremely cytotoxic.

What I would also like to mention: recently at the University of Almeria in Spain, the contents of a vial of the biotech Pfizer vaccine have been examined. The result: the main element in this vial was graphene oxide, which can lead to inflammation of the mucous membranes, including pneumonia, to the loss of the sense of smell and taste, and blood clots. And it can deplete our glutathione reserves. It also leads to strong magnetic properties of the body, which could be an explanation for the magnetism many vaccinated people develop after vaccination.

Those are some of the risks that people are facing when getting vaccinated.

However, thousands of unvaccinated people also report symptoms, such as increased menstrual bleeding, severe menstrual pain, skin rashes, dizziness, heart problems, etc. –

after coming into contact with someone who's been vaccinated.

So, it seems that the transfer of spike running or some other molecule is indeed taking place, which can cause health problems even in the unvaccinated.

Now what can we do about all that? The priority both in vaccine detoxification and in protection from and treatment of shedding symptoms is to protect the body from the harmful effects of the spike protein and to help the body break the spike protein down and eliminated as quickly as possible.

In vaccinated individuals, detoxification of and protection from lipid nanoparticles, and possibly graphene oxide, also play a role. General supportive measures include a diet that neither promotes inflammation, nor activates the immune system – meaning sugar, animal proteins such as meat, fish, eggs, or dairy products, processed foods, GMOs gluten, toxic fats such as canola oil, etc. – should at least be reduced and if possible avoided all together.

Furthermore, intermittent fasting and sauna sessions help boost autophagy.

Autophagy makes a crucial contribution to the degradation of the spike protein and the elimination of cells damaged by this protein.

But autophagy is being disrupted especially by MERS, SARS-COV-1 and SARS-COV-2. Intermittent fasting and sauna sessions can remedy this.

Sauna sessions enhance the body's detoxification processes and also help the body eliminate pathogens. Furthermore, the formation of heat shock proteins occurs, which increases the autophagy of misfolded proteins like the spike proteins.

Intermittent fasting is accessible to everyone and it is extremely effective. In intermittent fasting, the time window

in which food is taken in is reduced to about 6 to 8 hours per day. The rest of the time, one only drinks water. Intermittent fasting is known to effectively counteract inflammation and autoimmune reactions.

Now, let's move on to all these substances that we can take.

Since our food nowadays only contains very small amounts of vitamins, minerals and trace elements, but at the same time, our need for these micronutrients has increased tremendously due to the enormous amount of environmental toxins we are exposed to daily, supplementation has become essential.

In regards to the corona vaccination and the toxic spike protein, we should also use supplements to directly render the spike protein, which acts as a toxin, harmless prevent or reverse the harmful effects of the spike protein, of the lipid nanoparticles, and possibly also of graphene oxide, support rapid detoxification and strengthen the immune system.

Let's start with high-dose vitamin C. Vitamin C is our most important antioxidant, which protects our biomolecules, such as DNA and cell membranes, from oxidation and can even reverse it. In addition, it is also able to directly render viruses, bacteria, and toxins harmless.

Here's a quote from an article by Dr. Thomas Levy from June this year, in which he talks about neutralizing the spike protein: vitamin C gives strong general immune support while working to support the optimal healing of damaged cells and tissues. Clinically, it is the most potent antitoxin ever described in the literature, and no reports of it failing to neutralize any acute intoxication when administered appropriately have been published. Continuing persistent and high-dose vitamin C in all its forms would prove to be the most useful intervention when there is a large amount of circulating, toxic spike protein present.

So much for the importance of vitamin C, which should be taken

according to Thomas Levy's multi-C protocol. The recommended daily intake is 6 to 12 grams of vitamin C divided between liposomal vitamin C, sodium ascorbate, and ascorbyl palmitate. In acute cases, this dose can be taken several times a day.

So, an addition to vitamin C in terms of anti-pathogenic effects and reduction of intracellular oxidative stress is magnesium. Since about 80% of the population is deficient in magnesium anyway, the day substitution of 300 to 400 milligrams of magnesium is strongly recommended at any weight.

Let's move on to vitamin D and K. The importance of is sufficiently high vitamin D levels in infectious diseases is well-known. The vast majority of infections can be prevented by a daily vitamin D intake. And should one nevertheless fall ill, the... (?) can be expected with sufficiently high vitamin D levels. Blood levels between 60 and 80 nanograms per milliliter would be good and advisable in these times. A level between 80 and 100 nanograms per milliliter would be excellent.

Since vitamin D should always be taken together with vitamin K, suitable combination preparations are a great solution.

Next. I would like to talk about glutathione. Glutathione is not only one of our most important antioxidants, but it is often referred to as the master detoxifier. It is essential for the detoxification of spike protein and lipid nanoparticles. And if the coronavirus vaccine should indeed contain graphene oxide, taking glutathione will become even more important as graphene oxide depletes our glutathione reserves. Since the bioavailability of glutathione is very low, a liposomal preparation should be chosen.

Let's move on to the combination of quercetin and zinc. Among other important functions, zinc can block viral replication by inhibiting RNA-dependent RNA polymerase inside the cell. When treating covid-19 with hydroxychloroquine, HCQ, combining it

with zinc is essential. HCQ alone cannot achieve the desired effect. This is because HCQ, as a zinc ionophore, transports zinc into the cell, where it can there exert its effect and block viral replication.

People who do not have access to HCQ can replace it with quercetin. Since quercetin, also acts as a zinc ionophore, especially in combination with vitamin C. Regular intake of quercetin and zinc is especially important for the vaccinated. Due to antibody-dependent enhancement, vaccinated people can experience a particularly severe course of disease when coming into contact with a coronavirus,

The greater the viral load that affects the vaccinated individual, the stronger the body's overshooting immune reaction. That means that for vaccinated people, it is extremely important that they do not contract Covid. And if they do come into contact with a coronavirus, (???) is being prevented from multiplying inside their bodies.

Since the combination of quercetin and zinc, as explained, prevents this multiplication, regular intake is strongly recommended for vaccinated people.

In regards to the spike protein, quercetin has got another important property. It prevents the spike protein from binding to the H2 receptor, thus preventing at least some of its damaging effects.

What else do we have? Lumbrokinase and pine needle tea, both of which counteract the formation of blood clots, in addition to its antiviral, antioxidant and beneficial effects in the treatment of respiratory disease, pine needle tea also contains shikimic acid and suramin.

Shikimic acid is extracted from star anise to make the flu drug Tamiflu. But it is also found in pine needles. And, like suramin, counteracts the formation of blood clots.

You can drink pure pine needle tea or combine pine needles with star anise and fennel, which both also contain shikimic acid.

Only pregnant women should please refrain from drinking pine needle tea because it could lead to miscarriages.

Nattokinase is an enzyme extracted from the Japanese dish natto. And it is capable of dissolving blood clots and clearing arterial walls of atherosclerosis plaques. Studies show that can increase blood flow up to 62 percent. However, people already taking (???) should avoid taking nattokinase. (See Precautions and Interactions [HERE](#))

Then we have omega-3 fatty acids. These are essential not only for higher brain functions but also for our cardiovascular health and blood flow, which is especially crucial in regards to the spike protein. Omega-3 fatty acids have got to come from the resources, and the daily dose of EPA and DHA should not be under 2,000 milligrams.

And lastly, I would like to mention n-acetyl cysteine (NAC). NAC is a precursor to glutathione, but it's also got an independent effect in regards to Covid-19 and the spike protein. It is antiviral and anti-inflammatory. And it counteracts excessive immune responses. It also protects against lung damage and blood clots. NAC should be taken not only in the case of Covid, but it should also accompany corona vaccine detox and it should be used as a protection against the shedding phenomenon.

These other measures that people, vaccinated or unvaccinated, can do at home to detox the vaccine and to protect themselves from shedding symptoms.

How long are these measures necessary? As long as the spike protein is circulating inside the body of vaccinated individuals, they should protect their bodies from its harmful effect and promote its elimination.

Since there is a possibility that vaccinated people will produce spike proteins in large quantities over several months, or that the vaccine is even integrated into the genome, long-term application of these measures is recommended – at least until we have more insight into how long and in what quantity spike protein is being produced. And if it is being integrated into the DNA, whether we can find ways to reverse this integration,

The same applies to unvaccinated people. As long as we don't know, exactly whether the spike protein is being transferred, in what quantity it is being transferred, whether something else is being transferred, etc. – it absolutely makes sense to protect oneself.

Whether these measures are really able to neutralize the effect of the vaccination and prevent shedding symptoms remains to be seen. Especially in integration into the DNA, might be difficult or even impossible to reverse, but we do not know what kind of solutions we will be able to come up with in the future.

And we should do everything we can to find these solutions.

Lastly. I would like to thank all of you from the bottom of my heart for your integrity, your courage, your commitment, and your love for Humanity.

I consider it a privilege and an honor to walk this path beside you. Thank you.

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