

Irene Newmark Medical Intuitive: Covid Vaccine Support

Homeopathic Arnica gel on the arm before going to get vaccination.

Then put on arm 4 x a day for about 5 days.

If getting the vaccine in a relaxed environment, ask to hold the syringe and pray that it be received as healing by your body on mental emotional energetic and spiritual levels.

Extra **vitamin C** from the day of the vaccination, 2000 mg 4 x day for a week or longer if you are not feeling well. Generally a week should be enough.

Blue-green algae; 2 capfuls or tablets which is ½ tsp of powder 4 x a day for 5 days.

Astragalus tincture 30 drops 4 x a day for 7-10 days depending on energy levels. Generally, a week should be fine.

It's OK after receiving the vac to do some homeopathic **nux vomica 30c** 1 x a day for 7 days.

If someone does feel super achy after the vaccine (not before the vaccine as would suppress the immune response which we want to some degree). Not recommending doing any NSAIDS (anti-inflammatories) before the vaccination but one can take **2 baby aspirins** with meals (breakfast and dinner 2x day for 4 days) if feeling miserable afterwards.

After a week do 2 x **Epsom and hydrogen peroxide baths**. 4lb Epsom salts, 2 quarts hydrogen peroxide for 30 mins with the neck and arms in.

Rescue remedy (Bach Flower Remedy) from the diluted dosage bottle, 20 drops 4 x day for a week as well as dabbing it on the arm as needed.

Quantum K. www.quantumk.co.uk 23 min set of healing affirmations which includes things for rebalancing one's energy fields on all levels, and also for clearing vaccinations. On Youtube there is also an audio version of that..

Basically, there is not a whole lot to detox especially with the Pfizer vac there is the messenger rna molecule which disintegrates after a couple of hours or so. Once it delivers the message it's gone, breaks down. The emulsified fat it is suspended in is digested by the body in a day or 2. Then there is saline with Pfizer no preservative. The Moderna vac might have some preservative but I'm not sure. But taking the blue-green algae will bind with stuff and support the liver and the nux vomica will support the liver. The adrenals will be supported by the Vitamin C. Blue-green and astragalus will support emotionally and energetically, the Rescue Remedy and Quantum K are helpful.

Everyone I know that has got (the vaccine) has had an easy time using this protocol. I'm suggesting that people drink lots of extra water with these baths for that week and extra rest and to book a day off after the 2nd vaccination in case you are feeling more tired because the immune system has a stronger response, which is good .