# David Avocado Wolfe Spike Protein Protocol (pages 2-4) Updated

Nutrition protocol to protect those who’ve been injected with spike protein, graphene oxide and mRNA; and those concerned with the spike protein and graphene oxide shedding coming off those who’ve been injected.

We now have evidence of the latest injections containing: mRNA, spike protein, graphene oxide, SM-102, and numerous other potentially toxic substances (also: some—but not all—injections, appear to be higher in graphene oxide and some appear to be saline placebos).

Wolfe’s Newsletter email | 07.18.21 | Note newsletters expire after 10 days, unless a [FrequencyLifestyle.org](http://FrequencyLifestyle.org) member: [La Quinta Columna’s] Dr. Pablo Madrid and Dr. José Luis Sevillano found graphene oxide (GO) to be the #1 ingredient in CV19 ‘vaccines’ in the samples they tested via electron microscope and spectrograph (99+% of the samples tested were GO). Multiple studies now show that GO, SM-102 and spike protein are all toxic poisons and allergens contained in the jabs. The GO and the Spike protein also ‘shed’ from one person to another, and when exposure is high and directly into the blood, can accumulate in the reproductive organs, brain, lungs, heart and other organs of the body where they damage and destroy cells.

**Graphene Oxide (GO) discoveries:**

* GO is magnetic (especially at the injection site.)
* GO fibres are in plastic masks.
* GO fibres are on PCR test swabs.
* GO is in all Covid-19 vaccines.
* GO creates thromboses.
* GO causes blood clots.
* GO disrupts the immune system.
* GO can trigger a cytokine storm.
* GO toxicity can instigate pneumonia.
* GO creates a metallic taste in the mouth.
* GO causes inflammation of the mucous membranes.
* GO produces a loss in the sense of taste and smell.
* GO blocks detoxification in the body by blocking the human body’s super detoxifier: glutathione.
* GO may be activated/affected by 5G frequencies.
* GO was already included as an adjuvant in the flu shots in 2019.
* GO passes thru the blood-brain barrier.

**Where is the Journalism??**

**How about informed consent?**

**Where is Big Mother Government?**

**Where is the FDA?**

**Where is the CDC?**

**Not a peep from the WHO (World Hoax Organization).**

I have spent all my spare time on research on graphene oxide this week and how to combat exposure naturally to this and the Spike Protein with just foods, superfoods, sprouts, supplements, nutraceuticals, herbs and without any pharmaceuticals.

16 min | 07.07.21 | Stew Peters | [https://ugetube.com/watch/**exposed-pfizer-vial-tested-as-99-pure-graphene-oxide**\_sIJmCqFGAx9Unr2.html](https://ugetube.com/watch/exposed-pfizer-vial-tested-as-99-pure-graphene-oxide_sIJmCqFGAx9Unr2.html) | With Dr. Jane Ruby (<http://drjaneruby.com/>) on new Spanish researchers report, see Prof. Dr. Pablo Campra, Madrid, Spanish powerpoint pdf:

[Docdroid.net/rNgtxyh/microscopia-de-vial-corminaty-dr-campra-firma-e-1-fusionado-pdf](https://www.docdroid.net/rNgtxyh/microscopia-de-vial-corminaty-dr-campra-firma-e-1-fusionado-pdf)
Associated article | <https://www.orwell.city/2021/06/vaccination-vial-analysis-explained.html>

13 min associated video | [www.bitchute.com/video/OmiqCPXZSl5f/](http://www.bitchute.com/video/OmiqCPXZSl5f/) w/subtitles | Transcript: <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/> | Richardo Delgardo, part of La Quinta Columna, **has successfully tested an inexpensive way to remove magnetic graphene nano-particles** from the human body. He describes what to do for those who have had a Pfizer, Moderna, or Astra Zeneca jab, which all contain graphene oxide nanoparticles, or whose body now sticks to magnets.

Nutrition Protocol for those Injected & for prevention updated Feb 8, 2022

<https://frequencylifestyle.org/newsletter/february-08-2022/> link expires 02.18.22. See last page for sources.

David Wolfe is collecting testimonial evidence that this protocol works for numerous people who were hospitalized or injured after injection and have recovered. Please send a hand-written or typed letter, here: Attn: Recovered and Happy • NoniLand Farms • PO Box 18 • Kilauea, Hawaii. 96754

**1 Most important Elements of the injected protocol 2for Graphine Oxide detox**

Dr. Peter McCullough consulted on this 26 pg [https://aapsonline.org/**CovidPatientTreatmentGuide**.pdf](https://aapsonline.org/CovidPatientTreatmentGuide.pdf)

The New York [https://VladimirZelenkoMD.com/](https://vladimirzelenkomd.com/) for the Hydroxychloroquine study and below protocols:
<https://vladimirzelenkomd.com/wp-content/uploads/2021/08/Prophylaxis-Protocol.pdf> 2 pg
<https://vladimirzelenkomd.com/wp-content/uploads/2021/08/Treatment_Protocol.pdf> 3 pg

**FLCCC ‘I-MASK+’** **Prevention** & early outpatient treatment protocol. (version 10.12.21, Delta Variant)
Note: FLCCC (Front Line COVID-19 Critical Care Alliance) prevention has lower dosages than Jab protocol. <https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Alliance-I-MASKplus-Protocol-ENGLISH.pdf> (3 pages) Ivermectin as prevention for high-risk people only. (As of 02.08.22 newsletter David Wolfe is now including Ivermectin in his protocol, even though it is a pharmaceutical. He states it is a synbiotic and extract of a friendly bacteria. “It shows great promise against hydrogels containing graphene oxide and found on PCR test swabs”.)

**Nigella Sativa** (black cumin seed) FLCCC: Prevention 40 mg daily
To be used if Ivermectin not available or added to Ivermectin for optimal prevention. (version 10.12.21)

FLCCC treatment for in-hospital, long haul syndrome, & more <https://covid19criticalcare.com/covid-19-protocols/>

## Supplements

* **Vitamin C,** **Lyposomal** 30ml, twice daily.
 FLCCC: Prevention, any non-GMO source, 500-1000mg 2 times/day.
 Many ‘C’ supplements are made from corn, unless it’s Non-GMO it contains the toxic pesticide glyphosate.
* **1Vitamin D3** 10,000 IU’s per day.
 FLCCC: Prevention 1000-3000 IU/day.
* **1Iodine** dosage depends on brand, more is not better.
Iodine is a product you have to start with small dosages and build up over time.
* **Melatonin** FLCCC: Prevention 6mg before bedtime as causes drowsiness.
Shown to be brain protective https://examinedexistence.com/melatonin-and-how-it-affects-the-brain/, however for some people there are CONTRAINDICATIONS: [www.terrycralle.com/melatonin-side-effects/](http://www.terrycralle.com/melatonin-side-effects/).
* **2NAC** (N-acetyl cysteine) 900-1800 mg per day on an empty stomach.
 FLCCC: Prevention 30-40mg/day.
Considered the best precursor/producer of the super detoxifier glutathione in the body which has the best research for neutralizing graphene oxide, and SM-102. Get it while you can, the U.S. government is trying to make it illegal unless you have a doctor’s prescription. (Check vitacost.com first.)
* **PQQ** (20-40 mg per day)
* **Quercetin** 500-1000 mg, twice daily
 FLCCC: Prevention 250mg/day.
* **Coated Silver** 1-6 drops per day, depending on degree of exposure.
20,000 PPM coated silver blocks the sulfur-bearing protein on the spikes from entering the cell. Sulfur-rich amino acids on the spike protein interact with silver causing them to fold incorrectly. Coated silver can chemically combine with iodine, so please take iodine at a separate time (at least 2 hours apart).
* **Zinc** 30-80mg per day depending on immunological pressure.
 FLCCC: Prevention 30-40mg/day. (elemental zinc)

1Shikimate Main Sources – neutralizes the spike protein

* **Pine Needle Tea** for shikimic acid or shikimate (from green edible pine needles) There are toxic pine needles, be careful! When drinking pine needle tea, drink the oil/resin that accumulates too! Shikimate, shikimic acid and their derivatives possess: cancer fighting, antiviral, antimicrobial, anticoagulant and antithrombotic properties. Do not take if pregnant. See last page for more info
* **Fennel and/or Star Anise Tea**: These are also an excellent source of shikimate or shikimic acid, which is known to neutralize the spike protein.
* **Schizandra Berry Tea**: Ranked in the top three of all superherbs on Earth. Schizandra berries are rich in shikimate amongst numerous extraordinary other properties: [www.dragonherbs.com/schizandra-berry](http://www.dragonherbs.com/schizandra-berry)

## 2Charcoal Detox for Graphene Oxide

* **2C60** 1-3 droppers full per day
One of the issues we are seeing with those who have been injected is disturbances in their energetic field (magnetism) and hot spots of inflammation. C60 is a rich-source of electrons that acts like a fire extinguisher to inflammation. It simultaneously bio-distributes throughout the body driving a normalization of electron flow. Recommended to neutralize spike protein, detoxify graphene oxide and SM-102.
* **Charcoal** 2-4 capsules a day with water
Charcoal is the pre-eminent detoxifier and when taken on an empty stomach, works its way down into the intestines and activates a blood purification process known as “interstitial dialysis”.
* **2Activated charcoal** 400-2000mg a day with water (1-5 capsules depending on the mg strength.)

## Shilajit

1 pea-sized amount of this resin in hot water daily as tea (D. Wolfe’s product, see vitacost.com for powdered.)
Ashless humic acids and humates are principal active ingredients of Shilajit. Humic acids are known to partially neutralize graphene oxide in aquatic environments. <https://pubmed.ncbi.nlm.nih.gov/30173026>/

## Superherbs to Help Disable Spike Protein

* **Schizandra Berry** High in shikimate. Helps liver detox, article: [www.dragonherbs.com/schizandra-berry](http://www.dragonherbs.com/schizandra-berry)
* **Triphala** formulations: The Sanskrit word Triphala means "three fruits”: Indian Gooseberry (Emblica officinalis), Black Myrobalan (Terminalia chebula) and Belleric Myrobalan (Terminalia belerica). Terminalia fruits are rich in shikimate.
* **St. John’s Wort** Shikimate is found throughout the entire plant, including the flowers.
* **Comfrey Leaf** Rich in shikimate.
* **Feverfew** Leaves and flowers are rich in shikimate.
* **Gingko Biloba Leaf** Rich in shikimate.
* **Giant Hyssop or Horsemint** (Agastache urtifolia) Rich in shikimate.
* **Liquid Ambar** (Sweet Gum tree). Tea of the spiky seed pods that is rich in shikimate.
* **Glycyrrhiza glabra** (Chinese medicine’s licorice root): Glycyrrhizic acid is extracted from the plant’s root which inhibits the spike protein. <https://pubmed.ncbi.nlm.nih.gov/33041173/>

## Foods

* **Carrots** and **Carrot Juice** (rich in Shikimate)
* **Dandelion Leaf** Common dandelion (Taraxacum officinale) efficiently blocks the interaction between ACE2 cell surface receptor and spike protein D614, mutants D614G, N501Y, K417N and E484K in vitro)

## Hesperidin Foods A chalcone like quercetin that helps deactivate spike protein

* **Citrus fruit** especially blood oranges, due to their high hesperidin content
* **Peppermint** very high in hesperidin

## Plant Sprouts

* **Wheatgrass** and Wheatgrass Juice. The young blades are high in shikimate.
* **Legume Family Beans** are generally considered to be rich in shikimate
* **Plant Sprouts**. I (D. Wolfe) have found testing of 5 sprouts and all were rich in shikimate: **red kidney bean** (Phaseolus vulgaris), **moth bean** (Vigna aconitifolia), **soy bean** (Glycine max), **mung bean** (Vigna radiata) and **alfalfa** (Medicago saliva). All these were analyzed for their shikimic acid content during germination: so the sprouting process is key to activate shikimate production.

## 2Enzymes

* **2Nattokinase** 2000-4000 Fibrinolytic Units per day (2-4 capsules) with or without food.
A traditional Japanese food made from soybeans fermented with the enzyme Bacillus subtilis var. natto. Natto (also rich in vascular protective Vitamin K2) and Nattokinase have a history of being used to prevent blood clots and protect the heart. The idea here is the enzyme Nattokinase goes to work dissolving clots.
* **2Serrapeptase** 100-200 mg on an empty stomach per day.
A trypsin family anti-inflammatory proteolytic enzyme that helps break down proteins into smaller particles. It can promote healing by reducing fluid and debris that occur around necrotic or injured tissue.
* **2VeganZyme** 3 capsules, twice a day with or without food.
This is a master formula from Dr. Group, the only enzyme blend in the world that contains Glucose Oxidase, Serrapeptase and Nattokinase in one product.

## Ozone and Oxygen therapies

Effective at degrading spike protein and graphene oxide. All forms are recommended from consuming MMS to drinking ozonated water or using ozonated water for enemas and even ozone injections by a trained health professional.

## Ivermectin Typical approximate dosage for simplicity Tablets come in 6 mg and 12 mg sizes

0.2 mg ivermectin / kg bodyweight

0.1 mg ivermectin / pound bodyweight

Daily dosing, women: 2-3 6mg tablets or 1 12 mg tablet.

Daily dosing, men: 3-4 6mg tablets or 2 12 mg tablets.

# Product Resources

For many above products [www.vitacost.com](http://www.vitacost.com) ($49.00 minimum for free shipping) non-GMO, or organic best.

For many above products on David Wolfe’s website ($300 minimum order for free shipping).
<https://shop.davidwolfe.com/collections/spike-protein>

He offers two **C60** products, the traditional product is made by David and the C60 SuperConcentrate is made by a carbon scientist friend of David’s and contains a higher concentration of electrons.

**Kohlbitr** is the premier activated coconut charcoal in the world. Also offers more gentle birch charcoal.

Fully read info on **Coated Silver** page as expensive and high PPM of 20,000.

For **VeganZyme**  & detoxadine **Iodine** from above also see Dr. Group’s Amazon Store with free shipping
<https://www.amazon.com/stores/page/DBBD2952-61FB-482F-B8ED-30E9C90DF682/>
or Dr. Group’s website <https://globalhealing.com/products/veganzyme>
 <https://globalhealing.com/products/detoxadine>

For **C60** Maybe caution if on prescription blood thinners

42 min | 04.26.21 | Life Enthusiast, Martin Pytela | [Nano Soma: Anti-Aging and DNA Repair Supplement](https://www.youtube.com/watch?v=ZyEiiwZxgAI)
<https://www.youtube.com/watch?v=ZyEiiwZxgAI>

62 min | 05.28.21 | C60 EVO the Perfect Carbon | <https://www.youtube.com/watch?v=nmJP8gywkzQ>

<https://www.life-enthusiast.com/product-page/> MFG in house for over 30 years

<https://www.c60evo.com/cirstenw/> for discount code EVCW can add discount together for autoship

<https://www.c60evo.com/shop/> Take earlier in day as raises energy, & so can sleep better

<https://smile.amazon.com/s?k=C60+Evo&ref=bl_dp_s_web_0>

**Shikimic Acid** **concentrates** Star Anise, White pine, or Fennel Elixirs, <https://tryblue.org/>

Cirstin W’s Products $59/1oz, $79/2oz, $99/4oz

Though Dr. Sherri Tenpenny & Judy Mikovits are NOT recommending **Pine Needle Tea**, see:

8 min | posted 12 yrs ago | Medicinal Teas - Pine Needle Tea | per her do NOT boil, steep only
<https://www.youtube.com/watch?v=IrSqva1Y9Bg>

61 min | 08.11.17 | Toxic Pines, Fire Plough, Navigating At Night, Paramo Clothing
<https://www.youtube.com/watch?v=n7LG3kqZqGs>
see @ 6:36 re toxic pine, rest is survival info though interesting too.

4 min | 2.13.18 | How to tell the difference between a pine, spruce, and fir tree | fun short video
<https://www.youtube.com/watch?v=YwDBqx-AJ78>

99 min | 05.09.21 | Mike Adams | Needs further research, do not take if pregnant
Is pine needle tea the answer to covid vaccine shedding? Suramin, shikimic acid and science
[www.brighteon.com/7c129e86-7e2b-47a7-bc74-dd19621e4042](http://www.brighteon.com/7c129e86-7e2b-47a7-bc74-dd19621e4042)
associated article <https://www.naturalnews.com/2021-05-09-is-pine-needle-tea-the-answer-to-covid-vaccine-shedding-suramin-shikimic-acid.html>

25 min | Pine needle tea SECOND update, plus making **quinine extracts** from citrus peels
<https://www.brighteon.com/97b0e7f6-4fe7-4be7-9b18-4673155a1065>

Saint George **Nano Silver** **Spray**, 60 PPM, more effective than colloidal silver. (mfg. St George, UT • 435-652-9012) Available at: The Green Spot, 71 State Ave., Alamosa, CO • 719-589-6362