

Restoring Health Post-Vax

Expert Healing and Recovery Advice



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INTRODUCTION



Discovering the serious harm that the COVID jabs are causing can be quite frightening for anyone who has been vaccinated. It's also a concern for people when they know many of their loved ones have been vaccinated too. The good news is that many of our experts have seen how their vaccine recovery protocols have worked firsthand.

They also make it clear that even those who are not experiencing obvious symptoms are still susceptible to the damage being caused by the dangerous spike protein. Many even predict that most of those who have been vaccinated will see long-term effects too.

The protocols they have put together through careful research can be used by anyone. We'll share insight from our experts based on restoring health post-vax which includes what to do based on your risk profile. Some of the protocols are best done under the guidance of a naturopath while others involve simple methods that can safely be done at home. Each one of our experts shares their recommendations based on what has worked well for their patients.



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KEY VITAMINS AND MINERALS FOR RESTORING HEALTH POST-VAX

Vitamin C



This micronutrient offers many benefits including helping the body to repair damage by rebuilding tissue. It is also a powerful antioxidant and helps to regenerate other antioxidants that aid detoxification and healing like glutathione and vitamin E.

A common practice in naturopathic detoxing is doing a vitamin C flush. This involves introducing high amounts of vitamin C into your diet at regular intervals until you produce watery stool.

Many of our experts also recommend frequently taking the highest dose of vitamin C that is safe on a daily basis when you've been vaccinated.

A common practice nowadays is to get vitamin C IV Infusions. A study published by Pubmed shows that High-dose vitamin C has an antiviral effect, and has been used by several researchers to treat COVID-19 by intravenous infusion, achieving good results.

Being vaccinated against COVID or having the actual infection are both harmful due to the dangerous spike protein that wrecks havoc on the body. Thus, using high doses of vitamin C are beneficial in both cases.



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Vitamin D

This micronutrient is vital for post-vax recovery. According to a study published by Pubmed, Dihydroxyvitamin D3 regulates genes responsible for detoxification in intestine. Thus, the study concluded that vitamin D is a significant factor in detoxification and protection against environmental toxins.

One of the ways that the vaccine causes damage to the body is through high levels of inflammation. This is something that vitamin D can help with. Another study published by Pubmed found that vitamin D plays an important role in the modulation of the immune/inflammation system by regulating the production of inflammatory cytokines and inhibiting the proliferation of proinflammatory cells.

The vaccine is notoriously known for causing a cytokine storm in the body. Vitamin D can help reduce this risk.



Zinc

Zinc has antioxidant properties and it helps the body to recover from injuries. That's why it is so highly recommended post-vaccine. It is also a known anti-inflammatory. A study published by Pubmed concluded that Zinc supplementation studies in the elderly have shown decreased incidence of infections, decreased oxidative stress, and decreased generation of inflammatory cytokines.

We know that the vaccine has shown to cause the overactivity of the immune system which is why Zinc supplementation works so well when you're trying to detox and recover after getting the COVID jab.





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THE ROLE OF GUT HEALTH IN POST-VAX RECOVERY

There are two reasons why maintaining gut health is essential for post-vaccine recovery. Firstly, an unhealthy gut will result in the poor absorption of vitamins and minerals that help to detox and heal the body.

According to Healthline, an imbalanced gut can impair your body's ability to absorb nutrients, regulate blood sugar, and store fat.

Secondly, the gut plays a huge role in regulating the immune system. An unhealthy gut has shown to cause higher levels of inflammation in the body, which is something that you want to avoid after getting the vaccine.



According to Nutrium, dysbiosis, also known as an unhealthy gut, refers to when bad gut bacteria outweigh the good, thus creating a state of chronic inflammation and influencing a range of inflammatory conditions.

Additionally, inflammation has been shown to decrease your ability to absorb nutrients, thus disabling the gut microbiome and negatively affecting your digestive health.

It is therefore really important to ensure that your gut health is at optimal health when you're aiming to recover post-vaccine.



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POST-VACCINE EXPERT RECOVERY PROTOCOLS

Dr. Vladimir Zelenko

Jonathan Otto: So with protocols for vaccine injury, have you been seeing any cases of people being turned back their injuries?

Dr. Vladimir Zelenko: So you have to understand what injuries are we talking about? So, it depends on how far out from the actual injection are we talking about in the first 3 months, the main issue is blood clots and causing heart attack, strokes, and other things. So I found that anticoagulation using blood-thinning approaches, whether it's aspirin or there's something over the counter, they're called NAC. N-Acetyl cysteine, which has anti-blood-clotting properties. It's very helpful.

Jonathan Otto: Has it been banned? No?

Dr. Vladimir Zelenko: The FDA is trying to ban it. That's how you know it works. But you can still get it. I strongly recommend that. Of course, ask your doctor.

Jonathan Otto: Absolutely. If somebody couldn't get that, what else could do a similar role?

Dr. Vladimir Zelenko: Aspirin.

Jonathan Otto: Aspirin would do a similar role to NAC for that particular function.

Dr. Vladimir Zelenko: Or if you can get more - Depending on your risk profile, the drugs, the more advanced anticoagulant drugs like Eliquis, Xarelto, Pradaxa. And then the long-term concern is antibody-dependent enhancement, which is basically what's called pathogenic priming, where your body has produced antibodies that are like bombs. And they're waiting to detonate. And the trigger for the detonation of those bombs is a similar infection to what the antibodies are designed for. So it's that reaction? The immune reaction that actually kills people. That's what happened in the 1960s with the RSV vaccine. It happened in the 1970s with the Dengue fever virus vaccine. And it's happened historically with all the previous attempts at coronavirus vaccines in animal models, a large percentage of the animals died when they were challenged with the virus that they were designed to be immunized against.

Jonathan Otto: Because even Craig Kelly or it was an associate of his, that cited over 50% of all the animals died collectively across the experiments.

Dr. Vladimir Zelenko: Yes. And so you would think, right? That it would be a good idea to exclude that phenomenon from the human race before deploying what the sociopath Gates wants to do is to give 7 billion people an injection.



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Jonathan Otto: Yeah.

Dr. Vladimir Zelenko: Right? Wouldn't you want to exclude that phenomenon from happening before you do that? Well, the answer is, if you're looking to inflict fear, damage, carnage on humanity, no, you don't want to do it.

Jonathan Otto: How many people could die?

Dr. Vladimir Zelenko: It depends who you listen to. Up to, in my opinion, 50% of the vaccinated population.

Jonathan Otto: Similar to the animal experiments.

Dr. Vladimir Zelenko: They're 2 billion people, a little more than 2 billion people vaccinated, which is a billion people. Now, if you listen to 2015, the sociopath Gates said in a Ted lecture that the world population needs to be reduced by 15% due to global warming. How? Through the use of vaccines. So first question, why would I take a vaccine for my health, from someone who is advocating and financing reduction in the world population?

Jonathan Otto: Yeah. People try to find some other way he could have meant what he was saying, but I can't even get my head around what he could have meant. And he even said reproductive services, meaning abortions. Correct? So he kind of gave the kit and caboodle there because you have people that don't defend innocent life and speak against innocent life often, are not defending their own rights or the rights of others because you're ruining the rights of the child and your own rights when you get on with these campaigns. So, he kind of gives it all in a package there.

Dr. Vladimir Zelenko: No, these sociopaths are real racist. They wanna kill the majority of Africa. As useless eaters, unsophisticated people, whatever the rationale is. They wanna wage a war, those undesirables that they consider undesirable. What they're doing is spitting in the face of God and denying the sanctity that every human being possesses. But anyway, so my point is...

Jonathan Otto: And the world's not overpopulated either?

Dr. Vladimir Zelenko: It's not. It's God's department anyway. How many people live in the planet? How long we live? What kind of... Would you feel comfortable saying to someone, I think a billion people need to go away. What kind of sociopath says that?

Jonathan Otto: Yeah. And they never mean themselves. Right? Otherwise, they'd do a great favor to everyone by jumping off a bridge. It's like, "Well, then you lead the way."

Dr. Vladimir Zelenko: I think that the hunters should be afraid of being hunted.

Jonathan Otto: Yeah.



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Dr. Vladimir Zelenko: They think they're bulletproof. They think they can wage carnage, fear, terror on a global scale without payback. They think they're immortal.

Jonathan Otto: Yeah. Yeah, and you were saying...

Dr. Vladimir Zelenko: No, so the key is to prevent the antibody bomb from going off.

Jonathan Otto: Yeah.

Dr. Vladimir Zelenko: The way you do that is by taking antiviral prophylaxis. The answer is not to create more bombs by taking boosters. The answer is take antiviral prophylaxis that will prevent you from getting another viral infection.

Jonathan Otto: Would ivermectin be part of that?

Dr. Vladimir Zelenko: Yeah, of course. I think anyone who's been vaccinated is in such a high risk. So a 10-year-old child vaccinated, in my opinion, has the risk of death as a 95-year-old nursing home resident. So I would recommend high-risk prophylaxis with ivermectin or hydroxychloroquine, zinc, Vitamin C, and Vitamin D at the bare minimum.

Jonathan Otto: Yep.

Dr. Vladimir Zelenko: NAC.

Jonathan Otto: And like Frontline COVID Critical Care, the dosing that Dr. Pierre Kory puts there is good. Do you have dosing and anywhere online where people can look?

Dr. Vladimir Zelenko: I do. Yeah, my website, I have slightly different protocol than Dr. Kory's protocol. He uses higher dose of zinc than... in my experience has caused a lot of nausea. So I use lower, a little lower dosing, but their protocol is very effective. And my website, vladimirzelenkomd.com. It's my name, vladimirzelenkomd.com. And there I have all the printed for free, printed protocols in many languages, both for prevention, prophylaxis, and treatment.

Jonathan Otto: Oh, that's amazing. Thank you. So, and is it outlined in the setting of vaccine recovery there with the protocol as well? Is it listed as such?

Dr. Vladimir Zelenko: No. It's outlined in terms of risk.

Jonathan Otto: Yeah.

Dr. Vladimir Zelenko: So there's low, moderate, and high risk.



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Jonathan Otto: Sure.

Dr. Vladimir Zelenko: If someone's vaccinated, they're high risk. That's what they should follow.

Jonathan Otto: Got it. And have you seen any cases of people reversing vaccine injury from COVID shots?

Dr. Vladimir Zelenko: The best way is not to take any more shots.

Jonathan Otto: Well, I get that. Yeah.

Dr. Vladimir Zelenko: I have, yeah. If people are aggressive. The problem is in the first 3 months, people don't realize it and they get blood clots and they get really sick. So, we need to spread awareness of the need not to take these shots. But if God forbid you made a mistake, which is okay, everyone makes mistakes, that you should start immediately protecting yourself.

Dr. Russell Marz

Jonathan Otto: Yeah. Thank you. That's very interesting. And speaking of the body recovering from threats and harm. You are here in the room right now. Dr. Henry Ealy sitting over there in the corner over here. He was the one that introduced us, connected us. And both of us are very interested right now this particular case that we're looking at sort of a young girl. You're gonna meet her. She's about to come in. And the premise behind this is one, to help this person. This is a complicated case. There's many cases around the world where I know that a lot of people have not done these things yet. What do you believe is the approach that people can take if they've had a COVID-19 vaccine injury? Is it possible even to reverse this?

Dr. Russell Marz: Absolutely. So, the beauty of naturopathic medicine, lately, I've been watching these, there's a show on TV about cases that they can't figure out. And they're barbaric, the way they look at these diseases and they're trying to name them and stuff. And so, if someone's had a vaccine injury, well let's look at the pathology behind the injury. Did they suffer blood clots? Do they have elevated levels of inflammatory markers like fibrinogen or CRP or D-dimer? So, those are the things that we need to look at in totality. So, let's look at people's blood sugar. In terms of people that get COVID, most people have lots of comorbidities, are taking several different medications, and whatnot. For vaccine injury, this is different, especially in young people.

So, you have to look at things just a little bit different, but still, we need to look and see how we can make these people as healthy as we possibly can. So, most children, unfortunately, in today's world, especially in the United States, are not very well. The number of kids that are obese, the number of kids that have pre-diabetes, that have already these signs of liver damage, fatty liver infiltration. It's astonishing when you take a look at the statistics. So, with people that have gotten an injury from a vaccine, was there something in their medical history that made them more susceptible to it? And different people, even without any other background genetics can still have a reaction. A great example of this, if you remember tryptophan back in 1990.



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So, tryptophan is an essential amino acid. Tryptophan was being manufactured by 4 manufacturers in the world. And so during that time, there was 110 people who died in the United States of this very strange condition called Eosinophilia-myalgia syndrome. Over 10,000 cases were reported. So, this was in 1989. And so, the CDC got involved and were like, "Okay, where is this coming from?" Every one of the people with Eosinophilia-myalgia syndrome were taking tryptophan, but from one company, Showa Denko in Japan, that was using a genetically modified strain of bacteria that was producing the tryptophan, 'cause that's how you make amino acids. You use different bacteria and it was expensive at the time. So to make it cheaper, they just used the genetically modified bacteria that would increase the production. And they just didn't know about this side product that they created in creating the tryptophan.

It's a beautiful example of how humans, we don't really understand what we're doing. We think we're so high and mighty in the stuff that we do. And it's like when you look at cancer cases, it's very obvious that we are barbaric in our treatment. And so, I can't imagine conventional medicine having much to offer for people. First of all, are they going to admit it that these cases got damaged by the vaccine? That's a whole nother story, but let's say they do admit it. Do they have any kind of treatment other than prednisone? Probably that's the big gun, that's what they use for everything, prednisone.

But in naturopathic medicine, and we look at the bigger picture, like what's happening. We have muscle paralysis. What's causing muscle paralysis? Is there some type of defect in their magnesium metabolism? So there's a large number of people quite unknown to conventional medicine that have this malabsorption syndrome for magnesium. And if you ask a thousand medical doctors, I don't think any of them would know about this. And so, if your level of magnesium let's say is really low and you get the vaccine and you have this reaction, it could lead to problems with muscle paralysis or some other neurological symptoms. Magnesium is one of the most important minerals in terms of muscle metabolism. So if you remember back, there was a shotgun. Who is our bicycle guy that won before Lance Armstrong?

Greg Lamont. Which I met at the bike store just a few blocks away. And I waited online for an hour because I wanted to talk to him. So, if you know his story, he had a gunshot wound. He had all these lead pellets in his chest and he recovered, he won the Tour de France, but then he got really ill. He had this very mysterious condition and it was called Mitochondria Myopathy, which no one knew about. He had muscle biopsies. He went to the Mayo Clinic and Rochester.

And so, when he came and spoke in Portland at the bike gallery, I went to see him and I said, "I know you're going and stuff, but I just want to let you know that we know that lead poisons mitochondria, and you have this injury. And most likely they did not really check your magnesium appropriately 'cause if you just check the blood, lead doesn't hang out in the blood. It goes into different tissue, like muscle tissue and bone. Those are the 2 main tissues. And so, if it's embedded into the muscle and it's poisoning those mitochondria, there's no way you're gonna be able to race in the Tour de France." I mean, you got to be 110%. So anyway, that's just kind of an example.

Jonathan Otto: So, once the lead is in there, can you get it out?



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Dr. Russell Marz: Oh yeah, of course.

Jonathan Otto: Or in the bones and the muscle?

Dr. Russell Marz: Absolutely.

Jonathan Otto: How do you get it out?

Dr. Russell Marz: Well, it just doesn't come out. I mean, there's, chelating agents, DMSA, dimercaptosuccinic acid, is a well-known chelating agent to take lead out. But there's other things to get it out as well.

Jonathan Otto: Like what?

Dr. Russell Marz: Classic detoxification, naturopathic medicine, colonics. You know, if you saw the movie *The Road to Wellville*, terrible movie because they depicted Dr. Kellogg as being this kind of quack when he was actually quite brilliant. He was a genius. He was eccentric, no doubt about it, but...

Jonathan Otto: Or is it like a bird on his shoulder or something like...

Dr. Russell Marz: Well, that bird on the shoulder, he separated the sexes, you know, was into colonic way before his time. He talked about how dead flesh rots in your gut and causes massive destruction in your microbiome. And now, we substantiate that with what we know. Putrescine and cadaverine and all of these different compounds and whatnot.

Dr. Michele Sherwood

Jonathan Otto: Dr. Sherwood, when it comes to the number of patients you've seen and how many fatalities you've had from COVID or COVID vaccine injury, what would you tell me in that regard?

Dr. Michele Sherwood: Well, the patients that come to us for care, you know, a lot of times have failed in the mainstream system, they come to us looking for a different way. So foundationally, we practice 7 principles or 7 pillars of health. And the first one is- the first one that's at the top of the list is nutrition. Nutrition, nutrition, nutrition. Hippocrates said, "Let food be thy medicine and medicine be thy food." And if we are not foundationally nourished with, of course, proteins, carbohydrates and fats in the right ratios and with all of the nutrients that the body needs for cellular metabolism, not just to make energy but to also detoxify and to also get rid of these things called radicals. If we don't have the nutrients that we need, we don't stand a fighting chance. So we've got to have good foundational nutrition at the root of our protocol.

Second, we've also got to have adequate rest. You know, we are under rested in today's time. Artificial lighting, we're not getting enough sleep, we're not going through the circadian rhythms appropriately. And think about the



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impact that that plays in the immune system, it's an immunosuppressant. So, if nutrition is poor and sleep is poor, there's 2 strikes against us. So, we really have to learn to take control of the things that we can. So, those two are at the top of the pillar, of the 7 pillars along with stress management. Now stress is one of the number one reasons that's gonna drive somebody to the doctor's office. We're stressed out, we can't manage stress emotionally. It drives us to do crazy things, maybe drinking whether it's alcohol or caffeine. Drugging, putting chemicals into our system that can complicate pathways and detoxification pathways.

It can lead us to other habits or behavioral habits that destroy our relationships. So, we're going to the doctor to help us modulate these things called stress, high tension, hypertension, high blood pressure. So, it's not a pill for an ill, it's simple behavior modification, learning to live a mindful life, an intentional life. That helps to take the stress off the immune system and that helps to heal the immune system. And then there's this thing called movement. We call it exercise. Without movement, sitting is like the new smoking. What does smoking do to our system? It adds up these things called free radicals. So, the system is already in a radical state in the face of a virus, if we don't eat right, if we're stressed, if we don't move, there's 3 and then stress management.

Those 4 pillars, those are all foundational lifestyle principles that we can do something about to strengthen the immune system. Then when we look at things like genetics, now we know that we're born with a certain set of genes, right? We can't change our genes. The genes may be the loaded gun but it is the environment that pulls the trigger. So, if we have the standard American diet on board and we're stressing out those genes with the lifestyle choices that we make and we're not moving and we're stacking up free radicals, boy, our genes, they're receiving all this information over the top of them. So, we put ourselves behind the eight ball with this thing, I believe Dr. Mark talked about it, called comorbidities.

Now, just because you're born with a certain set of genes does not mean that that has to be the outcome especially if we know how to play the game. So, if we can analyze those genes and we see deficiencies and detoxification, we can fix that. We can help the body detoxify better. One of the things we say is the solution to pollution is dilution. We've got to get the offending agents out. We have to be mindful enough to stop the incoming offenders. That takes the pressure off the immune system. So, in terms of oxidative stress, stopping the drinking, stopping the caffeine, the things that upregulate that oxidative stress system. Putting the nutrients on board that run the methylation pathways, methylation helps to heal the DNA and the RNA, it helps cellular turnover.

But if we're not living in accordance with the genes that may have a little bit of genetic weakness and we're already behind the eight ball, that's the person that's predisposed. Plus the standard American diet, that's like the sin of all evil to the human body, there's no nutrition in that. It's empty, it's heavy fat latent, oxidized, rancid fats, oils, carbohydrate, the carbohydrate load. Sugar is the most deadly lethal poison to the body. It injures this thing on the inside of the arteries called the glycocalyx. It's like a little furry lining on the inside of the arteries and every time sugar goes through the vessels, it mows that glycocalyx down and it takes hours for that to recover. So if we're not mindful, we may not be able to see the damage done in real time on the outside but it's being done on the inside and it's called comorbidities.



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So, until we become mindful and conscious of what we're actually doing with this human system, with our genetics and how we're treating it, with our lifestyle and nutrition and stress management and movement and sleep, we're gonna be behind the eight ball. We have to step into lifestyle management and take charge once again. The last 2 pillars are hormones. Now, as we well know, there's lots and lots of hormones from insulin to thyroid to adrenal to male and female sex hormones, they all are very, very intertwined and most people do not know that insulin is the one hormone that will dysregulate all of them. And every time we eat a meal, if we're not mindful of what that meal is, the insulin levels will surge. And if the insulin levels stay high all the time, that predisposes us to metabolic syndrome, obesity, Type 2 diabetes then here comes heart disease and then the end can be cancers.



So, if we don't have good hormone balance then the system is aging, it's oxidizing, it's rusting much quicker than it has the potential to need to. So as clinicians, we can optimize hormone balance from nutrition, supplementation and if necessary, we can even go on to adding hormones. And then the last pillar is peptides. Peptides are amino acids that are strung together in chains of less than 40 amino acids. And we know that amino acids are the building blocks of life. If we don't have the right amino acids score and the right amino acids in our systems, we can't make good proteins. Therefore, we can't make good tissue, we can't make good organs therefore, we're not gonna have a whole organism or a healthy organ system, healthy person. So, that might be the last thing that we put on board, would be peptides to make sure a system is optimized from the top to the bottom.



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Dr. Eric Nepute

Jonathan Otto: Have you dealt with vaccine injury before and seen people turn around vaccine injury. And then furthermore, do you believe it's possible? Furthermore, do you believe it's possible even with the COVID vaccine, that reversal is possible when it comes to injury?

Dr. Eric Nepute: Jonathan, that's a great question. Here's what I'll tell you. For the past almost 20 years I've been in practice, the last 18 of those, since I was introduced to some of the work of Dr. Andrew Wakefield and Sherri Tenpenny, we've really put a big focus on helping heal and seal the gut because we find a lot of people that have vaccine injuries, and we're not talking about just COVID vaccine. We're talking about injuries 18, 19, 20 years ago, and flu shots, and MMR, things that have heavy metals and cause all kinds of inflammatory responses.

Yes, by doing the work, we've seen people get better. We've seen all kinds of cases improve, things like autoimmune problems, things like autism spectrum change. People's health metrics get better by removing the toxins and then getting the body the nutrients it needs from a cellular standpoint to heal. We've also, over the past 2 years, one of my centers in St. Louis, we've actually had patients come from all over the country that were suspected to be injured from COVID-19 vaccines, and we ran tests on their DNA, on their mitochondria, on their cellular health, on their gut, on their heavy metals, and we've been working diligently to remove the toxins and repair and restore the health of the cells and the guts in our patients.

And we are seeing really great results. We just had a woman by the name of Shawn Skelton, who you probably have heard of and know, she's one of the first women that came out and was recognized as a vaccine injury in 2021, actually, 2020 from Moderna. She's been on the HighWire and quite a few other programs, and nobody would help her. Nobody could figure out what to do. So, with the work that we found by using cellular repair and detoxification, we've been able to really help her. She's been able to help herself.

But, Jonathan, here's the crazy thing. Just like all things when they're new, this is a new vaccine, and it's not really even a vaccine. It's not a vaccine the way that we're used to. It's a gene-altering therapy. So, we know that this is a lot harder to reverse than, let's say, someone that has a, some type of heavy metal toxicity from a flu shot or some type of inflammation from an MMR. Those, we have years, if not decades of protocols put together to help people. This is so new.

We're still trying to figure it all out. Which is why we've had so many people come to our diagnostic center in St. Louis and measure their brain, and measure their blood, and measure their DNA, and measure how their body's functioning to see if we can find some common ground that seems to be triggering these symptoms, that a lot of our patients are having. We're having great success with it, but we have a lot of work to do, Jonathan, a lot.

Jonathan Otto: I could imagine. That's great. Even though I know it's early days, I still love to talk about specifics about some of the things that are unfolding. So, are there certain protocols that you're seeing at work effectively? Like, for example, autophagy or autophagy, I've seen, through fasting, be effective? I've seen this in a number of case studies.



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Dr. Eric Nepute: Yeah. Let's make it real simple. So, check this out. So what we try to do, number 1, when we try to identify the underlying cause, and with most people, it's inflammation. It's a lot of times an inflammatory issue that's systemic in the body. We find a lot of GI complications as well. It seems like the spike protein does a lot of negative impact on the gut associated lymphatic tissue, and then we get a lot of cellular inflammation. So, the first thing that we do is we help clear out the clutter.

So, I'm a big fan of detoxification, and I love using things like high dose zeolites, clinoptilolites, the zeolite that we like to use the most, high levels of things like Proligna. Proligna is Scotch pinecone extract. It helps a lot with cellular help and repair. It's a very strong antioxidant. I'm a real big fan on measuring, like I said, the genetics and the cellular health. So, we can actually find out exactly what genetic predispositions do these people have. Do they have MTHFR? Do they have certain snips that cause problems?

So, detox is a big thing. I'm a huge fan of fasting as well. As long as we don't have any major blood sugar issues, we start fasting with our patients for detox quickly. We use a lot of post electromagnetic field therapy. PEMF seems to work really well. We also use a lot of what's also known as orthomolecular nutrition. In our clinics, we do Vitamin IV therapies, which is orthomolecular. But, it's all about looking at each individual.

Jonathan, what I'm telling you is we've not found 1 formula. It's not 1 protocol. It's not do this, do this and this, and you get the result. But we have started every one of our patients with some type of detoxification program and pathway and that really seems to make a big difference right out of the gate.

Jonathan Otto: Yeah. So zeolite, I'm glad you talked about that. It's a clino- clinoptilolite. How do I say that?

Dr. Eric Nepute: Yes, exactly. Yes. That's it.

Jonathan Otto: Alright. Great, thank you, and that's a crystalite that is able to help extract heavy metals. It binds to toxic metals and other things in the body like, perhaps, it gets a hold of BPA, and different issues, or Teflon, and C8, all these different kinds of things. Is that kind of the general drift?

Dr. Eric Nepute: Yeah, correct, correct. And we also use a nano-sized, spherical silver technology that has been shown at the University of Utah to help with glycoproteins. And, we use the zeolite with that spherical nanotechnology silver right out of the gate, and we've been getting a lot of reduction of inflammation and improvement of cellular health. We test blood regularly in our practice as well. We do what's called dark field microscopy, and we're able to take blood and put it on a slide and look at it under a dark field.

And what we've seen in a lot of cases of folks that have suspected injuries is that they get what's called a rouleaux pattern where their red blood cells start to stick together a little bit, which makes sense, because that then, could lead to thickening of the blood and blood clotting. So, we wanna make sure that we address the rouleaux pattern. And that's something that we find in a lot of folks, and believe it or not, a lot of leaky gut-type symptomatology. We use a lot of nucleotide therapy, as well as butyric and butyric acid. Works really well, but again, everybody's uniquely different, Jonathan.



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Jonathan Otto: Thank you, Dr. Nepute. How do you get rid of that? You said it's called rouleaux. What's it called?

Dr. Eric Nepute: Rouleaux patterning. So when the red blood-

Jonathan Otto: Rouleaux patterning. How do you get that stopping from rouleaux? Because it's so common that rouleaux, and sometimes when people are doing live blood analysis, 'cause your naturopathic background, so natural medicine or naturopathic doctor?

Dr. Eric Nepute: Yes, yes.

Jonathan Otto: Same thing. So, you're working naturopathy as you do live blood analysis.

Dr. Eric Nepute: Correct.

Jonathan Otto: So, under the microscope. Sometimes when people get the sample, they're looking at the wrong area of the sample. That's why they get the rouleaux-ing.

Dr. Eric Nepute: Rouleaux, yes.

Jonathan Otto: Rouleauxing. But yeah, but it's very common still. Even if you get the right section of the slide, blood is rouleauxing. What's causing that and how do you get that to then free flow and get from the blood cells being joined together and then free-flowing?

Dr. Eric Nepute: Yeah. So, there's a lot of things that can contribute to it. Even chronic dehydration, Jonathan, can contribute to rouleaux patterns, or eating the standard American diet, having an acidic pH. I mean, we forget that Dr. Otto Weinberg won a Nobel Prize is on his work on pH and the human body. So what we use is, like I just said, the 2 things that are the most powerful in our practices to break up the rouleaux patterns is the high dose zeolites, the mega dose hydration of fluids, whether it's orally, with minerals, or with IV therapy, and then using high dose levels of Proligna have been really, really beneficial in breaking up that rouleaux pattern. Also, using technology like a pulse electromagnetic field therapy device that has been shown to help break up rouleaux patterns as well.

Jonathan Otto: Okay, fantastic. What would be your big message to people right now when it comes to health and wellness, and with this issue in this propaganda that- Yeah. What's your big takeaway? What would you like to say to people?

Dr. Eric Nepute: Well, it's real simple, Jonathan. Knowledge is power, but wisdom, taking that knowledge and applying it to your life is the key. You got to do your own research. You got to find out what health really is, and if you're talking to doctors and all that they're talking to you about is treating your symptoms and not the cause of your problem, run. Don't walk away from them. Okay? So, get involved, get plugged in. Find doctors and scientists, and other people that can guide you down the right decision and have a dialogue, not a monologue. Anybody that stands up and says, "This is what you have to do, and if you don't do it this way, you're a horrible person." These are not the people that you wanna be following.



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And unfortunately, Jonathan, the people who got us into this problem, that we're in currently with our healthcare system, cannot be the people to get us out of it. We need to truly have a system of true health, of true care, of knowledge, of wisdom and empowerment to we, the people. That's what we need and that's what we're building towards right now.

Dr. Bryan Ardis

After getting vaccines, are we seeing improvements? Is there anything that you can do? Yes, we are seeing many of those. We have thousands of people writing it to us, to me personally, every week saying they either got the shots, their loved ones got the shots. Now they have these symptoms, primarily fatigue, chest pain, limb water retention, like swollen ankles, swollen knees. Number one symptom and complaint, exercise induced fatigue that feels impossible to overcome, just taking forever. Even if they just walk up the stairs, they can't catch their breath. They're extremely fatigued. Just so you know, these are all signs and symptoms of a heart that has been damaged. And I mentioned about that Circulation Journal from the American Heart Association, they already published that the mRNA shots dramatically impact and damage heart tissue.

So, one of the things that we created, Dr. Thomas E. Levy and I, the cardiologist, like you mentioned, at thedrardisshow.com, we put on that site, we filmed 3, what are called 10 for 10s, 10 minutes of healing with a PDF of what we recommend that you do at home to start repairing damaged heart tissue post the shots. It's called Myocarditis, Long Haulers COVID Looks Identical to Myocarditis Symptoms, which I just explained, and then How to Beat Hypertension Naturally. So, these are the 3 that we already launched.

I've already addressed this in many times. If people have water retention in their knees, hips, ankles, hands, that's water retention. That means your kidneys have been damaged. And no one's gonna tell you this. They're gonna say it's circulatory, but that is evidence that your kidneys have been damaged from the shots.

And there are specific things you can take to actually repair and heal kidney tissue, to improve your body's ability to remove retaining water, which is what the body does when the kidneys stop filtering water in the form of urine, out of the body. You will store it and then gravity will carry it down first, usually to your ankles, then to your knees and you'll experience symptoms of arthritis, gout, or just swelling in general. So, there's ways to specifically target the kidneys to improve your body's ability to remove extra water.

Jonathan Otto: I would absolutely love, it helps so much. People absolutely love it. They love this stuff more than anything else, 'cause it's very helpful.

Dr. Bryan Ardis: Okay, perfect. So here we go. There's all natural approach to actually reversing water retention because of kidney damage. There's 2 things I recommend to everybody. Actually 3, let's throw in 3. Cranberry juice or cranberry tablets, that improves urinary output. It removes toxins infections out of the kidneys. We use it to reverse UTIs all the time. You can either get it in a supplement form or you can take unsweetened, organic cranberry juice and dilute it 50% in water and drink 1 cup of half water, half unsweetened, organic cranberry juice.



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Drink 1 cup in the morning, 1 in the evening. That's absolutely what you need to do. The second thing you need to supplement is what's called phosphoric acid. Phosphoric acid, if anybody's struggling with water retention, you need to be taking 20 to 30 drops of phosphoric acid in water, or put it in your cranberry juice and drink that morning and night.

And then you need to get a hold of a practitioner somewhere in your area or contact them directly. There's a company called Standard Process and they create a product, a supplement called A-C Carbamide. A-C is abbreviated for Vitamin A and C. The supplement composition is called Carbamide. A-C Carbamide, I've used for years to help repair damaged tissues of the kidneys to improve the body's ability to excrete additional retained water. It is a natural, natural product only made from whole organic vegetables grown on a farm up in Wisconsin of the United States. But you can use this, I would recommend if you're having water retention of any kind and any of your joints are swelling or pain after the shots, I would recommend you get on A-C Carbamide and take 3 in the morning, 3 in the evening, on an empty stomach.

And then you take your phos food and your cranberry. You can take that with food if you want to, but do that consistently, within a 2 to 3-month period or even faster, you should see all the water retention leave, and then you should do a few things to minimize the continued damage to the kidneys. There's nothing more harmful to the kidneys than sodas and alcohol. So if you're having water retention for these 2 to 3 months, or trying to heal your kidneys with these things I just mentioned, please try to resist putting other fluids that are not water into the kidneys, so does alcohol, that'll be of a huge benefit. You'll see immediate change, and then you can have some of those things later on after 2 to 3 months go by, then you can have those every once in a while or once per week. And then you'll be just fine. I personally don't like sodas at all. But I would say, if you did it in moderation, you'll be better off and not have the deleterious effects that the vaccines had over time.

Jonathan Otto: Amazing. And with this product by Standard Process, I see it's Vitamin A, which is 450 micrograms and Vitamin C, 18 milligrams, and then this proprietary blend of carbamide and arrow root flour. And so, which is this per serving 2,270 milligrams. And so if this product ever people couldn't get it, I guess the point would be to get the carbamide, the arrow root flour, and the Vitamin A and C and then just look at that dosing or find something of that equivalent to put in your body each day. I mean, that's a 3 capsule serving. And do you generally recommend that people take what it says there on the bottle or a different dosing instruction?

Dr. Bryan Ardis: So let me tell you, if there is mild water retention, I recommend 3 in the morning, 3 in the evening, 30 minutes away from food. So, 30 minutes before breakfast, 30 minutes after dinner, or before dinner, it's better on empty stomach, the A-C Carbamide. If you have extreme water retention, and like I'm saying, you can't put socks on, your ankles are so swollen, you can barely walk because your knees are so swollen with water. You'll know it's water, by the way, if your extremities are swollen, but there's no discoloration of the skin. It just looks like it's flesh color, that's because it's just water sitting inside your tissues. If it's discolored, that means you have venous blood that is pooling, P-O-O-L-I-N-G.

And so, if your calf is red or purple or blue, that is stagnant blood, that is a circulatory issue. If it's just swelling and it looks flesh color, that's water retention. If you have extreme water retention, I would recommend going up to



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even 6 A-C Carbamide, morning and evening, with extreme swelling, and you're just gonna see a very much, a very faster reduction in water. Remember, I used to term this as a natural diuretic. It helps your body remove water through the kidneys. So, the more extreme the water, increase the amount of the dose. And I would recommend doing that for 2 to 3 months easily. And then when you saw the water retention go down to normal, then I would go down to the 3 morning and evening, even for those individuals.

Jonathan Otto: Wow. Dr. Ardis, that's super helpful. What about for somebody that's saying, "Hey, Dr. Ardis, that's amazing. I'm so excited about that. However, I don't have those certain symptoms. My symptoms are something else. I have all these neurological issues and I just can't remember anything anymore. Or my back, I'm in constant pain in my back, or I'm numb from the legs down, from the waist down." So, it's quite limitless, which is, some people, when it comes to treating symptoms, we'd find that like almost impossible to chase because we're going from one section to the other section.

So, what is it about this technology? And we're finding out now that the vaccines all have different things in them as well, so it makes sense that these reactions are different. Hence why some doctors are saying, "I don't know, there's nothing we can do about this. They've kind of outsmarted us on this one. There's no way we can reverse this." They feel like that. What would you say for people with a variety of different symptoms of how to approach this generally to know and get into a place where they can reverse this and heal their bodies?

Dr. Bryan Ardis: Absolutely. So number 1, the number 1 side effect from all the COVID-19 shots is blood clotting, that's number 1. Well, there's already a substance that we know that's a natural supplement for the last 70 years that is able to reduce the blood clotting factor of the blood, to improve your oxygen, energy, and vitality, which a ton of people get very tired as their main complaint after getting these shots. So the actual product is NAC, N-Acetyl Cysteine. And yes, you could still get it. You can get at any health food store. Go buy NAC. I would recommend if you're having extreme fatigue increased, if you go to a medical doctor and you're really tired and you have chest pain and you have brain fog as a result after your shots, if you go to your medical doctor, please ask them to do a D-dimer test or order it.

That is the marker in the blood that tells you you're having increase in blood clotting occurring. And NAC is absolutely proven to reduce those markers and improve blood flow. If you start blood clotting in the blood, you reduce oxygen load to the tissues, and you're gonna get very tired. You're gonna get brain fog. You're not gonna be able to focus. And your chest hurts. So, NAC is a huge one for that.

For neurological symptoms like loss of memory and recall, or focus or walking or vertigo, you name it, all kinds of things neurologically, the number 1 thing people need to focus on is detoxing the body. I would recommend detoxing, and those things I would recommend would be things like bentonite clay. You take a quarter of a teaspoon of bentonite clay powder, mix it in water and drink it. And then you need to start consuming fats in the way of fish oil or Omega-3 fatty acids, you get those in supplement form. Everyone needs to be taking 3000 milligrams of those with any neurological symptoms, loss of taste, loss of smell, loss of coordination, brain fog, memory loss, you name it. 3000 milligrams every day of Omega-3s. And then you need to also supplement what's called selenium at 200 micrograms. This is absolutely essential. Selenium tells your liver to make glutathione, so does NAC, it assists your liver to make more glutathione.



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So, if you've bought into the idea that you need to get the vaccines and if you can really surmise and put some correlation to the fact that there's a time frame where you lived without symptoms, and then you got these COVID-19 vaccines, we call them quasi vaccines, because they're not really vaccines. But if you get these vaccines with these shots, and then since you've gotten the shot, something has changed in you physically. It is most likely you can correlate side effects from the actual ingredients in the shots, they're targeted to create disease in your body. All disease states in the human body, it doesn't matter if you develop disease of your kidneys or your liver or your heart or your lungs or your intestines, it doesn't matter. Cells of the organs have to be damaged by a process called oxidative stress.

There is damage from the outside of the cell that then floods electrons and makes it diseased. This is called oxidative stress. How do you fix that? You supply in the body antioxidants to protect from the oxidative stress. This isn't something I'm making up. The actual COVID-19 virus called SARS-CoV-2, and any of its variants, it is already defined in research studies, already defined in research studies that the SARS-CoV-2 virus begins the disease process called pathogenesis. The progression of disease is triggered by oxidative stress. That's what SARS-CoV-2 virus does. The spike protein also, that's attached to this SARS-CoV-2 virus also causes and starts disease of cells proven with oxidative stress. Do you know what's amazing about this? The vaccines have what are called mRNA in them, these little bitty, snippets of genetic code that insert themselves into your cells that then get inside your DNA.

And they make the DNA protein structure fold to look like a spike protein. And there's 50 billion of these little mRNA genetic code sequences that are insert themselves into your DNA, elicit a look of a spike protein that is abnormal to your own DNA's design. When your immune system recognizes there's something wrong with this DNA structure, that's not normal. The human body, your own body produces antibodies to attack and destroy that DNA. What's the problem with that? It's your DNA. So these antibodies are going to attack your DNA, destroy that DNA code and it's gonna go looking for things that look like that DNA code, that's every cell in your body. This is why each of these shots, Pfizer, Moderna, and Johnson & Johnson, this is why the FDA listed on their October 22nd, 2020's documentation, when they published Slide 16 in their safety and effectiveness review, what they were gonna be looking for in all the COVID-19 shots reported injuries. This is why they listed autoimmune diseases as one category of side effects of these shots.

They are going to create damage to your DNA. Your body's gonna produce antibodies to destroy these diseased now cells, but those cells are your DNA. And the antibodies are gonna recognize this is your DNA and it's gonna start attacking the rest of you. We know there's currently 80- sorry, we know there's currently 80 diagnosable autoimmune diseases in this country. All of them can be created by these mRNA shots and the transgene in the Johnson & Johnson shots. These are genetically modifying gene therapies, these shots are for the first time used as vaccines in humans ever. They are literally targeting your DNA to change it. So how do we stop what we know is the intent behind these shots? Number one, the spike protein on the virus causes oxidative stress. The virus, all coronaviruses, if they start a disease process, they have to damage the outside of a cell to cause what's called oxidative stress.



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There are chemicals inside Pfizer and Moderna's shots, in Pfizer and Moderna it's called polyethylene glycol 2000. Inside of the Johnson & Johnson shot it's called polysorbate 80. These 2 chemicals are known to cause damage to organs and cells in your body through a process called oxidative stress. So now you have mRNA particles that are inside the shots, you have transgenes in that side of the shots, you have chemicals inside the shots, you have a virus that's been unleashed on the planet, and then you have a spike protein unleashed on the planet. All of which cause disease with a process called oxidative stress. The only way to stop oxidative stress is you put antioxidants into your body that protect every cell from oxidative damage. So there are 4 main ingredients I've put together in what's called a Disease Prevention Cocktail.

Why? Because they are proven and research-proven to be effective to protect every cell in your body, from anything including spike proteins on coronaviruses, which are cold viruses. These nutrients are proven to protect every cell from oxidative stress of viruses, bacteria, poisons, alcohol, ionized radiation, and all those things are dangerous to the human body to cause diseases. So all I did was compile a list of research studies of the most research-proven, most effective antioxidants that protect cells from being damaged from spike proteins, viruses, poisons, ionized radiation, those 4 things are these Vitamin C, the dosages 5,000 milligrams and there's two versions everyone should consider, either straight ascorbic acid or what's called sodium ascorbate. Those are the 2 forms of Vitamin C that are the best, I think. So, use those. 5,000 milligrams a day at minimum, I recommend anywhere between 5,000 and 10,000. If you start at 5,000 milligrams a day, do that every day for a week and then increase by 1000 milligrams every day for another week.

So you go like this, 5,000 milligrams for a week, increase it to 6,000 for a week every day, and then go up to 7,000 for a week and you wanna go to what's called bowel tolerance. 90% of our immune system lives in your gut lining. So as you put Vitamin C in, the immune system's going to know. If there's a virus or a bacteria in your body it's trying to defend and needs to protect against oxidative stress, the gut knows how much Vitamin C it needs. How do you figure that out? You keep putting more in until you get diarrhea. When you get diarrhea, the gut knows I don't need this much Vitamin C so it spits out the remaining. Then you go back to the dose that was not causing diarrhea and you stay there. So if you've got 5,000 milligrams for a week and then you go up to 6,000 for a week, no diarrhea, you get to 7,000 milligrams and you start having diarrhea, go back to the 6,000 and just stay there.

Zinc is brilliant, it's phenomenal. It's put on this earth by God and we can use it. And hydroxychloroquine and ivermectin have these amazing benefits to keeping zinc in the cells. They also protect the outside of red blood cells from being damaged by the spike proteins of SARS-CoV-2.

Now, if they protect you from the spike protein damage of damaging heme on the outside of red blood cells, do we think then that just maybe the spike proteins our bodies are designed to make from the mRNA genetic snippets being put into these shots by the billions, and then we see myocarditis and blood clot disorders, which are red blood cells sticking together. Is it possible then that ivermectin and hydroxychloroquine could be of benefit to help protect us from the red blood cell-damaging effects of the spike proteins in the shots? I would surmise yes and they should be used. I'm not one who will ever say, I think people should live on drugs for the rest of their life. I think ivermectin and hydroxychloroquine if you've been injured from the vaccines or you have exposure to the virus, I'm not the one that puts this out, flccc.net, they've put it out.



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They'll tell you the ivermectin dosage and the NIH has said, you should do certain dosage of ivermectin if you get sick with COVID-19 for 5 days. And the dosage is 0.2 to 0.6 milligrams for every 2.2 pounds of body weight for 5 days. Preventatively you can use it, it's 12 milligrams once a week of ivermectin. Hydroxychloroquine has different dosages, but ivermectin it's 5 days at those dosing. Now, for those who get the shots, they have 50 billion particles of spike protein in their body from the shots, what would be the recommended dose there? No one really knows, but ivermectin's not dangerous. It doesn't cause acute kidney failure even if you live on it long term. So I would suggest anywhere from 3 to 6 milligrams and stay on that for 3 to 6 months, if you experience any symptoms. But I mentioned something earlier in this interview, I said, drugs don't heal the body.

There are specific things that you can do to actually help reverse the damage of the myocytes in the heart, which is what the heart cells are called. They are specifically damaged, the mitochondria and the cells of the heart are damaged by the mRNA vaccines. There's a few things you need to know. I already mentioned, Vitamin C is essential for protecting the cells of the heart, so is olive leaf extract for heart cells, so is magnesium that I already mentioned. And then there is a product, I hardly ever talk about this company because I'm not in practice anymore but there's a product, I don't know if you want to share this, but-

Jonathan Otto: Yeah. Yeah. It's over the counter, Standard Process.

Dr. Bryan Ardis: Standard Process, yeah. There is a product from Standard Process called Cardio-Plus that I recommend anybody who develops cardiovascular issues or concerns, doesn't matter if you have enlargement of the heart, which is called cardiomegaly, it doesn't matter if you have inflammation suddenly of the heart, that's called myocarditis, it wouldn't matter. I would put every single one of those patients on Cardio-Plus.

Jonathan Otto: What if someone had a vaccine injury, but it wasn't related to the heart? Would you still say it's worth doing as a preventative or because you may not know? Not everyone gets pain or heart flutters or but what would you say? Well, no, don't bother.

Dr. Bryan Ardis: It's either number one or number two cause of death worldwide every year is heart disease. So do I think it's important that everybody takes something like Cardio-Plus every day for the rest of their life? Yes. I actually, if you read the bottle, it actually says take 2 to 3 a day. I actually take 10 twice a day or at least 10 every day.

Jonathan Otto: Is that 20?

Dr. Bryan Ardis: Every day. Yeah, every day. Do you want to know why? I don't want to develop heart disease. I'm just that and it comes from veggies. This is a whole organic supplement company. They develop all their own products from a farm up in Wisconsin, Palmyra, Wisconsin, to be in fact, and I've visited it many times. I don't want to develop heart disease or die from heart disease so I take Cardio-Plus every day and I will for the rest of my life unless I develop some other products that's similar personally, but I absolutely would recommend they do that. Why? Because heart disease is always listed in America is the first or second leading cause of death. Even outside of getting vaccines and having a vaccine injury. So to me, yes, Cardio-Plus is phenomenal. I would use it.



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It is not more significant and more recommended than magnesium and people ask me all the time. What kind of magnesium do you recommend? I love that question.

Jonathan Otto: Yeah. Tell me.

Dr. Bryan Ardis: What kind of magnesium do you recommend?

Jonathan Otto: Yeah, what kind of magnesium do you recommend, doctor?

Dr. Bryan Ardis: Yeah, I used to, and I say this to people all the time. They'll go well, I've heard of magnesium citrate, I've heard of magnesium glycinate, gluconate, threonate, what do you recommend? And this is what I say to all crowds and audiences. I'll look at them and I go, do you remember when they used to say an apple a day keeps the doctor away? And if your doctor actually said that to you, would you actually look at him and say, "Yeah, but what kind of apple doc? Is it granny apples? Is it, what is it?" So I just kind of laugh about it, but no one ever said there was a specific apple. There really isn't a specific magnesium either. I will tell you, it is proven Dr. Thomas E. Levy, cardiologist, has written books on this, that magnesium chloride has been well documented to be the most effective magnesium at protecting all cells from viral disease processes, magnesium chloride.

I personally recommend you taking any magnesium every day. There's not a lot of companies that make magnesium chloride in a supplement capsule. They'll often come in bulk powder and yes, I have used them. I actually have my own magnesium and it's a combination of multiple forms. So magnesium citrate has been by far the most used, sold, branded, recommended around the world for decades. And it is good. Magnesium, glycinate, gluconate, and L-threonate, these are all great versions also, but I'll give you some examples for magnesium. So I actually bought a bulks of- bulk magnesium citrate, and I started making my own capsules at home. Then I took the recommended doses for me and then gave it to my wife. And then my wife was still having some somewhat restless leg cramping sometimes so then I just switched and ordered another bulk form for her.

And I got what's called magnesium orotate, it's just another version. And we put her on that and then all of her restless legs disappeared. So her body actually did better using a different form of magnesium than magnesium citrate. And I would recommend people do that. Do not be afraid you're gonna pick the wrong one. Your body is going to absorb magnesium in any form you take, but you are genetically different, one person to another. You do have different bacteria in your gut, one human being to the other, and bacteria in your gut, break down your food in nutrients and absorb them into the body. So you can actually use one for a month and see do you see improvements in mood? Do you see improvements in energy? Do you see improvements in sleep? Do you see improvements in high blood pressure maybe even? What about acid reflux, does that disappear? Great. If you don't see improvements in these things after the first month, you might want to switch to a different version and try magnesium orotate or glycinate or gluconate, and then try that for a month and just play with those. But the recommended dose is always 500 milligrams, minimum per day.

Jonathan Otto: That's awesome. And do you see any cases of people reversing vaccine injury?



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Dr. Bryan Ardis: Oh yeah, I actually hear about it all the time. Okay, here we go. All right. So if you actually go to c19early.com, you'll actually look on that website and it actually lists every drug being used around the world to treat COVID-19 hospitalized patients. And then they give you this data. It actually tells you what's the survival rate, success rate of each of these drug or supplement therapies. At the very top of that list right now, you'll see anti-androgen medications have a 95% survival rate for COVID-19 infected people. Anti-androgens, now androgens for most people we don't know what that is, that's sex hormones such as testosterone is the most common androgen hormone we know about, but the therapy drug is called anti-androgen. So what it does is it shuts off your ability to make excess testosterone and they're seeing massive improvements in COVID-19 sick patients by using these very cheap anti-androgen drugs.

Now, I have to convey this to people. Dr. Peter McCullough brought this up to me in an interview I was doing with him in studio on my show, the Dr. Ardis Show and we're doing it together. And he brings up the fact that there's these studies that are showing that anti-androgen hormones are helping to save many lives with COVID-19. And I said, "Peter McCullough that's phenomenal that they have drugs that actually lower androgen hormones and they're seen benefiting COVID-19 infected people." And then I looked at him, I said, "But Dr. McCullough, do you know that zinc is a natural anti-androgen?" And he goes, "No, I had no idea." And I said, "In 2019, when I developed over a year compiled with research and then a clinical trial that we did, I actually came up with what's called the Ardis Acne System."

And what I found was is research studies galore identify that androgen or hormone excess leads to acne formation. And the number one thing they found from research studies from like 60 years ago till now was that zinc is the most powerful anti-androgen to lower excess testosterone and clear up acne. This was brilliant, zinc by itself. If you were deficient in it, it actually raises your estrogen hormones and androgen hormones called testosterone. That's what happens. And when those get elevated, oils in your skin get produced. Now we're seeing that there's this connection to anti-androgens and their success with clearing up COVID-19 symptoms. There is a direct connection to androgen hormone excess and COVID-19 inflammatory processes that they're finding with anti-androgen drugs. When the truth is there's one mineral worldwide, that if you're deficient in, you'll have excess androgen hormones that complicate anything from acne to cancers, estrogen, and testosterone excess, those cause cancer, it's been linked for years.

Number one cause for those things, excess androgen hormones, because of the lack of zinc. Now we're seeing, if you could just put zinc in these people, zinc stops the replication of viruses, it's also a natural anti-androgen. Helps to lower excess hormones. Isn't that phenomenal? Zinc is brilliant. And so anyway, it was great to teach Peter McCullough that. He's teaching me all kinds of stuff. I don't mind teaching him things he's unaware of, but I just want you to know, zinc is phenomenal and everybody should be supplementing at least 50 milligrams, if not 100 milligrams every day for the rest of your life.





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HOW TO DETOX FROM VACCINE SHEDDING

Dr. Daniel Nuzum

Dr. Daniel Nuzum: I'll tell you guys a story real quick. I have 5 children. And my first 2 children were in public schools. They're growing up. They're early 20's and late teens now, so they're either out of high school or almost out of high school. And, my oldest, very, very healthy child. Very, very healthy. He's healthy all through kindergarten.

But then first grade came and he got terribly, terribly sick for a whole month, entire month of October, when he was in first grade. And, was completely healthy the rest of the year, came back around. Next school year started, he's in grade 2. And, the entire month of October again, absolutely terribly sick. Skin issues, gut issues, breathing issues, lung issues, sinus issues, just all kinds of very mixed symptoms. And again, he was completely healthy the rest of the year.

I was, what in the world is going on here? Why is this happening? And it dawned on me that all the other children were getting their vaccines in August starting school in September. By the end of September, my son's terribly sick. And, what it was is he was catching all of that they were shedding. All those proteins, all those toxic proteins that they were shedding, he was being exposed to them. And, those caused all the same illnesses that these children were being vaccinated for.

That's to give you an idea of what shedding is really talking about. When someone sheds, if you have the flu for 6 days, you're shedding flu virus. That is when you're infectious. You're tossing infection out of you. Your infection's coming out of yours. It's infectious proteins, the virus is coming out of you. And, you're spreading it everywhere you go. This happens with every viral infection you've ever had. There's a certain period of time where you're infectious, and you can spread what it is that you're carrying.

Now, when someone gets the flu vaccine, instead of being a 6-day period, it's a 42-day period that they're shedding viral load. They're infectious for 42 days, versus 6, if you actually naturally contract influenza. You get the flu vaccine. Now, you're contagious for 42 days, versus 6 days. And, you're 12 times more contagious for those 42 days, because your body is going to be - after the vaccine, you're throwing off more of the - You're shedding more of the viral material than you would if you were just naturally infected with the virus.

This same thing is happening. That's the message that the messenger RNA is carrying to these people's systems. Their systems start producing these spike proteins, which are the toxic proteins of coronaviruses. And as it sheds, everyone else around them is going to be picking that up. The thing about these vaccines is, as long as that messenger RNA is in their system, they're going to continue to produce the spike proteins. It's - That then it's not gonna shut off.



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So, for everyone around them, there are enzymes. I can't tell you enough how important proteolytic enzymes are. These protein-digesting enzymes are your frontline of defense against this stuff.

I'm not saying you can take 1 capsule and hopefully get it. This is you're going to have to load up on these proteolytic enzymes, taking maybe 3, 4, 5 times the recommended dose of these types of supplements. So that, not only do they digest your food in your gut, you have extra to spill over into your bloodstream and go clean these spike proteins out of your bloodstream. That's one thing.

There's another compound that I've seen research and I've heard a lot of really good things about is the MMS, the chlorine dioxide. Evidently, multiple scientists are telling me that this does bond to those spike proteins and neutralize them. I haven't actually seen that in the lab. But I'm hearing this. And multiple scientists that I would trust are saying the same thing.

Me and my family, we're using proteolytic enzymes. We're using bromelain. We're using protease. We're using serrapeptase. It is different proteolytic enzymes to keep that stuff broken down, because we're going to be exposed. Last I heard, there's 4 billion people have had this vaccine. And, the rest of us that haven't are exposed to the air that they exhale. We're exposed to the skin that they slough off. We're exposed. And, the closer you are to the person, the more exposed to these things you are. Therefore, these are things that are non-toxic. Proteolytic enzymes are not toxic. And, you can take them till the cows come home, and they won't harm you. Therefore, that's why I've chosen that for me and my family.

Jonathan Otto: Awesome. And so, high dose, so with meals, without meals? Like 4 or 5 capsules?

Dr. Daniel Nuzum: With meals, you have to take a larger dose. If you're wanting to use it to help defend you against "spike proteins," you'd have to take it in between meals, on an empty stomach. So, that just has no food for it to digest. So, that doesn't get used up digesting food. It can just go straight into your bloodstream. Those are the things that my family and I are using. And we're doing very, very well with it.

Jonathan Otto: What would be your general protocol for how people would take them?

Dr. Daniel Nuzum: Typically, if you have a real hard time remembering to take stuff, take them first thing in the morning and take them right before you go to bed at night, on an empty stomach. That way, there's nothing that those enzymes are going to be used up on. If they have to digest something, then you're gonna spend some of that enzyme. If there's nothing in your stomach to spend that enzyme on, it's gonna go straight into your bloodstream and start cleaning up whatever you've been exposed to.

Jonathan Otto: And doc, do you have any download on different tools that people can use? Like, for example, turmeric or cordyceps or dandelion root, what's your kind of go-tos? And why? And how do people use them, for example, clearing toxicity of their body? The other thing that we didn't talk about was parasites. Do you have people, for example, that are trying to clear these types of infections just go ahead and do a parasite cleanse? It's interesting that, Ivermectin, it has been praised so much, but I wonder whether natural anti-parasitic could take



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the place of something like ivermectin and people could generally have as part of their protocol. What would you say?

Dr. Daniel Nuzum: Personally, ivermectin has been around for quite a while. It's been used for all kinds of things. It's relatively safe, but it does come with the same side effects as if you're taking in an antibiotic. I would personally use things like wormwood, cloves, ginger, ginger root, turmeric, maybe even burdock root, black walnut hulls. Those types of remedies would be my go-to.

Another thing that's not well-publicized, no one really knows about it, is the TMG. Remember the trimethylglycine that I talked about earlier? And NAC, the N-acetyl L-cysteine. Those 2 amino acids, when you're taking them in the 2500 to 3000 milligram a day dose, are antiparasitic, very antiparasitic. They're very, very good for parasitic infections. And they're amino acids. They're very, very simple things for your body to metabolize. They're not toxic. Matter of fact, they're detoxifying. Those are some other things that are really, really helpful.

What I've been doing with folks that I've been working with clinically, I have them do my detox programs. That's kind of upfront. We do some things to prepare them for the detoxing, have them do my detox programs. Then we put them on a personalized protocol, is what we typically do. And, going through that detox in my clinic, clinically, my detox program last 6 weeks. That's a 6-week program. And, by the time I get done with that, they're cleaned out, cleaned themselves out pretty well. And then, beyond that if we need to do something, we'll do something personalized at that point.

Jonathan Otto: That's really awesome.

Dr. Daniel Nuzum: Yes, for downloads. Yes, I actually do have quite a few articles at drnuzum.com, d-r-n-u-z-u-m.com. We've got quite a few articles on our website. I also have my book, Detox for Life. If you never detoxed before, that is a manual on detoxification. It's called Detox for Life. I wrote it as a naturopathic manual on detoxification. And we have detox programs in there and ways to detoxify from all kinds of different things. So, that would be some things.

I'm also, both Jonno and I, we've worked on masterclasses together. I have some of my own masterclasses that are coming out here in the very near future. This year is my year of masterclasses. So, I'm gonna be really- We're cranking them out. I think we've done 1 on CBD. We've done 1 on Type 2 diabetes, 1 on autoimmune recovery. And I think we have another 25 of them coming out this year.

Jonathan Otto: That's a lot.

Dr. Daniel Nuzum: So, we are pushing it. So, we'll have some resources here. If we don't have it, we will have it very soon.

Jonathan Otto: Wow. Amazing. And so, these are some of the tools that people can use. Are you a fan of zeolite?



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Dr. Daniel Nuzum: For short-term, yes. I think zeolite is a stripping agent. And, if you want to detox fast, you use a stripping agent. And, it does a great job. Zeolite will not put anything back into your system. Think of it as a magnet, as a real powerful magnet. And it'll pull stuff right out. It's very powerful, really good. I don't use it with people long term. And when I say not long term, not longer than 3 months at a time. And, don't take any other supplements with it, or medications. It's a magnet. It's gonna to take it with it.

Jonathan Otto: And would you steer it towards clinoptilolite, or just any zeolite, or it's clinoptilolite, the trademarked version that, maybe, has clinical backing, or what?

Dr. Daniel Nuzum: That one is a trademark. They've actually researched it and verified the effects. And it works really well. Again, it's a stripping agent. That's what it does. And, anything that's a pure chelating agent is gonna pull stuff. Very few things work like fulvic where it pushes and pulls. It pushes nutrients in and pulls toxins out.

Jonathan Otto: Which one does it do first? Does it deposit nutrients first, and then pulls out the toxins out second? It has to empty itself.

Dr. Daniel Nuzum: It has to empty itself. Right. Whereas, zeolite, it is a claw. It's kind of like the crane coming down grabbing stuff and pulling it right out. It's a very, very powerful detoxifier. And that may actually be one of the better things we don't know, but that may actually be better upfront right after someone has had the vaccine.

Jonathan Otto: Even better than fulvic?

Dr. Daniel Nuzum: Possibly. It's possible. We don't know, but it is possible. Theoretically, it could be better.

Jonathan Otto: One of my colleagues has talked about cowhage, H-A-G-E, as being something that people should take before and after the shot, if they were ever going to do something as crazy as intentionally take it, knowing the damage. I think it's kind of- I couldn't exactly get all the reasons, but I thought it was interesting. I don't wanna get.

Dr. Daniel Nuzum: Powerful detoxifier, it is. It is a powerful detoxifier. I'd like to know the specifics on that. I couldn't tell you specifically why.

Jonathan Otto: Exactly. I think one of the spiritual thing that led him to conclude that it was something. So, it was kind of like a direction, he feels. And again, I can't verify, I'm not in his mind. But- And, he has then tested that on people, and people have reported back. But again, it's so anecdotal and it's so risky and all of that. So, it's just early days. I don't have any data.

Dr. Daniel Nuzum: I couldn't vouch for it, but I also couldn't say that- It's really interesting, God told Adam and Eve that they can eat everything except for 1 fruit in the garden of Eden. And, my take on that is everything that God created, He created for our benefit. There are even components of toxic plants that are very healthy for us, components, not the whole plant, components.



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Jonathan Otto: Even poison ivy, right? Poison ivy is helpful.

Dr. Daniel Nuzum: Sure, poison ivy has some medicinal properties. So, it's not the whole plant. There's one particular acid that the plant expels on its surface that gives you that rash. But there are other things in the plant that are actually very good for you. So, I'm not saying go eat a bunch of poison ivy. But, what I'm saying is every plant has some sort of benefit. And, what's really interesting is some plants are almost specific for certain issues. That's really interesting. And, that could be wonderful. God knew this was gonna happen before we did it.



Jonathan Otto: Yeah. And I think that fulvic is one of those beauties in that it was an uncovered tool that has been here for a long time, and it's something from the previous world. When I say previous world, I'm talking about, if you understand-

Dr. Daniel Nuzum: Pre-flood.

Jonathan Otto: ...pre-flood, exactly. If your evolutionary perspective, then Cretaceous Period, prehistoric, right?

Dr. Daniel Nuzum: Sure.

Jonathan Otto: It's not fulvic anyway coming from that era, if that's how someone understands it. But in both cases, I understand creation. I'm happy to admit that. I think it's an amazing intelligent design. I think that people are gonna start realizing that science has failed them, not science but scientism, the cult of science.



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CONCLUSION



We have encountered many stories of people who have experienced vaccine injuries first-hand. Many of them have expressed how difficult it has been to get help and find healing. Our experts have been helping many people who have experienced serious side effects after getting the COVID jab and are openly sharing information about recovery protocols that people can use to help them with their own injuries.

Most recommend that you reach out to a naturopath near you to get help if you're experiencing severe side effects. Our experts also recommend using these protocols even if you've been vaccinated and are not currently experiencing any obvious symptoms.

The aim of these protocols is to lower inflammation in the body and aid natural detox methods. For more serious injuries, the aim is to lower the risk of blood clotting and organ damage through more impactful detox methods.



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ABOUT JONATHAN OTTO



Jonathan Otto is an investigative journalist, natural health researcher, documentary filmmaker, and humanitarian.

He has created several highly-acclaimed, groundbreaking docuseries — ***Depression, Anxiety & Dementia Secrets, Autoimmune Secrets, Natural Medicine Secrets, Women’s Health Secrets, Autoimmune Answers, and Vaccine Secrets: Covid Crisis*** — covering innovative, effective natural remedies for autoimmune disease, neurodegenerative disease, mental health, cancer, and heart disease.

These docuseries — watched by millions around the world — represent Jonathan’s unceasing quest to discover the root causes of debilitating diseases by interviewing over 100 world-renowned natural medicine doctors, scientists, natural health experts, and patients.

In response to this life-saving knowledge, Jonathan created ***Well of Life***, a line of doctor-formulated, 100% natural supplements specially designed to detox and fortify the body.

Jonathan’s greatest reward has been hearing the testimonials from people whose lives have literally been saved with the protocols he developed.

His work has been featured in international TV broadcasts, print media, national news, and radio broadcasts. He received the awards, *Young Citizen of the Year and International Volunteer of the Year*, by the Australian government for international humanitarian contributions, which he continues to support.

Jonathan and his wife, Lori, welcomed their first son, Asher, in January 2019 and their second son, Arthur, in May 2021.