

Part 4A : ANTIDOTES / PREVENTIONS / DETOXES

Please educate yourself on this information to protect yourself from further harm.
These are 4 very short articles explaining.

*****MUST READ

[Graphene Oxide Detox Protocols For The Vaxxed and Unvaxxed](#)

**THIS IS WHAT THE MEDIA AND PHARMA ARE COVERING UP AND CENSORING:
YOU WANT TO REMOVE THIS FROM YOUR BODY ASAP.**

[Self-Assembling Nanotech Found in Moderna Vaccine](#)

GET RID OF THE SURGICAL MASKS STAT !

[Graphene Oxide The Vector For Covid-19 Democide](#)

KAREN KINGSTON - FORMER PFIZER OFFICIAL

[CONFIRMED! Graphene Oxide Main Ingredient In Covid Shots](#)

Part 1) This is a shocking Informational Interview - Karen Kingston - Joni Table talk

<https://player.lightcast.com/0ATOWQDO>

Part 2 - Karen Kingston - Joni Table talk

<https://player.lightcast.com/0ATO0AjN>

VIDEO: PFIZER ADMITTED SHEDDING: DOCUMENT SAYS THEY WERE CONCERNED ABOUT "EXPOSURE".

2 minutes

<https://www.bitchute.com/video/LqyXFYnHbTXL/>

**THIS ARTICLE HAS LINKS FOR PREVENTION AND TREATMENT FOR VACCINE SHEDDING AND SIDE EFFECTS.
WHAT TO TAKE IF FORCED TO GET THE VACCINE.**

Dr. Ardis gives a supplement combo remedy to take if you are forced to get the shot to help stop and deter its side effects. Read about it in this article. I would add some of the other supplements to it that are on the list in **PART 5**. However, I do not understand how any supplement can remove nanotechnology from your body especially given what Karen Kingston said in the interviews above. They made it virtually impossible to destroy the coating they sealed the spike protein in. Even Moderna is calling this shot an "**operating system**".
It acts like a militarized weapon.

<https://thecognitiveman.com › health › how-to-protect-yourself-from-the-covid-vaccine-spike-protein>

ANTIDOTES AND RECIPES FOR THE VACCINE AND VACCINE SHEDDING, PREVENTION, AND DETOX :

Pine Needle Tea; Star Anise; Fennel; Apple Pectin; Dandelion Root; and Milk Thistle

PINE NEEDLE TEA information and directions- (Can't help seeing the connection between the "needle" name of this prevention and treatment and the vaccine "needle".)

MUST READ:

*******IN DEPTH ARTICLE WITH RECIPES FOR PINE NEEDLE TEA AND OTHERS**

This will answer any and all questions on this topic.

*****Read the entire article [here](#).*****

Recipe: THIS LINK WILL GIVE YOU THE MORE COMPLETE INSTRUCTIONS

[Dr. Love's Pine Needle Tea Instructions](#)

One kilo of dried Pine and Spruce needles will make up to 400 cups of pine needle tea.

Use 3 teaspoons of needles for each cup of water.

Mix Pine and Spruce together or alternate them.

Bring water to a boil then pour over your needles.

Cover and let steep for 10-15 minutes.

You can repeat and reuse your needles an additional time for a second batch of pine needle tea.

Dosage: 3 cups per day or more of any desired strength (based on the quantity of needles added to a french press or teapot) with an approximate 1-3 tablespoons of needles per cup of near boiling water. This is a maintenance health-building dose.

Stronger amounts of needles to water can be used therapeutically. If it feels too acidic (due to the vitamin C) for your system, moderate the quantity and complement the tea with alkalizing food and dark green herbs or sea vegetables.

Videos: How to gather and make pine needle tea and others. (There will be others you can look at on this algorithm.)

1) <https://youtu.be/MY4UNrjnoLA>

2) <https://youtu.be/IrSqva1Y9Bg>

Tips here on what **NOT** to do when making the tea.

Do NOT boil the White Pine Needles or the tea will taste bitter.

3) *****How To Identify A Safe Tree*****

<https://youtu.be/RdTcmexTBH0>

The 4 Types of Pine trees to pick from that are not toxic. With close up pictures.

White Cedar Needles and trunk of tree; White Spruce Needles and trunk of tree;

Balsam Fir Needles and trunk of tree; White Pine Needles and the trunk of the tree;

[Simplelists.com](#), - The Antedote- Suramin has similar effects as Ivermectin in that it treats the same diseases.

The same treatment for Covid also protects from the vaccine side effects and vaccine shedding. Why? because they used the bioweapon spike protein in the vaccine, which is the most harmful part of the disease. Usually typical vaccines use the least harmful part of the disease. For some "strange" reason they used the most harmful part. The blue print for all the vaccines came from China. The same place that made this bioweapon in their labs. They gave the blueprint to all the vaccine companies to use in making their vaccines. Nothing like letting your enemies determine your outcome.

VACCINE SHEDDING AND VACCINE ANTIDOTES: RECIPES

[written an article about pine needle tea](#)

Suramin, the antidote to the "vaccine" spike protein, has the same functions to heal the same diseases as Ivermectin. And HCQ . But Pharma won't let us have it, so we must use supplements and other herbs that have shikimic acid in them which is the active ingredient in suramin. It is also the active ingredient that tamiflu is made from. Those herbs that have a high amount of shikimic acid in them are: Star Anise; Fennel Seed; and Pine Needle Tea (you can get these off most pine trees, NOT all types however are safe); **You can use any or all of these three to make a tea with. Recipes and directions are in the links.**

Milk Thistle, Dandelion Root or Leaves, and Apple Pectin are all excellent detoxes for the body..

[this Mike Adams article](#) - Very detailed recipes for Pine Needle Tea, Star Anise, Fennel Seed. With Shikimic acid extraction.

Pine Needles; Star Anise; and Fennel Seed all have Shikimic Acid. Star anise has the most shikimic acid % so I do not understand why the pine needle tea is the one everyone is running after. Maybe it is because it was the first one people discovered had the shikimic acid. It is kind of pricey considering how much you have to use. I have not tried the pine needles because I am not able to identify with certainty which type of pine trees are in our woods back here. But they sure look like the right type.

If you use Pine Needles MAKE SURE THEY ARE NOT THE TOXIC TYPE. There are videos above with instructions on which are non-toxic type. They can be quite expensive online so check your back yard or a park and see if those are the right type. Chop them small to break them open, it releases the ingredients. Simmer or boil. There are directions within the article.

INSTRUCTIONS FOR STAR ANISE AND FENNEL SEED TEAS

I like to use star anise, and/or fennel seeds. Both of these must be ground to break open the seeds and release the shikimic acid. Both have a light licorice flavor. Slightly sweet. The chart showed star anise has even a higher shikimic acid content than pine needle tea.

You can grind the star anise and fennel seeds in a coffee grinder but they do leave a stain and a scent. I use a different grinder for my seeds and flax than for my coffee. They cost anywhere from \$10-\$15. Or you can put what you want to use in a ziploc baggie and hammer it with a hammer or meat hammer. Whatever pulverizes the seeds to release the shikimic acid, works for me.

These links give in depth information on Star Anise and Fennel Seed:

[STAR ANISE AND FENNEL SEED HEALTH BENEFITS | Evina Naturals](#)

[11 Impressive Health Benefits of Star Anise - Natural Food ...](#)

<https://www.consumerhealthdigest.com/general-health/dandelion-root-extract-health-benefit.html>

HOW TO MAKE THE TEAS:

Grind the whole star anise and/or fennel seed and put it in unbleached, untreated filter tea bags and simmer it for 10-15 minutes.

Stauffers sells a brand called t-sac. Comes in boxes of 100 for a little over \$4. You might be able to get them online also. They come in large (tall) and small (short) size. Get a large for this task so when it boils and simmers it stays shut better because they are taller. Secure it with the water (once wet it sticks shut) and position it so it will not spill out. If it does, it is food and it will be good for you.

You can strain it with a small over the cup mesh strainer if it leaks, or just let the powder settle. The Chinese use star anise as a food seasoning. It is also one of their top herbal medicines. I just drink it. It tastes good. There are video and websites talking about star anise tea.

Mike Adams uses an extraction process with an espresso/cappuccino machine for his pine needle and star anise teas. I do not have an espresso/cappuccino machine like he recommends, nor do I have the room for one. You can just grind the fresh star anise in a small coffee grinder and steep it in low simmering water for 10 to 15 minutes or less. Or you can simmer it less time. I do 10 minutes on a low simmer, and drink it as a stand alone, or, to give it variety, after steeping it, I then pour it over other teas to add different flavors and steep it as long as the other teas require. It tastes great alone, or combined with other chai or fruit flavors. I just like to change it up since I drink it everyday.

GRIND THE STAR ANISE AND/OR THE FENNEL SEED. I use a coffee grinder. **BUT NOTE THIS:** It will stain the coffee grinder and it does leave a scent, so you may want to get 2 coffee grinders and use a different grinder for herbs like these so the flavor does not affect your coffee when grinding the beans. Grind it into a powder.

Start with a couple of ounces of more water than needed because as you simmer it for 10-15 minutes some water will boil away.

Use 1 star (8 tips or less) per large mug 14-16oz. You should get about a teaspoon from one star depending on the size of the star. If your cup is small use less tips of the star. This stuff gets too strong if you use too much making it overwhelmingly sweet in taste. **DON'T ASK ME HOW I KNOW.....** But if you keep it to a short teaspoon or less(if mug is small) it should be fine. My mugs hold about 14 oz.

I use anywhere between a little over a half teaspoon and a full teaspoon. Depending on mug size that would be 4-8 tips of the star per mug.

Add stevia or honey. (optional)

Sometimes I also add rooibus or chai tea to it after simmering and continue steeping if I want a different flavor.

Fruit flavored teas go really well with it also.

Or I also add green tea or black tea for added benefits.

Star anise is very light tasting and a little sweet.

You can make enough at the beginning of the day and have it throughout the day. It tastes great hot or cold.

Fennel Seed can be used also. Grind first and steep. You can add it to the star anise if you like or drink it alone. This seed is licorice-like in flavor also and mixes well with other teas.

Star Anise is considered one of the most used herbs for medicine in China and it is used for many illnesses and diseases. It tastes great when made right. Try adding other healing teas to it like spiced dandelion tea, or milk thistle, which are very detoxing for the liver and body, and also used for COVID shot detox.

THE PHARMA DRUG SURAMIN CONTAINS SHIKIMIC ACID WHICH IS WHAT BLOCKS TRANSMISSION OF THE DEADLY SPIKE PROTEIN. LINK FOR WHERE TO GET SHIKIMIC ACID :

[3 Foods That Contain Shikimic Acid to Halt Spike Protein ...](#)

Th Antidote clip: 57 seconds

[1 min. MP4 is here](#) - Dr Judy Mikovits

OR

<https://odysee.com/@carlstrashcan:7/themnracovidvaccineantidote:b>

This article has a preventive and demagnetizing/detox remedy recipe video in it at the end of the article on bottom left of the page. This has a lot more than pine needles in it. Combo of zinc, quinine, and shikimic acid, containing ingredients.

[Homemade Pine Needle Tea \(Shikimate\) Antidote For Spike ...](#)

The following is a directly copied and pasted statement from the website:

Suramin (Pine Needle Tea) Recipe From the maker of the VIDEO :

This is an easy-to-make cure that has been 100% successful treating everyone (unvaxxed) who has taken it because they were magnetized from graphene oxide exposure and/or damaged from the spike proteins that are being shed by genetically altered humans.....

I don't know how effective it is for people who are suffering damages from the Frankenshot, but as it works to remove graphene oxide from the body, and to protect the ACE2 receptor cells being penetrated by spike proteins, I'm confident it will at least help undo some of the damages. I'm not confident that it will provide any protection from the nanotech that's designed to rewrite one's DNA, and unfortunately, I've not come across anything in my research that will.

RECIPE:

2 grapefruit juice and peels (contains quinine, the substance hydroxychloroquine is made from)

2 lemons juice and peels (Vitamin C) Citric acid

Can of legumes (beans) it doesn't matter which kind

Pine needles (not Norfolk Island pine (*Araucaria heterophylla*) or Yew pine (*Podocarpus macrophyllus*) because they're not true pines & both contain toxic compounds)

Water Slow boil for 4-5 hours with lid on

Let cool - Don't remove lid during this time and let it cool down before taking lid off. This allows the steam containing quinine to remain. Strain and enjoy.

ADDENDUM: You can use beans (legumes) of any kind (see video) as these foods are high in zinc. However, beans contain phytic acid which is a chelator of minerals in the body and you may want to use a replacement zinc source such as zinc capsules or liquid zinc after preparation has boiled and is cooling down. You would also eliminate the need for citric acid here because the zinc supplement is in a bioavailable form. I also recommend using a stainless steel pot instead of Teflon. If all you have is Teflon you might want to get a stainless steel pot, but definitely don't use a metal object in a Teflon pot to crush the beans. Teflon is toxic to use in cooking, and scratching it with metal will cause this substance to chip.

Click on this picture on the right hand side **ON THE SITE ITSELF** (the one below is just the picture not a link) to read the ingredients and what they do to help detox and shield against shedding. (The one below is just the picture not a link).

Error! Filename not specified.

<https://survivaldan101.com › update-pine-needle-tea-best-potential-antidote-for-transmission-of-spike-protein>

DETOXES FOR VACCINE AND VACCINE SHEDDING:

APPLE PECTIN - 700mg/2x's/day - DETOXES SPIKE PROTEIN AND MORE (See the Dr. Ardis PDF above showing the Russian clinical studies on detoxing radiation effects from Chernobyl).

Apple Pectin is a soluble fiber. It is one of the best fibers to absorb and remove toxins. It works very well and is not harsh. Keeps colon clear and working better. Like it did for the radiation poisoning in Chernobyl, Apple Pectin will draw out and help remove the toxic damaging spike protein. Apple Pectin serves many purposes. Dr. Ardis is using this to detox in his protocol

<https://www.jonbarron.org › herbal-library › foods › apple-pectin>

<https://naturalremedyideas.com › apple-pectin>

[Pectin Benefits, Uses, Nutrition and Possible Side Effects ...](#)

MILK THISTLE AND DANDELION ROOT - Top two liver and kidney detoxers. Often used together. They cleanse, they regenerate, and they grow new liver cells. Both come in tea form and supplement form.

Milk Thistle and Dandelion both have similar functioning. You will need to safeguard your liver with all the support you can give it because one of the first organs affected by this vaccine is the liver. Doctors are saying the vaccine is liquifying livers, destroying and eating brains, and causing massive blood clots that start out as micro clots and eventually build up, so taking supplements that counter blood clots is very necessary. So we need detoxes and clot removers to safeguard ourselves.

So now we can take Star Anise and/or Fennel for shikimic acid to neutralize the spike protein/ Dandelion and Milk Thistle to heal, restore, regenerate, and regrow liver cells.

MILK THISTLE - SALYMARIN 70-90% STANDARDIZED.

Benefits: **(Important in regards to COVID because of the common side effects shared between COVID, the MRNA vaccine, and vaccine shedding).**

This is a top supplement for liver health. Milk Thistle detoxes the liver, regrows liver cells, protects, strengthens, and cleanses the liver. It also helps with edema and skin detoxification, and stops joint pain, etc., all conditions that are side effects of the vaccine.

It helps production of glutathione (Glutathione stops spike protein from attaching).****

Detoxes liver****

Regrows liver cells

Strengthens, protects, and cleanses liver

Antifungal; Anti-inflammatory****

Boosts immune system****

Skin conditions****

Anti-cancer, inhibits tumor growth ****

Balances cholesterol

Balances blood sugar

Approved as therapeutic treatment for liver disorders such as fatty liver disease.

Treats kidney stones

Aids with edema

Detoxes heavy metals****

Helps gall bladder make bile****

Vision health****

Prevents bone loss

Prevents allergic asthma****

Silymarin in milk thistle prevents onset of dementia and alzheimers****

Benefits Circulation****

Prevents colds and respiratory conditions*****

Aids in weight loss

[15 Ways Milk Thistle Can Improve Your Health | Organixx](#)

[14 Impressive Benefits of Milk Thistle | Organic Facts](#)

[11 Science-Backed Benefits of Milk Thistle - Greatist](#)

Dosages to take of Milk Thistle

[Recommended Doses - MilkThistle.com](#)

[Milk Thistle Dosage | How Much Milk Thistle Should You Take? I ... - LiverSupport.com](#)

DANDELION ROOT

Dandelion Root - 500mg-1,500 mg/day. Many medicinal teas have 1,000 - 1,500mg or more. Other teas have far less. Try to get organic to avoid pesticide sprays in your tea. Since dandelion also blocks the spike protein it could also be another replacement for NAC when they remove NAC.

Dandelion Leaf, and Root Extract heals and cleanses the liver. This herb is very popular and effective in tea form. You can get a lot more by combining both the capsules and the tea, since capsules alone can cost more. If you drink the tea you can take less capsules a day.

Note: Dandelion is rich in Vitamin K which can affect blood thinners. If you are using the natural blood thinners maybe you can increase the dosage to offset any extra Vit.K. Or do not supplement with extra K on days you have the tea or a dandelion supplement .

Uses and Benefits: **(Important in regards to COVID because of the common side effects shared between COVID, the MRNA vaccine and vaccine shedding)**

Indigestion

detoxifies the liver****

anti-cancer****

reduces cholesterol

antioxidant****

anti-microbial - fights infection****

strengthens bones

protects skin cells****

Good source of inulin fiber

Helps control blood sugar levels

Increases bile production****

Blood cleanser****

<https://www.healthspectra.com/benefits-of-dandelion/>

[Top 25 Health Benefits of Dandelion Root Extract](#)

<https://drhealthbenefits.com › herbal › herbal-plant › health-benefits-of-milk-thistle>

[12 Health Benefits Of Dandelion Leaves And Dandelion Root ...](#)

[Dandelion Root Benefits, Uses and Side Effects - Dr. Axe](#)

Q&A :

Can you take Dandelion and Milk Thistle together?

No interactions have been found between **Dandelion and Milk Thistle**. This **does** not necessarily mean no interactions exist. Some people are very sensitive to wild plants.

What is the difference between Milk Thistle and Dandelion Root?

Milk thistle cleans the liver of toxic and fatty substances, thus improving its overall function. It also regrows cells and supports the kidneys. The standardized Milk Thistle (80-90%) is called Silymarin. Silymarin is the potent standardized form that is needed to see best results, although even unstandardized will help if liver is well and you only need maintenance. But to get started and for optimal results Silymarin should be used. You will not see the results as quickly or as thoroughly without the standardized Silymarin. Should be 80-90%. Most brands are 80% which is sufficient.

Dandelion (root) also cleans the liver of toxic and fatty substances and encourages liver and gallbladder health while increasing bile flow. Dandelion is an overall body detoxer. When you detox the liver, you are going to detox the rest of your body once that filter is cleaned out. Dandelion detoxes all organs and really helps the kidneys. Paired with Milk Thistle it is especially effective.

Milk thistle is sometimes used as a natural treatment for liver problems. These liver problems include cirrhosis, jaundice, hepatitis, and gallbladder disorders. Some people have found that **Milk Thistle** may also: Provide heart **benefits** by lowering cholesterol levels.

Which is better: milk thistle or dandelion?

Again, Milk thistle helps the liver to regenerate itself, while **Dandelion** root helps it to secrete more bile to clean it out. Bile is to the liver what dish soap is to dishes. In short, **Milk Thistle** helps to improve the health of the organ itself while **Dandelion** Root helps it to do its job **better**.

You can heal your liver using the Milk Thistle and Dandelion Root combo. It can be taken in supplement form along with added dandelion teas. There are many kinds of Dandelion teas you can buy. The root, leaves, and stem are all beneficial.

Milk Thistle and dandelion are often taken in combination and the two herbs taken together work synergistically to heal and restore your liver and your joints if you have arthritis. You can turn that condition around, They also both help with cholesterol levels and balancing your blood sugar levels. I know these two work because I have used them for liver and kidneys and my numbers went back to normal. Dandelion and Milk Thistle come in both supplement form and in tea form. THEY HELP DETOX THE SPIKE PROTEIN. Best to use both forms because the tea works well to support the capsules.

NOTE: If you have had gallbladder problems or had your gallbladder removed these two supplements will help greatly because they will clean out your liver which is the job of the gallbladder.

NOTE: Many formulas have these two in combination because they work well in synergy.

So now we can take Star Anise and/or Fennel, and Pine needle Tea for shikimic acid to neutralize the spike protein. And Dandelion and Milk Thistle to heal, restore, regenerate, and regrow liver cells.

Another way to cleanse your liver is to use fresh squeezed lemon juice. It is excellent for flushing and cleaning the liver. It works very effectively with immediate results. Mix 3-4 tablespoons of lemon juice to 1 tablespoon of Apple Cider Vinegar (ACV) with stevia (to taste, opt), or honey, in 12-14oz of filtered water. Lemon juice is an excellent cleaner, as is ACV. Mix them and drink for a week or more, and mission accomplished. Some people need more time. Once you have cleaned out the liver, do that in the mornings on a daily basis or every other day, or a couple of times a week. I have read it is especially healing when lemon juice is added to warm water daily and drank first thing in the morning. Makes sense because that is when you have not eaten yet and it can detox easier.

MORE TREATMENT DISCUSSIONS:

Lots of info is on these interviews below: With health info about treatments

<https://vokalnow.com/show/the-dr-ardis-show> - Dr Ardis video interviews with Dr. Bartlett; Dr. Lee Merritt;

Dr. Levy and many others

DR BARTLETT INTERVIEW WITH TREATMENT:

<https://www.bitchute.com/video/Qsb5JNR2iKYj/>

THIS CAN SAVE YOUR LIFE ! FRONTLINE DOCTOR ON HOW TO TREAT COVID AT HOME

Dr. Lee Merritt/ Kate Dalley*****

<https://www.bitchute.com/video/CuvRc76BNfXL/>

Part 5: SUPPLEMENTS FOR PREVENTION AND TREATMENT

DAILY NATURAL PREVENTIONS AND NATURAL ALTERNATIVE TREATMENTS WHAT HAS BEEN TESTED AND WORKS