



How to remove the COVID Spike Protein

There have been 9 supplements confirmed to help **detox** from the COVID spike protein:

<u>Supplement</u>	<u>Dose</u>	<u>Brands (we have had best luck with)</u>
1. Curcumin	1,000 mg / day	Fusionary Formulas, Vitacost
2. Nattokinase	4,000 FU/day	Approved Science
3. Colloidal Silver	1 teaspoon x 5/day	Argentyn 23 (nebulizer)
4. Glycyrrhizic Acid	300 mg/day	Metagenics
5. Rhamnan Sulfate	2 capsules/day	Arterosil HP
6. Bromelain	500 mg/day	Pure Encapsulations
7. Nicotine Patch	5-7 mg/day	Fekux, (Any Brand)
8. Methylene Blue	5-10 mg/day	Prescription (know risk factors)
9. BPC-157	300 mcg / day	Prescription (subcutaneous injection)

The Osteopathic Center does not have any direct connections with any of these brands.

Notes:

- Consider starting with the top 3, then add 1-3 more monthly until desired results are achieved.
- You can also consider exchanging Nattokinase for Lumbrokinase, I've had great success with Boluke.
- Methylene Blue has several contraindications, please see separate document before considering.
- BPC-157 is a peptide and is on the *banned* list by several professional sports organizations.
- How long should you take? Start with 4 weeks and reevaluate. Can consider up to 3 months.

- What else works?

Furthermore, using oxygen major autohemotherapy with **ozone**, ideally EBOO, has proven to remove the majority of impurities and toxins from the body, including microplastics. This is an intravenous procedure where blood is removed from the body, oxygen/ozone gas is infused into the blood, the blood then passes through a dialysis filter (in the case of EBOO), then through an ultraviolet light (UBI), and finally infused back into the body. No blood is lost in this process. You should be properly screened before using ozone. This needs to be done by a provider that is experienced in ozone. If you are looking for a provider locally, search for "ozone therapy + (your city name)" or "integrative medicine doctor + (your city name)" or "functional medicine doctor + (your city name)". Additionally, you can search for one on AAOT.us under the "Search for Ozone Practitioners" section.

This list is NOT comprehensive and there are other possible treatments not listed here.