

— SHIELDED FROM — VAXX SHEDDING



Top Doctors Reveal
How to **Detox & Protect Yourself**

Shielded from Vaxx Shedding: Top Doctors Reveal How to Detox & Protect Yourself

Shielded from Vaxx Shedding: Top Doctors Reveal How to Detox & Protect Yourself	1
Introduction	1
Dr. Bryan Ardis	2
Dr. Henry Ealy	14
Conclusion	17

Introduction

What is vaxx shedding? Many people have heard about this term but don't fully understand what it means. Experts have discovered that the jabs have been designed to "infect" even those who did not get it.

So this ultimately means that you can be exposed to the deadly spike protein just by being around those who have been vaxxed. This means that even if you haven't received these gene-altering shots, it's still a good idea to do a detox.

Experts also recommend boosting your immune system to make it less susceptible to vaxx shedding. There are many ways to do both of these things. This key information will be shared with you in this eBook.

Dr. Bryan Ardis

Q: "I am an unvaccinated hair stylist, refuse to get the jab. My question is the clients who are vaccinated that I work on, are they shedding the proteins or harmful cootie venoms to me as I do their hair nails? Would taking diatomaceous earth, help pull out the toxin shed?"

Dr. Bryan Ardis: I love diatomaceous earth, and I absolutely would use it. I would use either diatomaceous earth, consider possibly bentonite clay, or activated charcoal. These are all things that are great at binding to in pulling these things out of the body. Also apple pectin powder is phenomenal at helping to remove lectins. Lectins, which are actually venoms from plants or animals. These are all great things to pull it out. And yes, people are shedding. Dr. Jane Ruby actually did a show this last week, demonstrating evidence of the shedding. And what's interesting is the shedding they actually see under the microscope looks identical to snake venom proteins...

Q: "Shedding, I know shot sheds, but do you guys know how long?"

Dr. Bryan Ardis: It's actually proposed by Dr. Peter McCullough and others that from research documentation, it's about 10 weeks of maximum shedding following the vaccines, maximum shedding. I actually believe the fact that they came out with a 6-month booster protocol, I believe they actually were measuring to see how long does the vaccines maximally shed for. And I believe it's actually six months, but per research documents it's 10 weeks.

Q: "Dr. Purnima Wagh, W-A-G-H said she thinks spike protein, just as with all such bio proteins she added, cannot transmit shed from a jabbed person into the body of another person because as soon as it makes contact with air, it would instantly be damaged, non-effective, nonfunctional. What do you think? Is that correct?"

Dr. Bryan Ardis: She could be right. I would actually say the mRNA is what she's referencing. That if the mRNA hits air or oxygen, it would be denatured. The problem, Thomas, is my concern is that since 2014, the mRNA researchers were using to do mRNA gene editing therapy, they started wrapping mRNA from snake venom. And snake venom is unusually stable, even in air suspended in venom, even its own venom

for 3 or 4 decades, which they started publishing in 2014. You can read up those studies. But yes, the body will shed them.

If it was strictly mRNA, mRNA is very unstable and very hard, which it's very hard to regulate, ship, refrigerate. They were saying they were trying to keep it more stable by freezing it or keeping it really cold, wrapping it in nanoparticle hydrogel, and then shipping it in cold temperature. The truth is, as we've exposed with Jonathan Otto, I'm actually convinced that venom organoids was used in a lot of these vaccines, and that requires them to refrigerate them or else they go through what's called heat shock and will die and not produce venom on their own anymore. Andy, "Can you please explain the problems with Novavax?" Novavax, it's actually a spike protein sub-unit is what it's called. So, do not inject yourself with the spike protein. The spike proteins were deemed to be snake venom peptides from the Chinese krait venom and Chinese King Cobra venom. Why would we inject that into your body? It's ridiculous. Do not do it.

Q: "As a medical massage therapist, I'm not taking the deadly vaccine. What must I do or steps to take in protecting myself against shedding from the vaccinated clients since the skin is the biggest pore on the body, therefore my working, touching them, I'm worried that I will be affected."

Dr. Bryan Ardis: Well, you should be worried. Pfizer in their documents and their trial documents didn't even allow a pregnant woman to touch somebody in the trial who got the vaccines. They deemed that would be a threat just to touch the skin of a vaccinated person to their baby. So yes, I would be worried about that. What would you do? If I were you, I'd be taking Vitamin C every day, 5,000 milligrams, NAC at 500 milligrams a day, and selenium 200 micrograms.

You can use NAC at 500 milligrams, like three times a day, which is what Dr. Sherri Tenpenny recommends. That's fine too. I only do one dose 500 milligrams, and I'm around people all day long all the time. The goal is to be consistent at keeping your

environment as healthy as possible, vitamin C, selenium. Also, I would recommend zinc. We know the power of zinc. Zinc at 20 to 50 milligrams with food twice a day is what I would do. Great question. That's to protect those who are being exposed to people shedding in any capacity.

Q: Angela says, "What test can I take? And where that checks to see if I have the vaccine spike protein in my system, what's the most current info about the shedding on the RNA shot? Can I have the long COVID or vaccine injury if I live with and I have shared bodily fluids with vaccine recipients?"

Dr. Bryan Ardis: Yes. So we know semen, saliva, and sweat all contain the vaccine proteins and the spike proteins. So yes, you can share it with each other absolutely. What tests can I run? If you're worried about the spike proteins, the number one thing I would be concerned about as far as the test, you can go to Labcorp and NOVA Labs. It doesn't matter. There's labs in every town. But you can actually contact any lab and ask for a D-dimer test. They're not that expensive, but go have your blood drawn, and see if you have elevated D-dimers. Elevated D-dimers means you're having a side effect to the shots called blood clotting. And so I would do a D-dimer test. I will tell you there are other tests. Would you like me to read to you what another sample of a test is? Because I asked Ryan Cole this exact question a couple days ago, and this was his response if you want to hear it.

"If one checks," this is what he said, Ryan Cole to me, the pathologist. "If one checks for IgG antibodies against spike proteins and nucleocapsid, which is what the virus is inside of. If the blood shows spike IgG only, and no nucleocapsid IgG, then it's likely from the shots. However, most people have had COVID. Hence, it may likely show both spike and nucleocapsid IgG. A ringer is the fact that in those who received two Moderna shots prior to infection, 43% could form a reaction to the Nucleocapsid due to immune imprinting or what they call original antigenic sin. Hence, this may only show spike IgG, not nucleocapsid IgG though they should have known both after infection. Should have

had or shown both were elevated after the infection. He says, I know that's a lot. There's not a perfect answer, but those are just some. So you can either do an IgG test against spike proteins or the nucleocapsid.

That was from Dr. Ryan Cole just the other day. Hopefully, that's helpful. I would not have thought of that test, but that's what he said.

Q: "How do I know whether I have the spike protein? I'm not sure if I had COVID-19. I haven't been vaxxed, but have of course been around vaxxed people."

Dr. Bryan Ardis: The majority of the world's been poisoned. So you've either inhaled, swallowed, been exposed to most likely the spike proteins. How do you determine that? I already read off Ryan Cole's text message to me just yesterday.

It was testing for what are called IgG antibodies against the spike protein or nucleocapsid. Also, you can do what's called an elevated D-dimer. But if you're not struggling with any symptoms, I wouldn't worry too much. Remember, we're here to try to keep fear from overwhelming you and trying to keep you sane without being too stressed.

Q: "I was transfected by someone who just got their shot. He ate out with the family salad bowl without us knowing. Two days later, dad, sis, and I got horribly ill, all having these weird same symptoms. So much phlegm in the throat, very much out of the ordinary when I get any respiratory infection. It still feels as though something is in the back of my throat since Thanksgiving. So, I believe you about poisoning. My ability to smell is horribly prostituted. I cannot taste. It is as if the taste buds are dead. Please. How can I get my taste back? One of my biggest loves is tasting my food."

Dr. Bryan Ardis: Diana, my wife didn't have any taste or smell for two years. And after three months of doing all the exposés around the world right now and documentaries on nicotine and the benefit of helping to get rid of these long hauler

symptoms of COVID, including loss of taste and smell, it took my wife three months of listening to reports coming back to me of medical doctors and individuals around the world, restoring their taste and smell within 48 hours of chewing nicotine gum. Same thing happened with my wife. It was day three. All I told her was "Honey, I know you haven't had taste or smell. And we've tried every supplement on the planet the last two years." And I'm very educated on nutritional principles, particularly supplements. Nothing was working to restore her taste and smell. It wasn't until she got over her worry about nicotine that she started chewing nicotine gum. And on day three, all of her taste and smell returned.

So I would tell you if you haven't done it, you need to try it. It's two-milligram tablets is what I had my wife chew, for 10 minutes, four times a day. On day three, all of her taste and smell restored. So we'll answer more about that as we go, but I have not seen anything work as well as nicotine. The body has an affinity at the receptors that control neurological function, including taste, smell, and hearing. They're called nicotinic acetylcholine receptors. They prefer nicotine. They will let go of anything else bound to those receptors if it detects nicotine is present. So the body will prefer nicotine and bind to it. If you haven't tried it, try it. For those of you who try two-milligram tablets of nicotine and you get swirly-headed or sick or nauseous, you have to understand your body's got lots of poison in you.

And your body's letting go of the poison. It's got to go into your bowels for you to excrete it. And you'll feel sick and nauseous. All you have to do is decrease the dose. Just cut the gum in half to one milligrams, and do that for a week. If you still feel nauseous or slightly nauseous after doing a one-milligram tablet, don't be afraid to cut the gum into quarters and do a half or quarter of those tablets for a week or two before you increase the dose. As soon as you start chewing nicotine...

As soon as you start chewing nicotine, your body's gonna start releasing venoms from all parts of your body into your bowels, urinary tract, coughing, mucus, you name it. Please don't be afraid of the nicotine. Nicotine does not cause diseases.

Q: This is question number 26 with no name, "Does the COVID vaccine shed virus?"

Dr. Bryan Ardis: It shed spike proteins, I'm not so sure about the virus. There's no virus supposedly in the mRNA shots and there are virus, supposedly adenoviruses, which are common cold viruses called coronaviruses, inside of Johnson & Johnson and AstraZeneca shots. I've heard both, yes and also no. So the mRNA shots do not have virus in them. They have spike proteins or the genetic imprint to tell your DNA, to make just the spike protein, which are venom peptides, supposedly on the outside of a virus. There's enough evidence to me to just say it's weaponized venom of all sorts and there's no virus. But, they could really be on a virus, some people believe, including Dr. Tau Braun. I've got enough respect for him that if he thinks that's what they did, I am not a gain-of-function lab scientist. I just find it almost insane to consider that in that Italy study from June of 2020, they found 36 different venoms in COVID-19 patients from 20 different snakes venoms, and then 16 different marine shell creatures. I'm not so sure they figured out how to get 36 different venoms onto viruses and spread them through the air. They might have, but I just have a hard time with that. I think they're just poisoning us with venom from the air, from the water, from your food.

Q: "I'm so concerned about other people around me getting vaccinated and boosted. Is there a thing called shedding?" Yes. "Thank you in advance so very much for all you do."

Dr. Bryan Ardis: You're very welcome. The Pfizer vaccine trial document by far to me is the most obvious correlation that shedding is real and that Pfizer was concerned about it.

Q: "This concerns shedding to the unvaxxed. What other things can I do to protect my 33-year-old unvaxxed son who had a heart attack three years ago?" That's awful. I'm sorry. "He's on blood pressure meds, blood thinner, and may be working with vaxxed in a warehouse. He takes higher Vitamin C, 5,000 IUs of D, fish oil, quercetin, magnesium."

Dr. Bryan Ardis: Those are actually great. I would also say, if this son of yours has had heart attacks in the past, make sure he's not supplementing any calcium supplements, number one and then number two, I would make sure he gets on a product called Cardio Plus from Standard Process and do what it says on the bottle forevermore. I've helped people reverse their congestive heart failure and causes for heart attacks many, many, many times over using just that one supplement. If you can't find it, call my office at 214-705-9369, 214-705-9369. It's called the North Texas Healing Center, they'll ship worldwide. They'll ship it to you. It's my old office.

Q: "I am interested in finding out about the shedding. We shed. My husband is vaccinated with the Johnson & Johnson, and I'm not. What's the process involved and what is the time span during which it can occur? Also, can it occur with the Johnson & Johnson vaccine?"

Dr. Bryan Ardis: I would say up to six months. You better believe it.

Q: "Firstly, thank you, Dr. Ardis and Dr. Ealy." I love Dr. Ealy too. "Bless you for making a public stand. Can you tell us what we can do to repair damage to a newborn who has been impacted by the mother having had the jab?"

Dr. Bryan Ardis: If it's a newborn and the baby's breastfeeding, everything you give the mom will go through the breast milk to the baby. So, I would have her make sure she's taking 5,000 milligrams of Vitamin C, the mother, selenium, and NAC is what I would do in a heartbeat. Every day for the mama. Now, if the mom's not nursing, how are you gonna get stuff into the baby? Well, if you're feeding the newborn formula, you might want to find a Vitamin C-rich formula or combine Vitamin C powder into the formula and give that to the baby and then open up little selenium tablets or selenium

capsules and poured in there too. Somehow you got to get it into the baby. Nothing's better than breast milk though.

Q: "Explain shedding again."

Dr. Bryan Ardis: Alright so, shedding is the human body, when it has a poison or a toxin or an infection in it, it's going to shed or transmit it out the body. So, the primary ways the body gets rid of infections or pathogens is through sweat and through the air, coughing and sneezing, mucus, droplets, you name it. That's how we exchange poisons and pathogens from our body primarily to other people. It can be shed through semen and saliva. If you're making out for a long time or having sexual intercourse with a partner, that's how it gets there and can get into the body that way. Now that's shedding. Also, the body will poop things out, pee them out and bleed them out through the menstrual cycle. Those are all the ways God created the human body to shed or transmit toxins out of the body.

Q: "I work in a call center," Lori says, "In a call center's cubicle beside a lady that keeps getting the boosters and as soon as they come out. The last one was around a month ago. Is it the spike protein that's being shed alone or the spike protein along with the mRNA too?"

Dr. Bryan Ardis: Well, they're getting your body supposedly designed to shed or produce spike proteins in abundance. So, it's not the virus they're shedding, it's only spike proteins, I'm convinced.

Q: "Hi, thank you so much for all the information. I'm a massage therapist. I'm concerned about vaccine shedding. I keep my immune system up and my Vitamin D level is 80. Should I be wearing gloves and would that even help? Thank you.

Dr. Bryan Ardis:

Yeah, we all should be, you're not the first one on this list here, massage therapist. It probably would help, personally. I just don't know how you can perform a massage, a good massage, with gloves on. But I think personally if you're well enough to be able to send in this emailed question or this message question and participate in this, you must be doing okay. So, I would just be doing stuff preventatively, not trying to change what you're doing in your work. Remember the goal is not to live in fear. It's to provide you evidence of things we know from research should be able to provide protection for you naturally. I trust the immune system and it does not- I take everything that I'm telling you right here on this thing to take every day to prevent shedding and to prevent any kind of future variant issues. And I go every week on planes somewhere in the country, multiple times a day, I'm around people nonstop speaking all the time. We're going tomorrow, for those of you don't know. There's a lawsuit press conference in Fresno, California. We're flying out tomorrow to be there for Wednesday morning for the first Remdesivir hospital protocol lawsuits, which is gonna be great. Wrongful deaths in hospitals.

Q: "My boyfriend is vaccinated and I am not. Can he infect me or transmit to me in some way the toxins from the vaccines or the spike protein?"

Dr. Bryan Ardis: Absolutely, it's already known from the Pfizer documents and their trials with these COVID-19 shots. They were very concerned and outright made all men and women sign that between the 2 weeks after the first shot to the second shot and then 3 weeks after the second shot, they had to sign that they would not have sex with any partners. So that was a concern, was that they would transmit to the unbeknownst person, not in the trial, through sexual activity, through saliva, and through sexual activity, that they could transmit the spike proteins or any of the toxins in the vaccines. That is a very much... A big concern. And you should be concerned. If you wanna know from Dr. Peter McCullough's perspective, how long do these shots shed for? They quote nonstop research articles all the time, that the maximum shedding period from what

they read is 10 weeks, post-vaccine. Just so you know. So if you're gonna be doing sexual activity, I would just speaking to that question, contraception or condoms or whatever to help not transmit to each other would obviously be something you'd want to try to keep from sharing with each other. Tthe possible spike proteins or the toxic or toxins inside those vaccines.

Q: “V, It's just abbreviated, V. Shedding, as long as we didn't get the injection, our body will overcome any shedding risk symptoms, correct? Hopefully, they cannot transfer the risky ingredients into our body, but they do shed the spike protein which our body can overcome, correct?”

Dr. Bryan Ardis: Any risk from having injected people over to our homes such as the such as through their feces, body fluids, saliva, or glassware? Great question. The top two ways in which the people getting the shots are actually transmitting, any aspect of the vaccine into you is through touch, through them sweating, and through air, them breathing. They are injecting billions of particles of toxins into your body, and then your body's got to figure out a way to get rid of it. It's either going to poop it out, pick it out, sweat it out, cough it out, or bleed it out through your urinary, I'm sorry, through your vaginal bleeding for females. But the most common way people transmit or shed that with these vaccines is from the skin's contact. And through breathing, coughing, sneezing. For woman's been vaxxed. This is Dee, the woman has been vaxxed. What is the potential impact on any subsequent babies and what can you do for these babies and from what age? If you're not following Jim Thorpe, J-I-M T-H-O-R-P-E and Dr. Christiane Northrup, these are both board certified OB-GYNs, who have nonstop been exposing from research papers that the nanoparticle hydrogel, which is patent owned by a company called Novavax.

They published that the nanoparticle hydrogel that's wrapping around the mRNA they're injecting into your bodies, it has a high, high affinity for the ovaries. And they are seeing massive amounts of it accumulating in the ovaries, impacting eggs, the health of the eggs, creating cysts, polycystic ovarian syndrome, creating infertility, there's massive

amounts of infertility that is being created. Many, many women are losing their babies as a result of these shots through miscarriage. So yes, the actual- the actual organ we know that these mRNA shots enter the most and damage the most is actually the spleen. And the spleen organ is what- when that gets inflamed in the nanoparticle hydrogel and mRNA or the poisons or venoms are getting into the spleen, it causes a massive skin eruption. You'll get what's called urticaria.

These big old geographical patterns all over your legs, all over your face, all over your body. Blistering, it'll look like shingles, which is what they're calling monkeypox. Any pox-like symptoms that actually is created by infection or inflammation of your spleen or damage to your spleen. If you don't know how to handle that, actually, and how to heal that, for those of you that you love, I did a video called Healing Until Number 3, Healing Until 3. You can actually go to my site, thedrardisshow.com in the search part of the website, just type in Healing Until 3, I do a whole video explaining how to actually heal from the effects of damage to your spleen and what symptoms you would be seeing as a result. I also go through other organs too, but that should help you.

This one doesn't have a name. But what long term side effects have you seen or heard from the Johnson & Johnson shot as opposed to the Pfizer and Moderna ones? How can I mitigate any damage in the future from having taken this one shot in March of 2021? Well, Johnson & Johnson is what's called an adenovirus vector vaccine. So it's got the common cold virus in it, supposedly, or segments of it which is different than the Pfizer or Moderna shots? I would not trust anything in the media there relating to you about Johnson & Johnson, it being different or better or safer, you need just one shot compared to Pfizer, Moderna's multiple shots. None of that was ever true. None of it was ever proven. They're all just equally as horrible, in my opinion. If you want to know the truth, I actually believe it goes in this order. I believe Moderna is the most toxic, dangerous. Pfizer's the second. Johnson & Johnson, the third. When Johnson & Johnson, it was reported, they paused using the COVID-19 shots from them for 10 days because they had 6 reported blood clots.

At the same time, the news said that, and Fauci said that, there was actually over 400 reported already by Pfizer, 360 reported by Moderna. But the numbers of those who had received the vaccines was way less in Moderna compared to Pfizer. So, the percentage was way higher in Moderna than it was for Pfizer, but both of them were horrific. So what are some of the side effects? Go to openvaers.com, openvaers, theirs is spelled v-a-e-r-s.com. Openvaers, o-p-e-n-v-a-e-r-s.com. Just go there. They update that every day or every week on all of the injuries to the vaccines. Please go there, it's massively informative. There's already over 2 million reported side effects in openvaers. It's very easy too and it's just summarized for you there.

Q: "Does an unjabbed person who is exposed to the shot via shedding experience the same DNA changes as jabbed people do?"

Dr. Bryan Ardis: If you wanna know my real opinion here, and there's a lot of people that speak to this and are worried about this, I actually- I would be shocked. I am convinced, as Dr. Judy Mikovits is, that they do not have the ability to change your DNA. And she believes the same thing, she believes they haven't figured out how to alter your DNA. I actually just think they're destroying cells in your body and causing massive harm and death and disease with poisons and toxins in the shots. I'm just convinced they haven't figured that out yet. Neither is Judy Mikovits, she doesn't- she's not convinced of that either. So, when you ask about are we experiencing the same DNA changes for those who accept that the spike protein by itself can cause DNA changes, that would be true for them. For me, I don't think they're doing it. I think it's just as deadly, just as traumatic to experience it, having it shed on you as getting the shots. However, it's not as much of the poison being shed on you as it is the person having it injected into them.

Dr. Henry Ealy

Q: "What can I take if I'm immune-compromised with a stagnant lymphatic system, a sick liver and I'm exposed to vaccine shedding every day? Currently it seems to have caused me a lot of menstruation, which makes me anemic. I'm 54 years old."

Dr. Henry Ealy: Let's cover them one by one real quick, okay? And these are, of course everything we say here is for educational purposes only, everything we say here is to refer you back to medical professionals you trust and care. That goes for every answer I give on anything, okay? I'm thinking out loud and I want you to be able to discuss this in greater detail with people who really care about you and have some knowledge of what to do.

So, let's talk about this. What can I take if I'm immune-compromised? Well, I think you always start with the basics and you ask yourself what nutrients does the immune system need. Vitamin A, Vitamin C, Vitamin D, Vitamin E, zinc. These are all instrumental in terms of immune system performance. Additionally, you can enhance immune system performance through the use of medicinal mushrooms like shiitakes, which are very low level. I would move up into my takes and reishis and chagas and things like that.

So, really what you're looking at is what does immune system need as building blocks and then what can enhance? And that's where you bring into medicinal mushrooms with the enhancement. Now, you're talking about a stagnant lymphatic system and that's really problematic for an immune system, because immune systems live predominantly in your lymph nodes. How do we make the lymph nodes become non-stagnant?

Well, lymph nodes are dependent and the entire lymphatic system is dependent upon muscular contraction and muscular relaxation, all right? So muscular relaxation is what a lot of people are doing too much, that's being too sedentary. We have to make sure we're moving the body. So bike riding, right? Even stationary, recumbent bikes, perfect

for moving lymphatic system. You know what's really good, Jonathan, for moving the lymphatic system? Diaphragmatic breathing.

If I have a patient who's like, "I can't move my legs, I'm just too infirmed." No problem. You got to breathe, right? "Yeah, I can breathe." Okay, we're gonna practice diaphragmatic breathing. We're gonna make sure when we inhale - Let's all do this together everybody. You ready? You know me, I like to play around a little bit.

So, we're gonna do this together, okay? So, let's all take a big breath in. Imagine you got some candles out in front of you, let's blow out the candles, blow them out. There's Jonathan, he's doing it.

Okay, you ready? So, one more time. Long breath in, exhale through your mouth, blow it out. Okay, now here's the deal. We're going to inhale through the nose, exhale through the nose, but when we inhale, we're going to let the abdomen get really, really big. Just like babies, just like little fuzzy babies when they're sleeping. When they inhale, the belly gets really, really big. So, here we go. Everybody take a breath in and let your belly get really big, even put your hands down on your belly and feel it.

Now when you exhale, feel for the area right around your belly button tightening up, exhale through your nose. Do that one more time. Long breath in, make the belly really, really big. Exhale through your nose, tighten your abs.

It's really simple, just like that. What you just did, was you just created a pump with your diaphragm and that's now moving all of the fluid, and including the immune cells in your lymphatic system. So, if you can't move your body for whatever reason, you can always breathe and you can always practice diaphragmatic breathing, okay? And not only is that gonna move your lymph, it's also going to help calm you down, and it's also especially going to help stimulate your rest and digest nervous system.

So, you get unlimited benefits with it, okay? So, that's number two thing you can do, Wendy. Now, number three. Currently exposed to vaccine shedding every day. All right, well, that only is a problem for people who are nutrient deficient. If you are nutrient rich and you're taking nutrients every day, you're eating an organic plant-based diet every day, you're getting all this wonderful Vitamin A, Vitamin C, Vitamin D, Vitamin E into your body, little bit of zinc too. If you're getting all that stuff in, then what your body's going to do when you come in contact with shedding is actually learn how to develop antibodies and immune responses to the shedding.

In early 2021, Jonathan, I was being around some people shedding, you feel a little weird afterwards. You come in and you're like, "Wow, that was weird, something's off." Well, when you have a lot of nutrients in your body, that might happen for a week or two, but after you get to that week, the immune system learns how to really handle that situation. So now, I'm out in public and it's no big deal, because my immune system is taking care of that before it even becomes an issue, okay? So, what's the root? Nutrient availability.

Last thing for you, Wendy, here. Currently it seems to cause the shedding to have a lot of menstrual issues, which makes me anemic. Alright, well, let's talk about simple anemic things, right? Eat something green every day. All right, you want to overcome anemia, there's two real key factors, chlorophyll and iron. And if you're taking chlorophyll and you're taking iron, that's going to deal with any anemia that you're having if it's just low levels. Now, if it's a Vitamin B12 deficient anemia, that's a different conversation, but that's why you need to have that conversation with someone in the medical profession that you trust and who's qualified to talk about it.

Remember, most people in white coats have on average in the United States at least 19.6 hours of nutrition, they are not qualified to discuss nutrition as it pertains to medical situations, not with 19.6 hours. So you got to go to a naturopath, you got to go to a holistic nutritionist, you got to go to a chiropractor who's done his work or her work, you've got to go to a functional MD. You've got to go to people who've done extra work

and know what they're talking about when it comes to nutrients and how those nutrients influence cellular biochemistry.

Jonathan Otto:

Yeah, exactly. It's good if you talk to them and they know of Dr. Ealy, they know of Dr. Ardis, they know of other naturopaths that you've seen in our series. Again, it doesn't have to be every single one or anyone in particular, but it's about kind of somebody that is keeping up with other people that are getting information out. People that either do a lot of publishing like Dr. Ardis, he's not a clinician anymore. But that's allowed him to be a prolific researcher, and then... But, that's allowed him to be a prolific researcher, and he is really good. There's just no question about it, his ability to retain information. But if people aren't tuning into that, then it's hard to- Or clinicians that you've seen through our series, then that kind of helps you to gauge somebody's level of like staying up to date with really top information. I'm going to just keep us going, Dr. Ealy, so we can see if we can get through. Dr. Ardis set a pretty good benchmark for us here, where he got through about 60 questions, so let's see how we do.

Conclusion

The thought of vaccine shedding can be frightening. It's unfair that you're exposed or your loved ones, even when you made the choice not to get vaxxed. But, as Doctors Henry Ealy and Bryan Ardis revealed through their answers to various questions in this eBook, there are ways to get rid of these toxins after exposure.

There are also ways to make sure your immunity is strong enough to protect yourself from experiencing symptoms post-exposure to shedding. We know that with billions of people having received the jab worldwide, avoiding exposure is not practical and not possible.

But, as long as you heed the advice that our experts shared here. You don't need to be afraid and you'll successfully protect yourself from shedding of the spike protein. We

hope you'll use this proven and life-changing information to protect your health starting right this moment!