

Spike Protein Detox Guide

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About this guide

This is an evolving guide with emerging information on how to clear viral and vaccine-induced spike proteins from the body. The lists of herbal and other medicines and supplements have been compiled in a collaboration between international doctors, scientists, and holistic medical practitioners.

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protein harms

The patent-free medicines and supplements included may have differing availability around the world.

Who might benefit from this information?

If you have had Covid-19, have recently had a Covid-19 injection, or are experiencing symptoms that may be related to Covid-19 vaccine transmission (also called **shedding**), you may benefit from using one or more items from our list of medicines and supplements to reduce spike protein load. The spike protein, which is both a part of the Covid-19 virus and is produced in our bodies after inoculation, can circulate around our bodies causing damage to cells, tissues, and organs.

Many people have been unable to find help for spike protein related illness (also called **spikopathy**) through existing healthcare services. This information is relevant if you have experienced adverse reactions after a jab, have Long Covid, or have post Covid-Injection Syndrome (pCoIS).

Important Note: This guide is for education only. If you are ill after vaccination, please seek help from a medical doctor or an holistic health practitioner. For information on post Covid-injection illnesses, see the [WCH post-injection guide](#).

It is thought that cleansing the body of spike protein (referred to as a detox from here on) as soon as possible after an infection or jab may protect against damage from remaining or circulating spike proteins.

In this guide, we will discuss several key features of these conditions that can be targeted during a detox:

- **The spike protein**
- **ACE2 receptors**
- **Interleukin 6 (IL-6)**
- **Furin**
- **Serine protease**

Important Safety Information Before Beginning a Detox

Please do not undertake a spike protein detox without supervision from your trusted health practitioner. Please note the following:

adjust the amount of individual supplements accordingly. (e.g. if your multivitamin contains 15mg of zinc, you should reduce your zinc supplementation by that amount.)

- **St John's Wort** – This medicine interacts with many pharmaceutical drugs. It should not be taken if you are on other medication without advice from your doctor.

Proactive and supportive measures

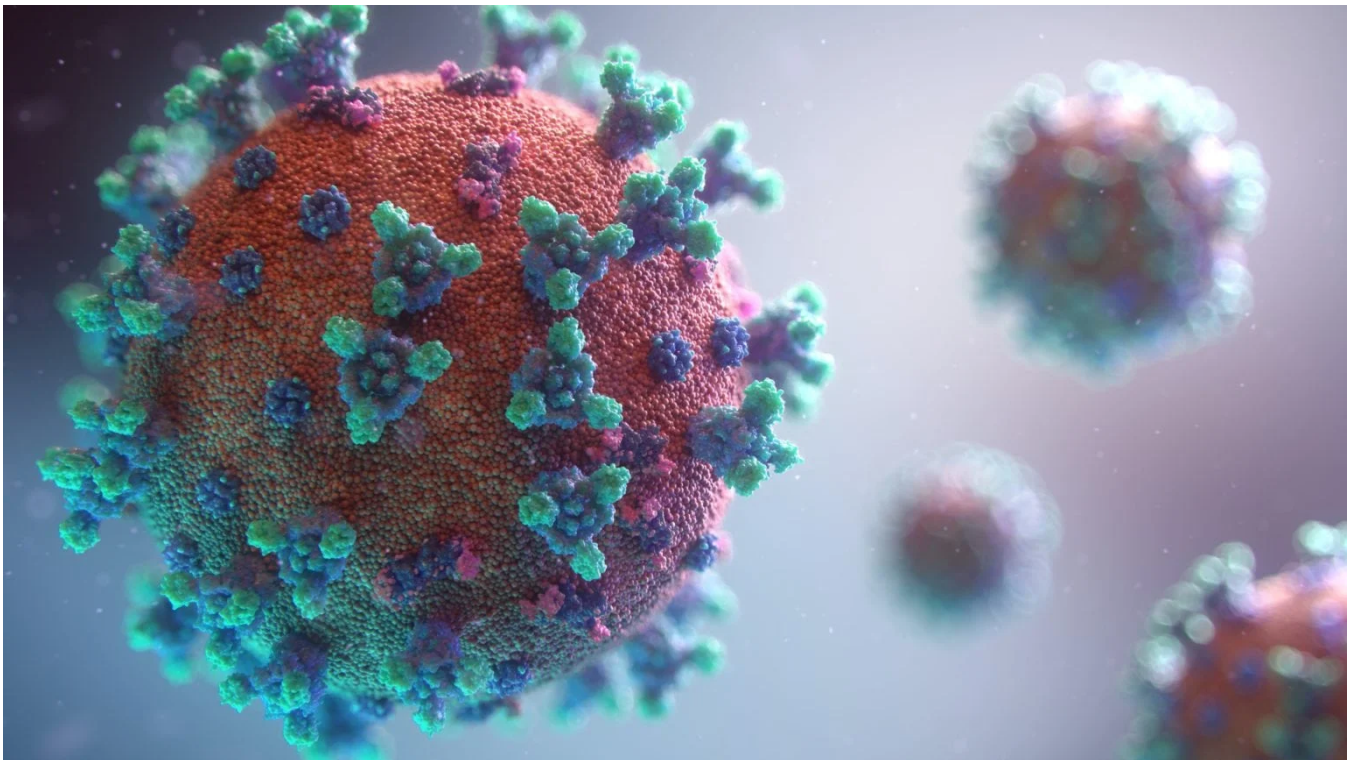
Virtually all conditions are more easily managed in their early stages. After all, it is certainly preferable to avert a health crisis entirely than it is to react to one. As the saying goes, **an ounce of prevention is worth a pound of cure.**

A healthy diet is vital to support a healthy immune system.

Autophagy is used by the body to eliminate damaged cell proteins and can destroy harmful viruses and bacteria post-infection.

- Daily consumption of a multivitamin is advised. It provides a basic supply of vitamin A, vitamin E, iodine, selenium, trace elements, and more in addition to [vitamin C](#) and vitamin D3.
- Heat therapy, such as taking saunas and hot baths, are considered a good way of detoxing spike protein.

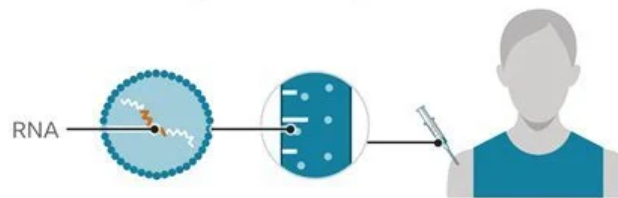
What is the spike protein?



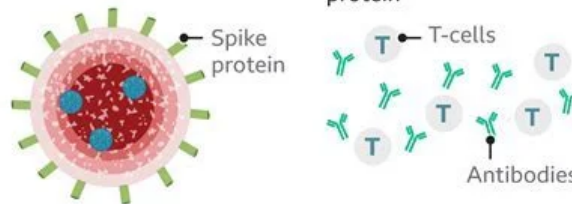
Spike proteins are also produced by your body after taking a Covid-19 jab, and they function similarly in that they are able to fuse to cell membranes. In addition, since they are made in your own cells, your cells are then targeted by your immune system in an effort to destroy the spike protein. Thus, your immune system's response to spike proteins can damage your body's cells.

How an RNA vaccine works

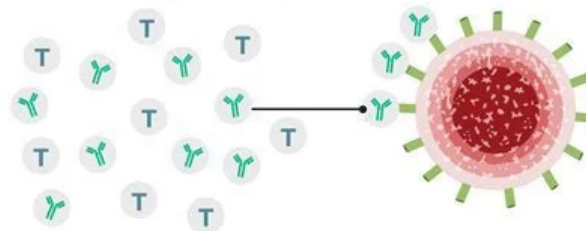
- 1 Scientists take part of the virus's genetic code and turn it into a vaccine that is injected into the patient



- 2 The vaccine enters the cells and tells them to produce the coronavirus spike protein
- The body's immune system reacts, produces antibodies and activates T-cells to destroy cells with the spike protein



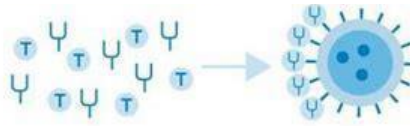
- 3 If the patient later catches coronavirus, the antibodies and T-cells are triggered to fight the virus



Source: Nature

BBC

④ If patient gets Covid-19, antibodies and T-cells are automatically triggered to fight virus



PA graphic. Source: Nature

Emerging evidence is also showing that in the nucleus of our cells the spike protein impairs our cells' ability to repair DNA.

Why should I consider detoxing from the spike protein?





