



Dear Community,

Many people are asking how to remove the spike protein from the body.

Please use the links below to do your own research. It is important to make your own health choices, use the most recent research findings, and choose the healing path that aligns with your symptoms.

We have provided a list of Suppliers whom you can order supplements from to support you to heal.

### **Using Fasting As A Spike Protein Detoxing Tool**

The [FLCCC](#) recommends intermittent fasting as one of the most effective ways to induce autophagy, the process by which the body clears out damaged, misfolded cells and cellular debris such as spike protein, subsequently replacing these damaged cells with fresh ones.

Intermittent fasting is a type of fasting where food intake is limited to a short window during the day (1 to 8 hours window for example from 12:00 am to 6:00 pm), with only fluids such as water, unsweetened tea, or coffee for the rest of the day. You can also periodically extend the fasting period out to promote autophagy.

Autophagy initiates approximately 17 hours into a fasting period. Research shows the body will intensify and upregulate Autophagy during extended fasting periods of 24, 42, 46 to 72 hours.

The following document serves as a quick guide to anyone interested in exploring the beneficial effects of intermittent fasting and time-restricted eating:

[Guide from FLCCC](#)

### **Resources:**

**FLCCCs Guide to Fasting:** [covid19criticalcare.com/treatment-protocols/eat-well/](https://covid19criticalcare.com/treatment-protocols/eat-well/)

**FLCCCs Protocol to help eliminate the spike protein included is a guide on dosages:** <https://covid19criticalcare.com/protocol/i-prevent-vaccine-injury/>

**FLCCCs protocol for the treatment of post-vaccine syndrome:**  
<https://covid19criticalcare.com/protocol/i-recover-post-vaccine-treatment/>

**FLCCCs protocol for the treatment of long Covid**  
<https://covid19criticalcare.com/protocol/i-recover-long-covid-treatment/>

**Dr. Mercola's Covid Treatment Protocol:** [covid19.onedaymd.com/2022/02/dr-mercolas-covid-treatment-protocol.html](https://covid19.onedaymd.com/2022/02/dr-mercolas-covid-treatment-protocol.html)

**Dr. Peter McCullough** (world-renowned expert cardiologist latest research/treatment - July 2023): [https://petermcculloughmd.substack.com/p/base-spike-detox-focus-on-bromelain?publication\\_id=1119676&post\\_id=135051509&isFreemail=true](https://petermcculloughmd.substack.com/p/base-spike-detox-focus-on-bromelain?publication_id=1119676&post_id=135051509&isFreemail=true)

**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](#).