



**POST
VACCINATION
DETOX
PROTOCOL**

HAVE YOU BEEN SHOT?



Graphene Oxide Detox: The Smoking Gun

**AUGUST
2021**



Published by:



“Have You Been Shot?”

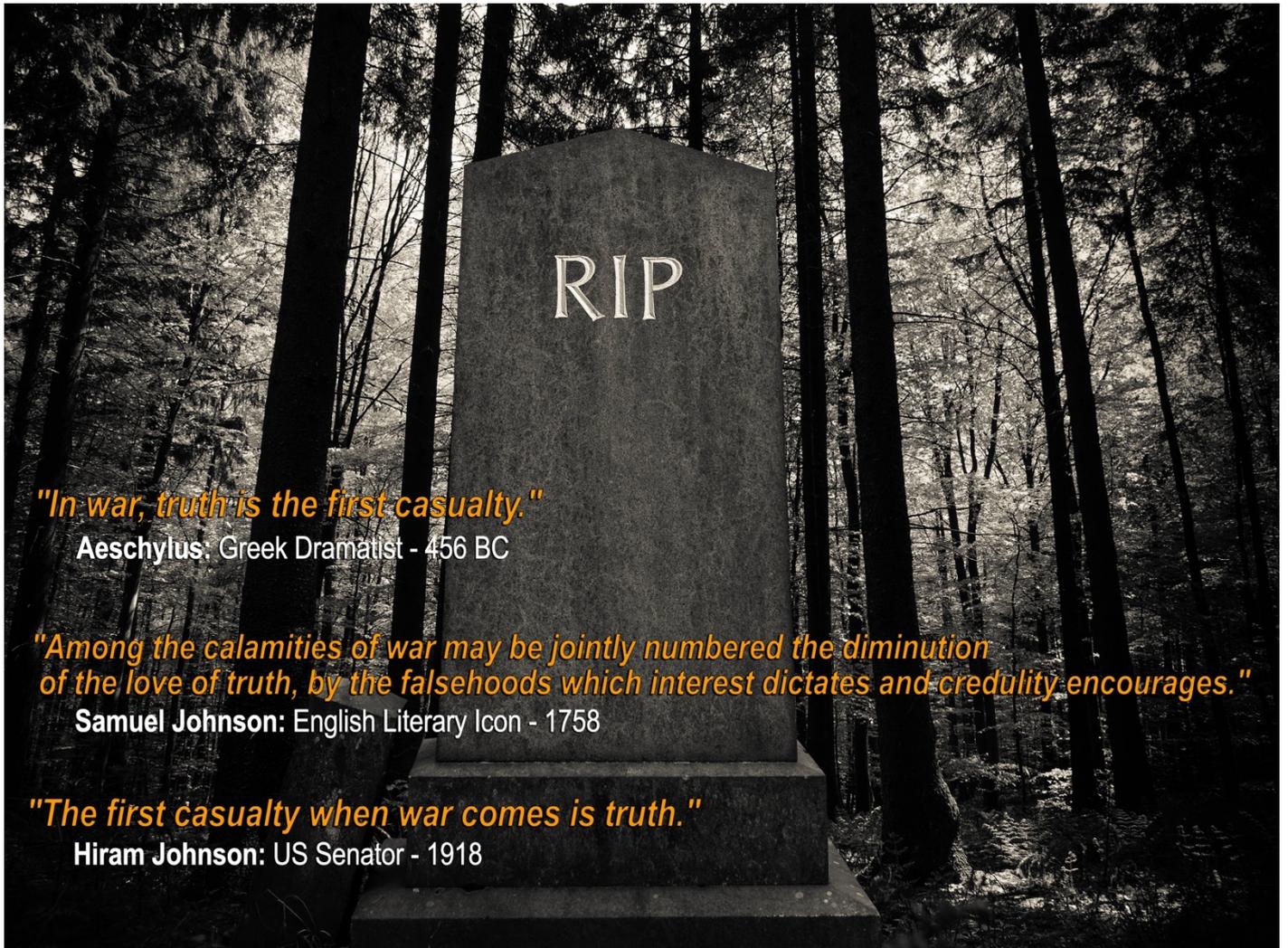
Graphene Oxide Detox: The Smoking Gun

Vol.1/Ed. 1: August 2021

*The Human Unleashed team has archived a complete series of in-depth video discussions on COVID-19 dating back to March of 2020.

Those discussions are available here:

<https://thehumanunleashed.com/covid19/>



"In war, truth is the first casualty."

Aeschylus: Greek Dramatist - 456 BC

"Among the calamities of war may be jointly numbered the diminution of the love of truth, by the falsehoods which interest dictates and credulity encourages."

Samuel Johnson: English Literary Icon - 1758

"The first casualty when war comes is truth."

Hiram Johnson: US Senator - 1918

DISCLAIMER: All information cited here is our current understanding of a developing and evolving situation. We reserve the right to being wrong.

Evidence continues to mount, and witnesses continue to come forward, that suggests that the intent to 'vaccinate' the vast majority of the global population was pre-planned long before the alleged pandemic began.

It is also becoming clearer that the goals may not have been to 'treat' or 'protect' people from an alleged disease, but may have been to deliberately infect the global population with Graphene Oxide (GO), via several path ways, including paper masks, PCR swabs, and the different injections.

Here is just one of the many witness reports (from a Pfizer employee) how Graphene Oxide has been added to the injections, without disclosure in the ingredients list:

<https://www.redvoicemedia.com/2021/07/deadly-shots-former-pfizer-employee-confirms-poison-in-covid-vaccine/>

Overwhelming evidence also suggests two pre-planned goals of:

1. An engineered economic collapse, in order for large corporate entities to grow their market shares due to collapsing small to medium businesses.
2. A so called 'economic reset', where we can 'Build Back Better', a slogan promulgated by Klaus Schwab of the World Economic Forum, whose slogan, interestingly, contains three sixes.



The evidence suggests – at least pre-vaccination - that COVID was initially seasonal flu re-branded and then aggressively marketed globally as COVID. Worldwide the data confirms no real increase in annual deaths, compared to previous years, while the world media continued to report/repeat daily, that ever more people were losing their lives.

The actual data simply does not support these reports.

The unscientific reasons used to wear masks, social distance and lockdown entire countries, has undoubtedly caused, as yet fully accounted for, untold increase in declining health, premature deaths, suicides, substance abuse and domestic violence.

It seems increasingly unlikely that the experimental injections are intended to do anything protective or medicinal to the alleged COVID disease, caused by a SARS-COV-2 virus that has, as yet, failed to have been purified, isolated and documented correctly.

This drive to 'vaccinate' the world is also unlikely to be simply profit driven, although it is undeniably a historic wealth transfer from taxpayers to Big Pharma and other corporate giants.

As Graphene Oxide is better understood, it seems likely the long-term plan is to introduce this nanotechnology into humans in order to create the 'Internet of Bio Nano Things' (#IoBNT) as discussed in the world Economic Forums mission goal paper, *The Fourth Industrial Revolution*.

This is essentially morphing man with machines:



The image shows a YouTube video player interface. The video title is "The Fourth Industrial Revolution" and it is from the "World Economic Forum" channel. The video has 388,656 views and was uploaded on Dec 17, 2015. The player shows a play button in the center of the video frame, which is currently at 0:00 / 1:41. The video player includes standard controls like play/pause, volume, and full screen. Below the video player, the channel name "World Economic Forum" is displayed with a verified badge and 645K subscribers. There are buttons for "DOWNLOAD AS:" and "SUBSCRIBE".

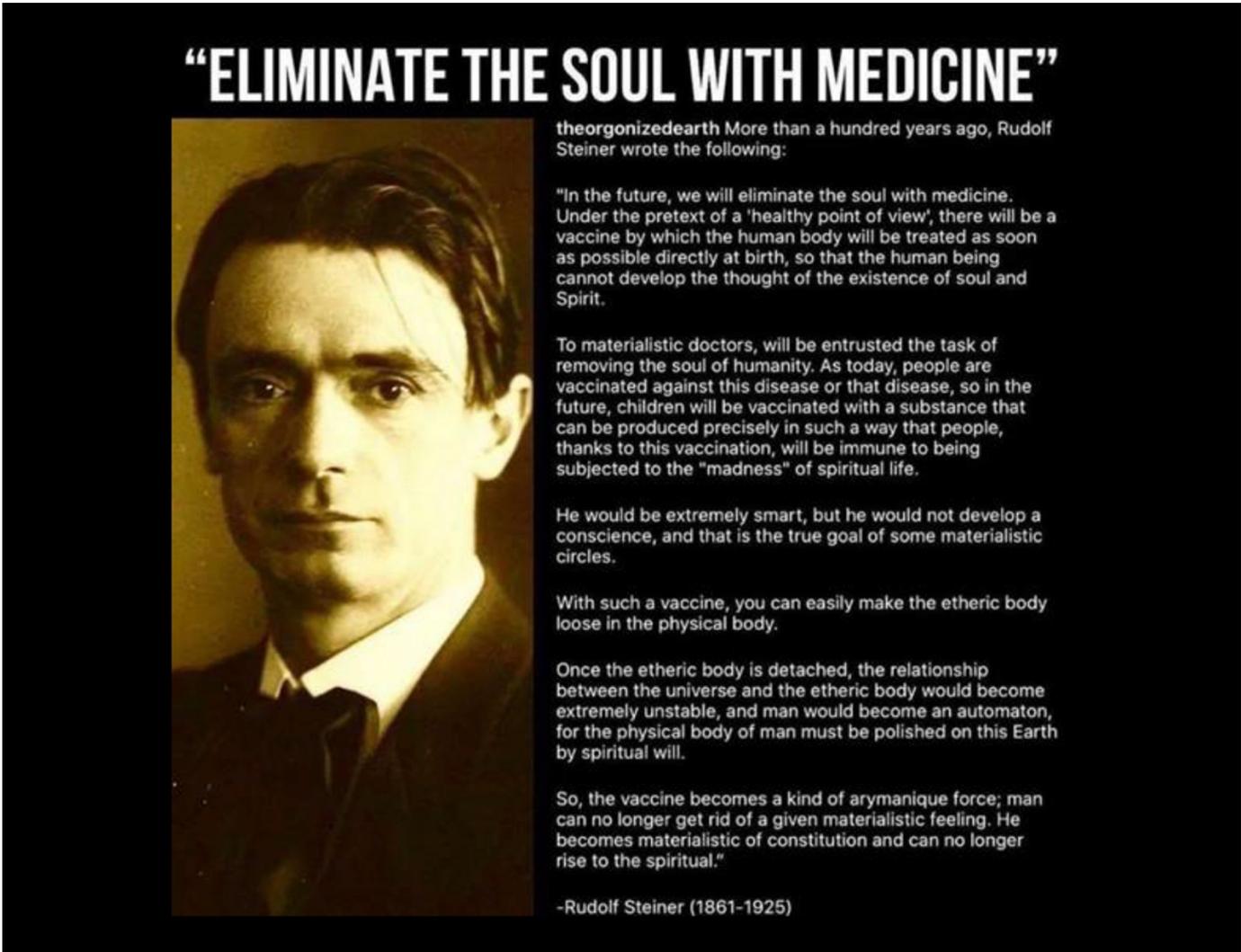
<https://www.youtube.com/watch?v=SCGV1tNBoeU>

This, along with the 'Internet of Things' (#IoT) and 5G networks will allow humans to be inventoried, monitored and controlled.

The extent of scientific research into GO, biosensors and nanotechnology is truly mind boggling.

The potential for a catastrophic health crisis is not only very real, but appears to actually be in the process of unfolding.

Austrian philosopher, Rudolph Steiner, warned against this very thing over 100 years ago:



“ELIMINATE THE SOUL WITH MEDICINE”

theorganizeearth More than a hundred years ago, Rudolf Steiner wrote the following:

“In the future, we will eliminate the soul with medicine. Under the pretext of a 'healthy point of view', there will be a vaccine by which the human body will be treated as soon as possible directly at birth, so that the human being cannot develop the thought of the existence of soul and Spirit.

To materialistic doctors, will be entrusted the task of removing the soul of humanity. As today, people are vaccinated against this disease or that disease, so in the future, children will be vaccinated with a substance that can be produced precisely in such a way that people, thanks to this vaccination, will be immune to being subjected to the “madness” of spiritual life.

He would be extremely smart, but he would not develop a conscience, and that is the true goal of some materialistic circles.

With such a vaccine, you can easily make the etheric body loose in the physical body.

Once the etheric body is detached, the relationship between the universe and the etheric body would become extremely unstable, and man would become an automaton, for the physical body of man must be polished on this Earth by spiritual will.

So, the vaccine becomes a kind of arymanique force; man can no longer get rid of a given materialistic feeling. He becomes materialistic of constitution and can no longer rise to the spiritual.”

-Rudolf Steiner (1861-1925)

At the time of this writing, the official figures of harm and death as collated by the Vaccine Adverse Event Research System (<https://vaers.hhs.gov/index.html>) are unprecedented.

It is understood by many that the recorded data account for about 1% of the genuine numbers of adverse reactions and death including the escalation of neurological, myocardial and overall health declines in previously asymptomatic people. There is also growing criticism of the accuracy and authenticity of the “cause of death” officially displayed on official death certificates.

Therefore, should better information come to light that clarifies what has been making many people sick and even die, we reserve the right to update this document.

Please also note that the COVID-related injections currently being referred to as “vaccines” cannot be legally defined as vaccination by their own legal definitions and remain classified as an “experimental mRNA gene-altering therapy” legally administered under Emergency Use Authorization procedures.

Perhaps the most concerning aspect of these current events is that any doctor, nurse, scientist, journalist, or industry expert can – and have been - silenced if they publicly question any part deemed contradictory to the corporate narrative.

It is repugnant in any civilized society to discourage or even censor critics.

A free society that upholds freedom of speech encourages questioning to move towards better understanding of truth. The principles of science are based on presenting a scientific theory backed up by logical and repeatable scientific methods and offering it up to one's peers and public to scrutinize.

The term 'settled science' is, in fact, an oxymoron.

There is rarely... if ever, ANY settled science. Responsible and disciplined science, by its very nature, is what is currently known to be true AT THE PRESENT TIME. But always being open to additional knowledge and information previously unknown.

If what we currently believe to be true is present in the injections, (there is also evidence of contamination in paper masks and PCR testing swabs) it is our intent to communicate and provide safe and effective foundational detox protocols for individuals who may now be:

- **Regretting their injection** consent and decisions, especially if they were under duress from fear of losing their job, etc.
- **Experiencing a decline in their health** since consenting to the injections.
- **Suspicious of other delivery methods** (testing, masks, exposure to the medical industrial complex, etc.) that may have caused their body to be toxic.

Until common sense and common law once more establish their foundations in the guiding principle of *do no intentional harm*... we must remind you that if you read this document you unconditionally agree that:

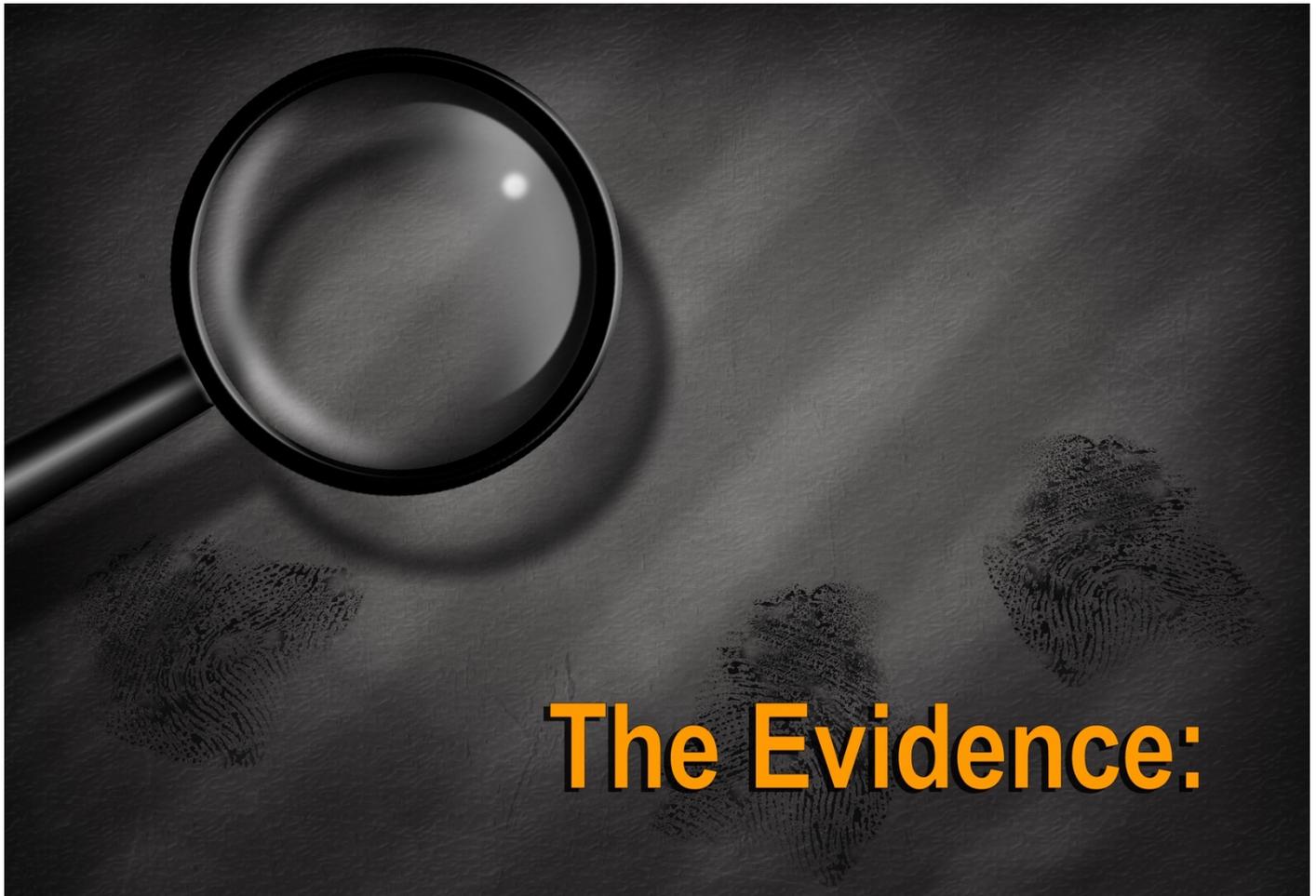
- This document is for educational and intellectual entertainment purposes only.
- This document is not intended to diagnose or treat any medical conditions.

- All PERSONS should always contact their primary health care provider when considering any protocols.
- By downloading and/or reading this document, you hold the authors and The Human Unleashed forever harmless.
- You are using any and all information, forms, and other resources available in or via this document AT YOUR OWN RISK.
- The information presented here is what we, the authors, would do and cannot be considered as medical advice or prescription.

Now we are finished with the administrative legalities...
let's move to the purpose of this document and explore what we may be dealing with.

**...and how foreign toxins
have traditionally been removed
from the human body
via detoxification.**





Biostatistician Ricardo Delgado, Dr. José Luis Sevillano, and a team of researchers and professors with whom they have been conducting collective research have confirmed the presence of Graphene Oxide nanoparticles in vaccination vials.

<https://thewhiterose.uk/spanish-researchers-declare-covid-19-is-caused-by-graphene-oxide/>

The Spanish website, La Quinta Columna (“The Fifth Column”

<https://www.laquintacolumna.net/>) first broke the story and presented the evidence, which has caused significant criticism from the self-acclaimed *fact-checkers*.



FUNDADOR DE LA QUINTA COLUMNA

Ricardo Delgado Martin

Graduado en Estadística por la Universidad de Sevilla. Máster de especialización en Bioestadística. Postgrado en Biología Sanitaria: Microbiología clínica, Epidemiología e Inmunología Clínica Aplicada por la Universidad Europea Miguel de Cervantes. Experto Universitario en Genética Clínica por la Universidad Antonio de Nebrija. Certificado de Contribución científica por la Universidad de Sevilla y el S.I.P.I.E. Máster de Postgrado en Psicología Infantil. Máster en Banca y Finanzas por Instituto Superior de Técnicas y Prácticas Bancarias. Máster en Entrenamiento Personal

Interesting note: U.S Congressman Thomas Massie took to Twitter to point out that the COVID-19 fact-checking project, conducted by a Facebook-partnered website, is funded by a lobbying group that holds \$1.9B in Johnson & Johnson stock.

Conflict of interest, anyone?

EXPOSED: Facebook Independent Fact Checker Site Funded by \$1.9B Vaccine Lobby

FEATURED HEADLINES NEWS

By REAGAN HALL _ APRIL 28, 2021



Chances are if you've shared anything to do with COVID-19 on Facebook, your post has been flagged with a "False Information" tag by the Facebook "fact-checkers," the same "fact checkers" funded by a prominent vaccine lobby group.

Facebook fact-checking site, FactCheck.org, is funded by a \$1.9B vaccine lobby group and is headed by a former CDC director, a clear conflict of interest that could explain the "fact" check bias.

U.S Congressman, Thomas Massie, took to Twitter to point out that the COVID-19 "fact" checking project, conducted by Facebook-partnered website is funded by a group that holds \$1.9B in Johnson & Johnson stock.

<https://montanadailygazette.com/2021/04/28/exposed-facebook-independent-fact-checker-site-funded-by-1-9b-vaccine-lobby/>

Orthodox academia has also distanced from those involved, quoting very diffuse arguments of *quality of sample*, etc.

It is important to remember that academia is primarily reliant on corporate and government funding and likely would distance themselves from any possible controversy that may threaten that funding.

Certainly, their reasons for doubting the validity were weak at best, and a more appropriate response ought to have been to conduct the same experiments under public scrutiny.

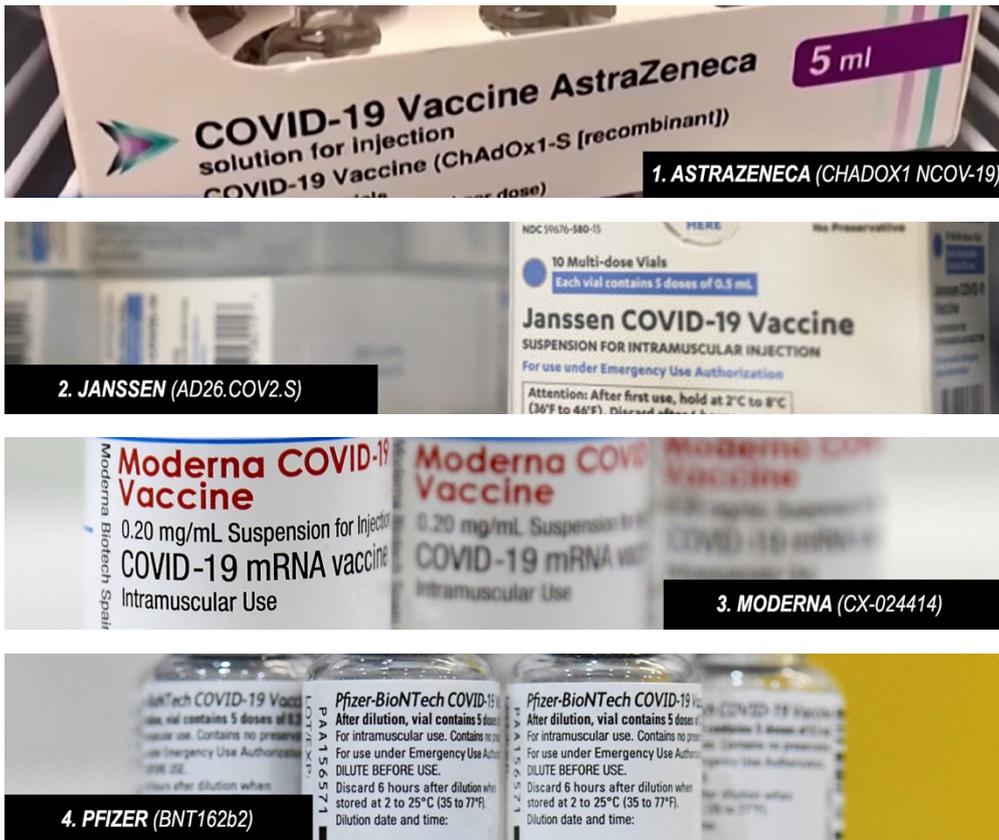
However, the current evidence is compelling and goes a long way to explain the unusual and increasingly catastrophic health declines being experienced.

Please consider the sheer number of adverse reactions... as well as types that ought to be additional red flags. Including, but not exclusively:

Full List up to May 2021 available for Europe here:

<https://healthimpactnews.com/2021/12184-dead-1196190-injuries-european-database-of-adverse-drug-reactions-for-covid-19-vaccines/>

Their report through May 22, 2021 lists **12,184 deaths** and **1,196,190 injuries** reported following injections of four experimental COVID-19 shots:



There have never been so many officially recorded injuries and deaths to any previous injections, medications or vaccines before without them being promptly halted and removed as unsafe.

What you are about to see on the next page is a listing of reported side-effects and reactions associated with individuals who have consented to these injections:

Reported side-effects and reactions:

Magnetism (<i>metal objects & magnets sticking to the injection site and other areas of the body</i>)	Blood & Lymphatic System Disorders
Cardiac Disorders	Congenital, Familial & Genetic Disorders
Ear & Labyrinth Disorders	Endocrine Disorders
Gastrointestinal Disorders	Injection Site Conditions
Hepatobiliary Disorders	Immune System Disorders
Infections & Infestations	Injury, Poisoning & Procedural Complications
Metabolism & Nutrition Disorders	Musculoskeletal & Connective Tissue Disorders
Neoplasms (<i>benign, malignant & unspecified. Including cysts & polyps</i>)	Pregnancy, Puerperium & Perinatal Conditions
Nervous System Disorders	Psychiatric Disorders
Renal & Urinary Disorders	Reproductive System & Breast Disorders
Respiratory, Thoracic & Mediastinal Disorders	Skin & Subcutaneous Tissue Disorders
Vascular Disorders	Seizure-like Conditions

The governments of the world, along with a cooperative corporate media, purposely do not publicize these reports. Quite the opposite. They continue to assure the public these injections are safe and necessary. They aggressively market and encourage global population vaccination goals.

But this deceptive marketing is not going unnoticed...



Dr. Reiner Fuellmich

Consumer Protection Trial Lawyer in Germany and California. One of four members of the German Corona Investigative Committee who are working with an international network of lawyers who will argue the biggest tort case ever... **The Corona Fraud Scandal.**

Reiner Fuellmich, a corporate lawyer so concerned by the unacceptable censorship and persecution of the alleged pandemic and the vaccination program, has formed an international team of lawyers, scientists, doctors and other industry experts.

They make the following claims, based on the overwhelming evidence that has been collated, and that forms the evidence for the international court cases that have or are being filed.

- **THE PCR TEST IS FRAUD:** The whole pandemic is based on a completely unreliable PCR test that produces high percentages of false positives and cannot accurately detect any infection. All the lockdowns, mask mandates and vaccines are based on this fraud.
- **CURES ARE HIDDEN:** Governments and health institutions preventing effective treatments (and diagnosis) for COVID from humanity. Every physician who treats COVID patients with one of these medicines virtually has a 100% success rate. Hiding these cures from the world is a crime of immense proportions.
- **MEDICAL EXPERIMENTS:** A rushed, untested, dangerous experimental gene therapy, which is falsely labeled as a 'vaccine,' has been imposed on humanity, in direct violation of the Nuremberg code and several other international agreements. This has already resulted in tens of thousands of deaths and countless more severely damaged people for life. Experts fear many millions will die from this experimental product in the next 2-3 years.
- **PROOF OF PLANNED PANDEMIC:** The evidence is overwhelming, and Reiner Fuellmich's claims are of a planned and orchestrated international genocide by at least 3000 named people, with intent.
- **MEDICAL FRAUD:** Physicians testify how hospitals receive large sums of money to register every patient as a COVID patient and every death as a COVID death. Suddenly all flu

deaths vanished. Every fever, cough, or headache is registered as 'COVID.' Tens of thousands of people around the world had testified on social media how they had been falsely registered as COVID patients when they went to the clinic for issues that were unrelated to COVID. Funeral directors have exclaimed how they saw that almost every death certificate was labeled as COVID, while they knew it wasn't true.

- **POLICE VIOLENCE:** Worldwide, there is a sudden eruption of uncommon police violence against innocent, law-abiding citizens. In the Netherlands, police officers have testified before the Extra Parliamentary Investigative Committee how supervisors order them to use maximum violence against the people as much as they can. This is contradictory to their training in which they were trained to avoid violence.
- **LAWS VIOLATED:** Many universal human rights, constitutions, medical codes, oaths, national laws, and international agreements are being violated by the authorities. There is extreme lawlessness and criminal behavior by those who have sworn to serve and protect these very laws.
- **BRIBERY OF POLITICIANS & FINANCIAL BENEFITS:** Testimonies of corruption are coming to light from politicians. The president of Belarus, for example, said that he was offered almost a billion dollars to lock down his country. (<https://stateofthenation.co/?p=25663>)
- **CENSORSHIP** – Respected medical experts and leading scientists worldwide are being censored because they speak out about effective treatments for COVID, the destructive.
- **MEDIA MIND CONTROL** – Mainstream media is used to spread dangerous, repetitive and life-threatening misinformation, resulting in harm and deaths, let alone the catastrophic economic collapse caused by the imposed and unscientific lockdowns. The news media and Big Tech steer people away from alternative information and viewpoints and brainwash humanity to believe that only an experimental gene therapy can save them.

The complete reports from Fuellmich and his team are documented and available here:

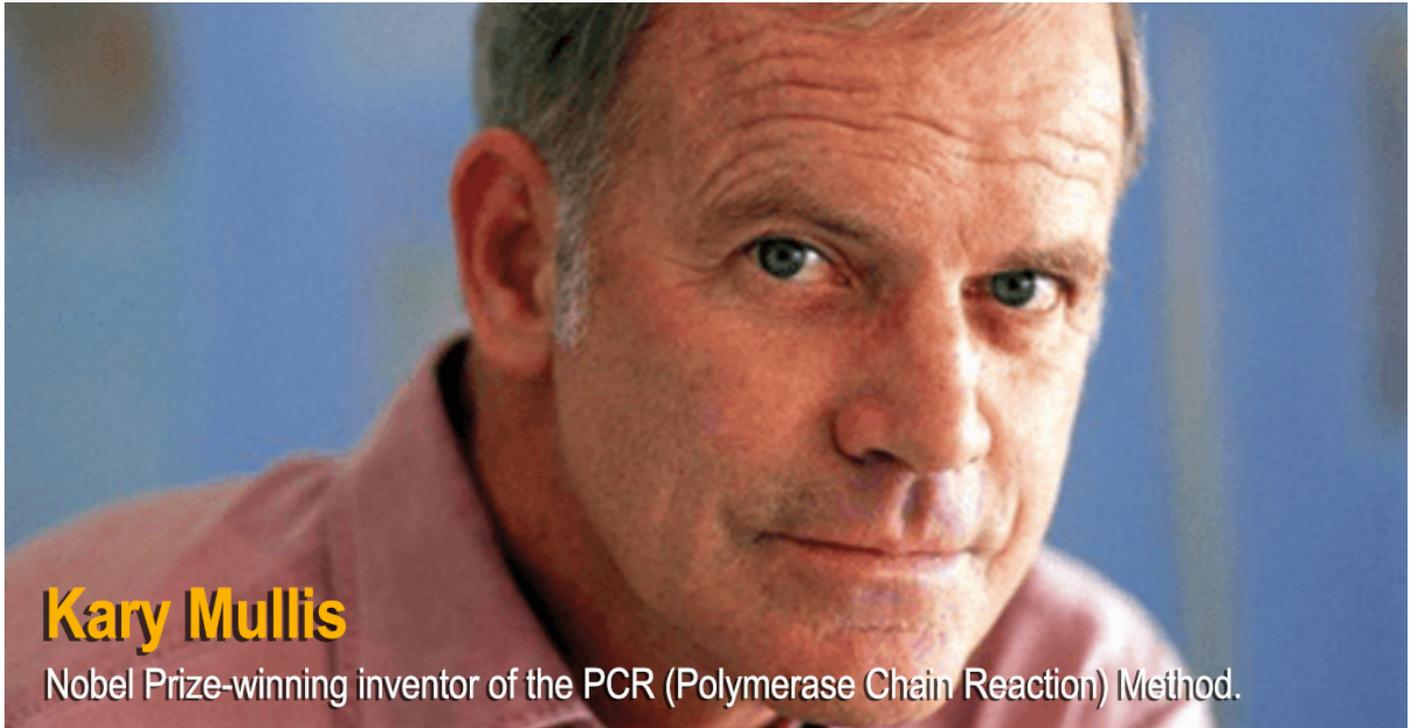
<https://www.stopworldcontrol.com/fuellmich/>

Please take the time to view the following important and recent video from Fuellmich:

<https://rumble.com/vkjjv5b-boom-explosive-reiner-fuellmich-speaking-to-all-levels-of-the-scam.html>



The Work of Kary Mullis & Stefan Lanka:



Kary Mullis, the Nobel Prize-winning inventor of the PCR method technology (*Polymerase Chain Reaction*) clearly stated that the PCR method was never intended as a “test” and certainly cannot isolate any specific infection.

Mullis states in very clear terms that the PCR method was designed to amplify genetic material to be studied and that if you performed enough amplifications (cycles), you could find almost anything.

He was also a public critic of Dr Fauci:

<https://www.youtube.com/watch?v=ZmZft4fXhQQ>

Dr Fauci also correctly stated that any PCR test result that is cycled (amplified) more than 35 times is worthless... as all data will be at least 97% false positives:

<https://www.youtube.com/watch?v=esNOZXu17U8>

Most countries have cycled at 40-plus, creating a pandemic of false positives.

The intent that Reiner Fuellmich also states is that they lowered their cycling values to make the impression of ‘cases’ dropping due to the lockdown measures or mRNA injections.

This is deliberate scientific and medical fraud with the intent to deceive.



Stefan Lanka is a virologist who has conclusively shown that viruses and virology have been operating from a false premise since the inception of modern virology. He has offered to pay for the gold standard laboratory tests as long as they are recorded and publicly scrutinized to show that what is believed to be “viruses” are... in fact... **simply decomposing nucleotides and DNA particles.**

He has published his findings for all to see here: <https://projekt-immanuel.de/en/projekt-immanuel/>

Based on Lanka's work, it also turns out that no one has ever purified, isolated, and documented the alleged SARS-COV-2 virus. This is where the trickery of language can deceive even those who claim scientific knowledge. There are indeed papers claiming isolation, but never purification and THEN isolation and documentation.

You may believe this is a small matter, but it is the crux of the argument.

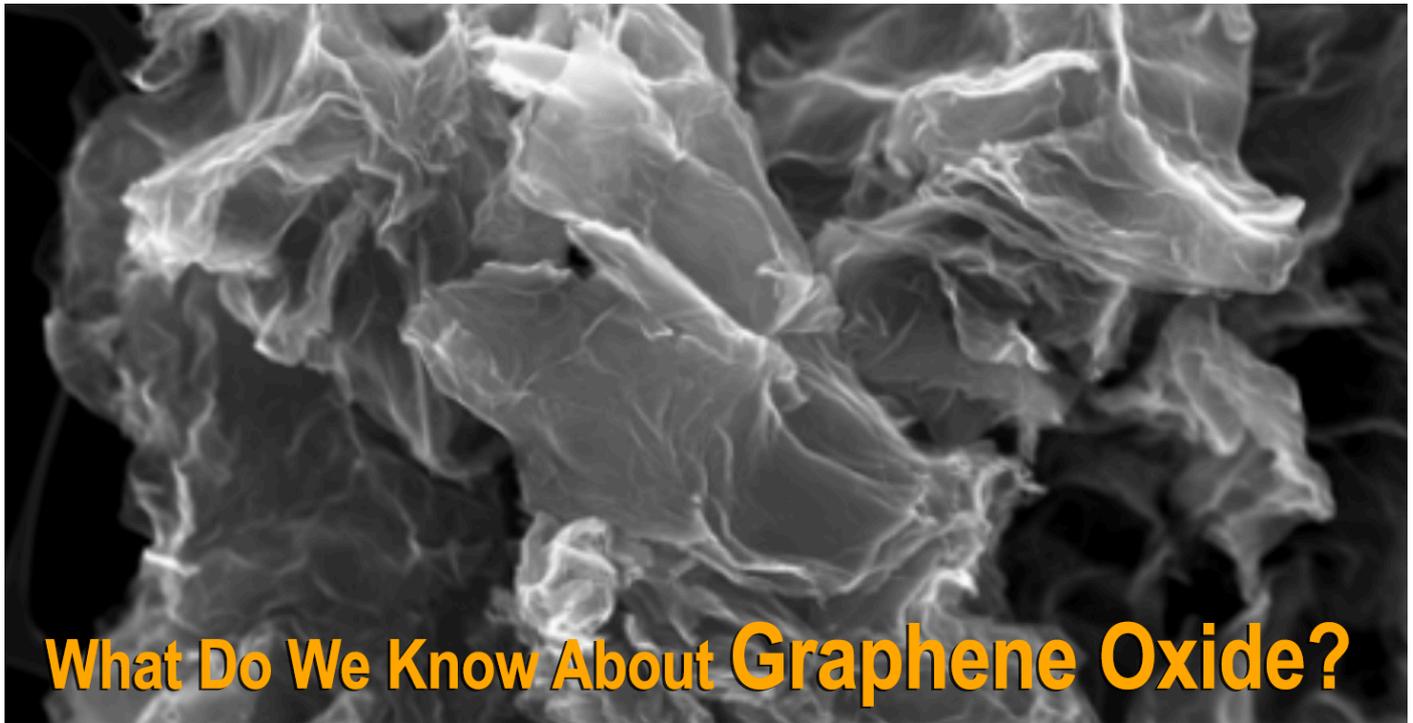
The papers claiming isolation use the technique that Stefan Lanka has proved to be nonsense. And that by mixing samples with corrupted serums, usually monkey kidney cells, then using high concentrations of antibiotics before starving the cell cultures to death, leads them to find particles of mRNA. These fragments of decomposing DNA from cell death are fed into a computer modelling system that magically creates a complete virus sequence and a 3D model.

It is literally science fiction.

<https://stateofthenation.co/?p=72036>

Therefore the evidence is so compelling and certainly enough for Reiner Fuellmich to be filing *numerous* international court cases under the charges of *intentional genocide* stating that:

- There has **never** been a SARS-COV-2 virus purified, isolated and documented anywhere in the world.
- According to Koch's postulates, as modified by Rivers for viral diseases, **no evidence exists proving that any virus has caused infection and disease**. Some claims have been made that these have been met. But the PCR test is used as evidence and proof of these claims. This alone, negates these claims entirely.
- **The PCR method is not a test and cannot provide evidence of a specific infection**. Additionally... 35-plus cycles are 97% false positive. **It can be argued that they are 100% false data based on its inability to identify a specific virus or infection.*
- An agenda has existed - other than to help protect the public from a true infectious disease - **to inject the worldwide population with an experimental, gene-altering therapy** under an unlawfully gained Emergency Authorization Act.
- Whatever is actually in the specific injections has caused unprecedented health problems... **including death**.
- **Emerging evidence strongly suggests these injections contain the nano-poison Graphene Oxide.**



Graphene Oxide (GO) has been well documented as a nano-particle with superior conductive qualities that becomes highly magnetized at body temperature. It is so small that it can even penetrate into the mitochondria and breaches all known barriers in the body including the blood-brain barrier, placental barrier, and blood-air barrier.

Graphene oxide inside the body is known to cause the following:

- Thrombogenicity, thrombi.
- Blood clotting.
- Inflammatory syndrome or systemic or multi-organ inflammations.
- When GO is above the levels of glutathione, which is the body's natural reserve of antioxidants and detox pathways, it causes alteration of the immune system, collapse of the immune system and a potential cytokine storm.
- Inhaled GO spreads evenly throughout the alveolar tract and causes bilateral pneumonias, inflammation of the mucous membranes and loss of taste and smell... aka: Anosmia.
- When deposited at the neuronal level, it causes neurodegeneration. In other words... neurological COVID-19.
- That GO amplifies electro-magnetic frequencies, including 3G, 4G, 5G and wi-fi, causing potentially catastrophic cell damage.

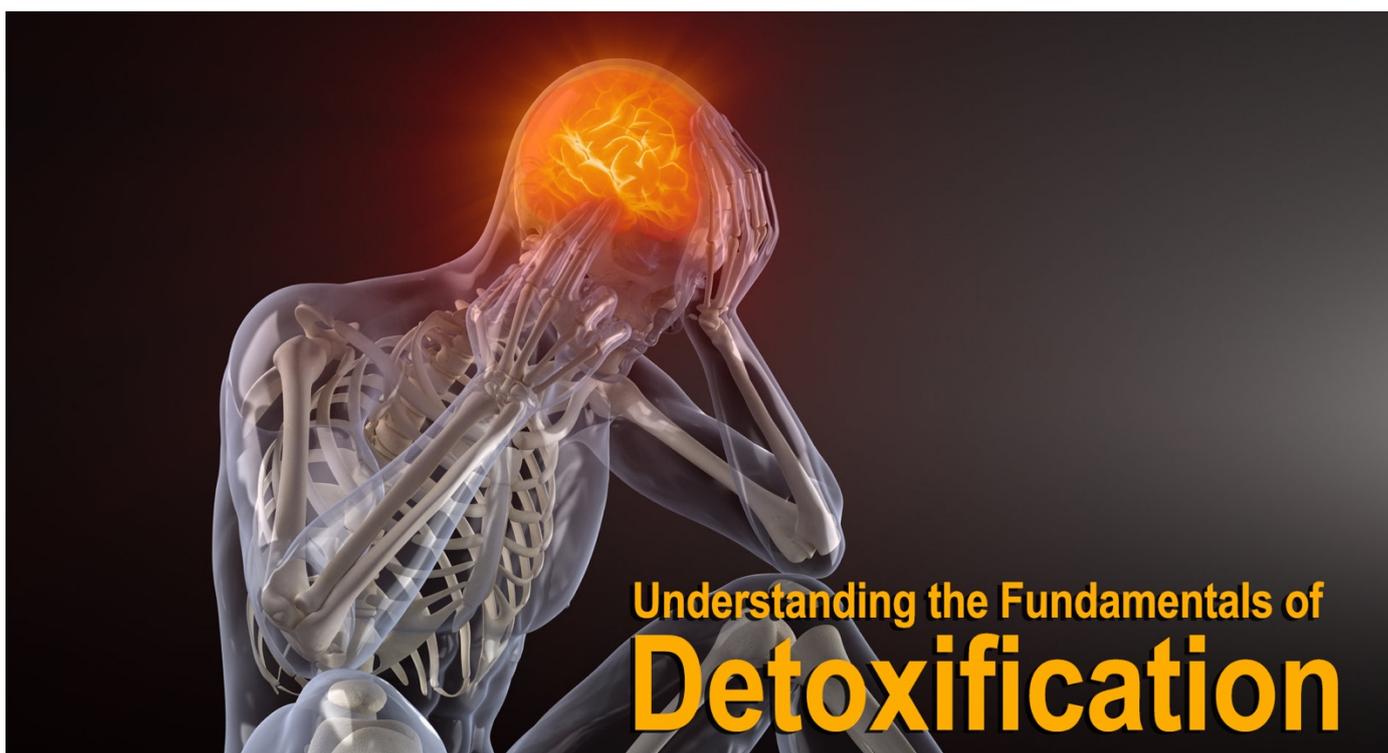
This report compiles all of the GO discoveries:

<https://truthcomestolight.com/on-the-connection-between-graphene-oxide-found-in-covid-vaccines-electromagnetic-fields-blood-clots-severe-covid-symptoms-how-to-remove-graphene-oxide-from-the-body/>

As has clearly been shown, GO causes significant inflammation. This would account for the myriad of inflammatory conditions being experienced, depending upon where the GO eventually deposits. It would also explain why the labelling of people with COVID has been so varied in symptoms and outcomes.

For these reasons, we believe it is our duty, even if proved incorrect in the future... to discuss the principles and practices of detoxification.

Especially of such harmful and inflammatory agents.



There are certain understood and time-tested principles, that can form a GO detox Protocol, namely:

- You are NOT sick. You are tox-sick.
- The body simply does not know how to work against you.
- Symptoms are very often the body trying to resolve the dis-ease: fever, mucus, rashes, vomiting, diarrhea, etc.
- So-called 'infections' are more likely bacteria acting as janitors, trying to clear the morbid or toxic organic material.
- Prolonged water fasting (3-5 days), with electrolyte drinks, especially if you carry any excess weight, can help purge a toxic system significantly.
- Saturated animal and fish fats/oils, and cholesterol from yolks of eggs have been used to aid the removal of heavy metals and pollutants.

- Sweating in particular infrared saunas has shown to use the skin as a major organ of detoxification, confirmed by sweat analysis.
- Coffee enemas have been used - most notably by Max Gerson - to aid in flushing the liver.
- Liver flushes - most notably promoted by Andreas Moritz and Hulda Clarke - on new moons have shown to be very effective and safe in toxin removal.
- Sunshine has a significantly positive effect upon the entire health and circadian rhythms, well documented by Dr. Jack Kruse. Not least it's required to manufacture significant levels of Vitamin D to remain healthy. And, in past times, TB clinics built their clinics 5000ft above sea level to utilize the 20% increase in UV sunlight. The patients would be practically naked for most of the day in the sunshine. The recoveries were tremendous.
- Plenty of distilled water, known to help the detox of foreign elements, can assist for short periods. After that re-mineralizing the water with sea salt to taste is recommended.
- Rebounding to move lymph, especially in natural sunlight and fresh air.
- Being grounded and allowing your voltage to be as high as possible:
<https://www.youtube.com/watch?v=44ddtR0XDVU>

Certain products are likely to assist the detoxification of Graphene Oxide:

NAC (N-acetyl cysteine): This accelerates detoxification and is considered a producer of the super detoxifier glutathione in the body. Dosage: 1200-2400mg per day on an empty stomach. NAC is recommended to detoxify Graphene Oxide and SM-102. NAC is tough to find after the FDA recently made it illegal to purchase over the counter in the USA.

<https://www.healthline.com/nutrition/nac-benefits>

***Zeolite Powder:** (*note: not the MLM inferior liquid product*) Formed from volcanic ash and the salt from the sea, zeolites are formed in the hardened lava over the course of thousands of years. What makes zeolite so beneficial is its ability in trapping and removing toxic heavy metals out of the body. It is one of the few negatively-charged minerals found in nature because of its very unique structure. Zeolites have large, vacant spaces, or cages, that allow space for large, positively charged heavy metal ions to be attracted, like a magnet, into the honeycomb-like cage. It can then travel through the body to then be totally excreted.

<https://zeolite.com/the-benefits-of-detoxing-heavy-metals-with-zeolite-pure/>

Schuessler Combination 12 Cell Salts: 1 taken 3-4 times a day as directed. Also known as bioplasma. The cell salts have proven their worth over time. The cells only take what they want from the blood, hence all 12 salts being given – specifically silica, which is known as the cell scalpel, and which pushes out foreign materials so that the body has an opportunity to detox and excrete.

<https://schuesslertissuesalts.uk/collections/combination-tissue-salts/products/comb-12>

Zinc: 30-80mg per day depending on immunological pressure, although eating oily fish like sardines, mackerel or shellfish and/or liver would be superior.

Colloidal Silver: Particularly nebulizing (to convert a liquid to a fine spray) 5ml twice a day. Best of all, mix 1-2 drops of thieves' oil with 30ml of CS, and nebulize 5ml of this, twice a day.

HELPFUL TIP: A premium Colloidal Silver product out of the UK is available here:

<https://www.colloidalsilveruk.co.uk/>

Charcoal: (2-4 capsules a day). Although Zeolite is a superior, preeminent detoxifier and when taken on an empty stomach, charcoal works its way down into the intestines and activates a blood purification process known as “interstitial dialysis.”

Kohlbitr is the premier activated coconut charcoal in the world. They also now offer a gentler birch charcoal: <https://katrinah.com/nutrition-protocol-to-neutralize-graphene-oxide/>

Melatonin: The Hulk of antioxidants. Melatonin is far more effective than Vitamin C, Vitamin A, Vitamin E, and Glutathione as an antioxidant.

You make the optimal amount of melatonin when you get good sleep and have a circadian rhythm that helps you produce your own melatonin. Sunlight exposure on bare eyes (no glass, glasses or contact lenses) and skin between sunrise and noon is essential to build your melatonin supplies and blocking of all artificial light (blue and green specifically) after sunset is essential to allow melatonin to function.

This brings us to the 2nd role of melatonin, a conductor of the circadian rhythm trained by UV light in the eye.

Melatonin not only resets your oxidation status; it also resets the “clocks” throughout your body. Long story short, it acts on genes and proteins involved in your molecular circadian clocks.

Melatonin is controlled by the original clock... the SUN!

<https://geelongosteopaths.com.au/a-neurosurgeons-take-on-melatonin/>

WARNING: *Do NOT use Melatonin supplements.*

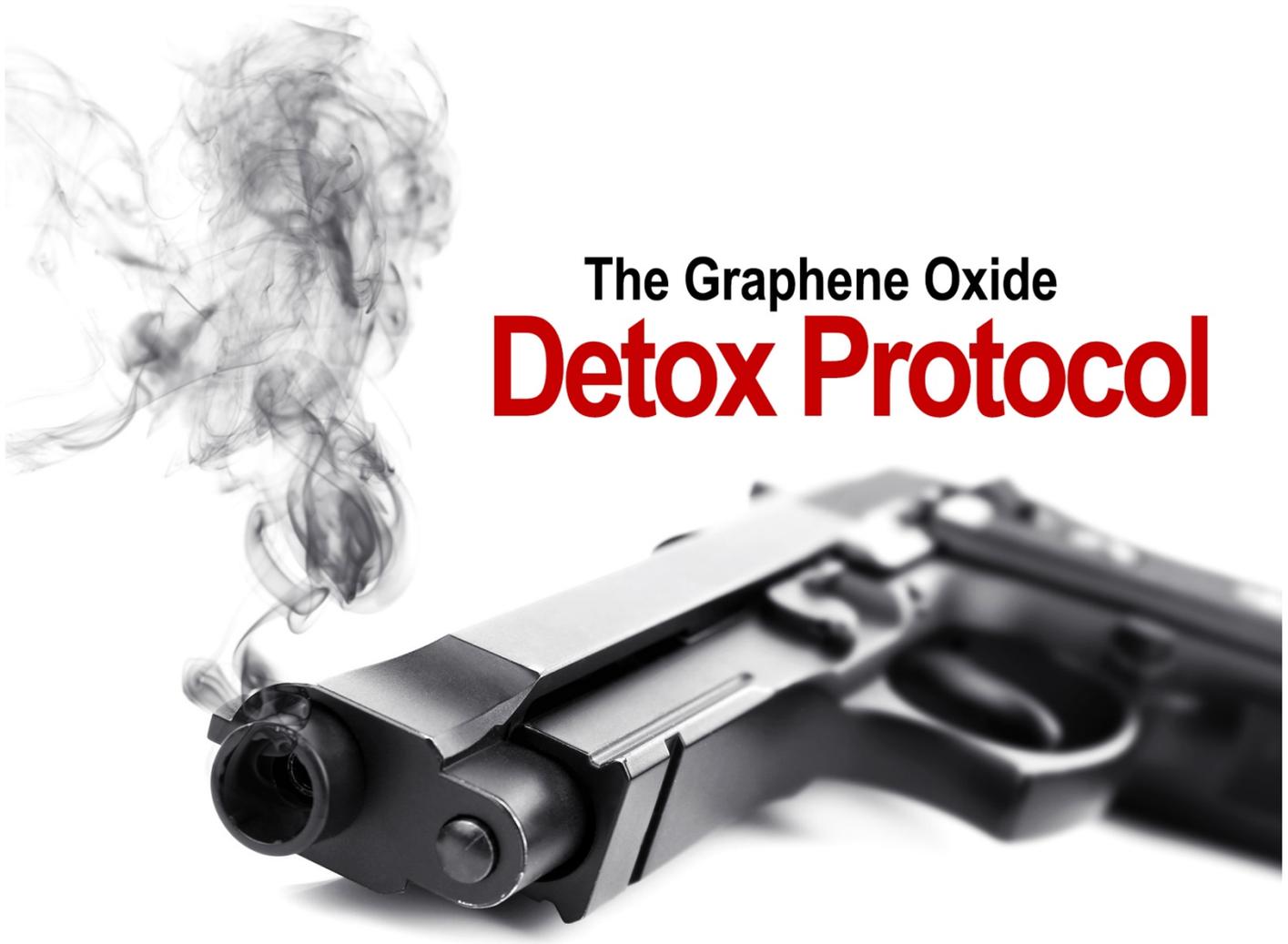
All oral doses produce the same response: they thin your retina by ruining photoreceptor regeneration.

If your cells and body make it endogenously... you're not designed to take it exogenously.

It is a simple rule of nature: <https://www.ncbi.nlm.nih.gov/pubmed/1582795>

Taking melatonin orally chronically without blocking blue light can lead to serious eye damage.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2785757/>



The Graphene Oxide **Detox Protocol**

This is what The Human Unleashed team would do if we believed we were poisoned with Graphene Oxide.

Some elements may be challenging, especially if plant-based or vegan. So, where possible, we offer a core protocol with alternatives that may still be of benefit.

It will be described in order of importance, with * indicating that we believe this aspect is essential and cannot be omitted.

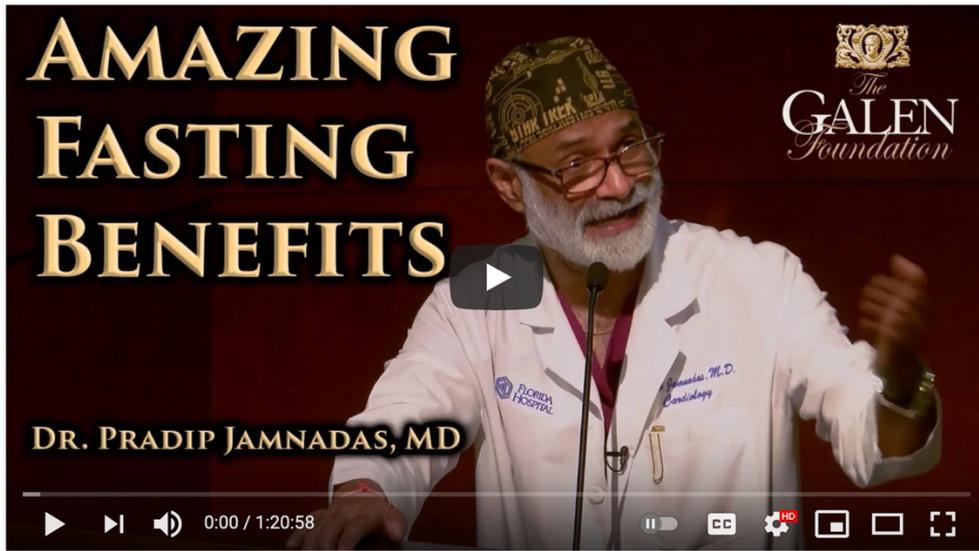
The intent is to keep this as simple as possible. Links are provided for further research.

Where possible, consult with people and therapists who understand the processes of detoxification well and can assist you.

Complete video information and guidance is contained in our complete health membership course available at www.thehumanunleashed.com

*Extended Fasting:

If you are new to the concept of extended fasting, please invest the time and watch the two videos below. They will help you choose the best of the options we've laid out for you.



AMAZING FASTING BENEFITS

DR. PRADIP JAMNADAS, MD

The Galen Foundation

Florida Hospital

Pradip M.D. Cardiology

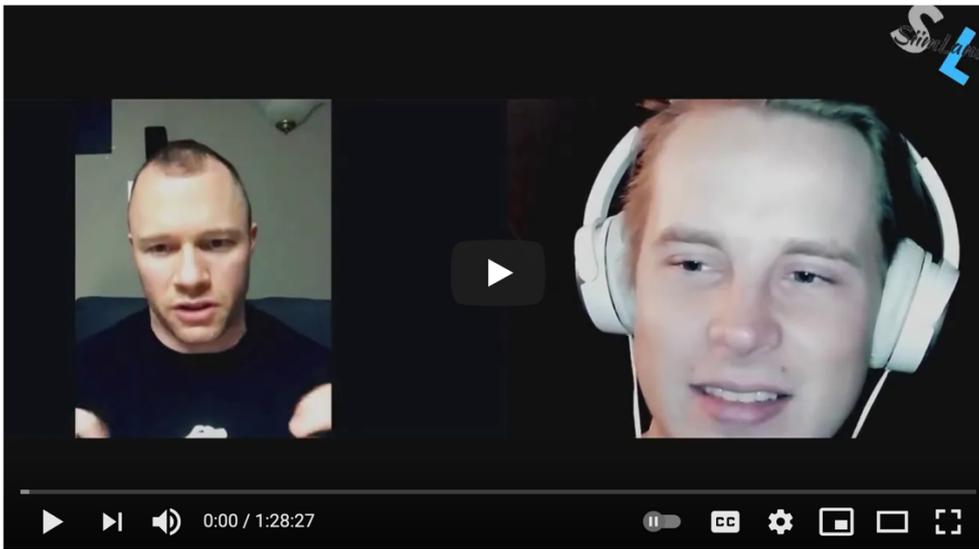
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Snake Diet Fasting Masterclass with Cole Robinson VIRAL

1,229 views • Feb 8, 2019

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<https://www.youtube.com/watch?v=IXFwIPvD7SI>

(contains adult language):

There are several extended fasting options, prioritized in order of importance below.

OPTION 1: Three days' water fasting with electrolyte drink (Cole Robinson's "snake juice" or something similar) followed by one day of feasting on a high-fat, medium protein diet. Ideally carnivore with a 50/50 balance of ruminant meat and oily fish and egg yolks. Eat until satiated. Drink electrolyte drinks throughout the day. If you feel weak or dizzy, drink more. If symptoms persist, you may be hypoglycaemic, so break the fast. Glucose tablets are helpful if truly hypoglycemic while the body recovers from the food consumed.

OPTION 2: If you carry excess weight, it is entirely possible to extend fasts way past three days, as long as electrolyte drinks are consumed regularly and you remain feeling well. Break the fast when food is NEEDED, as above. Then go and fast again.

OPTION 3: Intermittent fasting, where you essentially eat as above, but only in an eating window between sunrise and midday. Then fast until the next day's eating window while regularly consuming electrolyte drinks.

HELPFUL TIP: *The following is a very inexpensive recipe for an optimal electrolyte drink:*

Add the following to two quarts of distilled water:

- *One teaspoon of Celtic Sea Salt*
- *One teaspoon of Potassium Chloride (aka: No-Salt)*
- *One-half teaspoon of Epsom Salt*
- *One-half teaspoon of Baking Soda*

With any of the options above, re-feed with a high-fat ketogenic diet.

Vegetable (seed) oils are truly toxic, and not advised.

Nuts and seeds also contain significant oxalates and other toxins, and are also to be avoided:

<https://www.youtube.com/watch?v=TLEQ1bhoJ7U>

IMPORTANT: *Least optimal is picking any of the above and eating a nutrient deficient, SAD, processed, high sugar diet.*

***Elimination Techniques:**

It is said any fool can shift a poison from its hiding place, but unless it is helped out of the body... it will simply circulate, cause havoc and dump somewhere else.

The techniques below have proven themselves to be effective. You can choose what works for you.

Near-Infra-Red (NIR) & Infra-Red (IR) Sauna: You can spend a fortune or get one of the cheap ones where it is a little tent with your head exposed and a simple NIR & IR lamp. As long as you break a good sweat, that is all that is necessary. Make sure you replenish electrolytes such as sea salt and electrolyte drinks. After sauna, take a vigorous cold/cool shower (to close the pores) and brush skin clean of any possible toxins with a rough sponge or flannel.

Coffee Enemas: Made popular by Dr Max Gerson of Gerson Therapy fame, coffee enemas have appeared in medical writings dating back to ancient Egypt and have been cited in case reports and articles from the late 1800s. Although not for everyone, and many may wonder what possible benefit putting coffee up your bottom could possibly bring, the science and understanding is quite logical.

Essentially, the correct organic coffee contains potent compounds including caffeine, theobromine and theophylline that dilate blood vessels, bile ducts and relax smooth muscles, increasing the flow of bile.

This allows the liver to purge and results in elimination via the bowel.

For clear instructions and benefits:

<https://www.youtube.com/watch?v=D-2eaxYTw-Y>

<https://gerson.org/coffee-enema-8-things-you-need-to-know/>

<https://www.youtube.com/watch?v=MaDZZ60R8AI>

<https://drknews.com/coffee-enema/>

Hydrotherapy: In particular, the wet sheet pack and Epsom salt baths. See the links below:

Wet sheet wrap: https://www.youtube.com/watch?v=QJDZD_ejlg

Epsom salt bath: <https://drcarolyndean.com/2012/12/magnesium-baths/>

Cold Thermogenesis: Cold baths/showers/swimming to stimulate lymph and mitochondria.

See: <https://www.youtube.com/watch?v=7xWvXzSi4d4>

Rebounding: Do not underestimate the power of rebounding to move lymph and help any toxin move through the lymphatic system and ultimately be excreted.

See Dr. Irvn Sahni of *The Truth About Cancer* discuss this:

<https://www.youtube.com/watch?v=pATbQXP455w>

***Breathing:** Many people who suffer from ill health tend to be one or all of the following:

- Mouth breathers.
- Shallow breathers.
- Stress breathers: Hyperventilating and creating low carbon dioxide and higher oxygen... preventing oxygen exchange from the blood cell to the tissues.

As the vagus nerve is involved in breathing, and the state of fight or flight is directly connected to the autonomic system, being conscious of our breathing, learning to breathe through our noses and using our diaphragms can significantly affect your health.

See here:

<https://perfectbreathing.com/vagus-nerve-stimulation-through-breathing/>

<https://www.youtube.com/watch?v=dkJDrfL90rU>

Dietary Suggestions:

This is sure to be controversial for many, as it may fly in the face of current recommendations of a plant-based diet. The goal is to focus on the results required. We have done our best to share with what we would do while offering what we believe is less optimal aspects.

This way you can pick and choose what ultimately gives the desired effects.

Links are provided for further research. Complete information on healing and thriving is available at our membership site: www.thehumanunleashed.com

The following is what we recommend eating in-between the extended fasting:

- *A fatty ruminant meat carnivore diet with oily fish and egg yolks. We recommend 50/50 meat and fish as a rule of thumb but be guided by your cravings and hunger. For maximum nutritional benefits, some organ meat, especially liver and kidneys, would ensure a nutrient dense, ketogenic diet.
- An animal and fish centric low carb/high fat, ketogenic diet, with minimal seasonal fruits.
- A low-carb, ketogenic diet, avoiding vegetable and seed oil products.
- An organic, high fat, medium protein, low-carb traditional and seasonal diet of real food, no processed foods.

- We would suggest that a raw, plant-based diet, including juicing, is only beneficial for those with excellent digestion, carrying excess weight, for a limited time, while trying to include oily fish, shellfish and egg yolks if possible.

Max Gerson included raw liver and porcine pancreas in his original protocol, as he knew they were superfoods. And the porcine pancreas contained all the needed digestive enzymes to ensure better digestion and absorption.

***Foods and Other Elements to Avoid:**

- **Vegetable and seed oils**
- **Grains**
- **Refined sugar and fructose products**
- **Anything processed.** *Especially with ingredients that you do not recognize as food.*
- **Refined table salt.**
- **High oxalate vegetables.** See here: <http://lowoxalate.info/>
- **Alcohol.** *Especially those brewed from grains. However, avoid all alcohol, as the liver needs to be working only on the detoxification process.*
- **Smoking.** *Is an explanation here even necessary? It's important to note that while there are 600 ingredients that can be used in cigarettes, they produce over 4,000 chemical compounds. When burned, these cigarette ingredients mix together and create deadly substances, 69 of which are carcinogenic.* <https://tobaccofreelife.org/why-quit-smoking/cigarette-ingredients/>
- **Drugs.** *Legal and street. Rule of thumb: If whatever you are taking would make a healthy child sick... it can't make a sick adult healthy! We have NEVER been deficient in pharmaceutical or street drugs! THINK about it!*
- **Stress.** *Seems obvious, as everyone knows, stress kills. It is thought that up to 80% of the initial suspected COVID cases seeking help with breathing difficulties were actually panic attacks.*

Here are the top stress relievers:

- *Breathing as explained above*
- *Being in nature and water*
- *The sound of running water. Soothes the Vagus nerve*
- *Live music. Or music from vinyl original recordings (analog sound waves are preferred over digital).*
- *Laughing.* See Norman Cousins: <https://www.laughteronlineuniversity.com/norman-cousins-anatomy-of-an-illness/>
- *Rescue Remedy.* Most authentic here: <https://www.healingherbs.co.uk/5-flower/>

- *Emotional Freedom Technique (EFT)*. See here: https://www.youtube.com/channel/UCO7T9gpo_4ogvkMzRoLJgfQ
 - *Being in the presence of animals*
 - *Strong relationships and support networks*
 - *Hydration*. Even 5% dehydration can significantly amplify anxiety. Avoid diuretics like coffee, etc.
 - *Lovemaking*
 - *Natural light*. Especially sunrise and sunset
- ***Artificial light and screen time**. Blue light - which emits from everything with a screen/most artificial lighting - may be the single greatest cause for declining health and escalating autoimmune illnesses.

Be outside as often as you can, without sunglasses or sunscreens and limit artificial (not natural) light after sunset.

Here are the top tips and links:

- *Up at dawn, go outside and look - with no glasses or contacts – directly at the sun for 5-10 seconds. Increase as comfortable (never discomfort) a little each week. Expose bare skin. Exposed torso is best for at least 15 minutes. Try and work up to 30 minutes daily.*
- *The skin has photoreceptors, so have as much skin exposed as you can.*
- *The best time to eat is from sunrise to 2pm. You would be better fasting from then till morning. If you must eat, then try to eat a lighter meal before sunset. Never eat after sunset, as it considerably disrupts the circadian rhythm of the digestive system.*
- *At night, have only candle lights or natural flames such as gas lanterns etc. Install, if you must, red light bulbs, to see to the bathroom. On eBay there are red lights that come on as the door is open. It cannot be stressed enough, in autoimmune dis-ease, to NOT to have any unnatural light once the sun has set. It turns the switches back on, making the body think it is midday. These switches are NOT turned off after the light source is. Listen to this vital 30-minute podcast by Dr. Jack Kruse: <https://neurohacker.com/healthy-mitochondria-scientific-benefits-of-being-outdoors>*
- *Protect yourself from blue light from TVs, laptops, tablets and mobile phones. The easiest way to do this is to download Iris Tech onto all computers and iPads etc. Iris is here for purchase: <https://iristech.co/naturallybetter>. Also recommended as essential for autoimmune conditions are high quality blue light blocking glasses.*
- *Repeat each day, by greeting the sun, even if there are clouds.*

Links to more from Dr. Jack Kruse:

https://www.youtube.com/watch?v=N-_DTk9hYvI

<https://www.youtube.com/watch?v=d7qjh4BIGbc>

Symptoms of Detoxifications:

If you are new to this, then it is important to gain a firm understanding of how the body eliminates toxins once it is given the correct environment and help. Common mistakes are made where symptoms of detoxification and the body purging are confused for being unwell.

This is why it is important to use elimination techniques, to take the pressure off the usual routes of elimination and help any toxins leave more quickly.

Most people have witnessed a drunk with a hangover the next morning. They can look deathly ill, sweaty, shaky, in pain and be vomiting or nauseous.

No one would think they have 'caught' any bug or germ and are unlikely to advise them to visit the doctors. Most are likely to, with an unsympathetic spirit, encourage them to hydrate, sweat it all out. And... don't be so stupid the next time.

With that viewpoint, one can see that the body, having collected many toxins over time including the suspected GO may and can exhibit any of these symptoms, and then some.

Symptoms can be:

- **Sweating.** *Especially at night. Always shower and change bed clothes and sheets.*
- **Skin eruptions and rashes.** *We have even seen ulcers open and ooze pus or lymph before healing as if they had never been there.*
- **Mucus.** *This is the most common, so any increase in mucus, as long as it is working itself out, is good. The key is to thin mucus, and that is done via movement, heat and hydration.*
- **Diarrhea or upset stomach.** *If the liver is working well, it can dump a lot of the toxins into the intestine and then bowel, where the toxic chyme is eliminated as a watery stool. Remain hydrated with electrolyte drinks.*
- **Nausea and vomiting.** *Often the quickest route out, frequently experienced during chemo, as the body recognizes a cell-killing poison has entered the blood. The liver breaks down and forms toxic bile. The bile then causes a strong reverse peristalsis in order to evacuate the poison in the quickest way possible. Hydration with electrolyte drinks is essential.*
- **Hair loss.** *Unusual, except with heavy metals, but if in the brain, the body tends to detox through the hair. Most cases of hair loss will recover, and the Lugol's Iodine protocol can be of great assistance over time. <https://whyiodine.com/iodine-protocol/>*

Additional & Update Information:

<https://www.orwell.city/2021/08/ionizing-radiation.html>

Information is emerging from La Quinta Columna's 103rd program, Dr. José Luis Sevillano commented on some of his research findings related to the electromagnetic waves to which we are being exposed daily.

Concerns regarding 5G antennas are limited to thinking of non-ionizing radiation that produces the same clinical picture as that of COVID-19. However, accurate analog meters such as Geiger counters are registering numbers corresponding to ionizing radiation, even if there are no antennas nearby.

Dr. Sevillano's hypotheses in this regard reveal that there are more than just the electromagnetic waves sent by 4G, 4G Plus, and 5G antennas that may be aggressively radiating people, and graphene oxide may or not be related as well. Everything is being studied and as information comes to light, we will continue to analyze and share where appropriate.

Therefore, it is prudent to include the **Lugols Iodine Radiation Protocol**, for protection, to administer 130mg of potassium iodide to adults as soon as possible after known (or suspected) radiation exposure.



The standard advice for potassium iodide is as follows:

The FDA has approved two different forms of KI (potassium iodide), tablets and liquid, that people can take by mouth after a radiation emergency:

Tablets come in two strengths, 130 milligram (mg) and 65 mg. The tablets have lines on them so that they may be cut into smaller pieces for lower doses. For the oral liquid solution, each milliliter (mL) contains 65 mg of KI (potassium iodide).

According to the FDA, the following doses are appropriate to take after internal contamination with (or likely internal contamination with) radioactive iodine: <https://www.cdc.gov/nceh/radiation/emergencies/ki.htm>

- **Newborns from birth to 1 month of age** should be given 16 mg ($\frac{1}{4}$ of a 65 mg tablet or $\frac{1}{4}$ mL of solution). This dose is for both nursing and non-nursing newborn infants.
- **Infants and children between 1 month and 3 years of age** should take 32 mg ($\frac{1}{2}$ of a 65 mg tablet OR $\frac{1}{2}$ mL of solution). This dose is for both nursing and non-nursing infants and children.
- **Children between 3 and 18 years of age** should take 65 mg (one 65 mg tablet OR 1 mL of solution). Children who are adult size (greater than or equal to 150 pounds) should take the full adult dose, regardless of their age.
- **Adults** should take 130 mg (one 130 mg tablet OR two 65 mg tablets OR two mL of solution).
- **Women who are breastfeeding** should take the adult dose of 130 mg.

In 1829 French physician Dr. Jean Guillaume Auguste Lugol designed a solution consisting of elemental iodine, potassium iodide, and distilled water. He originally made this solution in a 5% strength. Strength Percentage tells you how many milligrams of Iodine + Iodide each 1/20 milliliter vertical drop contains.

For example, one metric drop (which is 1/20 of a milliliter) of US 5% Lugols contains 2.5mg of Iodine and 5.0mg of Potassium Iodide. Of the 5.0mg, 3.75mg is Iodide, so the total amount in a drop is $2.5 + 3.75 = 6.25$ mg. To administer 130mg of potassium iodide you would need 20 drops.

You can use this helpful calculator here: <http://dropulator.com/old/?s=5&l=195>

We believe that Lugols Iodine, once the go-to medicine of every doctor 100 years ago, has so many benefits that it is worth researching and using as a 'just-in-case' remedy.

If we are being exposed to ionized radiation above 'normal' levels, then the above is the accepted dose per day during exposure.

There are many good resources to understand the benefits of iodine and potassium iodide:

Supplementing Lugol's Iodine(or Iodoral) by Bill Thompson:

<https://docs.google.com/document/d/1GJwdYNiXWfazapKi15spbXu6BUnpqAWJF7Hqrr-kXFMM/edit#>

Dr Flechas Total Body Iodine:

<https://www.youtube.com/watch?v=kZ-iDbgCupU>

It our absolute intent that the information shared here will be of benefit to whomever finds this.

We trust that the information is presented in such a way that it is simple and clear. And that you will be able to select the parts that assist you or a loved one in order to allow the body to detoxify from any toxin... **especially Graphene Oxide.**

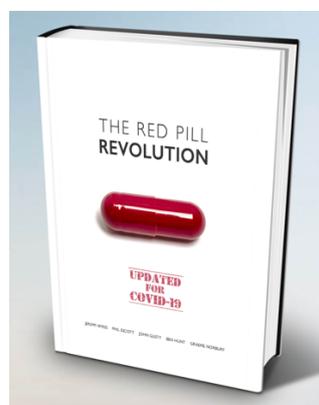
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If the content of this report resonates with you, and you would like to further explore additional ideas and information beyond the corporate, commercial media and government narratives, please consider our highly popular 5-star reviewed book, *The Red Pill Revolution*, available at www.theredpillrevolution.com

It is our hope to see as many as possible thriving and prosperous in the coming times.

With Love & Light,



For more discussion outside the corporate narratives,

Check out TheRedPillRevolution.com