

An ally reported this morning that right now in some parts of Florida they are fining people \$3000 if they have not taken the H1N1 vaccine. I never thought I would be posting this but here is the best you can do if you have to take the vaccine to counteract its effects. Take the time to gain this information; your life or someone else you may know may depend on it.

1. Bring a cold pack with you and place it on the site of the injection as soon as you can, as this will block the immune reaction. Once you get home, continue using a cold pack throughout the day. If you continue to have immune reactions the following day, have cold showers and continue with the cold press.

2. Take fish oil. Eicosapentaenoic acid (EPA), one of the omega 3 fatty acids found in fish oil supplements, is a potent immune suppressant. Studies show that if you take EPA oil one hour before injecting a very powerful adjuvant called lipopolysaccharide (LPS), it will completely block the ability of the LPS to cause brain inflammation. Take a moderate dose everyday and more if needed to tame a cytokine storm.

3. Flavonoids are third on the list, namely curcumin, quercetin, ferulic acid and ellagic acid, particularly in a mixture. The curcumin and quercetin in particular have been found to block the ability of the adjuvants to trigger a long-term immune reaction. If you take it an hour before the vaccination, it should help dampen the immune reactions.

4. Vitamin E, the natural form that is high in gamma-E will help dampen the immune reactions and reduces several of the inflammatory cytokines.

5. An important ingredient on the list is Vitamin C at a dose of 1000 mg, taken four times a day between meals. It is a very potent anti-inflammatory and should be taken in a buffered form, not as ascorbic acid.

6. Also use astaxanthin as it's an anti-inflammatory. Fatal reactions to vaccines

in aboriginal and African children occurred in those who were deficient in carotinoids, like astaxanthin. It is a good protection against the toxic effects of the vaccine.

7. Likewise, it was found that children who were deficient in zinc had a high mortality rate. Zinc is very protective against vaccine toxicity. (Do not use zinc mixed with copper).

8. Ensure you avoid all immune-stimulating supplements, such as mushroom extracts, whey protein and beta-glucan.

9. Magnesium citrate/malate 500 mg of elemental magnesium two capsules, three times a day.

10. What is very important is vitamin D3, which is the only 'vitamin' the body can manufacture from sunlight (UVB). It is a neural hormone, not really a vitamin says and helps if you are over-reacting immunologically by cooling down the reaction. Similarly, if you are under-reacting, it helps to boost your immune response. In addition it also protects against microorganism invasion.

Vitamin D works more efficiently in the presence of calcium.

11. Ensure you avoid all mercury-containing seafood or any other sources of mercury, as the heavy metal is a very powerful inducer of autoimmunity, is known to make people more susceptible to viral infections and will be in H1N1 vaccines.

12. Avoid the oils that significantly suppress immunity and increase inflammation - such as corn, safflower, sunflower, soybean, canola and peanut oils.

13. Drink very concentrated white tea at least four times a day. It helps to

prevent abnormal immune reactions.

14. Pop parsley and celery in a blender and drink 8 ounces of this mixture twice a day. Parsley is very high in a flavonoid called apigenin and that celery is high in luteolin. Both are very potent in inhibiting autoimmune diseases, particularly the apigenin, so go and plant some parsley in your garden now.

We are here for you, one must draw closer in these times to wisdom and get with people who are awake. Sleepers will perish and are perishing. Wake up from the Illusion. Learn about Crystals and Chakras.

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