

HOW TO DETOX FROM THE JAB AND SHEDDING

in 4 easy steps

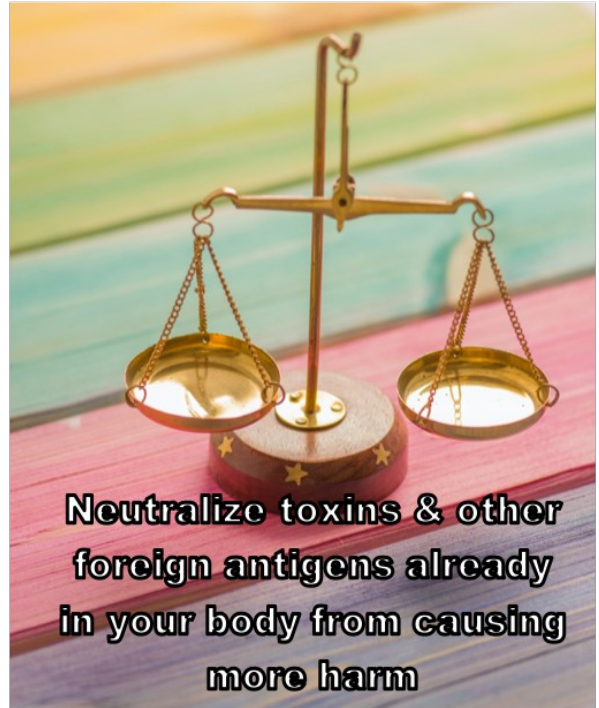
1) DETOX

This is a 5 week program to remove ALL toxins, parasites, yeast, mold, candid & harmful bacteria

DETOX



2) NEUTRALIZE



Neutralize toxins & other foreign antigens already in your body from causing more harm

Block new toxins & foreign antigens from attacking your body



4) REBUILD



Rebuild your body & rewrite your DNA free of toxins

HOW TO DETOX FROM THE JAB AND SHEDDING

HOW TO DETOX

1 Day Liver Detox:



day 1 starts with a one day liver, kidney, bladder & gallbladder detox & flush

Activated Charcoal:



4 capsules per day for 14 days

Flax Seeds

2 tbsp per day for 14 days



Turmeric / Curcumin

10,400mg (4 1/2 tsp) per day with food for 5 weeks



5 Week Turpentine Therapy Protocol (before beginning MMS)

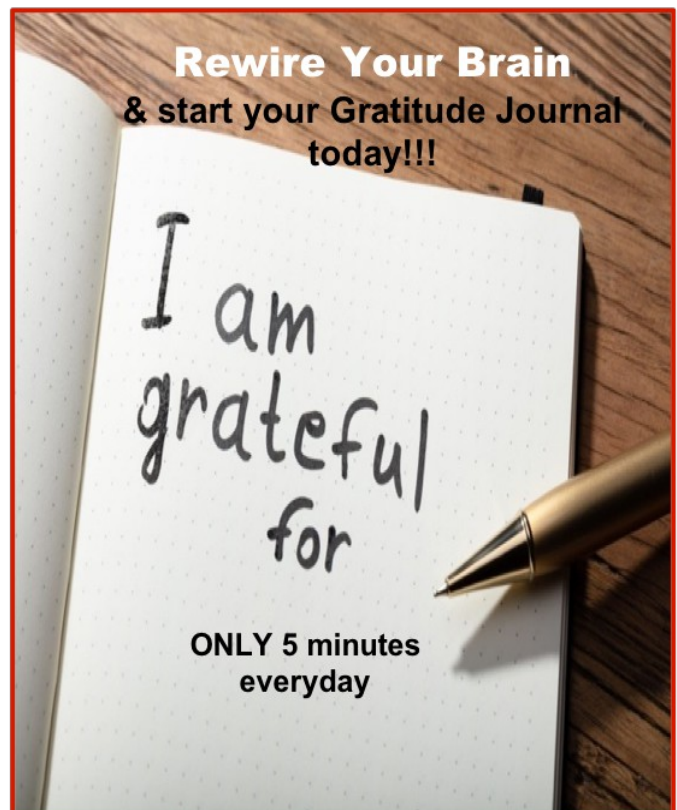
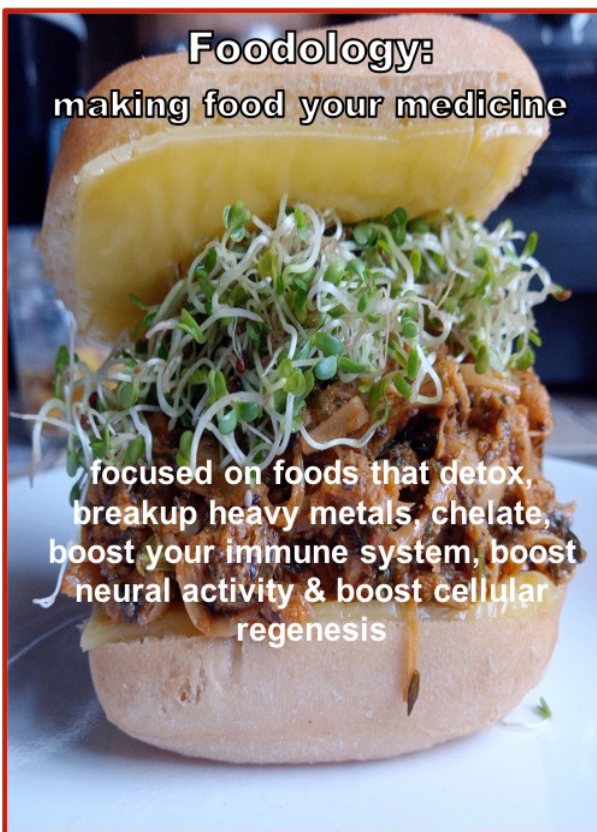


HOW TO DETOX FROM THE JAB AND SHEDDING

HOW TO DETOX



deep diaphragm breathing, light jumping on a trampoline, **Biophoton LS**, etc. everyday for 10 – 20 minutes



HOW TO DETOX FROM THE JAB AND SHEDDING HOW TO NEUTRALIZE

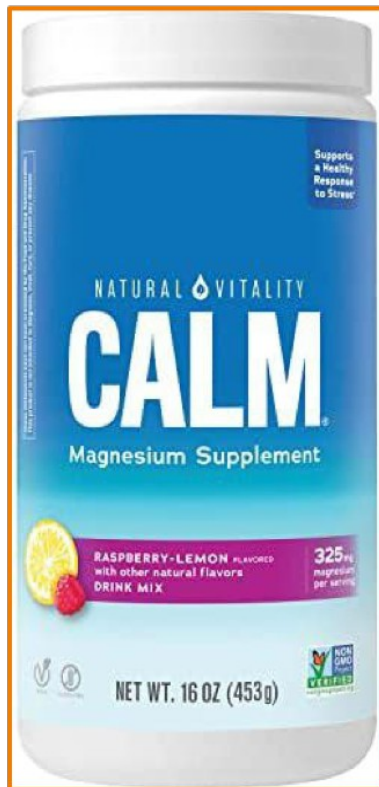


MMS 1x per week
(on your MMS day abstain from all other supplements and antioxidant foods)



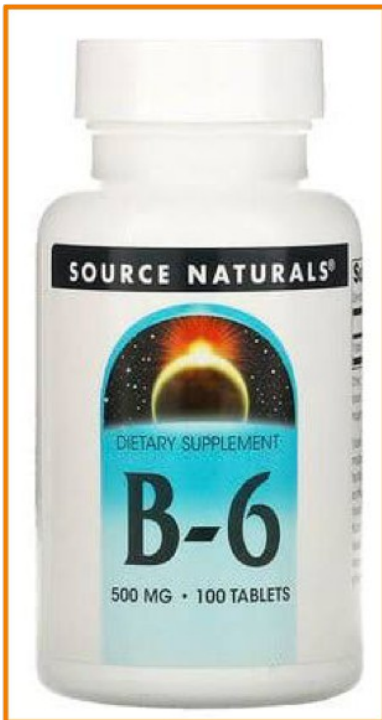
Carbon 60 (C60)
one dropper full 1x per day

MAGNESIUM
1,000mg per day before bed every day



35% Food Grade Safe HYDROGEN PEROXIDE
diluted in ALL drinking water
*email us for safety instructions

HOW TO DETOX FROM THE JAB AND SHEDDING HOW TO NEUTRALIZE



Vitamin B6

50mg per day
drank with
pineapple
juice

best when
taken with your
Magnesium



FOODOLOGY

making food
your medicine

with a focus on
high omega-3
foods with zero
carcinogens



HOW TO DETOX FROM THE JAB AND SHEDDING

HOW TO BLOCK

DANDELION TEA



1 cup 3x day

Add dandelion flowers to salads, pastas & wraps



MSG Seasoning

up to 1/4 tsp
at a time added to
your foodeveryday

FOODOLOGY

making food
your medicine

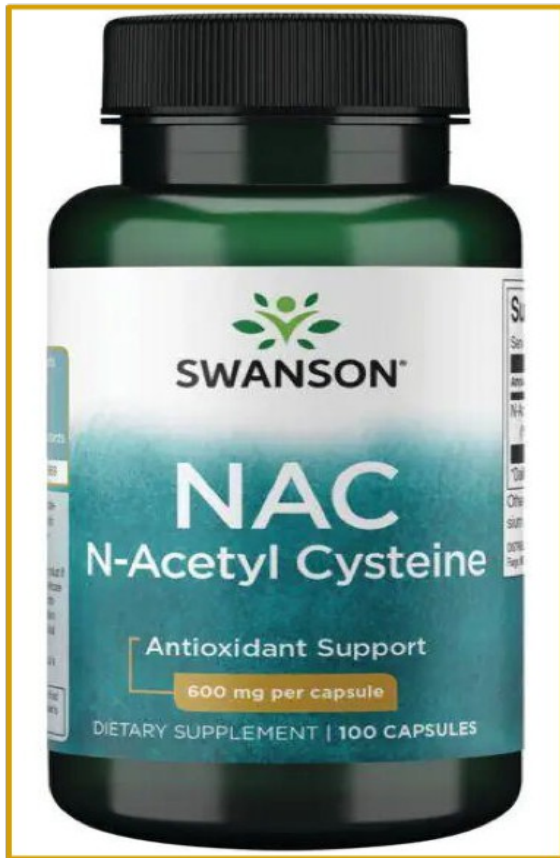
with a focus
on lacto-
fermented
foods

Epic Jackfruit
"Tuna" Melt on
gluten-free
petite baguette



HOW TO DETOX FROM THE JAB AND SHEDDING

HOW TO BLOCK

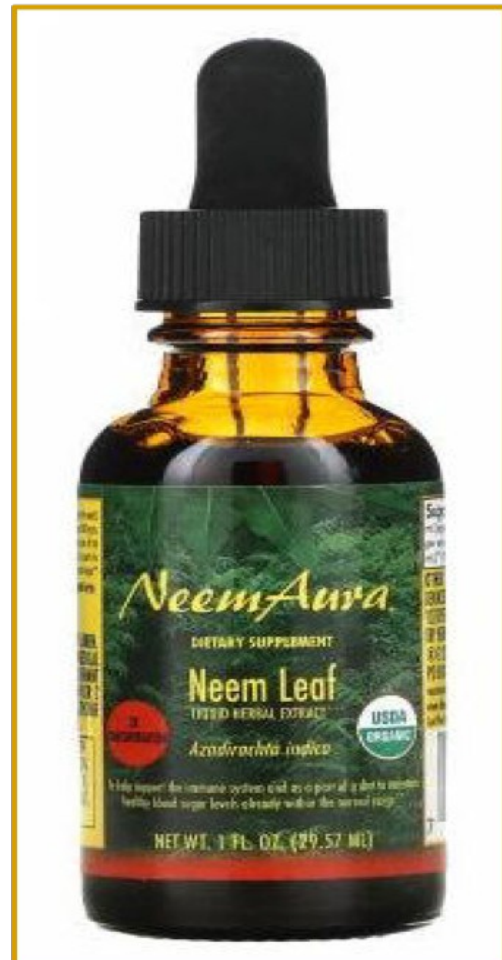


NAC (N-Acetyl Cysteine)

2,000mg per day
for 14 days
then reduce to
1,000mg per day

NEEM OIL

dropper full
1x a day



HOW TO DETOX FROM THE JAB AND SHEDDING

HOW TO REBUILD



Pura Vida Health & Wellness Centers Worldwide
Making food your medicine
Dr Ava Perez
Foodologist, N.P., M.D., PhD

Name: (your name) Age: Gender: Date: **today!**

Rx

- 🍷 Stimulate Endocannabinoid System
- 🍷 Smoke more cannabis
- 🍷 Have more sex
- 🍷 Avoid Gluten
- 🍷 Avoid Highly Processed Foods
- 🍷 Eat more Fruits & Vegetables
- 🍷 Eat Sustainable Healing Foods
- 🍷 Drink Pure Living Water
- 🍷 20 Minutes of Movement per day



- ✓ **AVOID** Gluten
- ✓ **AVOID** Meat, Poultry, most Fish
- ✓ **AVOID** Highly Processed Foods
- ✓ **AVOID** Pasteurized and Ultra-Pasteurized Foods

Dr. Ava Perez

Doctor's Signature

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**LACTO - FERMENTED
FOODS**

**2 tbsp
at a time
2x per day**

HOW TO DETOX FROM THE JAB AND SHEDDING

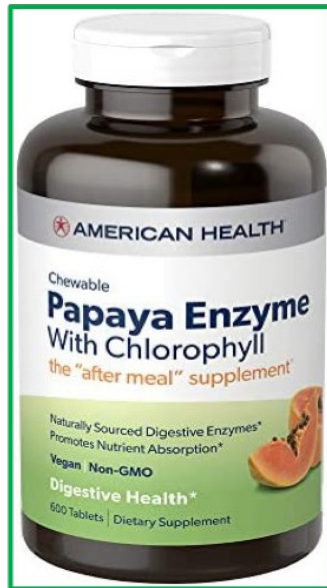
HOW TO REBUILD



ZINC

GLUCONATE

200mg with food 2x per day for 14 days then reduce to 50mg with food 2x per day



PAPAYA

ENZYMES

4 - 6 chewable tablets after every meal



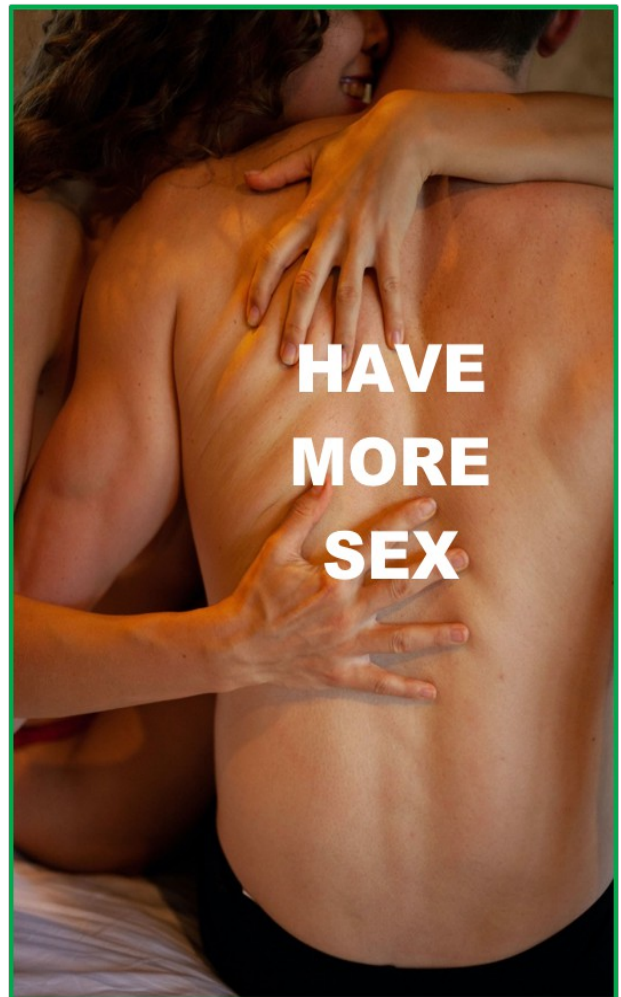
20 MINUTES YOGA

follow our Pura Vida 20 Minute Yoga routine or your own favorite routine

YOU TIME

20 minutes a day that's just for you with zero electronics & zero interruptions. Invest this time in nurturing something you are passionate about.

HOW TO DETOX FROM THE JAB AND SHEDDING
HOW TO REBUILD



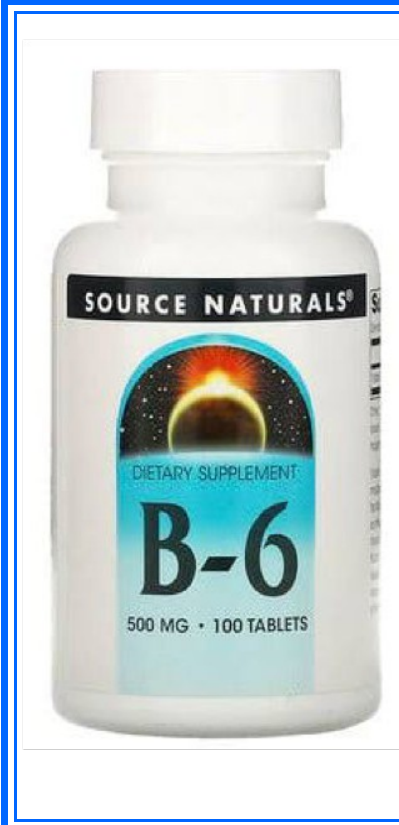
HOW TO DETOX FROM THE JAB AND SHEDDING EVERYDAY CARE



Carbon 60 (C60)
one dropper full 1x per day



MAGNESIUM
1,000mg per day before bed every day



Vitamin B6
50mg per day drank with pineapple juice

best when taken with your Magnesium



HOW TO DETOX FROM THE JAB AND SHEDDING EVERYDAY CARE

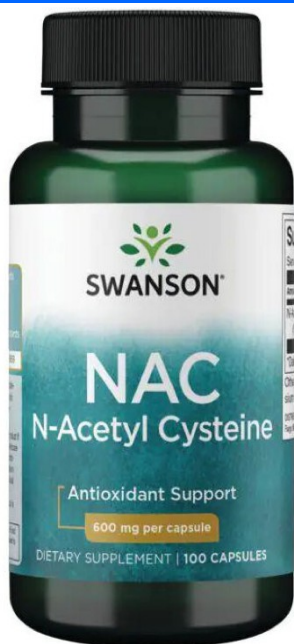
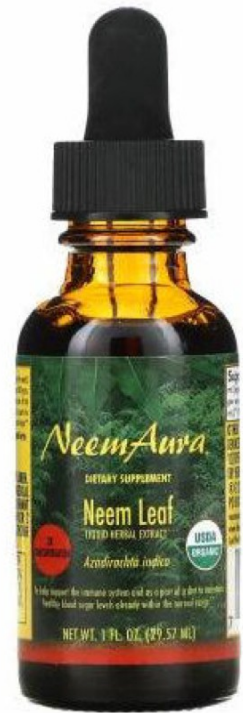


MSG Seasoning

up to 1/4 tsp
at a time added to
your foodeveryday

NEEM OIL

dropper full
1x a day



NAC (N-Acetyl Cysteine)

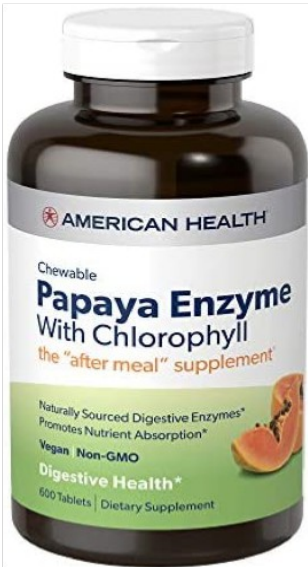
2,000mg per day
for 14 days
then reduce to
1,000mg per day



ZINC GLUCONATE

200mg with food 2x
per day for 14 days
then reduce to 50mg
with food 2x per day

HOW TO DETOX FROM THE JAB AND SHEDDING EVERYDAY CARE



PAPAYA ENZYMES

4 - 6 chewable
tablets after
every meal



LACTO - FERMENTED FOODS

2 tbsp
at a time
2x per day

YOU TIME

20 minutes a day that's just for you
with zero electronics & zero interruptions.
Invest this time in nurturing something you are
passionate about.



20 MINUTES YOGA

follow our Pura Vida
20 Minute Yoga routine
or your own favorite
routine

HOW TO DETOX FROM THE JAB AND SHEDDING EVERYDAY CARE



deep diaphragm breathing, light jumping on a trampoline, **Biophoton LS**, etc. everyday for 10 – 20 minutes



35% Food Grade Safe
HYDROGEN PEROXIDE
diluted in ALL drinking water
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Rewire Your Brain
& start your Gratitude Journal today!!!

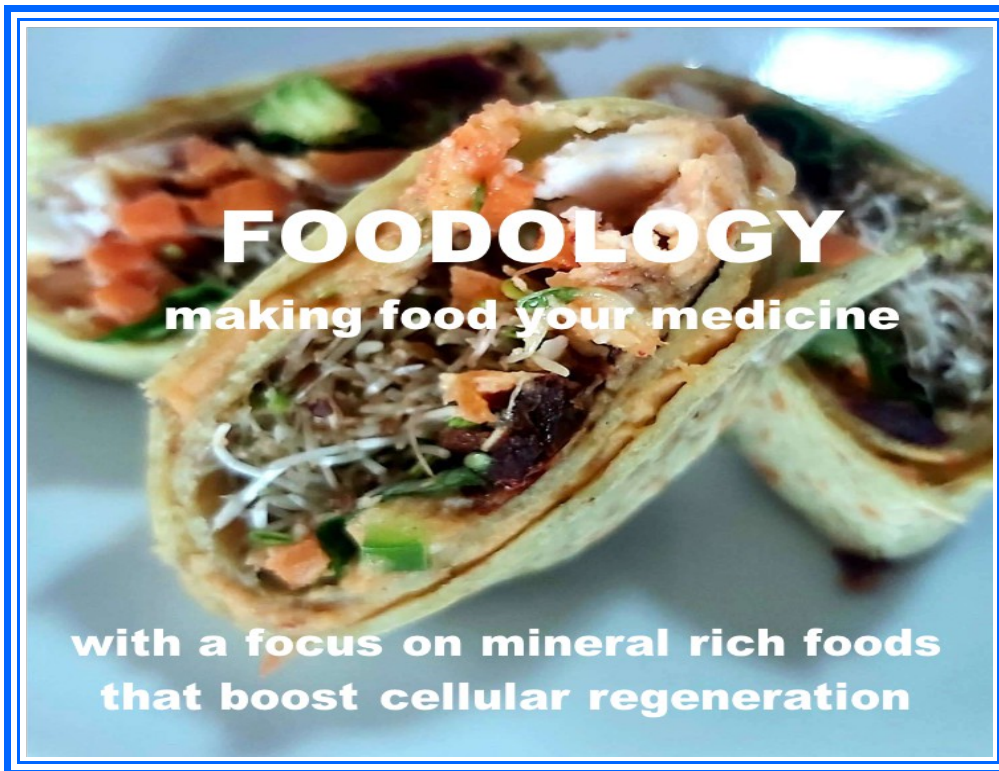
I am grateful for

ONLY 5 minutes everyday

**HOW TO DETOX FROM THE JAB AND SHEDDING
EVERYDAY CARE**



HOW TO DETOX FROM THE JAB AND SHEDDING EVERYDAY CARE



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Dr Ava Perez
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Name: (your name) Age: Gender: Date: today!



- 🌿 Stimulate Endocannabinoid System
- 🌿 Smoke more cannabis
- 🌿 Have more sex
- 🌿 Avoid Gluten
- 🌿 Avoid Highly Processed Foods
- 🌿 Eat more Fruits & Vegetables
- 🌿 Eat Sustainable Healing Foods
- 🌿 Drink Pure Living Water
- 🌿 20 Minutes of Movement per day



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May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perez

HOW TO DETOX FROM THE JAB AND SHEDDING

ADDITIONAL INFORMATION



If you have been jabbed, are experiencing symptoms, have yet to exhibit symptoms and/or want to protect yourself from biological shedding, you've come to the right place. Our proven method is based on the basic biology of how your body works and how dis-ease is formed. It is 100% effective when followed in its entirety and it is very simple broken up into 4 easy steps.

When addressing any imbalances or disharmony in the body we ALWAYS take a 4 Step Approach. First, we **DETOX** any and all toxins, foreign antigens, negative energies, parasites, harmful bacteria, destructive behaviors and patterns. After we've detoxed everything that harms us, we **NEUTRALIZE** any and all toxins and foreign antigens while **BLOCKING** any new foreign antigens before we begin to **REBUILD** our cells, cellular patterns, organs, immune



systems, vagus nerve, Holy 9 Bacterial Strains and microglia cell production as well as learn new behaviors and patterns. After we learn how to **REBUILD**, we want to continue **EVERYDAY CARE** giving your body the right tools so you can continue to enjoy good health and all your abundance in a poisoned environment. You nourish your body with **EVERYDAY CARE** by giving your body the right tools to support ALL of your biological systems that includes essential trace minerals, vitamins and enzymes that are being leached from your body as well as delicious and healthy foods, lymphatic stimulation, you time, movement and



HOW TO DETOX FROM THE JAB AND SHEDDING

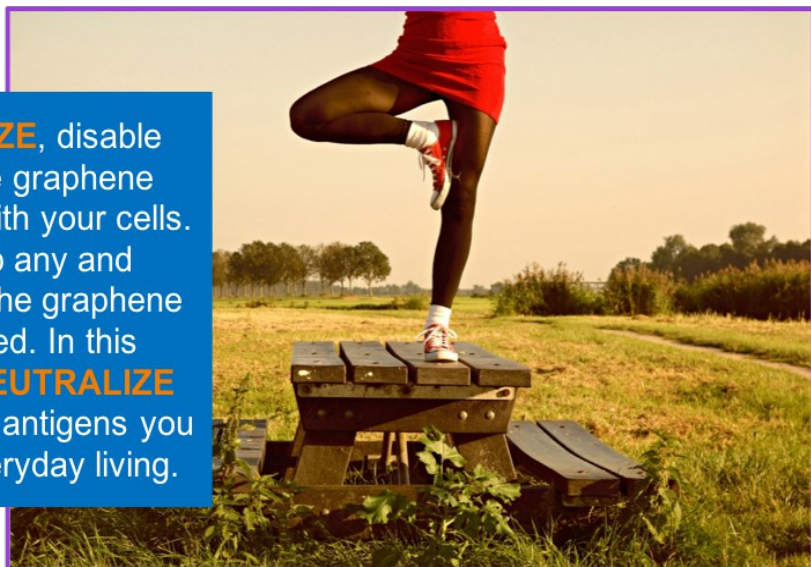
ADDITIONAL INFORMATION

adopting an attitude of gratitude. If you interact with or are around other humans it is important to hug as many of them as you can every single day. Hug them with loving intent and keep yourself healthy with our easy **EVERYDAY CARE** protocol.



First, you want to **DETOX** any and all toxins and foreign antigens accumulated over the course of your life including: graphene oxide, spike proteins, heavy metals, parasites and carcinogen toxins particles. Depending on severity of symptoms we don't want to **DETOX** too fast as this can overload your body. We **DETOX** in ratio of accumulated toxins to metabolic rate and we ALWAYS **DETOX** in combination with lymphatic stimulation as well as decreasing your cortisol and your sympathetic nervous system response while simultaneously increasing your anandamide production.

Second, you want to **NEUTRALIZE**, disable and disconnect any and all of the graphene oxide that has already bonded with your cells. Additionally, you want to breakup any and ALL metal structures and tubes the graphene oxide is forming and/or has formed. In this second stage we also want to **NEUTRALIZE** any additional toxins and foreign antigens you come in contact with through everyday living.



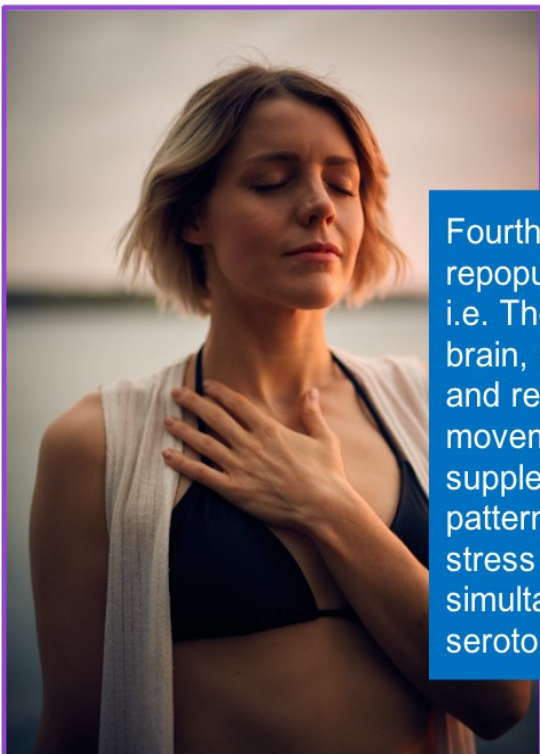
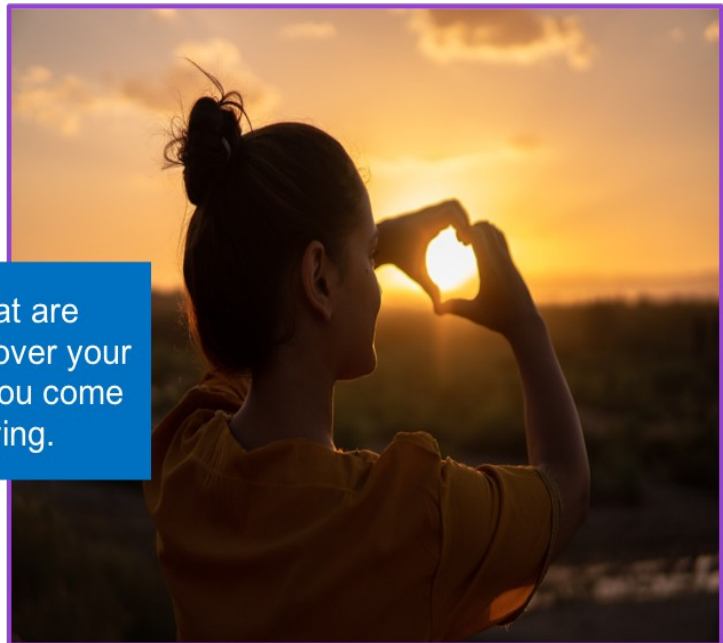
HOW TO DETOX FROM THE JAB AND SHEDDING

ADDITIONAL INFORMATION



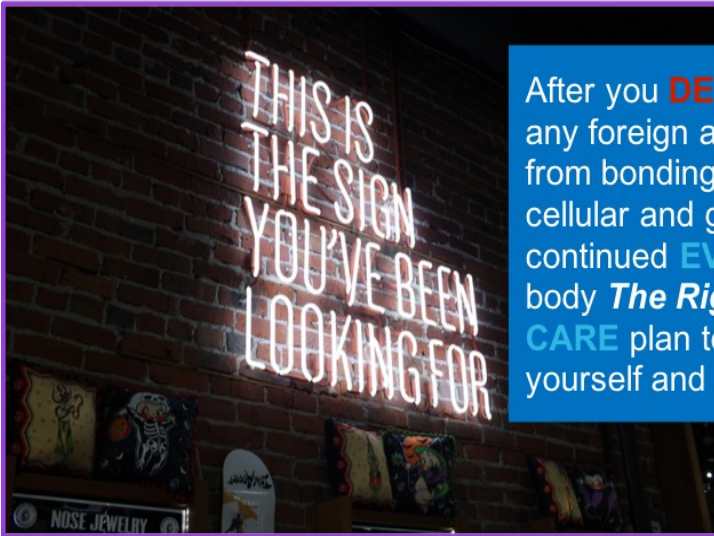
Third, you want to **BLOCK** any and all foreign antigens, graphene oxide, spike proteins, parasites, heavy metals, carcinogens and toxins from bonding to any of your cells. When you **BLOCK** these dangerous foreign antigens from bonding to your cells you also **BLOCK** these foreign antigens from hijacking your cellular function, **BLOCK** them from transporting code back to your t-cells and **BLOCK** them from reprogramming your t-cells to reproduce more graphene oxide.

You want to **BLOCK** any toxins that are already in your body accumulated over your life as well as **BLOCK** any toxins you come in contact with through everyday living.



Fourth, you want to **REBUILD** your immune system, repopulate your digestive system with beneficial bacteria i.e. The Holy 9 Beneficial Bacteria Strains, rewire your brain, replace lost minerals and boost cellular growth and regeneration. You **REBUILD** with Foodology, movement, intent, Adopting an Attitude of Gratitude, supplements to aid cellular genesis and DNA re-patterning, lowering your cortisol, adrenaline and other stress hormones to get out of flight, fight or freeze while simultaneously increasing your anandamide, dopamine, serotonin and other feel good hormones.

HOW TO DETOX FROM THE JAB AND SHEDDING ADDITIONAL INFORMATION



After you **DETOX** accumulated toxins, **NEUTRALIZE** any foreign antigens, **BLOCK** any foreign antigens from bonding to your cells and **REBUILD** your cellular and genetic networks you need a plan for continued **EVERDAY CARE**. Continue to give your body *The Right Tools* with our simple **EVERDAY CARE** plan to maintain good health while protecting yourself and others from biological shedding.

The Right Tools are clean air, clean water, clean earth, clean food, clean structures and clean technology. Yes, it is that simple. When you are in balance supported with *The Right Tools* you and your body are capable of miracles. With the right tools in our **EVERDAY CARE** plan you protect yourself from dis-ease by creating an environment where “viruses,” bacteria, fungi, mold, parasites, graphene oxide, spike proteins, heavy metals, radiation and other toxins are unable to bond to your cells, duplicate, hijack your cellular functions or accumulate in your body causing dis-ease.

What good



shall I do this day?



Your body doesn't create an immunity; your body is just immune.

HOW TO DETOX FROM THE JAB AND SHEDDING SUMMARY



After completing our Pura Vida Jab / Shedding Protocol we recommend our **EVERDAY CARE** plan for continued health management to protect yourself against repeated everyday exposure to graphene oxide, heavy metals and carcinogen toxins. Until we detox and rehabilitate our soil, fresh water tables, oceans, air, structures and technologies we are living in a realm where we are under constant attack. Even if you've

never received any vaccination ever in your life, we've been poisoned with a steady diet of graphene oxide in our air, in and on your fruits, vegetables and grains, in our cellphones, computers, clothing, bottled water, masks, packaging, etc. etc. for at least 20 years that we know about.



We are past questioning whether or not you've been exposed to graphene oxide. You have, we all have and unless we take responsibility for our health and decide to be the masters / architects of your own destinies the graphene oxide will murder most of us. This is not my opinion. This is a statement made by Dr. Candelaria, the doctor who holds the patent for graphene oxide as a biological weapon.



HOW TO DETOX FROM THE JAB AND SHEDDING SUMMARY

The allopathic medical cartel wants you to believe there is no cure, nothing you can do but continue to spin on THEIR hamster wheel till you die. That is a LIE to scare you into keeping your sympathetic nervous system triggered so you continue producing high amounts of cortisol, causing inflammation throughout ALL systems of your body robbing your body of essential amino acids, minerals, vitamins and vital neuro-

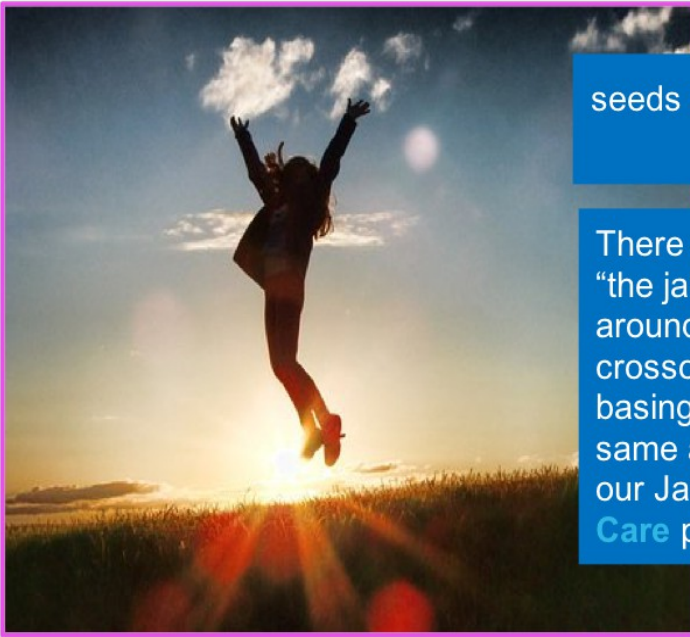


chemicals as well as lowering your blood oxygen levels, biophotons and PH causing ALL dis-ease while simultaneously blocking your body's ability to heal itself. Yes, you are the cure you've been waiting for and the only one with the power to heal your body, rewire your brain, repattern your DNA and live forever. We know you're tired and everything hurts. We all are because YOU are under attack and it's time to fight back. Refuse to comply with being poisoned and experimented on. Remember: YOU have all

the power in your choices. Refuse to participate in a system designed to keep you enslaved in debt. Reclaim your food and start a garden. If you already have a garden help someone start theirs. If you live an apartment, rental, ranch, estate or Honda Accord there are options to grow your own healthy foods. No excuses. You are your only obstacle. The wealthiest sentient conscious beings have land,



HOW TO DETOX FROM THE JAB AND SHEDDING SUMMARY



seeds and water you are a self-sufficient king.
Be a king.

There are several protocols for detoxing from “the jab” and/or other “vaccines” floating around the internet and you'll notice some crossover recommendations because we are basing our recommendations off most of the same available information. When creating our Jab / Shedding Protocol and **Everyday Care** plan we think about tracing the roots and

prevention as opposed to creating patches in a failed system. Anyone offering a one pill solution lying, misinformed or trying to sell you something. Because if you continue with the habits and patterns that created dis-ease in you in the first place you are going to create dis-ease again and again until you **CHANGE** your habits and patterns. Of course this sounds simple as a theory and in actuality changing your reality is a challenge because you have to let go of your ego's constructed narrative. This requires practice, repetition, dedication, patience and choice.



ing to be the conscious architect of your life. Everyday you wake up, open your eyes and have life you have the gift of choosing who you want to be and then be that person. *That's god-power.* We have ZERO interest in selling you a bandaid for a bullet wound solution. There is no one pill, one size fits all, lazy-man's solution. Instead, we're giving you the basic information on

HOW TO DETOX FROM THE JAB AND SHEDDING

SUMMARY

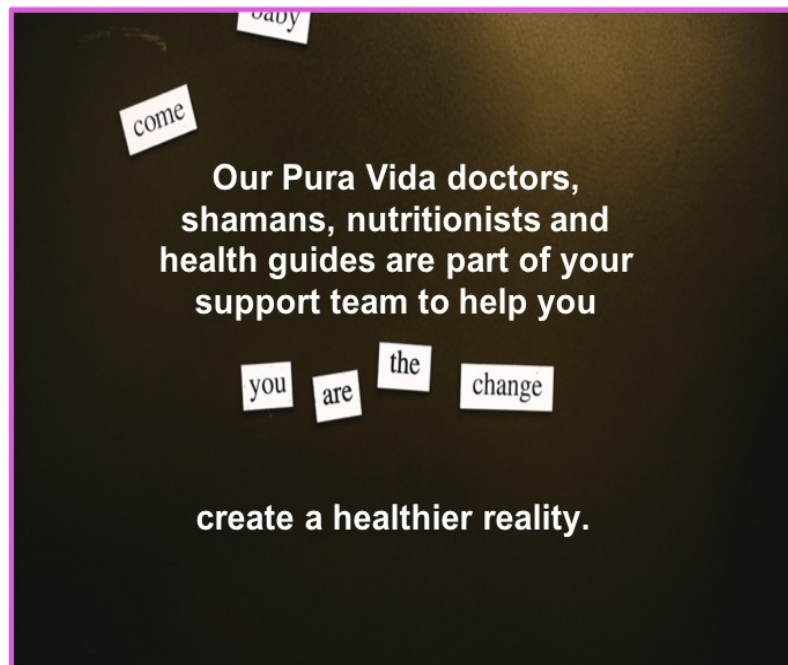
how to live healthy and abundant for over a thousand years regardless of “jabs,” “vaccines,” shedding, microwave technologies and pHARMaceutical “food” products. We want to give you the basic information about how your body works so you can make informed choices. Share it with your family, share it with your friends, share it with strangers in the grocery store.



Get started today. This is your birthright. Below you will find further information regarding our Liver Detox, Turpentine Therapy, MMS Protocol, Adopting an Attitude of Gratitude and our proven 20 Minute Daily Yoga.

You belong here

For recipes and more information about Foodology please check out our website and if you have questions email us or reach out on StreamLife or Element. The only stupid questions are the ones you don't ask.



May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perry