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What to Do if Already Vaccinated?

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Here is a list of suggestions that could help against adverse reactions after a covid injection. The White Rose UK takes no responsibility for the reliability or effectiveness of any of the recommended remedies. If in doubt, please speak to a doctor you trust. Read the instructions in the packaging of the medicine.

- Contact a medical doctor who is opposed to the covid narrative of the government and the mainstream media and ask for advice
- N-Acetyl Cysteine (NAC), an amino acid for cellular repair
- C60 for apoptosis to get rid of damaged cells and repair mitochondria
- Ivermectin (12mg dose for regular adult, body weight is a factor for the dose)
- Glutathione to flush out grapheme oxide and Superparamagnetic Iron Oxide Nanoparticle (SPIONS)
- Vitamin D, minimum 10,000 IU daily (15,000 IU in winter) for immune system support
- Vitamin C (intracellular 'cement' repair and other uses) minimum 3g daily of Liposomal Vitamin C
- Chaga tea daily (a couple of cups, 1/4 Chaga powder to 8oz water)

- Balanced Zinc (15 zn to 1 cu), protects against covid and degrades spike proteins and SPIONS
 - Fennel or pine needle tea as a protection against viral shedding
 - Quercetin
 - Common dandelion (blocks interaction between cell surface and spike protein)
 - Ten natural foods for vaccine detoxification and against vaccine shedding.
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Simple Methods to Detox From the Shots

Seneff and colleagues are calling for comprehensive research and surveillance practices to monitor adverse events associated with mRNA shots as well as track biological effects via tests such as D-dimer, fibrinogen and C-reactive protein.

“Studies comparing populations who were vaccinated with the mRNA vaccines and those who were not to confirm the expected decreased infection rate and milder symptoms of the vaccinated group, while at the same time comparing the rates of various autoimmune diseases and prion diseases in the same two populations,” are also needed, she wrote, along with, “Studies to assess whether it is possible for an unvaccinated person to acquire vaccine-specific forms of the spike proteins from a vaccinated person in close proximity.”(17)

Fortunately, there are ways to help detoxify your body from COVID-19 shots. Most importantly, Seneff recommends eating a certified organic whole foods diet, to avoid glyphosate and other chemicals in food. In addition, focus on eating a nutrient-dense diet that concentrates on sulfur-rich foods like onions, garlic and cruciferous vegetables, as well as organic eggs, grass fed beef and seafood, with plenty of colorful fruits and vegetables.

In addition, Seneff recommends regular sunlight exposure to your skin and eyes, which helps you produce vitamin D as well as sulfate. A group of international doctors and holistic practitioners who have experience helping people recover from COVID-19 and post-injection illness compiled natural options for helping to reduce your body's spike protein load. The following are spike protein inhibitors, which means they inhibit the binding of the spike protein to human cells:(18)

- Prunella vulgaris
- Pine needles
- Emodin
- Neem
- Dandelion leaf extract
- Ivermectin

They also compiled a list of spike protein neutralizers, which render it unable to cause further damage to cells. This includes:

- N-acetylcysteine (NAC)
- Glutathione
- Fennel tea

- Star anise tea
- Pine needle tea
- St. John's wort
- Comfrey leaf
- Vitamin C

Many natural IL-6 inhibitors, or anti-inflammatories, exist and may also be useful for those seeking to detox from COVID-19 or COVID-19 injections:19

- Boswellia serrata (frankincense)
- Dandelion leaf extract
- Black cumin (Nigella sativa)
- Curcumin
- Krill oil and other fatty acids
- Cinnamon
- Fisetin
- Apigenin
- Quercetin
- Resveratrol
- Luteolin
- Vitamin D3 (with vitamin K)
- Zinc
- Magnesium
- Jasmine tea
- Spices
- Bay leaves
- Black pepper
- Nutmeg
- Sage



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