



Treatments and Protocols for Myocarditis, Pericarditis and Other Vaxx, Shedding & COVID-Related Heart Diseases

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Introduction

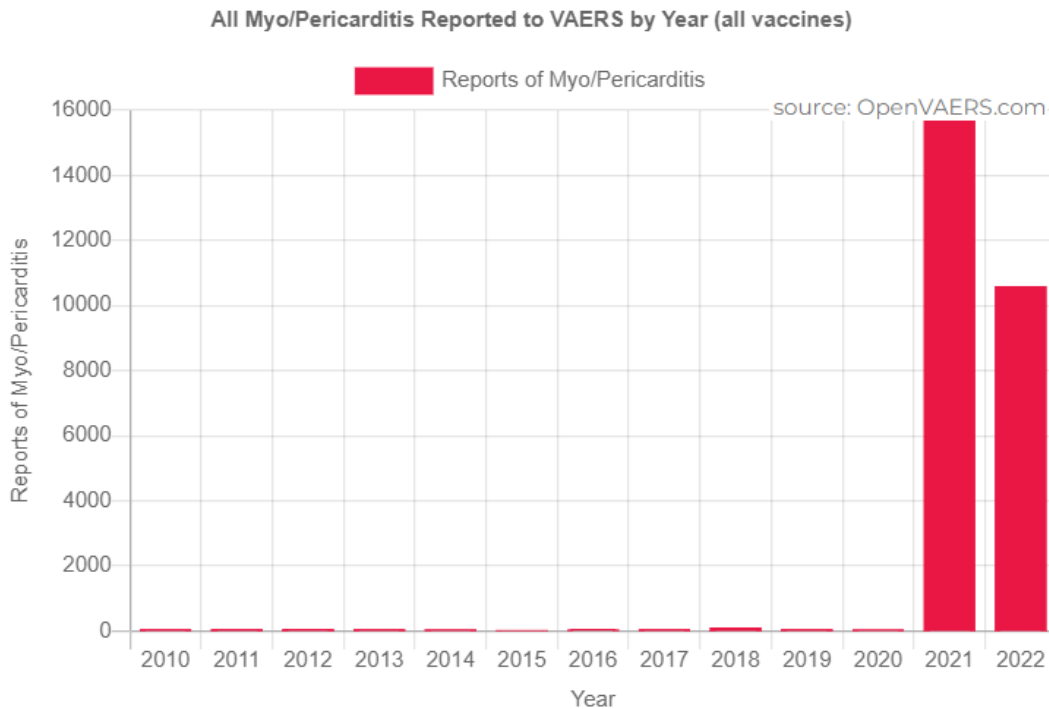
We're facing a major crisis right now, and it feels like nothing is being done about it. We have an overwhelming amount of our population suddenly developing life-threatening heart diseases such as myocarditis, pericarditis, heart attacks, and cardiac arrest, you name it!

And there's only one thing that changed in 2021 that led to this insane surge in heart injuries and deaths, the COVID-19 "vaccine".

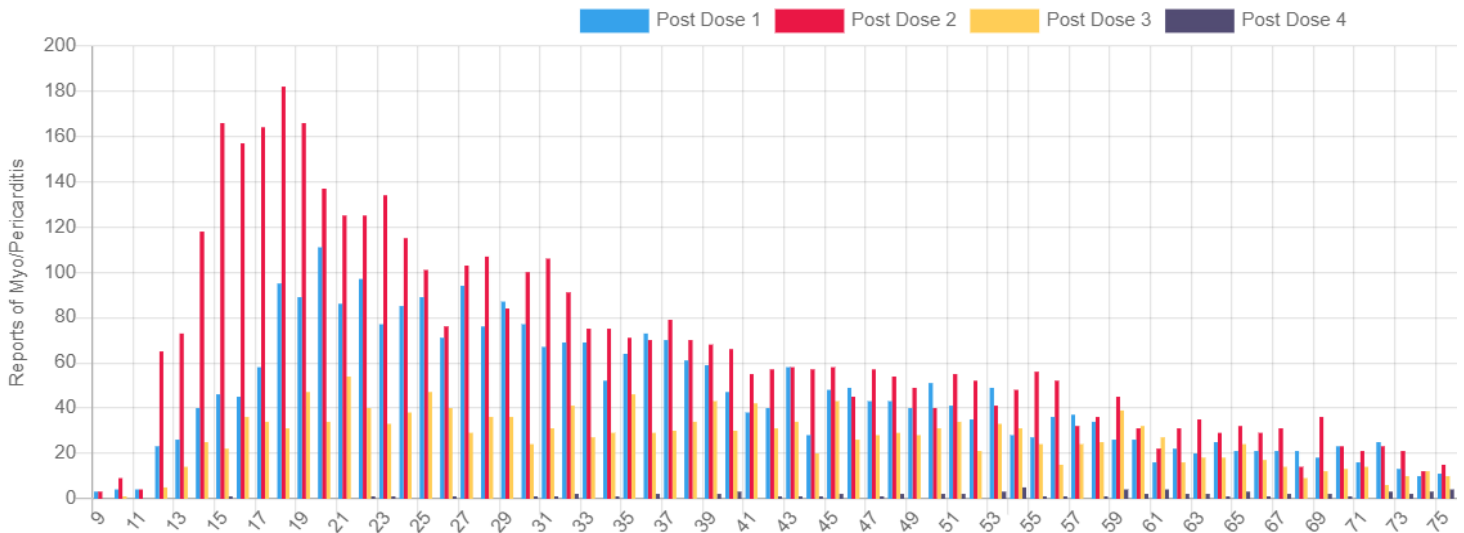
This isn't even something that can be denied because there is clear evidence that has come out over the past 2 years that proves these deadly clot shots are the cause.

Open VAERS, which only reports 1% of the actual cases has solid data representing all of the dangers of the jab.

Through December 30, 2022, they have reported 26,096 cases of myocarditis alone. And their reports show that 18-year-olds represent the highest number of cases after the second dose of a COVID shot.



All Myo/Pericarditis Reported to VAERS Post COVID Vaccine by Dose

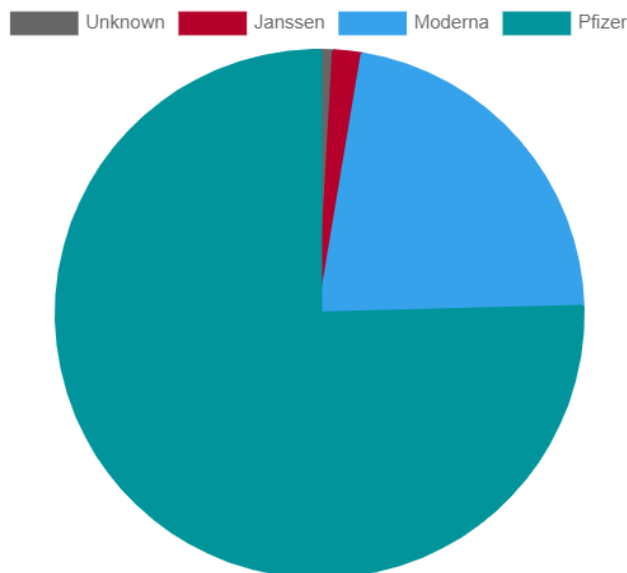


This is extremely alarming because it is unnatural, and never-seen-before for such a high number of young people to suffer from sudden heart disease.

What's more, Big Pharma giant, Pfizer was prioritized as the first choice for vaccine production being given Emergency Authorization Use clearance to start vaccinating the population.

And it has been shown to be the most lethal.

VAERS COVID Reports of Myo/Pericarditis by Manufacturer



This is irrefutable evidence that these shots are extremely dangerous. And yet despite the numerous reports, anecdotal evidence, and research proving this, the media continues lying about the safety of the jab.

And global governments are still pushing people to get boosted. This is unethical on a level that is incomprehensible. People are not being given proper informed consent and many are dying as a result. Our number one mission right now has to be to put an end to this population control agenda.

In this next section, I'll share insight into how these poison shots are causing heart disease and damage.

How the Spike Glycoprotein Causes Heart Damage

Health complications, re-emerging diseases, shedding, and even death after receiving these alleged 'safe and effective' vaccines are only some of the known harmful effects of these COVID shots. Its long-term effects are still unknown, but new scientific evidence reveals that there is a high possibility that these shots can cause life-long permanent damage to the heart.

Even the CDC's Advisory Committee on Immunization Practices admitted that there is a likely association between the COVID shots and the reported cases of heart inflammation occurring only a short 4 days or less after the shot. [R]

Last October 2021, Da'Vion Miller, a 22 year-old-male, received his first dose of Pfizer's COVID vaccine. Two days later, he experienced chest pain, fatigue, shortness of breath, dizziness, and a fast beating and pounding heart. He was later found unconscious in his home.

Da'Vion Miller was thereafter rushed to the hospital where he was diagnosed with both myocarditis, which is an inflammation of the heart muscle, and pericarditis, which is the inflammation of the outer lining of the heart. [R]

How do the COVID shots cause heart inflammation? The answer is simple: according to Spanish medical researchers who analyzed the contents of both the Pfizer and AstraZeneca vaccine vials, they found that these vaccines are composed of a toxic, blood-clotting substance known as graphene oxide.

Another group of American scientists also confirmed that all COVID vaccines contain relatively high levels of graphene oxide. [R]

It should be emphasized that graphene oxide is poisonous to the human body [R] and is known to cause problems like blood clotting, myocarditis, pericarditis, hepatitis, etc.

Further, studies reveal that when graphene oxide enters the human body, it causes damage to the heart muscle by entering each cell and damaging the heart's muscle fibers immediately, which is why most cases of myocarditis or pericarditis occur just a few short days or even hours following vaccination.

In the process, some cells die while others become inflamed, causing the inflammation of the heart muscle or the heart's outer lining. [R]

However, that should not be our only concern. Emerging scientific evidence also reveals that people who developed myocarditis can suffer scarring along the heart's tissues, reducing the heart's ability to pump blood and circulate oxygen around the body. [R]

Expert Insight - Dr. Jack Wolfson

Now, as it pertains to the COVID shots, I've seen so much devastation personally, in my practice from other medical colleagues both holistic and conventional practitioners. One of my best friends in the world from my medical training, he suffered Bell's palsy after the COVID shot and he can't move the left side of his face very well even to this day. And now it's well over a year later, he has not come close to near full recovery.

In my practice I've seen heart attacks, I've seen strokes, I've seen sudden cardiac death. I've seen cardiomyopathy, heart failure, atrial fibrillation. You name it, we've seen it. We've actually seen one of my patients, his testosterone markedly plummeted, actually dropped in half within 2 months of getting the said shots.

And I think ultimately, Jonathan, no matter who was here, any kind of worldwide expert who was here from Fauci on down, they would have to admit that there certainly is no long term data on these mRNA shots, these genetic altering therapies. That whether you alter DNA, whether you alter RNA, whether you alter the proteins, again, we don't have any near level of full understanding what it's gonna mean.

But again, I think we're hearing and we're seeing in VAERS, in other reporting systems, a lot of sickness. I've seen it with my own eyes, we've seen a lot of case reports. And it's devastating, but hopefully, this is the final insult that will cause us as a society and as a species to rise up and embrace true health and wellness.

Jonathan Otto:

Well, I can't imagine what that would be like actually to be in your profession and see the disappointment in people's eyes when they realize that they've really done a lot of damage to themselves or a loved one, people encouraging each other. I think there's a lot of guilt, mass trauma that people are facing today because people genuinely thought they were doing the right thing. But yeah, there is some oversight. There is some groundwork that has been laid.

And anyway, there's a lot here that's going on. So, what do you think is actually happening? Why is this happening? For example, it's not usual for things, like even with vaccines, this is a

little out of the ordinary to say the least with how these reactions are taking place, how quickly people are having reactions, how aggressively this alleged SARS-CoV-2 spike protein is attacking the hearts and other functions of the body.

What do you think this mechanism of action is? Because I think if we can work out that then we can work out what to do about it. What's your thoughts?

Dr. Jack Wolfson:

Yeah. Well, I think that ultimately, you know, when I was on CNN back in 2015, I was debating another medical doctor there about childhood vaccines. And really telling people, "Hey, they always cause damage. They always impact in a negative way the immune system."

And a lot of people saw the devastation from that, but I think the COVID shot devastation that's happening right now, that's definitely coming to a worldwide attention. And even a lot of people, medical doctors, well-known medical doctors who were very outspoken as pro-childhood vaccines. People like Paul Offit, et cetera, are starting to question the current paradigm and how things are unfolding.

And in short, the protein that is created, it's again now the protein is created, the devastation that the protein can cause in the human, obviously clotting is the most common consequence of that. And we're seeing people deep venous thrombosis, DVT, pulmonary embolism, clots going to the lungs.

We're seeing acute myocardial infarctions. We're seeing strokes related to this, because what happens is that it turns on the natural clotting of this system of the body, which we have normal clotting and our body breaks up clots and makes clots, and it basically functions in a very dynamic way.

But now we've altered that and the spike protein that is being artificially generated, again, what that is doing to cause thickening in the blood or hypercoagulability. And now, how it artificially stimulates the immune system. And now you have this immune system that's stimulated, and now we see it start to attack the heart where you get myocarditis. And again, you get these other autoimmune conditions, these inflammatory conditions.

And unfortunately, because it was never studied, those signals of risk in abnormality were never really known to anybody. And I'm not sure they would've done anything different, but ultimately I think this is obviously the biggest health crisis and calamity of my lifetime. And what it's done to society on so many different levels again is devastating.

Dr. Thomas E. Levy

With regard to myocarditis, secondary to chronic COVID and/or secondary for some people to having had the COVID vaccination, the pathologies appear to be similar. By that, I mean both COVID itself and the deliberate intent of the vaccine, I might add, is to put what's called spike protein inside your body. The spike protein, being a major part of what we're told is the COVID pathogen.

The part that lets the virus, if you believe it's a virus I'm not going to get into that, I'm just gonna say it causes the disease syndrome that you have to treat regardless of what you wanna label the pathogen. And there's a spike protein that allows this pathogen to get inside cells and replicate, which on the one hand can be devastating if it's done chronically. On the other hand, if it was a one-and-done, where you just got spike protein and nothing else and then it was gone out of your body, then perhaps you could have an immune response that would be beneficial.

Unfortunately, most of the data that I've seen over the last two years has shown that the spike protein not only can cause a lot of problems inside the body, but, unlike other toxins, and it's a toxin, it has the ability to replicate itself. So nothing should be more unsettling to someone trying to deal with this than the fact that "not only do I have a severe toxin here that I need to deal with, I need to find some way to knock it out completely or at least minimize its replication," because what could be worse than, let's say, pick a toxin, mercury? Alright? You take mercury, highly toxic, you do the right things, you neutralize it, it's out of the body.

What if mercury, once it got inside your body, was able to reproduce itself and continuing to produce new mercury? Then you have a whole other problem. And that's the case that we feel that appears to be most consistent with the data that we're seeing coming in on chronic-COVID and on post-vaccination individuals that have or have not had COVID, either one.

Now, the spike protein is attracted to what's called ACE receptors, angiotensin-converting enzyme receptors, that are present throughout the body, but they're present especially in the lungs, in the blood vessels, and in organs, and especially in the heart, the myocardium. Now, this is a problem because, as I said, it's a toxin. And what all toxins do is consume the focal Vitamin C stores that are present, wherever they bind and cause inflammation. When you have inflammation, you have Vitamin C depletion and vice versa. Okay?

So then, you're dealing with a situation where once the spike protein binds where it wants to bind, it creates an ongoing drain, if you will, of your Vitamin C stores in that area. And once you get to understand Vitamin C and what it does, it's the most important nutrient there is in the body. Everything spins off badly when you have depleted Vitamin C levels. And what did I say? I said, Vitamin C when you deplete it causes inflammation.

The state of inflammation and the state of Vitamin C depletion is really physiological synonyms. They describe the same situation. So whenever you hear about infection or inflammation, think Vitamin C depletion because that's what's occurring in whatever area of the body you're talking about, if you're not talking about a generalized process.

Now, probably the two biggest things that have resulted in chronic COVID being as incredibly negative for long-term health, as it's been, is because once you survive the acute COVID, maybe it attacked the lungs, maybe it didn't, a very large number of people have a chronic spike protein presence, if you will, in their blood vessels and in their heart, dealing with the ACE receptors. This means that you have a state of low-grade chronic inflammation, which means you have a state of significant Vitamin C depletion in those areas, in the lining of the blood vessels and in the heart, the heart tissue, and in the blood vessels inside the heart.

Now, just recently, some very interesting data came out of Switzerland. And in the group that they studied, of those individuals that have had received vaccinations against COVID, they found 100% of that group, 100% of that group had elevated troponin levels. Now, troponin is the result of damage to the heart muscle. As any damage, or inflammation to the heart muscle occurs, it releases troponin into the bloodstream. I mean, you shouldn't be releasing cardiac-related troponin for any reason into your blood unless there's some degree of ongoing cardiac damage, damage to the muscular tissue.

Now, the investigators, then, went on to say, "But only 2.7% of these positive troponin patients had clinically subclinical myocarditis." Basically, they just drew a line in the sand that said, "Well, if you're below this level of elevated troponin, we're not gonna worry about it unless you're above this level of elevated troponin."

Well, the point is, as I just mentioned, and I'll repeat it, there shouldn't be any elevation of the troponin. And any release of the troponin into the bloodstream means there's some degree, however amenable, of ongoing chronic low-grade myocarditis, that's really the only way to describe it, such that this is being released into the bloodstream and indicating that even though you might feel well, this isn't necessarily associated with symptoms. You might have gotten over your COVID, you might have had your COVID vaccination, you feel completely fine.

I think, at the very least, the study out of Switzerland should indicate we should start getting, very quickly, some studies on both groups of patients, long-haul COVID, post-vaccination, and patients who have had both, who have had long-haul COVID and have had vaccinations, and correlate, check troponin levels and see if we can show that the heart has finally reached a point of being completely unaffected.

And at the same time this is going on, the ACE receptors in the blood vessels are largely bound with the spike protein, and this causes a problem with blood clotting. We've all seen that there's a lot of, if you've been paying attention at all to the literature that's coming out, that there's been a lot of problems with blood clots, both associated with COVID and associated with the vaccine, and associated with both.

As I said, all of them put spike protein into your body, and it does appear that spike protein is the ultimate culprit. And this is significant because you don't want anything clotting that shouldn't be clotting. And even in the case of the heart, we're talking about the tiny capillaries and microvasculature in the heart that is getting inflamed, as well, and causing some degree,

oftentimes a blood clotting that promotes the ischemia or lack of blood flow that feeds the inflammation in the heart.

Del Bigtree

We got myocarditis and pericarditis in our children, which is swelling of the heart being caused by this spike protein that's being injected in the vaccine. And the numbers that we're seeing out of Israel, you're 3 times to 6 times more likely as a boy being injected with this vaccine to develop myocarditis, a swelling of your heart, that will be a permanent, lifelong disability in your heart.

Hopefully, it doesn't kill you. Even though we're told at about 10 years out, 50% of people in myocarditis die. So, we have these children and we know they're 3 to 6 times more likely to develop myocarditis than to end up in the hospital had they just gotten a natural COVID infection.

So, right there, when we look at the risk-reward benefit ratio, we can say unequivocally and I've studied vaccines for some time now, I've never been able to tell you absolutely beyond a shadow of doubt, this vaccine is more dangerous to children between the ages of 0 and 18 than the virus is, I can tell you that. So, now when the CDC and the FDA is approving it, I'm saying "Why?". When have we ever put our children in harm's way to protect the elderly? Those are the ones that are at risk, right? This is not a childhood illness, this is an elderly illness.

This kills people that have - are usually over the age of 75 that have other comorbidities like cancer, and COPD, and diabetes, and hypertension, and heart disease, those people that are already on their deathbeds. Coronavirus, COVID-19, SARS-CoV-2, you know, depending on how you want to talk about, it's bad. It's bad for those people, they're at high risk. Children, zero. I mean it's really a zero.

99.9976% is the survival rate, 0 to 18. 99.9976.002 is their actual death rate. And you have to assume that 0.002% is the ones that were already probably sickly.

Jonathan Otto:

Wow, thank you. Now that's, that's powerful. Dr. Zelenko and I were chatting about that and speaking about the issue of -- He mentioned the issue of how it's - Nations that cared about their children would be the ones that would put their lives down, give up their lives for their children, if that circumstance was necessary. Now it's the other way around, and he said that's very reminiscent historically of deeply pagan nations. It was an interesting perspective that it's a reversal of those outcomes.

And so, it's putting down your children for something that is a greater gain for you. And so, you know, deeper themes there, but the point there is that never should we ever do something allegedly for the benefit of others when it harms somebody else. It's just a false principle that - disguised as self-propaganda and junk science to allow somebody to, actually when you think

about it, operate in very animalistic ways. Which is, you see a lot of these themes in movies where it's all about what would you do in order to survive?

And then people justify all these kinds of dark things under the premise that you're that fear. So, fear is the mechanism by which you use someone else as a human shield, instead of saying, "No, there's never a reason to harm somebody else." And that's simply something that I am willing to... That's a hill that I will die on, even if it were true.

Reducing Your Risk Of Heart Diseases

Did you know that statistics show that heart disease has been the leading cause of death since 1950? According to [an article published by the Washington Examiner](#):

"Over 570,000 people died of heart disease from January to September this year [2022]. In America, heart disease continues to claim more lives than cancer and chronic lower respiratory disease combined."

Rebecca Woodruff, an epidemiologist at the Centers for Disease Control and Prevention, commented, saying:

"We expected to see an increase in heart disease death rates among adults, however, the magnitude of the increase was striking,"

And now with the damage that the deadly spike protein is causing to our heart health, these risks are only expected to exponentially increase.

That's why it is so important that every single person today considers the necessity of taking care of their heart health.

An effective way to combat heart disease is by eating a whole food plant-based diet, especially fruits and vegetables that are brightly colored, as fresh as possible, and organic if possible. Also include whole grains, legumes, and natural soy products.⁶

This healthy diet will protect your heart and brain from oxidative stress, and protect your insulin-producing pancreas.

Despite a vast array of chronic illnesses, it is really quite remarkable that heart disease remains the number one risk of men and women for the sudden change in health or sudden death.

You are never too young to start working on it. The longer in life your blood pressure is normal, your cholesterol is normal, your blood sugar is normal, your fitness is optimal, and you do not smoke, by far the more you reduce your risk.

Doctors Share the Highly Effective Treatments They're Using for Myocarditis and Heart Diseases

Dr. Dietrich Klinghardt

Now, the vaccine is a whole other issue because the vaccine is mostly damaging to younger people. And for us carries a level of insanity with it that the population gets vaccinated, kids and young people that never suffered from the illness that be just- In the wildest first 6 months of COVID-19 or early 2020s, we never saw a 4-year-old or 14-year-old kid with COVID symptoms. And if they had it, it was like a 2-day mild sore throat and then they were done with it. And then to protect them from that, to give them in a vaccine that 1 in 200 people causes myocarditis, which is an illness you never recover from completely. Once you had myocarditis, you're damaged for life. If you're an athlete, you never will be an athlete again that performs on a high level. That is something I think all the scientists agree that was just insanity imposed on people.

Jonathan Otto:

Yeah, it's very cruel. And with those young people that are presenting heart issues with their heart, what would you say? What can they do?

Dr. Dietrich Klinghardt:

Well, of course, the treatment for myocarditis, we have a number of tools. There's an herb called strophanthus, which is the strongest healer of the myocardium. It's an African herb that is available in the US. There's other one, hawthorn. So there is the herbal component of it, and there is the vitamin component where you use all the mitochondrial supportive things, the carnitines, and the B vitamins, and the folates, and the CoQ10, the PQQ. You can put a cocktail together for the immediate needs for the mitochondria and the heart.

There is also the wonderful one that's- I don't know if I should say that here, but I'm going to say it anyway. So, there is one mammal that can run 24 hours a day at full speed without any fatiguing, and do that for, I don't know, for long weeks at a time. I don't know if you know what that animal is?

It's the buffalo. The American buffalo is the only animal, only mammal that can do that. A tiger can run for like 30 seconds and then they're fatigued, and they have to rest for like 3 days. A buffalo can run for 24 hours nonstop at full speed, and that is because they have an insane number of mitochondria in the heart, and they have an unbelievable support system in the heart to regenerate mitochondria over and over and over.

And so a famous cardiologist, I'm not privy, I'm not allowed to say his name, simply found a simple way of centrifuging- taking the buffalo heart, putting it in a blender, centrifuging it and spinning out the low molecular size portion of it that's rich in the mitochondria, and give it to patients to recover their hearts, and that's fantastic.

Jonathan Otto:

Have you seen it work?

Dr. Dietrich Klinghardt:

Oh yeah, absolutely. Yeah. But as a tip here that is simple, guys that are listening to this, you can just simply get it from a butcher who deals with buffalo on the Internet. That's easily available. You can get buffalo heart frozen, and then you put it in a blender and eat it raw. There is no parasite that you're ever going to find in the heart of the buffalo. This thing is so defended and so safe, and you can eat it like sushi or like- I don't know what that's called when you eat raw meat. Yeah, it's a fantastic tool in the aftermath of the myocarditis that we see now everywhere. And then we used the German neural therapy. There is the thing called segmental therapy, we used stellate ganglion blocks that increase the blood flow to the heart, the intrinsic vascular system of the heart.

There's many tools that are available to us that usually come from different branches of alternative medicine that are very, very phenomenally effective. So we've reversed myocarditis in a lot of cases in people.

Jonathan Otto:

Even from the COVID vaccine yet, or not yet?

Dr. Dietrich Klinghardt:

Yeah. Yeah, absolutely.

Jonathan Otto:

In COVID vaccine? Myocarditis?

Dr. Dietrich Klinghardt:

Yeah, yeah, yeah. No, no, that's all we see now. I mean, the only myocarditis I've seen in the last 2 years is from the vaccine, so we've treated several hundred cases. I'm also blogging on the, I mean, making things known with online seminars so we are reaching an average of 2,000 practitioners every week. So we're educating them on what works, or what we've found has worked, or what people have shared with me that worked that I've tried.

What's going to be different with me, you're interviewing me now, I'm actually seeing real patients every day. I'm not sitting back there and running a company or doing things, I'm actually having my hands in the mud and see real people. And when people come back, and it didn't work, I'm sweating that out to see, okay, what is missing, and so on. And some of the things that I'm saying here are things that have actually worked on real people.

Jonathan Otto:

The myocarditis cases that you saw reversed, they did the buffalo heart? They blended it up, they did that? That was their main protocol?

Dr. Dietrich Klinghardt:

No, no, it was part of a protocol.

Jonathan Otto:

What was the other things they did?

Dr. Dietrich Klinghardt:

Just the things that I mentioned. We did the regular mitochondria medicine, but the strophanthus, the herb, that is the key piece, that's more important than anything else.

Jonathan Otto:

Strophanthus, and it's a plant?

Dr. Dietrich Klinghardt:

Yeah.

Jonathan Otto:

Like an adaptogenic herb, is it?

Dr. Dietrich Klinghardt:

Yeah, it's a plant from Africa. In Germany, we used to have a product that was available from the 1930s all the way until the late '70s, was called strophanthin that was an injectable extract. And when I was a young doctor, I could be called to anybody with a heart attack, fresh infarct, even someone who's just dropped dead, we give them a shot of that, and they resuscitated them immediately. Within 5 minutes, they were as good as before. And then when digitalis came out, and the pharmaceuticals came out with drugs, they felt there was the strong competition of something that was light years ahead of the effect of heart drugs that were available. Then of course, strophanthus was taken away from the market under the pressure of the pharmaceuticals, so it disappeared completely.

But I had the pleasure of working several years with it, and I worked in an area in Germany in the Black Forest where there were lots of old folks homes. So, the retirement community, there were like thousands of people and they were physically very active. And it was virtually every day I had 2 or 3 cases of myocardial infarction, and the aftermath, or sudden cardiac death, and so I had the pleasure of working with this remedy. And then one of my friends here in the community in the US became aware of the power of this particular plant and sourced it, and made it available to us. So there's only one source in the US.

Dr. Thomas E. Levy

What's the best way, at least in my opinion, to approach this? Well, as I said, the first thing to do is to get significant baseline blood work, not just the regular biochem panel, CBC, but you also want to get a troponin level, you want to get a D-dimer level, which indicates the lack of the ability to lyse clots, so when you're not breaking down blood clots, your D-dimer is elevated, and CPK, creatine phosphokinase, which is a- I am sorry, not CPK; CRP, C-reactive protein, which is an indicator of inflammation throughout the body.

Now, going on the pathophysiology of what I just described, we have a situation where we have focal areas, at least in the symptomatic organs, in the blood vessels, in the heart, of ongoing inflammation significant enough to release troponin in, and again, an ongoing degree of fresh cardiac injury. Now, you want them to design a protocol that is as anti-inflammatory as possible, as anti-toxic as possible, and capable of mopping up old blood clots that are not getting appropriately dissolved thrombolytic.

So, to that degree, number one is, you want to take good thrombolytic supplements: nattokinase, lumbrokinase, serrapeptase. Probably the most well-known is nattokinase. Very, very, very non-toxic. Okay? This is the type of supplement that really can be taken indefinitely for life. It's got the same essential components in it as the oriental diet with fermented soy products in it, miso. So that should be part of the regimen.

And the other part should address the inflammation. Now, to disregard, you want to take an intervention that increases and keeps increasing the intracellular, inside the cell, levels of Vitamin C as possible.

Once you are able to bring a cell back to a normal level of Vitamin C inside the cell, you have a normal cell. Now, that's simple. Getting there is not necessarily simple, but when you're able to reach the point where the cell concentrations of Vitamin C have been brought back to normal, you no longer have disease in that cell, you no longer have infection in that cell.

So, what does that? Well, obviously, taking high doses of Vitamin C is really number one on the list. And this can be done in forms of intravenous Vitamin C. And we're not talking about 1, 2, 3 grams, we're talking about 25-, 50-, 75-, 100-gram infusions. It's going to depend on the size of the person, the clinical response, whether or not you're getting the result that you want. Also, because of what hydrocortisone or cortisol does in the body, it comes out of the adrenal glands as a natural response to the oxidative stress of infections. And when you're still getting an infection or still having an infection, that's a direct indicator that there's not enough cortisol coming out to push the Vitamin C inside the cell. So, taking cortisol along with the Vitamin C infusions is very important. The downside is, the cortisol or hydrocortisone is a prescription agent, even though it's very natural, and cortisol, it's made by your body, in order to get extra amounts of it, it's got to come by prescription.

That said then, any of the bio-oxidative therapies, that's Vitamin C like I said, that's hydrogen peroxide, that's ozone treatments of the blood, ultraviolet blood irradiation of the blood, and

hyperbaric oxygen therapies. Basically, all of these things appear to have similar final common denominators in their ability to eradicate sites of infection.

Now, there's lots of other things that are good. I mean, there's a whole host of beneficial supplements. It's very important to have on that list magnesium, often in the form of magnesium chloride, but also when added to the IV, Vitamin D, Vitamin K2. Also, a good olive leaf extract gives you substantial amounts of hydroxytyrosol, which, amazingly enough, has been shown in studies to allow the body, apparently, to start making some of its own Vitamin C, which, in most people, is a genetic defect where they lost that ability, even though the animals in the wild continue to make it.

And this is an important point, too. Consider the fact that by losing that enzyme that allows you to make Vitamin C, you're losing the physiological partner of cortisol that should be stimulated simultaneously when you have a stressful situation, such as an infectious disease. You should be having the adrenal to make cortisol and the liver to make Vitamin C.

But instead, you just get the cortisol being made, and you need to be aware of this phenomenon so that you can increase the Vitamin C to make those perfect partners optimal in their function. Some of the other ongoing treatments is the much-maligned ivermectin, which is very good in helping deal with anything that binds the ACE receptors, including the spike protein, similar for the hydroxychloroquine and chloroquine, but the primary thrust of this protocol is what I just said. And you need as a goal.

If there was any abnormality of the troponin and/or the D-dimer levels, you need to hopefully take enough therapy for a long enough period of time to bring those both into the normal range because both of them, just about more so than any other blood test I don't know of, don't really have much of a false-positive range. If they're elevated, it means you have some degree of ongoing blood clotting, and it means you have some degree of ongoing heart inflammation or myocarditis.

The other things, all of this is supported very strongly by hydrogen peroxide nebulization, which gets rid of the chronic pathogen colonization, including COVID, in patients who have had COVID, especially that have had long-haul COVID. They hang on to the pharynx and the nasopharynx, and they continue to replicate and allow you to swallow that and keep the gut abnormal, keep the microbiome abnormal. I mean, I think some 60-70% of long-haul COVID patients have had the COVID pathogen isolated from their stool. So, it's still clearly present in the body, so you need not only to get rid of it internally if you will, but you need to get rid of the- well, calling the oropharynx external because it's external to the cells, is another thing that is very important in the adjunctive treatment of long-haul COVID and of dealing with any long-haul, spike protein-persistent syndromes, which include abnormal thrombosis and low-grade myocarditis.

Dr. Ryan Cole

Jonathan Otto:

I really want to make sure I dive into any protocols or things that you would do. And I know a lot of them, thankfully we just talked about that you would do if you had the shot if you were experiencing injury. And I know that this can be diverse. Well one person has myocarditis, the other one has pericarditis, the other one has neurological symptoms, the other one has chronic fatigue, the other one has a cancer diagnosis. But at the end of the day there is some things and many things, the majority of which I believe you are likely going to tell me are universal.

Like everyone ought to consider doing this versus or only do this if you have myocarditis and only do this if you have a cancer diagnosis. But what are some of these things that people can do? And again, if it's specific per symptom, that's fine too. But anything that you can share with me before you go with how people can basically, one "detox" from the shot. And I know that it's not the right way to put it really. It's more about remineralizing the body as much as it is taking out toxins. But what would you do? What are the specific things that you would look to put in your body and use to take to bind or take things out of your body?

Dr. Ryan Cole:

Right number one, two, and three, Vitamin D, Vitamin D, Vitamin D. Simple as that. Now in order to mobilize Vitamin D from your fat stores into circulation because the Vitamin D will tell which genes to turn on and off to tune your immune system. So, it works like a nice symphony. Magnesium at bedtime citrate, glycinate, Threonate, anything.

I just remember I ate magnesium because it's responsible for a lot of enzyme reactions. But also mobilizes your Vitamin D from your fat stores into circulation where it can turn those genes on and off. Vitamin K2 in conjunction with magnesium will push calcium to your bones where it belongs instead of plaqueing in your arteries. So, those are three simple, simple supplements. Another very, very simple thing, decrease your clotting risk, increase the health of your cells is as simple as this, Hydration, most people are dehydrated.

You need to cleanse your body, cleanse your cells, and having adequate fluid allow cells to flush themselves. And I can put a needle in a hundred people walking by me right now on the street. 75% of them will be dehydrated, leads to higher clotting risk leads to increased inflammation, leads to increased stress, leads to increased exhaustion. Those are some of the simplest things you can do.

Now in terms of detoxing from the spike, if one is still making spike protein, which some people are, there are natural things you can take without going and getting a prescription. Dandelion leaf extract will block the binding of spike protein to your cells. Black human seed oil called *Nigella sativa*. That will do the same. There are some prescription medications that are helpful not only for inhibiting spike binding. And again, I think it's one of the wonder drugs on the planet earth. Ivermectin is effective against so many different viruses, obviously parasites as well.

So, some people after COVID and or after the shots will get reactivated mononucleosis, glandular fever, Epstein–Barr virus, whatever you want to call it. Very commonly. And in the cohorts I've looked at with some of my colleagues, about 50% of patients will get reactivated mono. Ivermectin will slow down the turnover rate of the cells where mono hides out and your B cells. And so you can decrease the symptomatology of that chronic mono.

Now you can also take coconut derivatives like Monolaurin. It's a monoglyceride instead of a triglyceride. You can take olive leaf extract. There's some prescription medicines like Spironolactone that will inhibit replication of Epstein–Barr virus. I would venture to guess about half of the fatigue post-COVID or post-shot is Epstein–Barr virus based on what I've seen so far in the lab.

Astragalus Root is very good at inhibiting herpes family viruses. So, if any of those have woken up, those are some basic things one can do. Now I'm a big, big fan across the board for any of these injuries, mitochondrial injury, heart injury, chronic fatigue, Epstein–Barr, hyperbaric oxygen therapy.

Hyperbaric oxygen will reperfuse the tissues. It's good for fighting off cancer. It's good for all sorts of things. I know it can get expensive, could co-op together with some neighbors and buy one to share things like that. I've thought of opening up some hyperbaric just treatment centers based on the need right now for those who are either long haul or vaccine injured. So, I mean those are some basic things. Another favorite thing, obviously Vitamin D, but light if you get out in the morning or the evening hours near-infrared light from the sunshine will penetrate through your skin, your soft tissues, your bone about eight centimeters deep.

It stimulates your mitochondria, which are the little engines of every cell in your body, helps regenerate them. A lot of mitochondrial damages happened after COVID and the shots, it will stimulate the regrowth of those. And then the most powerful antioxidant in your body is melatonin. Now, not sleep melatonin, but intracellular melatonin within the cell melatonin. And those near-infrared light rays will stimulate the production of that.

Now you can get these near-infrared light panels you can do near in for red light saunas. And it's fascinating. There's a study that came out that showed, we talked about those pattern receptors Toll-like receptor number four is upregulated in myocarditis. Well guess what down-regulates Toll-like receptor number four? Near-infrared light. So, I mean using one of those light mats and it'll penetrate up to eight centimeters into the tissues.

Mid-infrared or broad-spectrum infrared only penetrates very superficially. But near-infrared will penetrate deeply. So, conjecturing here, I mean this is just hypothesis based on lab studies and knowing what near-infrared light will do to cells in culture with upregulated Toll-like receptor number four in myocarditis in cell culture, it will down-regulate it and two down tune down inflammation.

So, I think that's fascinating as a potential, very simple noninvasive treatment for those who are suffering that condition because we know the mechanism now. And then if we can turn that mechanism off, very cool in a very non-invasive way. So, I mean that's the tip of the iceberg. I'll be at a conference in a couple weeks where I'm presenting and there'll be about a dozen doctors. And I'll go over the mechanisms of injury and a lot of them are going over the mechanisms of treatment. But I mean that's literally the tip of the iceberg. We could probably go back and forth and you probably have some great ideas I haven't brought up here.

Sleep is critically important. A meditative practice or a prayer practice is critically important. The microbes you expose yourself to by being out in nature will activate your killer T cells that the concept of Japanese forest bathing. Studies show what that does for the strength of your immune response. I mean there's all sorts of natural things one can do.

There's a bacterium in the soil that is better than any antidepressant. One of my favorite ones I left off the list that helps rebalance your T-cell when they're out of balance is called low-dose naltrexone. And you can get that compounded at a pharmacy in conjunction with work with your physician. And that's been very helpful in a lot of patients in terms of just reregulating a dysregulated immune response.

Powerful Natural Medicines for Heart Diseases

Well Of Life's Heart Revive Supplement

Our **Heart Revive** supplement has been formulated with key natural ingredients like Niacin, Hawthorn extract, L-Arginine, Ginger root, Butcher's broom root, Cayenne pepper powder, Horse Chesnut extract seeds, and Diosmin (sweet orange extract) that have been shown to dramatically improve heart health.

Niacin alone has been extensively studied and is considered a potent method to raise high-density lipoprotein cholesterol which is the good cholesterol that helps to remove bad cholesterol from the body.

Hawthorn extract is another incredibly powerful natural medicine that has been used for heart failure, chest pain (angina), and high blood pressure. Studies have actually shown its efficacy in reversing symptoms in patients with chronic heart failure. [\[R\]](#)

L-Arginine is the substrate for endothelial nitric oxide synthase (eNOS), and the precursor for the synthesis of nitric oxide (NO). As a supplement, it has been shown to regulate blood and intracellular pH and the effect on the depolarization of endothelial cell membranes. [\[R\]](#)

Ultimately, L-Arginine is a powerful supplement for mitigating the deadly clotting effects caused by the jab as it is also used for its Anticoagulant and anti-platelet properties.

An Expert Shares Her Recommendation - Dr. Cathleen Gerenger

Heart Revive has a blend of ingredients that support your cardiovascular health. One of the ingredients is called niacin. Niacin is called B3.

Niacin helps to vasodilate your blood vessels. What it does is that it opens up the blood vessels and allow the proper circulation to get through. With Heart Revive, it actually helps patients that have low blood pressure and it also helps patient with high blood pressure. And why? Because our vessels actually work with the sympathetic nervous system.

It's able to relax and able to dilate and contract according to what it needs to. And when we have a deficiency in some of the nutrients such as B3, like niacin, the vessels get weakened. So that's when the blood pressure starts to occur. So your heart has to work harder to push that blood pressure up.

Or the other way around, if your blood vessels is too lax, the heart does not have enough oomph to be able to push it where it needs to. And so, sometimes you see in both cases where the ankle starts to swell or the lower extremity starts to swell. Hawthorne extract is one of the herbs that is well-known in traditional Chinese medicine to support the cardiovascular function.

L-arginine is again one of those key amino acids that helps to support the cardiovascular function by increasing the blood flow. We also have a lot of research on ginger root. Ginger root is, again, very well-known to be an anti-inflammatory herb. And of course, that's a root that's used in Chinese medicine.

And in Chinese medicine they use ginger for almost everything. We cook our soup with ginger, we cook our entrees with ginger. And ginger is one of those well-researched, along with green tea extract, is one of those well-researched roots and herbs that we use in ancient Chinese medicine.

Diosmin is known as sweet orange extract. And what that does is that it helps with hemorrhoids. When somebody that talks about hemorrhoids, the hemorrhoids occur because that's the last part of your large intestinal tract. How does that relate? How does the hemorrhoids relate to my cardiovascular health is a lot of people like, "I don't understand."

And the reason why is that when our cardiovascular, our heart has to work extra hard to pump all that fluid and all that blood down through your digestive tract to the end of your large intestine, when you're trying to strain to go to the bathroom, what it does is that when the vessels get weak, what does it do?

It swells or it bursts. So what happens is that when hemorrhoids occur, it's because the vessels are weakened. And by moving that bowel, it has to strain itself. And if it's strained itself too hard, the little capillary starts to break, and that's when you'll find a little bit of blood in the stool. So instead of saying, "Oh, let me just get a hemorrhoid cream," to me that's a bandaid. Why won't we step back and look at the body as a whole entire unit and support your cardiovascular system?

Concluding Thoughts

Even before the so-called COVID “vaccines” were rolled out, heart disease was the most prevalent disease in the world. Now, these clot shots have led to a further increase in heart disease in our population.

This time, young people are no longer exempt from this disease that was most commonly diagnosed in mid to late adulthood. This is extremely concerning.

The other major concern experts have is that top athletes are also suffering from heart inflammation and other heart diseases. And the instances where athletes are dying from these complications have also increased dramatically.

These athletes are the healthiest in our population and also should not be experiencing heart-related symptoms and diseases. This is how we know something is very wrong.

And as you read earlier, there has been a marked increase since the jab rollout. This information is being shared so that it can save lives.

The media and global governments continue covering up the real dangers of the jab and keep trying to cover the evidence of its repercussions on people’s health. This is unethical and means that there are still many people out there who do not know the truth.

They don’t know how deadly the poison shot is and they don’t know what to do to protect their health if they have had one or more vaccines.

Hopefully, now that you have access to this truly life-saving information, you can pass it on to those you care about to help them too. And I hope that you too will become an advocate for sharing this information with others. The more we share this, the more lives we’ll save.

I also hope that if you are struggling with post-vaccine heart injury or heart disease, you will find relief and healing using these very protocols.