

An email from C.

- **Superherbs to help disable spike protein:**

Note: This list omitted the best method we know of to protect against the vaxxed transmissions to the unvaxxed -- which is **Siberian Fir** essential oil by doTerra - - contains BOTH Sumarin and Shikimiic acid -- the two best substances that work. Just two drops in a cup of hot water. So much easier than trying to boil your own pine needles, and likely superior to the items listed below - which are also good.

Schizandra Berry* (high in shikimate)

Triphala formulations: In Sanskrit, the word Triphala means "three fruits": a combination of Indian gooseberry (*Emblica officinalis*), black myrobalan (*Terminalia chebula*) and belleric myrobalan (*Terminalia bellerica*). The terminalia fruits are rich in shikimate.

St. John's Wort (shikimate is found throughout the entire plant and in the flowers)

Comfrey Leaf (rich in shikimate)

Feverfew (leaves and flowers are rich in shikimate)

Gingko Biloba Leaf (rich in shikimate)

GiantHyssop or Horsemint (*Agastache urtifolia*) (rich in shikimate)

LiquidAmbar (Sweet Gum tree) A tea of the spiky seed pods is rich in shikimate.

- **Foods: Carrots and Carrot Juice (rich in Shikimate)**

Dandelion Leaf (Common dandelion (*Taraxacum officinale*) efficiently blocks the interaction between ACE2 cell surface receptor and spike protein D614, mutants D614G, N501Y, K417N and E484K in vitro)

- **Plant Sprouts:**

Wheatgrass and Wheatgrass Juice (the young blades are high in shikimate)

Legume family beans that are generally considered to be rich in shikimate.

I have found testing of 5 sprouts and all were rich in shikimate: red

kidney bean (*Phaseolus vulgaris*), moth bean (*Vigna aconitifolia*), soy bean

(Glycine max), mung bean (*Vigna radiata*) and alfalfa (*Medicago sativa*). All these were analysed for their shikimic acid content during germination: so the sprouting process is key to activate shikimate production.

- **Nattokinase** (enzyme) and Natto is a traditional Japanese food made from soybeans fermented with *Bacillus subtilis* var. natto. Natto (also rich in vascular protective Vitamin K2) and Nattokinase have a history of being used to prevent blood clots. The idea is here is that the enzyme Nattokinase goes to work dissolving clots. 2000-4000 Fibrinolytic Units per day (2-4 capsules) with or without food.

- **Serrapeptase** (enzyme): is an anti-inflammatory proteolytic enzyme in the trypsin family. Like other proteolytic enzymes, serrapeptase helps break down proteins into smaller particles. It can promote healing by reducing fluid and debris accumulation that occur around necrotic or injured tissue. Dosage: 100-200 mg on an empty stomach per day.

- **Ozone and Oxygen therapies** are effective at degrading spike protein and graphene oxide. All forms are recommended from consuming MMS to drinking ozonated water or using ozonated water for enemas and even ozone injections by a trained health professional.