

Detox Protocol COVID Vaccines/Protection From Shedding

Dr. Alina Lessenich

Please find more information here:

<https://www.drlessenich.com>

<https://t.me/DrAlinaLessenich>

Substances that will help the body detox spike protein, graphene oxide, and lipid nanoparticles and that will help protect the body from their damaging effects:

- **6 – 12g** Vitamin C, according to Thomas Levy`s Multi-C Protocol (Liposomal Vitamin C, Sodium Ascorbate, Ascorbyl Palmitate)
- **400 – 1000mg** Magnesium
- **5000 – 10 000 IU** Vitamin D3 (depending on blood levels)
- at least **150 µg** Vitamin K2
- **500 – 750mg** Liposomal Glutathione (depending on preparation)
- **50mg** Zinc
- **500 – 1000mg** Quercetin
- Pine Needle Tea
- **2000 FU** Nattokinase
- **600 – 3000mg** NAC (600mg twice a day as prophylaxis, 600mg up to 4 or 5 times a day in acute cases)
- **2000mg** Omega-3 (EPA/DHA)
- 10 drops of liquid zeolite Clean Slate twice a day
- **1000 – 2000µg** Liquid B12
- Vitamin B-Complex
- Multivitamin

Adjust as necessary.

