

Detox Protocol COVID Vaccines/Protection Against Shedding

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General information:

The COVID vaccination causes the body of the vaccinated to produce an envelope protein of the coronavirus called "spike protein".

In the next step, the body produces antibodies against this spike protein. These antibodies are designed to render the coronavirus harmless in the event of an infection.

After the vaccination, the spike protein circulates in the body of vaccinated individuals and is most likely excreted through the respiration, through the skin, and body fluids such as sweat, saliva, or semen, a process known as "shedding."

Thus, unvaccinated individuals who have contact with vaccinated individuals may also experience symptoms caused by the spike protein, such as increased menstrual bleeding, miscarriages, severe menstrual pain, skin rashes, strokes etc.

The spike protein by itself appears to be the main cause for the COVID symptoms (COVID is primarily a vascular disease, not a respiratory disease), and it is capable of damaging the body through several mechanisms.

These include:

1. damage to the vascular walls, which can lead to the formation of blood clots everywhere in the body
2. formation of autoantibodies (antibodies against the body's own tissues), since the spike protein bears a close resemblance to some proteins of the human body. This may lead to the development of autoimmune diseases, such as:
 - ITP (idiopathic thrombocytopenic purpura, a deficiency of platelets which are being destroyed by autoantibodies), which can lead to bleeding and strokes.
 - Guillian-Barré syndrome (GBS), a form of polyneuropathy which, among other things, causes muscle weakness
 - autoimmune hemolytic anemia (AIHA), anemia due to the destruction of red blood cells by autoantibodies against them
 - Hashimoto's, an autoimmune disease of the thyroid
 - multiple sclerosis, to name just a few
3. the spike protein could act as a prion protein (prions are misfolded proteins that accumulate in the cell and damage it,) thus leading to neurodegenerative disease

Another danger concerning the mRNA-vaccines (the Pfizer and the Moderna vaccine) is the use of cationic lipids and PEG (polyethylene glycol). These lipid nanoparticles have great allergic potential

(especially the PEG can cause allergic reactions, up to anaphylactic shock), and a massive potential for cell damage and strong inflammatory reactions (cationic lipids).

The top priority in both COVID vaccine elimination and protection from/treatment of shedding symptoms is to protect the body from the damaging effects of the spike protein and to help it break down and eliminate the spike protein as quickly as possible.

In individuals vaccinated with an mRNA vaccine, detoxification of/protection from the negative effects of lipid nanoparticles also needs to be addressed.

Measures:

Nutrition:

Essential in these times is a diet that neither promotes inflammation nor activates the immune system. That is:

- no sugar
- little or no animal proteins, such as meat, fish, eggs, or dairy products
- no processed foods
- no GMOs, i.e. genetically modified foods
- no white flour products
- no toxic fats, such as canola oil
- avoid gluten altogether, if possible, etc.

Pine needle tea and nattokinase to protect against blood clots:

Pine needle tea:

Pine needle tea contains extremely high levels of vitamin C and is one of the most powerful antioxidants known. It is antiviral, antibacterial, antifungal, and anti-inflammatory, and is also said to kill parasites.

Furthermore, it has a very positive effects on respiratory diseases and dissolves mucus.

Particularly important, as far as the negative effects of the spike protein are concerned, is the content of shikimic acid and suramin.

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

Caution !

Pregnant women should not drink pine needle tea in any case, because it has been observed that it leads to abortions in cattle !

Resources:

https://www.etsy.com/de/listing/1002089692/bio-kiefernadel-tee-o-kiefernadel-o?ga_order=most_relevant&ga_search_type=all&ga_view_type=gallery&ga_search_query=pine+needle+tea&ref=sc_gallery-1-1&from_market_listing_grid_ad=1&plkey=9b065a670f210b7084dd15fcd3dc979a1b11c2b5%3A1002089692

<https://www.awakening-worldwide.nl/product/4721144/mercy-s-pine-needle-tea-500ml>

Nattokinase:

Nattokinase is an enzyme extracted from natto (a Japanese dish consisting of fermented soybeans). This enzyme can dissolve blood clots, clear arterial walls of atherosclerotic plaques and it has a blood-thinning effect.

Studies show that it can increase blood flow in the body by up to 62%.

Caution !:

Nattokinase should not be taken together with blood thinners!

Resource:**Nattokinase**

100mg daily, 1 capsule/day

<https://de.iherb.com/pr/Now-Foods-Nattokinase-100-mg-120-Veg-Capsules/11904?rcode=CCF8451>

Intermittent fasting and sauna:

The term autophagy refers to the natural process of eliminating abnormal cells and damaged proteins.

Autophagy is disrupted by viruses such as MERS, SARS-COV-1, and SARS-COV-2, but is especially important in the current situation for the elimination of the spike protein.

Intermittent fasting and sauna sessions stimulate autophagy and thus make a crucial contribution to the degradation of spike protein and the elimination of damaged cells.

Sauna:

Only a short comment regarding sauna sessions, since most of us probably do not have a sauna at home, and we have to consider a possible excretion of the spike protein by vaccinated people in a public sauna:

Sauna sessions massively stimulate detoxification and help the body destroy viruses due to the high temperatures. Furthermore, sauna leads to the formation of heat-shock proteins, which then promote autophagy of misfolded proteins, such as the spike protein.

So if a private sauna is available – great !

In that case, the American physician Dr. Joseph Mercola recommends daily sauna sessions of about 20 minutes.

Intermittent fasting:

Accessible to everyone and extremely effective is intermittent fasting. This means, that the window of time, in which food is taken in, is reduced to about 6 to 8 hours.

So one eats only, for example, between 10am and 6pm, or between 11am or noon and 6pm.

Or, if your circadian rhythm is different, you might want to have your first meal at 2pm, and your last meal at 8pm or 10pm.

The rest of the time you just drink water.

The background, simply put, is this:

Digestion is a process that demands a lot of energy and attention from the body, so it cannot take care of many other things during this time.

Only when the body is fasting does it have the resources to track down damaged cells and proteins and destroy them.

So if you extend the time without food, and thus the body does not need so much energy for digestion, it can then take care of other important things, such as autophagy.

Intermittent fasting counteracts inflammation and autoimmune reactions and is truly rejuvenating for the body.

The gentlest way is to extend the period during which you do not eat very, very slowly.

Please always listen to your body - if intermittent fasting causes your body too much stress, it will do more harm than good !

Alkaline baths:

Our body's inner environment plays a much greater role in our health than viruses, bacteria, or fungi. If the body is alkaline, microorganisms cannot harm it.

An overly acidic body, on the other hand, opens the door to disease. In an acidic environment, the body's cells can no longer work properly, detoxification is disturbed, cell damage and ultimately cell death occurs.

The quickest and most effective way to restore the body to an alkaline state is through alkaline baths.

Decisive for the success of alkaline bathing is a sufficiently long bathing time and the use of products that have sufficient alkaline potential to absorb the acid that is released.

In acute cases, daily bathing is recommended (as long as it is not too strenuous, please listen to your body), otherwise, 2 to 3 baths per week are sufficient.

The duration of the bath should be at least 2 hours (3 or 4 hours, or even more, are also possible: the longer, the better !), since the body only begins releasing the acid after about 45 minutes.

The water temperature should not be above 35 to 37 degrees Celsius (33 degrees Celsius would be even better !), because the body has difficulty releasing the acid into the water if it is too hot.

When it comes to the bath additive, make sure that it does not contain salts (Maris Sal, which stands for "sea salt", Himalayan salt, sodium chloride, etc.), as they have an irritating effect, but instead a large number of carbonates (magnesium carbonate, sodium carbonate, calcium carbonate etc.), which can bind and neutralize the acid that is being released.

A company, whose bath additives meet these requirements is Bioleo (www.bioleo.de).

At least 200g (8 heaped tablespoons) of bath additive should be used for a full 2-hour bath (more is welcome). For every additional hour, add another 100g of bath additive to have enough neutralizing potential.

Supplements:

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

Concerning COVID vaccination and the harmful spike protein, we should also use supplements to:

- directly render the spike protein, which acts as a toxin, harmless
- mitigate/reverse the damage done by the substances contained in the vaccines and by the spike protein (like cell damage due to the oxidation of biomolecules, for example)
- support rapid detoxification
- strengthen the immune system

High-dose vitamin C:

Vitamin C is our most important antioxidant, which can protect our biomolecules, such as DNA and cell membranes, from oxidation and even reverse it by donating the missing electrons back to them. In addition, it is also able to directly render viruses, bacteria, and toxins harmless.

A daily intake of approx. 10 to 12g of vitamin C is recommended. In acute cases, these amounts can and should be taken several times a day.

To achieve these amounts, the following protocol is advised:

Thomas Levy's Multi-C Protocol:

Liposomal vitamin C for intracellular use

3 to 6g, take 2 to 4 capsules, 3 times a day

<https://de.iherb.com/pr/Dr-Mercola-Liposomal-Vitamin-C-500-mg-180-Capsules/56881?rcode=CCF8451>

Sodium ascorbate powder for the extracellular area

Several grams daily, ½ teaspoon in water or juice several times a day

<https://de.iherb.com/pr/Now-Foods-Sodium-Ascorbate-Powder-8-oz-227-g/795?rcode=CCF8451>

Ascorbyl palmitate for the fat-soluble area

1 to 3g daily, 1 -3 capsules, morning and evening

<https://de.iherb.com/pr/Now-Foods-Ascorbyl-Palmitate-500-mg-100-Veg-Capsules/407?rcode=CCF8451>

In acute conditions, these amounts can be increased as desired !

Magnesium:

Magnesium is involved in about 80% of all metabolic functions, in our energy production and in the production of proteins and our genetic material.

In addition, vitamin C and magnesium act synergistically, i.e. reinforce each other's effect, when it comes to reducing increased intracellular oxidative stress and killing viruses or bacteria.

Approximately 80% of the population is deficient in magnesium.

A daily substitution of 300 to 400mg is essential. In individual cases, even 600 to 1000mg daily may be needed.

Caution !:

With magnesium, an overdose is possible which manifests itself in fatigue, a drop in blood pressure, muscle weakness, decreasing reflexes, and flattened breathing.

However, magnesium has a very wide safety range when taken orally, and generally, people with normal kidney function are protected from overdose, because diarrhea occurs before generalized magnesium toxicity is reached.

It is particularly recommended to take magnesium glycinate, in which the magnesium is bound to the amino acid glycine. In this form, it is very well bioavailable and absorbable. In addition, our body needs glycine for the synthesis of glutathione and collagen, so an additional glycine source is always a good idea.

Resource:

Magnesium

300 to 400mg daily, 3 to 4 tablets taken in the evening

<https://de.iherb.com/pr/Now-Foods-Magnesium-Glycinate-180-Tablets/88819?rcode=CCF8451>

Glutathione:

Glutathione is not only one of the most important antioxidants, but it is often referred to as the "Master Detoxifier". The greatest amounts of glutathione are found in the liver, our most important detoxification organ.

Glutathione is essential for the detoxification of spike protein and lipid nanoparticles.

Since the bioavailability of glutathione is very low (much of it is already broken down in the gastrointestinal tract), the best option to increase the amount of glutathione in the body is to increase internal production, which can be done by taking sulforaphane.

Since Sulforaphane is also broken down quickly (even in a capsule), you need to choose a product which contains glucoraphanin and the enzyme myrosinase instead of sulforaphane itself. The sulforaphane is then being generated in the digestive tract and can directly be absorbed.

One such product is Broccomax.

Resource:

Broccomax

30mg daily, 1 capsule/day

<https://de.iherb.com/pr/Jarrow-Formulas-BroccoMax-Myrosinase-Activated-SGS-120-Veggie-Caps/68704?rcode=CCF8451>

NAC:

NAC (N-acetylcysteine) is a precursor to glutathione, but also has independent effects related to COVID and the spike protein.

It has antiviral and anti-inflammatory effects and counteracts excessive immune reactions. It also protects against lung damage and blood clots.

Resource:

N-acetylcysteine

600mg daily, 1 capsule/day

<https://de.iherb.com/pr/Now-Foods-NAC-600-mg-250-Veggie-Caps/694?rcode=CCF8451>

Vitamin D:

In these times especially, the knowledge about the effectiveness and dosage of vitamin D has enormous importance.

Unfortunately, official sources do not tell us how important vitamin D is for our immune system and for infection prophylaxis. Most infections can be prevented by taking a daily dose of vitamin D and, should one still fall ill, a much milder course can be expected if the vitamin D level is sufficiently high. A vitamin D level between 60 and 80ng/ml is considered good, excellent would be a level between 80 and 100ng/ml (some doctors for functional medicine even recommend to have a vitamin D level between 100 and 120ng/ml).

Since a large part of the population is vitamin D deficient, in many cases a daily intake of 5000 to 10 000 IU of vitamin D is required to reach/maintain a sufficiently high level.

Blood tests should be performed to determine the required daily dose.

Resource:

Vitamin D

2000 to 10 000 IU/day

<https://de.iherb.com/pr/Now-Foods-High-Potency-Vitamin-D-3-125-mcg-5-000-IU-120-Softgels/10421?rcode=CCF8451>

Vitamin K:

Vitamin D should always be taken in conjunction with vitamin K.

A good vitamin K product should contain both vitamin K1, and vitamin K2, with the subforms menaquinone-4 and menaquinone-7.

Similar to vitamin C, vitamin K does not become toxic even in extremely high doses, and taking high doses is quite appropriate to obtain an optimal effect.

Resource:

Vitamin K

1 capsule/day

<https://de.iherb.com/pr/Life-Extension-Super-K-Elite-30-Softgels/90369?rcode=CCF8451>

Zinc:

Zinc is tremendously important for immune system function, cell growth and wound healing, and numerous metabolic processes. It is also able to prevent viruses from replicating.

When treating COVID with hydroxychloroquine (HCQ), zinc is needed for the treatment to be successful (HCQ facilitates zinc being transported into the cell, where the zinc then inhibits virus replication).

"America`s Frontline Doctors"

(<https://americasfrontlinedoctors.org/treatments/hydroxychloroquine/treatment-protocols/>)

recommend a daily intake of 50mg of zinc.

Resource:

Zinc

50mg, 1 tablet/day

<https://de.iherb.com/pr/Solgar-Zinc-50-mg-100-Tablets/14385?rcode=CCF8451>

Caution !:

When taking a multivitamin preparation that also contains zinc, adjust the amount of the zinc mono-preparation accordingly !

Quercetin:

Quercetin is a flavonoid, a plant pigment, which occurs, for example, in onions, apples, parsley, or berries.

Quercetin has antiviral (studies show a direct effect against SARS-COV-1, studies for SARS-COV-2 still have to be done) and anti-inflammatory properties, and it also helps transport zinc into the cells where it is needed to block virus replication.

Resource:

Quercetin

500mg daily, 1 capsule twice daily

<https://de.iherb.com/pr/Life-Extension-Optimized-Quercetin-250-mg-60-Vegetarian-Capsules/17716?rcode=CCF8451>

Omega-3:

Omega-3 fatty acids are essential for higher brain functions, such as abstract thinking, concentration, memory, and social behavior.

However, of particular importance in the context of COVID and COVID vaccines is their effect on cardiovascular health. They lower blood pressure, promote blood flow, and protect vascular walls.

They also inhibit inflammatory processes in the body.

Studies show that 75% of the population are omega-3-deficient.

Caution !:

Please only use omega-3 from marine sources, from fish oil or algae oil, since our body is not able to convert the short vegetable omega-3 fatty acid alpha-linolenic acid into the longer-chain omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).

Resource:

Omega-3

2000mg daily, in the case of oil (also available as a capsule), this corresponds to 5ml/day.

<https://www.norsan.de/?norsan=433>

Multivitamin:

A multivitamin is also recommended to ensure a basic supply of selenium, iodine, vitamin A, vitamin E, B vitamins, trace elements, etc.

One such preparation that contains good amounts of these micronutrients is:

Resource:

Multivitamin

1 tablet/day

<https://de.iherb.com/pr/Life-Extension-One-Per-Day-Tablets-60-Tablets/86016?rcode=CCF8451>

All resources at a glance:

Pine Needle Tea:

https://www.etsy.com/de/listing/1002089692/bio-kiefernadel-tee-o-kiefernadel-o?ga_order=most_relevant&ga_search_type=all&ga_view_type=gallery&ga_search_query=pine+needle+tea&ef=sc_gallery-1-1&from_market_listing_grid_ad=1&plkey=9b065a670f210b7084dd15fcd3dc979a1b11c2b5%3A1002089692

<https://www.awakening-worldwide.nl/product/4721144/mercy-s-pine-needle-tea-500ml>

Nattokinase:

<https://de.iherb.com/pr/Now-Foods-Nattokinase-100-mg-120-Veg-Capsules/11904?rcode=CCF8451>

Alkaline bath additive:

www.bioleo.de

Multi-C Protocol:

Liposomal vitamin C for intracellular use,

3 to 6g daily, 2 to 4 capsules, 3 times a day

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Sodium ascorbate powder for the extracellular area:

Several grams daily, ½ teaspoon in water or juice several times daily

<https://de.iherb.com/pr/Now-Foods-Sodium-Ascorbate-Powder-8-oz-227-g/795?rcode=CCF8451>

Ascorbyl palmitate, fat-soluble, for fat tissue,

1 to 3g daily, 1 -3 capsules, morning and evening:

<https://de.iherb.com/pr/Now-Foods-Ascorbyl-Palmitate-500-mg-100-Veg-Capsules/407?rcode=CCF8451>

Magnesium

300 to 400mg, 3 to 4 tablets taken at night:

<https://de.iherb.com/pr/Now-Foods-Magnesium-Glycinate-180-Tablets/88819?rcode=CCF8451>

Broccomax

30mg daily, 1 capsule/day

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Vitamin K

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Zinc

50mg, 1 tablet/day

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Attention !:

When taking a multivitamin containing zinc, the amount of the zinc mono-preparation must be adjusted accordingly !

Quercetin

500mg daily, 1 capsule, twice a day

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2000mg daily, in the case of oil (also available as a capsule), this corresponds to 5ml/day.

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