

## 10 ways to detox from pharmakeia, deactivate nanotechnology and heal your DNA

*Author's note: this article uses the word pharmakeia in place of the more common word starting with "v" which means a concoction that is supposedly used as a preventive measure to assist with strengthening the immune system by means of an innocuous form of a disease agent. This article gets deleted from the internet when the v word is used, hence the use of pharmakeia – the Greek root of the word pharmaceutical. All links are live at the time of writing. This article is free to share and republish.*

### Introduction

There is much controversy globally around pharmakeia at present, with strong-arm tactics being employed to coerce people into taking the COVID pharmakeia – with (or increasingly without) their consent. Governments, pharmaceutical companies, mainstream and social media laud the supposed health benefits, and suppress anything to the contrarian truth of pharmakeia. In reality it is the same people who are orchestrating both the [mainstream media and pharmaceutical industry](#), and attempts to call them out are ruthlessly suppressed.

The purpose of this article is not to go into the possible motivations for the push to globally pharmakeia mankind, but rather to provide some background on how damaging pharmakeia are from a spiritual perspective – and more importantly, what to do about this and negate and even reverse their negative effects.

### Rudolf Steiner's prophetic foresight

There is a parallel – and more evil – story behind the use of pharmakeia and the cocktail of harmful ingredients they contain. Let's begin this with an insightful quote ahead of its time, from a man ahead of his time – Rudolf Steiner (1861-1925):

*"In the future, we will eliminate the soul with medicine. Under the pretext of a 'healthy point of view', there will be a pharmakeia by which the human body will be treated as soon as possible directly at birth, so that the human being cannot develop the thought of the existence of soul and Spirit.*

*To materialistic doctors, will be entrusted the task of removing the soul of humanity. As today, people are pharmakeia-d against this disease or that disease, so in the future, children will be pharmakeia-d with a substance that can be produced precisely in such a way that people, thanks to this pharmakeia, will be immune to being subjected to the "madness" of spiritual life. He would be extremely smart, but he would not develop a conscience, and that is the true goal of some materialistic circles.*

*With such a pharmakeia, you can easily make the etheric body loose in the physical body. Once the etheric body is detached, the relationship between the universe and the etheric body would become extremely unstable, and man would become an automaton, for the physical body of man must be polished on this Earth by spiritual will. So, the pharmakeia becomes a kind of arymanique force; man can no longer get rid of a given materialistic feeling. He becomes materialistic of constitution and can no longer rise to the spiritual."*

Let's compare Rudolf Steiner's vision with that of a French energetic healer who [shared her experience in treating a recipient of the COVID pharmakeia](#):

*"I held a session with a person who had received the first and second dose of the vac. I had already treated this person energetically, but I did not know that she had taken the vac. When I started the treatment, I immediately noticed the change, very heavy energy coming from*

*their subtle bodies. The scariest thing was when I worked on the heart chakra, I connected with her soul, so she was detached from the physical body, she had no contact and it was as if she was floating in a state of total confusion. A damage of the consciousness that loses contact with the physical part, so with our biological machine, there is no more communication between them.*

*During the treatment, this soul told me that it no longer felt the body and had the impression of floating in a deep malaise. The energy I was working with, the energy of their energy field, was very heavy and you could feel these substances that are very stressful for the subtle bodies.*

*I continued the treatment by sending light to the heart chakra, the soul of the person, but it seemed that the soul could not receive any more light, frequency or energy. It was a very powerful experience for me.*

*Then I understood that this substance is in fact used to detach the consciousness, so that this consciousness can no longer interact through this body that it has in life, where there is no more contact, no more frequency, no more light, no more energetic balance or spirit. Then I started to cry for that soul because it was something that touched me deeply, a very powerful experience. I didn't say anything to the person because I didn't know how to say it and if they would have understood.*

*I realised that it is not only polluting the subtle bodies or the physical body, but it is something to do with our soul. The purpose is to damage and try to destroy the contact with consciousness. What Steiner said is exactly that. It is not just about damaging the immune system.”*

Update: second treatment of the person:

*There has been another change and again a deterioration, both in the severity and in the energy that their energy field transmits, but most importantly there has been a very significant decrease in frequency. At the moment he is not showing any physical symptoms on the physical body. As for the situation manifesting on the energetic level and especially the soul, it has been confirmed that the soul has been expelled from the physical body, it is still bound by the so-called cord, but it confirms that it no longer interacts with the physical, emotional and mental body, there is no longer any kind of communication. The soul is no longer able to manage these three bodies, to continue its process of incarnation and evolution, precisely because this contact has been broken.”*

### **The spiritual euthanasia of mankind**

The global pharmakeia program is one of the most advanced spiritual warfare programs against humanity. From a more scientific perspective, governments and those pulling the strings behind the scenes are using pharmakeia to [target individuals and populations](#) who express the [God gene](#) (also known as vesicular monoamine transporter 2 (VMAT2)). This gene, as detailed by geneticist Dean Hamer in his book *The God Gene: How Faith is Hardwired into our Genes*, predisposes humans towards spiritual or mystic experiences. An eloquent spiritual explanation of this can be found in this [short podcast](#), which details how mRNA pharmakeia in particular are designed to subvert the divine genetic code within mankind.

While the government argues it is interested in neutralising terrorists who act on their religious fanaticism, one of the more important goals of those behind the global pharmakeia program is to stop the spiritual evolution of mankind through [stunting the expression of the God gene](#). This video [featuring Bill Gates](#) is a good example of this agenda in practice.

Another way pharmakeia and PCR tests are being used to suppress the spiritual potential of mankind is through targeting the pineal and pituitary glands. In addition to production and regulation of critical hormones within the body, these glands (particularly the pineal gland) serve an important role in the unfoldment and expression of spiritual senses. [It has been found](#) that [DARPA hydrogel and lithium](#) (highly toxic to the pineal gland) as well as [graphene oxide](#) contained in PCR test swabs (and also in pharmakeia) remain on the nasal mucosa below the pituitary and pineal glands, and this mixture immediately reacts with living structures to form crystals that target the pineal gland, which has been found to have its own electromagnetic field. Aluminum and mercury – widely found in all pharmakeia – are also highly toxic to the pineal gland, and all of this has a directly destructive impact on mankind's ability to realise their spiritual potential.

There are numerous stories from around the world, particularly in cultures which have strong spiritual roots, where pharmakeia essentially cause “spiritual euthanasia”. Children, for example, lose their second sight and are no longer able to see other dimensions and spiritual phenomena. A classic example of this can be found [in this interview](#) between David Icke and one of Africa's last shamans and traditional healers, [Credo Mutwa](#), in which he explains (skip to 3.20.30) how white men came to his village and forcibly pharmakeia-d everyone. Everyone (especially the children) lost their spiritual sight and ability to perceive spiritual entities and other interdimensional phenomena, but his family helped him avoid the pharmakeia and he fortunately retained his spiritual senses.

Here are 10 ways to detox from pharmakeia (including the COVID pharmakeia) and deactivate pharmakeia nanotechnology. This is a very holistic, largely faith-based approach to counteracting the negative effects of pharmakeia (especially COVID pharmakeia), and the importance of the last step should not be discounted.

### **1. Use electricity.**

A recent study found nanoparticles in [at least 43 market-leading pharmakeia](#), so the problem of nanites is not just restricted to COVID pharmakeia. Scientists from around the world are actively [advancing this agenda](#).

One of the most effective weapons against the [harmful inorganic nanoparticles](#) contained within pharmakeia is direct application of mild electric currents to the body. [Research has found](#) the right kind and amount of electricity can facilitate remarkable healings.

One of the best devices for this is the Tesla [violet ray](#) which was invented by the famous scientist [Nikola Tesla](#). Most of his creations and patents were suppressed or confiscated by the government following his death and the manufacture of violet rays was prohibited in the US following the Rockefeller-led crackdown on natural medicines. Fortunately, the [violet ray](#) is one of the few Tesla inventions that managed to survive the crackdown and is publicly available worldwide.

The [violet ray](#) works by passing a mild, healing electrical charge to the site of application as well as through the whole body. This makes it particularly effective against nanotechnology, because it essentially fries the electrical components that are essential for nanobots to function.

Drink good springwater, rainwater or reverse osmosis filtered water before and after to assist with conductivity and remove all jewellery and other metal from the body, so the electricity will be attracted to inorganic elements (such as nanites) in the body. Apply to the body (especially site of pharmakeia, and other good areas include C7 vertebrae, forehead, around and behind the ears, vagus artery/nerve, EFT tapping points and along the spine). Anywhere you intuitively feel right on the body is fine. Apply for 10-15 minutes per session, three times a day. Doing so will also have more general and significant health benefits for your body.

There are many other electrotherapy devices which will work well, including the [Hulda Clark](#) and [Don & Carol Croft](#) zappers. [Jared Rand](#) suggests the [nexus orgone zapper](#), which works on a frequency of 432 Hz (a frequency which seems to counteract nanotechnology parasites such as Morgellons – good to know if you have a Rife machine or therapeutic frequency generator of some kind). Apply two zappers – one to the inside of each wrist – three times a day for 15 minutes at a time for three weeks. As with the violet ray, drink good spring, rain or reverse osmosis filtered water before and after to assist with hydration and conductivity. There are also electromagnetic technologies (such as the [Ampcoil](#) and [Telsa Biohealing](#) devices) on the market. The benefits of such devices are many and extend well beyond their ability to negate the effects of harmful nanotechnology and other parasites. However, direct application of electricity to the body is generally more effective in neutralising nanites. Even crude forms of [electrotherapy](#) are effective. For example, [there are stories of farmers](#) who accidentally touched electric fences and the strong electric pulse healed them of viruses with similar symptoms to Lyme disease. Much like the electromagnetic pulse (EMP) that knocks out the AI-controlled sentinel robots in the Matrix movie (truth is sometimes stranger than fiction) the right kind of electrotherapy and electromagnetic energy work wonders on [magnetic nanotechnology](#), [magnogenetics](#) and other inorganic and organic parasites within the body.

## 2. Use boron/borax

[Boron](#) is an indispensable supplement for detoxing heavy metals and one of the few known nanobot replication inhibitors. Boron is a mineral which is essential for all life in plants as well as animals, but unfortunately it has been intentionally depleted in our foods through the use of chemical fertilizers which inhibit the uptake of Boron from the soil. This creates health problems due to boron deficiency which is now very common, but very few of us know about it.

Borax (sodium tetraborate hexahydrate or sodium borate) is a naturally occurring mineral composed of sodium, boron, oxygen and water, and has been used as a remedy for over 4000 years as a remedy for a variety of ailments.

One of the options on the market is [liquid ionic boron](#) and there are also many good boron supplements available. Natural borax such as [20 Mule Team](#) is also very effective (and cheap). [Borax](#) is meant to be taken in small amounts (the FDA maximum dosage is 1/8 teaspoon per 100 pounds of body weight) so take a small pinch of this in the water every morning, with maybe 3-6 glasses per day for an internal nano detox. This will also help raise your pH which is important for overall health.

For an external nano detox bath, add one cup of baking soda, one cup of Epsom salts, one cup of pure borax, and one cup of Himalayan sea salt or Redman's salt (never use table salt), and soak in hot water as long as you can. If you want to take this to the next level, there are also nano baths which use the power of electricity (in a safe way) to assist with the extraction of nanotechnology within the body. For a more intensive experience combining this step with the above, try Tony Pantallesco's [electric nano bucket](#).

Boron and borax are also very useful in combatting the nanotechnology parasites in [Morgellons](#) (for more information listen to this [Dana Ashlee video](#) and skip to 23.30, or view [this interview with Dr Carrie Madej](#) on the Carnicom Institute website). Nano Morgellons fibres are also [widely found in disposable facemasks](#) as well as the [COVID swabs](#) (which, in reality, are self-replicating AI conductive graphene nanofibers, which are critical for the dual purpose of a [surreptitious DNA harvesting and collection program](#)) and there are many potential solutions to Morgellons [here](#) and [here](#).

### 3. Use zeolite

Zeolite is [a natural volcanic mineral](#) which has the unique ability to attract, absorb and neutralise [heavy metals such as lead, mercury, arsenic, aluminium, cadmium and other pollutants](#) (including radioactive material). Zeolite is a biological chelator which binds harmful substances while in the gastrointestinal tract to draw them out of the body via the bowel

Zeolite (also known as clinoptilolite) holds a negative electromagnetic charge which attracts toxins throughout the whole body, so it never removes beneficial minerals. It is more effective than activated charcoal and can be taken internally and externally.

Make sure the zeolite is purified and micronised food grade, like this zeolite [in the US](#) or this one [in Australia](#) – though there are many good suppliers around the world. Simply mix with good spring water, rainwater or reverse osmosis-filtered water. Start off slowly (maybe a quarter to a half teaspoon) and see how your body responds. [Dr Sherri Tenpenny](#), a leading expert on the harm caused by pharmakeia, recommends [hydrated zeolite](#). There are also many good nano-sized cellular zeolite products on the market.

If you have not detoxed before it is likely you might feel light-headed as the zeolite works to remove heavy metals and other nanoparticles. The normal protocol is to detox more heavily for a short initial period and then keep up small maintenance doses.

### 4. Use Miracle Mineral Supplement (MMS)

MMS is a water purification antimicrobial compound which was discovered by a [man named Jim Humble](#) in 1996. He found MMS was very effective in [eradicating malaria](#), and Humble went on to develop a formula using this substance mixed with a food grade acid. This substance, also known as chlorine dioxide solution (CDS or ClO<sub>2</sub>) works by oxidizing pathogens and takes broad spectrum action against bacteria, viruses and protozoans. The recipe has been refined over the years and there are a number of products on the market now, so it is worth researching the safest and most effective formulae. MMS also works very well in conjunction with Dimethyl Sulfoxide ([DMSO](#)) as a detoxifying agent.

Pharmakeia (especially the COVID pharmakeia) contain a cocktail of viruses and other pathogens, and MMS can work wonders in killing off these foreign bodies. Analyses of COVID pharmakeia, for example, have found [what looks like toxoplasma gondii](#) in them. This interesting analysis looks at how this parasite can potentially change behaviour in people (read mind control) who have been pharmakeia-d.

The good news is that MMS is the perfect antidote for this kind of parasitical organism. MMS also [works very well against SARS-CoV-2](#) and there are [many testimonies from doctors](#) with regards to its efficacy in treating and curing patients. By coincidence, the FDA ordered US Marshals to [illegally raid a church in Florida](#) which manufactures and sells large MMS – an agent which effectively kills both SARS-CoV-2 and the pathogens in the COVID pharmakeia – early on in the “pandemic”.

### 5. Use suramin and shikimic acid

[Suramin](#) is an isolated compound originally derived from an extract of pine needle oil. It was found to be highly effective in killing parasites and viruses of several kinds, and also has a beneficial impact on a large number of other conditions. It was subsequently produced as a drug and used by WHO to treat African sleeping sickness and river blindness.

This video featuring Dr. Judy Mikovits (of [Plandemic fame](#)) explains [in this video](#) how suramin is an antidote to the pathogenic ingredients in mRNA pharmakeia (maybe one of the real reasons why the FDA has also made it illegal to use suramin for therapeutic purposes (such as treating pharmakeia-induced autism) in the United States). For more information on

this she [explains to Dr Joseph Mercola](#) how the COVID “pandemic” has been engineered and discusses potential solutions. Suramin is still produced as the drug germanin, and some of the most potent natural sources of suramin include pinon pine hydrosol as well as [Siberian cedar nut oil enriched with resin](#).

Mike Adams explains how to produce pine needle tea (which contains suramin) [in this helpful video](#) and also details how pine needle tea contains other important ingredients such as shikimic acid which can also boost the immune system and act against SARS-CoV-2. Some kinds of pine needles are toxic so do your homework before taking any.

Other foods high in shikimic acid include fennel, star anise tea, wheatgrass and wheatgrass juice, while superfoods include schizandra berry, St John’s wort, comfrey leaf, feverfew, ginkgo biloba leaf, giant hyssop or horsemint.

## **6. Use hydrogen peroxide**

[Hydrogen peroxide](#) is a naturally acidic compound that has two hydrogens and two oxygens. It is stable in an acidic environment, and it releases and decomposes into oxygen gas inside the body. When hydrogen peroxide is applied or taken as a remedy, it reacts with organic material and the substance breaks down into its elemental form – separate water and oxygen. This added oxygen in the system creates an environment in which most diseases cannot thrive or even live. This process of oxidation serves a fundamental purpose in [restoring wellness, relieving illness and speeding healing](#).

Hydrogen peroxide can also assist with pharmakeia detoxification through [working against viruses, bacteria and other pathogens](#) found within pharmakeia. Studies involving hydrogen peroxide have also found that it is highly effective in [treating autoimmune diseases](#) – often brought on by the use of pharmakeia. [This eBook](#) contains more detail about the healing and purification benefits of hydrogen peroxide. Make sure the hydrogen peroxide you use is food grade, safe for human use and diluted to the right amount before using.

## **7. Eat the right food**

Food plays a very significant role in the process of detoxing from pharmakeia and the harmful ingredients contained therein. There are many foods that can assist with this, but generally it is preferable to follow a whole-food, plant-based diet. The macrobiotic diet is [one of the best in the world](#), and those who rigorously follow the way of macrobiotics tend to [live very healthy, long lives](#).

When it comes to detoxing from pharmakeia, one of the best recipes is from Medical Medium with the [heavy metal detox smoothie](#), which consists of bananas, wild blueberries, cilantro (coriander), orange juice, barley grass juice powder, spirulina and Atlantic dulse.

There are many other good foods that will assist with detoxification, including:

- Raw organic apple cider vinegar
- White radish (daikon)
- Raw garlic
- Ginger
- Water kefir
- Shitake mushrooms
- Neem (a natural alternative to ivermectin) in combination with turmeric.

It is also important to eliminate harmful habits from your diet and lifestyle, including heavily processed and refined foods, smoking (including marijuana), alcohol, drugs and mainstream

media. There is [plenty of information online](#) if you are interested to know about how diet can assist with detoxing from pharmakeia.

If you are inclined, it is also important to bless your food and ask for it to be purified and made whole for the healing and cleansing of those partaking of it. If you want to take this to the next level, use the technique [recommended by Siberian mystic Anastasia](#) for planting and growing food that is uniquely medicinal for your biological needs. This process harnesses the healing power of food and emphasises harmony between man and nature.

## 8. Take the right supplements

Supplements are also important in the pharmakeia detoxification process. Similar to diet, there are many options here, including:

- [Liquid chembusting homeopathic](#)
- Iodine (Examples [Atomic iodine](#) or [Detoxadine](#))
- Organic bee pollen (see more below on bee pollen and healing your DNA)
- NAC (N-Acetyl Cysteine) (an [important remedy](#) for [graphene oxide](#))
- Glutathione (as above)
- ALA (alpha linoleic acid)
- Shilajit
- Supercharged C60 (nano-carbon activated charcoal)
- Zinc
- Vitamin D3
- Vitamin C
- Fesitin
- Silica
- Pyrroloquinoline quinone (PQQ)
- Organic fulvic/humic minerals
- Potassium
- Krill Oil
- Quercetin
- Milk Thistle
- Alpha lipoic acid
- Chlorella
- Spirulina
- Oil of Oregano
- Evening Primrose Oil

[Dr Sherri Tenpenny](#) recommends high doses of powdered vitamin C ascorbates (not ascorbic acid), 200-400mg coenzyme q10 every day (gel caps and not powder) as well as getting Vitamin D and iodine. Colloidal silver can also help with the pharmakeia detoxification process. One of the more advanced options being [Silver Joe Cell water](#), which you can make yourself with the right technology. Supplements also play an important role in reducing transmission and damage from [spike proteins](#), and many of the supplements listed above can assist in this process.

## 9. Use Paidā Lajin

[Paidā Lajin](#) is an ancient Chinese self-healing technique which utilises stretching, patting, and slapping of specific external skin areas to draw out and expel toxins in the body. The

technique originated from ancient Taoist practitioners, who used it to activate vital energy channels (also called the meridian system).

Paida Lajin works by stimulating the body's meridian system to increase the circulation of natural energy flows (also called ki, chi, prana and many other names throughout the world), which also increases health and vitality and improves the body's natural ability to heal itself. Hippocrates, Father of Western medicine (before it was corrupted by the pharmaceutical industry and those who paved the way for allopathic medicine) repeatedly stressed that the body contains within itself the power to re-balance and heal itself. There is an inherent ability in the human body to repair and heal itself through self-healing power, and the immune and self-reparatory functions are part of this self-healing power. The body possesses the ability to naturally detoxify, and the technique of Paida Lajin helps [activate and accelerate](#) this ability. Upon commencing the practice of Paida Lajin, it is common to experience significant [detoxification symptoms](#) including red spots, rashes, blisters, dizziness, belching, headaches, nausea, thick phlegm, running nose, flatulence and smelly excrement and urine. Skin discolouration is also very common, and this is essentially the discharge of "sha", a word unique to the Chinese language which means "poisonous blood" in the body.

As an aside, the practitioner who helped bring Paida Lajin to the world was recently jailed in a sham trial – which commonly happens with those who brings genuine cures to the world (think [Royal Raymond Rife](#) for example).

## 10. Pray

This is potentially the most important step when it comes to detoxing from pharmakeia, particularly when it comes to [mRNA gene modification "pharmakeia"](#). Supernatural means are usually required to undo this damage, heal your DNA and also assist in the process of spiritual evolution and growth.

This power has been demonstrated by many through the ages. In the Bible, for example, Mark 16:18 states "They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover."

A Greek hieromonk [discusses this power in action](#) (skip to about 12.00) and recounts the story of a prisoner in a Russian concentration camp. Many of these prisoners were Christians and they were forcibly given psychotropic drugs and other harmful substances. One pious lady was given drugs all day, but they had no effect on her. She was constantly praying "Lord Jesus Christ have mercy on me." Her captors were confused by this and took the drugs and poisons – and died.

There are specific prayers that should be given and offered to invoke the power of God (or whatever you choose to call our benevolent, universal Creator). The power of Christ is universal, and it does not matter if you are Buddhist, Hindu, Muslim, Jewish, or even an atheist or satanist. If you pray this prayer with a genuine and penitent heart, God will respond.

*"In the name of Jesus Christ: I acknowledge and accept that I am fearfully and wonderfully made in the image and likeness of God. I do not consent to any attempts or actions that would seek to harm or damage my bodily temple and violate my DNA through pharmakeia or any other means. I pray to our Father Lord God Almighty to intercede and protect mankind from the violation of our bodies with unholy and unclean substances. As your children, we do not consent to this violation of our body temples which house the Christ within our hearts. I ask you God to speed up the day of judgement upon the fallen ones currently working behind the scenes to bring about the fall of mankind and the destruction of the children of the light and planet Earth. We ask in the name of Jesus Christ for our prayer to be heard in the courts of*

*Heaven and for action to be taken. By my own free will I choose to disengage from any complicity or involvement with the fallen one's plans and I choose to follow God's plan for my life. According to God's holy will, Amen."*

If you're able, please pray this prayer out loud and preferably with at least one other person (thereby fulfilling Jesus' promise that "if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them.")

The power of the love is one of the most powerful antidotes to pharmakeia and the nanotechnology within, as well as the damage they can do to DNA. Step one above discusses the power of electromagnetics in rendering nanites inert, and the heart is the most powerful source of electromagnetic energy in the human body. It produces the [largest rhythmic electromagnetic field of any of the body's organs](#), with an electrical field about 60 times greater in amplitude than the electrical activity generated by the brain. Simply put, your body has a natural, God-given ability through the power of the heart to suppress inorganic nanotechnology which is harmful to the body.

There are many ways to stimulate this power and generate more love, and the primary and most effective way to do this is through God. On a spiritual level, there are more advanced techniques available to those who are ready, such as the [violet flame](#) (a unique spiritual energy which can transmute negativity in all its forms), [sun gazing](#) (an ancient spiritual practice which engages the light and power of the sun), [EFT](#) and [Psych-K](#) (modern energy psychology techniques which release blockages and facilitate growth), [kriya yoga](#) (an ancient meditation technique of energy and breath control) and [HeartMath](#) (a spiritual practice which helps you tap into the power and intelligence of your) – just to name a few.

### **Healing your DNA**

Spiritual practices such as these will also draw more light into the body, which will naturally heal damaged DNA and also activate dormant DNA as the vibration of the body is raised. This approach is the best and most natural one for healing DNA.

Specific frequencies can also assist in healing and activating DNA. The [528 hertz Solfeggio frequency](#), for example, is also known as the "528 Miracle" because it can heal and repair DNA within the body. It is the exact frequency that has been used by genetic biochemists and this frequency is understood to be the most significant of the Solfeggio frequencies.

There are also many foods and supplements you can take to help protect and heal your DNA. One of the most effective supplements in this process is organic bee pollen – which is essentially a concentrate of nature's building blocks of life. Bee pollen contains nearly all nutrients required by humans, and one of the most interesting facts about bee pollen is that it cannot be synthesized in a laboratory. According to researchers at the Institute of Apiculture, Taranov, Russia: "Honeybee pollen is the richest source of vitamins found in nature in a single food. Even if bee pollen had none of its other vital ingredients, its content of rutin alone would justify taking at least a teaspoon daily, if for no other reason than strengthening the capillaries. Pollen is extremely rich in rutin and may have the highest content of any source, plus it provides a high content of the nucleics RNA [ribonucleic acid] and DNA [deoxyribonucleic acid]." Be sure the source of the bee pollen is from a pristine and pure location, preferably located away from pollutants and potential GMO crops.

There are a [number of foods](#) and [other supplements](#) that can assist with the process of healing and protecting your DNA, including retinol palmitate, ascorbic acid, luteolin, quercetin, NAC and niacinamide.

**Closing tip: If you're going to be (or if you've just been) pharmakeia-d**

While pharmakeia are injected directly into the body, there are steps you can take to minimise their immediate impact. You can use apply the above steps beforehand to prepare your body for coerced or forced pharmakeia beforehand. It is also important to follow these instructions as soon as you can following the injection.

Apply a thick paste of zeolite (purified, micronised food grade zeolite mixed with spring water) over the area immediately. Wash off and repeat daily for 2-3 weeks (for more information on zeolite, see point number two above).

On top of this zeolite paste, place a strong magnet (preferably a neodymium magnet or [Q magnets](#) are also good). The magnetic field will work to [attract inorganic ingredients](#) such as [superparamagnetic iron oxide nanoparticles \(SPIONs\)](#) from being absorbed into the body.

Magnetic fields can also disrupt the ability of nanites to function properly.

Another important step is electrotherapy (see point one above). Apply a Tesla violet ray to the pharmakeia site as soon as you can too (preferably after applying the magnet to draw nanites closer to the skin).

While this protocol will help significantly with existing pharmakeia that you may have received in the past, the best thing you can do is do not consent to any future pharmakeia. Consent is golden – or binding – depending on your free will choice.