

# Updated protocols for those who are covid vaxxed, or suffering from long covid, or from the effects of shedding

We urge anyone who got the covid shots to use the first three products preventatively - even if they are currently feeling absolutely fine.

## Part A: Updated Protocol to try to (G-d willing) forestall sudden medical events and illness among those who have taken the covid-19 jabs

As researchers and scientists continue studying what is in the shots, what works to alleviate their effects, and how we might be able to get them out of the body, thank G-d we have a newly **updated protocol** for the hopeful prevention of harm in vaccinated people. *(These same products would be part of the protocol for people who are already injured, but those cases need personalized recommendations by an experienced practitioner. **There are some practitioners listed at the end of this article.**)*

*For more information please email [chessed142@gmail.com](mailto:chessed142@gmail.com).*

It is important to note that what sets this protocol apart is that these scientists and doctors are seeking to actually *remove the poisons from people's bodies*.

*For people who are vaccinated but are symptom-free, the first three products are the most critical components. My researcher friend strongly recommends that all covid-vaccinated people take these three products, and remain on these the **FIRST TWO PRODUCTS LONG TERM** for the time being.*

### 1. Lumbrokinase Enzyme:



**Lumbrokinase** has proven itself beneficial for all of the vaccine injured and is clearly the top choice to help vaccinated people **prevent** trouble.

*Lumbrokinase helps prevent and dissolve blood clots. It promotes normal blood viscosity, promotes normal heart rhythm, and heals damaged nerves, among other things.* It is a powerful product with many benefits.

There are *several reasons* that Lumbrokinase is **much more helpful** for vaccinated people to take than other good enzymes, such as Nattokinase:

- Lumbrokinase has a **10x more powerful capacity to break down proteins (the poisons)** than Nattokinase.
- Lumbrokinase is **much more effective at preventing blood clots than any other enzyme. It can work even where blood thinners fail.** (In fact, my friend knows someone who has a genetic clotting disease, and she used to always have clots before taking Lumbrokinase. On Lumbrokinase, she had no clots. When she ran out, she tried substituting another enzyme, and developed a clot.)
- Lumbrokinase has the unique ability to **promote normal heart rhythm.**
- Lumbrokinase has the **unique** ability to *repair some forms of nerve damage* and is **protective of the nervous system** as well.

#### **More benefits of Lumbrokinase:**

\*Lumbrokinase can promote cardiovascular health, including proper circulation and the prevention of plaque buildup in the arteries.

\* Lumbrokinase can help to reduce inflammation throughout the body.

\*Lumbrokinase can help to boost the immune system.

\*Lumbrokinase can help to reduce pain and swelling associated with arthritis.

\*Lumbrokinase can help to treat respiratory conditions such as bronchitis and asthma.

\*Lumbrokinase can help to detoxify/protect the liver and kidneys.

\*Lumbrokinase can help to regulate blood sugar levels.

\*Lumbrokinase can help prevent cancer cell growth.

\*Lumbrokinase can help slow the aging process.

Here are some links which contain studies and information about Lumbrokinase:

<https://www.frontiersin.org/articles/10.3389/fphar.2018.00636/full>

<https://www.townsendletter.com/article/lumbrokinase-an-enzyme-for-more-than-just-circulatory-health/>

<https://www.onedaymd.com/2022/12/lumbrokinase-vs-nattokinase-vs.html>

<https://vitalitymagazine.com/article/top-3-therapeutic-enzymes-effective-relief-for-bowel-problems-joint-pain-heart-disease-and-more/>

*Some people have asked about the kosher status of Lumbrokinase. While the powder is not kosher, it is inside of a vegetable capsule, and swallowed as a medication, so it is permitted, like other non-kosher medications taken for medical purposes. (I verified this with a Rabbi, and the researcher I know has multiple great Rabbis who use Lumbrokinase themselves.) It is important to understand that Lumbrokinase can be life-saving, and that other enzymes and blood thinners do **not** compare to it.*

The brand of Lumbrokinase that you choose is important. The **Doctor's Best** brand and the **Double Wood** brand have been found effective. *For asymptomatic people, for ideal protection, take one capsule twice a day. (Take one capsule when you get up and one right before going to sleep, on an empty stomach, together with #2 Essiac below.)*

*Please try to choose these over other brands you may find online, as these are the brands that practitioners are finding to be most effective in patients. They are available on [iherb.com](http://iherb.com) and on Amazon. For example: <https://www.iherb.com/pr/doctor-s-best-lumbrokinase-20-mg-60-veggie-caps/9201> or [https://doublewoodsupplements.com/products/lumbrokinase?\\_pos=2&\\_sid=b00a8aa90&\\_ss=r](https://doublewoodsupplements.com/products/lumbrokinase?_pos=2&_sid=b00a8aa90&_ss=r). The Double Wood brand is significantly cheaper.*

**Note: Children who cannot swallow Lumbrokinase capsules can substitute Enzymedica brand Natto K, which comes in very small capsules. The Natto K capsules can also be opened up and put into applesauce.**

**Note: Home of Health** makes an excellent enzyme blend, called **Protein Enzyme**, which contains multiple enzymes, including Lumbrokinase, Nattokinase, serrapeptase, catalase, and others, plus herbal blends: a liver cleanse, kidney cleanse, gallbladder cleanse, and lymphatic system cleanse. Once the enzymes degrade the toxic proteins, the cleanses remove them from the body. The Home of Health product is more expensive, so it may be unaffordable for most people, but for people with **cardiac damage, it is critical to use it. (Of course, patients with symptoms must be under the care of a practitioner.)** See below for ordering information for **Home of Health Protein Enzyme**.

**CRITICAL: Lumbrokinase and other enzymes MUST be taken on an EMPTY stomach, which means not less than two hours after eating, (and then waiting one hour after taking, before eating.)**

**VERY IMPORTANT NOTE: To help avoid blood clots and other serious illnesses, it is also very important to drink adequate amounts of water daily.**

## **2. Essiac “Tea”**

Essiac is a powdered mixture of herbs that comes in a packet.



**Essiac is an old, time-tested product, a gentle natural herbal chelator which takes the heavy metals and toxins out of the body *without* taking out the minerals (which you need.) It’s been helping people with cancer and other illnesses for many years. Essiac has the potential to remove some of the covid vaccine components. It is also protective of DNA, and can repair damaged DNA. *The researcher I know saw that people who had gotten 85% better from their covid vax injury with Home of Health products, are closing the remaining gap in their health by drinking Essiac.***

### 30 COMMONLY REPORTED BENEFITS OF ESSIAC TEA:

- Prevents the buildup of fatty deposits in artery walls, heart, kidneys and liver.
- Regulates cholesterol levels by converting sugar and fat into energy.
- Destroys parasites in the digestive system and throughout the entire body.
- Counteracts the effects of aluminum, lead and mercury poisoning, having important implications for detoxification of the body.
- Strengthens and improves the functioning of muscles, organs and body tissues.
- Makes bones, joints, ligaments, lungs, and membranes strong and flexible, therefore making them less vulnerable to stress or stress-related injuries.
- Nourishes and stimulates the brain and nervous system.

- Promotes the absorption of fluids in the tissues to prevent edema (otherwise known as fluid buildup).
- Removes toxic accumulations in the fat cells, lymph system, bone marrow, bladder, and alimentary canals.
- Regulates the body's pH.
- Clears the respiratory channels by dissolving and expelling excess mucus.
- Relieves the liver of its burden of detoxification by converting fatty toxins into water-soluble substances that can then be easily eliminated through the kidneys as nature intended.
- Assists the liver in producing lecithin, which forms part of the myelin sheath that forms around nerves.
- Reduces heavy metal deposits in tissues (especially those surrounding the joints) to reduce inflammation and stiffness.
- Improves the functions of the pancreas and spleen by increasing the effectiveness of insulin.
- Purifies the blood.
- Increases red cell production and strengthens the cells, helping to prevent anemia.
- Increases the body's ability to utilize oxygen by raising the oxygen level in the tissues.
- Maintains the balance between potassium and sodium within the body so that the fluid inside and outside each cell is regulated. In this way, cells are cleansed and nourished with needed nutrients.
- Converts calcium and potassium oxalates into a harmless form by making them solvent in the urine. Essiac regulates the amount of oxalic acid delivered to the kidneys, thus reducing the risk of stone formation in the gall bladder, kidneys, or urinary tract.
- Protects against unwanted toxins entering the brain.
- Protects the body against the potentially damaging effects of radiation and X-ray.
- Relieves pain and decreases inflammation.
- Speeds up wound healing by helping regenerate the cells in the damaged area.
- Increases the production of antibodies such as lymphocytes and T-cells in the thymus gland, which is the defender of our immune system.
- Protects the cells against damage from free radicals.

- Increases the appetite for healthful foods.
- Decreases sugar cravings due to improved blood sugar control.
- Increases energy and creates an improved sense of well being.
- Absorbs toxins in the bowel.

**It's very important to use ONLY the Essiac from the original recipe developed by Rene Caisse. This is sold by Bryan and Gina Paulhus and can be ordered at <https://www.discount-essiac-tea.com/>.**

**You can also order by calling the Paulhus family at 978-504-9517, or from Moshe Weiser at 718-853-5600.** This brand is the **real one**, and it's seen to work time and again by doctors and researchers. It is sold in bulk and comes out to only \$1 per day to use, but if that seems unaffordable, just ask Brian Paulhus for a discount. **He is even willing to supply Essiac at no charge**, if need be.

*The other brands which are sold on Amazon etc, are imitations and may not work.* Please do *not* order those.

*We verified the Kosher status of the Essiac recommended above. All of the herbs are sourced from Starwest Botanicals, which has kosher supervision on their entire product line. Knowledgeable Rabbis were also consulted. The Essiac brand we are recommending is even kosher for Passover.*

**To prepare:** Cook the Essiac powder in water for 10 minutes, then let it steep for 12 hours, and refrigerate. Then drink 3 oz. of this cooked mixture - 3 times a day. (Instructions are provided with the product.) **To improve the taste**, you can add 1/3 tsp. of *pure stevia leaf powder* to each batch of Essiac prepared with 4 oz. of Essiac powder. (There is a company called **Organic Traditions** that makes stevia leaf powder with kosher supervision. It is brownish-greenish. Do *not* get the white stevia extract, which is *unhealthy* to use.) **For patients who do not have cancer, raw honey can also be used to sweeten the Essiac.**

To watch a *detailed explanation of the benefits of Essiac*, please see this link: <https://rumble.com/v2dus6k-healthy-benefits-of-essiac-tea.html>

**Here are Essiac testimonials:** <https://genuineessiac.com/pages/essiac-tea-testimonials> or <https://www.bulk-essiac-tea.com/essiac-tea-testimonials.html>

### **3. Thiamine HCL (Vitamin B1)**

**Thiamin has been seen to be very effective at preventing cellular damage.**

The **starting dose** of Thiamine HCL is 50-100 mg a day, and it is recommended to work up to 300-600 mg, increasing by 100 mg daily.

Any brand is ok. **It should be taken together with VITAMIN B COMPLEX** (ideally, B complex should be the MegaFood brand, which is food-based, otherwise, *take a low dose of the B complex.*) **Thiamine can also help with low energy after covid.**

Take the Thiamin for 1-2 months, and then you can stop. However, if you find that you feel better when you are on it, continue taking it.

#### **4. A1 Minerals**

The **A1 Minerals** (otherwise known as **Electroceid**, or as **Balanced Mineral Solution**), produced by Home of Health, has been seen to be *very* effective in helping to **alleviate health problems after the covid shots.**

The A1 Minerals is a truly unique, patent pending product, as it is made of minerals from seawater which are given a highly positive electrical charge. **This enables them to neutralize toxins** and pathogens.

**There is more information about the A1 Minerals, including a clinical trial showing their benefits, and a product label with the ingredients, on this link:** <https://truth613.substack.com/p/extensive-material-on-sonnenschein>. Here is part of how the researcher I know explains their benefits:

*“Another challenge that we are aware of is that the covid shots weaken the immune system, which allows opportunistic pathogens to take hold, and those that were dormant can become reactivated.*

*“There are many products, both natural and chemical, that can reduce the pathogenic load, but as any good physician can tell you, an antibiotic cannot eradicate an infection. Its job is to reduce the pathogenic load so that the person's immune system can take over and destroy the infection once and for all. But an immunocompromised person does not have the ability to do this. And as we now know, these shots weaken immunity.*

*“The A1 Mineral Solution is the only thing that I have seen thus far that seems to work almost independent of one's immune system. From strep to herpes - all infections are swiftly knocked out of the system. And the product is all natural and it is safe. I have seen it work on infants, adults and the aged. Doses of course need to be adjusted to suit the person's needs.*

*“I am watching the injured return to life. I have tried many different things, and these are the only ones that are consistent in their abilities to help people to recover.”*

**The more affordable way to buy this product is in the concentrate form (rather than the single-dose bottles.)**

The dosing goes by weight. Please see below for the contact information of the distributors, who will explain the dosing. **It is very important to take the A1 Minerals at least 30 minutes apart from any food and 1 hour apart from any other supplements or medications.**

## 5. Clot Off

**Home of Health** has a product called **Clot Off**, which is made of wasabi horseradish, American horseradish, the enzyme catalase, and a proprietary blend of herbs.

The remarkable thing is that the Clot Off blend worked *in vivo* to **dissolve the white fibrous clots**. It was also documented by sonogram to dissolve a white fibrous clot in a patient **in one week of use**.

The recommended dose is 3 times a day for 7 days - one capsule with each meal. **It is critical to take the Clot Off with food because otherwise the horseradish that is in it will cause severe stomach pain.**

*To get the Home of Health A1 Minerals, Protein Enzyme, or Clot Off, or to receive further guidance in their use, see below. There are many more Home of Health products as well, that can address problems arising after covid vaccination, as well as other health issues.*

### Note: A new product I just became aware of

VRL Formula - This product includes a form of artemisia and is high in suramin. I have **not** tried it yet, but it was recommended by someone who had a good experience with it, and a trusted researcher that I know likes the ingredients in it.

David Christopher, who developed the product, wrote:

**Sweet Annie** has many anti-viral components besides artemisinin, including immune modulating minerals zinc, gallium and selenium, polyphenols, essential oils, and other phytochemicals that assist to produce a stronger synergistic effect against SARS-CoV-2. Sweet Annie also stores iron which attracts the virus then destroys it with an H<sub>2</sub>O<sub>2</sub> bridge. It is also anti-fungal and anti-bacterial. Some experts consider Sweet Annie to be ivermectin's natural equivalent.

**White pine bark** is used for chest congestion and has cardio protective flavonoids. It is anti-viral, anti-inflammatory, and works well with star anise in utilizing shikimic acid.

**White willow** is anti-inflammatory and is specific for preventing blood clotting. Willow interferes with messaging, blocking cytokines.

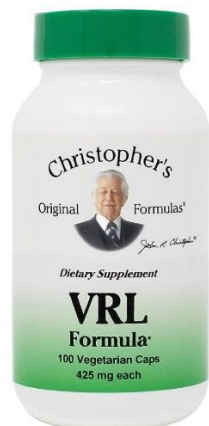
**Turmeric** is one of the best anti-inflammatory herbs. It blocks the proteins in the body's cells from being utilized for viral reproduction. It also helps prevent blood clotting and can ameliorate loss of taste and smell.

**Cacao** is high in zinc and iron, is anti-viral, anti-bacterial and anti-plague.

**Star anise** was the sole remedy the Chinese used during the black plague and today science has shown it to have the highest amount of shikimic acid. The fatty acids in star anise bind to spike proteins thus neutralizing them. Star anise has protease inhibitors to block COVID.



**Oregon grape root** contains berberine which, like golden seal, is anti-viral, anti-fungal, and anti-bacterial. **Dandelion leaf** blocks the interaction of CoV-2 spike protein and ACE-2 receptor sites. **Heal-all, or selfheal**, is an anti-viral, biofilm disruptor, immunomodulator and vascular tonic herb.



<https://herbshopconnection.com/products/vrl-formula-capsule-1>

*Proprietary Blend: White Pine Bark, White Willow Bark, Turmeric, Cacao, Star Anise, Sweet Annie, Oregon Grape Root, Dandelion Leaf, Black Pepper, Heal All Herb, & Boswellia.*

## **Part B: Shedding**

People who are experiencing symptoms after being in close proximity to vaccinated people are also obtaining relief by taking Lumbrokinase or Nattokinase, and Essiac. **These products are also sensible for people living or working with vaccinated individuals, to take as a protection.**

## **Part C: Long Covid**

People who were not vaccinated but are suffering long term effects after experiencing covid are (thank G-d) finding relief using Lumbrokinase plus Essiac, as described above.

*(If someone absolutely refuses to use Lumbrokinase, they should at least take **Arthur Andrew Nattovena Nattokinase**, 2 capsules 3 times a day, and **Enzymedica Enzyme Defense Extra Strength**, 2 capsules 3 times a day. **These products are kosher**. However, these still **do not match the benefits** of taking Lumbrokinase.)*

### **Additional products which may help specific issues in people with long covid:**

Very Important: Please note that this information is NOT a substitute for being seen by a medical practitioner and getting testing and diagnosis for symptoms. *These protocols were developed by a researcher for patients in similar situations and are simply offered here by me in a spirit of friendship. I am not a doctor.*

• **There are patches - specific ones for different symptoms - which some people are finding very helpful for quick symptom relief. Please contact Naomi Korbman from the practitioners list at the end of the article.**

Following is a list of some common **long covid issues and the protocols that have been given to patients** in those circumstances.

**Please also be aware that problems can arise from taking an overload of supplements, or, for example, from taking too much zinc. If you are already taking many supplements, please reach out to a practitioner to figure out what is helpful/important and what should be discontinued.**

### **Fatigue and Muscle Aches:**

First try: Lumbrokinase and Essiac. If no improvement, add: Enzymedica Enzyme Defense Extra Strength, Thiamin and B Complex as above, plus Pure Synergy Organic Superfood.

For muscle pain, the following product can also be very helpful: Trace Minerals ConcenTrace Trace Mineral Drops | Full Spectrum Minerals | Ionic Liquid Magnesium, Chloride, Potassium | Low Sodium | Energy, Electrolytes, Hydration | <https://a.co/d/d99X0BS>, or topical magnesium oil spray.

### **Brain Fog:**

First try: Lumbrokinase and Essiac. If no improvement add: Thiamin and B Complex as above - plus **Ginkgo biloba** 3 grams twice per day - if using a tincture, use 3x the dose that they recommend, starting with the initial recommendation and building over the course of one week. **Also excellent for memory issues/brain fog: A1 Minerals, 2 doses a day.** When relief is seen, can cut down to once a day, and eventually to once every other day.

### **Sleep Issues:**

Simple Slumber : <https://biotquest.com/products/simple-slumber> If long covid or vaccinated, of course also Essiac and Lumbrokinase.

### **Skin – cracked, etc:**

Essiac, **A1 mineral solution** 3x a day, and spray with the **Electroicide extra strength spray** 4 to 6 times a day. ***If long covid or vaccinated, include Lumbrokinase as well. Also, this ointment which is very good:*** [https://www.desertortoisebotanicals.com/products/healing-skin-salve?pr\\_prod\\_strat=copurchase&pr\\_rec\\_id=3596f319f&pr\\_rec\\_pid=9507029316&pr\\_ref\\_pid=9506990404&pr\\_s\\_eq=uniform](https://www.desertortoisebotanicals.com/products/healing-skin-salve?pr_prod_strat=copurchase&pr_rec_id=3596f319f&pr_rec_pid=9507029316&pr_ref_pid=9506990404&pr_s_eq=uniform)

***IMPORTANT: If you are suffering from memory problems, neurological problems, respiratory problems, etc. post covid, please email [chessed142@gmail.com](mailto:chessed142@gmail.com) and you will be connected with a practitioner who can try to help you.***

**Part D: For infertility, impotency, repeated pregnancy loss, digestive issues, MS, myasthenia gravis, and other illnesses after the covid shots - there IS HOPE!**

Please know that for people who are suffering from various illnesses resulting from the shots, there ARE products that have proven very effective. Please contact one of the practitioners listed below, such as Dr. Shirley Zelikovsky or Dr. Ephraim Ben Zeev, or feel free to reach out to [chessed142@gmail.com](mailto:chessed142@gmail.com).

Some people who have experienced infertility (male or female), impotency, or repeated pregnancy loss after covid vaccination have been helped by a combination of natural products. Please email [chessed142@gmail.com](mailto:chessed142@gmail.com) for information.

## **How to obtain Home of Health Products**

Home of Health Products can be ordered from distributor, Moshe Weiser of Healthy Options, or from Home of Health.

- Moshe Weiser, Healthy Options Inc. 718-853-5600 [healthyoptionsa1@gmail.com](mailto:healthyoptionsa1@gmail.com)

Moshe Weiser is in Brooklyn, NY, so people who are nearby can arrange to pick up products from him locally, or he can ship. Call him if you need to clarify anything.

- Home of Health 314-609-2798 [www.homeofhealth.wildapricot.org](http://www.homeofhealth.wildapricot.org) 6617 NW 24th Ave. Boca Raton, FL 33496

To order in Israel, please email [chessed142@gmail.com](mailto:chessed142@gmail.com).

There are also some other promising things that the scientists now are working on.

G-d willing, we hope to have more good news soon. **Remember that the main thing is to pray and to know that all healing actually comes ONLY from G-d alone. Everything else is just a messenger, which works when He decrees that it work.**

May G-d send a complete healing speedily to all His creations.

***Disclaimer: I am not a doctor, and don't take medical responsibility for patients. All information is provided simply in a spirit of friendship, in order to share the knowledge I've received from others which may help save lives.***

*Regarding the parts of the protocol that are from Home of Health, these products were developed by Leonard Sonnenschein, a biologist and inventor whose products are helping vax injured people move towards recovery. Based on the experience of researchers and doctors who are seeing lifesaving results from the Home of Health products in covid vax injured people, we have reason to believe that these products would also help prevent **onset** of trouble. For more background information, please see this link: <https://truth613.substack.com/p/extensive-material-on-sonnenschein>*

*For people who already have adverse effects from the shots, a trained practitioner is a **must** to guide the patient with an individualized protocol and follow their progress. That is because the protocol needs to be taken in the correct way in order to work.*

## **Here is a list of practitioners in Israel and in the United States:**

**Israel:** Dr. Efraim Ben-Zeev, Emergency and Family Medicine 052-386-3981

Dr. Mel Litman, Orthomolecular Medicine 073-732-5070 or 058-678-7466

Dr. Vivienne Damelin, Psychiatrist 050-731-5771

Yehudit Katz, RN 058-652-9350

Shiri Aziz, CST 054-578-1252

**USA:** Dr. Shirley Zelikovsky 772-678-5723

Rabbi Friedman - Monroe NY 845-662-4719

Dr. Rina Kramer 305-542-1656

Chaya Shagalow, RN 310-497-2755

Devorah Spadone 216-269-0392

Naomi Korbman, CST 917-734-1037