

A Canadian Perspective on How to Reduce Spike Protein

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Excess spike proteins originate from several different sources. These include infection with SARS Cov-1, MERS And SARS Cov-2 which is also called COVID-19. In addition, all four of the gene therapy injections from Pfizer, Moderna, AstraZeneca, and Johnson & Johnson also include the production of spike protein. In fact, Novavax also causes spike proteins, as does long COVID and shedding. The number one concept is to reduce the amount of spike protein taken in or generated by the body. Therefore, you should not have any more injections of this spike protein Genetic therapy. Shedding occurs from both the skin and the breath.

In the first chapter of my book *Solving the Brain Puzzle* published in 2019, I state the number one method of detoxification is to decrease the input. Therefore, in addition to reducing the spike proteins you should reduce any other toxins which would aggravate the problem. These include fluoride, mercury, pesticides, herbicides (especially Roundup or glyphosate). Each of these challenge both the liver and our microbiome.

Other food considerations include avoiding Omega 6 oils and minimizing the consumption of foods containing these oils. Omega 6 oils are quite inflammatory though not nearly as bad as

the horrific trans fats. Organic or healthy lard and grass-fed beef tallow, avocado and coconut oil are your new friends and best healthy foods. This is especially critical in young children. The short story is to eat organic or as close to organic as possible. It is best to learn about the Dirty Dozen of the environmental working group and to avoid those on the Dirty Dozen list; or eat organic only and try to self-grow all of these foods. Similarly, it is best if you know or learn about the Clean 15 group which includes onions, and to eat from this list often if you cannot afford to eat organic. Finally, grow a garden or at least window boxes in organic soil with your bare hands. Healthy soil interaction is the least expensive probiotic. A bonus is adding fermented foods such as sauerkraut, yogurt, kombucha and Kefir.

Intermittent fasting is one of the key efforts of improving your body's detoxification. This involves reducing the eating time to 6 to 8 hours a day on three to five days a week. This helps your body remove toxins by removing injured or unhealthy cells or autophagy. This is an inexpensive option for almost everyone and will often lead you to eat more healthy fats and proteins and less simple carbohydrates. You are best to eat whole raw foods whenever possible with minimal processing. In this case processing includes cooking, washing, and refrigeration as minimal examples.

Water is critical. Please use only pure water. Water can contain a multitude of problems and these include fluoride, glyphosate and chlorine. Methods to optimize water include a reverse osmosis unit under the kitchen sink or a Berkey filter or equivalent. With reverse osmosis it is critical to replenish trace minerals.

Clean air is also very important. If you live in a city or a polluted region of the country consider HEPA filters in your home. Also, it is ideal to have 4 to 10 house plants as these help clean your air and calm your spirit through beauty.

Meanwhile, spike protein injures and sidetracks your immune system, therefore we need to support it with supplements like Vitamin D. Canadians get vitamin D enhancing sunshine only four to five months per year depending on your location. Sunblock reduces this by 95% or more. Therefore, I suggest 2000 international units of vitamin D per day if less than 35 years of age and 4000 to 6000 international units if over 35. It is best to also take 200 micrograms of vitamin K2 with this for blood vessel health. Vitamin D is a key immune modulator.

Exercise improves vascular health and improves circulation which helps oxygenation. However, those with significant spike proteins and fatigue problems may be best to avoid aerobic exercise and only have mild to very moderate exercise during this time until they have improved their health. If you are experiencing debilitating problems such as brain fog, myocarditis or dramatic fatigue then adding more oxygen may be useful. If it is affordable and available then add hyperbaric oxygen therapy. Ideally you would do 40 sessions over a period of two months and then once or twice weekly for maintenance. If hyperbaric oxygen therapy is not an option then you should purchase an oxygen concentrator of at least 5 litres per minute and use a non-rebreather oxygen mask with it twice a day for an hour - morning and evening.

Some supplements are particularly helpful in removing toxins or improving energy recovery and even reducing inflammation. Energy recovery will be best if you can improve mitochondrial function. My three favorite energy boosting supplements are coenzyme Q10 -200 milligrams twice a day, acetyl carnitine 500 milligrams twice a day and D- ribose 5 grams twice a day. Other supplements I recommend routinely are vitamin D as mentioned above with K2 and then a B complex as well as N acetyl cysteine or NAC 500 milligrams once or twice a day. I also suggest vitamin C 500 milligrams twice a day and Quercetin 250 milligrams per day which works better if combined with resveratrol (500 mgs twice a day) and zinc 30 mgs per day. Other

supplements include magnesium 500 milligrams twice a day and omega-3, fish oils, 500 milligrams to 1000 milligrams per day. Vitamin C is quite critical at 500 milligrams twice a day and melatonin at bedtime 2 to 8 milligrams per day. Finally I suggest the supplement Nattokinase 100 mgs twice a day to reduce excess fibrin clotting. This is best not used if pregnant or on a prescription blood thinner.

To this point I have focused on non-prescription components as in Canada you can get an oxygen concentrator without a prescription. The issues of use of medications that are prescription based should be done with the consulting physician or naturopath.

This article has been written by Canada Health Alliance Director Dr. Bill Code.

DISCLAIMER: The Canadian Medical Association's Code of Ethics and Professionalism requires that a physician clearly indicates when they present an opinion that is contrary to the accepted views of the profession. Therefore Dr. Code is required by the College of Physicians and Surgeons of British Columbia to advise that the Government of Canada has issued a Public Advisory indicating that ivermectin and hydroxychloroquine are not authorized to prevent or treat Covid-19 and may cause serious health problems.

Dr. Code is the author of several books including the acclaimed, 'Solving the Brain Puzzle. A Complete Layperson's Guide to Achieving Brain Health.' To find out more about the groundbreaking work he has done, and to order any of his books visit his website at: <https://drbillcode.com/>