

POST COVID 'VACCINATION' (MEXCINATION) DETOX PROTOCOL **(ADULTS)**

- 1. Ivermectin (IVM): 0.2-0.3mg/kg daily for 4-6 weeks. *Spike protein inhibitor****
NB. Ivermectin is best taken with or just following a meal for greater absorption. Due to the possible drug interaction between quercetin and ivermectin, these drugs should not be taken simultaneously (i.e., should be staggered morning and night).
Alternative
- 2. Hydroxychloroquine (HCQ) [*IVM alternative*]: 200 mg twice daily for 1–2 weeks, then reduce as tolerated to 200 mg/day. *Must be taken with 25-30mg zinc. Spike protein neutralizer****
NB: If autoimmunity is suspected then consider HCQ earlier. If used for long term use then dose should be reduced to (100 or 150 mg/day) in patients weighing less than 61 kg (135 lbs). HCQ is safe for use in pregnancy.
Alternative
- 3. Quercetin [*HCQ alternative*]: 250-500 mg/day *Spike protein neutralizer***
Due to the possible drug interaction between quercetin and ivermectin, these drugs should not be taken simultaneously (i.e., should be staggered morning and night). Can be used in conjunction with HCQ.
- 4. Blackseed Oil (Nigella sativa) oil (capsules) [*IVM alternative*]: 200–500 mg twice daily (can be used in conjunction with IVM for maximum benefit). *Inhibit IL-6 (interleukin-6 Pro-inflammatory cytokines)***
- 5. Vitamin C: 1000 mg orally three to four times a day *Spike protein neutralizer***
- 6. Vitamin D and Vitamin K2: 4000–5000 units per day of Vitamin D, together with Vitamin K2 100 mcg/ day. *NB. Vitamin D levels should be adjusted based upon baseline levels. See Table at the end. These are used to reduce inflammation and inhibit IL-6 (interleukin-6 Pro-inflammatory cytokines)***
- 7. Zinc: 25-30mg daily *Inhibit IL-6 (interleukin-6 Pro-inflammatory cytokines)***
- 8. Magnesium: 500 mg/day. *Inhibit IL-6 (interleukin-6 Pro-inflammatory cytokines)***
- 9. Omega 3's fatty acids: 4g/day. Can use ½ cup of chia seeds or ground flax meal which is equivalent to 4g/day or ¼ cup chia and ¼ cup ground flax meal to equate to ½ cup (4g). *Omegas are used to reduce inflammation.***
- 10. Selenium: 200 mcg/day**
- 11. N-acetyl cysteine (NAC): 600–1500 mg/day *Reduce spike protein levels***
- 12. Proteolytic enzymes e.g. Bio-Fibrin: Take 3- 5/day on an empty stomach 45 minutes before meal. *Breaks down blood clots and proteins and reduces inflammation as well as aids in digesting food.***
- 13. Zeolite ([Pure Body Extra](#) or [Advanced TRS](#)): Week 1 – Use 1 spray per day, Week 2 – Use 1 spray morning and 1 spray at night, Week 3 – 2 sprays in the morning and 3 sprays at night. *NB. Removes heavy metals from the body. For ethylene oxide detox from swabs used in COVID-19 PCR, antigen and other tests, and for detox from black nano-tubes (graphene oxide) found in masks, use a mixture of zeolite and saline in a nasal spray (20 sprays of zeolite to a 2oz bottle of saline nasal spray), and spray 5 times into each nostril.***
- 14. Star Anise tea: Start with 1 cup and monitor your body's reaction, but ideally you will need to drink throughout the day. *Spike protein neutralizer***

15. Pine needle tea: Consume 1 cup of tea three times daily with the oil and resin that accumulates in the tea. *Spike protein neutralizer*

*Spike Protein inhibitor – These bind to the spike protein and prevents binding to the ACE2 receptors

*Spike Protein Neutralizer – These neutralize or destroy the spike protein so that it can no longer cause damage to human cells

Table showing How to Replenish Vitamin D levels based on baseline levels

Achieving serum 25(OH)D concentrations above 50 ng/mL based on baseline concentration in non-emergency situations in a 70 kg adult.*#

Baseline vitamin D (ng/mL) **	Vitamin D dose, 50,000 IU capsules: Initial and weekly †		Duration (weeks)	Total amount for deficit correction (IU, in millions)
	Initial Dose (IU)	Weekly dose (50,000 IU caps)		
< 10	300,000	x 3	8 – 10	1.5 – 1.8
11–15	200,000	x 2	8 – 10	1.0 – 1.2
16–20	200,000	x 2	6 – 8	0.8 – 1.0
21–30	100,000	x 2	4 – 6	0.5 – 0.7
31–40	100,000	x 2	2 – 4	0.3 – 0.5
41–50	100,000	x 1	2 – 4	0.2 – 0.3

(Source: [FLCCC I-Prevent: Covid Protection Protocol](#))

NOTE: The aforementioned recommended list of herbal and other medicines and supplements have been compiled by the Health Secretary of the Thusia Seventh Day Adventist Church, following recommendations from the Front Line Covid-19 Critical Care Alliance (FLCCC) and World Council for Health (WCH). The WCH indicates that their evolving list is based on “a collaboration between international doctors, scientists, and holistic medical practitioners.” The FLCCC indicates that their recommendations are based on “pathogenic mechanism, clinical observation, and patient anecdotes.” Please do your own research and consult your physician before embarking upon any medical treatment. There is no guarantee that these protocols can cure anyone. They are mitigation measures. Early treatment is essential.

Sources:

1. [https://covid19criticalcare.com/wp-content/uploads/2022/07/FLCCC Alliance-I-RECOVER-Protocol-Post-Vaccine.pdf](https://covid19criticalcare.com/wp-content/uploads/2022/07/FLCCC_Alliance-I-RECOVER-Protocol-Post-Vaccine.pdf)
2. <https://worldcouncilforhealth.org/resources/spike-protein-detox-guide/>
3. <https://deeprootsathome.com/novel-way-to-locally-prevent-harm-after-nasal-swabs/>
4. <https://covid19criticalcare.com/covid-19-protocols/i-prevent-covid-protection-protocol/>

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