

Excellent Protocols for BOTH the V'd and Non- V'd - To Be Taken on a Daily Basis 8.16.21

Graphene Oxide is found everywhere now!

Protocols Outlined Below With Dosages.

This nutrition eprotocol is a compilation shared by experts, (Dr. Malone, Bahkdi, Tenpenny, Mikovits) including David Wolfe.

Sent: Monday, August 16, 2021 9:38 AM
Subject: FW: GRAPHENE OXIDE & PROTOCOLS FOR ALL

Websites

In <<https://katrinah.com/graphene-oxide-part-1/>> Part 1 (11 min)
&
<<https://katrinah.com/the-graphene-oxide-5g-connection-part-2/>> Part 2 (11 min)

I shared discoveries made by researchers at La Quinta Columna who found graphene oxide found in Covid "vaccines", masks and Covid tests. Here is a quick summary, along with a recommended nutrition protocol for people who received the injections and need to neutralize the graphene oxide in the body.

Graphene Oxide (GO) Discoveries:

- . GO fibres are in plastic masks.
- . GO fibres are on PCR test swabs.
- . GO is in all Covid-19 vaccines.
- . GO creates thromboses.
- . GO causes blood clots.
- . GO disrupts the immune system.
- . GO can trigger a cytokine storm.
- . GO toxicity can instigate pneumonia.
- . GO creates a metallic taste in the mouth.
- . GO causes inflammation of the mucous membranes.
- . GO produces a loss in the sense of taste and smell.
- . GO is magnetic (especially at the injection site).
- . GO blocks detoxification in the body by blocking glutathione.

- . GO may be activated by 5G frequencies.
- . GO was already included as an adjuvant in the flu shots in 2019.
- . GO passes thru the blood-brain barrier.

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So Graphene Oxide Can Act As A Solo Trigger For Most COVID Symptoms.

→ **This is not a VIRUS or spike protein, but a chemical warfare agent.** ←

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Nutrition Protocol To Deactivate Graphene Oxide - Urgent For All Who Were - Injected With The "Covid Vaccine"

This nutrition protocol is a compilation shared by experts, including David Wolfe.

1. Quercetin or Hydroxychloroquine (HCQ): Quercetin works like HCQ. One of its mechanism of action is that it blocks the 'virus' (with spikes around it) from attaching. These two supplements will help with spike protein damage and apply to most organs of the body but not all.
2. Ivermectin: Ivermectin blocks spike proteins from attaching to the cell membrane. (Alternative is Neem Oil.)
3. Dandelion Leaf: Dandelion Leaf Extract blocks spike proteins from attaching to cell membrane.
4. Chlorine Dioxide (CDS) or Miracle Mineral Supplement (MMS) Chlorine dioxide neutralizes and eliminates the spikes.

Between a blocker (HCQ, Quercetin, IVM, Dandelion, etc), and a neutralizer(CDS/MMS, Ozone, NAC), I prefer a neutralizer because it eliminates the spikes rather than merely blocking it. (I suggest) alternating this with NAC(in case there is Graphene Oxide transmission). I worry that the blocked spikes will continue to circulate and reach the brain and cause all sorts of mental illnesses (Dr. Malone, Bahkdi, Tenpenny, Mikovits).

Most people prefer Chlorine Dioxide (CDS) to de-magnetize the body and NAC along with fennel and star anise teas or white pine tea. You can buy the seeds and stock up as the FDA is trying to ban some herbs and seeds.

- . Chlorine dioxide neutralizes the spikes.
- . NAC or Glutathione neutralizes the GO, as well as spikes to some extent.
- . For protection, I will alternate use of Chlorine dioxide and NAC. That is until I know more.

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Summary Of The Spike Protein And Graphene Oxide Detoxification Protocol

Updated Nutrition protocol to protect those who've been injected with spike protein, graphene oxide and mRNA.

This is the updated <<http://bit.ly/SpikeProtein>> Nutrition protocol to protect those who've been injected with spike protein, graphene oxide and mRNA. The same protocol is also useful to protect those concerned with the spike protein and graphene oxide shedding coming off those who've been injected.

We now have evidence of the latest injections containing: mRNA, spike protein, graphene oxide, SM-102, and numerous other potentially toxic substances. Also, some - but not all - injections appear to be higher in graphene oxide and some appear to be saline placebos.

We also have evidence that this protocol works as we are compiling the testimonials of numerous people who were hospitalized or injured after injection and have recovered.

If you know someone who has been injected and requires help, please provide them with this Nutrition Protocol:

- . Coated Silver (1-6 drops per day, depending on degree of exposure) (Coated silver blocks the sulfur-bearing protein on the spikes from entering the cell. Sulfur-rich amino acids on the spike protein interact with silver causing them to fold incorrectly).

- . NAC (N-acetyl cysteine) (accelerates detoxification and is considered a producer of the super detoxifier glutathione in the body) Dosage: 1200-2400 mg per day on an empty stomach. NAC is recommended to detoxify graphene oxide and SM-102. NAC is tough to find after the FDA recently made it illegal to purchase over the counter in the USA.

- . Zinc (30-80mg per day depending on immunological pressure)

- . Vitamin D3* (10,000 IU's per day)

- . Lyposomo Vitamin C (30ml, twice daily)*

- . Quercetin (500-1000 mg, twice daily)*

- . Iodine* (dosage depends on brand, more is not better. Iodine is a product you have to start with small dosages and build up over time.

- . PQQ* (20-40 mg per day)

Shikimate Main Sources:

- . Fennel and/or Star Anise Tea: These are also an excellent source of shikimate or shikimic acid (which is known to neutralize the spike protein)

- . C60 (1-3 droppers full per day): One of the issues we are seeing with those who have been injected is disturbances in their energetic field (magnetism) and hot spots of inflammation. C60 is a rich-source of electrons and acts like a fire extinguisher to inflammation and simultaneously (because it bio-distributes throughout the body) drives a normalization of electron flow throughout the body. In this category, we offer two products, the traditional C60 product* is made by yours truly and the C60 SuperConcentrate* is made by a carbon scientist friend of mine and contains a higher concentration of electrons. C60 is recommended to neutralize spike protein, detoxify graphene oxide and SM-102.

- . Charcoal (2-4 capsules a day): Charcoal is the pre-eminent detoxifier and when taken on an empty stomach, works its way down into the intestines and activates a blood purification process known as "interstitial dialysis". Our Kohlbitr* product is the premier activated coconut charcoal in the world and we also now offer the more gentle birch charcoal.*

- . Citrus fruit (especially blood oranges, due to their high hesperidin content - hesperidin is a chalcone like quercetin that deactivates spike protein)

. Peppermint (very high in hesperidin)

Super herbs to help disable spike protein:

. 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)

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How Is Graphene Oxide Entering The Body?

RD: "The masks that are being used and marketed contain graphene oxide. These are not only the ones that were removed from the market, as pointed out by the media. The swabs, used in both PCR and antigen tests, also contain graphene oxide nanoparticles. The various Covid vaccines - AstraZeneca, Pfizer, Moderna, Sinovac, Johnson & Johnson, etc. - also contain a considerable dose of graphene oxide nanoparticles.

This is the result of an analysis by electron-microscopy and spectroscopy, amongst other techniques used by various public universities in our country.

The flu vaccine contains nanoparticles of graphene oxide. And the new flu vaccines, as well as the supposedly, intranasal Covid vaccines, that they are preparing all contain enormous doses of graphene oxide nanoparticles."

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How Does Graphene Oxide Harm The Body?

. Graphene oxide is a toxic that causes thrombosis in the body and blood clots.

. Graphene oxide causes alteration of the immune system by throwing off the oxidative balance in relation to the glutathione reserves.

. If the dose of graphene oxide is high enough, by any route of administration, it causes the lapse of the immune system and subsequent cytokine storm.

. Graphene oxide accumulated in the lungs generates bilateral pneumonia via uniform dissemination in the pulmonary alveolar tract.

. Graphene oxide causes a metallic taste in the mouth.

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Perhaps This Is Starting To Make Sense To You!

. Inhalation of graphene oxide causes inflammation of the mucous membranes - and this, the loss of taste and partial or total loss of smell.

How Does Graphene Oxide Cause Magnetism In The Body?

Graphene oxide acquires powerful magnetic properties inside the body.

This is the explanation for the magnetic phenomenon that billions of people around the world have already experienced after various routes of administration of graphene oxide.

Among them being the vaccine.

In short, graphene oxide is the supposed SARS-CoV-2, the supposed new coronavirus that caused the disease known as COVID-19.

Did You Know? Covid Has Never Been Isolated - Here's Why!

This is the real reason why we never had real isolation and purification of a new coronavirus, as recognized by most health institutions at the highest level and in different countries when they were questioned about it.

COVID-19 disease is the result of introducing graphene oxide by various routes of administration.

Graphene oxide is extremely potent and strong in aerosols, as is the alleged SARS-CoV2.

Like any material, graphene oxide has what we call an <https://www.orwell.city/2021/06/la-quinta-columna-graphene-5G.html> electronic absorption band.

This means that if it absorbs a certain frequency that excites and oxidizes this material very rapidly, thus acting as a free radical as this toxicant proliferates in the body - and using up our natural antioxidant, glutathione reserves.

"Covid-19" & 5G Electromagnetic Frequencies

Precisely, <https://www.orwell.city/2021/07/graphene-oxide-5G-COVID-19.html> this frequency band is emitted in the new emission bandwidths of the new 5G wireless technology.

That is why the deployment of these antennas never stopped during the pandemic.

In fact, they were among the few services that were maintained, escaping special surveillance by the State Security Forces.

We suspect that in the 2019 anti-flu campaign, graphene oxide was introduced in the flu vials, since it was already used as an adjuvant.

With subsequent 5G technology trials in different parts of the world, COVID-19 disease developed in interaction with the external electromagnetic fields and graphene oxide now in their bodies.

Remember, that it all started in Wuhan, and this was the first pilot city in the world for the 5G technology trial in late November 2019.

There's a coincidence in space and time.

Both the pangolin and bat soup version were simply distracting elements.

But the purpose of the introduction of graphene oxide is even more obscure than you might imagine. Therefore, it is more than enough for you to assimilate this information and "reset" the knowledge you had of the disease up to now.

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Crimes Against Humanity

From the highest governmental institutions telling the population to protect themselves and even forcing them to take that which will potentially make them sick with the disease.

Logically, now that we know the cause or etiological agent of the disease is precisely a toxic chemical and not a biological agent, we know how to attenuate it by increasing glutathione levels.

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Why Individuals Who Got The Injection Must Take Glutathione And NAC

Glutathione is the natural antioxidant that is stored up in the body.

A few details will help to fully understand everything that was poured out by the media.

Glutathione is extremely high in children. Therefore, the disease has hardly any impact on the child population.

Glutathione drops considerably after 65 years of age. And that's why COVID-19 is especially prevalent in older populations.

Glutathione levels are very high levels in the athletic population. This is why only .22% of athletes had the disease.

You will now understand why countless studies have shown that treatment with NAC (N-Acetyl-Cysteine) (which is a precursor of glutathione in the body), or glutathione administered directly, cured COVID-19 disease very quickly in patients.

Plain and simple, because the glutathione levels were raised to cope with the administered toxicant called graphene oxide, the discovery made here by La Quinta Columna is about a full-fledged attack of State bioterrorism, or at least, involving the complicity of governments to the entire world population, now constituting crimes against humanity.

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It Is Therefore Absolutely Essential And Vital That You Make This Information Available To Your Medical Community.

General practitioners, nurses and health services in general, but also local and regional media and press, as well as everyone around you.

(Note: all people who now have graphene oxide in their body will be impacted the most when the government has fully switched on the new and upcoming 5G technology.)

Bear in mind, that now it is not only the elderly in nursing homes who have been vaccinated with that flu vaccine containing graphene oxide, but as you know, a large part of the population has been vaccinated or graphenated, with gradual doses of graphene oxide.

The body has a natural capacity to eliminate this toxicant, which is why they propose to give to you up to three doses per year for the upcoming years, in order to keep the graphene in your bodies.

We have all of the evidence regarding what has been said here.

And before justice takes place, if it does eventually take place, people will continue to be pushed off a cliff.

If you are watching this, you will understand that for over a year, you have been totally and naively deceived by the highest institutions.

Only now will you understand all the incongruities that you observed on your television.

PLEASE SHARE THIS

For more info, visit <<https://www.laquintacolumna.net/>> laquintacolumna.net or join us on Telegram where hundreds of people are aware of the truth and not part of the massive deception.

Please share this and let us stop the destiny that awaits us, the fruit of the <<https://www.youtube.com/watch?v=TX9v01iAGJw>> UN Agenda 2030 roadmap. Stopping this agenda depends on all of us.

Please see <<https://katrinah.com/nutrition-protocol-to-neutralize-graphene-oxide/>> Part 3 for the Nutrition Protocol recommended for people who received the Covid "vaccine" injection
