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# „Covid19 Detox“



**MMS-Seminar.com**

# My quick detox (for vaccinated and unvaccinated)

No matter whether the virus exists or not! No matter whether SPIKE proteins or graphene oxide is the trigger!

These measures help to boost detoxification and avoid dangerous thromboses and consequences.

## 1. avoidance of further ongoing poisoning

- **NO** more vaccinations!
- **NO** more masks! Do NOT pay all the parking tickets, they are all illegal anyway!
- **NO** more tests!

- **Drink clean filtered water** (e.g. <https://aquarius-prolife.com/de/trinkwasser-filter/34-mms-water-filter-set>)

## 2. boost and support the detoxification system

- **Pine needle tea** (it caused abortions in pregnant cows, so it is not recommended for pregnant women, but CDS had no adverse effects on fertility and offspring in animal studies! )
- **regular oral CDS intake** (three times a day a dose with 3 activated drops each of classic MMS or 6-9 ml each of CDS/CDSplus in a glass of water, plus 3 drops of DMSO on the ready solution is particularly useful here)
- **high dose vitamin C** (with 2-3 hours to chlorine dioxide)
- **Highly dosed vitamin D + K2**
- **Highly dosed vitamin E**
- **Omega3 fatty acids krill oil**
- **Sulphur-containing products DMSO, MSM, onions and garlic**
- **Glutathione** is the main engine for detoxification either as a food supplement (and/or **broccoli** briefly steamed or blanched as a main dish 2-3 times a week, delicious! )
- **high-dose OPC** (grape seed extract, with 2-3 hours interval to chlorine dioxide)

## 3. fill up with good air and energy

So off to the forest to pick pine needles!

#### 4. do sport

Ok, the vaccinations have also knocked out professional athletes, but far less than in the normal population! So do sport carefully and go to the sauna as often as possible!

#### 5. to remain relaxed in confidence

It's all good and it's getting even better. "The best is yet to come" - really!

But the transition phase is bumpy. We all need to support and help each other!

Remember, the fear of vaccine damage or health damage from shedding alone can make you sick and lead to death.

### **THOUGHTS CREATE REALITY !**

So be creative in a good sense!

#### **Healing statements, disclaimer and licences**

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