

## HOME RECIPE OF REMEDY TO REDUCE OR ELIMINATE COVID “VACCINE” SIDE EFFECTS SUCH AS BRUISING/BLOOD ISSUES, MAGNETISM AND PARASITES

*\*\*\*For the “vaccinated” and those exposed to them due to transmission*

### RECIPE

In a large pan place one drained can of mixed beans or boil your own from scratch (reduce water amount to just covering the beans). You can include red kidney beans, navy, white or black beans. Lentils can be added (all of these beans are high in zinc)

Add 2-3 tablespoons of citric acid and mash with beans. Adding citric acid makes the zinc from the beans more bioavailable to the body.

Chop 2 whole grapefruit (organic if possible) including skin and seeds (wash well prior to chopping)

Chop 2-3 whole lemons (organic if possible) including skin and seeds (wash well prior to chopping)

Squeeze grapefruit and lemons slightly and add the juice, skin, seeds, and pulp to the beans and the citric acid mush (lemons and grapefruit provide Vit. C, antioxidants and mixing them produce quinine the ingredient in hydroxychloroquine).

Add 2 to 3 cups of washed white or red pine species needles. You don't have to chop them. Add them to the pan (pine needles have suramin and Shikimic acid)

Add good water to the pan and fill the pan to the top.

Boil all ingredients together for a minimum of 4 hours in medium to low heat. Leave lid on and add more water if there is a lot of evaporation.

After boiling for 4 hours minimum, strain broth well. Place liquid in fridge in covered container and drink up to half a cup per day until magnetism disappears and bruising stops. You can add honey if you like.

**\*\*\***Star anise and fennel seed tea is helpful too. NAC supplement is great as well. Chlorine Dioxide. Ivermectin or other parasite removal herbs. Z-Stack Protocol. Metal removal with horsetail tea, cilantro, Bentonite clay. Humic Acid for graphene oxide. Liver cleanse. NATTO

**\*\*\* DETOX BATH:** 1-2 cups baking soda, 1-2 cups epsom salts, half cup bentonite clay, 1 cup borax. 20 min bath, scrub your body in the bath – Dr. Carrie Madej

Recipe created and tested in North Bay, Ontario <https://www.bitcute.com/video/STKyUXmUn51h/>