



WellnessPlus  
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# COVID Vaccination Protection and Detoxification Protocol



## Overview

The general concept is to support immune balance, soothe the nervous system/brain and support detoxification to reduce risks of adverse effects and enhance the response to the vaccine, ensuring adequate antibody response. These recommendations can apply to most vaccinations, not just for COVID. The following dose recommendations are for adults. Please refer to your health care provider to verify the following recommendations are appropriate for you!

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## Nutrition Recommendations

The few days prior to and following, be very mindful that you are eating balanced, protein rich and clean foods. We need adequate protein for detoxification, and we want to avoid any additional inflammation in the system as much as possible.

- Antioxidant Rich Fruits: Berries (Polyphenols and such to support detox and protect the nervous system), Citrus (Vitamin C), Pomegranate Seeds.
- Fiber and Veggies: Cruciferous veggies are most supportive for the liver, especially if you get Broccoli Sprouts, steamed Brussel Sprouts, Broccoli
- Sardines and Wild Alaskan Salmon to protect the nervous system and cardiovascular system.
- Herbs/Spices: Cilantro & Parsley are very cleansing, Rosemary highly protective, Curcumin and Ginger for their anti-inflammatory benefits.
- Easy to digest foods like sweet potatoes, soups, stews.

## Supplement Recommendations

For most of these, ideally you will start at least a week before the injection and continue for 2-3 weeks afterwards. For double dose vaccinations continue throughout the month in-between and for 2-3 weeks after.

## Nutrient Support

Optimally will start one week prior and continue for 2 weeks after the injection

- **NAC/N-Acetyl Cysteine:** (600-1200 mg/day)
  - Best on an empty stomach.
- **Vitamin C:** 2000 mg 3x/day
  - Liposomal is ideal, take at the same time as natural Vitamin C for better absorption, for instance take with water that has a splash of lemon or orange juice
- **Multivitamin:** Especially important is: Methylated B Vitamins, Zinc, Magnesium
- **Magnesium Glycinate/Malate:** 200-400 mg/day
- **EPA/DHA:** 3000 mg/day
  - For inflammation support, protective for both cardiovascular and nervous system/brain.



- **Optional Add ons**

- **Liposomal Glutathione:** 2 pumps 3x/day day of Injection and for 2-3 days after.
- **Ubiquinol** (Kaneka-QH is the best absorbed form) or other **Mitochondrial Support Combination** especially if over 40 years old.
- **CT Minerals** or **Mito-ATP** for cellular nourishment and detoxification support.
- Other Nutrient Support that can be helpful: **Zinc** (Picolinate/Chelated forms): 15-30 mg/day with food, **Vitamin D** (2000-5000 IU/day depending on individual status).
- **Binders:** Biotoxin Binder, Activated Charcoal, Etc.

## Homeopathic Drainage Support

Take away from other foods/supplements/herbs. More information about the individual remedies can be found towards the end of the document. There are a few additional remedies discussed as well to consider should it be indicated in your case.

- **Single Remedy Method:**

- **Thuja 30c:** 3 pellets 2x/day Day of injection and 2-3 Days after.
- **Ledum 30c:** 3 pellets 1 hour before shot, and then 2 more doses afterwards, approximately every 12 hours.
- **Arnica 30c:** 3 pellets 2x/day as need for soreness

- **Combination Remedy Options:**

- **GUNA Flam Relief:** 10 drops 3x/day for one week prior and continue for 2 weeks after.
- **Gemmotherapy Black Currant:** 10 drops 3x/day for one week prior and 2 weeks after.
- Black Current is a universal drainage remedy.

## Self Care Recommendations:

- In general, try to rest as much as you can.
- **Detox Bath:** 1 cup Epsom Salts, 1-2 drops of Frankincense/Lavender Essential Oil, 1 tbsp Baking Soda, 1 tbsp MSM Powder, 1 tbsp Bentonite Clay.
- (If you have) Gentle Sauna (~140F, 15-20 minutes): With Binders/Trace Minerals.
- Ampcoil daily under setting Central nervous system (Detox) or daily brain reboot



## Basic Homeopathic Reference Guide

### Single Remedies

Single remedies have whole system effects, for the purposes of this document we will focus on those symptoms most related to Vaccination. In cases of overt vaccine injury it is best to work with a practitioner experienced with homeopathy as there are many other remedies to consider depending on the case.

#### **Thuja occidentalis:**

This is the most well known homeopathic for reducing ill effects of vaccination.

- Basic Characteristic Symptoms: Tearing pains in muscles and joints, pains are worse when resting, better in dry weather/worse in damp humid conditions. Limbs feel as though made of glass or wood, fingers are swollen, muscle twitching, weakness and trembling. Emotionally sensitive, feels as if soul and body are separated. Persistent Insomnia.

#### **Ledum palustre:**

This remedy is also used to address the pain from injection, specifically related to the puncture wounds/stings/bites.

- Basic Characteristic Symptoms: Feeling of twitching muscles/tightness near wound. Painful joints, all of the body, particularly small joints such as feet. Throbbing pains, worse with motion. Worse from the warmth of bed. Feels better from cold therapies

#### **Arnica montana:**

This remedy is to address the bruising and pain from the injection. The most common remedy for traumatic injury/surgery, bruises/strain/sprains. Arnica can be taken internally or applied externally (as cream or gel) to area of injury/bruising.

- Basic Characteristic Symptoms: Limbs and body ache and feel bruised and beaten, the bed feels too hard. Joint pains and inflammation. Does not want to be touched, nervous, oversensitive, wants to be left alone. Head feels hot, while body feels cold. Dizzy. Acute tonsillitis and swelling of soft palate. Raw sore feeling in the throat. Painful cough. Pain in chest, and stitches in the heart. Sleepless and restless.

#### **Hypericum perforatum:**

This remedy is best known for shooting nerve pain, injury to nerves.

- Basic Characteristic Symptoms: Specific for injuries to nerves with great deal of pain, useful after operations. Tingling, burning and numbness. Worse with cold and damp.

\*Descriptions taken from Homeopathic Materia Medica by William Boericke, MD. For full remedy descriptions you can visit the website: [homeoint.org](http://homeoint.org).

## Combination Formula

Like with the single remedies there are many options here and what is appropriate depends on the individual. The following are specifically indicated for supporting the body's inflammatory response. As is with the single there are many other options to consider depending on your individual needs.

- **GUNA Biotherapeutics: GUNA Flam Relief**

Homeopathic Combination to address inflammation throughout the body. It helps to support detoxification and modulates/balances immune response. It has many of the remedies described above in addition to others to target the many organs and systems involved.

- **UNDA Gemmotherapy: Ribes Nigrum (Black Currant)**

Gemmotherapy remedies are made from the buds of the plant, thus containing plant stem cells, which are full of primordial life force energy and potential for growth, detoxification and overall wellness. This remedy in particular is known as a universal drainage remedy, it is rich in vitamin C and bioflavonoids so has the protective qualities that are important for preventing vaccine injury. Black current supports the HPA axis, which is essential in an effective and balanced immune response. It has strong anti-allergy and anti-inflammatory effects and is protective for the kidneys and mucous membranes in general

- **Genestra Calm-Gen: Silver Linden Fig Hawthorn**

This is another formula created with the plant stem cells. This one is particularly indicated for cardiovascular symptoms that are common with the COVID vaccines. This one is a good choice if there is any weakness in the cardiovascular system, or a tendency towards palpitations, anxiety manifesting as heart symptoms.



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