



## Episode 1: The Graphene Oxide Detox (GOD) Protocol





March 1, 2022

Hello friends and welcome to the Holistic Health Online podcast. I'm your host Val Robitaille, I'm a nutritionist and herbalist, and for my first podcast I'm going to talk about a very special program we call the [Graphene Oxide Detox Protocol](#), or as we like to say, the GOD Program.

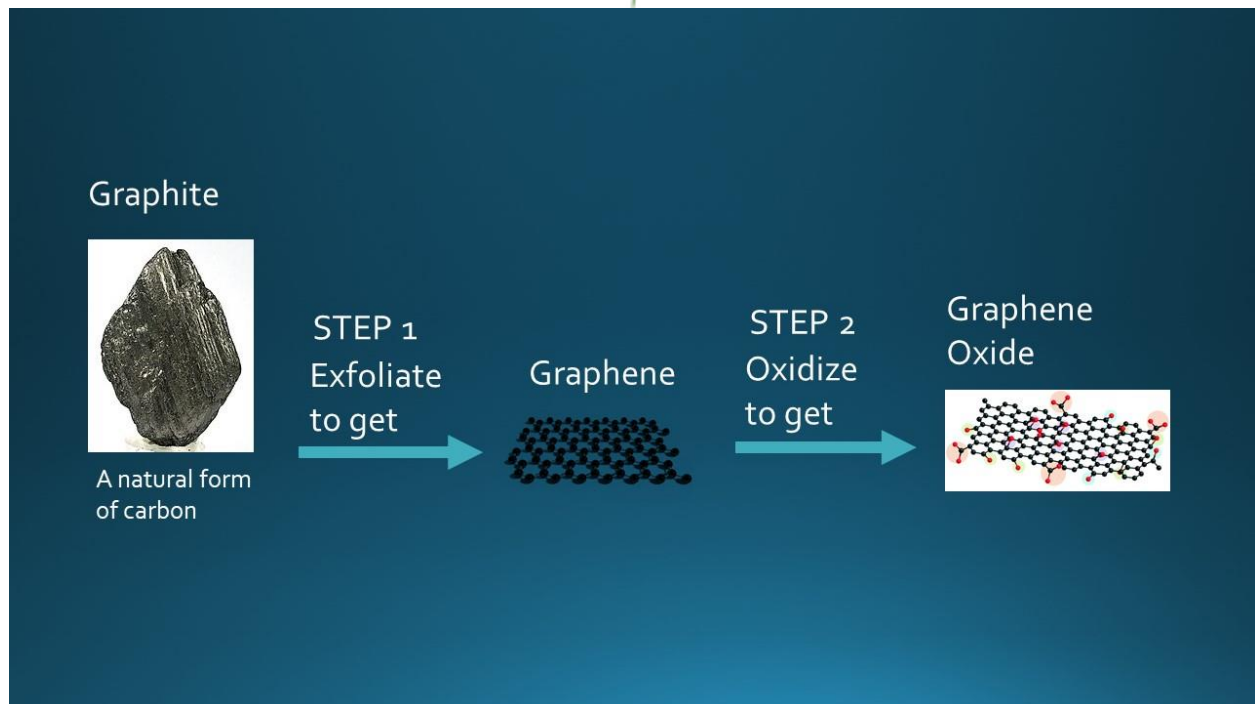
The supplements in this protocol are a combination of vitamins, minerals, antioxidants and herbs recommended by myself and many medical doctors and health professionals on the frontlines of the covid crisis. These specific supplements effectively boost the immune system, and help the body eliminate graphene oxide and other unwanted foreign invaders (such as viruses and the spike protein, which will be covered in another podcast in the near future).

I'll give a brief summary of each supplement followed by the therapeutic dose so that you will know how to take the protocol properly should you choose to. Boosting the immune system will save your life because a strong immune system will stop harmful pathogens from damaging your cells, tissues and organs.

So first, what is graphene oxide? Graphene oxide comes from graphene which comes from graphite, which is a natural crystalline carbon structure. When it is exfoliated it becomes graphene which is a single layer of carbon atoms arranged in a honeycomb-like lattice.

Graphene is stronger than diamonds yet flexible and transparent. Graphene also conducts heat and electricity and has superconductor efficiencies making its use popular in many industries, including the medical industry...including the vaccine industry!

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When graphene is oxidized it's called graphene oxide and has a different structure as well as different properties.

According to Wikipedia, and other sources, graphene oxide is extremely toxic and has been considered a poison since its discovery in 1859! It causes oxidative stress, DNA damage, inflammation, and cell death.

#### Toxicity [\[ edit \]](#)

Several typical mechanisms underlying graphene (oxide) nanomaterials toxicity have been revealed, for instance, physical destruction, oxidative stress, DNA damage, inflammatory response, apoptosis, autophagy, and necrosis. In these mechanisms, (toll-like receptors-) TLR-, transforming growth factor  $\beta$ - (TGF- $\beta$ -) and tumor necrosis factor-alpha (TNF- $\alpha$ ) dependent-pathways are involved in the signalling pathway network, and oxidative stress plays a crucial role in these pathways. Many experiments have shown that graphene (oxide) nanomaterials have toxic side effects in many biological applications, but more in-depth study of toxicity mechanisms is needed.<sup>[79]</sup> According to the USA FDA, graphene, graphene oxide, and reduced graphene oxide elicit toxic effects both in vitro and in vivo.<sup>[80]</sup> Graphene-family nanomaterials (GFN) are not approved by the USA FDA for human consumption.

Graphene oxide has been found in covid vaccines, tests, and surgical masks. It's also in food, the air (from geoengineering), and water. [England has recently approved the addition of graphene oxide to their municipal water supply.](#)



Many research scientists and doctors have discovered that the disease which is called covid is greatly helped by high doses of antioxidants. Covid creates an overactive immune response called a cytokine storm, which is an overabundance of dangerous free radicals, or oxidants. In virtually every case, when the sick individual is given therapeutic doses of **antioxidants** and other nutrients to boost the immune system, people get better.

The same immune-boosting concept is true if you've taken the covid shot. Cover your bases with high-dose antioxidants, vitamins and minerals, and over time the graphene oxide will be eliminated. This is so important because graphene oxide is known to cause blood clotting.

The more shots people get the more graphene oxide accumulates. I'm sure some of you have heard about the unbelievably high rate of blood-clotting problems among the double vaxxed. Third and fourth shots will create many problems in many people.

So if you've taken the shots you will want to help the body's innate defense system – the immune system - remove the graphene oxide that may now be in your blood.

When detoxing graphene oxide or heavy metals, or any toxin, for that matter, you must make sure you have enough antioxidant action taking place in your body. We use the GOD protocol for this.

The body uses different substances and pathways to perform normal functions. When these substances are deficient or excessive, or when the pathways become congested due to toxins, cells start to lose energy and break down, then the tissues break down and finally, the organ systems.

So we want to think about the cells first because viruses, and having excessive toxins in circulation that shouldn't be there, tend to inhibit certain cell functions which leads to problems downstream.

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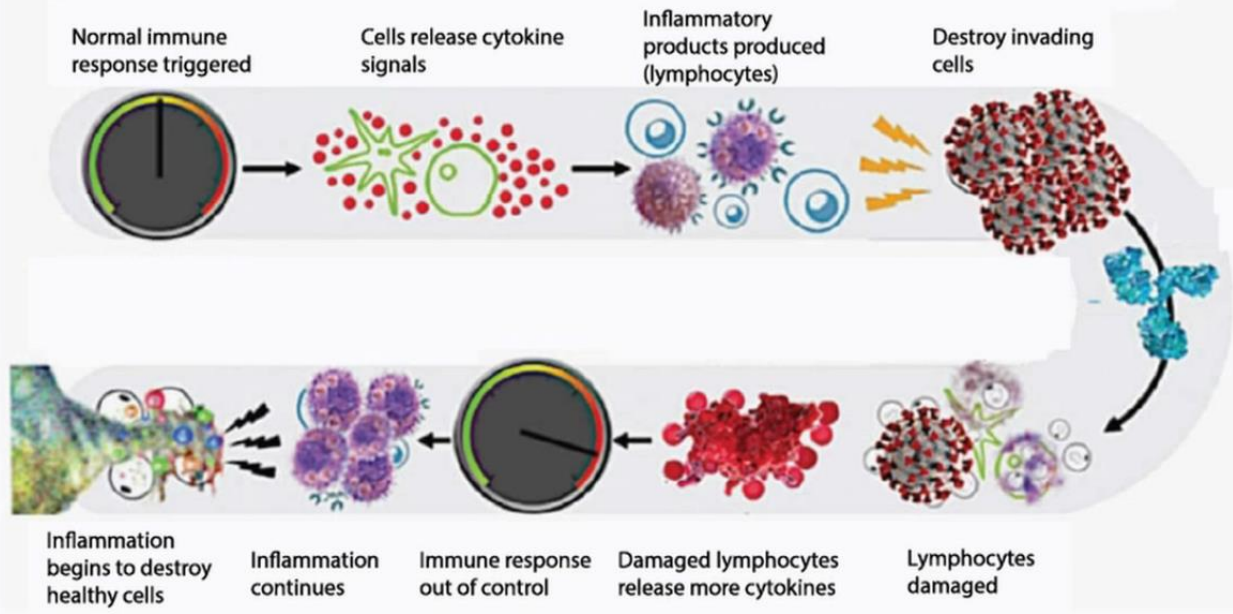
The first supplement that I'm going to talk about is **astaxanthin** which is a plant chemical that is known to protect cell membranes – the first line of defense - from free radical damage.

At the center of the molecule is a red orange pigment that gives foods like salmon, lobster and even flamingos their color.

Astaxanthin specifically targets cytokines, neutralizes them, and eliminates them. Cytokines are chemical messengers that are created when the body is producing an overactive immune response through a process called autophagy.

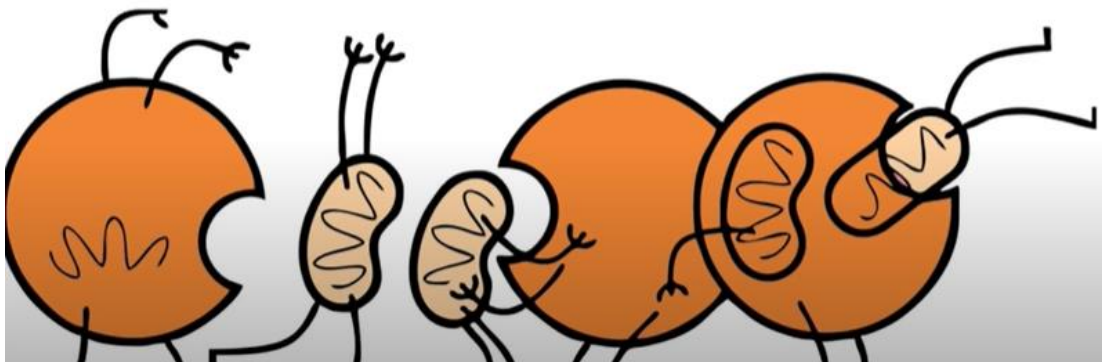
Autophagy regulates what goes on in the cell as components degrade during metabolism. Using digestive enzymes that are present in special cells called lysosomes, unnecessary or dysfunctional components of metabolic processes are removed and/or recycled.

## Cytokine Storms



## AUTOPHAGY

is a biological process that removes body's accumulated toxins, and recycles damaged cell components.



Defective autophagy has been linked to various diseases, including neurodegenerative disease and cancer. Its discovery, only a few years ago, was lauded by the health industry as an anti-aging mechanism.

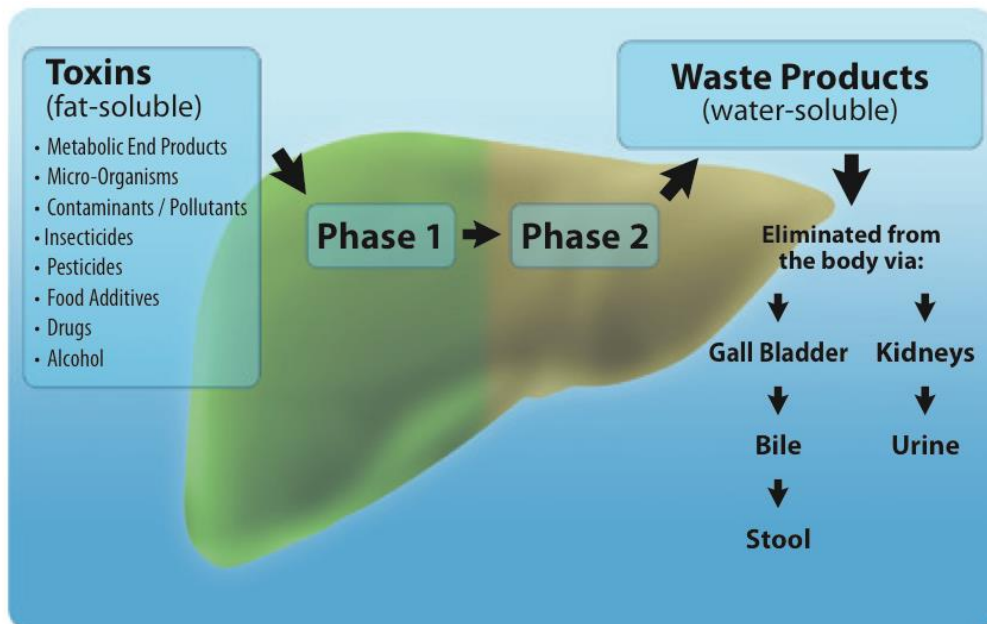
Astaxanthin activates a process that is critical for healthy intestinal flora. This process produces a substance called IGA which protects the gut lining against oxidative stress and foreign substances from entering circulation. It keeps the tight junctions of the intestine intact. Damaged tight junctions is known as leaky gut. Watch short video: <https://rumble.com/vumgww-what-creates-leaky-gut.html>

Astaxanthin is fat soluble, so when supplementing take it with a little bit of some kind of fat for better absorption. You will want to take 12 mgs of astaxanthin per day as a therapeutic dose.

The next supplement is **glutathione**, which is actually the most important antioxidant of the immune system, the most protective system in the body. Glutathione production

occurs naturally in all human cells but is most highly concentrated in the liver. If toxins accumulate, they affect the normal detoxification processes of the cells, which are eliminating waste all the time as part of their daily job.

**Figure 1 - Detoxification (Biotransformation) Pathways**



Like all antioxidants, glutathione quenches free radicals and when it's deficient, **due to an overload of toxins**, the immune system doesn't function properly.

Glutathione also plays a critical role in maintaining activity of other essential vitamins, such as vitamin C.

People that have taken the COVID vaccine are likely to create a glutathione deficiency, which some clinicians have seen can be critical. The body can't rid itself of toxins and this results in a cytokine storm discussed earlier.

You can take one 500 mg of glutathione on every other day, and it can be taken with a meal.





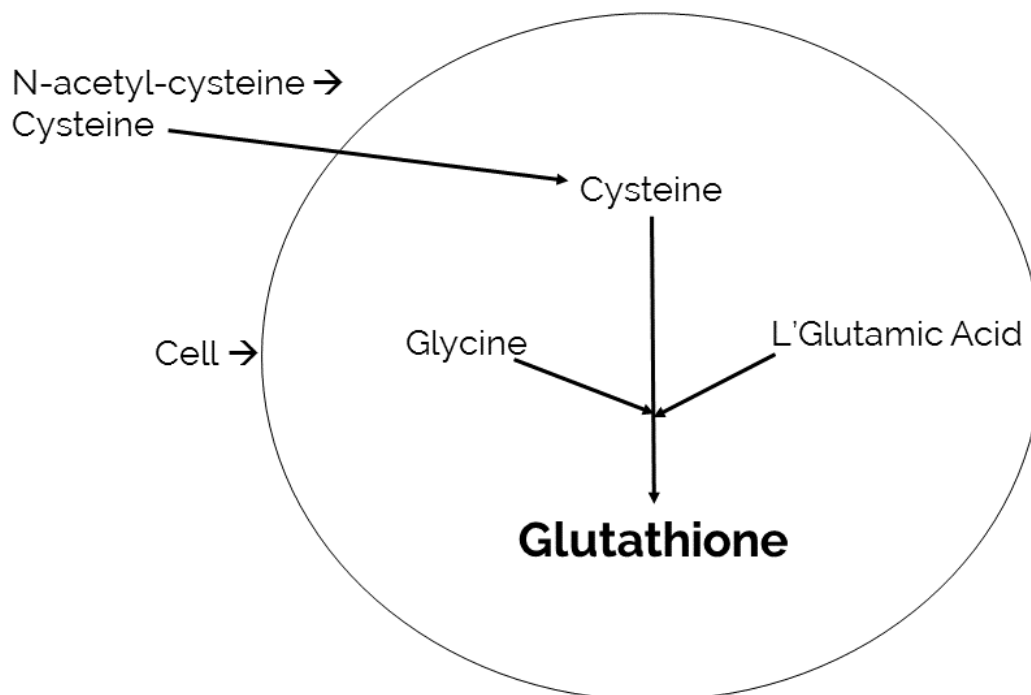
To help the body make glutathione, we use something called **N-acetyl cysteine or NAC**. NAC has many uses and is an FDA approved drug that has been used for decades in hospitals to loosen very thick mucus in the lungs caused by cytokine storms, and is known to boost the immune system, suppress viruses and reduce inflammation; it's an antioxidant.

Viruses need certain active pathways to enter the host cell. NAC has been shown to inhibit some of these pathways because it is also antiviral.

NAC can reduce the incidence of pneumonia and improve lung function and has a long history of use in hospital emergency rooms as a remedy for acetaminophen poisoning and other conditions, such as cytokine storms, because it's a precursor for glutathione; it's needed to help the body make glutathione which tends to get very depleted under these conditions.

## Synthesis of Glutathione

(Grossly simplified!)



The FDA is trying to take NAC off the market. There's a huge demand for this supplement due to its usefulness in treating COVID 19 patients.

As a therapeutic dose, you will want to take 500-750 mgs of NAC twice per day. Take one dose on an empty stomach when you wake up, and another dose with the last meal of the day.

**Vitamin D** deficiency initiates the immune response which affects the body's susceptibility to infection, and is known to enhance cytokine storms.



A large meta-analysis study of COVID 19 reported over 90 percent positive effects of vitamin D against COVID because promotes a protein that is critical for antiviral immunity. This protein blocks the virus's entry into cells and suppresses its replication.

Based on several publications and studies, vitamin D seems to be the most promising natural supplement for COVID 19 protection.

You will want to take 5000 IUs of vitamin D per day. You can occasionally take 10,000 IUs per day, for example, every third day for a month. Then take 5000 IUs vitamin D every other day.

**Vitamin C** - when vitamin C is low in the body, the liver can become congested which makes the detoxification process of heavy metals and other toxins difficult.

There are a number of studies showing vitamin C is a powerful antioxidant and detoxing agent against heavy metal poisoning but few available studies for the usefulness of vitamin C for graphene oxide removal after taking the COVID vaccine. This is probably because of the nature of the censorship around covid 19, and the very recent discovery of graphene oxide in the shots.

As a therapeutic dose of vitamin C, you will want to take 1000-2000 mgs. per day with meals.

One of the most important supplements to be taking post-COVID vaccine is **quercetin**. Quercetin actually works like hydroxychloroquine; it has the same function as a zinc ionophore, or zinc carrier. Zinc ions need help getting across the cell membrane and into the cell where the virus is to eliminate it.

Quercetin works better when taken with vitamin C, which activates it.

As a therapeutic dose, you will want to take two 300 mgs doses of quercetin per day, one on an empty stomach when awakening and one with the last meal of the day.



**Zinc** inhibits virus replication and reduces damage due to covid but it must have an ionophore to enter the cells, which is your quercetin.

The therapeutic dose for zinc is 30 mgs per day for 1 month, then go down to a maintenance dose of 15 mgs per day. You may need to continually adjust this dosage as the virus or post-vaccine effects may stay in your system. We're not really sure how long one should be on this protocol, so you'll have to see how you feel.

**Melatonin** - Many people have difficulty falling asleep, staying asleep and getting enough sleep. Sleep is critical in any detox program..

The hormone melatonin produced by the pineal gland regulates our natural wake sleep cycle. Melatonin is stimulated by darkness and inhibited with light. And this is why a dark room is so conducive for sleep at bedtime.

Melatonin is a chrono biotic, meaning an agent that can cause adjustments of the body clock. It is also cyto, or cell-protective and can reverse the inflammation typically seen in neurodegenerative disorders and aging.

Melatonin is one of the supplements that we take to assist the [glymphatic system](#) which is the lymphatic system of our brain. While we're sleeping, the space around the brain fills up with lymph fluid and performs the same very important function as the lymphatic system of your entire body: nutrient delivery and waste removal. Melatonin is very useful for this, and people have had great success getting good quality sleep with this supplement.

As a therapeutic dose, you will want to take five mgs of melatonin just before bedtime.

**Milk Thistle** has long been recognized for its ability to benefit liver disorders, including hepatitis and cirrhosis, and protect the liver from poisons and toxins. Milk Thistle also increases the regenerative ability of damaged liver cells.



The liver produces many substances and has many jobs in the body. I believe the liver is responsible for over three thousand functions, so we really want to keep it healthy and assist wherever we can. It maintains the balance in the body of many nutrients, also known as homeostasis.

Our bodies normally make many waste products, for example bilirubin, which is the degradation product of our blood. And these can only be excreted by the liver. The liver plays a central role in the detoxification of drugs, chemicals, and heavy metals.

Milk thistle is a popular herb that has been used for a very long time, thousands of years. It's a well-known natural treatment for liver disorders such as cirrhosis and hepatitis. And not just good for the liver. Many studies have shown that milk thistle extracts also lower cholesterol levels and reduce the growth of cancer cells. Milk thistle improves blood sugar levels and helps to prevent Alzheimer's disease.

Milk thistle reduces cell damage caused by chemotherapy and radiation. It's a powerful antioxidant and has also been known to be antidepressant because it interacts with the neurotransmitter serotonin.

Milk thistle has long been used to reduce the effects of poisoning by deathcap mushrooms, making it indispensable in your first aid kit. I always have milk thistle around in case of poisoning from mushrooms or other acute reactions from any poison. It saved my dog's life once.

As a therapeutic dose of milk thistle, you can take two 200 or 250 milligram capsules once per day.



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