

Dear Community,



VISn would like to offer tangible suggestions of things you can do today, to take that first step in helping to heal yourself. The nicest thing is that many of these health tips cost nothing! They can really support your body in its natural detoxing mode and help lower inflammation.

Healthy Life Style Choices

- * Get plenty of sleep
- * Drink plenty of filtered water (3 liters/day)
- * Remove from your diet the worst culprits that cause inflammation: Sugar & Gluten
- * Trans-fat (packaged and fried foods- such as potato chips and fries)
- * All SEED OILS- polysaturated fats such as sunflower, vegetable oil, canola oil, hemp seed oil, safflower oil, soybean oil, mayonnaise, tofu etc.
- * Eat organically when possible - Brett (at the Nelson Sat market by Whitcoulls) has reasonably priced organic food. Get there early as he is often sold out by 9!

Intermittent Fasting

Commit to eating during a 6 – 8 hour window (E.g., 11:00am – 7pm).

This is one of the most important tools for increasing the body's ability to detox the spike protein via *Autophagy*. Autophagy is the body's way of cleaning out damaged cells, in order to regenerate newer and healthier cells.

As a supplement to this, please see the following links:

FLCCCs Guide to fasting:

covid19criticalcare.com/treatment-protocols/eat-well/

FLCCCs Protocol to help eliminate the spike protein, including a guide on dosages:

covid19criticalcare.com/treatment-protocols/i-prevent-vaccine-injury/

FLCCCs protocol for treatment of long covid and post vaccine syndrome:

covid19criticalcare.com/treatment-protocols/i-recover/

Dr. Mercola's Covid Treatment Protocol:

covid19.onedaymd.com/2022/02/dr-mercolas-covid-treatment-protocol.html

Dr. Peter McCullough (world renown expert cardiologist latest research - July 2023):

covid19.onedaymd.com/2023/03/dr-peter-mccullough-prescription-and.html

Tess Laurie's Early Covid-19 Treatment guidelines, a practical guide to homebased care

[World Council for Health protocol](#)

[America's Frontline Doctors](#) link to [treatment protocols](#)

Supplement Suppliers

- o2B Healthy: o2bhealthy.co.nz
- iHerb: nz.iherb.com
- Tasman Health: tasmanhealth.co.nz
- Healthpost: healthpost.co.nz

You might like to tune into the inspiring health talks on **Reality Check Radio** with Dr Glen Davies (<https://realitycheck.radio/health-hacks>) They are on weekly, hosted by Paul Brennan and give lots of practical advice on how to look after our health and wellbeing.

We at VISn wish you the best in your healing journey.