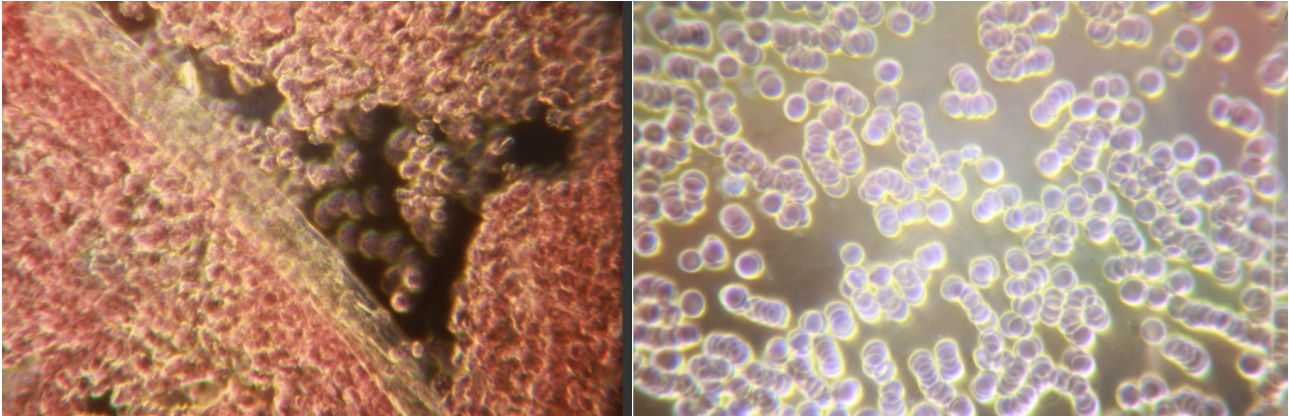


“The Greatest Battle You Will Ever Face Is The Battle For Your Own Mind.” - a quote from John (me)

I spend a lot of time reading, looking in a microscope, taking photos and keeping them as a record. I detail how and when I get **shedding**, how it then affects me, spreads from me to my family but more importantly, how to stop it dead in its tracks.



A "Healthy, unvaxxed" person. Before and after one week. Blood is now consistently better than this photo. Results are longer when you first start but faster with maintenance.

This document is intended for Covid Vaccine shedding specifically (vaccine spreading to non vaccinated people) but is also going to improve your overall health and is getting longer as I write it. I am not going to spoon feed people, it is intended for those who can see what is going on as it is hard enough helping family, let alone others as we have been so heavily divided. I am not going to get everything right and there are other solutions I do not yet know of. I too am always learning. I will update this as I learn more.

It is a reminder to try and be as proactive as possible and maintain your health and keep your blood clear, especially today. However, your blood is just a symptom of another problem in your body, yet blood can be something you can check easily with any cheap microscope to see what is happening.

What I see is consistent with others around the world researching but unlike some, I have something you can do about it that works. Others have a cure but are silenced and I want to add another voice. Most just spread fear and offer no solution which at this stage is ridiculous. It is also ridiculous that you are still following them. I will focus on what I know (myself) and what I have seen. I will try not to repeat words from other people as I DO NOT KNOW WHAT IS ACTUALLY IN THE BLOOD. But I can see it or some of it at least. I can also see it go away.

My fix that I use has a lasting effect and works but shedding can then bring it back again the next day after more contact. As a bonus to cheer you up though, this will also be very good for your health in general and can fix many problems you may have already. It is a collection from others who have spent their life helping people. I use a combination of them at once but you will likely need to work up to it. I will have much more detail below. I took some time to put this fix together, so don't feel like this is too much as I sometimes did, just read this a few times and you will likely try one at a time. Keep at it.

The best way is prevention but you might already be affected or be a little lazy or worn out as I was and need something to be stronger in helping you in a timely manner especially if your health is being completely overwhelmed. I will try to cover both. Prevention is more of a change in your habits, both ways are important.

The reason I write this is because shedding seems to be getting stronger for me and I am reducing time at work because of this as it is tiring to keep up with the clean out.

I expect this vax shedding has many ways to get you and I would be stupid to think I have it all worked out, but it is a good start.

People at work are more sick more often even compared to last year. Nobody seems to think deeply about it, they just have a throw-away line for the reason if any thought at all. I myself know some who have had a sudden death and some who have died from very sudden stage IV cancer with only a month to live. I know some examples even though I do not know many people.

Their blood is getting worse and now the unvaccinated look the same but just a bit behind the vaccinated. Some say this vaccine is not a real vaccine, in my opinion, all vaccines are designed to harm us, this "covid" one the most. That is why I call it what it is.

If you can monitor your health and be more conscious of it, I think it would be good as **you do not want this to get out of hand** as it is just so much work to clean out. We may look back and be very happy we stayed on top of shedding. We do not know the point of no return.

This situation we are in will create an infinite number of "diseases" with an infinite number of drugs to be prescribed, some disease only with a terminal outcome (so they say). I think it is important to clean yourself out to prevent problems so that when you do get sick from something serious, you are practised and know what to do and how much you can administer to yourself to sort things out. Otherwise, you will be starting at the super low dose, reading the manual and wasting time wondering if you actually have brain fog rather than smashing it with a sledge hammer in under 20 minutes. Remember also that everything is much harder when you are ill.

This is not only for yourself but for your little babies, parents, friends, anyone who will listen.

Hopefully you will come to a point where you feel confident about taking full control of your family's health to the point of fixing nearly any illness, preventing sickness, infection and being independent of the hospital system which is not "straining under pressure" or "critically under funded" it is actually the perfect killing machine and is designed to be exactly as it is. It will "wow" you with emergency services and then kill you slowly with chronic disease that seems to always be getting worse. That too is deliberate.

Cleaning yourself out makes you sick and to do that along with a condition would be a lot to take. If you are in that place now, you will have to do as much as you can without getting too sick as many will give up. You need to understand why you want to have the short term pain for the health gain. If you understand it clearly, it will help you push through.

Why does the fix make you sick? Why does healing your body make you sick?

When you kill things inside you that should not be there, like bacteria, mould, fungus, parasites and breaking down toxins, or better still, changing the environment of your body, this debris then needs to be removed. How does your body do this? It gets it out any way it can. This includes a rash (expelling through the skin, not a reaction), diarrhoea, sweating, breathing, coughing, urinating and vomiting when it is bad. I don't like the last one so I try to keep it under that point but everyone should embrace diarrhoea. Get it out of your system. The fix will induce "flu like symptoms" and that you should know is your body trying to heal itself. It is NOT a bad thing.

Some of this may seem contrary to what you have been told all your life. Deal with that in your own way. My way was WANTING TO LEARN MORE!!!!!!

When and where can shedding happen?

For me, it seems to be proximity.

It can happen outside even in the breeze if they are sitting next to you. It doesn't seem to happen as much in a room of people with the windows closed if the people are not close to you. Having a meeting and sitting next to people will change that.

Shedding can be very quick. I can tell as soon as I meet someone, a tingle in the nose, this person is shedding and they may not even be vaccinated, they may have just been meeting with someone or living with someone who was. Shedding can be fast to transfer to you. It does not take hours of contact, just minutes. You may have a different experience, this is mine.

It does not seem to be from any radio tower. I am not saying that this can't happen, I am only covering what I can see and feel as I am sick of being told "this and that" on the internet. I live near a tower and my blood is fine until I have a visitor or I go to work or I go somewhere with people. It could be transmitted electromagnetically or optically from one to another but I just don't know. If electrically induced, why does it continue to worsen afterwards? I think it is an invader I breathe in. For now, I do not want to start a debate, I just want what works. Show me your results.

It can come from the vaxxed or from the unvaxxed as they all have it now. It can be given second hand from one to another quickly if only picked up that day.

It seems to be worse when they are sick or freshly boosted. But as time goes on, it feels like they are shedding more heavily or perhaps, more people are now shedding and the load to deal with is getting worse.

Anyone saying shedding is not a thing is a liar and wants you dead or is a fool following those who want you dead. "Pure bloods" need to wake up as they are impacted in a big way.

Another point, think of the rabbit vaccine or virus they give to wild rabbits in Australia for population control. They don't give it to all of them, just a few and then it SPREADS. The same is happening to us.

Again, I don't want to start a debate about if a virus exists or not, something is happening.

Who to trust?

Nobody! There is so much controlled opposition out there that it is hard to know what "theory" to "follow" or who is helping and who is lying to you. Using your brain is a skill and one you will have to work on. They will act like your friend, they will have followers who will defend them and they will give you "goodies" to string you along. I am sorry but vitamin C is NOT GOOD ENOUGH as an answer to a bio-weapon.

All these friends, all these hero doctors and truthers are just letting off steam and maintaining a flock. Keeping them in a little pen. Many little sheep pens.

Get away from this if you can and try not to fall into the next trap again and again.

I do not like those who entertain us to death. We need to be productive.

The key is actually INSIDE YOUR HEAD. USE IT. Use your critical thinking, read the person, what they are saying and what they are not saying. When you realise why they are not saying something, you will know they are trying to kill you. They are the enemy, working for the enemy or a fool repeating their words without knowing it. Many of those too.

I would love to put my face and voice to this so you can read me but I am very private, have no online footprint except this now, have never had a mobile phone (cell phone) or wifi and am primarily a Dad ensuring his family stays alive, healthy and aware of what is going on (beware of emotional hooks). It is hard enough doing that as some family just won't listen but I do want to help others and am enraged when I see hero doctors not giving us anything when so many trust them. Stop loving people on the internet. You do not know them. Be objective. They will tell you 95% truth to hook you in but the 5% they do not tell you will get you killed. So much of the below has been discredited by them or omitted, same or worse with the mainstream. "They" control both sides of the coin.

Much of this writing was a reaction to those very people supposedly helping us. Specifically Dr Ana Maria Mihalcea and her larger group of Dr friends, yes all of them. Fear, EDTA that is not practical, expensive, does not work and is not good for you. Then the deleting of our comments regarding Borax (also from the wayback machine). You should be wary of anyone with a large audience. If you feel anger at me attacking her, perhaps you need to step back and have a think about your emotional reaction.

We are not "all in this together" but they certainly want us to be.

These people do not want you using any of the below methods to fix your blood including Tony bucket man.

You need to be more aggressive in your thinking, decisions and actions.

Time is getting on and things are slowly getting worse. This is a long plan "they" are inflicting on us and they keep calling wolf to tire us with dates and predictions that do not eventuate. FOCUS!

There is a deliberate, overwhelming and conflicting pile of "information" to sift through out there so we do not know up from down. This is part of it. This is to make you tired and confused.

Rid yourself of these talking heads, they are not your friends, they only fill your mind with fear, *their* talking points and offer NO REAL SOLUTIONS or solutions that are unattainable. Hopefully I don't have to even mention Main stream media. Throw out the TV too, all DVDs and computer games as they are part of it. They sap our time, productivity and normalise lies. Spend time with your family or go find someone with a brain and spend time with them. The internet is a tool to be used, don't let it run your life, balance is needed.

You also need quiet time to yourself to think. I think this is very important. If your head is filled with updates from your phone, if your life is full of distractions, if you are too busy paying off a bank loan like a slave, you will not have time to read this properly or employ anything to help your family and will continue falling into traps.

When people are presented with working Health tools to combat shedding, poor health, or terminal conditions with real, actual results, some just don't get round to it or just say "oh, that's interesting" even if we have fixed something in the family that others can see, years of taking pills or allergies, thyroid problems, they just don't seem to be able to process it.

I am trying to keep to health but the above is part of it because a closed mind gets in the way of you getting better.

The Tools

I will present the tools I use for my family in general, there is a lot out there for each of them to read up on and I will cover some of that but I will also tell you what I use for shedding specifically and fixing the blood, when and how.

The more tools in the shed, the better. Some are being taken from us and some while available in the US are impossible to get in other countries. All help but some are needed more than others or are very much essential.

Many work in the same way. All work to get to the root cause of all sickness. So forget the medical names, just get to the crux of it and all illness will go away. It is not all about *killing*, there is a lot to be learned about the pleomorphic nature of our cells and the Somatid or Microzymas in us. Their activity is closely related to the environment of our bodies and disease will be created inside us with no "infection" at all. So much to learn.

I am wanting to move from killing to more fortifying my body to prevent problems. Both have a place.

Note that I do not use any "antioxidants". I see them as the enemy. Why are antioxidants in all our foods and drinks?

Because they negate oxidants which are very powerful (some are made in us already) and these oxidants can change your health for the better. Antioxidants that will negate these and are to be avoided include Vitamin C and Citric acid. Citric acid is made from black mould fed GMO corn sugar in a factory. Don't eat it. Ever.

Fixing the Blood

Essential tools that must be used

Borax

Chlorine Dioxide

Bob Beck Blood Electrification

Hydrogen Peroxide

Excellent Tools that can be used

Garlic

DMSO Dimethyl Sulfoxide

Ozone

Magnesium

Green alkaline Juice

Rife (Spooky2)

PEMF

Ionic silver

Iodine

Zeolite

Bentonite

Probably in that order for me personally.

However green juice needs a bit more explaining. All of these do. It is not only a tool that works very well but is also a change in what you eat. It can be perhaps the most powerful preventative tool there. It will help boost your body and if you change what you eat not just by adding green alkaline juice but also not eating poisons you will get better overall and your body will have a better chance to heal itself and prevent shedding effects. What are poisons in your food? There are many but they are not obvious. Citric acid is one. Preservatives are another, enhancers, colours, flavours, drugs and pharmaceuticals are also part of your diet. Pesticides, herbicides. Processed foods. Garbage food soaked in canola oil, we use olive oil. I would add vitamin C as it is a synthetically made acid. How hard is it to eat an orange.

Sugar is not the enemy I try to say but it certainly throws fuel on the fire in a big way. Try to cut it out and only as a treat, but no treats when you are near shedding. Having said that, I really don't eat it anyway. I certainly used to. When I realised how much sugar I ate and "could not live without" that alone was enough to jolt me out of it. My daughter 3y old will walk past all the lollies and not want them because she says they are poison. Indeed they are. Have you ever thought why a child's behaviour changes so much when they eat a red lolly? Not just sugar, it is all the chemicals in there wrapped up in plastic.

So moving to an alkaline way of life will prevent and fix the blood all on its own but it is a big change and harder than you might think. There is plenty of information on this by others who have spent their life writing about it. I would direct you to Dr Robert Young for more detail and a good place to start. He has a good book about it all and it has helped us

a lot. There are others too. An important point he makes is that it is the detox to end all detoxes. With this way of living, you may not need to do any of "my fix" every day.

I sound like a health nut but when you think of food in another light, it becomes obvious that it needs to change. I eat a lot of vegetables normally and grow some but many people do not even know how to cook. So this may need a good look in the mirror and change of priorities. I am not giving you a pill to pop.

What I use after shedding

This is what I will use after a day of work and being in contact with others. If you don't know what any of this is, you need to read more and I have pointers at the end. Please don't start out with all this at once as it might make you sick for weeks.

Fixing the Blood

- 1. I get home, wash hair/body with Borax in shower and wash cloths.***
- 2. Then I put in 10 drops of MMS, (a way of using chlorine dioxide) into a cup of water and drink.***
- 3. I sit down and nebulize hydrogen peroxide at a strength that does not sting my eyes for 20 minutes, it might be 0.75% or less. Work up to this or what does not sting your eyes depending on your aging mix (H2O2 will lose strength over time in fridge). Mixing with plain water is fine.***
- 4. At the same time, I put on my Bob Beck Blood Electrification unit and turn it on. Important machine.***

That stays on for one to two hours, 30 minutes is the minimum for this fix.

I drink lots of ozonated water afterwards and every day in general. **You must flush it out.**

The ozone water will help if you are feeling sick.

I also have a pinch of magnesium sulphate and magnesium chloride so I do not get cramps from the Borax, I have this in orange juice later in the night or following days.

This can be repeated day after day if needed until you have no symptoms or diarrhoea.

I do it the night after work and then a followup the day after, that's it.

They all do something different that the other does not so all are essentially needed.

You must work up to this at your pace, so familiarise yourself with them each first. It can make you very ill if all at once and you are not ready. Don't be afraid of being any type of sick just below the vomiting threshold. Vomit is fine but I don't like it.

Shedding Symptoms

I will quickly cover some symptoms I will have before starting my protocol from the shedding after a day at work. It will be a tingle in nose, maybe then slight congestion. I will be tired, a little foggy but I will also be getting very angry at nothing. Sometimes very, very angry. It can also include blurred speech and not finding words. I also have a sick feeling in the stomach in the day and after. Glands feel like they are doing something.

There are normally a dozen people working with me, sometimes it is not this bad if most are away.

Fixing the blood Symptoms

At about 20 minutes of the protocol, I am feeling sick in the stomach for sure and a bit out of it (going to my head). But my anger will be gone. I will feel it start to drop off by the hour mark and will feel very alert and wide awake. The nebulizer will be off already and I usually distract myself on the computer during this. I will do another hour anyway (thought not always needed) for a total of two on the Beck unit. That night I will have as much as I can to drink of water that has had an ozone machine bubbling in it for 10 minutes. This all makes me very tired. I will often have a nap and get a fake fever, feeling cold but no temperature.

Ozone is another oxidiser like Chlorine Dioxide and Hydrogen peroxide. They are a little different but work the same way but they also seem to work on different parts so I use them all. CLO₂ is essential, ozone will not work alone it seems. But ozone wiped out my depression, not CLO₂.

The ozone machine is cheap and often used to clean fish tanks or mould in a room (that is what it is doing to me), it is also very easy to drink.

The next day I have another 6 to 10 drops of MMS and at the same time the Beck unit for about 30 minutes. This is now in my day off. If I was working a second day (my max working week so I can spend time with kids and live) I skip this and go to work. If I also have a visitor on top of work, it can take the whole weekend to get it all out. I don't know how I would work full time around people and keep this up but anything is better than nothing, **even once a month is better than nothing if you feel this is impossible for you.**

Note that nebulizing is important because shedding starts in your nose and then you swallow it. If you do not clean out your nose, I have found it to repeatedly get me again until I got it out of there at the same time as the rest of the fix. Do them all at once. PEMF seems to work on the nose but only early on. Not later.

So nose, then to the gut and then the blood and then the brain is how it attacks me.

Prevention is something I need to move to but not there yet (working on it). I have had further success with adding Cumin to my diet as it seems to prevent some of it and it also

reduces my herx. Raw Garlic (Purple Stripe) also prevents an amount and also helps the blood greatly. These all add up. The latest I am testing is Rife. It has further reduced shedding and reduced my herx (feeling sick from my fix) and this is exciting. It is a sweep and is run by Scalar remotely and does work a little. Again, this all adds up as prevention but I am still having to do my fix when I get home, it is just much easier. Sometimes I have no herx at all.

I Really need to eat more raw vegetables and greens.

I am this crazy about it because I don't want it spreading to kids in the house. They will drink MMS and Ozone and some borax but not like me. Bathing them in it all helps if too young to drink it. Their behaviour goes crazy from visitor shedding and has been confronting in the past. I keep them away. I do not pass it on to them if I do it that night but if I skip it and go to bed, some has passed onto them from me. Their nose will start to run, behaviour etc.

That night I will get bubbles in the toilet from urine, like foam from dish washing liquid. The day after I will get a small amount of bubbles and diarrhoea. The bubbles are not from the borax alone (borax is not a soap) but from any one of what I used, I tested them all one at a time to build to this. I believe the bubbles are what I have killed or removed and need more study.

Interestingly..... if I do nothing for shedding, I get problems but then I can go on. It is as if it wins me over and I can't really tell I am being shed on any longer. If I clean it out, I notice shedding again when it happens and then I go through the effects of shedding and the clean out again and again and again.

I think this is why the vaxxed notice no shedding symptoms, their battle has already been lost. Same with those who have ignored shedding or don't know about it. But their blood shows it clearly and this is predictable, consistent and repeatable. Some people still don't have it perhaps because of their good diet and limiting exposure. I have also heard that it can go away if you stop getting exposed. This was the case for us but then after it got a hold, it never really resolved itself. It is stronger today than early on in the vax rollout.

If I continue to drink ozone water or green juice after my treatment, my blood will go to normal within days, has been as quick as 24 hours. When I added Raw Garlic, this went down to two hours. When I added Rife, even better. It can take longer depending on the shedding if heavy. Raw Garlic (which I grow) really helped to resolve the stacking of blood cells. First test was 16 cloves! But three will do it. Again, it does not replace the Beck unit and Borax. They all work together.

The Blood will then have no items in it and the blood cells float about happily and it will stay like that, until next time. This has been the case also for family who had the fix. Hydration helps a great deal. There is a lot to learn about water, including structured water. Green Juice is structured by the plant.

For a vaxxed family member (4 shots) who went through this, they now no longer give me shedding and their blood looks ..ok... Borax seems to be the most important part of all of this. It will not stop the stacking of blood but will remove the "items". We are working on other family too with good results but slow as they are very difficult about it.

I have had brain fog when I let shedding go too long without doing anything and it was very bad, it had not happened in the past when I was slack but did this time. Six drops of MMS worked 100% but only for an hour until it wore off (I wanted to test it over a day) and then I returned to anger and sleeping and no brain (terrifying for me). The thing that killed my severe Brain fog was the Beck unit in 20 minutes flat. I was so out of it, I don't know how I put it on (teach others in the house to help you). I then had a Herx for days, a big one. What does that unit do? It electrifies the blood which kills things, which makes me think it was alive (the shedding) or the shedding induced sickness in me. I do not know for sure.

The Beck unit is said to cause electroporation and I was at first very cautious with family medication and Garlic and but no bad reports for the last 20 years have been made and we have had no issues.

When I first added this Beck unit to the Borax and CLO₂, it produced a big herx for me the first time all together.

The sickness I initially feel when starting the fix I think is because I am breathing in the shedding, then swallowing it and it starts to fester in the stomach and gets into my blood there and in my nose. But it may have a concentration in the gut and so that is the biggest die off. Most of our problems start in the gut and perhaps that is where they want it hiding. To project from there to the rest of your body. MMS not activated, straight sodium chlorite, is also recommended as it gets deeper into the gut. This is also a way we maintain ourselves. Also good for kids as it has no taste. It will activate deeper in the gut with pockets of acid or acid producers that should not be there (parasites).

Also adding DMSO to MMS. DMSO is amazing at spreading it throughout your body. It will increase the effectiveness of MMS a great deal.

Ivermectin and Fenbendazole will also clean you our somewhat of the parasitic load in your body. I have seen no evidence for it to solve shedding though. It is good but not enough. We do not use it but have it handy for others as it is a pill and better than nothing.

I don't want to go into what shedding is as I just don't know. I don't really think we will ever know for sure but if we can be rid of it, it might not matter so much. I just want it gone.

I don't mean to be silly about not naming it but there is a great deal of talk on the internet about it. If it is Graphene, it seems to be going away, even without Bentonite or Zeolite as I rarely use them. If it is a parasite, it seems to die, if it is an aluminium life form, it seems to be dead too. If it is a venom and nicotine works, show me a before and after photo. Did nothing for me but might for you. Perhaps shedding hides from view but then why the big herx? A Herx is a Herxheimer (your body healing and getting toxins out).

I think Borax is special and something nobody talks about, it is censored. Perhaps more than the others. It removes fluoride and aluminium and has so many benefits in the body. Magnesium has to be used with it as it does the heavy lifting. A simplified way to look at it is that borax tells magnesium what to do. I can feel the magnesium being used when I come in contact with others, it starts to retract from my limbs, giving them cramps and then to the body and head giving a headache if I leave it too long. Eat more magnesium when this happens and it will stop in the time it takes to absorb it (20 minutes). Magnesium is also used up when I am in the sun when used with borax, we no longer get burnt from the sun or maybe just a bit if we stay out all day at the beach but it recovers quickly. We used to get burnt in 5 minutes of Australian sun. I suspect I am making a lot more vitamin D

now. Borax, I also use to wash my hair and brush my teeth. I love it for this alone and could not go back. Borax also brought tooth enamel back very quickly when lost. Teeth went from translucent to white again (family member).

What I should do to prevent Shedding

I have a good diet but it is not perfect and I do not *prevent* enough shedding, something I need to change (something I am actively changing at the time of writing this). I have wanted to find a fix so I can still go out into the world and not just hide (though I am wanting to). Perhaps I need to not be so lazy. We are all human.

I do use all of the above nearly every day here and there, one at a time, but If I was serious about prevention, I would be living the alkaline way of life and using CDS during the day (every 15 minutes a sip, probably mixed with borax and silver too) which is hard for my work, I did try. CDS is one way of using Chlorine Dioxide. I would direct you to Andreas Kalcker for this and his book. There is also extensive information for Chlorine Dioxide from Jim Humble, he has a book for MMS. I think CLO₂ (chlorine dioxide) would have fixed my brain fog but would have taken longer than my beck unit did. Consistency and making it part of your life really will help. But, not all of these are available round the world. So any of these will help if you keep at it.

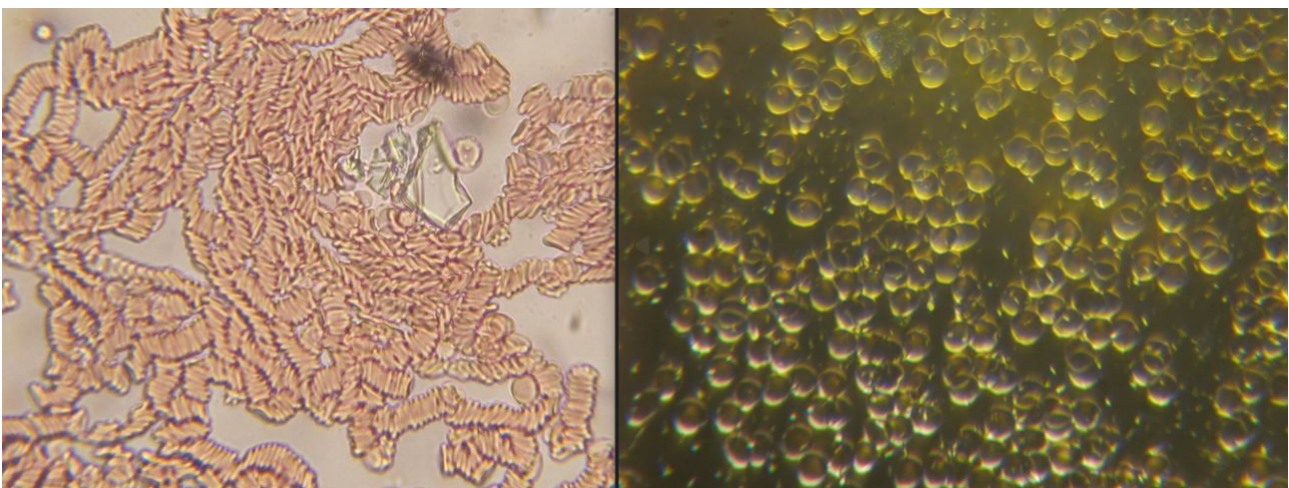
I am convinced I can feel it getting into my nose so I would like to do a test of wearing a full mask, a real one, "Spray Paint" type to somewhere and see if shedding can be prevented by a mask. But, many of us do not like masks these days and I don't think I could keep a straight face doing it. But I think it would be a good test to narrow down how it works.

Did I just say I am too shy to stop a bioweapon spreading to me?

Some Photos!!!!!!!!!!!!!!

Keep in mind, this is kitchen sink stuff. Kids pull down my setup and my microscope is ancient but does work. The lighting is not consistent as it is separate and a mirror is used. The slides for these are cheap and have shards of glass and bubbles in them early on.

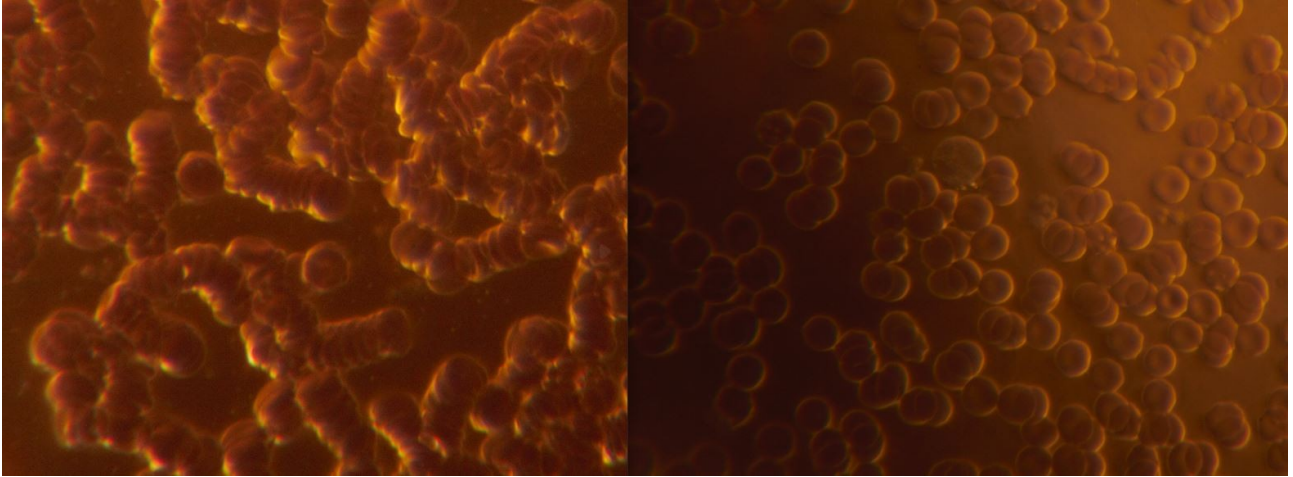
I am just a Dad.



Immediately after fixing brain fog and then days later after more treatment (cheap slides)

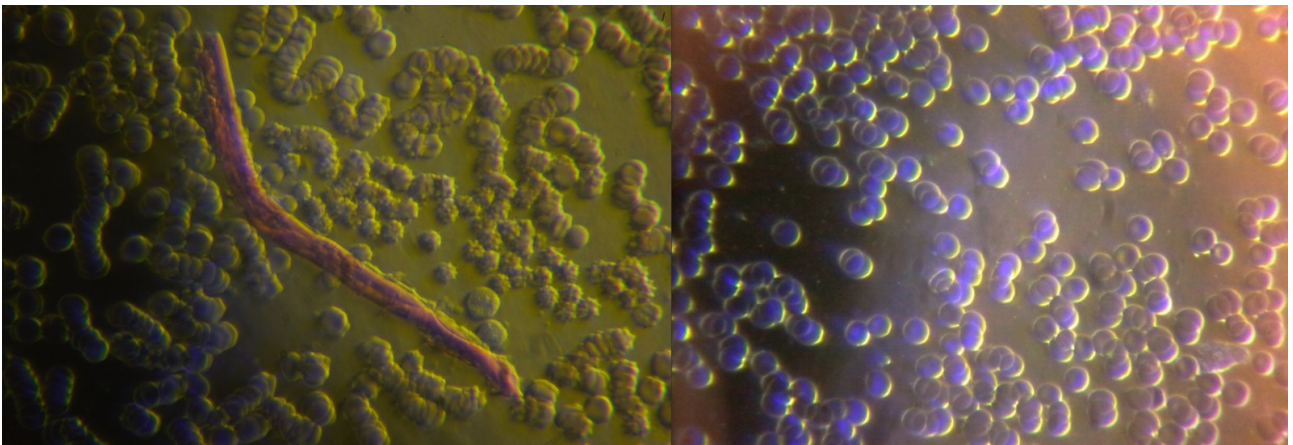
Would have been good to have a photo of when I had brain fog but... I had brain fog.

This one below was when still working it out, I targeted the gut with straight sodium chlorite and alkaline juice. Beck unit used later also. Borax has always been used.



Before and after 4 days

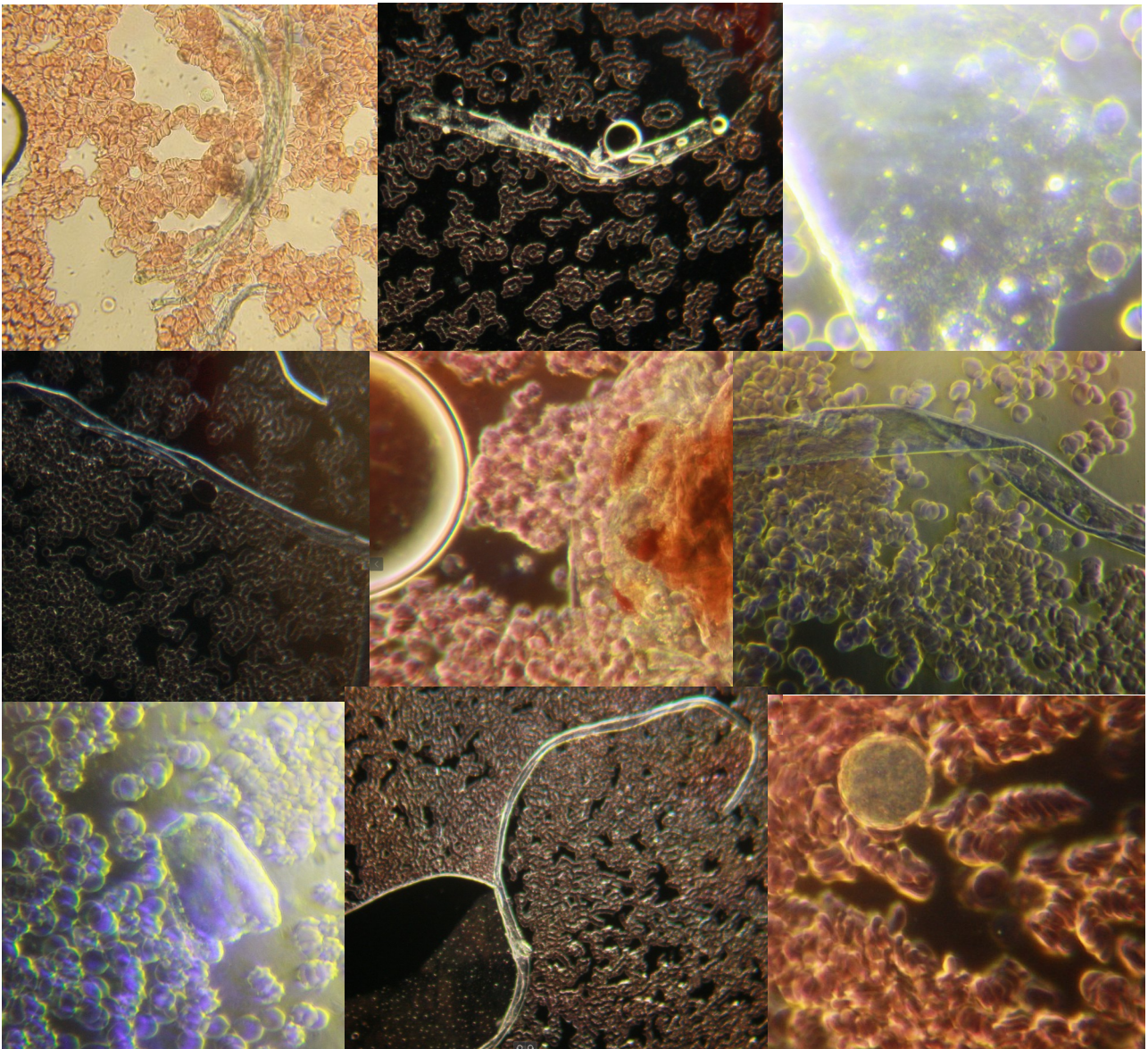
This below was the first time I used all in combination. It was a bad time, lots of contact of very sick people at work and vaxxed in-laws visiting (though we keep them out of sleeping parts of the house and encourage them to be outside). I felt fine but was very sick from the treatment first time ever (together) and had diarrhoea for 5 days. No Ozone yet.



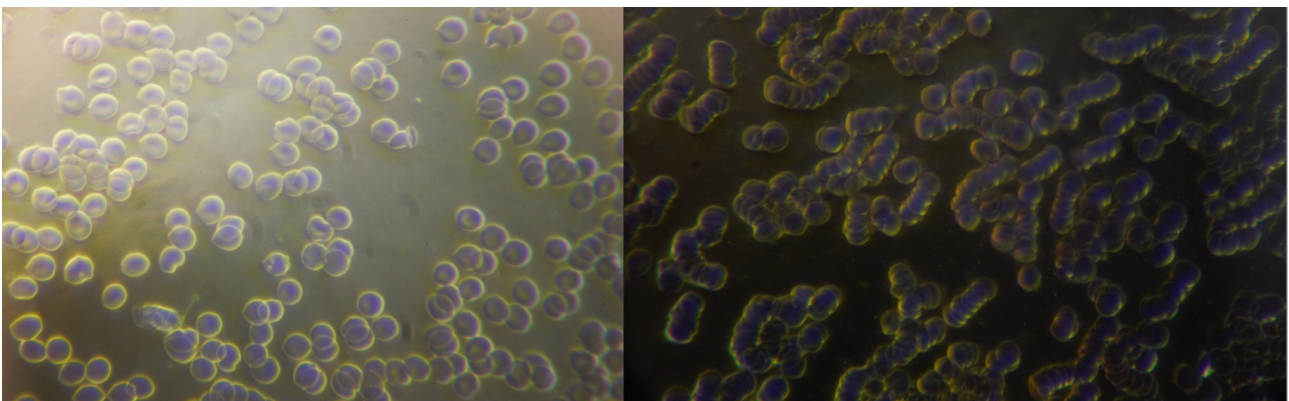
Before and after one week. An "item" on the left.

Note I made my own dark field filter so the pictures are not perfect and it gets bumped. I have not adjusted the photos (probably should). Most are a hand held DSLR on the eyepiece. The lighting is NOT CONSISTENT but you can see fairly well. It is better than nothing.

Some "items"...Whatever they are, all gone now. Different people, different days after shedding.



The below is blood that was good before contact and then treatment after shedding but without MMS, ozone was used instead in the combination (always testing).



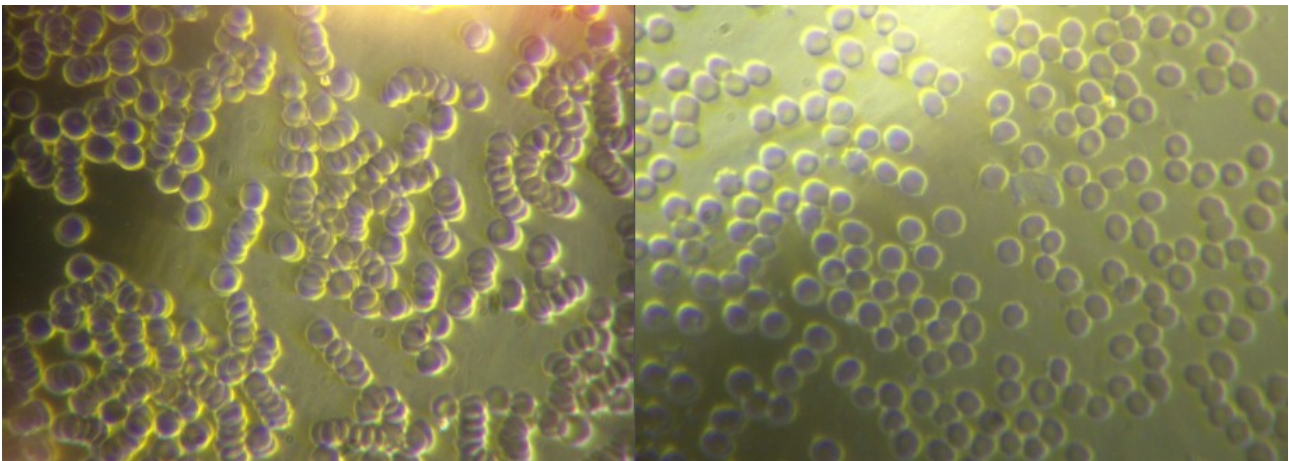
Before shedding and day after ozone treatment, not fully cleared yet, MMS is needed.

Ozone with Beck unit did not produce diarrhoea after the fix, I added CLO2 the day after with the Beck unit and then it did produce diarrhoea and my anger went away also (I am not normally angry, it is an agitation).

Perhaps Ozone in water will work after a longer period of time. Ozone may produce diarrhoea for other problems or cleansing initially but does not seem to for shedding specifically. It will certainly help after treatment though and I drink it every day now. It will only make me tired after a clean up. If you are sick in the stomach, it really helps quickly.

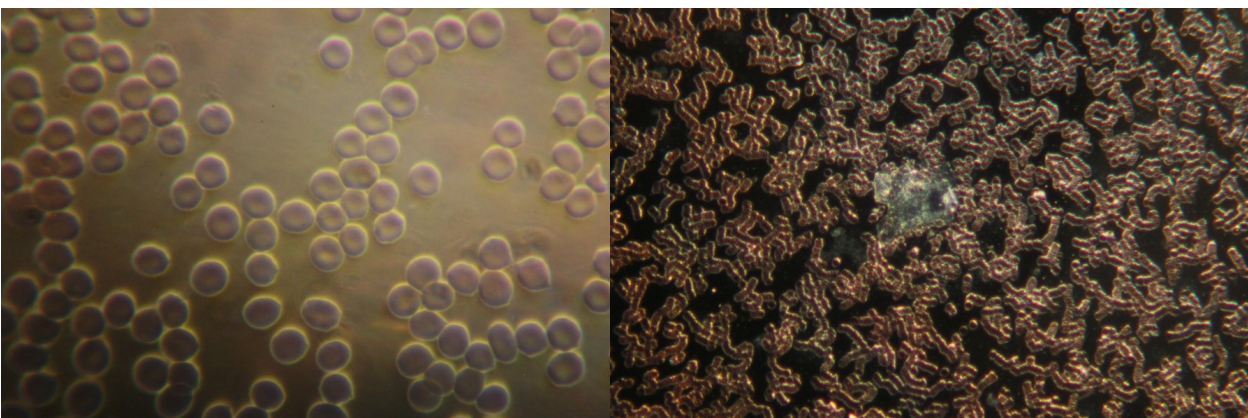
Will Hydrogen Peroxide work for drinking also? I have not tested everything yet, so I don't know. I will test soon.

RAW Garlic added a further benefit to the blood. Rife machine on a sweep also improves it. All these things work in their own way to make it better. So many things work, some more than others. Do what you can, I am trying to provide a simple list and a longer list that helps if you have the time and interest.

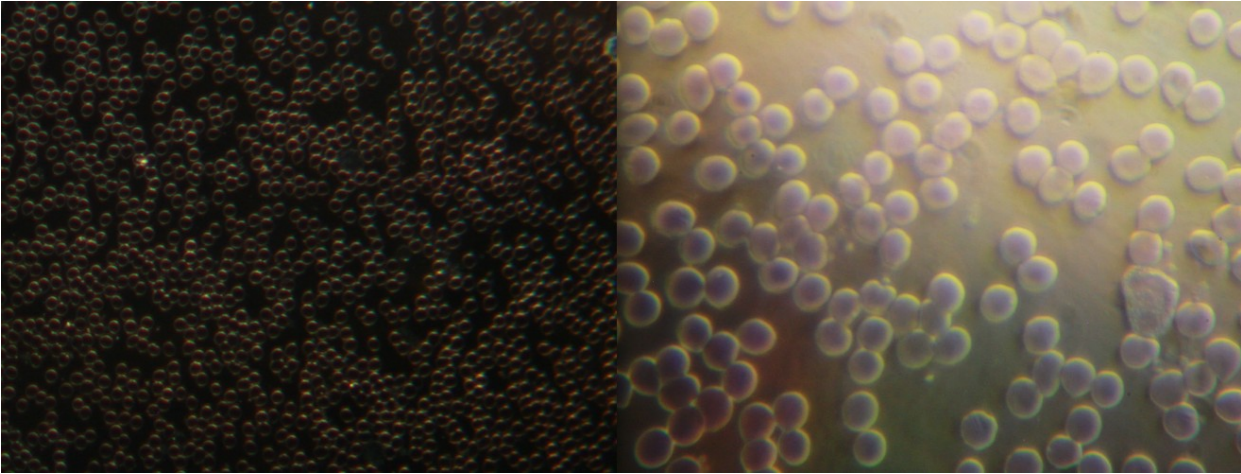


Raw Garlic, Purple Stripe, sixteen cloves before and after nine hours.

So why not just do Garlic? Because I am not sure it stops the "items" or brain fog. It was added to help maintenance and it certainly does. I would eat it all the time but... Need to grow more.



Before and after 2 hours of shedding visitors in house. Good can turn bad quickly.



Good the next day with garlic added to the list.

My turnaround is getting faster but I am tired of it all.

We do not need more fear.

Just solutions. Probably better than what I have here.

If you think you can improve on this **PLEASE DO SO!!!!!!**

Again, if starting out, you are going to have to start slow and keep it up, try one and when you know how it works, move to the other and then combine them. Start with the top three. I did it in big hits and understood what was going on in my body but other family members got there little by little and that is also a really good way to get used to it all. You have a lifetime of crud to clean out, it is not pleasant to clear. The upside is, you will never be sick again and your other problems will go away too.

AN IMPORTANT NOTE that if I continue with further treatments, I will not get sick at all, there is no more work to do, no bubbles and no diarrhoea. It is gone and the blood stays good until the next big dose of shedding. I can repel small amounts of shedding at the corner shop or short visit with someone etc.

Starting out

If someone came to me for help for shedding or just being jabbed, I would start them on Borax, pinch a day/ half teaspoon, whatever they wanted. Or Borax with magnesium as the magnesium does the work (pinch each). Some have had a teaspoon a day and that is fine, they are not dead. This alone will remove "items" in the blood but will not resolve the stacking of blood cells. If not sick from starting with Borax, I would add on sodium chlorite with no acid activator. Build to 6 drops at a time before bed. This will clean out their gut, possibly the source of it. If they can, drink alkaline juice. Their blood should be better after a few months even if triple jabbed but then maintenance is needed. They should no longer shed to others, perhaps even only if Borax alone is used as we have found. **They will still be susceptible to shedding from other people though.** Test for yourself. I do think this injection has many parts and redundancies to it that must all be defeated. Don't assume that we know of all of them. Remember that nano size means WE CAN'T SEE IT.

Borax for the "items" Beck unit for "Parasites" and MMS for "Poison". That is my best guess for now. Everything else helps.

Calendula tea (grow some) is also good as this really helps your lymph system and stops you getting sore and hard glands when put to work. Everyone should have some, I only needed a cup or two, its effect lasts a very long time (months).

Anyone who knows the protocols for all of these is probably screaming out to do it properly but some people you can barely make try just the one thing. It can be very frustrating but it is as it is. Everyone gets to make their own choice. Also, it is just not needed, this is faster and easier. It has to be easy or people won't do it unfortunately. They just won't.

I do not have a pool of 500 people I have tested this on and have not been doing this for 40 years so there is more to learn and tinker with. It is at least a start and it is what I actually do for my family. It does seem to be working. I wanted to find a fix that ***I could see working*** and remove the guessing or the trusting of some people on the internet. *I invite you to get a **cheap** microscope and test for yourself.* What is the point of expensive microscopes if you ultimately do nothing and are only watching your own demise? Invest in the tools to fight this and get going.

I did not stop at the first tool after learning about it, I wanted to find more of these for the reason that I might loose access to one or maybe just because I wanted to learn more and distract myself from waking to the world being upside-down (making it now the right way up). I wanted to stay *productive*.

There is not one cure for cancer, there are many and they all seem to work at getting to the very core of why cancer forms or any disease rather than just treating symptoms as a doctor will. "They" know the cures and have had them from as far back as the early 1800s.

If you are going to go head to head with a bio-weapon, why not start with the cure to cancer. Better still, why not use more than one cure to cancer at the same time.

That is what all of these are capable of fixing. Yes, get angry. If you have lost family in the past to cancer, use that anger to teach your kids and teach them to teach their kids. With the speed of turbo cancers now growing in people (among other problems), health is my priority, I am not waiting until the doctor can "do no more" as many will to initiate a start, I am being proactive now while I can. I am my own doctor now. Practice and make it part of life *before* trouble arrives. My kids have never been sick! Never had a "cold" or "flu". We have fixed so many health problems!

I am determined to ensure the survival of my family from those who want us dead and those who go along with it.

All the best to you and your family
-John

Borax

Sodium Tetraborate Decahydrate (mineral) 11% Boron

Magnesium

Magnesium Chloride flakes

Magnesium Sulphate (epsom salts)

Bob Beck Protocol

Blood Electrification, klemenspulsers.com

PEMF

Nano silver

Ozone, 2000mg bubbler for water drinking/bath, 60000g for mould clearing in room with big fan. You can breathe Ozone. Just take care. It no longer irritates my lungs.

Chlorine Dioxide

Sodium Chlorite

CDS

MMS

DMSO Dimethyl Sulfoxide

Very effective with Chlorine Dioxide. Drink with MMS or bathe. Will help to get to hard to reach places in body which is where problems seem to start. Understand what to avoid with DMSO as it may dissolve some plastics.

Heavy metal chelation

Bentonite Clay (Montmorillonite)

Zeolite Clay

Hydrogen Peroxide

The one minute cure to cancer

Green Alkaline Juice

Dr Robert Young

Royal Raymond Rife

Spooky2

Raw Garlic

Purple Stripe

Gerald Pollack

The Fourth Phase of Water

Georges Lakhovsky

The Multi Wave Oscillator, my new project

Iodine 10 drops at a time @ 2%

Ivermectin, Fenbendazole, Nitazoxanide antiparasitic and anticancer for same reason.

Lots to learn. Borax and Chlorine Dioxide is the best place to start. Learn the rest later.