



## Episode 2 - How I am Detoxing from the Covid Shots – March 1, 2022

VAL: Heidi, let's begin with you. Can you talk about where you were and what you were facing when you decided to take the COVID shots? I know this wasn't an easy decision for you.

HEIDI: Absolutely. Thank you. Ok, so the situation of where I was at the time was I was actually teaching in the Middle East and I had at that time just obtained my dream job for summer 2020. And during that time we were teaching online, we weren't actually allowed literally out of our apartment to go very far. But we were actually kind of cooped up. And a lot of the conversation about the situation was the new build of the school was happening, and the most important thing was when the new school was up and running. There was an expectation that when the vaccines became available we would have that in order to start our job properly and effectively.

I was having conversations with my husband in the UK and he was very, very unsure about the whole thing, very upset about the whole concept of me taking it. But I felt in order for me to travel, eventually get back to the UK after my work contract, along with other things, especially teaching it would probably be the easiest thing to do. There was no science behind it in some ways because we were one of the very first people to be vaccinated all the way back at the end of January in 2020 to around 2021. So we were some of the very first people that actually got it done. And so there was no real science behind it, and I just thought it would be the best thing to do. So I went and had it. I had the vaccinations, and unfortunately that was the decision that I chose to make willingly. My my husband did not want me to take it at all, but really, I suppose the choice was there and I thought within myself that being a very fit and healthy person, knowing that I was fit and healthy with my diet and exercise routine, that perhaps I could even water fast the vaccination out when I was getting back to the UK the following summer. Well, that was the plan.

VAL: And David, you were against Heidi taking the vaccine? Why is that?



DAVID: Well, I suppose it all stems back years ago when I when I actually contracted a rather aggressive form of Lyme disease, when I was in Asia, in the jungle of Malaysia, and it was so bad that I thought that I was going to either die or become severely crippled. Well, long story short, I managed to cure myself via water fasting. I've always been against things of a pharmaceutical nature.

VAL: Both of you actually had what we're calling covid, right? Heidi, when did you get COVID?

HEIDI: Well, I came back from the Middle East in order to be with my father, who wasn't well with aggressive cancer, and my journey back was horrendous. I won't go into details of that, but after coming out of quarantine and getting back to my family I think I may have had some contamination level on me because within five days of my return, my gorgeous husband became very, very unwell and we both looked at each other and said, Oh, do you think it could be COVID?

For David's early stages, he lost his taste and smell, and that made me high alert. Within two days off that, I started to get the most awful symptoms, too. But David seemed to be a little bit more washed out than I was. I did have what seemed to be quite mild symptoms in the early stages of which seemed to be triggered by a headache. It always or headache related for me or neurological. And everything seemed to spiral from that, but I only had a slight temperature feeling of fatigue and loss of smell and taste.

It wasn't until David started to come out of that horrible feeling and issues that he was experiencing that I started to get worse and worse and worse.

It took 13 weeks for it to create what I would say is a chronic, every day effect. And the long term effects started to kick in around that time, and that's when it started to get horrible. For me, my headaches became chronic. My fatigue was horrendous to the point of, you know, I'd wake up and I'd feel a little bit like I was pre arthritic, you know,



with my bones, my brain fog was getting worse in that I was forgetting things stupid little things like names and remembering what I was saying during my mid-sentence. I knew at that particular point in time that I would be unable to return to the Middle East to work. After the first couple of weeks, I started to get palpitations and I would be short of breath. One of the most worst things of which I have tiny parts still left today was this feeling of an electrical nervousness that was so strong at points that I would be shaking from head to toe. The best description I can only give to that was I felt like I was holding onto an electrical fence and it was making me feel terrible. And that would not go away. That was relentless. That was the most torturous part of my journey. And that, thank goodness, now is under control.

But that was months and months and months of electrical nervousness that I was experiencing. The other thing because, of course, I believed that this COVID condition goes for certain things that could be either respiratory, neurological or certain. It affects people in different ways. So bearing in mind that mine was headache related. I started to get moments where if I would say I was in the kitchen, clearing up and sweeping up the floor and would get down on my knees to, you know, make sure I picked it all up, I would have vertigo moments. And that was another horrible moment because it wasn't just a feeling of dizziness. It was a feeling of the whole room spinning out of control. And it wasn't like a thirty second moment. I would have to sit down for good five to ten minutes for this to subside.

My sight got worse. I wasn't able to focus on things particularly well at a distance. And obviously being a female, I had issues with my menstrual cycle as well. That was causing me severe pain every single month during that 13 week plus point after it built up to that extent.

VAL: I just wanted to know about David's symptoms when he got it. David?

DAVID: I was a picture of health when Heidi came home, it took about five days and then I was out for the count. So it must have been a five day incubation. I would assume that I was shedded on by Heidi because obviously we were intimate when she came



back because I hadn't seen it for a year. So, you know, what would you expect? So I think that's how I managed to contract the dreaded bio weapon, otherwise known as COVID

All of my muscles were completely weak, I could barely move. I had a dreadful night's sleep. I couldn't really sleep in the morning. I said, I have to go to hospital. I just feel absolutely dreadful. So I went to the local hospital.

I was asked to have a PCR test and I was reluctant to put anything inside any orifice of my body. But I thought, Well, at that time, I didn't realize that there may possibly be graphene oxide or maybe hydroxide on the actual swabs themselves. I wasn't aware of that information, or perhaps that information hadn't been actually born then. So they put a swab up my nose and at the back of my throat. (And lo and behold, what happens a couple of days later? No sense of smell and no sense of taste.)

So anyway, they went away and came back about 10 minutes later and said, We have to keep you in by law. You can't leave the hospital, you have COVID. We're going to put you in the COVID ward. And I said, Oh great, that's all I need, you know?

This hospital was not action packed. There didn't appear to be any type of pandemic going on in this hospital. It just seemed fairly laid back and easygoing. But as soon as they wheeled me in a wheelchair, even though I didn't need it into this COVID ward, they put me into the first room because it was just obviously all of the rooms have to be isolated on that wall. And I spoke to one of the charge nurses and I said. How many people are here with COVID and they said eight? I said how many? Eight. Is that all? Yes. And we're in the middle of a pandemic. Yeah. Ok. All right. And anyway, I thought to myself, Right, well, whatever happens, I must have a window open. There was no window open in my room and I thought, how many people have been in this ward without any open windows, I couldn't believe it!. So once the window was open, I thought, Well, I don't feel good, but I'm going to breathe and try to oxygenate my system as much as possible and I did.



And when the doctors came in the following morning they said, OK, well, we've basically tested your blood and you seemed fine. Do you have any issues with, you know, with breathing? I said, No, everything's fine. I'm fine, really, I'm fine. And they said, Well, then you shouldn't be here, so just go home. But of course, I wasn't feeling all that well, but I didn't want to stay in that hospital. I wanted to go home, so I was sort of putting on a I'm OK jack sort of attitude. And as soon as I could, I called Heidi. I said, Come and get me. So she did, and I was home and I thought, Right, I'm going to have to do my own recovery because they didn't know what to do.

I thought, I'm going to have to try to force myself to get out of bed and walk in the fresh air and try to breathe deeply. I have to oxygenate myself, and I need to ensure that all of my cells have all of the requisite nutrients, all of the vitamins and minerals that it needs in order to be a healthy cell, I have to support my system. So I was walking and I was forcing myself, even though it was very difficult to breathe and deeply. I managed about 10 deep breaths. And within a month, I was out of the woods. I was absolutely fine. I was eating raw high food diet with the exception of some cooked proteins. And I was feeling much, much better.

I knew that I would need to somehow increase the glutathione within my body to help combat what it was that I was actually going through. But one thing I can tell you, Val, is that I'm 51 years old and in all of those years on this planet, I've had a whole array of different types of flu viruses, shall we say. I've experienced a whole cross section of them and having traveled the world, I've had all sorts of issues that haven't really sort of taken hold. No way on this God's Earth was this a flu virus that I was experiencing. No way I didn't have any typical flu symptoms, except for the fact that I, that I felt very tired and very weak, and I could barely move and my muscles were aching. That was all I had no colds, no other flu like symptoms, but I had a strange sort of head in that how I was perceiving things.

It seemed as though I was in a different reality. Everything was amplified.



But it wasn't really until the Magic Day came where I was looking at alternative media and I actually happened upon your daughter, Val, and she had, I think someone had posted a video of her and her partner talking about graphene. I think it was. And so that's when Heidi contacted you.

Now, about the day that we discovered you made all the difference for us, after all our science and research.

VAL: Well, the pleasure is all mine, believe me, because I've learned so much from both of you having worked with you for about six months now. David, did you see any dancing nurses in the hospital?

Heidi, let's talk a little bit about the first and second shots and what we learned about the batches.

HEIDI: So what's important for me to raise, I think, is my first injection had no effect on me at all, except I think I had an early night, felt a little bit nauseous, not much to it, but bearing in mind that the particular place that I was in and being one of the very first people to get it, they insisted that we have our second shot three weeks to the date and the time later.

Now it was the second shot that was the worst moment for me because I had to have it, obviously, and I really did feel OK from the first shot. I remember thinking not much of it and I thought, Oh, it's not too bad. I'll get the second shot and it will all be over very, very soon, and I'll be able to water fast it out and get myself better over the summer. Well, little did I know. Within two hours of getting my second shot, I had the most awful migraine trigger and I suffer with migraines and have done since I was very young as a teenager doing my studying, and it was an experience that I was familiar with. But this has an edge to it that I couldn't explain.



I remember talking to David in the UK and he said, Drink some green tea. Flush it out. Drink water, do what you can but this headache was unbelievable. It went from, let's say, level one to level 10 within 10 days. And David would check on me every single day and say to me, So how's the headache? And I'd say, yes there. And then it's getting worse. It's getting worse. It's getting worse. And of course, the information that was flying around all types of media was the potential of blood clots And he was really worried. Get yourself checked out immediately.

10 days later, through speaking to a GP in the Middle East, he referred me to get myself an MRI scan within 10 days of taking the second jab. I was in a terrible place.

I couldn't even recall it particularly well, except very dark. I was on my own. I was living away from home in another country, and all of that is going to contribute to any level of distress. But this distress was the worst distress I think I've ever had. The following Monday I was there on the DOT had the MRI and the report came back completely normal. Now when you see that piece of paper in front of you with the written word of normal and you see a picture of your brain and everything is highlighted as to the normality of your brain, you suddenly feel better. And it doesn't matter whether you are better or not, but your brain decides that you are OK.

So I had this instant feeling of I'm going to be OK, I'm going to survive because trust me, I was thinking that I could be one of those unfortunate people that may have this situation of a thrombosis attack, and I could be hospitalised any time soon. But seeing that piece of paper subsided all my nerves and I seemed to be OK. I recall my friend taking me for a meal to celebrate that everything was fine and I thought back to normality, Heidi, forget about it. The nightmare is over, but the headache never really went. Not really. It was like a feeling just ticking along, sitting underneath, making sure that it knew I knew it was still there, but I decided to ignore it. That's all I can explain. I decided to ignore it. I carried on for a few days, but I almost passed out with my levels of whatever was going on with my body. I didn't have that checked, but I remember feeling incredibly unwell, almost to the point of fainting and bearing in mind I was on my own.



Now that headache never really completely left me, but it continued to stay like a thorn in my in my heel, if you like. It just stayed there. But I decided on some days to ignore it, and other days I would maybe take some painkillers for it. Because bearing in mind, I was under a neurologist that gave me these heavy duty painkillers and at that time not being with my loved ones, and I just wanted to get rid of my headache. I did take a few of them and they didn't really help. The more painkillers I took, the worse my symptoms got.

DAVID: I hope you don't mind if I interject here, but also what Heidi was experiencing was that whenever she spoke to her doctor or other doctors and specialists, they were trying to say, How do you feel emotionally? They were trying, trying to give her anti-depressant antidepressants.

HEIDI: Yeah, that was that was straight up two weeks after my headache. I was told that I've got a lack of serotonin which makes you feel more balanced. And I was offered, you know, antidepressants very quickly. I was ordered by my husband, never to take them. I chucked them in the bin and I never did take them. But that was one of the plasters that they were going to put over my wound at the time.

It's quite important to realize that my symptoms, though, actually started straight after my second vaccination, and stayed with me all the way up until I got COVID and then it got 10 million times worse. And my recovery, which is actually looking pretty good, was I still sort of had this nightmare headache burning at the back of what felt like inflammation in my brain. And that has I still have a little bit of that to this day.

So yeah, the trigger of vaccination number two. And after the amazing information that Val posted over to me to look at in order for me to search my batch numbers, low and behold: My first shot was clear, but my second one, unfortunately, was from a toxic batch, not the most toxic but it was up there. I think it was in second place of super toxic. And that was the injection I had for my second one.





So we had three fatalities for the vaccination number two. And I think it was a dozen disabilities, but I don't know how many vaccinations are in each batch, but three deaths. I mean, any deaths, let's be honest for any injection is a crime to humanity. But you know, you can see that I had had a batch and you know, the vaccinations are still changing people's health as we speak. So there could be more getting worse all the time.

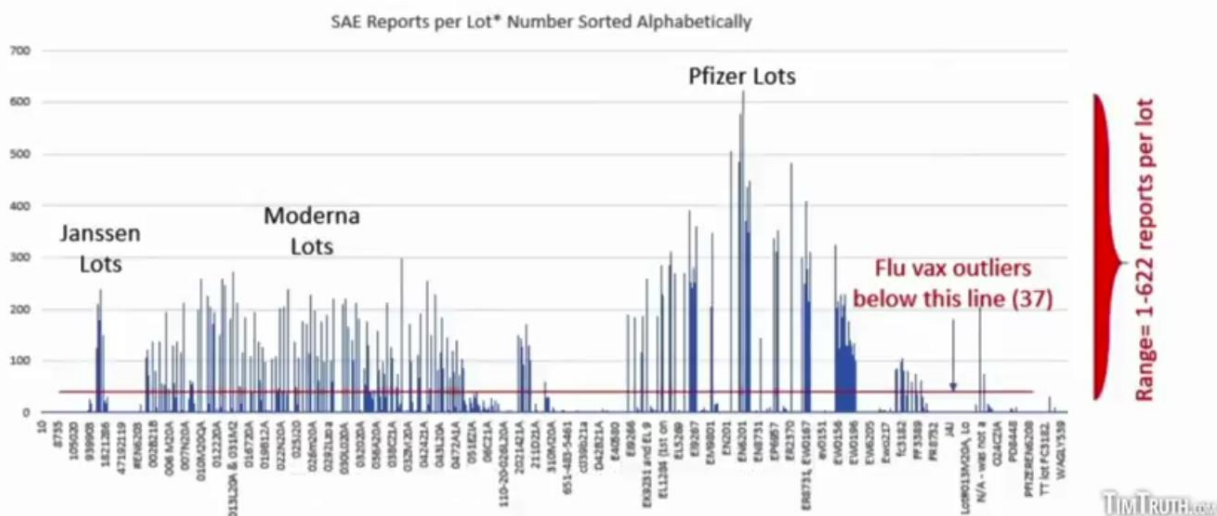
DAVID: I don't know what you actually think about this. Well, on a personal level, I would assume that if I were to put myself in the shoes of those nasty buggers that are actually, you know, trying to, you know, maim or even destroy the majority of the population. You know, I'm sorry the populace of this globe, then I would think, Well, how would I go about this? Obviously, you wouldn't want to kill everyone automatically, so you would have to ensure that there are people that take some, shall we say, yeah, placebo vials whereby they don't hurt them so that when they encounter others who have had really bad experiences with them, they can say, Oh, well, I was fine, you know, I had the vaccination. It didn't affect me. That's so it's very sort of insidious and quite, shall we say, dark, yeah, very dark.

VAL: Yeah, well we do have some information about that. What they're doing is they're they're testing for lethal dosing. And I actually have a graph that shows exactly how they did it. I'll put that graph in the show notes, along with some other diagrams that will help with some of these issues.

The graph shows that all four major vaccine companies, so that would be Pfizer, Moderna, AstraZeneca and Johnson and Johnson or Janssen. All four of them were working in tandem to test these vaccines and to see how much a person can take before they die. The graph shows there are big spaces in between administering each of their vaccines, and those spaces were to give information about this lethal dosing before the next manufacturer started their process. And they're doling out all of these different batches with different levels of danger. Something like five percent of each of the companies vaccine batches are really nasty, and some other percentage is not as

nasty and some other percentage is saline. So it's a small percentage of the very, very toxic batches. But, you know, on a global scale, it's not such a small percentage. I just heard a figure yesterday that a conservative number of people in the U.S. that have been killed from this vaccine is at one million now.

*The following analysis is a comparison of research done by Team Enigma on Covid Vaccine batches, a presentation by former Pfizer Chief Scientist Dr. Mike Yeadon in front of the Corona Committee, an explanation by Dr. Lee Merritt former President of the Association of American Physicians and Surgeons, and a presentation done by Dr. Sandra Vranic from the Nanomedicine Lab Faculty of Medical and Human Sciences & National Graphene Institute University of Manchester.*



**ALARMING FINDINGS:**

-Not all vials (per brand) have the same stuff in them. Some have very lethal dosages, others have saline or placebo, some are in between. They have the



*quality control to manufacture billions of consistent which they did not adhere to. This was done intentionally by the companies who then lied to the public about it, gaslighting billions of people into taking the injections. "I took it and I'm fine, so you should take it too because it's the same thing, you'll be fine too".*

*- The batch data shows a coordinated release of each vaccine company, meaning that they were working together and collaborating on this and were not working independently.*

*-The Pfizer batch release on the chart shows a "dose response curve", meaning they would release a very toxic batch see what it does, then release a placebo, then release a less toxic batch, then a placebo, then a less toxic batch. The intention is to find out how much poison they can inject into people before it kills them. This dose response curve in the data shows premeditated mass murder by the pharma companies.*

*This pattern mirrors an experiment that was done in 2016 where they were trying to find out how much graphene oxide they can put into a person before it kills them. [DOWNLOAD FULL PRESENTATION FROM FTW HERE](#)*

DAVID: As soon as they started mentioning the word on the news pandemic, I thought, Right, well, then let's collate some proper statistics here. And I was looking up how many people basically die on average annually? And I looked up the past eight years and I discovered that on average, somewhere between seven to 11 million people die every year in the world from natural causes, accidents, et cetera. So I thought, right, I shall keep hold of this information and see what happens at the end of the first pandemic year, at the end of the first pandemic year. I discovered that less people died in 2020 or 2021 also than in 2018. And I thought, There you go. That is a big pink elephant with neon purple polka dots. Wake up, people. I mean, you cannot rely on these statistics that the mainstream media try to flood us with this absolutely insane.

VAL: I think they filled their quota. And now they can move on to the war in Ukraine or climate change. Between the vaccine believers and transmission-shedding that's going on, which we'll discuss in a minute also, they have enough death.

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We have to talk about the spike protein a little bit because that's really the big enemy here. But let's also talk about the graphene oxide debacle. So you went on the graphene oxide detox protocol, which I have to tell everybody, Heidi and David were the ones that coined the term the GOD protocol and I just love it. You were doing turmeric and different things kind of scattered, trying to pull all your knowledge together. You knew about inflammation and antioxidants and things like that. But graphene oxide, this is a big problem for people, and I believe that it's the cause of a lot of your central nervous system symptoms, Heidi. It's also known to cause the blood clotting problems that we've seen. So I did suggest to you several months back to go for a D-dimer test and that also came back normal.

HEIDI: All my tests, all every single test I've got has come back normal. But the good thing about that is when you get it done it puts your mind at rest and that's an important step with healing.

VAL: A lot of people have the impression that when they're detoxing graphene, that it's something that they have to get out of their body which is true but I tend to look at detox more like a normal procedure. It's not just a matter of getting rid of graphene oxide, it's a matter of boosting the immune system so that it functions normally.

We've seen from the different researchers that are giving us information that people that get COVID, whatever that is, or they get the vaccines, which I think are the same as Covid, are deficient in things like glutathione, the glutathione reserves are completely used up because of the quantity of toxins.

What we're doing is we are boosting the immune system. But the reason I'm bringing this up like this is because a lot of people seem to think that we need a silver bullet. You know, we just shoot it out and we're done, but that's not it. We have to prime the immune system and we take antioxidants to get rid of these toxins.



Glutathione is the body's master antioxidant. So the whole program of the God protocol is to get the immune system primed by increasing our glutathione reserves because they're depleted after such a thing as COVID. It's not a silver bullet, and it's going to take people different amounts of time because we're constantly surrounded by toxins; we've got chemtrails that we're breathing in, some people don't believe in diet - they just want to take supplements or the pills and just go about living the way they've always lived, which is understandable. And absolutely their right. But it's not going to help the person who is suffering from COVID or problems with the vaccine.

So can we talk a little bit about building up the immune system with the God protocol with your water fast? David, I also know that you're very well versed in autophagy, which is a really big part of immune process. So can you just give us your your take on the program, the immune system, you know, maybe the time it takes, how do you feel? What does it feel like to detox? Just go into it.

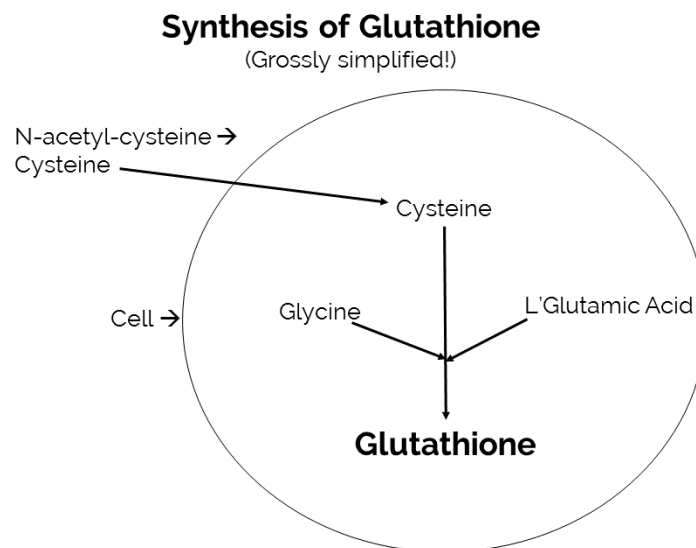
DAVID: Sure. Well, as you mentioned, yes, it takes time, you know, based on the individual there, and there's no sort of magic answer for any, you know, for everyone. Everyone's individual. And so all of the the whole protocol of taking the God supplements really depends on you. You have to listen to your body. But as you said, it's not this silver bullet. No, in fact, it's a way of life. You actually have to change aspects of your life because you're having to ensure that you take these supplements on a daily basis, but not only take them, you need also to go out and exercise, you need to move your body to in order to actually help. You need to eat the right foods. If you're just taking these supplements and you're eating a load of rubbish and a load of, shall we say, sugar, then you're just going to create acid, you're going to create even more inflammation and it's going to have, shall we say, a counterproductive effect. You really have to be 100 percent committed, not 99 percent, but 100. It's really imperative.

That's what I feel. And I think that's what Heidi feels, too, because really, this is all about your life and your life is at stake here. Never before have we been under such a threat from toxins, you know, from this, you know, from this cabal that are that are causing this, they're creating it. So we really have to take this very seriously, I think. And it is like

being in the army. You need a drill sergeant to say right up, take this pill, take that pill. Take that one right. Get out. Do some exercise, do some yoga, breathing and so on and so forth. So that's what we've had to do for each other to ensure that we actually do it because there are days when we wake up in the mornings and we don't feel like doing much at all.

But yes, so basically what we take now is NAC 500 mgs twice per day and this helps the body to produce its own glutathione. But on top of that, we also take glutathione on every other day.

VAL: And let me just mention that the reason for that is the NAC is a precursor in the body for glutathione, meaning that it's needed for the body to make glutathione. And I have a diagram of that that I'll put in the show notes as well, and it's very well absorbed.



NAC has been used in hospitals for decades to fight cytokine storms and help people breathe better and do different detox things, so they know all about it. And when you take the supplement, it actually helps, but glutathione as a supplement is not well taken



up by the body. So it's just kind of like we're really focusing on taking the NAC and having our body produce the glutathione on its own and with just a little bit of help from exogenous supplement of glutathione.

And that's why they're trying to take it off the market because they know it's helping people..

DAVID: Yeah, that's right. Well anything that the FDA doesn't agree with is usually good for you.

VAL: The other thing that people are deficient in is vitamin D.

DAVID: Yes, we take vitamin D and also a very high dose. And we take quercetin? And we take the zinc with the quercetin because the zinc needs to be carried to the cells. Is that right?

VAL: Yes, that's absolutely correct.

DAVID: We also take astaxanthin.

VAL: That's a powerful antioxidant (and is beneficial to blood vessels in the body).

I've tried to focus on therapeutic dosages, which people understand they're taking this as a form of therapy rather than as a form of just being covering your bases. And even my therapeutic dosages are low enough that you could take more of anything if you're more comfortable taking it because all of the supplements in the program are very, very safe. The only caveat would be zinc. Zinc displaces copper in your body, so you might end up with a copper deficiency. So after a while, you could take the zinc with a little bit of copper. They sell supplements that have, you know, just the right amount of copper. I believe it's zero point two micrograms. It's very, very small compared to the amount of zinc, but that's the way the minerals work in the body. They're synergistic, they work together, some displace others.



I'm glad to hear you're taking high doses of C. You know, I can't really recommend people to take too much C because some people will get alarmed if they get bowel intolerance. But that's actually a good sign because for instance, if you're taking five thousand milligrams of vitamin C and you get diarrhea, you want to back down to four thousand. So that's how we know individual dosing.

What else is in there, yes melatonin.

DAVID: Yes, yes. It's very difficult to get hold of.

VAL: I had to smuggle it to you, right?

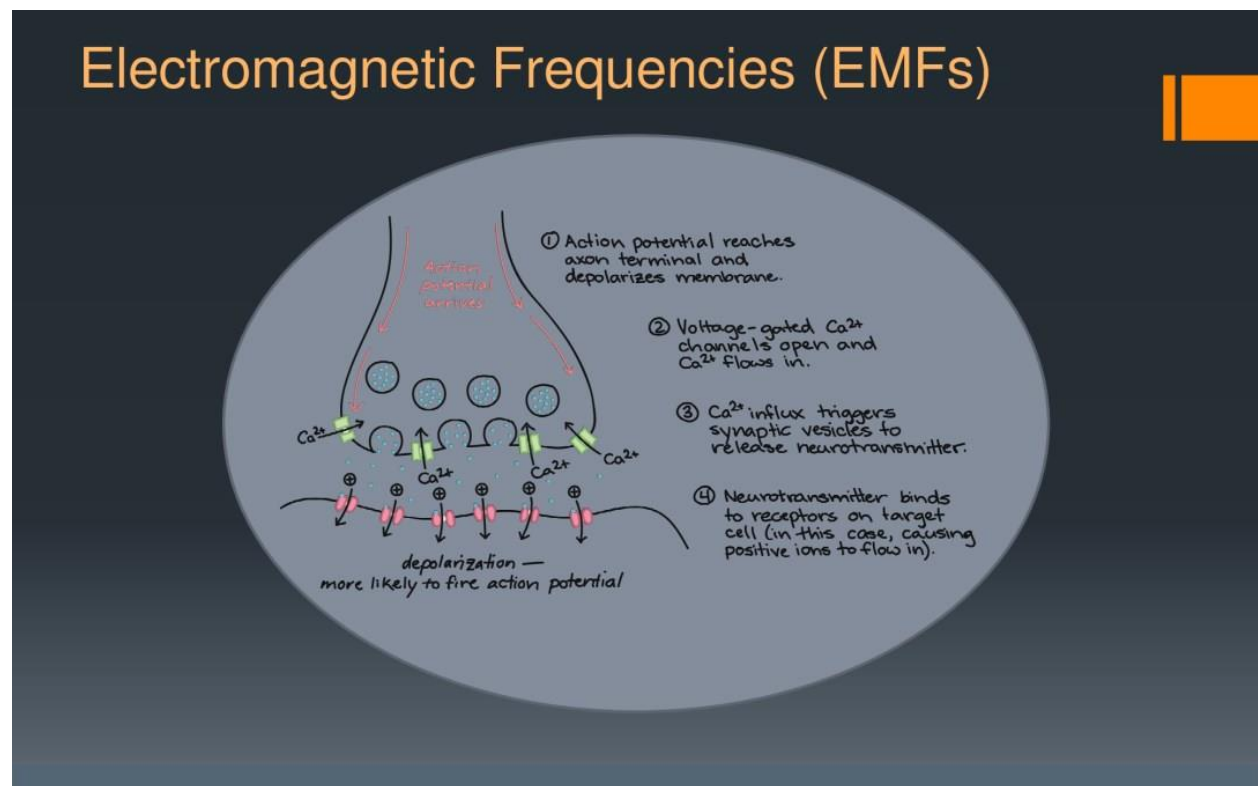
HEIDI: Yes! But boy, that has made such a huge difference. And just to add any bit of information, I have friends of mine that are suffering with long COVID as obviously I've been diagnosed that now. And one of the biggest contributing factors of their illness is, in fact, sleep deprivation and melatonin is wonderful. But in the case of what we're taking, the actual product that we take via yourself now is just the most amazing substance, and it actually helps my father at the moment who's going through some cancer treatment just to subside his issues and concerns. But I would suggest melatonin for all sorts of people.

VAL: Well, let me just give a brief description of the lymphatic system, which is what's at play here when we take melatonin. So we have a full body lymphatic system, which is just as important as blood circulation because the blood goes to the lymph, cleans everything out, but they don't focus on that in medical circles. The extension of the lymphatic system in the brain is called the glymphatic system. And what happens when we go to sleep at night is the space around the brain fills up with lymph fluid up to 60% it's size. And what it does is this ocean of fluid brings nutrients and carries away waste. By the time we wake up, our brains go back down to normal size and we have deposited the toxins from normal metabolism in our lymph system. And then it's excreted through our intestines and our bowels.



And of course, there's also the kidney and the skin, these are also organs of detox.

But for the lymphatic system, it's very important that you mentioned EMF also because I actually did a webinar about three or four years ago about what happens with the EMF which opens something called voltage gated calcium channels.



So you get the EMFs in there and it stimulates the cells to a point where the membrane opens up and it dumps all of this calcium into the surrounding fluid. And there you have a reaction and overload of calcium in the body when you've got this exposure to EMF electromagnetic frequencies.

So we know what the shots are doing is instructing your body to make a poison and that poison is the spike protein. This is the first time that this has ever been done in a shot, which is why this is not a vaccination. It's a shot. It's a bioweapon. We're not injecting



the spike protein as much as we're asking the body to make it. This sets up a whole cascade of autoimmune events where the body is attacking itself.

Now I just want to bring out Heidi, and I have discussed this a lot. Dr. McCullough, Dr. Peter McCullough and other doctors have been able to see that the spike protein stops replicating in 15 months. Right. So we still don't know about you yet with that, Heidi. But can you speak to that a little bit? Can you speak to possibly how you've gotten better because at one point you were really in dire straits with the symptoms and you have you do have some improvement and then we're going to Segway into ivermectin.

HEIDI: Yeah, absolutely, I mean, this is this is before Ivermectin because that was a turning point for me. But up until that point, the long term effects that took over my body, as I said for me, was mostly chronic headaches. I do believe that unfortunately, all of my conditions came from that point. I didn't really have any breathing issues or any heart issues or any so many issues that are symptomatic now, but that's where the majority of my issues were. And for me, the problem is when you know the truth, your mind does go very active into trying to work out what is going on. So I knew when I took the shot that I could be in for a bit of a rocky ride. I never for once thought it was going to be potentially a fatal one.

When you're trying to get better and you're trying to recover, you do have to be to a point, quite selfish.

In the beautiful month of November of last year, I got the opportunity to be in touch with Val and she helped me so very much, and that was the major turning point for me. I was directed therapeutically to have and kind of the handheld approach which I felt that Val gave me. And of course, I've got David as my husband here to help me too. I embarked on the God detox, and that was the turning point.

You just have to know what's happening and then you have to believe with the hope of the love of God. If you like that, this is going to be something that's going to be OK. It's going to be painful, but you're going to get through it and you just rise above it for want

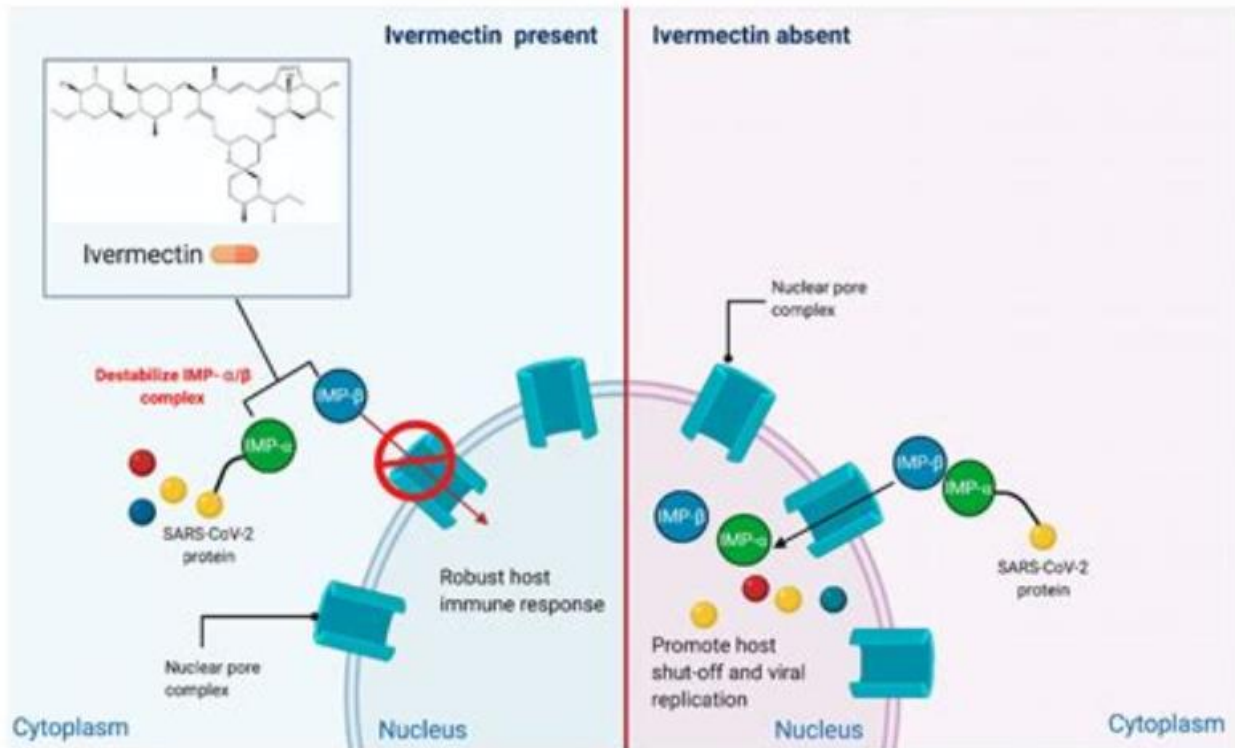


of a better word. Because the supplements, which are giving the body the opportunity to heal the immune system got sort of clicked back into a working order.

I don't know where I would have gone without the supplements. I really don't because I felt so very unwell. But I believed and I was hopeful that the supplements would help me and I saw the results. And of course, that really is the, you know, knowing that it's helping you and seeing the results through your own factual experience of your body, taking in supplements and reacting to the changes. So all of that was part of the belief and the prayers that went down for me in so many situations within the church situation and my loving family that I have in Marrakesh. We've found now and all of this combined and the belief of getting better, that truly did help. You just have to be resilient and you just got to get up, get up, you know, brush yourself down, get back on that bike. If you fall in off it the day before and just say to yourself, I'm better than this, this is not going to get me. I'm going to get better because the power of the mind is of such that it will, you know, move mountains. And it sounds so biblical, but it can happen. Because I believed that this is not going to fight me and I will get through it. And this was before ivermectin, but I felt I felt like I was improving, but I would always go back to Val and say where I was in the scheme of things.

VAL: I just would like to say that I am absolutely a witness to Heidi and her belief and her positive attitude because we would text all the time. And I know that she was not feeling great on many, many occasions and she would always end her text with, I'm getting better. I know I am. I believe I'm getting better. Unless I asked her a question specifically about headaches or the tingling sensation or any of her symptoms she just never complained about them. And if there was a little tone in her voice, she completely cleared it up with, you know, but I am getting better, and I know that this is part of the process and never let it overtake her, even though she was feeling so badly.

I'm sure that a lot of people listening to this can absolutely relate to some of those symptoms that you were having. Let's go into ivermectin now because ivermectin **is** actually a silver bullet. And it's one of the drugs that I, as a nutritionist and an herbalist, I approve of ivermectin for these types of things.



The chart shows there's like these little doorways that are lined up on the outside of the cell, which is the cell membrane. Ivermectin closes those doors. When ivermectin is absent, SARS-CoV-2 proteins go right into the cell door, opens right up, goes into the cell, starts replicating.

So you're getting this action right at the doorway where it just closes the doorway and there's no there's no replication of anything within the cell. I call that a silver bullet; we're not working to boost anything like the immune system, we're actually shooting at something, and it's working for people.

So please, Heidi and David, discuss your course with ivermectin. Please go into detail.



HEIDI: Yes, so for my side of the story, obviously this was a situation that I did enter with a little bit of trepidation. I had the complete support of Val and my husband, so I was fine with it. But of course, the internet, as it is, really eludes you into all sorts of negatives. I was just slightly worried about it because ultimately I still was not feeling better. And just to sort of put it out there, I was still experiencing a whole range of symptoms, so I was a little bit worried about how I would feel. But I embarked on my journey and I am so pleased I did. Where I am now is such a marked improvement.

David and I took the Ivermectin together, and I think every single experience of taking this will be very different. But David and I had very similar symptoms and experiences by that.

DAVID: Yes, but just before Heidi gets into it, one thing that's really important to note is that when we looked online, there were lots of horror stories about all of the side effects, you know? Well, it could cause this or this or that and the other and some very serious ones. So Heidi said, should we take one tablet first? I said, no, let's take a quarter of a tablet first and see what happens within the first 20 minutes. And then we'll take the rest of the pill just in case we had an allergic reaction.

HEIDI: So we did take a quarter just to sample it for the first 20 minutes, it had absolutely no effect. We looked at each other, smiled and thought, Just get on with it, and that's what we did.

It felt very strong. And the thing to remember is it seems to work in layers. I think back to the first time and I remember thinking, Gosh, that's enough now. I don't think I can take anymore since I think I'm done.

It kind of gets you a bit happy too it does. It makes you smile. Yeah. So have no fear over that. It just makes you feel good.



But, you know, remember that there was this elation and excitement after the first tablet and then and then it was like, right now we're going to war with our bodies and there's more to come.

Yeah, you've got to make sure that I think you take it in the morning and that you feed well and then you eat well, eat a lot and you just keep eating like if you want to eat a piece of food or you wish to consume another Meal. They seem to increase our hunger

Our hunger level, seem to click up a notch Or two. So we were listening to our bodies and just answering their whim.

Then the deep work starts to take place. And as you take another tablet and then another tablet and then another tablet over those five days, your dosage is increasing and more and more stronger, thicker, heavier duty, heavy duty work is taking place, and it was getting quite uncomfortable in the sense of dizziness.

DAVID: Yeah, day three for me. For me, I was starting to feel a bit weird. Not in a bad way, and all we had were your words of wisdom, Val, and also from all of the information we could collate on the internet from prospective doctors and neurologists and the suchlike. So we had to collate all that and then work out what's best for us.

And it was blind, leading the blind a little bit.

And on day five, when I woke up, I said, Heidi, how do you feel? Explain everything to me and explain everything to her. And strangely enough, or perhaps not because we are taken the same dosage at the same time we were able to share how we were feeling. Yes, our experiences and we felt as though we were going through the same thing, very similar.

So I said, OK, if anything happens, then I can take you to the hospital. So really, we were on our own. Val, you know, I mean, that's what it's like with this stuff, with this



ivermectin, because no one online that's mainstream wants you to take it. You know, they'll say, Oh, it's really bad, you know, don't take it. The symptoms are awful. You can end up having a really bad convulsion, which is all rubbish.

HEIDI: I'm so much better. This is also important. So again, reiterating the fact that I had the toxin, I'm not going to be suddenly better After five days but I have made a marked improvement.

VAL: When you say it's working and that you have symptoms, can you describe what that feels like is? Can you describe that?

Yeah. So for me, I have a headache that keeps returning, so I know my body's trying to shake up. This headache, which feels electrical and chemical, doesn't even really feel like a migraine anymore. It just feels like this kind of like feeling it keeps coming back and festering for perhaps four or five hours, and then it goes away again, and then it moves to another part of my. My brain has obviously had a lot of inflammation from the effects. Now for me, that links to dizziness, nausea, vertigo and headaches. So all of those are becoming less and less and less, and I know it will eventually go, but I have more healing to be had.

And some of the symptoms that we both shared were night sweats.

Yes, so it does shift in the five day course. And then of course, we are trying to work it out as we go along what works best for us. You know, and although I think David's able to put it to bed and call it a day and he feels full to full health. I mean, how could I be at full health? Quite at the point of where David's is? You know, it's going to take a little bit more time. But if you put it into the context of a year Val, well, it's been over a year. It's been 13 months. So in two months time, as we know the spike protein not being able to assemble or make itself. Once that goes in a couple of months and let's say I do my last dose course of ivermectin, I'm very hopeful in a couple of months months to be back to normal.



VAL: I'm excited, and I want to thank you for being the ones that actually found a good source for us. And I'm going to put that in the show notes as well.



HEIDI: But we have to say this disclaimer Do your own research? Don't take our word for it.

And the last thing I'd like to just mention is I obviously knowingly decided to take the two shots of which my outcome is the story that I've stated today. Now if I have helped one person. Then I'm a very, very happy person, because ultimately what I'm going through, there must be many people, an uncountable amount of people that either have the mildest of post-vaccine issues or to the extent of where I've become or have ended up alongside those that have had the super toxic and vaccination. Or should I say, shot, which is what it is. But just to realize that there is hope, there actually is hope. And the most important thing is that healthy mind which links to love for the whole world and each other. And in addition to that, the fact that we are strong mentally and physically, we have the tools in our heart and soul to fight anything, anything, not to lose hope and to try our very best. And if we can be out there to help others be they with the shot or without the shot or the children and all the adults and every single one. It's just good to know that we can win this and we will do so.

We love you all so very much. And love to all your listeners.

VAL: Thank you guys.





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