

IF YOU NEED TO GET VACCINATED

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**. Studies show that if you take EPA oil one hour before injecting a very powerful adjuvant called lipopolysaccharide (LPS), it completely blocks the ability of the LPS to cause brain inflammation.
3. Flavonoids are third on the list. **Curcumin and quercetin** **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 C** at a dose of 1000 mg, taken four times a day between meals.
5. According to Dr Blaylock, fatal reactions to vaccines in aboriginal and African children occurred in those who were deficient in carotenoids, like **astaxanthin**. It is a good protection against the toxic effects of the vaccine.
6. Zinc protective against vaccine toxicity
7. Multivitamin/mineral (no iron) with B's, E and selenium to help reduce inflammatory response to vaccines and dampen immune reaction
8. **Vitamin D3**, which is the only 'vitamin' the body can manufacture from sunlight (UVB). It is a neural hormone,

not really a vitamin 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.

Black people and those in colder climates are particularly deficient, so they will almost certainly require supplementation

FOLLOWING VACCINATION INJECTION:

- i) All children get 5,000 units a day for two weeks after the vaccine and then 2,000 a units a day thereafter;
 - ii) Adults get 20,000 units a day after the vaccine for two weeks, then 10,000 units a day thereafter;
 - iii) And with that adults should take 500-1000 mg of calcium a day and children under the age of 12 years should take 250 mg a day, as vitamin D works more efficiently in the presence of calcium.
 - iv) Magnesium should be taken also to balance Calcium. Magnesium citrate/malate 500 mg of elemental magnesium two capsules, three times a day.
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9. 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.

10. Avoid the oils that significantly suppress immunity and increase inflammation - such as corn, safflower, sunflower, soybean, canola and peanut oils.
11. Drink very concentrated white tea at least four times a day. It helps to prevent abnormal immune reactions.
12. Pop parsley and celery in a blender and drink 8 ounces of this mixture twice a day. Dr Blaylock says the 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

LHIM RECOMMENDED PRODUCTS

1. OMEGEMULSE or OMEGA 3MG
2. D3 5000 caps or liquid D3 2000 drops
3. Bio C (2 caps 4x/day)
4. CAL MAG (1/2 to 1 tsp 3x/day with food)
5. ACTIVE MULTI (no iron/no copper) – powder or caps
6. CURCUMIN COMPLEX
7. RESVERO SYNERGY (has quercetin and resveratrol)

Others to get elsewhere –

Astaxanthin