



Ayurveda Post Vaccination & Shedding Healing Protocol

1. *The Ayurvedic approach is to work with the individual constitution (Vata, Pitta and Kapha and any combination of these three) and the unique presentation of your symptoms post vaccination or after a shedding incident. Use this guide below as a generic approach and remember that with the support of an Ayurvedic health practitioner your healing journey can be enhanced. Book your health consult via avida.co.nz*
2. *For the first 14 days post vaccination, the focus is on the removal of toxins and minimising the impact of the vaccine pathogens such as the spike protein, graphene oxide, liquid nanoparticles; clearing the channels and increasing digestive capacity with a special lifestyle and diet regime that helps to correct and increase agni (your digestive fire). When your internal fire is burning strong, your body is able to burn toxins. If you can't sustain the suggestions below for 14 days, then aim for 3 or 5 or 7 days or whatever your capacity allows you.*
3. **Rest Rest Rest.** *Take time off work if you can and allow yourself maximum amount of bed rest. The body knows how to heal itself, we just need to give it space and time.*
4. **Drink plenty of hot water** (2-3Ltr) *to help flush out the vaccine toxins and counteract the dehydrating effect of the lipid-nanoparticles which cause osmotic stress in your body. If you like you can add ginger or fennel seeds (they contain suramin) or cumin seeds to your hot water.*
5. *Keep warm and **induce sweating**. If you have access to a sauna, use it daily for as many days in a row as you can. If you don't have access to a sauna, then wrap yourself in woollen blankets, put 2-3 hot water bottles underneath the blankets and sit in front of a fireplace or a heater for 20-30min.*
6. **Eat** *the following **kichari** recipe as often as possible during the first 14 days – ideally three times a day for breakfast, lunch and dinner. Make a fresh batch every morning. Kichari is a whole complete meal in itself, it is so easily digestible that our digestive fire has capacity to deal with the toxins from the injection.*

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- 1 cup basmati rice
- ½ cup green or yellow mung beans
- 1 cup vegetables (carrots, pumpkin, zucchini, spinach, silverbeet, parsnip)
- Wash the mungbeans and soak for approx. 4 hours before cooking
- Heat ghee (or high-quality vegetable oil) in a pot, sauté 1 tsp turmeric, 1 tsp cumin seeds or pwd, 1 tsp coriander seeds or pwd, ½ tsp black pepper, fresh ginger
- Add the rice, mung and veges and enough water to make a soup
- Cook for about 20min
- Add fresh herbs according to liking

7. General nutrition advice

- a. Eat less – observe a minimum of 14 hours of fasting within each 24hr cycle
- b. Eat plant-based foods
- c. Eat whole foods – grains like rice, quinoa, millet, buckwheat, polenta, barley; nuts and seeds esp pumpkin seeds and brazil nuts; olives, legumes, pulses
- d. Eat lots of seasonal vegetables and fruits, and plenty of greens (the bitter taste in the greens help to purify your blood and act as a gentle liver detox)
- e. Eat organic, spray free, homegrown if you can – the vaccines contain enough genetically modified materials, don't add anymore to your system
- f. Go for nutrient density, every meal is a chance to nourish your whole being
- g. Avoid/reduce meat, sugar, alcohol, wheat, dairy, caffeine, processed food, heavy deep fried and left-over food; follow an anti-inflammatory diet

8. The Ayurvedic super herb: Pippali (Piper Longum)

Pippali is a heating and penetrating substance that works on the digestive system, respiratory system and reproductive organs. It acts immune-modulatory. Take the below listed amount twice daily (morning and evening) with honey on an empty stomach before your meal. 100gm for \$25 via Ayurveda Wellness Centre. Start taking Pippali the day of your vaccination.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13
Amount in gram	1	2	3	4	5	5	5	5	5	4	3	2	1

This protocol must be followed accurately and meticulously.

9. **Purging:** after the Pippali detox has been completed, you engage in a purge to release the damaging vaccine particles. Depending on your physical strength and capacity, you may induce a colonic purge or an oral purge. Only after the purge, you can start taking other herbs. The idea is here to firstly remove the toxins from your body, secondly, to open the bodily transport channels and thirdly, to start rejuvenating the tissues.
10. **Tissue rejuvenation with Ayurvedic herbs:** depending on your individual symptoms and in consultation with an Ayurvedic Health Practitioner these following herbs are useful:
 - a. Reproductive: Ashoka, Kumari Asava, Shatavari, Mugwort
 - b. Immunity: Guduchi, Septilin, Sitopaladi, Bala, Bala Arishta, Amla/Amalaki, Chyavanprash, Nigella Sativa* (Black cumin seeds)

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- c. *Nervous system/mind: Brahmi, Ashvagandha, Mandukaparni, Tagara*
- d. *Respiratory: Nigella Sativa*, Vasa, Ajwain inhalations, Tulsi, Yashti*
- e. *Skin: Manjistha, Kaishora, Neem, Turmeric, Panchatikta Ghrta*
- f. *Heart: Arjuna*
- g. *Joints: Yogaraja Guggulu, Simhanada Guggulu, Turmeric*
**Nigella Sativa contains thymoquinone and quinine, similar to hydroxychloroquine, acts antiviral, antioxidant, anti-inflammatory, immune-modulatory, take 1gm honey per kg body weight per day plus 80mg nigella seeds per kg per day)*

11. Healing with other herbs

- a. *Pine Needle tea or extract (anti-viral, antioxidant, counteracts formation of blood clots, contains suramin)*
- b. *Star Anise extract (contains suramin)*
- c. *Homeopathic remedy called Spoke (helps with spike protein, order via concordiahealth.co.nz), others such as CV19P 30c and 200c, carbon dioxide 30c and carbo vege 30 (oxygen deprivation remedy), scorpion remedies for shedding (androptonis, buthis australis, buthus thamales, via Similimum) Check with your homeopath about best remedy for you.*
- d. *Echinacea and Elderberry (both immune support)*
- e. *Ginger (kindles digestive fire) and Garlic (both immune support)*
- f. *See #16 for guidelines for Vitamin C, D, K, Zinc, Magnesium, Quercetin, HCQ, NAC*

12. Treatments:

- a. **Ayurvedic Shirodhara bliss treatment** (oil on the forehead) to rejuvenate the Third Eye chakra, the Pituitary and Pineal Gland which shuts down after the injection (book via avida.co.nz)
- b. **Ayurvedic Marma therapy and Chakra Healing** (clearing toxic build up in auric field, open, restructure and protect chakras, enhance energy flow in nadis, book via avida.co.nz)
- c. **Oxygen chamber** to counteract oxidative stress and increase blood oxygenation (book via kapitiosteopaths.co.nz)
- d. **Body Talk DNA cell repair** to counteract the DNA damage (book via kapitiosteopaths.co.nz)
- e. **Acupuncture** (book via aroha-acupuncture.co.nz or harmonioushealth.co.nz)
- f. **Kinesiology** (book via kapitiosteopaths.co.nz)
- g. **Quantum Biofeedback** (book via bioenergetic.co.nz)
- h. **Brain Gym** exercises to help with Left Right hemisphere switching
- i. **Energy and Sound Healing** to bring the detached soul back into the body (book via rezonatewellnesscentre.co.nz)

13. Acknowledge the psychological stress, trauma and grief. Be gentle with yourself. Take care of your mental and emotional wellbeing. Induce as many happiness chemicals into your system as possible:

- a. **Oxytocin** – the Love hormone: socialising, physical touch, petting animals, helping others

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- b. Serotonin – the Mood stabiliser: sun exposure, mindfulness, nature walks*
- c. Endorphin – the Pain killer: exercising, laughing, listening to music*
- d. Dopamine – the Reward chemical: getting enough sleep, having a bath, achieving a goal, eating food*

14. Allow the light to come in and practice **yoga asanas, pranayama and meditation**

15. Maintain **high frequency vibrations**

Humans are spiritual beings and each of us vibrates with certain vibration. When we feel down, depressed, angry – we have low vibration. The better and happier we feel – the higher our vibration. The higher our vibration the faster we heal. Here are examples of vibration levels of different states of consciousness: shame (20), apathy (50), courage (200), reason (400), love (500), peace (600), enlightenment (700-1000). Check out David Hawkins Vibration Scale via lifeofwellness.com

16. Other post vaccination healing protocols that I have found useful:

a. World Council for Health

<https://worldcouncilforhealth.org/resources/a-practical-approach-to-keeping-healthy-after-your-covid-19-jab/>

b. Dr Alina Lessenich (German doctor)

<https://odysee.com/@Anon:96/alinalessenich:1>

c. Forensic Healing – Deep State Damage

https://www.deepstatedamage.com/best-products-to-reverse-covid-19-and-shedding-vax-effects-tired-breathing-issues-foggy-head-burning-eyes-or-unwell/?inf_contact_key=33576d69773b79ff8be074986322cbc6

*“There is a certain kind of Light
that only comes from having been through
a certain kind of darkness.” Ullie-Kaye*

With love and light for your healing journey!

Anja

MSc Ayurvedic Medicine

anja@avida.co.nz

021 023 50601

www.avida.co.nz