



# VACCINE

## INJURY TREATMENT GUIDE

*Your Roadmap to Recovery*

**By**

***Elizabeth Lee Vliet, M.D.***

*Preventive and Climacteric Medicine*

**and**

***Kathryn A. Kresnik***

*Exercise Physiologist and Cancer Exercise  
Specialist*

**with Medical Consultant: *Lt. Col. (Ret.)***

***Peter Constantine Chambers, D.O.***





# 2023 COVID VACCINE INJURY TREATMENT GUIDE (Resources also benefit “Long COVID”)

## Your Road Map to Recovery

*Elizabeth Lee Vliet, M.D., Masters in Biology*

Preventive and Climacteric Medicine *Vive! Life Center*

Founding Director and President/CEO, Truth for Health Foundation

Co-Author, COVID Early Home Treatment Guide with Dr. Peter McCullough

Creator and Host, *The Whistleblower Report* Radio Show, and

*Truth for Health...The Rest of the Story* Radio Show

Author of *It's My Ovaries, Stupid!; Savvy Woman's Guide to PCOS;*

*Women, Weight and Hormones; Savvy Woman's Guide to Testosterone;*

*Screaming to Be Heard: Hormone Connections Women Suspect and Doctors Ignore*

*Kathryn A. Kresnik, B.S. Kinesiological Sciences*

*Exercise Physiologist, Wellness Coach and Cancer Exercise Specialist*

Director, Health and Resilience Program, *Truth for Health Foundation*

with Medical Review by:

*Lt. Col. (US Army Ret.) Peter Constantine Chambers, D.O.*

Former Green Beret Special Forces Flight Surgeon and combat physician,

Wounded Warrior Combat Veteran, Military Advisory Council and Special

Operations Advisor, *Truth for Health Foundation*,

**Disclaimer:** This booklet does not provide *individual* medical advice or prescribe treatment but is provided as an educational service for patients and their families to know what options are available and widely used for many conditions. Patients should consult the physicians of their choice for individual medical evaluation and recommendations for treatment tailored to individual needs.



# Your “Road Map” for Using This Guide

## Step 1:

Review the signs and symptoms of Covid vaccine injuries and or Post-Covid Illness Syndrome. See **FACT SHEET 1**. If you have received a Covid-19 vaccine and had an adverse effect fill out our **VACCINE INJURY REPORT** on our website, also on **FACT SHEET 1**.

If you have **a Covid-19 vaccine injury or are experiencing long Covid symptoms or have Post-Covid Illness Syndrome**, our expert physicians and scientists suggest you read our Patient Guide Fact Sheet 2-5 to make an informed decision on effective treatment options. For a list of **comprehensive diagnostic laboratory testing and imaging studies needed** to determine the extent of injuries, go to **FACT SHEET 2**.

## Step 2:

Read our Patient Guide FACT SHEETS 3 to make an informed decision on effective treatment options for vaccine-induced injury and long covid symptoms. Then go to **FACT SHEET 4** assess your immediate options to start treatment at home. If your doctor does not treat vaccine injuries or Post Covid Illness Syndrome, check the resources on Truth for Health Foundation for resources in APPENDIX.

## Step 3:

If you have already taken the COVID shot or have had Covid 19 illness, and do not yet have any identified adverse effects, we suggest you focus on GENERAL PREVENTION STRATEGIES. Go to **FACT SHEET 3**.

## Step 4:

If you do not yet have any adverse symptoms *but are at high risk based on your age, co-existing medical conditions, or occupation*, we suggest go to **FACT SHEET 2**. If you are pregnant or trying to get pregnant go to **FACT SHEET 5**. Ask your doctor to consider these diagnostic evaluations to identify problems before something serious happens to your health. Review and implement GENERAL PREVENTION STRATEGIES in FACT SHEET 3 to boost your health and resilience.



# COVID-19 INJURY TREATMENT GUIDE:

## Your Road Map to Recovery     For COVID 19 VACCINE INJURIES And POST COVID ILLNESS SYNDROME

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**Disclosures:** Physicians contributing to this guide for patients are actively treating COVID illness and vaccine-injured patients based on the best available medical evidence, and are focused on early, home-based delivery of medical treatment options unless critical care in hospital is determined to be urgently needed. Contributors to this guide have no financial ties with any pharmaceutical company or product suggested in the treatment algorithms. All contributors have volunteered their time and expertise as a community service in this pandemic emergency to help inform patients of their options for research-based, peer-reviewed, safe treatments. They have received no remuneration. The opinions expressed in this guide are those of the physician contributors and not those of their institutions listed.





## INTRODUCTION

Our ***Patient Guide to Vaccine Injury and Post Covid Illness Syndrome Treatment Guide*** is built on the rapidly accumulating peer-reviewed medical research and written by practicing physicians with decades of experience treating patients with all kinds of illnesses.

***See our “Road Map” to using this Guide to help you with the symptoms and complications of the shot.***

Vaccines for RNA viruses are notoriously challenging and difficult to develop. All these years after AIDS emerged in the 1980s, we *still* do not have a vaccine for the AIDS virus, or for the SARS-1 coronavirus that emerged in 2002-2003, both of which are RNA viruses. Several attempts have been made to create vaccines for coronavirus and other respiratory viruses but none of the vaccines have survived the testing phases.

The vaccine trials for SARS-1 from 2003, for example, were shut down because the immunized animals developed severe autoimmune hypersensitivity reactions that **caused death** when animals were exposed to the natural virus after getting the vaccine.

The most *crucial* consideration before approving a vaccine for human use is to make sure that the vaccine is safe and effective. Developing safe and controlled infection models for humans normally takes many years of phased testing in the lab and then in humans. We now know conclusively that all the COVID vaccine manufacturers, with government support, accelerated testing, development and manufacturing in ways that jeopardized safety and in violation of long-standing safety and good manufacturing practices (GMP). ***There were many groups of people who were excluded from the clinical trials for whom we have NO safety data, including pregnant and lactating women, infants and young children, HIV infected, cancer patients and the elderly.***

The experimental COVID shots were rapidly rolled out to the public without the customary 2-7 years of animal and clinical human trials, and with *only two months of safety data*. In addition, we have recently learned that Pfizer and the FDA suppressed trial data from the public *identifying over 1,200 different adverse effects which occurred among the clinical trial participants*. The FDA had requested that this Pfizer data be



withheld from the public for the next 75 years...a stunning reversal of all normal procedures for prompt release of clinical trial data for independent review and analysis.

Following a Texas federal court ruling, this data was release to the public on March 1, 2022. ***Adverse effects Pfizer documented in the clinical trial are happening around the world as physicians are seeing skyrocketing numbers of patients with these problems:*** heart attacks, myocarditis, pericarditis, strokes, aggressive/late stage new cancers, infertility, drastic drop in live births in the highly vaccinated western countries, and a devastating rise in sudden deaths in young, healthy people that is SIX standard deviations above normal since the COVID shots rolled out. Go to [www.OpenVAERS.com/covid-data](http://www.OpenVAERS.com/covid-data) for the latest updates on damage.

Complications and adverse effects with the experimental COVID shots are primarily occurring because of ***immune dysregulation (acquired immune deficiency syndrome), systemic inflammation and blood clotting abnormalities***, resulting from uncontrolled spike protein production and lipid nanoparticle damage, and damage to all the ***endocrine system*** organs, especially ovaries and testicles. **These same classes of injury are present in individuals experiencing Long Covid, also now known as Post-Covid Illness Syndrome.**

**There is a hopeful message in all this:** Many of the prescription medications we used to treat inflammation and blood clotting in COVID-19 illness syndrome are also effective for treating the adverse effects of the COVID shots and long covid illness. These medications were also approved decades ago in other countries and are in use worldwide, with impressive safety track records in many different ethnic groups and ages. If you use an older, well-established medicine that means you have more information on safety to help guide your decisions.

**Recommendation:** We encourage all patients with injuries from the COVID shots or the illness to seek comprehensive diagnostic evaluation with laboratory and imaging studies discussed in this guide, in consultation with your personal health professional. We suggest you to seek treatment under the supervision of a physician or licensed medical professional who is knowledgeable in the use of the approaches described in this guide.

***The good news is there are safe and effective early treatments for COVID illness already available if you get sick. There are treatments for the adverse effects of the COVID shots if you experience these problems.***



## FACT SHEET 1: Signs and Symptoms of Vaccine Injury

**BE INFORMED!** There is now sufficient data and reporting to conclude that the experimental COVID shots can result in adverse effects, disability, and death. Here is the [Pfizer data released under court order](#).

**Groups of people are at the greatest RISKS of adverse effects with taking the COVID shot:**

- People who had COVID or suspected COVID (with positive antibodies for COVID) are already immune and risks of serious adverse reactions are much higher.
- People with past allergic or other adverse reactions to vaccines.
- People with allergies to PEG (polyethylene glycol).
  - \*mRNA vaccines use PEG to stabilize lipid nanoparticles. About 70% of people have antibodies to PEG, which can cause a life-threatening reaction (anaphylaxis)\*
- ALL CHILDREN
- ALL women and men of childbearing age
- People with chronic cardiac, respiratory, and endocrine conditions
- People with a history of autoimmune disorders
- People at risk for, or who have a history of cancer

**SIDE EFFECTS, and COMPLICATIONS:** (Go to <https://openvaers.com/covid-data>)

**VAERS reports over 1,800,000 adverse events reported related to the COVID shot, including over 40,000 deaths, over 220,000 hospitalizations, over 160,000 urgent care visits (USA)**

- **General symptoms** such as fever, headaches, fatigue, weakness, muscle pain, swollen lymph nodes
- **Nervous system** effects: changes in sensation, Bell's (facial) Palsy, imbalance with walking, severe headaches, brain lesions, micro & macro blood clots in the brain (TIA, stroke), "brain fog," memory loss, difficulty in focus, seizures, Alzheimer's dementia, Lewy body dementia, Creutzfeld-Jacob dementia (rapidly progressive dementia), flareup of multiple sclerosis and other neurodegenerative diseases such as Parkinson's, Amyotrophic Lateral Sclerosis (ALS) which may also be caused by misfolded proteins (amyloidosis) researchers are now finding from mRNA Covid injections.
- **Misfolded proteins** (Amyloidosis): Many Covid 19 related symptoms are observed in illnesses researchers are now finding that are caused by misfolded or "junk" unknown proteins caused by the modified mRNA in the COVID shots. These misfolded abnormal proteins can affect nearly any organ and tissue in the body. These are only some of the common affected organs and symptoms.
  - **Kidneys.** Foamy urine indicative of the presence of protein in urine (proteinuria); swelling in legs, feet, lower abdomen (edema); fatigue; reduced appetite; reduced urine output





- **Heart**. Swollen legs, irregular heartbeat (arrhythmia), swollen abdomen, fatigue, shortness of breath during physical activity and/or while lying down
- **Liver**. Abdominal pain, abdominal swelling, reduced appetite, nausea
- **Nervous system**. Numbness, pain, tingling and/or weakness in limbs, hands, and/or feet, carpal tunnel syndrome, dizziness or lightheadedness when changing positions, nausea, diarrhea, erectile dysfunction, sweating
- **Gastrointestinal tract**. Gastrointestinal bleeding, constipation, diarrhea, abdominal pain, weight loss
- **Skin/soft tissues**. Easy bruising, red or purple ring around the eyes, sometimes called “racoon eyes,” macroglossia (thick tongue)
- **Lungs and respiratory system**. Shortness of breath, wheezing
- Amyloidosis can affect more than one organ or tissue at the same time, many people experience symptoms related to more than one organ or tissue. Some people may not experience any symptoms.

<https://www.yalemedicine.org/conditions/amyloidosis>

- **Eyes**: blood clots, vision loss/blindness, blurred vision, acuity loss, glaucoma, macular degeneration
- **Ears**: ringing in the ears (tinnitus), loss of hearing, dizziness/vertigo, loss of balance
- **Cardiovascular system** effects such as racing heart, chest pain, heart attacks, heart failure, myocarditis and pericarditis (especially in young people and athletes), low and abnormal red and white blood cells, low platelets, bleeding disorders, abnormal clotting
- **Respiratory system** effects such as changes in the lung tissue, asthmatic changes, shortness of breath, difficulty breathing with activity and recurring infections(pneumonia)
- **Gastric system** effects such a gastric bleeding, irritable bowel syndrome, gastric ulcers
- **Immune deficiency** syndrome leading to recurrent infections with atypical organisms or dormant viruses like Shingles, impaired cancer surveillance functions leading to increase in new and aggressive cancers, recurrence of cancers previously in remission.
- **Autoimmune disorders** worsening: Crohn’s disease, pernicious anemia, autoimmune thyroiditis, rheumatoid arthritis, Lupus, and others
- **Skin changes**: petechiae, increase in bruising, unusual rashes, shingles outbreaks, painful hives, skin cancers, wounds that do not heal
- **Endocrine system** damage: reduced hormone production in ovaries and testicles, loss of size and follicles (to become “eggs”) in ovaries; thyroid disorders, damage to pancreas (diabetes and pancreatic cancer), pituitary, parathyroid glands and adrenals.
- **Reproductive system**: damage to fertility such as:
  - **Women**: infertility, early and mid-pregnancy miscarriages, stillborn babies, deaths of mothers, deaths of nursing babies after mother vaccinated, abnormal uterine bleeding, menstrual irregularity and painful cramps, ovarian cysts, ovarian and uterine cancers
  - **Men**: testicular pain/inflammation; shrinking of testicles, reduced sperm number/size/motility in men, testicular cancers





## SUMMARY OF THE SIX CLASSES OF DAMAGE TO THE BODY: from COVID “VACCINES” and “LONG COVID”

**Post-Covid Illness Syndrome** (“Long COVID”) and **COVID vaccine-induced injury** share the same symptoms listed above. Treatments outlined in this booklet are generally the same for both. This guide lists prescription and non-prescription (OTC) vitamins, minerals, nutraceutical and lifestyle strategies to improve all 6 classes of damage from either the COVID injection or COVID illness. If you understand these CLASSES of damage, it helps you design ways to improve your health and resilience.

### Six Classes of Damage

- **Systemic Inflammation**
- **Vascular Damage / Abnormal Blood Clotting**
- **Immune Disruption / Deficiency**
- **Oxidative Stress**
- **Dysregulation of Intracellular Calcium and Ion Flows: Critical Organ Dysfunction**
- **Endocrine Disruption**

### IF YOU HAVE HAD “THE SHOT” and ARE EXPERIENCING SYMPTOMS:

- 1) Go to [www.vaccinedamage.org](http://www.vaccinedamage.org) (<https://www.truthforhealth.org/vaccine-injury-report/>) to fill out the confidential **Citizens Vaccine Injury Report** on our website. Our team can guide you to medical and legal help for vaccine-related damage.
- 2) When you complete this questionnaire, you will have an assessment of your symptoms by body system to help you plan diagnostic evaluations and treatment options to explore with your health professionals.

**ALERT:** “Big Pharma,” including Pfizer, is buying smaller vitamin manufacturers. Our medical team saw an urgent need for high-quality vitamins and nutraceuticals *not owned by Big Pharma* to address the critical medical problems since COVID and the damage from the experimental mRNA/DNA “vaccines.” We researched and created our “TRU” brand of exclusive professional products and formulas that are only available through licensed medical professionals and are manufactured in the USA in a certified GMP facility. Go to [www.shoptruthforhealth.com](http://www.shoptruthforhealth.com) for details on all of our health and resilience products.



## FACT SHEET 2: Diagnostic Lab Tests for Evaluation of Injury Following COVID Shots and Covid Illness

This list is provided as an **educational resource** for our readers and supporters. This is not an exhaustive list, but it reflects the integrated evaluation Dr. Vliet has done for her medical patients for many years, with added inflammatory and other markers that as a physician Dr. Vliet knew were crucial to evaluate in patients who have developed new medical conditions after the experimental COVID shots or Covid 19 illness.

**Inflammation, micro-blood clotting, cancers, endocrine disorders, and susceptibility to atypical viral and bacterial infections are common after the COVID shots and illness.** Dr. Vliet recommends that patients check these (and other) markers to assess risk and decide treatment. Dr. Vliet organized tests into categories related to types of medical problems commonly seen in medical practices. We provided Dr. Vliet's list to help you know that ***there ARE tests you can request*** to help answer your questions and decide what treatments may help relieve symptoms. ***Many tests you can order yourself online.*** Each of you will need to discuss with your own health professionals what is appropriate for you based on medical evaluation of your symptoms. *Elizabeth Lee Vliet, MD*

### **METABOLIC TESTS:**

Comprehensive Metabolic Profile	Cholesterol profile
Glycosylated hemoglobin (Hgb A1C)	Fasting insulin
CBC with differential	Magnesium (serum and RBC)
Vitamin B6, B1, B2, B3	25-OH Vitamin D
Vitamin B12, Folate	Zinc

### **ENDOCRINE TESTS** - Draw in AM prior to any meds to assess damage to endocrine system

FSH, LH, Estradiol, Progesterone, Testosterone (free and total), DHEA-S, DHEA  
TSH (hs), Free T3 and Free T4, Anti-microsomal, Anti-thyroglobulin AB  
8AM Cortisol, total and free, Prolactin, Parathyroid Hormone, ACTH, Amylase, Lipase

**CANCER MARKERS:** PSA, CA125, CA 19-9, CEA, CA 15-9, mmp-9, Cologuard stool test (less invasive than colonoscopy for colon cancer screening and presence of occult blood).

### **INFLAMMATORY MARKERS and SPECIALTY TESTS:**

CRP-hs	Fibrinogen	D-Dimer	Troponin-1	Myeloperoxidase (MPO)
Ferritin	Cytokine Panel	IL-6, IL-10	ANA, vWF	MMP-9, HGF
Urine analysis and 24-hour urine for measure of catecholamines, metanephrines, VMA				

### **INFECTION MARKERS:**

SARS-CoV-2 spike protein antibodies  
SARS-CoV-2 Nucleocapsid Antibodies  
Mycoplasma pneumoniae, EBV titers, CMV titers, RSV titers, Valley Fever  
HIV and other viral titers as indicated by presenting symptoms.



## FACT SHEET 2: Specialty Diagnostic Imaging Tests for Evaluation of Injury Following COVID Shots:

This list is provided as an **educational resource** for our readers and supporters. This is not an exhaustive list, but it reflects the specialty imaging studies I have researched in consultation with radiology experts. I have found these tests critically important to evaluate my medical patients with new onset medical problems after the experimental COVID shots or Covid 19 illness that are suspected of being caused by vaccine-induced inflammation and abnormal blood clotting. There are other specialty imaging studies that can be ordered based on each patient's cluster of symptoms and signs. You will need to discuss with their health professionals what is appropriate based on individual medical evaluation. *Elizabeth Lee Vliet, MD, President and CEO Truth for Health Foundation*

<input type="checkbox"/>	<b>CT Temporal Bone, high-resolution</b> <b>Clinical symptoms: dizziness, vertigo, impaired balance, suspected injury to ossicles</b>  <b>Need detailed assessment of whether ossicles are intact. With contrast at discretion of neuroradiologist</b>
<input type="checkbox"/>	<b>3 Tesla MRI brain, with and without contrast, WITH Internal Auditory Canal (IAC) Protocol and attention to posterior fossa structures</b>  <b>Clinical Symptoms: dizziness, vertigo, impaired balance, impaired cognition, abnormal sensation (numbness, tingling), other: _____</b>
<input type="checkbox"/>	<b>Cardiac MRI for morphology and function, with late-phase gadolinium enhancement to assess for myocarditis, pericarditis</b>  <b>Clinical symptoms: reduced exercise tolerance, chest pain, palpitations, arrhythmias</b>
<input type="checkbox"/>	<b>CT Angiogram of Lung with arterial and venous phases to evaluate for peripheral microthrombi and/or larger pulmonary emboli</b>  <b>Clinical symptoms: shortness of breath, dyspnea on exertion, marked fatigue</b>
<input type="checkbox"/>	<b>Other tests to consider:</b> <input type="checkbox"/> <b>1) US Doppler Venous Legs Bilateral for venous flow and to rule out blood clots,</b> <input type="checkbox"/> <b>2) Eyes (pressure, retina imaging for micro blood clots)</b> <input type="checkbox"/> <b>3) Kidney Ultrasound</b> <input type="checkbox"/> <b>4) Other specialty studies to assess gastrointestinal pain syndromes, suspected abdominal and/or pelvic blood clots, ovarian or testicular pain syndromes</b>

**ALERT: Immune system damage from Covid illness and COVID gene therapy mRNA/DNA injections are leading to increased risk of new onset aggressive cancers, as well as accelerating growth of existing cancers and recurrence of cancers that were in remission. It is important to stay current on all health screenings and preventive medical exams. Other specialty studies can be ordered to check damage from the COVID shots or Covid 19 illness.**





## FACT SHEET 3: Prevention and Treatment Options – Nutraceuticals, Foods, Supplements

**This FACT SHEET is your checklist for rapid action steps *you can take on your own, without a physician's prescription*, to create your Health Action Plan. This master list gives you items to create your shopping list to start adding to your home prevention and treatment kit.** For more details on the options in our master list, please refer to the references section, and the more detailed Fact Sheets on these areas we are adding to our website resources regularly.

**SIX MAIN Goals for both prevention and treatment of COVID vaccine-induced injury (these also apply to “Long COVID,” and to EMF radiation-induced illness):**

- I. REDUCE SYSTEMIC INFLAMMATION
- II. REDUCE RISK OF BLOOD CLOTS/VASCULAR DAMAGE
- III. BOOST IMMUNE RESPONSE and RESTORE A HEALTHY GUT MICROBIOME
- IV. REDUCE OXIDATIVE STRESS
- V. REDUCE DISREGULATION OF INTRACELLULAR ION FLOW RESULTING IN CRITICAL ORGAN DYSFUNCTION
- VI. REDUCE ENDOCRINE DISRUPTION

**Our Truth for Health Foundation Health and Resilience complete formula was carefully designed to address all SIX main goals to reduce the six classes of damage from the COVID injections and from LONG COVID.**





## I. GOAL: REDUCE SYSTEMIC INFLAMMATION

When something damages your cells, such as a viral or bacterial infection, vaccine, radiation or toxin exposure, your body releases chemicals that trigger an inflammatory response by your immune system. This response includes the release of antibodies and proteins, as well as increased blood flow to the damaged area. In the case of **acute inflammation** — like getting a cut on your knee or dealing with a cold — the whole process usually lasts for a few hours or a few days.

**Chronic inflammation** happens when this acute response lingers too long, leaving your body in a constant state of alert. Over time, chronic inflammation (sometimes now called *auto-inflammatory syndrome*) may have a negative impact on your tissues and organs. **“It is now recognized that low-grade, chronic systemic inflammation is associated with most non-communicable diseases (NCDs), including cancers, diabetes, obesity, cardiovascular, respiratory, and musculoskeletal disorders, as well as impaired neurodevelopment and adverse mental health outcomes.”** Nutrients 2019

### A. Supplement and Nutraceutical Options to Decrease Chronic Systemic Inflammation

- Vitamin D3
- Vitamin C
- Vitamin E (full spectrum)
- L-ergothioneine
- Fish Oils
- Turmeric/Curcumin
- Resveratrol
- Monolaurin
- Glucosamine
- Blackseed extract (Nigella Sativa)
- Chondroitin sulfate
- Green tea/green tea extract
- Quercetin
- Glutathione, and/or N-acetyl cysteine (NAC) + Glycine
- Beta carotene
- Curcumin with black pepper (piperine)
- Ginger
- Bromelain
- Glycine
- Sulfur (found in MSM)
- Melatonin
- Omega-3 Fatty Acids
- Spirulina
- Fiber with fructooligosaccharides
- Probiotics
- Resveratrol

### B. Truth for Health anti-inflammatory products [www.shoptruthforhealth.org](http://www.shoptruthforhealth.org) Products of our **TRU-Resilience Formula** are highlighted:

- TruMitochondrial Boost
- TruC+BioFlav – includes full spectrum bioflavonoids
- TruBio D3 and TruK2
- TruVitamin E Full Spectrum and Tru Vitamin A
- TruMagnesium
- TruMultiV (with or without iron)
- TruOmega Pure fish oil (includes all 3 essential fatty acids: EPA, DPA, DHA)
- TruFruits & Berries, TruResveratrol Complex, TruQuercetin 20X Plus, TruBerberine 5X



### C. Anti-Inflammatory Foods - Dietary Strategies:

- **Increase water intake.** Adequate *hydration* is critical to your health and normal body function. *Water* is a natural diuretic, and detoxifier, and helps maintain blood volume for circulating nutrients and oxygenation, removal of wastes. You are *adequately hydrated* if your urine is the color of *pale straw*. Darker yellow urine means inadequate water intake. Colorless urine means too much water intake and leads to dilutional low sodium and other electrolyte imbalances.
- **Eat a whole food plant-based diet**, limiting processed foods, emphasizing “clean” organic, non-GMO, non-genetically engineered fruits, vegetables, and whole grains. Choosing lean, non-farm raised animal proteins in moderation while increasing intake of bean, legumes, quinoa, raw nuts and seeds and cold-water fatty fish.
- **Increase whole grains** such as hulled barley, whole rye, oat groats or oatmeal, buckwheat, and wheat berries and brown rice.
- **Increase cruciferous vegetables**, such as broccoli, Brussel sprouts, cabbage, kale, cauliflower. These are rich in folate, vit C, E and K, and fiber. They also contain glucosinolates that protect cells from DNA damage, inactivate carcinogens, and have anti-bacterial and anti-viral properties.
- **Increase intake of fresh fruits and berries** including apples, bananas, grapefruit, cherries, strawberries, blueberries, raspberries, and pineapples (good source of bromelain).
- **Eat more in the ALLIUM family of vegetables:** garlic, onions, leeks, chives, scallions, and shallots. These are antioxidants, with anti-viral and anti-bacterial properties. They boost the immune system and can help reduce the risks of blood clotting.
- **Season foods with anti-inflammatory spices:** turmeric, ginger, cinnamon, fennel, fenugreek, coriander, clove allspice, mustard nutmeg, black pepper, garlic and onion powder, cumin, no salt spice blends
- **Use healthy fats:** high quality, first cold pressed, organic olive oil and avocado oil in moderation. Eliminate seed oils and polyunsaturated fats from your diet, including vegetable oils and reduce inflammatory saturated fats.
- **Eliminate artificial additives:** sweeteners, flavorings, MSG, dyes, preservatives, sodium and added sugars. These ALL add an inflammatory load to the body.
- **The Mediterranean Diet** is one of the *highest rated anti-inflammatory diets*, promoting a high consumption of plant-based foods; fruits, vegetables, whole-grains, nuts, and legumes; a moderate consumption of dairy, eggs, and fish as sources of protein; a low intake of meat and sweets; the daily consumption of olive oil; and a moderate consumption of alcohol, preferably in form of wine with meals.



## II. GOAL: REDUCE RISK OF BLOOD CLOTS and VASCULAR DAMAGE:

People with severe COVID-19, Post-Covid Syndrome or vaccine injury are at a risk of strokes, heart attacks, pulmonary embolisms, blood clots, and other vascular complications. Strokes are among the most common complications for people hospitalized with severe COVID-19. The latest research shows that the vascular symptoms of COVID-19 are caused by inflammation, so in addition to strategies to address inflammation, it is important implement the strategies below to reduce blood clots and improve health of blood vessels.

This list is extensive to show the numerous anti-clotting agents. CAUTION: there is a real danger of creating bleeding issues caused by taking too many of these or by taking with anti-clotting drugs or Over-the-Counter therapies such as aspirin. Signs of potential bleeding issues are easily bruising, nose bleeds, bleeding easier and take longer to stop bleeding from minor cuts. Be careful combining too many supplements that affect blood-clotting, which can be more potent than food sources.

### A. Supplement and Nutraceutical Options

- Nattokinase
- Bromelain
- Curcumin
- Vitamin E
- Fish oils EPA, DHA, DPA Do not take with anti-clotting drugs.
- Co-Q-10
- Glucosamine
- Ginkgo biloba
- Gingseng
- Ginger
- Garlic
- Policaosan
- Magnesium
- Taurine
- Selenium
- Feverfew
- Lycopene
- L-arginine
- Passion flower
- Chamomile
- Dong quai
- Vitamins B and C

B. Recommended Truth for Health products at <https://www.shoptruthforhealth.com/> to reduce risk of blood clots and improve vascular health. We recommend starting with our **TRU-Resilience Formula**, ten products that address all six classes of damage, (highlighted below). Then ONLY ADD additional supplements if appropriate based on lab markers.

- TruVitamin E Full Spectrum
- TruK2
- TruMagnesium
- TruC+BioFlav
- TruMultiV
- TruMicroVascular
- TruNatto
- TruOmega Pure fish oil (contains all three essential fatty acids: EPA DHA DPA)





- **TruQuercetin 20X Plus**

### **C. Anti-coagulant and Neuroprotective Foods and Strategies for Brain Health and Defense of Central Nervous System:**

- Whole grains: Oats slow cooked or oat groats, whole wheat or wheat berries, rye, barley, brown rice, and quinoa
- Fresh fruits including apples, cherries, prunes, pears, citrus and dark orange fruits, grapes
- Raw nuts: almonds, pistachios, cashews, walnuts, peanuts, Brazil nuts (<4/day), hazelnuts and raw sunflower seeds
- Seasonings and Alliums including garlic, onions, turmeric, cinnamon, cayenne pepper, rosemary
- Legumes, beans, and lentils
- Lean proteins such as skinless white chicken, white-fleshed fish, tuna, mackerel, salmon, herring, and sardines
- Greek yogurt and cottage cheese full fat to absorb fat soluble vitamins: A,D,E,K
- Extra virgin olive oil
- Red Wine
- Fresh vegetables like asparagus, broccoli, and kale and other leafy greens vegetables
- Seasonings: ginger, garlic, turmeric, cassia cinnamon, cayenne pepper
- Oils: grape seed extract and extra virgin, cold 1<sup>st</sup> press organic olive oil
- Eggs
- Avocado
- Dark Chocolate
- Tomatoes
- Green tea
- Ginseng

#### **ALERT:**

To reduce your risk of *micro* blood clots becoming large and more serious, even life-threatening, **ask your doctor to do blood tests such as D-dimer and fibrinogen**, that are markers of the potential presence of blood clots.

If you have a family history of blood clots, or have gotten multiple COVID injections and boosters, you can ask your doctor to order specialty tests for blood clot risk: Factor V Leiden, Protein C, Protein S and others.





# **BLOOD CLOT WARNING SIGNS:**



- SUDDEN ONSET OF SHORTNESS OF BREATH
- UNEXPLAINED INCREASE IN FATIGUE
- SUDDEN CRAMPING OR PAIN NOT EASILY RELIEVED
- PAIN WHEN BREATHING
- FAST HEART RATE
- INCREASED EFFORT WHEN WALKING
- AREAS OF WARMTH TO THE SKIN
- LOCALIZED REDDENED AREAS TO THE SKIN

PROVIDED AS AN EDUCATIONAL RESOURCE BY TRUTH FOR HEALTH FOUNDATION CONSULT YOUR PERSONAL PHYSICIAN FOR MEDICAL ADVICE. [WWW.TRUTHFORHEALTHFOUNDATION.ORG](http://WWW.TRUTHFORHEALTHFOUNDATION.ORG)



### III. **GOAL: BOOST IMMUNE SYSTEM, REDUCE RISK OF RECURRENT INFECTIONS AND CANCER RISK!**

Our immune system is under daily assault from MANY FACTORS: environmental toxins, chemical preservatives, additives in the food we eat, some medicines, the COVID injections, magnetic fields from dirty electricity, low frequency /EMF radiation (includes 3G, 4G, 5G transmitters), daily stresses, poor diet, lack of exercise, and not enough sleep. If you are frequently sick or have frequent colds, feel fatigued, have stomach problems, wounds slow to heal, or have other nagging symptoms you can't figure out, it may mean your immune system is weakened.

Weakened immune systems from these as well as other lifestyle factors such as marijuana, alcohol/drug use, lowers our bodies' resistance to fight off infections (bacteria, viral, fungal), and then bounce back to deal with new assaults. A strong immune system can fight back against the microorganisms we encounter.

#### **A. Supplement and Nutraceutical options to strengthen the immune system: CAUTION: Avoid overlap with anti-coagulant properties):**

- Vitamin D3
- Vitamin C
- Vitamin B12 & B9
- Zinc
- Resveratrol
- Cocoa Extract
- Elderberry Extract
- Luteolin
- Probiotics
- Monolaurin
- Melatonin
- Ginkgo biloba
- Bromelain
- Quercetin
- N-acetyl cysteine (NAC) + glycine
- Curcumin

#### **B. Recommended Truth for Health products at <https://www.shoptruthforhealth.com/> to improve immune function. **TruResilience Formula** products are **highlighted**.**

- TruImmunoglobulin
- TruImmune Boost
- TruGlucoraphanin
- TruResveratrol
- TruFruits and Berries
- TruVitamin A
- **TruBioD3**
- **TruC+BioFlav**
- **TruVitamin E Full Spectrum**
- **TruMagnesium and TruZinc**
- **TruProbiotic Complex or TruProbiotic Daily**
- **TruNAC**
- **TruMultiV or TruMultiV with Iron**



### C. Immune Boosting Foods and Dietary Strategies:

- **Kefir** (fermented milk, excellent source of healthy bacteria to improve gut microbiome). Avoid commercial products high in sugars. Easy to make your own at home, with “starter” available in health food stores, on-line vitamin, and nutritional supplement sources.
- Yogurt, **without added sugars**, and with **live healthy bacteria cultures**. Greek-style yogurt has both live cultures *and* higher protein content. Full fat yogurt helps absorption of Vit D,E,A, and K in foods.
- Fresh fruits and vegetables including citrus fruits, apples, pineapples, kiwi, bananas, berries, tomatoes, dark leafy greens including kale and spinach, and vegetables such as broccoli, Brussel sprouts, cabbage, radishes, arugula, cauliflower, and bell peppers
- black currants and black currant tea
- Whole grains: Oats, whole wheat or wheat berries, rye, barley, brown rice, and quinoa
- Raw nuts and seeds: almonds, pistachios, cashews, walnuts, peanuts, sunflower, sesame and nigella sativa or black cumin seeds
- Spices: ginger, turmeric, rosemary, fenugreek, clove, cinnamon, nutmeg, black pepper, cumin, fennel
- Legumes, beans, and lentils
- Cooked fresh mushrooms, and/or immune-boost Mushroom Complex powder (Lion's Mane, Turkey Tail, Reishi, Maitake, Chaga)
- Green tea and anise tea
- Allium family of vegetables: onions and garlic, chives, scallions
- Wild caught seafood and salmon
- Dark chocolate
- Organic extra virgin olive oil (cold first pressed)
- Bone broth
- Organic raw unfiltered local honey (available at feed stores and farmer's markets)

### Specific Strategies:

- **Improve Gut Microbiome**  
Many studies show that Covid vaccine injury and “Long Covid” are increased by the composition of our gut flora. In other words, an imbalance of the gut microbiota or “dysbiosis” can increase systemic inflammatory activity and can affect different organs through the multiple gut–organ axis. Increased gut permeability, or “leaky gut”, allows the entrance of bacterial metabolites and toxins into the circulatory system and further worsens the systemic inflammatory response, leading to many COVID-19 vaccine complications and illness. Improving the gut microbiome is an effective strategy for boosting immunity, treating COVID-19, and reducing risk of long covid and covid vaccine injury. (Maha F. Alenazy Metabolites 2022, 12, 912)





- **Diet** can play an important role in gut health which impacts systemic health and resilience. A diet high in fibrous, prebiotic foods, that fuel the healthy bacteria in your gut as well as a variety of foods with live “good” microorganisms, probiotics, such as fermented foods help maintain a good gut balance.
  - **Prebiotic** food sources: raw leafy greens, garlic, artichokes, chicory root, leeks, unripe bananas, onions, raw jicama, apples, and cacao
  - **Probiotic** food sources: fermented foods – sauerkraut and other vegetables, kefir, kombucha, kimchi, yogurt, miso, and natto
- **Pre and Probiotics** nutraceuticals exert important functions through modulation of systemic and mucosal immunity and restore the dietary and microbial balances within the gastrointestinal system (WHO).
  - Prebiotics often found in probiotic supplements: arabinooligosaccharides, oligosaccharides, fructans, galactomannan, psyllium, lactosucrose, lactobionic acid
  - Probiotics that may reduce the burden of Covid-19 include strains of: Bifidobacterium bifidum, Lactobacillus plantarum, Pediococcus pentosaceus, Leuconastoc mesenteroides, Bifidobacterium Longum, Lactobacillus rhamnosus, Lactobacillus gasseri, Bifidobacterium breve, and Lactobacillus casei
  - Preparations can be single strain or multi-strain. but avoid ones that are solely Lactobacillus family as over time they alter GI pH in negative direction. Consider a mixed probiotic that has high quantities (10-15 billion CFUs) and several different organisms.
  - Probiotics should be taken with food to increase survivability through the stomach acids, and with a whole food plant based diet high in fiber and polyphenols.
  - Look for probiotics in a dark glass container or nitrogen filled individual foil packs.
- **Post-biotics** are the “bonus” end products of pre and probiotic digestion in large intestines. Healthy post-biotics include Vitamin B, Vitamin K, amino acids, and antimicrobial peptides that slow growth of harmful bacteria. Also produced are Short Chain Fatty Acids: Butyrate, Acetate, and Propionate that help the healthy bacteria flourish.
  - **Butyrate** is especially beneficial in reducing mucosal inflammation and oxidative stress, as well as in detoxification, immunity, and reducing cancer risk. (World Journal of Gastroenterology).
  - Butyrogenic foods include: high fiber, beans, lentils, high-pectin fruits- apples and berries, vegetables – onions and garlic; Whole grains, resistant starches – green bananas, cold potatoes, and potato starch; Hard cheese, and fermented foods.
  - Intermittent fasting may help raise butyrate levels as well as exercise and deep sleep. Try these strategies to raise butyrate levels before using butyrate supplements and work with your physician as it is possible to get too much.
- **CAUTION: Avoid antibiotics unless targeted to a specific bacterial infection. After a course of antibiotics, immediately replenish depleted bacteria species with a multi-strain high quantity probiotic, such as TruProbiotic Complex ([www.ShopTruthForHealth.com](http://www.ShopTruthForHealth.com)) for at least two weeks. Then follow with TruProbiotic Daily. Fecal transplants are another option to improve gut microbiome.**





#### IV. **GOAL: REDUCE OXIDATIVE STRESS**

*Oxidative stress* is defined as the condition that occurs due to an imbalance between the production of *reactive oxygen species* and the ability of the cell to detoxify them. Reactive oxygen species are highly reactive molecules that can damage DNA, proteins, and lipids. Oxidative stress may occur naturally but can be caused by various factors:

- Covid injections
- Viral Infections
- Over-exercising
- Exposure to toxins
- Burn injuries
- Pollution
- Smoking
- Long to-do lists
- Frequent Infections
- Alcohol consumption
- High sugar, fat, and carbohydrate diet
- Exposure to industrial chemicals
- Radiation (EMF, 3G, 4G, 5G, etc.)
- UV radiation (ionizing)
- Lack of sleep
- Stress

Oxidative damage can lead to *mutations, misfolding of proteins (amyloidosis), and dysfunction which can impair cellular processes and cause inflammation*. Oxidative stress can also accelerate the aging process by affecting the telomeres, which are the protective caps at the ends of chromosomes. Telomeres shorten with each cell division and eventually reach a critical length that triggers cell senescence or death. Oxidative stress can speed up this process by causing DNA damage and inflammation in the telomeres. Therefore, the goal is to suppress and repair the chain reaction triggered by overproduction of oxygen free radicals or *reactive oxygen species, also known as ROS*, and optimize the body's antioxidant defense mechanisms.

##### **A. Supplements that reduce oxidative stress & optimize antioxidant levels:**

- N-acetyl cysteine (NAC)
- Nitric Oxide (N.O.) or L-Arginine (precursor for N.O.)
- Glutathione
- L-ergothioneine, the most potent antioxidant & cell protector, derived from mushrooms
- Vitamin E
- Black seed oil (N. Sativa seeds, preferably Egyptian). Rich in *thymoquinone*: eliminates superoxides, is neuroprotective, antioxidant, anti-inflammatory, anti-bacterial, anti-viral

##### **B. Recommended Truth for Health products at <https://www.shoptruthforhealth.com/>. Our **TRU-Resilience Formula** of address all six classes of damage including oxidative stress.**

**TruC+BioFlav; TruNAC; TruK2; Tru Zinc; and TruMagnesium individual products**  
**TruVitamin E Full Spectrum; TruMitochondrial Boost (L-ergothioneine)**  
**TruMultiv and TruMultiV with Iron**  
**TruAlpha-Lipoic SR, TruFruits & Berries, TruResveratrol Complex,**  
**TruQuercetin 20X Plus, and TruBerberine 5X**



### C. Antioxidant Foods – Dietary and Lifestyle Strategies:

- Fresh fruits and green leafy vegetables including grapes, citrus, pomegranate, spinach and kale
- Berries – all berries including cranberries and cherries
- Seasonings and Spices including turmeric, ginger, cinnamon, and Cayenne pepper
- ALLIUM family of vegetables: garlic, onions, leeks, and beetroot
- Fatty fish including salmon, trout, and herring
- Nuts (raw)
- Dark Chocolate (high cacao %) or raw cacao
- Exercise – Can be an antioxidant. 150 minutes per week of moderate cardiovascular, Zone 2 or 60-70% of age predicted maximal heart rate training range. Minimize high intensity cardiovascular or aerobic exercise that can increase oxidative stress.
- Stress Management and Reduction Techniques
  - Breathing Activities
  - Meditation
  - Mindfulness Activities
  - Tai Chi, Chi Quong and Shibashi
  - Yoga
  - Grounding
  - Activity breaks throughout the day if sedentary work environment
  - Recreational activities and hobbies
  - Social connections and support system

## V. GOAL: REDUCE DYSREGULATION OF INTRACELLULAR ION FLOW RESULTING IN CRITICAL ORGANS DYSFUNCTION AND DEATH

Intracellular ions (Ca, Mg, Na, Cl) play a crucial role in many physiological processes, including muscle contraction, nerve impulse transmission, and blood clotting. For example, when calcium ion flow is disrupted, it can lead to serious medical problems: macular degeneration, plaque in arteries, and other calcium deposits accumulating in various parts of the body and brain, causing problems with how organs and blood vessels function.

**Calcium ions are essential for proper blood clotting.** When blood vessels are damaged, the surrounding tissues express thromboplastin, which converts prothrombin into thrombin. This reaction requires the presence of calcium ions. If there is a *deficiency of calcium ions* in the body, it can lead to a condition called hypocalcemia, which can cause muscle cramps, seizures, and other symptoms. *Excessive calcium ion concentration* can lead to a condition called calcium toxicity or hypercalcemia. This condition can cause damage to multiple organs in the body, including the kidneys, bones, heart, and brain.

### A. Dietary and Lifestyle Strategies to Help Maintain Normal Intracellular Ion Levels:

- Consuming a high-fiber diet (25-30 g/day) improves high cholesterol and triglyceride levels and reduces blood pressure and inflammation. Other key nutrients that help mitigate the risk include increased calcium intake if hypocalcemia, a daily



multivitamin/mineral supplement, and an adequate vitamin D status. Increased consumption of fruits and vegetables ( $\geq 400$  g/day), plant-based foods and monounsaturated oils (good choices are olive and avocado oils) and a limited intake of foods high in fat, sugar and salt.

- For those with a low selenium intake (such as those living in Europe), increase fish/seafood intake to improve selenium intake or take recommended multivitamin/mineral supplement that contains selenium. Milk-based probiotics have also been found to be beneficial.
- Sodium and potassium work in opposition. A high sodium diet may lower potassium levels and a very low sodium diet may raise potassium levels. Fruits and vegetables are important to maintain healthy potassium levels.
- **Exercise:** Regular exercise can help maintain normal intracellular calcium levels by promoting calcium uptake by the muscles.
- **Stress reduction techniques:** Stress can disrupt intracellular calcium homeostasis by activating the hypothalamic-pituitary-adrenal axis. Techniques such as meditation, deep breathing, and yoga can help reduce stress levels and promote relaxation. Magnesium is involved in hundreds of functions in the body and is important in muscle relaxation and sleep.

**B. Recommended Truth for Health products at <https://www.shoptruthforhealth.com/>**  
**We recommend our *TruResilience* Formula as a balanced approach to maintaining healthy levels of critical minerals that maintain proper ion balance in the body.**

## VI. GOAL: REDUCE ENDOCRINE DISRUPTION

**See Fact Sheet 5 for information on Endocrine Disruption and Reproductive Health**

### **A. Endocrine Disruptors in Foods and the Environment to Avoid**

- Nitrites and Nitrates are preservatives in processed meats (bacon, sausage, deli meats) is classified as a Class I carcinogen equal to tobacco and asbestos. Sodium nitrate is found in canned tuna, as well as processed meat.
- Potassium bromate is a preservative, possible carcinogen, added to flour in packaged baked goods.
- Propyl Paraben a preservative in pastries/tortillas may cause developmental and reproductive harm.
- BHA (butylated hydroxy anisole) found in cured meats is also a possible carcinogen.
- BHT (butylated hydroxytoluene) found in cereals is a possible carcinogen.
- TBHQ (tert-butylhydroquinone) a preservative found in Pop Tarts that can harm immune system and weakens effectiveness of vaccines.
- Titanium dioxide, a color additive used in candy can damage DNA.
- BVO (brominated vegetable oil) found in juices, sodas and can cause neurological harm.
- PFAs (per and polyfluoroalkyl) are used in food packaging and can leach into the food itself. May increase cancer risk and damage to immune and reproductive systems.





- Artificial colors and flavorings especially Yellow #5 and 6, Blue #1 and 2, Red #3, and Natural Green
- Xanthan Gum and Guar Gum can cause bloating and stomach cramping.
- Carrageenan is found in dairy and dairy like products used as a thickening agent and is considered carcinogenic and inflammatory.
- Sodium Benzoate is found in carbonated drinks, juices, and dressings. Sodium benzoate increases hyperactivity in children and when combined with Vit C converts to sodium benzene which is associated with cancer.
- MSG (monosodium glutamate) and Yeast extract and “natural flavorings” – disguised with many names - vegetable powder, comes with high sodium content and can cause many symptoms: headaches, nausea, flushing, numbness.

**B. Recommended Truth for Health products at <https://www.shoptruthforhealth.com/>**  
**We recommend TruBerberine 5X and TruInositol in addition to our *TruResilience Formula* as a balanced approach to maintaining healthy levels of critical nutrients that help the endocrine organs function properly.**

**C. Strategies to Avoid Endocrine Disruptors:**

- Buy Organic, non-GMO, non-Genetically Engineered, and non-Bioengineered
- Look for lower sodium foods, and lower added sugars. Look for real “cane sugar” not artificial sweeteners (aspartame, sucralose, saccharin, acesulfame potassium, sugar alcohols – xylitol) and avoid High Fructose Corn Syrup.
- Avoid “pumped up” protein cereals and specialty foods using highly process soy isolates instead of a whole protein source.
- Decrease processed, refined, boxed, packaged foods and frozen prepared meals.
- Shop perimeter of store for fresh, whole, food choices
- Make it from scratch! Seasonings, sauces, condiments...
- Make homemade - Not take out - You can control what you eat and know the source!
- Plan and prep ahead, (wash fruits and vegetables, store in glass containers, rinse rice before using it) Keep it simple. Use all your gadgets and appliances to make it easy.
- Buy organic “Dirty Dozen” and buy non-organic “Clean Fifteen”. The Environmental Working Group is a great resource for non-toxic living tips – [www.ewg.org](http://www.ewg.org) .

For more information on SAFE HOUSEHOLD CLEANING PRODUCTS AND SAFER COSMETICS. See the resources available at [www.EWG.org](http://www.EWG.org)





## STRATEGIES FOR BUILDING HEALTH & RESILIENCE

In addition to specific recommendations addressing the six classes of damage outlined it is important to reduce the burden to your body when it is trying to heal from injury or illness. Help your recovery by eliminating common toxic assaults with these strategies

### A. Food and Lifestyle Strategies: When you are having symptoms or illness or injury

- STOP intake of all inflammatory animal products including all meats and dairy, except grass fed, poultry, and eggs
- Limit added sugars including artificial sweeteners. Keep added sugars <5 g per serving and minimize quantity of servings.
- Choose whole foods and homemade foods over processed convenience foods or restaurants.
- No smoking (tobacco, marijuana, E-cigarettes) and recreational drugs
- Reduce Alcohol
- Increase daily physical activity and walk for 10-15 minutes after each meal especially dinner as insulin sensitivity wanes in the afternoon and evening.
- Turn off negative news.
- Reduce time on social media.
- Scripture and Prayer daily
- Laughter and play – find ways to create more “laughter medicine” in your day
- Practice yoga, Tai Chi, Qi Gong, breathing exercises and medito improve relaxation, reduce stress, improve oxygenation, boost immune function
- Improve your social support – increase relaxing, fun times with family and friends to reduce stress and improve your well-being

#### For General Well-Being

- **Intermittent Fasting** are windows of time for eating and fasting (not eating) and by decreasing to eating window and increasing the fasting window the cellular repair process is initiated and gives the body time to rest from the work of digesting food. Intermittent fasting also makes the stored body fat more accessible to burn for energy and helps with weight loss. A common time frame is 8 hours of eating followed by 16 hours of fasting.
- **Exercise and Physical Activity** - Regular moderate aerobic exercise of 150 minutes per week is a good way to detox and boost resilience and reduce the risk of chronic disease. It is important to combine aerobic exercise with resistance training 2- 3 times per week and daily stretching and core exercises will round out a comprehensive workout routine. In addition to a regular exercise routine, it is important to stay active, try to walk at least 7500 to 10,000 steps per day gradually increasing to these levels by increasing 50-100 steps per day as you are able. If you have a sedentary lifestyle or desk job it is important to get up from sitting and walk around for at least 3-5 minutes every 30 minutes.



**Recommended for Daily Maintenance:** **TruResilience Formula** below, which contains 10 supplements that address all six classes of damage at <https://www.shoptruthforhealth.com/>

**TruMitochondrial Boost** is a powerful antioxidant able to significantly increase glutathione levels in the body.

**TruNAC** enhances production of the tripeptide glutathione—a key component of both antioxidant and detoxification enzymes.

**TruC+BioFlav** combines high-potency vitamin C with a standardized, full-spectrum, citrus bioflavonoid complex.

**TruMultiV or TruMultiV with Iron** premium quality for optimal utilization

**TruBioD3** a natural Vitamin D (cholecalciferol) in olive oil.

**TruZinc** as chelate formulated Zinc glycinate for enhanced absorption.

**TruK2** as menaquinone-7 (MK-7) a highly bio-available and bio-active form.

**TruOmega Pure** is a monoglyceride fish oil with all 3 EFAs: EPA, DHA, DPA.

**TruMagnesium** as magnesium lysinate glycinate chelate and malic acid.

**TruProbiotic Daily** a well-rounded probiotic in gastro-resistant capsules.

## B. Physical Environment

- INCREASE time outdoors in the sunshine – walking, gardening, relaxing outside
- Connect to the earth's natural electrical charge, called *Grounding* or *Earthing*, helps to reduce inflammation, pain, and stress, as well as improves blood flow, energy, and sleep. You can accomplish this through physical touching of our body to the earth: walking bare foot in the grass, lying in the sand at the beach, swimming in natural bodies of water, handling soil and natural elements in gardening, etc. all help restore our body's natural balance.
- Reduce 5G exposure – keep phones out of bedroom, turn off Wi-Fi in home at night.
- Reduce your use of synthetic chemicals and synthetic fragranced products in the home – clean with simple vinegar, bleach, alcohol our grandmothers used. Avoids all the extra chemicals that increase inflammation and add to vaccine injury.

## C. Healthy Detox Strategies

Strategies to safely remove waste products, heavy metals and contaminants from the body may be helpful but beware of products promising quick fixes and miracle solutions sold from non-medical persons promoting fad “detox” products. Always check with your physician for individual guidance. Some to consider include:

- Supporting your organs involved, liver, kidneys and lymphatic system.
- Stay hydrated with plain water and unsweetened teas to promote elimination of toxins through the kidneys. You need to drink (in ounces) at least one half your body weight everyday. If you weigh 150 pounds you should drink at least 75 ounces or 9 cups of water per day. Add a splash of lemon and ginger for additional benefits and improve the taste. If exercising daily or using sauna or hot tubs, increase fluid intake to 1 ounce per pound of weight, and monitor the color of your urine (should be light yellow).



- Drink green, ginger, lemon balm and dandelion teas to detoxify the liver and consume foods rich in antioxidants to aid liver function.
- A high fiber diet aids in regular bowel movements facilitating elimination of toxins through the digestive system. Eat leafy greens, beans and lentils, whole grains, fresh fruits and variety of vegetables. Try to cover at least half of your plate with non-starchy vegetables.
- Sweating through exercise and saunas/hot tubs (as medically appropriate) help eliminate toxins through your skin. Supportive supplements: Glutathione (master antioxidant) or NAC (N-acetyl cysteine) and also Vitamin C which can help neutralize oxidative stress and support overall detoxification processes.
- **Tru Chelate** is designed to help the body get rid of damaging oxidative elements such as toxins, and heavy metals designed for short-term use following exposure.

#### Top Detoxifying Superfoods:

- Colorful produce-rich in phytonutrients and antioxidants: blueberries, carrots, and beets are some good examples. Beets are high detoxifiers like B vitamins, zinc, fiber to cleanse digestive tract and eliminate toxins, and support the liver – which is the body's primary filter.
- Seaweed and green algae – Nori, dulse, arame and kelp, spirulina and chlorella – contain Vit A, C, E and B complex, calcium, magnesium, potassium, iron. Seaweed also helps remove toxins, stabilize blood sugar and promote immunity.
- Cultured foods and fermented foods-like sauerkraut and kimchi, fermented vegetables – the fermentation process increases digestibility and significantly boosts nutrient profiles. These foods support immunity and aid detoxification.
- Mushrooms-rich in antioxidants and compounds that help detoxify the body and boost immunity, reduce inflammation and repair damaged tissue.
- Lemons help the body remove toxins and help liver and gallbladder.
- Ginger and garlic have also been studied and found to help with EMF and medical radiation detoxification.

#### D. Mental Resilience and Psychological Hardiness:

**Resilience** is the capacity to withstand adversity, bounce back, and recover from difficult life events and grow despite life's downturns and setbacks. Resilience allows us to live fully in this world: mind, body, and spirit, as well as in relationships and in our connections with the environment around us. Our capacity for *resilience*, which encompasses all aspects of health, is also a gift from our Creator to every man, woman and child. Investing into our relationship with God through His Son, Jesus Christ allows us to tap into the gift of resilience He has given to each of us. God has made this world with many tools and resources for our health and wellbeing and created our bodies with many methods of healing and preventing illness.

- **5 Days to Spiritual Vaccination:** Become Immune to Future Worries, Past Wounds, and Find Peace Amidst Trials through Christ and the Christian Mystic Tradition. This is a wonderful, inspiring guide to overcoming the fear and panic we have experienced in the years of the pandemic. <https://interiorlife.app/tfh-spiritual-vaccination/>





- Resilience also means studying the ways that “PsyOps” and psychological tools are used to influence your thoughts, feelings, and decision-making. Check out the video presentations on our website under Mind Strategies in the Health and Resilience section. The one by neuroscientist, Dr. Stephen Sammut, is particularly good and enlightening: *Neurobiological Basis of Crowd Behavior*.
- Learn more about ways to achieve resilience for mind, body and spirit health and well-being in our “Health and Resilience” Program at the link below:  
<https://www.truthforhealth.org/resilience/>

## REMEMBER:

**TAKE SMALL STEPS AND MAKE A STEADY EFFORT TO ADOPT THE STRATEGIES OUTLINED IN THIS GUIDE.**

**EACH STRATEGY **YOU** ADD, GIVES YOU MORE **CONTROL** OVER **YOUR** HEALTH AND BUILDS RESILIENCE AGAINST THE DAILY ASSAULTS TO OUR **HEALTH** THAT WE CAN NOT CONTROL.**



## FACT SHEET 4: PRESCRIPTION TREATMENT OPTIONS for VACCINE-INDUCED INJURIES AND POST-COVID ILLNESS

**Returning to Basic Medical Principles: Treatment Approaches for COVID Shot Injury and Illness: Proper MEDICAL evaluation (see FACT SHEET 2) to identify risk factors and reduce risk of more serious injury**

- **Diagnosis of micro-blood clot risk early** reduces your risk of serious long-term damage or death from stroke, heart attack, pulmonary emboli, deep vein thrombosis, pelvic and intestinal blood clots, and other organ damage leading to hospitalizations and death.
- **Treating early** works best to reduce the risk of more serious or permanent complications.
- **Treating the whole person** with prescription medicines, supplements, nutraceuticals, stress reduction, mind-body health and other strategies targeted to the specific problems triggered or aggravated by the COVID-19 shots has the best chance of success. **There is no “one-size-fits-all” or “magic bullet” – it takes an integrated, comprehensive approach.**
- **Overcoming fear with Faith and positive action to improve health.** Fear is destructive to physical, emotional and spiritual health as it robs us of peace and joy, the positive emotions that improve health and well-being. Fear leads to panic, which increases inflammation, oxidative stress, and *suppresses our immune response, which diminishes our ability to respond to stress, and leads to paralysis and more fear.* **Faith overcomes fear and helps lead to resilience and ability to respond to stress.**

### UNDERSTAND THESE KEY POINTS ABOUT THE COVID SHOTS:

- The experimental COVID shots are **not** traditional vaccines. They fall in the FDA regulatory category of **gene-therapy agents**. The mRNA and DNA are carried into our cells and alter our body's DNA to trigger production of the synthetic spike proteins, and abnormal or garbage proteins, and disrupt our normal immune system functions.
- This new mRNA technology, never used in vaccines before, triggers the body to make uncontrolled amounts of the *spike proteins*, and other unknown proteins that cause abnormal reactions in the body not seen with traditional vaccines. These abnormal reactions are primarily caused by the synthetic spike protein and by the *lipid nanoparticle coating* used to carry the mRNA or DNA into the body's cells to alter our own DNA.
  - **An exaggerated inflammatory response**, causing damage to critical organs. In its most serious form, this is called *cytokine storm*.
  - **An exaggerated blood-clotting response**, leading to multiple blood clots (thrombi) in the lungs, brain, kidneys, intestines and other critical organs. These blood clots can occur in both veins *and* arteries, which is unusual and potentially life-threatening if not treated rapidly.



- **Vaccine-induced Acquired Immune Deficiency Syndrome (VI-AIDS).** This means you are more susceptible to all kinds of illness outbreaks - viral, bacterial and fungal, as well as new cancers and recurrence of existing cancers.

Doctors have to use a **combination** of prescription medicines and nutraceuticals to reduce and block the unique inflammation and blood clotting effects of the COVID shots that can lead to serious, *unpredictable and life-threatening adverse effects*.

Not everyone develops these severe reactions to the COVID shots but the problem for doctors is that we cannot predict *who* will develop critical problems and who will not, or how fast this may occur, unless we do the proper screening lab and diagnostic tests.

The use of prescription medications discussed in this guide should be considered clinically indicated, medically necessary, and appropriate “off-label” use of these products, many of which have been FDA-approved for a variety of medical conditions and have a long track record of safety. **Physicians have *always* legally been able to use older medicines “off-label” for new uses based on medical judgement for individual patients.**

## I. Anti-inflammatory Prescription Medicines:

- **Medicines to decrease inflammation**, such as *hydroxychloroquine, ivermectin, mebendazole and albendazole, fenbendazole, corticosteroids (examples: nebulized budesonide, oral prednisone and others), montelukast, antihistamines, cyproheptadine, famotidine and others*. Several of these are also *immune modulators* and help to prevent the immune disruption and dysregulation that can be caused by the COVID shots.
- **Corticosteroids** can be nebulized or given as oral pills. Some patients benefit from both nebulized steroids and oral steroids if respiratory inflammation and systemic inflammation are severe.

## II. Anti-Clotting Prescription and OTC Medicines:

- **Antiplatelet Therapy:** Full-strength (325 mg) aspirin if D-Dimer elevated. Lower dose Aspirin 81 mg once or twice a day for preventing platelet clumping leading to clots.
- **Anticoagulant Therapy:** Rx medications to prevent blood-clots. Blood clots can cause pulmonary collapse, strokes, heart attacks, kidney shut-down, and death. Some of these medications include Eliquis (apixaban), Xarelto (rivaroxaban), Pradaxa (dabigatran), Lixiana (edoxaban).
- **Nattokinase:** A potent enzyme extracted from fermented product called natto, and produced by *Bacillus subtilis* in the fermentation process. Nattokinase is a *fibrinolytic agent* that breaks down fibrin that forms blood clots. By breaking down *micro* blood clots, it helps prevent larger, *macro* blood clots that are more dangerous (i.e. cause heart attacks and strokes) and therefore improves blood flow and overall health, and lowers blood pressure.
- **Recommend: TruNatto at Truth for Health products at**  
<https://www.shoptruthforhealth.com/>





### III. Neuroprotective Approaches:

There are different types of neuroprotective agents, some reduce glutamate-induced excitotoxicity, others reduce oxidative stress. The most common cause of neurodegeneration is inflammation with oxidative stress. Neuroprotective agents are beneficial for long-term brain health and for reducing the complications of inflammation and oxidative stress caused by “Long Covid” and the COVID shots lipid nanoparticles and spike protein production in the brain, spinal cord, and nerves.

- **Medications:** Donepezil, Memantine, Clomethiazole, Caspase inhibitors, Anti Protein Aggregation Agents (such as Trehalose), bupropion (dopamine boosting), selegiline and other dopamine agonists, hydroxychloroquine, ivermectin, the mebendazole/albendazole group, fluoxetine (and other SSRIs).
- **Mild hyperbaric oxygen therapy (mHBOT).** Resources and excellent research library available at these sites: <https://hyperbaricmedicinefoundation.org/>; <https://www.hyperbaricmedicineinternational.org/>; and The International Hyperbaric Medicine Foundation <https://www.theihmf.org/>
- **Photobiomodulation Therapy: Uses laser and soundwave combinations to reduce inflammation, improve blood flow, and promote healing of injured tissue.** Make sure to look for experienced, licensed therapists. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7428000/>
- **Lifestyle Approaches** to reduce stress responses, inflammation and oxidative stress are also neuroprotective: Prayer, Meditation, Biofeedback, Hypnotherapy, Yoga, Qi Gong, Tai Chi, cranial sacral therapy, osteopathic manipulation therapy (OMT) as well as regular aerobic exercise; walking, swimming, biking with a goal of 150 minutes of moderate level activity per week.

**For more information on safety of HCQ and other medicines** in our guide, check the [c19study.com](https://c19study.com) website that summarizes studies of HCQ-based treatment, which are particularly favorable when HCQ is used in the first few days of COVID-19 symptoms as recommended in our COVID Early Home Treatment Guide. Patients should read the safety information in the medication package insert and patient guide before deciding on the risks and benefits of the medication. Ask questions of your physician for additional information/clarification. For further information, see [compendium of articles and studies on COVID-19](#).



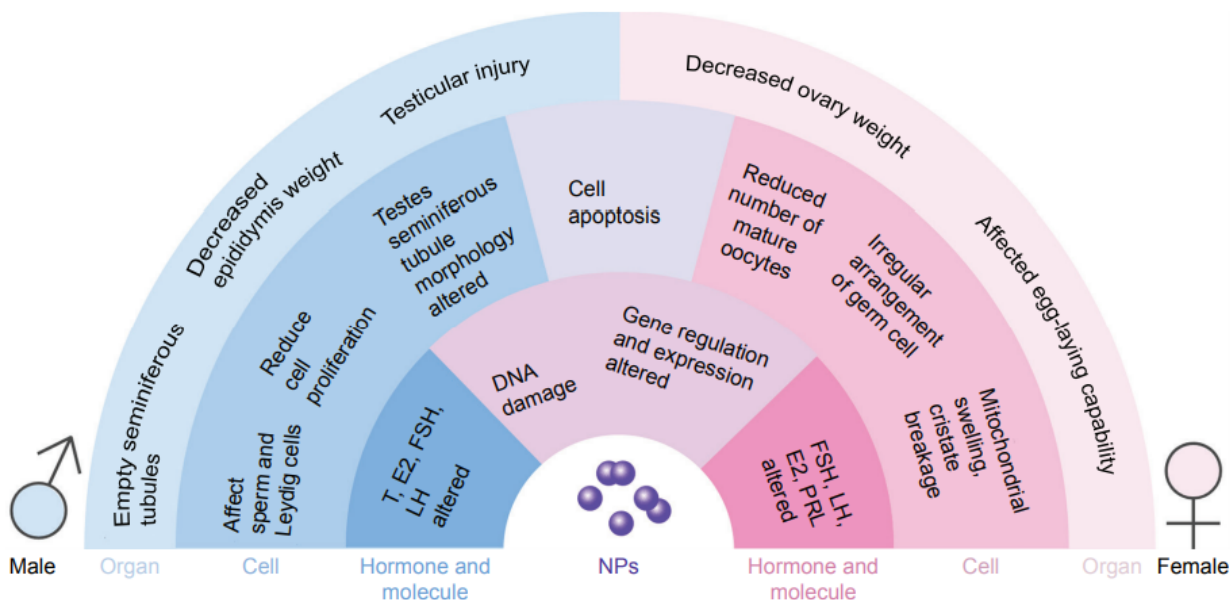
## FACT SHEET 5: Pregnancy, Fertility and Endocrine Threats

All of the currently available genetic COVID shots contain lipid nanoparticles (LNPs) coating the mRNA or DNA, that trick the body into making billions of spike proteins and many unknown or “junk” proteins in an uncontrolled way that cause inflammation and blood clots throughout the body. The experimental gene therapy products, *unlike traditional vaccines*, were **designed** and have been **demonstrated** to:

- 1) Distribute lipid nanoparticles (coating for mRNA or DNA) to tissues throughout the body, far from the site of vaccination in the arm muscle (*See illustration at end of this FACT SHEET*).
- 2) Accumulate in tissues with high levels of ACE-2 receptors (ovaries, testes, lining of blood vessels, heart, lung, intestinal tract, brain). The coronavirus spike proteins bind to ACE-2 receptors to enter and infect our body cells.
- 3) Generate synthetic spike proteins in cells throughout your body. No one knows how long this occurs. Recent studies show they persist months to years and even rise over time.
- 4) Stimulate your body to produce antibodies to the spike proteins (which is the immune response).

### Lipid Nanoparticle Damage to Ovaries and Testicles

This graphic (from 2018) shows the many ways ovarian and testicular structure, function and hormone production are harmed by the experimental gene therapy shots. Lipid nanoparticles cause enormous and potentially permanent damage to both ovaries and testicles and impair male and female fertility. They cause widespread damage to overall health with loss of testosterone for men and estradiol for women.



**Figure 1** Adverse effect of NPs in the reproductive cell organs and molecules.

**Abbreviations:** E2, estradiol; FSH, follicle-stimulating hormone; LH, luteinizing hormone; NPs, nanoparticles; PRL, prolactin; T, testosterone.

Published in Int.J. Nanomedicine, 2018 by team of Chinese researchers (Wang R, 2018).



### ***Fertility Risks: Female***

- **Pharmaceutical researchers knew in 2012 - 9 years ago - that LNP concentration in the ovaries occurred in all animal species tested, and was a risk to female fertility.**
- Studies of the Pfizer vaccine from 2012 and 2020 show that in two different species of mammalian lab animals, the LNPs used in the COVID shots were distributed throughout many organs of the body and were **at least 20x greater in the ovaries** than in other organs of the body (Pfizer, 2021).
- Lipid nanoparticles are known to cause inflammation and damage to organs such as the ovary, thyroid, brain, heart, intestines and pancreas.
- LNPs also provide a vehicle to carry genetic material (mRNA, DNA, viral particles) across the placenta in pregnancy, which puts a developing baby at risk when a pregnant woman is vaccinated with one of the COVID shots.
- Syncytin-1 is a protein that is necessary for the functioning of the placenta – for both fertilization and pregnancy. A recent study (Mattar CNZ, 2021) showed a 3x increase in antibodies against the placenta, which amounts to a vaccine-induced autoimmune attack against the placenta, leading to infertility, and miscarriages.

### ***Fertility Risks: Male***

- Male testicles have a high concentration of the ACE-2 receptors, which bind the spike proteins, causing injury and pain due to inflammation and microthrombi (blood clots).
- Lipid nanoparticles used in the COVID shots and spike protein damage lead to reduced testicular size, reduced sperm production, damaged sperm, reduced testosterone production (Brohi R D, 2017).

### ***Pregnancy Risks and Unknowns***

- Antibodies to the natural placental protein Syncytin-1 triggered by the experimental gene therapy "Covid shots" make it difficult to *become* pregnant. But it *also* means women vaccinated *while pregnant* risk vaccine-triggered antibodies attacking the placenta causing a miscarriage.
- There were no data evaluating long-term impact on pregnancy or fertility submitted to or reviewed by FDA in the data packages that served as the basis for the Emergency Use Authorization (EUA) of the COVID shots.
- No pregnant women were included among the patient groups studied in the clinical trials which supported EUA (FDA, Office of Chief Scientist, 2021).
- [Open VAERS website](#)<sup>i</sup> reflects over 5,139 reported adverse events associated with "pregnancy" as of May 31, 2024. The VAERS database<sup>1</sup> contains over 1,800,000 adverse

<sup>1</sup> Vaccine Adverse Event Reporting System, administered by CDC: [Vaccine Adverse Event Reporting System \(VAERS\) | CDC](#)

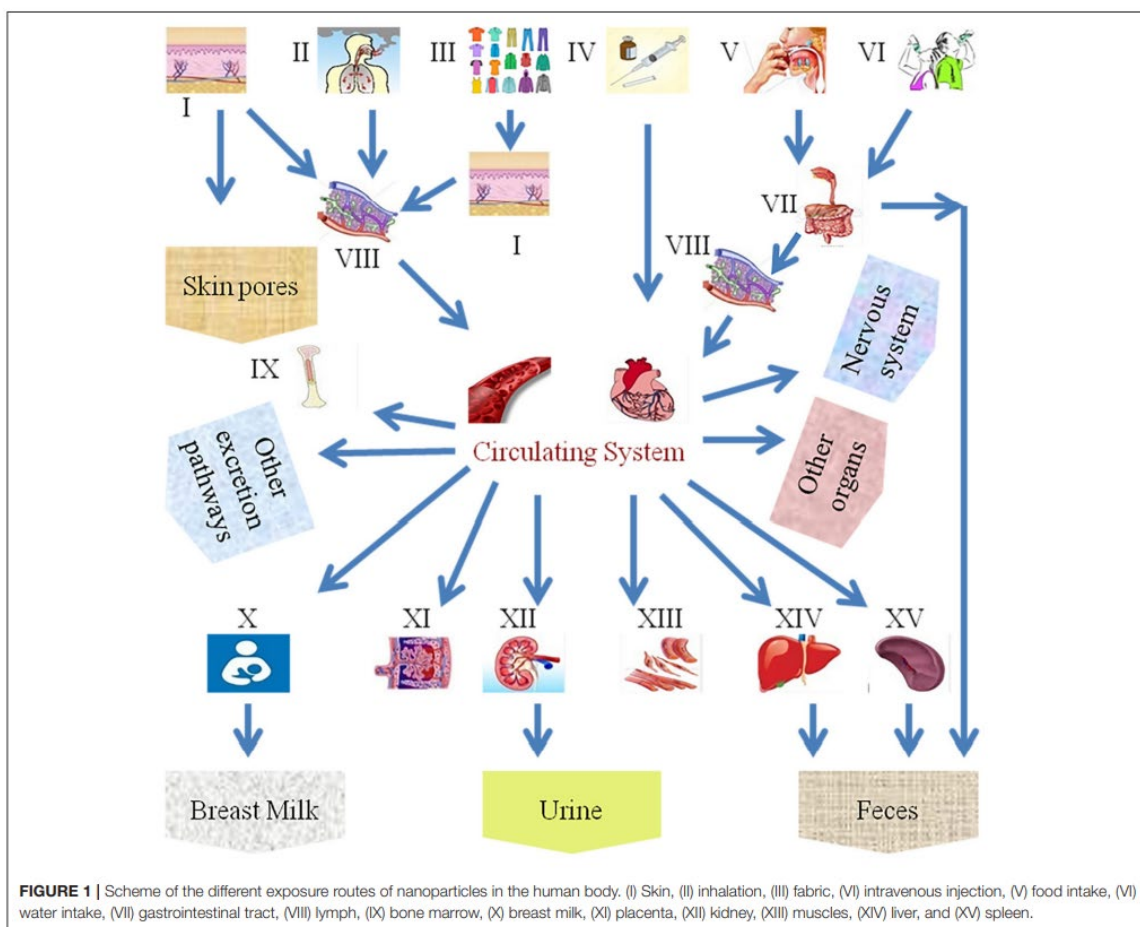




event reports following receipt of the COVID shots with impact on pregnancy<sup>2</sup> as of March 23, 2022.

- Critical re-analysis of the data presented in the NEJM article by Shimabukuro, et. Al. 2021) shows the *actual* spontaneous miscarriage rate to be **closer to 82% for women vaccinated in the 1<sup>st</sup> or 2<sup>nd</sup> trimester of pregnancy** (Blumrick, 2021) .

## Diagram of Different Exposure Routes of Nanoparticles in the Human Body



From: *Frontiers in Pharmacology*, 2017 by team of Chinese researchers (Brohi RD, 2017).

<sup>2</sup> Using the following search terms in the “adverse event description” field: pregnancy, pregnant, spontaneous abortion, miscarriage, birth defect, congenital anomaly.



## No Off-Setting Benefit from the Gene Therapy Vaccines

- Young people and women of child-bearing age have no health benefit from mRNA gene therapy vaccines because they are at such low risk from COVID-19 (Ioannidis J, 2020).
- Early, effective, safe treatments are already available *for both prevention and treatment of COVID illness*. These medicines have been used worldwide, and clinical studies show **at least 85% reduction in risk of hospitalization or death** (Stricker RB, 2021).
- There is no benefit from mass vaccination of young people. Basic hygiene and common sense are the only proven approaches to stop the spread of respiratory viruses. If one becomes infected, safe effective widely available medicines are a safer alternative to experimental vaccines.

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## APPENDIX: MEDICAL and VIDEO RESOURCES

[www.TruthForHealth.org](http://www.TruthForHealth.org) Multiple video programs on various aspects of vaccine injury and treatment options, as well as many programs to improve health and resilience

[www.WhistleblowerReports.org](http://www.WhistleblowerReports.org)

<http://www.vaccinedamage.org/>

[www.howbad.info](http://www.howbad.info)

[www.HowBadIsMyBatch.com](http://www.HowBadIsMyBatch.com)

<https://childrenshealthdefense.org/>

<https://covid19criticalcare.com/network-support/the-flccc-alliance/>

[www.C19Study.com](http://www.C19Study.com)

[HCQ White Paper](#): The Economic Standard

<https://www.truthforhealth.org/2022/04/vaccine-injury-treatment-guide-your-roadmap-to-recovery/>

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