

PROVEN ALTERNATIVE NATURAL MEDICINE PROTOCOLS

FOR COVID AND VAXX-INJURIES



Proven Alternative Natural Protocols for COVID and COVID “Vaccine” Injuries

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Introduction

Much of the time, the conventional medical system is all about a “one-solution” approach. But in reality, there is rarely only one way to address any problem, especially when it comes to our health.

Our natural medicine doctors and health experts have shared many different natural medicine alternatives that they’ve been using. They have seen clinical success with these, especially for COVID and long-haul COVID patients. These have also been successful in treating vaxx-related injuries. In this eBook, we’ll be sharing these proven alternative natural medicine protocols with you.

You may have heard of some of these and others may sound really unconventional, but they are all rooted in clinical success and have shown to be extremely effective.

1. Urotherapy

Dr. Ed Group

Jonathan Otto: ([23:56](#))

And I know because I've seen it in my own life. And I've seen how it's changed my life, my relationship with my wife, and my family. And so, this is amazing. I wanna come over to urine therapy or urotherapy, as it's referred to. So, it sounds out of this world. It sounds really destructive. But I want you to cite any science that you believe is behind it and why you think it may be a part of the healing for people that are injured by the COVID-19 vaccine or have taken it and they're not sure what the effects may be, they want to turn it off if they could and why you think that might be part of the puzzle.

Dr. Ed Group: ([24:38](#))

Well, when my team started doing research, when we were part of Trump's COVID Advisory Board Task Force, I was, and then I had an internal team that was doing research. And it was - I believe that God also sends signs all the time. And I've had been a spiritual seeker since I was 12 years old. And I felt like that was - My initial response when I was on the COVID advisory team when I first heard about the success rates that they were getting in India with any type of pathogen over there within 72 hours. We were studying all of the frontline doctors' information on this. Now I was introduced to urine therapy in 1995 by a guy named Dr. Jesse Partridge. He was at those cancer conventions and he was always saying, you know, "Everybody should be

using urine therapy for cancer and every disease and regeneration." And so, I have used it off and on throughout the years. I used it for a month here, a month there, whatever.

Dr. Ed Group: ([25:50](#))

When you start looking at the effects of the bioweapons and the agenda of the elite and how they want to transform our DNA that God has provided us with and they are using synthetic compounds and poisons and bioweapons to alter through messenger RNA the way that our DNA, basically create a half-man, half-humanoid, half-machine is what they're trying to do. And that's altering, that's playing God. Then you have to ask yourself the question, what is out there that can repair our DNA? Okay? So there's two factors to what we have going on here. We have a poisoning effect, which means we have external poisons being put into our body, which need to be neutralized and which need to be detoxified, and we have organisms that are being put in, parasitic organisms that are being put into our system that we're being exposed to. So, if you just look at all of those as poisons, those need to be neutralized and those need to be eliminated from the body.

Dr. Ed Group: ([27:15](#))

Second thing, and the most important thing, is the DNA damage or alterations that we're seeing. That is well-known and that's stated in all of the research that they're trying to, that they've been putting together. They are altering our DNA. So then you have to ask yourself, "What is out there?" So, there's lots of herbs. There's lots of compounds out there that are going to be able to bind and detoxify chemicals and poisons from our system, so we can eliminate them. But then you have to say, "What is out there that's going to be able to repair or regenerate our DNA back to its original form?" If we think about how we're created, being vibrations and energy, then we have to think about the DNA, the memory of the DNA. And this is what we know happens. We know that through water-only fasting - the studies done on that through autophagy process - our DNA has a memory, because we know that our DNA can repair itself with water-only fasting. That comes into the stem cell aspect of things.

Dr. Ed Group: ([28:46](#))

So my research team was looking at, okay, let's say that somebody put some synthetic man-made material into the body that is changing our DNA. Is there any herb that is going to have the memory of our own DNA that we can take, that can repair our DNA? No. Is there any compound outside of us that we could inject into us that would repair our DNA? You might be able to get some stem cells from somebody else, but that may be, I don't know. What do you think is going to be the best way to repair our DNA from any type of DNA damage that was caused by man? Well, it would be from our original

memory based in our own DNA. Well, we create, and this has been proven and scientifically researched, that we have the original stem cell components of our DNA in our own urine that we pee out every single day, that our body is actually a factory and we create Your Own Perfect Medicine, which is the name of Martha Christy's book, which is the best, one of the best books ever written on that, scientifically.

Dr. Ed Group: ([30:14](#))

So, the common sense is God would have created a way for us to be able to have and create biochemically the exact concentration of what we need to heal ourselves and detoxify ourselves with on a daily basis and it's coming out through our own urine. And that we've been taught that urine is a waste product, which is a complete lie. We've been taught that urine is something that's harmful or toxic, where in actuality it's the exact opposite. It is one of the most highest vibrational substances, life-giving substances that will ever be able to - There's nothing more powerful than that, that I've ever come across in my entire 25 years of researching all different types of herbs, compounds, detoxification agents, anything. And the reason why I've decided to come out with it - This is not something new. Urine therapy has been used for 5,000 years. It's probably the oldest medicine in the history books. It's just been suppressed.

Dr. Ed Group: ([31:24](#))

The research has been burned. There's websites available, Urotherapy Biome. There's massive amounts of research that was done by the Rockefeller Institute, National Institute of Health, Journal of American Medical Association has published information on it. This has been a heavily researched - Most pharmaceuticals contain components of urine. Even I - You go to the store...

Jonathan Otto: ([31:50](#))

Really?

Dr. Ed Group: ([31:50](#))

... and you see the Murine eye drops. You ever heard of that? Murine?

Jonathan Otto: ([31:55](#))

Yeah, of course.

Dr. Ed Group: ([31:55](#))

Well, take the M off of it.

Jonathan Otto: ([31:58](#))

Urine.

Dr. Ed Group: ([31:58](#))

Urine. So this is -

Jonathan Otto: ([32:00](#))

It has urine in it?

Dr. Ed Group: ([32:01](#))

It has urine in it. It has components of urine in it. Urine is very effective for different types of eye conditions. As a matter of fact, there's many anecdotal cases of people removing cataracts and renewing their eyesight by putting drops of urine in their eyes over a long period of time. So urine has been used anecdotally. Scientifically, it's been researched for - Probably there's more research on that than any other drug or any other compound that ever exists. And it's come out, even from the 1860s to 1920s, there were many, many doctors that were practicing urotherapy and they were having all kinds of success with it. Some doctors were taking different components out of the urine. There was a, you know, back in the early 1900s, it was H11, where they mixed urine with different things.

Dr. Ed Group: ([32:59](#))

Then Burzynski, antineoplastons, and then different doctors would create different type of urine cocktails. Obviously, they were doing that most likely so they could patent their own thing and they could make money off of it. I personally think the most powerful type of urine is the urine in its full spectrum that you can use. And it's free. And it's God-given and it's God-created and it's there for you no matter what. You always know that you have the antidote to whatever you're going to be exposed to and it's gonna be available for you in your own urine.

Jonathan Otto: ([33:41](#))

Wow. And did the American Medical Association have any study and research in urine therapy?

Dr. Ed Group: ([33:51](#))

Well, they came out in 1954 with a whole article saying that urine was the most researched compound in the scientific literature that they were reviewing, but they didn't come out and say the benefits of it. So, basically, they were just saying that it's the most heavily studied and the most researched. But, there's lots of research out there on urotherapy, lots of books written on it. But you have to remember that using urine from a therapeutic value is, it's different for everybody because it really is created depending on what is currently happening in your individual body, your emotional state. The

beautiful thing about it is - this is why you could study a thousand different people and you're gonna get different ratios, depending on that individual person. It's individualized medicine. It's going to give you exactly what you're deficient in. It's going to give you exactly what you need. What doctor can do that? You can run a million tests on somebody and you can play the guessing game, but you can't factor in that person's stresses, how many hours a day are they in a sympathetic state versus a parasympathetic state?

Dr. Ed Group: ([44:57](#))

The beautiful thing about urine therapy is you can do it with any other healing modality out there. To me, it's the number one healing modality in the world, because it's generated specifically for you by you. And there's six God particles in there that no one has even ever identified that we don't even know what they are. Okay, so there's definitely something in there that's going to help you progress, I mean, I don't even know, 100 times more rapidly, a 1,000 times, 10,000 times. But you can do the urine therapy in conjunction with anything else.

Jonathan Otto: ([45:39](#))

And the six minerals or molecules that are unidentified is in addition to what, the 2,500 that are identified? How many minerals or [inaudible 00:45:49]-

Dr. Ed Group: ([45:49](#))

There are now over 3,500, now identified.

Jonathan Otto: ([45:54](#))

In urine?

Dr. Ed Group: ([45:55](#))

In urine, yes.

Jonathan Otto: ([45:56](#))

Your body is producing this?

Dr. Ed Group: ([45:56](#))

It changes on a daily basis- actually changes on a minute-to-minute basis. Probably, second-to-second basis.

Jonathan Otto: ([46:02](#))

Basically, you're saying the body is producing its own antidote to the problem that it faces?

Dr. Ed Group: ([46:06](#))

Absolutely.

Jonathan Otto: ([46:07](#))

It's your own medicine.

Dr. Ed Group: ([46:09](#))

You change your environment constantly. You get in the car, you go to the mall, you've just changed your environment. In the car, you know, may be you're breathing different air. You get to the mall, you've changed your environment, may be you've picked something up, maybe you touched something. Maybe you've - You know, you're constantly changing your environment all the time.

Jonathan Otto: ([46:28](#))

Sure.

Dr. Ed Group: ([46:28](#))

So, that's another reason why your urine changes all the time too. So you can, literally if you want, every time you go to the restroom, you can drink 2 or 3 ounces of your urine and you're really getting all the antibodies, you're getting everything that you need to adapt to any environment that you might be in.

Jonathan Otto: ([46:47](#))

People would be saying that wouldn't you be consuming some of your waste product? Isn't your body getting rid of waste when it's urinating?

Dr. Ed Group: ([46:54](#))

Yes, the way the body gets rid of waste is through the skin. That's your largest detoxification organ. And if you analyze sweat or if you analyze some of the toxins that come out through your skin, that's your largest area to push toxins out.

Jonathan Otto: ([47:11](#))

So you wouldn't drink sweat?

Dr. Ed Group: ([47:13](#))

No, you wouldn't drink sweat. You breathe, actually, chemicals and toxins out and you defecate chemicals and toxins out. Your urine is completely sterile. Only life-giving substances come out through your urine. You don't have life-giving things coming out through your skin, life-giving things coming out through your fecal matter. However,

there is life-giving things in your fecal matter, because there are fecal transplants now that are helping save people's lives. And that's another whole topic that, you know, could be discussed. I'm not saying, obviously, eat your feces, but what we have coming out through the penis and the vagina, you have - To create life, you ejaculate sperm and that comes through the penis, right? The vagina, the babies come through the vagina. That's life-giving. So, the creation of life is coming out through your penis and your vagina. You have- Your urine is a living substance. It's coming out through your penis. It creates life. You have stem cells, that's been proven scientifically. That's living life, stem cells that create life.

Jonathan Otto: ([48:33](#))

Wow.

Dr. Ed Group: ([48:34](#))

Alright?

Jonathan Otto: ([48:34](#))

Urine has been proven to have stem cells?

Dr. Ed Group: ([48:36](#))

Yes. Yes. Urine has been proven to have stem cells that create and transform into every single organ in the body.

Jonathan Otto: ([48:46](#))

That's why it's used for skincare products? Because of the stem cell properties? Is that correct?

Dr. Ed Group: ([48:51](#))

Because of the stem cells and mostly because of the urea, 'cause urea is amazing.

Jonathan Otto: ([48:54](#))

Which is what?

Dr. Ed Group: ([48:54](#))

It's a compound in urine that has anti-inflammatory properties to it. It has skin regeneration properties to it. It has antimicrobial properties to it. It's just a whole host of things that urea has been studied to be able to regenerate and restructure and, you know, prevent any type of harmful organisms or kill any type of harmful organisms. It's just one of many components in urine that are amazing. So, we are able to see metabolites of toxins that are coming out in our urine, but they're not actually toxic

anymore, because the liver will break those things down. They almost are broken down into a homeopathic form to where if you drink -

Dr. Ed Group: ([49:48](#))

Let's just say you have mercury metabolites in your urine. You can see it on testing. If you drink it, it's more like a homeopathic and it tells your body that you have mercury in your body, that you need to focus on removing more of that mercury. So, it's more of a signal mechanism. And then, the conjugated forms of mercury or the broken down forms of mercury will not go back into your system. And even if they did, they wouldn't cause any harm. They'll go into your fecal matter and you'll eliminate those. Because over time, when you drink your urine, if you start looking at those metabolites in the urine, they'll be getting less and less and less. So your body just keeps telling your body, "Okay, we need to eliminate all these things." So even if there's tiny, tiny fragments of thousands of chemicals and prescription medications and stuff that you're breathing in through your air and everything, those are just going back into your body, telling your body to remove those or to bind those things and to eliminate those from your system. So it's like a feedback loop.

Jonathan Otto: ([50:58](#))

Amazing. And so, the taste, it sounds not pleasant.

Dr. Ed Group: ([51:07](#))

The reason why it's not pleasant for most people is because they're toxic and that's a signal. If you taste it and it tastes nasty or it tastes gross or it tastes salty or it tastes really, really bad, that's a signal that should be telling you that that's what's happening inside your body.

Jonathan Otto: ([51:29](#))

Got it.

Dr. Ed Group: ([51:29](#))

Your body is toxic.

Jonathan Otto: ([51:31](#))

And is that the same with smell? Like it smells bad as well? For example, in the morning that first urination actually smells bad often for people.

Dr. Ed Group: ([51:42](#))

Most of the time, your urine will not smell bad when it comes out unless it's sat for more than 30 minutes or an hour. But if your urine smells bad immediately, that means you

have lots of issues going on inside your system, and the reason why you're smelling it is a signal again that your body is telling you, "Hey, this is the signal that something is going on," that inside of your body is extremely toxic and you need to cleanse and you need to heal and you need to detoxify.

Jonathan Otto: ([52:12](#))
Got it.

Dr. Ed Group: ([52:12](#))
Your body always gives you signals. Like if you have a headache, that's your body telling you, "Hey." You know, your body is like, "Hey, wake up. This is going on." Pains, headaches, all these things that we have, your body always gives you signals. It's just we don't listen to them most of the time.

Jonathan Otto: ([52:28](#))
So then, should you detox before you start drinking your urine then? Or do you just-

Dr. Ed Group: ([52:33](#))
You can, but I recommend just start slowly as you're detoxing. Urine will detox you as well, but you can just start slowly with, let's say, 1 to 3 ounces of first morning urine, then going through intestinal cleanse, liver and gallbladder cleanse, chemical and heavy metal cleanse parasite cleansing. You can do it all at the same time.

Jonathan Otto: ([52:56](#))
Okay.

Dr. Ed Group: ([52:57](#))
And even it's great to, while you're cleansing, go see an acupuncturist, go see a chiropractor, go sit in a far infrared sauna or some sort of a sauna, and sweat. You know, really, it's good when someone's detoxing to always sweat as much as you can. Push that stuff out of the body as fast as you can. Urine therapy is extremely powerful at detoxing as well. If you do get skin rashes or anything like that, you know, if you do have any symptoms of Herxheimer or detox, that's gonna be in the first, usually, the first month of doing it. That's okay, that's part of the healing process.

Dr. Rashid Buttar

Jonathan Otto: ([19:50](#))
Dr. Buttar, have you seen any examples in your clinic where people have used urine therapy for cancer and they've basically completely outlived their cancer?

Dr. Rashid Buttar: (20:01)

Well, to say urine therapy, you're not understanding what it is.

Jonathan Otto: (20:04)

Is that just one part of it?

Dr. Rashid Buttar: (20:05)

Well, it's- The therapy- So, the accurate term, and I'm always about accuracy would be-

Jonathan Otto: (20:13)

Urotherapy? No.

Dr. Rashid Buttar: (20:14)

It would be Antigen Receptor Specific Cell Signaling.

Jonathan Otto: (20:17)

Yeah.

Dr. Rashid Buttar: (20:18)

That's what it really is. In fact, I'm thinking about just calling it ARS3, because it's Antigen Receptor Specific Cell Signaling and it's the cell signaling that is so powerful. That's what makes the difference. And anything that could do that is gonna work. But what we have found, and again, the Advanced Medicine Conference lectures goes through the entire aspect and explains the science behind it. And anything less than that, in my opinion, is not gonna be as effective as, I think people know. But, this is not something that's new. I mean, it's not under the sun. From 1860 to 1920, this was a very common thing.

Dr. Rashid Buttar: (20:53)

Now, of course, we're talking about an injectable version of it and there's many different ways of doing it. People use it topically, they use it orally, they use it rectally, they use it intraocularly. They use it all sorts of different ways. And again, there's a specific protocol that we've designed, the way we use it. But the efficacy of it has been clinically observed, it's scientifically proven, it's historically it's set as a precedent. And there's anecdotal evidence that is ad nauseam out there that shows how it works. Even some of the doctors that were presenters at the conference that would've never done this. After seeing the lectures and sitting in the audience, they were blown away by it, and they started doing the therapies themselves. And before the conference was even over, they saw clinical benefits.

Dr. Rashid Buttar: ([21:39](#))

So, it comes down to the fact that somebody first has to understand the science. They have to understand and if- it has to intellectually appeal to them. If it doesn't intellectually appeal to you, if it doesn't make sense to you, then why do it? But obviously it did make an impression on a couple of these physicians, who otherwise would've never done it. Who had no - They knew about it, but they had no desire to even try it. But after they saw the evidence, that changed their minds. And that's what it comes down to, right? The difference between an intelligent mind and an unintelligent mind, is that an intelligent mind can process it. An unintelligent mind can't process it. So actually, I'm gonna step back for a second and go into a different arena, if you will.

Dr. Rashid Buttar: ([22:19](#))

Let's talk about stupidity versus ignorance for a second, alright? So, I actually have a scientific formula, it took me a couple months where I made a mathematical formula that defines ignorance versus stupidity. So ignorance is curable. It's curable with knowledge and information. Stupidity is not curable. Stupidity means that the person is cognitively incapable of processing that information and following a logical thought process to its conclusion. That's the difference, right? So, are we going to make sense to somebody who's stupid? No. But can we - Will it make sense to somebody who is ignorant? Yes, if we educate them. That's the difference, right? So, you can have a person in front of you and you can show them, show them, show them, and they don't get it. If they don't get it, that means that it wasn't ignorance that was their problem, it was stupidity that was their problem because ignorance again, is cured by that knowledge. Correct?

Jonathan Otto: ([23:25](#))

Yeah.

Dr. Rashid Buttar: ([23:25](#))

And once they get to that point, and at that point can I make a person who's stupid into an ignorant person and educate them? No. I don't even have the desire to do that. My information is for those that want the information that truly want a solution.

Jonathan Otto: ([23:37](#))

Yeah.

Dr. Rashid Buttar: ([23:38](#))

And if they don't want it, hey, as I've said before, you've probably heard me say this in interviews that I've served my nation and put my life on the line in order to ensure the freedom of anyone to be as stupid as they wanna be. So, let them be as stupid as they wanna be. Just as long as you don't impose your stupidity on me, we're good.

Jonathan Otto: ([23:58](#))

Yeah, well like with NAC getting banned and all these types of things, it - If urine therapy really does provide benefits, it means that we have a medicine cabinet that our body is naturally creating by God's wisdom that no one can ever take from us. The only thing that would happen would be, "Hey, look, that guy over there, he's drinking his urine. Catch him. He's violating the law of no urine drinking."

Dr. Rashid Buttar: ([24:21](#))

In Texas, in the 1980s, Texas Medical Board actually made it. They declared urine a drug, in the 1980s. And that was from - That happened with my mentor, Dr. William Hitt, who ended up actually winning a Nobel Peace prize for his work.

Jonathan Otto: ([24:40](#))

Wow.

Dr. Rashid Buttar: ([24:40](#))

He left - He basically - Time Magazine did an article about his therapy to get rid of allergies. And he was flying between Houston and Dallas, and he just had - All these allergy doctors were getting upset because he was basically curing all these allergies. And the Medical Board came after him and accused him of advertising. He said, "I've never advertised." And they said, "Right here." They slapped that Time Magazine article down. And he said, "That," he said, "I didn't. I just got interviewed, I didn't advertise." But he was a gentleman, and the Medical Board was gonna try to take his license. So, he just left Texas and he went to Mexico. And ended up joining a team of researchers there and won a Nobel Peace Prize for his work in immune therapy.

Dr. Rashid Buttar: ([25:17](#))

And it was his work in treating allergies that took me to the ARSOTA. In fact, I remember, he was in his 80s when I was in his living room in Rosarito, and I told him what I was theorizing. And he said, I was thinking he was gonna help me and he said, "That's a great idea." He goes, "Let me know how it works out." And I was like, "Well, wait a second." And he wanted me to do it. And we did. And that was near more than a quarter of a century ago, but we've treated hundreds and hundreds, if not thousands of patients now in 94 countries to help their bodies recognize the cancer as being foreign.

Jonathan Otto: ([25:53](#))

Wow. You say hundreds?

Dr. Rashid Buttar: ([25:55](#))

Probably in the thousands. We have two patients now that are 20 years out from the cancer, Stage IV, from our treatment.

Dr. Judy Mikovits

Jonathan Otto: ([46:59](#))

And before we go, urine therapy. Do you see any credibility in it or not so sure? Urine therapy.

Dr. Judy Mikovits: ([47:04](#))

Oh, no. It's fabulous. I mean, urine therapy, there is value in it, because we see these sequences. You're getting rid of waste, so your body recognize the waste. So, if you put back in a little bit and it gives a memory, it's almost like a booster. So, yeah, I can see the value in it.

Jonathan Otto: ([47:21](#))

So, it's actually like an actual vaccine?

Dr. Judy Mikovits: ([47:25](#))

Actually, well, if you want to use the word. I prefer immunotherapy because the original, the fourth definition in the older 1800s Webster dictionary, the fourth definition of a vaccine was extermination of an unwanted varmint, meaning me. So, I don't want to exterminate. They want to exterminate. At that time, they wanted to exterminate the Native Americans, so they poisoned their food, they destroyed their corn. Then they gave them blankets loaded with smallpox and kept away the natural products that you can use for smallpox or chickenpox or monkeypox. It's been there all along, and it's just a game now because they just want you afraid, afraid, afraid. So, the most important thing is to come to events like this and realize you have really nothing to fear except the Lord.

Jonathan Otto: ([48:11](#))

That's amazing. Yeah. And some people would say something like, "Jonathan, you're referring to COVID 19 as a vaccine. Why are you doing this? It's not a vaccine." I'm like, "None of them are vaccines." And in the setting that you're talking about, they're all vaccines. And I'm like, I want this to get lumped in to about - all the vaccines to get lumped into a category where we can actually associate them all together. COVID-19? I want people to put COVID-19 and the MMR shot in the same box, and kick it out of their life. The technology's slightly different, but the premise is the same. Injecting something straight into the blood and with the intention to injure you.

Dr. Judy Mikovits: ([48:49](#))

Yeah.

Jonathan Otto: ([48:49](#))

Sold to you as a solution.

Dr. Judy Mikovits: ([48:52](#))

Correct. Correct. But COVID-19 is not a disease. And COVID 19 is the bioweapon. SARS-COV2 was the monkey virus that supposedly caused COVID-19 without a single piece of data. All of a sudden that SARS-CoV-2 causes COVID-19, and it never did. And COVID-19, as David Martin would say, and I want to go hear him in a minute.

Jonathan Otto: ([49:12](#))

Yeah.

Dr. Judy Mikovits: ([49:12](#))

We've got to get out of here. COVID-19 is not a disease. It's a collection of symptoms, and inflammatory diseases like the 60 I showed on there. COVID 19 is not a disease. The bioweapon, the COVID-19 vaccines, yeah, they're murder weapons. They're bioweapons. They were optimized to kill the vulnerable, because they don't want to take care of the vulnerable, a weaker society, so they made you weak, and now they're going to kill you knowing exactly how they made you weak. They'll preserve favored races in the struggle for life. That's the bottom of Darwin's thesis.

Jonathan Otto: ([49:48](#))

That was the byline for the book, right there on the cover for everyone to see. The Struggle for Survival is Favored Races. So, thank you so much. This has been incredible. And I think just on that urine therapy, we know Dr. Stanislaw R. Burzynski was using it from horse urine, right?

Dr. Judy Mikovits: ([50:02](#))

Sure.

Jonathan Otto: ([50:05](#))

I'm sure you find his work to be credible?

Dr. Judy Mikovits: ([50:09](#))

Yeah.

Jonathan Otto: ([50:09](#))

And he was using the antineoplastons from the horse urine, but the case that Dr. Buttar and Dr. Ed Group are talking about is simply drinking urine. Is it true that our bodies will create an antivenom? So, for example, the unique thing that we've been envenomated with, our body will produce the antivenom? Because I've had it explained to me that a horse gets injected with a venom, and then they take blood out of the horse, spin it, and that's the antivenom.

Dr. Judy Mikovits: ([50:37](#))

Right. That would be the HERV-W, and there are human gamma retrovirus syncytin, and that's only one of many, and that's that 8% I'm talking about. Yeah. Your antivenom is the expression of the genes needed to heal that particular poison on the particular chromosome in the particular compartment.

Jonathan Otto: ([50:55](#))

Would the urine produce the antivenom?

Dr. Judy Mikovits: ([50:58](#))

Yeah.

Jonathan Otto: ([50:58](#))

So that's our antivenom?

Dr. Judy Mikovits: ([50:59](#))

Yep.

Jonathan Otto: ([51:00](#))

Just our body is creating it.

Dr. Judy Mikovits: ([51:02](#))

It can, absolutely.

Jonathan Otto: ([51:04](#))

And then this would then be the way that we could save the world from a mass-

Dr. Judy Mikovits: ([51:10](#))

I would never say the way. Can be a way.

Jonathan Otto: ([51:12](#))

Yeah.

Dr. Judy Mikovits: ([51:12](#))

There are many ways. God gave us so many different solutions.

Jonathan Otto: ([51:15](#))

Exactly. And so fasting would be another. I'm thinking about if you had nothing and everything had been robbed from you, like NAC is hard to get now, or if you lived in a part of the world where you could not access a single thing, the therapies available to you would be urine therapy, fasting, prayer, and whatever food you have available, right? I mean, and exercise and sweating. I guess there's still a lot.

Jonathan Otto: ([54:52](#))

And just quickly on the urine therapy. If it's a waste product or partly a waste product, then how would not putting it in be putting in lots of toxins back into you? For example, I don't know, toxic metals that you're secreting and you're you're reinfecting yourself. How would that not be the case?

Dr. Judy Mikovits: ([55:10](#))

Well, that can absolutely be the case. That's why it said a solution, because you really need to know what you're doing. It's not just start drinking your urine every day. If you happen to get an illness or an inkling, you might dilute it for the first few days or once you recover. I wouldn't necessarily do it while I was really sick, because everything's on and you might be throwing gasoline on that fire. So, I don't know enough about it. I haven't been able to study with Edward and Rashid. We've been a little busy the last year, so.

Jonathan Otto: ([55:38](#))

Yeah.

Dr. Judy Mikovits: ([55:39](#))

But I hope to get back to it.

Jonathan Otto: ([55:40](#))

There's one case I was reading that like it was used like people that were just eating cabbage, their urine was being used for some cancer patients, so there was actually a science behind how they were getting their body to create something specifically. That's on PubMed as well. That was interesting.

Dr. Judy Mikovits: ([56:00](#))

Well, cabbage is a fabulous detoxifier. So cabbage, you can see which microbes break down in cabbage, and you're breaking it down into the simple components that can become bioavailable in the urine. So, yeah, I can understand that chemistry.

2. Hydrogenated water

Dr. Paul Barattiero

Dr. Paul Barattiero: ([24:59](#))

So hydrogen, which should be in the body, right? So, technically if hydrogen was in the body, theoretically, you wouldn't have disease models and you wouldn't have cancer because it would automatically cause them to destroy.

Dr. Paul Barattiero: ([25:11](#))

So, it's because of gut damage and oxidative stress and inflammation that's causing a cascade of issues. And the fact that you don't have hydrogen to modulate all the pathways properly. This is why people are supplementing with all kinds of things that modulate those same pathways that hydrogen will naturally do. And it's a big cascade of problems. But the easiest way is get hydrogen back in the body.

Jonathan Otto: ([25:33](#))

Yeah.

Dr. Paul Barattiero: ([25:34](#))

And, so many of the doctors that we have, thousands of doctors, that are promoting to their patients, because they'll now say, "I just give them the water and then we'll see what's left." After the hydrogen does its thing and the gut is repaired in a matter of a couple weeks, now we go back and say, "Okay, what's left and let's work on that."

Dr. Paul Barattiero: ([25:53](#))

Because otherwise you're chasing symptoms for the rest of your life. If you can fix the core problem with hydrogen and get the body doing what it's supposed to be doing, then go back and look, what else is left?

Jonathan Otto: ([26:05](#))

Wow. Yeah. Because this supplementation, it's this rat race of -

Dr. Paul Barattiero: ([26:09](#))

Yes.

Jonathan Otto: ([26:10](#))

Oh, look, they're low in that. Well, let's give them more of this. Or they're low in that. What do you think of peptide therapy? Peptides, injectables.

Dr. Paul Barattiero: ([26:19](#))

I'm not an expert, I don't really know. I was in a peptide summit, but it was only because hydrogen stimulates naturally occurring peptides in the body. And Aalso, one thing that I did talk about, they found that when hydrogen is in the body, it speeds up electron transport in what's called a picosecond, so a trillionth of a second. That's how fast electron transport will go through the chain when there's hydrogen present.

Dr. Paul Barattiero: ([26:48](#))

The University of California, Berkeley, figured out it was like what San Bernardino, whichever of their schools. I think it was San Bernardino. But University of California figured out that the electron transport speed was increased to a picosecond when hydrogen is present. And that's how fast things can happen when hydrogen is present.

Dr. Paul Barattiero: ([27:11](#))

And so, in the peptide process, those proteins move much faster when there's hydrogen present than when there's not and so that's why I was in the peptide summit. So naturally occurring peptides are greatly benefited by hydrogen bonds and hydrogen coming into the body. And so -

Dr. Paul Barattiero: ([27:29](#))

Again, I always go to let's do what's natural. Let's do what God created. Let's do what the earth provides. Instead of trying to fix problems on our own, let's get the body back to the way it was supposed to design. Then let's fix stuff if we need to do stuff after that effecteffect.

Jonathan Otto: ([27:44](#))

Wow. People can use machines. They can use like little devices that are made, that they shake up.

Dr. Paul Barattiero: ([27:54](#))

So we have a sport bottle, that's rechargeable battery, nine-and-a-half ounces. They just put pure water, push a button, 3 minutes later, they have hydrogen water. That's the least expensive we have. And you use it over and over, so there's no need to get the tablets. There's no need to get these things that are very expensive.

Dr. Paul Barattiero: ([28:12](#))

And by having a bottle that you push a button, you can put water in it and keep pushing the button as many times as you want a day. It doesn't cost you anything more 'cause you're just recharging it like a cell phone. It's a lithium-ion battery. You just do it.

Dr. Paul Barattiero: ([28:23](#))

Of course, what most people get from us is our machine because it filters water, removes all the contaminants out of water and then puts the hydrogen in the water, changes the electrical potential. And we have a frequency device that can put frequencies in if they want to target certain things in the body.

Jonathan Otto: ([28:41](#))

Yep.

Dr. Paul Barattiero: ([28:42](#))

So, that's really what the people like about us because it's a solution that does the whole family.

Jonathan Otto: ([28:46](#))

Wow. And people can also get capsules and put them in water to make their water hydrogen.

Dr. Paul Barattiero: ([28:51](#))

Yeah, not from us. We used to, but we've gone away from that because it's so much cleaner having the sport bottle. Where they just put pure distilled water or RO water, or clean water, whichever, you know, and you just push a button and then you have just hydrogen, no magnesium. No unreacted magnesium, either.

Jonathan Otto: ([29:13](#))

Got it. I got it. But it is an option, right?

Dr. Paul Barattiero: ([29:17](#))

Yes.

Jonathan Otto: ([29:17](#))

And people can do it. It wouldn't necessarily be -

Dr. Paul Barattiero: ([29:19](#))

We used to sell thousands of bottles of tablets, yeah.

Jonathan Otto: ([29:21](#))

Exactly. It's not something you would advocate against.

Dr. Paul Barattiero: ([29:25](#))

I don't advocate against it, no.

Jonathan Otto: ([29:26](#))

Got it.

Dr. Paul Barattiero: ([29:26](#))

I think there's better ways to do it now.

Jonathan Otto: ([29:28](#))

Yeah.

Dr. Paul Barattiero: ([29:28](#))

Yeah. As technology has advanced.

Jonathan Otto: ([29:31](#))

Yeah, absolutely. If somebody wanted a really low barrier of entry just to try it out, tablets, just like even, just-

Dr. Paul Barattiero: ([29:40](#))

Yeah.

Jonathan Otto: ([29:41](#))

Because then they could at least see some of the effects. Or you think they'd be unlikely to see the benefits?

Dr. Paul Barattiero: ([29:45](#))

I would actually take the sport bottle over that because it's only \$125.

Jonathan Otto: ([29:49](#))

Yeah.

Dr. Paul Barattiero: ([29:50](#))

I mean it's just twice the cost of tablets.

Jonathan Otto: ([29:52](#))

Yeah.

Dr. Paul Barattiero: ([29:52](#))

Then you have something that you can -

Jonathan Otto: ([29:54](#))

Are the capsules like 60 bucks?

Dr. Paul Barattiero: ([29:55](#))

Yeah.

Jonathan Otto: ([29:56](#))

Yeah. They're pretty expensive.

Dr. Paul Barattiero: ([29:57](#))

And that's one month.

Jonathan Otto: ([29:58](#))

Even on Amazon?

Dr. Paul Barattiero: ([29:59](#))

Yeah.

Jonathan Otto: ([30:00](#))

Yeah. I got it.

Dr. Paul Barattiero: ([30:01](#))

For a 60, for a 1-month supply, yes.

Jonathan Otto: ([30:03](#))

Okay.

Dr. Paul Barattiero: ([30:04](#))

So it's a little bit prohibitive, especially if you have 3 or 4 people in a household that you wanna see how it affects all of them. It could be quite expensive to do tablets. Whereas the bottle, you just push it and 3 minutes later you have water and you can do that as many times as you want for all your family members.

Jonathan Otto: ([30:16](#))

Got it.

Dr. Paul Barattiero: ([30:17](#))

I'm always, and I know that's foolish for me as a business person to say, "I want to have less revenue." But I actually want to help families and not cost them more than they need to fix themselves.

Jonathan Otto: ([30:29](#))

Do you think you could have made more money if you had just done the tablets instead?

Dr. Paul Barattiero: ([30:32](#))

Yeah, we did have the tablets and we did away with them and went with a solution that's less expensive for a family. Yeah.

Jonathan Otto: ([30:38](#))

Wow. Makes sense.

Dr. Paul Barattiero: ([30:41](#))

And they don't re-buy those. They just buy it once.

Jonathan Otto: ([30:44](#))

Wow. And it would last a long time.

Dr. Paul Barattiero: ([30:46](#))

Yeah, years. Just like a, it's a lithium ion battery, so just keep charging it.

Jonathan Otto: ([30:50](#))

Yeah. Awesome. That's great. You have these here by the way, right?

Dr. Paul Barattiero: ([30:57](#))

Yes.

Jonathan Otto: ([30:58](#))

Yeah. It's cool.

Jonathan Otto: ([31:05](#))

Appreciate it. I think that people that are facing... like there's all these people that want to get this stuff out of their body. They felt like they had to get this thing. Or maybe they thought it was gonna be good and they were scared or whatever. I'm talking about the COVID jab, the shot, the vaccine...

Dr. Paul Barattiero: ([31:24](#))

Yes.

Jonathan Otto: ([31:24](#))

Whatever people wanna call it, this poison, this venom, they got envenomated.

Dr. Paul Barattiero: ([31:28](#))

Yeah.

Jonathan Otto: ([31:29](#))

But they're - They want to do now what they need to do. They wanna just kind of switch it off and get it out of their body. They need to be doing various things to improve their health. Do you believe that hydrogen water could be very helpful for these people?

Dr. Paul Barattiero: ([31:45](#))

Absolutely. You need your immune function. You need your body performing at it's peak and hydrogen is gonna do that within an hour. So, you can increase immune function. You can increase performance. You can increase your brain function. You can increase your liver, your kidney, your entire pancreatic system, less inflammation and get them functioning. That's what you need. You need to eliminate.

Dr. Paul Barattiero: ([32:07](#))

And if your elimination pathways are not open, get the hydrogen water because it's gonna open them and help you not have inflammation in the liver, the kidneys, the gallbladder, the pancreas, the whole pancreatic system.

Dr. Paul Barattiero: ([32:18](#))

You need to have all those organs actually functioning at peak. And mitochondrial function, you need energy to heal. You need energy to sleep. You need energy. And I know that goes backwards with most people think, but you need energy for the body to function.

Dr. Paul Barattiero: ([32:32](#))

And ATP is critical and you want to have ATP. And the hydrogen water will get that mitochondrial function to peak really quickly, so you'll have energy. And also it reduces fatigue, so we do that with athletes but also with normal people. If they're feeling fatigue, the hydrogen water will give them energy. There was actually a study on coffee versus hydrogen water, and hydrogen water beat out coffee by 10% in it's energy production ability in the body, but no down cycle.

3. Hyperbaric oxygen

Dr. Ryan Cole

Dr. Ryan Cole: ([37:24](#))

Well, the more you can oxygenate the body, the better, period. As many talked about at this conference and I've talked about before, cancer is a hypoxic state. And the more you can oxygenate the cells, your immune cells are gonna function better. I have a hyperbaric chamber at home. I hyperbaric a couple times a week. Oxygenating the body for general immune health is critical. Even the vaccine injured, we've seen many of the vaccine injured do quite well after many hyperbaric sessions. So, re-perfusing those tissues, those cells that have been harmed, the mitochondria decreased. Getting adequate oxygen is critical.

Jonathan Otto: ([38:07](#))

Wow. So, you've seen people have recovery. What kind of recovery?

Dr. Ryan Cole: ([38:11](#))

Well, when a world champion mountain biker who lives in my town got 2 Modernas, was severely injured with pericarditis, and myocarditis. But he's back about 90% after 40 hyperbaric sessions now. Just hyperbaric.

Jonathan Otto: ([38:27](#))

Just hyperbaric. Amazing. How many sessions?

Dr. Ryan Cole: ([38:30](#))

40.

Jonathan Otto: ([38:30](#))

40.

Dr. Ryan Cole: ([38:31](#))

40. Yeah.

Jonathan Otto: ([38:32](#))

And so, people will have to find somewhere near they're - They can actually buy the hyperbaric chambers from -

Dr. Ryan Cole: ([38:37](#))

Yeah. They're expensive, but...

Jonathan Otto: [\(38:38\)](#)

The ones coming out of China, like 3,500 or something.

Dr. Ryan Cole: [\(38:40\)](#)

Oh, wow. Yeah.

Jonathan Otto: [\(38:42\)](#)

Isn't that? The person that told me that is Dr. Ted Fogarty.

Dr. Ryan Cole: [\(38:45\)](#)

Oh. Okay.

Jonathan Otto: [\(38:47\)](#)

Does that name ring a bell?

Dr. Ryan Cole: [\(38:47\)](#)

It's interesting because it depends, on the partial pressure of oxygen, each partial atmosphere that you go down in pressure. So, your 1.3 to 1.5 it's log rhythmic. So, you know, the hard side chambers are very expensive. The 2-atmosphere chambers. But if you can get some, it's better than none. You just may have to do longer sessions and for a few more sessions, but...

Jonathan Otto: [\(39:08\)](#)

That's a good point. So, it's about just understanding and if you own one, that's pretty exciting. When he mentioned that I thought, "Wow, the barrier of entry is lower than I thought." And the U.S. ones are still under 10,000. Yeah, so that's pretty awesome. I think maybe 8,000 or something like that. So, those tools are available. One of the tools I think is really interesting for oxygenating the cells is fulvic acid because it's known as in, to oxygenate the cells. I thought that was interesting because I'm thinking about what are the tools that help to do that, which...

Dr. Ryan Cole: [\(39:43\)](#)

Yeah. Whatever you can do to maximize tissue oxygenation, the better you will do.

Jonathan Otto: [\(39:49\)](#)

And what would that include?

Dr. Ryan Cole: [\(39:52\)](#)

Number 1, exercise, because you're circulating your blood more and so, you're oxygenating your tissues. We have too sedentary of a society. So, one of the simplest

ways is to move your body. Number 2 is simple breathing exercises, even without a hyperbaric chamber. There are certain supplements like you mentioned fulvic acid that can help increase the oxygen retention within certain tissues and what-not as well. So, start simple. Move your body and do breathing exercises. If you can find access to a hyperbaric chamber, great, do it. If you can find some supplement regimen that works for your body, great, do it. Don't wear a mask, you know, 'cause that's going to decrease your oxygen and increase your carbon dioxide retention. A lot of people, I mean, the other very simple thing, sitting at a desk, most people hold their attention in their chest, deep breathing through your nose. There's a great book called *Breath*. And that goes through just the understanding of breathing and our human body and there's so many cultures and societies and practices that just thrive on that breath work and that's important as well.

Dr. Henry Ealy

Dr. Henry Ealy: ([55:08](#))

I think when we talk about hyperbaric oxygens, I'm gonna tell you I've studied it, but I don't know enough about it clinically. So, there's great doctors like Ted Fogarty, who I'm incredibly impressed by and I'm excited to go and learn from him. So that I can share that information and bring him on if he's willing as well. So, when we're talking about like - if you were to talk to me about what are the major things right now, and I would say, let me give you instead, a starting point that I think is safe for everybody.

Dr. Henry Ealy: ([55:37](#))

The starting point would be number one, to make sure that you're working with someone who is not mentally and spiritually captured by the system, alright? You have to have somebody that has a willingness to say, "I am not administering these shots, they're not vaccines. I'm not gonna participate in that." I think that's the number one. So my first question to any practitioner would be, "Are you administering COVID shots to your patients or really at this point, any vaccines? Because if you're doing so, I have very real questions about your professional integrity with everything that has come to light over the last 2 years." That's a fair statement.

Dr. Henry Ealy: ([56:12](#))

The second thing I would say is, "What is your nutritional background?" Allopathic doctors, according to the National Academy of Sciences, get on average about 19.6 hours. You can look this up on PubMed, get about 19.6 hours of nutrition education throughout their entire year. That's a weekend workshop in nutrition. They are not qualified to talk about nutrition and I will tell that to any MD out there, "You are as qualified to talk about nutrition, as I am qualified to talk about neurosurgery." Okay?

Dr. Henry Ealy: ([56:44](#))

So let's not pretend that nutrition is just this easy thing and that there isn't this intense world of biochemistry behind it, that requires you having the knowledge of how to do this. If you don't know about nutrition and you haven't studied it, just because you have a white coat on doesn't mean that you magically know about it. So stop pretending with your patients that you know and shut up about the things you don't know, just have the courage to say, "I don't know." The next thing I would say is that hyperbaric oxygen looks incredibly promising in a proper sequence. What sequence that is, I'm learning.

Dr. James Neuenschwander

Dr. James Neuenschwander: ([01:14:48](#))

So, there are herbs that will help lower Interleukin 6. There are things that will help lower TNF-alpha if that's what's elevated. So, we're trying to use the whole spectrum. Just a shout-out to the FLCCC because they have a whole long-haul COVID protocol, and they keep updating it. So, a lot of what I do is based on their information, and then again, my knowledge of sort of the nutritional side of things as well.

Dr. James Neuenschwander: ([01:15:15](#))

And then, we use hyperbaric oxygen. We use a number of IVs. We use high-dose glutathione. There's other things that are coming to bear that say, "Yeah, this can help with these syndromes." And I'm not pretending like I'm curing everybody, but we can certainly help people move forward and start getting on that road to recovery.

Jonathan Otto: ([01:15:35](#))

Awesome, thank you so much. So just quickly on that test that people can do, what's that called?

Dr. James Neuenschwander: ([01:15:40](#))

Yeah. The website is covid long haulers, with an s, dot com, so covidlonghaulers.com. And you can just click on the little box that says, "I am a patient," and it will allow you to order the test. And then for a fee, the test itself I think is around \$350-\$360. But once you get the results of the test, that same website, you can actually have a consultation with one of their doctors.

Dr. James Neuenschwander: ([01:16:11](#))

So, yeah, if you go there- Yeah, so fill out the form below to register. So, you fill out that form. I mean, they've been very busy so the rate-limiting step is actually the time it takes them to respond to your email. But once they do, they ship you out a kit. You just have to find somebody that will draw it for you locally. And then once that gets shipped to the lab, it's a week or 2 to get the results.

Dr. James Neuenschwander: ([01:16:41](#))

So, it's been very helpful because it documents that there is a problem. It's not just all in your head, you actually have elevated levels of these cytokines/chemokines. And if we know what they are, then maybe we can do something about it.

Jonathan Otto: ([01:16:55](#))

And that would be, even if people had an adverse reaction to the vaccine, they could do something like this?

Dr. James Neuenschwander: ([01:17:03](#))

Yeah, because it turns out that the adverse reaction to the vaccine is very similar to the long-haul COVID pattern that we see. So, there's a big overlap there, and it's such a helpful test for almost anybody that has chronic inflammation or chronic immune activation. Because you can document it, you can see what your targets are, and then you can revisit it, repeat the test down the road and see, "Are we making progress or not?" It's very helpful.

4. MMS chlorine dioxide

Dr. Christiane Northrup

Dr. Christiane Northrup: ([36:38](#))

1000, the Protocol 1000, and then there are MMS baths that people should know about, and that's 18 drops, and then you just put that in the bathtub.

Jonathan Otto: ([36:48](#))

And I think that this is all about the redox reaction.

Dr. Christiane Northrup: ([36:52](#))

Okay.

Jonathan Otto: ([36:53](#))

Cell signaling. I think that's what chlorine dioxide is doing. Chlorine dioxide, and people can do it. There's different ways you can make it, you get the citrus and you blend, you get the droppers and you blend it, and you make a reaction.

Dr. Christiane Northrup: ([37:04](#))

You get the droppers. Yeah. And then you do 3 drops of each thing every hour, while you're awake. That's the Protocol 1000. But get the book, the Jim Humble book. It's free.

Jonathan Otto: ([37:18](#))

So Jim Humble, and then follow his protocol?

Dr. Christiane Northrup: ([37:21](#))

That's right.

Jonathan Otto: ([37:21](#))

They can download it. Just look him up on DuckDuckGo or-

Dr. Christiane Northrup: ([37:24](#))

Yeah, and that's very easy to get the stuff. This is the stuff that- Trump was- No, I think he was accused of saying-

Jonathan Otto: ([37:31](#))

The bleach.

Dr. Christiane Northrup: ([37:31](#))

Yeah. Drinking bleach. Of course. There's also ozone therapy, and I haven't done much with it, but that saved the life of a couple people I know.

Jonathan Otto: ([37:41](#))

Isn't that amazing? I think it's same vein in what you're talking about. It comes into this category of the chlorine dioxide. Now I'm glad you're talking about that. A lot of people don't know about MMS because it's a great thing to get us off the drug.

Dr. Christiane Northrup: ([37:52](#))

No, just have it. Everyone should have it. I've got loads of it at home. Just to have it.

Jonathan Otto: ([37:58](#))

My mother-in-law used it with tons, with the whole family, whenever they got, when COVID came up, and she would immediately be able to monitor people's oxygen levels coming right back up. So it- But did you, okay- That thing that we showed you, I didn't show you the part where with the FBI building, it says, and they poisoned the water supply with the shellfish venom, and then it says in there that it was all dependent on the chlorine levels in the water, meaning that the organism, and it said the organisms were killed on contact with chlorine levels in the water. So meaning that they had to push down the chlorine levels in the water to be able to envenomate the whole people in the building.

Dr. Christiane Northrup: ([38:32](#))

Oh my God. Oh my God.

Jonathan Otto: ([38:33](#))

So what do you think they're doing? They're modulating the chlorine levels so that these venoms can thrive, and then they're demonizing hydroxychloroquine and chlorine dioxide, MMS, and these things that would help us to neutralize these venoms. So people could just get the hydroxychloroquine or chlorine dioxide, and then you'd be helping to diffuse that envenomation kill-

Dr. Christiane Northrup: ([38:54](#))

But remember, this goes back to the brainwashed individual who still thinks, "If that were true, my doctor would have told me." So they really have got to clamp the cord slowly or right away on their addiction to pharmaceutical medicine and "doctor says" and testing, and all of the rest of it. You've got to finally get out of that system. And by the way, the other system, functional medicine, is not a whole lot better because all of these functional medicine colleagues of mine drank the Kool-Aid. Yeah.

Dr. Lee Merritt

Jonathan Otto: ([39:17](#))

Chlorine dioxide, we took too much of it.

Dr. Lee Merritt: ([39:21](#))

Don't do that. Don't ever take too much MMS.

Jonathan Otto: ([39:22](#))

Yeah, exactly. I should have known better cause I have used it before, but then I just wasn't thinking. And-

Dr. Lee Merritt: ([39:27](#))

I wasn't either. See that was our fa- we both had used it before. So, we thought we'd build up a tolerance. So, MMS for people that don't know, this is the chlorine dioxide, chlorine dioxide.

Jonathan Otto: ([39:38](#))

Which you believed can be very helpful.

Dr. Lee Merritt: ([39:40](#))

And I actually believed that this is a miracle chemical. I mean, this really is a good chemical. And it has to do with redox potential. It's just that we know exactly how this

works. So unlike chlorine and it's not bleach, no matter what they want to denigrate it as. What this does is it selects out for the bad bugs and it doesn't kill the good bugs. I mean, it doesn't sterilize everything and it's non-toxic if you've done correctly. And in fact it wasn't toxic to us and shipped in the short term, we detoxified too fast.

Jonathan Otto: ([40:11](#))

It was a Herxheimer reaction.

Dr. Lee Merritt: ([40:12](#))

Yeah. It was a Herxheimer reaction, but a bad one. So, you don't wanna do that. So, people that wanna know more about this, I actually have a whole thing on my website. If you join the podcast, you get all this stuff, but you need to start at 1 drop a day. And one of the problems, I think they call it mineral solution.

Jonathan Otto: ([40:31](#))

Correct?

Dr. Lee Merritt: ([40:33](#))

One of the problems is that there's different ways of making it. It's very confusing on the internet. I get that. People don't understand how to do it because, you know, I have a chemistry and biology background and I couldn't figure it out. I had to call the guy who really came up with this and wrote the syllabus, because I said on the internet, it's all over the place. Some people say this, some people say that and you can't tell what to do. And so you don't know the truth. So, I talked to him and I wrote up a thing that I sent out to my subscribers on how you actually implement this. But the bottom line is no matter how you do it, you have to start slow. You take like 1 drop of the mineral solution. And if you don't have a problem with stomach acid, you actually don't need the activator. Your stomach acid will activate it. It's the same thing.

Jonathan Otto: ([41:19](#))

Just HCL is the activator.

Dr. Lee Merritt: ([41:20](#))

Yeah. HCL is the activator. So your stomach acid, HCL. So just let your stomach do it. It avoids that chlorine taste. Okay. It avoids the ta- But, if you're gonna activate it, 1 drop of each and you put it in a big glass of water and you drink it over the course of a period of time. Don't just goof it down, wolf it overtime. And then do that daily for 3 days. Make sure you don't have any diarrhea. Then you can go up to 2 drops, 3 days, make sure you don't have any diarrhea. If you ever have diarrhea, you just stay there and let it drop

back. Let it detoxify yourself slowly. That was our mistake. And then you go to 4 drops now, or I mean, then you go to 3 drops. And 3 drops is where Bishop Grenon.

Dr. Lee Merritt: ([42:00](#))

One of the people that really had researched this and came out with a lot of the human protocols. He goes through this, and he basically says how to do it. And it's the Genesis II Church has been the people, he goes through how to do this. Now other people have shown that if you really get up to like 15 drops you're then anti-aging, it actually reverses a bunch of the bad things about aging. So, I haven't done that for a period of time. I kind of got up to 10 and kind of gave up on it and did other things. But I think it's a real deal. And I tell you, industry knows it's a real deal. Almost every bit of food you get. Packaged in a grocery store has had chlorine dioxide sanitation. They know it. They know why it works. This is how I learned all the chemistry of it. And they've got these guys in jail for something that they're using every day. It's really evil.

Jonathan Otto: ([42:49](#))

Can you talk about redox signaling molecules? Cause that's connected, right? It's the redox signaling that is activated.

5. Hydrogen peroxide

Dr. Cammy Benton

Dr. Cammy Benton: ([01:06:16](#))

We also do nebulizers. This is kind of crazy, I think, for mainstream doctors, but we've been doing hydrogen peroxide nebulizers or Lugol's iodine nebulizer. So, you can do the food grade hydrogen peroxide, but you have to dilute it, there's a dilution process. Or probably the easiest is just to get the brown bottle that you find at the pharmacy and use that direct. And if it's too strong, you can dilute it with distilled water or normal saline.

Dr. Cammy Benton: ([01:06:49](#))

The Lugol's iodine, you can do the distilled water or normal saline with one or two drops. And I'll tell you about that, one of those two actually just breaks up your phlegm and it helps the cough so much. People get better really a lot faster when they do that. So I combine the nebulizers with that. And a lot of doctors are doing that across the country.

Dr. Cammy Benton: ([01:07:07](#))

And I always thought it was like crazy stuff but I see huge, like rapid turnarounds with those treatments.

Jonathan Otto: ([01:07:13](#))
Hydrogen peroxide nebulizers?

Dr. Cammy Benton: ([01:07:15](#))
Nebulizers, yes.

Jonathan Otto: ([01:07:16](#))
So, they just buy like a nebulizer from Amazon or something?

Dr. Cammy Benton: ([01:07:20](#))
Right.

Jonathan Otto: ([01:07:20](#))
And then you basically put the hydrogen peroxide in the nebulizer?

Dr. Cammy Benton: ([01:07:25](#))
Into the chamber and you inhale and you just breathe it in.

Jonathan Otto: ([01:07:28](#))
Sure. How much do you put in there?

Dr. Cammy Benton: ([01:07:29](#))
The little chamber is like about 2 milliliters, 2 ccs or something like that. And then you just pour it in there. And like I said, if you cough too much, if it burns too much, you dilute it with some distilled water. Anytime you get sick with a cold, you start inhaling it. It usually gets rid of it.

Jonathan Otto: ([01:07:47](#))
Wow. And so, people can get the hydrogen peroxide from kind of anywhere?

Dr. Cammy Benton: ([01:07:51](#))
Any pharmacy.

Jonathan Otto: ([01:07:52](#))
Any pharmacy. Yeah. And then, it's over the counter. No prescription needed?

Dr. Cammy Benton: ([01:07:54](#))
No prescription needed.

Jonathan Otto: ([01:07:57](#))

And then just quickly back on this and then I will let you get back to your evening. Amazing, Cammy, thank you so much. This here on, yeah, how to get Ivermectin? Okay, fantastic for the US. Awesome that this exists. And then, complete guide to the care of the COVID-19 patients. Is this one that you use there?

Dr. Cammy Benton: ([01:08:23](#))

Actually, I just really stick to the early outpatient treatment because I'm an outpatient doctor.

Jonathan Otto: ([01:08:29](#))

Which? This one?

Dr. Cammy Benton: ([01:08:31](#))

That first one. That's what I usually use.

Jonathan Otto: ([01:08:33](#))

Okay.

Dr. Cammy Benton: ([01:08:33](#))

They usually get better, so I don't have to worry about it.

Dr. Jane Orient

Dr. Jane Orient: ([37:08](#))

Dr. McCullough points out that if you are allergic to iodine, you have a problem with that. You could use diluted hydrogen peroxide as well.

Jonathan Otto: ([37:17](#))

Yeah. What do you think of this compared to nebulizing budesonide?

Dr. Jane Orient: ([37:26](#))

Well, nebulizing budesonide is for symptoms if you are infected. And a lot of people find that it is very helpful in relieving the cough or shortness of breath, and it has less systemic effect than taking prednisone or prednisolone or something else by mouth or intravenously. But budesonide, many asthmatics use that, has been a real lifesaver. Some physicians have found that it also dramatically cuts the risk of hospitalization if used, when the patient is symptomatic, especially if they have respiratory symptoms like a cough or shortness of breath.

Dr. Ben Tapper

Jonathan Otto: ([18:51](#))

Awesome. I would love to hear more about that. So detoxification, what do you see? Do you see protocols like zeolite with clinoptilolite or do you see fulvic acid and humic acid, or do you see bentonite clay or infrared saunas? What do you see?

Dr. Ben Tapper: ([19:06](#))

So, it's not just one fix, right? So all those things are gonna work out. I mean, obviously we need to consume something that's gonna take metals out. And I believe that's more of an acute detox. But really to get into the nervous system to really hit the neural tissue and to really focus on inflammation like let's say muscular dystrophy. We have to clean up the diet, absolutely give the diet like anti-inflammatories, not from a pharmaceutical base, but anti-inflammatory homeopathics and different foods that are gonna cause, that'll help eliminate that inflammation we need to do, yes, heat, infrared, all those things. Hyperbaric oxygen therapy, I'm a huge supporter of that. We need to do- You know, I'm a big believer in hydrogen peroxide soaking the body in hydrogen peroxide and rubbing that in the body every day, as much as you can.

Jonathan Otto: ([19:52](#))

And does that have to be diluted?

Dr. Ben Tapper: ([19:55](#))

You know, the food grade, hydrogen peroxide, those are, you can dilute it if it causes irritation. Yes, you can dilute it. But I believe just rubbing on a rag and wiping the body down doesn't have to be soaked essentially, but you can wipe the body on hydrogen peroxide. I'm a big believer of that, I think that's good for that. Even Charlotte Gerson promotes that. I think it's very important.

Jonathan Otto: ([20:14](#))

Hydrogen water?

Dr. Ben Tapper: ([20:15](#))

Hydrogen water, I've heard good things about that. I think that there's a lot of good things to be said about that. Obviously anything that's gonna be putting hydrogen in the body. Hydrogen will cling to metals and help pull it from the body. I use ionic bath in the office, in the clinic, that actually put hydrogen in the body, that it clunks the metals and helps pull the metal out of the body. They've tested urine levels and there were 200 times the normal level, after 3 to 5 days after doing a detox with that. And that's A Major Difference, that's from the company, A Major Difference.

Dr. Ben Tapper: ([20:49](#))

There's a lot of gimmicks out there. There's a lot of knockoffs, but that's just one little thing, right? That's one variable of the equation. I mean, we need to move well. We need to think well. I mean, our thoughts can change our physiology, so that plays a huge role. But moving well is very important. We need- I'm a chiropractor, so we need to get adjusted as well to help the nervous system flow. And the communication, the body is very important, again, removing those obstructions. But, you know, sauna's infrared, I do- I, when I do- when you use an infrared sauna, we need to be pumping the body with niacin beforehand, probably an hour beforehand to do this. I believe that helps amplify the detox as well.

6. Carbon 60

Dr. Lee Merritt

Dr. Lee Merritt: ([47:46](#))

And I think that's really important. What else? Again, I like Carbon 60, I've got a bunch of this stuff on my website. If you go to there, it's got under vaccine remorse, Carbon 60 is a bucky ball of carbon that really can get rid of a lot of heavy metals. And presumably can remove some of this graphene and some of the stuff that comes along with this too. It really has what's been shown clearly to get rid of the rouleaux formation in the blood after you've had the vaccine. One of the things that happens, you take these agents, and you see the blood now, and it- instead of being free-floating all over the place, the red blood cells are kind of in these they're called rouleaux formations where they're kind of a string light thing and this stuff within days gets rid of that.

Dr. Lee Merritt: ([48:29](#))

Yeah. And that might be one of the reasons we have clotting. One of the things too, this stuff has cationic lipids in that outer matrix lipoprotein coating of the genetic agent that they're using these vaccines. And the charged cation, that's what strips electrons from your red blood cells and makes that rouleaux formation. And what this does is it's an electron donor. These bucky balls of carbon are a huge electron donor. In nature they exist, but that's what shungite's all about. They naturally exist in very small places in not very big concentrations in the world, but these chemists and I out on my website, I have the one I like that does not have toxins in it. It's not made in China, it doesn't have weird toxins in it. This guy's a real nanochemist that made this.

Jonathan Otto: ([49:22](#))

Amazing. Have you heard Ed Group mentioned the Supercharged C60? Not sure?

Dr. Lee Merritt: ([49:30](#))

Oh.

Jonathan Otto: ([49:31](#))

Supercharged. It's just-

Dr. Lee Merritt: ([49:32](#))

I don't know about that.

Jonathan Otto: ([49:33](#))

I mean, that just could be a nice marketing too.

Dr. Lee Merritt: ([49:35](#))

Oh. That's the onion. So I just texted my carbon chemist friend that made this stuff, and I asked him, do you know about the onion of carbon 60? So we'll see. I mean, it's like layered, it's like these bucky balls now layered on each other, somehow I think.

Jonathan Otto: ([49:51](#))

True. And that, and that would be classified - [inaudible 00:49:52]

Dr. Lee Merritt: ([49:52](#))

It's kind of like supercharge or something.

Jonathan Otto: ([49:53](#))

You know the name? Right. So the supercharge to try to denote that. Amazing. And I think that fulvic acid is going to be a -

Dr. Lee Merritt: ([50:01](#))

Fulvic acid. Yeah.

Jonathan Otto: ([50:02](#))

... a star player in this, or I've seen it personally. I've witnessed it for many years now.

Dr. Lee Merritt: ([50:07](#))

And I'm gonna tell you, and that also has something to do with parasites, stopping parasites, I think too.

7. Iodine

Dr. Edward Group

Dr. Ed Group: ([55:04](#))

Iodine is a must for everything. Iodine, we found, also stops mRNA production.

Jonathan Otto: ([55:57](#))

Lugol's iodine?

Dr. Ed Group: ([55:59](#))

Lugol's or Nascent iodine. Nascent or Lugol's iodine.

Jonathan Otto: ([56:02](#))

How many drops a day?

Dr. Ed Group: ([56:04](#))

I mean, I like to go around 6,000 micrograms a day. So about-

Jonathan Otto: ([56:08](#))

If it's a dropper, how many drops would that be?

Dr. Ed Group: ([56:11](#))

Well, depending on the type of iodine. Most iodine, like my Detoxadine is around 600 micrograms per drop, so I usually do about a dropper full of that. And you can even go up a couple times a day. You can go up to 12,000 micrograms. Iodine is extremely effective as an antimicrobial as well.

Jonathan Otto: ([56:35](#))

And you could do a full dropper full of Lugol's iodine? Or is that too potent?

Dr. Ed Group: ([56:41](#))

You can do - So, the best Lugol's out there is a certified organic Lugol's and it's sold on Amazon. It's called Earth Harmony Naturals. They're the only one that has a certified organic Lugol's solution. And then the Detoxadine is the nascent. The reason I like the nascent is because the nascent is in its organic state, which means it's like copper. You have copper (II), and you have copper (I). You're going to get - It's not damaging to you to take the other form, but it just works a lot faster. I mean, what we've found is the nascent iodine with the charge, the electric charge there, in its organic form works a lot better and a lot faster. But the Lugol's works too. You know, it's like organic versus

inorganic, in a way. Now I talk about inorganic minerals, most of the- There's a separation between inorganic synthetic versus inorganic, because the body could break down and utilize the copper or some of the things from the soil, the minerals from the soil, but they might not be so active right away in the system.

Dr. Jana Schmidt

Dr. Jana Schmidt: ([09:28](#))

One thing I found really interesting was dietary iodine. Are you familiar with that?

Jonathan Otto: ([09:33](#))

Yeah.

Dr. Jana Schmidt: ([09:34](#))

So, dietary iodine, I always really focused in on for people having thyroid issues and it helped with thyroid issues. But I spoke to so many doctors, I was on the phone every day, speaking to people all over the world when the whole COVID virus blew up and we were constantly sharing information. And dietary iodine kept coming up because if your thyroid has plenty of dietary iodine then the rest of it goes to your mucus membranes, your eyes, your mouth, your nose. And if you breathe in a pathogen and you have enough dietary iodine in those mucus membranes, it kills it on site. So I was like, "Okay, everybody, dietary iodine every day. Make sure we're eating enough things." Kelp, seaweed, things like that to make sure our iodine levels were sufficient.

Jonathan Otto: ([10:26](#))

Kelp, seaweed. What else?

Dr. Jana Schmidt: ([10:28](#))

Well, I prefer the actual drops of dietary iodine and just need to make sure you get it from a really good source.

Jonathan Otto: ([10:34](#))

Great. The sources for that would be I suppose, I'm trying to think of where probably it's plant extract?

Dr. Jana Schmidt: ([10:41](#))

Right. Exactly. Plant extracts.

Jonathan Otto: ([10:44](#))

And I know that even fulvic acid has quite a high amount of iodine.

Dr. Jana Schmidt: ([10:48](#))

Yes. It does. That's wonderful. And it's also good for detoxing, fulvic acid.

Ian Clark

Jonathan Otto:

Awesome. So is there anything else you can say about how that binding works? Is it binding to metals and why those ingredients out of others - there's so many... I know that clove is so... It's so strong. So I know that there are definitely factors here involved.

Ian Clark:

Right. Well, there was much study in the Ayurvedic world of this. That's where this combination came from, the rosemary, thyme, and the clove. But it's the combination that's the key and the form that it's in. I've learned a lot about the form of things. So you can have liposomes, you can have nanotechnology with micellization. You can have all those things. This goes into the dalton realm. And we- So, this is called Solaris. We called it that because it's just like bringing light into your body. And we also found out how to create a delta molecule of iodine. So when you take iodine, everyone knows what iodine is like for cuts and disinfectants and things like that. And there's Lugol's iodine that has all these different elements in it with potassium iodine and all the stuff that- I just want pure molecules.

So, when you have a dalton level like a dalton molecule is a gas molecule that will disappear into the ethers if you leave the lid off something long enough. It'll just disappear. And it really shouldn't. It's not just water evaporation. Like, we have an iodine product that if you leave the lid off, all you have is distilled water, medical grade distilled water within a day. If you leave the cap on, it stays in the bottle for years. When you drink it just coats, carpet bombs your whole entire system. It gets into every single cell in your body. It fuels you and cleans it out.

Now you talked about like the caging or the binding of these metals. Well, this product doesn't do that. When it touches the metal, it turns it into an inert matter that your body identifies as waste in a way it goes out of the system safely. So you don't have that potential of poisoning other areas of your body because I've done heavy metal detoxes before and ended up getting sicker because I released a bunch of heavy metals, but then they didn't leave and they were dangerous. So, this removes the danger of all these elemental things that you shouldn't have.

8. Nitric oxide

Dr. Henry Ealy

Dr. Ealy: ([25:52](#))

Let's go to the UCSD, University of California, San Diego soft study. This is something you can all look up. And this was a phenomenal study because it looked at...

Dr. Ealy: ([26:03](#))

... something you can all look up. And this was a phenomenal study because it looked at and showed several things. It showed that the spike protein was enough to injure cellular mitochondria, so injure the cell's ability to produce energy. It also showed that the spike protein was enough to injure the inner lining, the endothelial lining, of blood vessels.

Dr. Ealy: ([26:20](#))

So that's where we start looking at the people who've had myocarditis or issues with thrombocytes or really any kind of cardiovascular issue post-inoculation. What we are seeing in that is that the spike protein is enough to be injurious. I think there is no doubt about that, in and of itself. So when they inject you with mRNA sequences to co-opt your normal cellular function and then turn your cells into spike protein-producing factories, what you are essentially doing is your cells are now producing a substance that is injuring you. Okay. That, I think, is beyond any kind of scientific debate at this point.

Dr. Ealy: ([27:03](#))

What was interesting about that UCSD Salk study, Jonathan, is that they came up with three important findings in it. One was L-arginine. L arginine ... and this is where you want to understand mechanism of action. What does this thing do in the body? And this is where it gets really exciting. L-arginine is a amino acid that is a precursor for the production of nitric oxide, NO. Nitric oxide we typically give to people with high blood pressure because nitric oxide will take a blood vessel and dilate it, make it bigger. And if the blood vessel gets dilated, the pressure inside goes down, so it lowers blood pressure, okay? So this is what we want to do. So they found in the study, the UCSD Salk study, that L-arginine, because it potentiates nitric oxide, lowered the damage, the inflammatory damage, that was caused by the spike proteins. That's exciting right there.

Dr. Ealy: ([27:59](#))

They also found that another substance found in beans and also in egg yolks, lecithin, and specifically phosphatidylcholine, as a component of lecithin, also helped to reduce the inflammation caused by the damage from the spike protein. Is that making sense so

far? So we have two things. We have L-arginine that we know of, and we have phosphatidylcholine.

Dr. Ryan Cole

Dr. Ryan Cole: ([39:52](#))

Number 1, exercise, because you're circulating your blood more and so, you're oxygenating your tissues. We have too sedentary of a society. So, one the simplest ways is to move your body. Number 2 is simple breathing exercises, even without a hyperbaric chamber. There are certain supplements like you mentioned fulvic acid that can help increase the oxygen retention within certain tissues and what-not as well. So, start simple. Move your body and do breathing exercises. If you can find access to a hyperbaric chamber, great, do it. If you can find some supplement regimen that works for your body, great, do it. Don't wear a mask, you know, 'cause that's going to decrease your oxygen and increase your carbon dioxide retention. A lot of people, I mean, the other very simple thing, sitting at a desk, most people hold their attention in their chest, deep breathing through your nose. There's a great book called Breath. And that goes through just the understanding of breathing and our human body and there's so many cultures and societies and practices that just thrive on that breath work and that's important as well.

Jonathan Otto: ([41:06](#))

Wow. Yeah, like what's his name again, the guy, Wim Hof?

Dr. Ryan Cole: ([41:11](#))

Wim Hof. I love Wim Hoff. Yeah.

Jonathan Otto: ([41:13](#))

Yeah?

Dr. Ryan Cole: ([41:13](#))

Yeah.

Jonathan Otto: ([41:14](#))

Helpful?

Dr. Ryan Cole: ([41:15](#))

Very helpful. Yeah, and energizing, too.

Jonathan Otto: ([41:18](#))

Amazing.

Dr. Ryan Cole: ([41:18](#))

Energizing.

Jonathan Otto: ([41:19](#))

Is it? It's stimulating natural nitric oxide production?

Dr. Ryan Cole: ([41:24](#))

Nitric oxide is antiviral. Nitric oxide dilates your vessels, which is another way to get more oxygen to your body. Nitric oxide, at the cellular level, simple vagal nerve activation - om, humming, mm - will actually produce nitric oxide in the sinuses, which becomes antimicrobial, which is fascinating. But at the same time, you know there are some supplements you can take. You can take L-arginine and citrulline that can help release nitric oxide at the cellular level as well, which again, will dilate your vessels and allow more oxygen to perfuse your tissues. There's just so many simple things in life one can do. Doesn't have to be from an expensive medical, pharmaceutical product, or system that you can do to just optimize health.

Robert Scott Bell

Jonathan Otto: ([15:56](#))

And how do people most efficiently get into autophagy or autophagy?

Robert Scott Bell: ([16:01](#))

Well, it's fasting. It's the most primary way and I do that every week. Well, I mean, if you did once a week for a 24-hour period, you're gonna enhance it. You can go further than that. And I know you know about fasting as well. But the interesting thing is this production of nitric oxide safely, can facilitate similar impact to fasting. So, some people that are in very weakened states and can't fast for prolonged periods, we still have ways that we can facilitate that.

Jonathan Otto: ([16:25](#))

How do they take the nitric oxide?

Robert Scott Bell: ([16:27](#))

Well, I utilize this formula called Cardio Miracle, because they formulated in such a way to address the adverse rise of peroxynitrite, one of the most dangerous free radicals. 'Cause if you do bits and things or L-citrulline, or arginine on their own, they'll facilitate immediate boost in nitric oxide, but it'll also give rise to the peroxynitrite, which is inflammatory.

Robert Scott Bell: ([16:47](#))

And so, by combining it with a lot of antioxidants and foods that can counter it, you can safely get the benefit of that nitric oxide rise on a daily basis. And of course, oxygen delivery has enhanced in everything else. But of course, the autophagy that we're talking about in terms of those that can't fast, are only gonna be benefit or even if you do fast to enhance the fast, it can be done that way as well.

9. Bioactive copper hydrosol

Robert Scott Bell

Robert Scott Bell: ([08:00](#))

So, this is not an antigen injection, so it's different than anything else, so that we can't say completely that if we take the homeopathic form of that, it reverses the instructions that the mRNA is giving to your DNA, that's the unknown here. And that's why we have to look and expand beyond what we know to do for vaccines traditionally, into another energetic component of how do we reverse the damage and the information that's interceded on normal protein synthesis. So this is an abomination in my opinion, I mean, this is man playing God, and it- not doing it very well at all, that we ever do.

Jonathan Otto: ([08:33](#))

Yeah. And intentionally, because it was effective, it's effective at doing the wrong thing, killing people, harming people, injuring people, giving people a low quality of life, taking their focus away from the things that matter. Like this was very effective at doing that. And so, it's just doublespeak. Right?

Robert Scott Bell: ([08:52](#))

Right. And the vascular impact has been most profound. You've seen and probably showed people the videos of young athletes at the prime of their life and fitness levels just dropping dead of heart attacks, heart events. And this is mostly post jab. They used to say, "Well, it's because of COVID. You should get the jab, so you don't have the heart event." But turns out it's the jab itself facilitating these heart events, cardiovascular events. So I'm lecturing on various ways, and many of the snake venoms address that too. But there are minerals like copper that we've depleted, really an essential mineral, because we've taken too much zinc and Vitamin C and didn't realize it was dropping copper level significantly.

Robert Scott Bell: ([09:26](#))

And it's copper and selenium that protects our microvasculature or heart, or cardiac proteins, their integrity in the midst of all of these challenges, whether it be spike protein or otherwise. So we really need to get copper back in the system. And I've worked with

energetic forms that are still measurable molecularly, but carry an energetic or ionic type signature that have power immediately in the body that bypass weakened digestion. Which unfortunately, too many people have suffered from weakened digestion for a long time. So, dealing with poor assimilation. So, even if we try to get the good things in, they may not get in easily. So, I try to find ways to get it in much easier and much safer.

Jonathan Otto: ([10:00](#))

Wow. Amazing. It's interesting biblically the story, the account - the historical account - of the children of Israel. The children of Israel getting bitten by serpents, and then they are told to look at the brass serpent and the brass is actually made of 2 metals: zinc and copper.

Robert Scott Bell: ([10:18](#))

Isn't that interesting?

Jonathan Otto: ([10:19](#))

It's fascinating. Is that giving us a message to tell you if you're envenomated or if you have something that resembles envenomation, which is what you're talking about, you're opening it up. Saying, look let's not fight, here's the issue. And is this showing here's a remedy?

Robert Scott Bell: ([10:39](#))

I believe so, yes. I think the zinc is very good, but of course, in the absence of copper, zinc - of course, it facilitates metallothionein production within the liver, that has a thousandfold affinity for copper. So we didn't know - most people did, we should have - that we're taking a lot of zinc and Vitamin C and dropping copper levels. And since copper has been depleted from basically the terrain, the soil by 80% almost, more than any other mineral over the last 100 years, we are in a heap of trouble. If we don't bring those copper levels back up. But yeah, biblically they reference it zinc, copper. That combination is powerful and devastating to some things that threaten us, but powerful in supportive immune, and cellular, and metabolic response.

Jonathan Otto: ([11:16](#))

Wow. What kind of dosage of zinc and copper?

Robert Scott Bell: ([11:20](#))

Well, people are taking zinc, milligrams of zinc, and drop in copper. You could take milligrams of copper, but even in an ideal world circumstance, if you were eating copper-rich foods, like organ meats containing a lot of minerals and particularly copper and people don't eat that much anymore. But even those are lower in quantity, and even

in an ideal circumstance, you may only absorb 30 to 40% of dietary copper that's real-world perfect scenarios. We don't have that anymore. So, even if people are eating copper-rich foods, they're not really absorbing it.

Robert Scott Bell: ([11:49](#))

So, I'm utilizing a bioactive copper hydrosol now, that has the copper (I), and copper (II) form, which is the form your body has to break down to get to, for all the antimicrobial antiparasitic benefits. As well as the copper enzyme pathways, the integrity of the structural proteins is necessary for many enzymatic life functions, for instance. So we bring it in as the hydrosol in copper (I), and copper (II), then we can take micrograms like 150 microgram doses. And we can repeat as needed for criticality throughout the day, and safely take and never exceed the RDI even much less going to other levels where copper could become problematic.

Jonathan Otto: ([12:24](#))

Wow. Where do people get that?

Robert Scott Bell: ([12:27](#))

I utilized the Sovereign Copper formula. You might have heard of Sovereign Silver. They made the breakthrough after a number of years of RND in just the nick of time, to get a safe form of copper that carries that energy. Almost like a homeopathic, but what we can still measure the content micrograms, and have a power of much more copper ingested without the risk of taking so much.

Jonathan Otto: ([12:47](#))

That's amazing. So, it sounds like that's a very good tool for people to utilize.

Robert Scott Bell: ([12:51](#))

Yeah. I would be doing that every day. I am doing that every day, at least a dose a day. But for those that have been copper depleted, start out with at least 3 doses a day, a tablespoon 3 times a day. You could do - Even if you did 6 tablespoons, you've just hit the RDI level of 900 micrograms for the average adult. So, you're never risking taking too much, but that little bit goes a long way because it's in the form your body uses it, immediately as opposed to breaking down and only using a portion of it.

10. Homeopathic Venom: Lachesis, Crotalus, Bothrops, and Vipera

Robert Scott Bell

Robert Scott Bell: ([02:31](#))

Well, we know that these mRNA injections are nothing like previous vaccines. So, it isn't just a matter of undoing toxicity and injection. We don't know fully what's in them, all those speculation and information coming out may indicate latent forms of viral proteins, of some kind that could activate in the presence of certain pulsed frequencies. Speaking of frequencies, right? In a negative context, could they activate something in the body that you would be defenseless to respond against?

Robert Scott Bell: ([02:59](#))

Because every one of these jabs that I don't call vaccines, but every one of them is evidenced showing that it reduces immune response ultimately, that weakens the immune response, so that you're more vulnerable to any and all of things. And if you are able to muster a very vigorous response, it may be so vigorous that could also be dangerous or deadly as they call it a cytokine storm. Level category 6, a hurricane only goes to 5.

Robert Scott Bell: ([03:24](#))

Now, imagine in your body if that would occur. So, when we look at frequencies and responses, the indications for symptom matching of remedies and homeopathy during the time of COVID and after the COVID jab, a lot of the manifestations mimic snake venom, right? And there's a controversy as somebody saying it isn't synthetic peptides of snake venoms. It's possible, certainly, but as a homeopath it didn't matter whether it is, or it's just similar to. If the symptoms match perfectly, we were already recommending Lachesis, and Crotalus, and Bothrops, and Vipera, different remedies that are made from snake venoms and homeopathic terms. So, it's less controversial for us, whether it is, or it isn't, because it matched symptoms regardless.

Jonathan Otto: ([04:07](#))

That's amazing. And so, can you repeat those again? And what are they, are they frequencies? Are they basically - So, someone has taken snake venom and then they have found a frequency that matches to help cancel that out, or what is that?

Robert Scott Bell: ([04:23](#))

Well, the remedies made from the snake venom often they're not water soluble. So they have to triturated in a very specific way. And that converts it at a certain point to the dilution levels in a liquid as well. So you are diluting the snake venom into a form that could never cause harm in any way, shape, or form. And through each step of dilution, what we do is success, it's called dynamization. So you activate the remedy within water, ultimately, and then you could ingest it or place it on an area.

Robert Scott Bell: ([04:51](#))

And then you get the frequency, as you said, all of the initial thing that would cause pain, damage, injury, or death, and begin to reverse that. Now, whether it's due to - again, getting originally a snake venom peptide that caused the symptom or not, the beautiful thing about homeopathy, we called it the law of similars, similar sufferings.

Robert Scott Bell: ([05:11](#))

So it's enough that it matches the symptoms of the venoms that we would match the venom remedy, and appropriately respond in the body to heal or recover from it. Even if it wasn't caused by actual venom. So, it's less controversial as a homeopath, whether people are arguing, it's a venom, it's not a venom, I don't care. I see how it manifests. And it matches up with remedies, like Lachesis, Crotalus, Vipera, and Bothrops, for instance. And there are a number of other-, Naja is another venom that we can utilize. You can read in the material medic and see how it matches up symptom perfect...

Robert Scott Bell: ([05:44](#))

...that you can apply it, and then they can have remediation in that situation. Now, what we don't know about these jabs, if they are introducing genuine, like some of are describing. oOther things, like Marburg, that normally you could be fine if you encounter it. If you got an immune system, but because they've disabled the immune system of many of these people that have gotten jabs or boosters,. Tthat could become a life and death matter. So now, we have to address that frequency wise, and other things that are being revealed in, let's say the innovative medical conferences that are not afraid to speak about these controversies.

Jonathan Otto: ([06:16](#))

Wow. Amazing. And so if somebody wants to get some of these items that you're talking about, they would go to a homeopath, right?

Robert Scott Bell: ([06:22](#))

Yeah. Homeopathic medicine in the United States is regulated as a drug, although it's not toxic or no side effects. So you can get into homeopathic pharmacies, a lot of natural food stores or online, you can order these, if you know the Latin name for the actual remedy, it'll match wherever you are around the world. Some places are restricted and you'll have to go see a homeopath, others you can freely go into a natural pharmacy and order what you want.

Jonathan Otto: ([06:43](#))

Yeah. Awesome. And so, some of them you can just look them up and order them online.

Robert Scott Bell: [\(06:48\)](#)

Yeah. I lecture on them. I give people an idea. They say, "Can I buy some from you?" I say, "Well, I don't sell any, I don't need to, 'cause you can get this almost anywhere. If you can go online, as long as we have access to that, homeopathic remedies are pretty readily available."

Jonathan Otto: [\(07:00\)](#)

Amazing. So - And then people, if they have a vaccine injury, they could use these, are they nosodes?

Robert Scott Bell: [\(07:08\)](#)

Well, nosodes would be the preparation of the actual, let's say in the traditional sense, if you were looking at a virus or bacteria, fungus, you can convert those things into homeopathic form. And they would be called nosodes. Some of these things, and we're talking about isolating, let's say the entirety of a vaccine or the jab of mRNA, and taking that and converting that into homeopathic form. It doesn't technically meet the definition, but it has a similar impact in terms of reversing some of the impact that shot has.

Robert Scott Bell: [\(07:35\)](#)

But what's different about these shots is that they go in purposefully the synthetic mRNA and reprogram DNA protein synthesis, to produce what they're looking at spike proteins for instance, from the original manifestation. So, that's a different thing than vaccines used to do that used to be triggering by attenuated or neutralized forms of the actual substance that would trigger antibodies for instance, antigens triggering antibodies.

Robert Scott Bell: [\(08:00\)](#)

So, this is not an antigen injection, so it's different than anything else, so that we can't say completely that if we take the homeopathic form of that, it reverses the instructions that the mRNA is giving to your DNA, that's the unknown here. And that's why we have to look and expand beyond what we know to do for vaccines traditionally, into another energetic component of how do we reverse the damage and the information that's interceded on normal protein synthesis. So this is an abomination in my opinion, I mean, this is man playing God, and it- not doing it very well at all, that we ever do.

Jonathan Otto: [\(08:33\)](#)

Yeah. And intentionally, because it was effective, it's effective at doing the wrong thing, killing people, harming people, injuring people, giving people a low quality of life, taking their focus away from the things that matter. Like this was very effective at doing that. And so, it's just double speak. Right?

Robert Scott Bell: [\(08:52\)](#)

Right. And the vascular impact has been most profound. You've seen and probably showed people the videos of young athletes at the prime of their life and fitness levels just dropping dead of heart attacks, heart events. And this is mostly post jab. They used to say, "Well, it's because of COVID. yYou should get the jab,. Sso you don't have the heart event." But turns out it's the jab itself facilitating these heart events, cardiovascular events. So I'm lecturing on various ways, and many of the snake venoms address that too. But there are minerals like copper that we've depleted, really an essential mineral, because we've taken too much zinc and Vitamin C and didn't realize it was dropping copper level significantly.

Robert Scott Bell: [\(09:26\)](#)

And it's copper and selenium that protects our microvasculature or heart, or cardiac proteins, their integrity in the midst of all of these challenges, whether it be spike protein or otherwise. So we really need to get copper back in the system. And I've worked with energetic forms that are still measurable molecularly but carry an energetic or ionic type signature that has power immediately in the body that bypass weakened digestion. Unfortunately, too many people have suffered from weakened digestion for a long time. So, dealing with poor assimilation. So, even if we try to get the good things in, they may not get in easily. So, I try to find ways to get it in much easier and much safer.

Conclusion

In this eBook, we covered some of the best natural alternatives that our natural medicine doctors and health experts have been using to prevent and reverse diseases including autoimmunity, COVID and long COVID, and to reverse vaxx injuries.

Not only are these natural, but they're non invasive and many of them can also be used as a preventative medicine. Hydrogenated water, for example, is beneficial to anyone, regardless of whether they're struggling with disease or not.

And Urotherapy has limitless benefits when it comes to both preventing and reversing diseases. The other benefit is that many of these can be used at the same time to completely optimize your health, whether you're living with chronic disease, you're struggling with symptoms of long haul, you want to detox your body from the jab or you just want to be the healthiest possible version of yourself.