

## BREAKING NEWS by BRILLIANT & BRAVE MD's

### *Possibly the “HOLY GRAIL” of a Spike Protein Dissolver and a Blood Clot Buster*

I admit, I have been struggling with how to best communicate this info to you without seriously scaring you, but at the same time, convincing you that this is very important to pay attention to. And yes, I know some of you are already acutely aware of all this and want solutions. So here goes.



Post covid vaccine side effects and post covid illness effects (long covid) are very real, *even if you are not aware*. That's the uncomfortable part. There are far too many “[died suddenly](#)” occurrences being reported - from all ages, and have been especially noticeable in young people in peak condition at the prime of their lives - who spontaneously collapse on the court or field. After these incidents, some of the athletes have been diagnosed with [myocarditis](#), a potentially fatal type of [heart inflammation](#).

In fact, [Japan](#) is labeling Covid vaccines to warn of dangerous and potentially deadly side effects such as myocarditis. If you are not aware of this and the **many adverse events**

**reported**, PLEASE become aware right now...not to live in fear, but to live in awareness that will surely lead to you taking steps to support your immune system, fight the emergence of latent infections, reduce your risk of cancer, manage the likelihood of blood clots, and to help your body clear the nasty toxic circulating and replicating spike proteins.

Did you know that Pfizer **knew** about 300 [stroke-related events](#) that happened in the first 3 months after the vaccine was released? And that just begins the revelations. No wonder Pfizer (and our FDA) wanted to take 75 years to release their data.

Did you know that as of March 10, 2023, **34,725 deaths** from the covid vaccines have been reported to the CDC via the [Vaccine Adverse Events Reporting System \(VAERS\)](#), which is known for huge under-reporting? In addition, well **over 1.5 million adverse events** have been reported, again, with huge [underreporting](#).

Did you know that immune systems have been altered so much by the covid vaccine that some doctors are concerned about seeing an **alarming uptick in cancers**?

Dr. Ryan Cole, a brave pathologist, explains in this [interview](#) why he is so concerned about the increase in cancers that he says he should not be seeing... at rates he should not be seeing... in age groups he should not be seeing. Also an important paper shows that the Covid vaccines damage the immune system and allow new cancers to form, due to devastating interference with [Type I interferon signaling pathways](#).

These concerning facts are becoming harder and harder to keep from the public, although that obviously is what pharma and the FDA and CDC would like. These revelations are becoming known, as they should be. I want **you** to be in the know now.

Hopefully you already know that “These vaccines do not prevent acquisition of the disease... do not prevent transmission of the disease, do not prevent illness nor hospitalization from the disease, and do not prevent death from the disease.”

Dr. Ryan Cole stated those now very well known facts in his [testimony before the Tennessee State legislature](#)."

So my friend, if you received a booster yesterday, or if you received one of the first released Covid vaccines in 2021, please be aware of these facts. If you believe your Covid-19 vaccination may be responsible for certain health conditions that developed afterward, you could be right. If you have no symptoms today, that is fantastic *but please take care to prevent any in the future*.

*No one can feel a cancer developing, or a heart attack or stroke in the future. **Thankfully, there are steps you can take to help feel confident in your immune system and your cardio health.***

To look up recorded side effects for your vaccine batch/lot, go here: [HowBadIsMyBatch.com](#)

Please note that I am giving you many references to document the facts in this article for you. This should make it easy for you to learn more by clicking on any of the links. Whether you have had the vaccine or had the illness, you have to decide if you want to learn more and be proactive in protecting and supporting your immune system, your cardiovascular system and your overall health. You may be reading this for the sake of your family and friends too.

While some of the most serious side effects of the covid vaccines include **myocarditis**, **pericarditis**, **cancers and blood clots** leading to stroke and heart attacks, which may not have any *obvious* precursor symptoms, here are the...

### top 10 most common *noticeable* symptoms of both [long covid](#) and [post-vaccine syndromes](#).

<b>1</b>	<b>Fatigue</b>	<b>6</b>	<b>Tingling / Numbness in Extremities</b>
<b>2</b>	<b>Exercise Intolerance</b>	<b>7</b>	<b>Dizziness</b>
<b>3</b>	<b>Brain Fog</b>	<b>8</b>	<b>Muscle Aches</b>
<b>4</b>	<b>Heart Palpitations</b>	<b>9</b>	<b>Sleep Disturbances</b>
<b>5</b>	<b>Muscle Weakness</b>	<b>10</b>	<b>Joint Pain</b>

### Are you experiencing any of these?

There is some overlap in symptoms from the covid illness and the covid vaccines/boosters. However, the [distinctive odd blood clots](#) with rubber-like white, fibrous material, have been seen only in the vaccinated, not in those with the covid illness. These unusual types of clots were only spotted after the vaccines were rolled out in 2021, and were not reported prior in 2020.

Also, severe [neurological symptoms](#) appear to be more common following vaccination.

If you experienced the covid illness but have not been vaccinated, **myocarditis** is not a likely concern because we now know from the Israeli study in JAMA Cardiology, April 20, 2022, that there is no association between covid illness and myocarditis. This refutes the hypothesis that the risk of myocarditis is increased in people who suffered the covid illness compared to those administered covid vaccines.

# Revised Time Course of Vaccine Deaths

Updated 02-28-2023 by The Front Line Covid-19 Critical Care alliance (FLCCC)

Time since vaccination for Myocarditis: Days 1-14

Time since vaccination for Endothelial damage, thrombosis and medial necrosis of large vessels / **Blood Clots**: Months 4-6

Time since vaccination for persistent **spike proteins**, and for vaccine induced **symptoms** is unknown.

## So what can you do?

If you fall into any of these categories, you will likely benefit very much from this information:

- 1) You have had the Covid-19 illness
- 2) You have had the Covid-19 vaccine(s)
- 3) You have had the Covid-19 vaccine(s) and boosters
- 4) You have experienced vaccine transmission/shedding from a vaccinated person

This information is not intended as medical advice, but rather a sharing of knowledge and information based on much research and experience. Only your healthcare provider can provide you with advice on what is safe and effective for your unique needs or diagnose your particular medical history. If you think you may be suffering from any medical condition, you should seek immediate medical attention. You are encouraged to do your own research to decide for yourself the validity of any of the information found in this article and related links. Please always ask questions and please use your critical thinking...for yourself and your family.



FIRST OF ALL, although this seems obvious, many MD's are advising to please **avoid taking any Covid-19 vaccines or any boosters** as much as possible because once vaccinated, the spike protein directly activates the clotting cascade and has very negative effects on your immune system.

**The known harms are coming from the  
toxic spike protein,  
which can result from either or both the  
covid illness and the covid vaccines/boosters.**

We know now that the spike protein travels from the injection site and [accumulates in organs](#) and tissues including the spleen, bone marrow, the liver, adrenal glands, and in “quite high concentrations” in the ovaries.

## ***But what exactly are these spike proteins and why should you be concerned?***

The spike protein is a profoundly toxic and inflammatory protein that can be circulating in your body months and months after infections and post vaccinations. A potent toxin is bad enough, but one that can [replicate and increase its quantity](#) inside the body after the initial encounter represents a unique challenge among toxins. And if the mechanism of replication can be sustained **indefinitely**, the long-term challenge to staying healthy can eventually become insurmountable. We must get rid of these very toxic spike proteins!

### **In your body, these nasty spike proteins are known to cause:**

1. **Chronic inflammation** that can lead to cell stress, damage, and even death.
2. [Immune dysregulation](#) in which spike proteins enter your immune cells, and then switch off normal immune responses, and trigger pro-inflammatory pathways. Instead of your immune cells releasing type1 interferons, spike protein reduces this and infections can go out of control. This may contribute to *cancer* proliferation.
3. [Inhibition of autophagy](#), your body’s recycling of damaged cells, including rogue *cancer* cells. “The spike protein is a really wicked protein,” said Dr. Marik. “It switches off autophagy, that’s why the spike protein can stay in the cells for such a long time.”
4. **Contribution to *cancer* proliferation** and autoimmunity. Studies have shown that spike proteins can reduce and exhaust the action of T and natural killer cells. These are responsible for killing not only infected cells, but also cancerous cells. This may lead to [unchecked proliferation of potentially cancerous cells](#). Also, studies have also shown that spike proteins can lead to damaged DNA and also reduce DNA repair. Damaged DNA puts cells at risk of becoming [cancerous](#). It’s a negative double whammy.
5. [Damage to your vascular system](#), even independent of a virus. Spike proteins have been shown to be particularly damaging to cells that line your blood vessels.
6. [Myocarditis and pericarditis](#), inflammation of the heart and tissue surrounding the heart, - potentially fatal.
7. [Clotting](#) in any tissue in which it accumulates. And you know what clots can lead to.

8. In addition, the spike proteins can **cross the blood brain barrier** and create **brain inflammation**. Results reported are not just brain fog. More serious adverse events have been reported, like [Bell's Palsy](#), [Guillain Barré syndrome](#), and [cerebral venous thrombosis](#).

None of this is good. Inflammation alone is bad enough, but **turning off your autophagy** is like turning off your garbage disposal, with wastes continuing to fill it up, stressing out your sink, kitchen and eventually your house. Also your T cells and natural killer cells are reduced, leading to turning down the power of your innate immune system. Cancer can proliferate. Clotting can lead to strokes and heart attacks. It's all potentially very bad, especially because much of this is not immediately noticeable.

Do you know what the first sign of a heart attack most often is? The heart attack. Period.

[The World Council for Health \(WCH\) states:](#)

*“Even if you have not had any symptoms, not tested positive for Covid-19, nor experienced adverse side effects after a jab, **there may still be lingering spike proteins inside your body.**”*

The WCH further notes that after the vaccine, the spike proteins are free to travel throughout the body, including to the ovaries, liver, neurological tissues and other organs. How long do the spike proteins stay in your body and replicate themselves? No one has answers to date.

If so far any of this is very new to you, please review Senator Johnson's Expert Forum on Covid Vaccines 12/07/22 with many brave and brilliant doctors and scientists speaking.



RumbleHealthDefender.com

Sources:

[Senator Johnson's Expert Forum on Covid Vaccines](#)  
[RumbleHealthDefender.com](#)

Let's Focus on What You Can Do Now to

## DETOX THE SPIKE PROTEIN AND RESTORE YOUR IMMUNE SYSTEM SO THAT YOUR BODY CAN HEAL ITSELF.

Knowing that both [cardiac and cancer-related complications](#) are both related to the persistence of spike protein, and the many other adverse events, this is important.

To achieve this, the FLCCC (Front Line Covid-19 Critical Care alliance), in my opinion, has the most reliable, most researched, and most effective post covid illness and post covid vaccine treatment guides. Please refer to their guides for more details. [FLCCC Alliance](#)

*For you today, I am going to be highlighting just  
TWO of their treatments, which may have the most impact for you.*

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### MAJOR BREAKTHROUGH NEWS!

The primary reason I have been so compelled to write this article for you is because I recently heard some prominent doctors discussing the benefits of NATTOKINASE with



genuine excitement. So I took notice and started researching! This makes SO MUCH SENSE!

And then, as I was in the middle of this research, the highly respected Front Line Covid-19 Critical Care alliance (FLCCC) **added NATTOKINASE to their recovery and healing protocols** for covid post-vaccine treatment! So this was HUGE validation of the addition of NATTOKINASE to treatment protocols! Pay attention world! This is very good news!

## NATTOKINASE

- 1) Dissolves the spike protein while leaving your cells intact.
- 2) Helps prevent and break down blood clots!

These are two of the most serious side effects from the covid vaccines and the illness.

**To think that this age old food substance can tackle both the blood clotting and the toxic spike protein challenges is more than exciting!**

**NATTO** has long been a popular Japanese breakfast food, made from fermented soybeans. It contains a unique fibrinolytic enzyme, which is an anti-clotting, anti-spike protein powerhouse called **NATTOKINASE**. In fact where this food is highly consumed in Japan they don't frequently die from heart disease and strokes, contrary to here in the US and other parts of the developed world.

The therapeutic qualities of nattokinase were recently brought to light by **Dr. McCullough** (practicing internist, cardiologist, and epidemiologist in Dallas, Texas) talking about how the spike protein from the covid vaccines and sometimes from experiencing covid, stays in the body and replicates. He said that the genetic material is found in **lymph nodes** for months. Then he said that **“the only hopefully thing he has seen is in a paper from Japan about NATTOKINASE.”**

**[Dr. McCullough stated](#) that NATTOKINASE is the only enzyme that we're aware of right now that dissolves the spike protein.**

We have long known about the blood thinning and blood clot busting aspects of nattokinase, but this revelation about its ability to dissolve those nasty toxic spike proteins is wonderful!

Also recently **[Dr. Ryan Cole](#)** (Pathologist & virology expert [rcolemd.com](http://rcolemd.com))- explained that those who experienced covid and those who took the vaccine, can have system wide



**endothelial disease** - or inflammation of the lining of the blood vessels. **He recommends addressing the micro clotting that is occurring - with one thing: NATTOKINASE**, fermented soy, which is an enzyme that breaks down fibrin.

Dr. Cole emphasized that in parts of the world like northern Japan, they don't die from heart disease and strokes. They consume a lot of fermented soy in their diet. He also cited stories from people he personally knows who had clots and took nattokinase and days later their clots were gone.

Did you know that well over 100 pharmaceuticals used today come from nature originally - but since pharma cannot patent nature (at least not today and hopefully never) the natural element is always changed and/or added to or extracted from in order to come up with a "new and patentable" product? Aspirin comes from salicylic acid in willow bark. Digitalis, from foxglove, is used to treat arrhythmia. Cocaine, used for anesthesia, is from the coca plant. Morphine, used for pain relief, is from the opium poppy plant.

There are many more so please never negate the **power of nature! NATTOKINASE is powerful!**

The [FLCCC states](#) that "NATTOKINASE is a highly effective fibrinolytic and anti-platelet agent which targets the abnormal clotting in the spike injured patient." The American Journal of Clinical Nutrition sites a [2017 study](#) that demonstrated that a high natto intake is associated with decreased risk of total cardiovascular disease mortality and, in particular, a decreased risk of mortality from ischemic heart diseases.

NATTOKINASE has been promoted for many years as a dietary supplement to improve the body's circulatory system and as a **natural blood thinner alternative**. It is also a powerful [blood clot buster](#)! Studies have shown that it effectively dissolves clots that form in blood vessels.

One more positive aspect of NATTOKINASE is that unlike most proteins, it is more resistant to the highly acidic gastric fluids in the stomach and so it can be absorbed in the latter sections of the digestive tract. That's more good news!

*Important note for celiacs and those who are gluten sensitive, like myself: You know to stay away from traditional soy sauces, because they are generally 50/50 wheat and soy. However, the soy bean itself is gluten free. No gluten worries with NATTOKINASE or NATTO.*

*Nattokinase is not recommended for anyone on prescription blood thinners or aspirin. Always please check with your doctor and work with a trusted holistic practitioner to find out if nattokinase is right for you. This article is for information purposes only. Check with your doctor before stopping any prescription pharmaceutical.*

**What is the suggested dosing for taking Nattokinase?**

The World Council for Health suggests taking Nattokinase 3-4 times a day on empty stomach one hour before or two hours after a meal. You can make it your “nightstand” nutrient, taking it when you wake up and prior to sleep when your stomach is empty.

FLCCC suggests 100-200 mg (2000-4000 FU) twice daily.

Due to potential synergistic effects, concurrent use with anticoagulant and blood pressure medications should be closely supervised by a medical professional.

### **Where can you get Nattokinase?**

Nattokinase is available as a supplement from many health food stores, including the shop on my [website](#). I have highlighted my personal preferred favorites.

**So for sure, NATTOKINASE is worth considering as an integral part of your healing protocol.**



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The second recommended therapy to learn about and consider is AUTOPHAGY. If you want to learn how to help your body get rid of the spike proteins and all the other circulating damaged cells, like cancer cells, pay close attention to this one. It almost seems magical.

**AUTOPHAGY is your personal garbage disposal system.**

**AUTOPHAGY**  
is said to be the  
**MOST EFFECTIVE WAY TO CLEAR YOUR BODY OF SPIKE PROTEINS**

In Greek, “Auto” means SELF and “phagy” means to EAT or DEVOIR. So “autophagy” is the act of eating one’s self. **This allows for elimination of damaged cells, for stopping tumor growth, for inhibiting cancer cell survival and clearing cancer cells and spike proteins.**

Remember Dr. Marik said: “The spike protein is a really wicked protein because **it switches off autophagy**, that’s why the spike protein can stay in the cells for such a long time.”

## **But you have to turn this system on!**

**Chances are, it’s not been turned on to any serious degree in a long time.**

**When does AUTOPHAGY turns on?**

**When you go for periods of time without food consumption.**

## **FASTING and INTERMITTENT DAILY FASTING TURN ON AUTOPHAGY.**

**You and I have circulating cancer cells, circulating damaged cellular parts, etc. ALL the time. Do you want them to pile up in your body or do you want your body to get rid of these nasties?**

**Hunger** is a key strategy in helping your body heal because it [jumpstarts autophagy](#), according to Dr. Henry Ealy, a naturopathic physician based in Phoenix, and many other MD’s. Fasting, he says, can help reverse damage caused by Covid-19 vaccines.

Dr. Ealy sites a patient’s experience with many symptoms, including joint pain, muscle weakness, and heart palpitations - because her body was still producing the SARS-CoV-2 spike proteins, coded by the vaccine mRNA. **“Fasting is the off-switch.”** After 3 cycles of 3-day water fasting followed by nutritional healing, the results were startling. Her hormone levels were even normalized.

A 3-day water fast should be done with medical supervision. However, **intermittent fasting** or Time Restricted Eating (TRE) can be done every day. You can start tomorrow! Intermittent Fasting is just as effective as longer water fasts, helping your body repair cellular damage, reduce inflammation, improve brain function, and helping your body clear out those nasty profoundly toxic spike proteins.

# Intermittent **FASTING**



**Cellular repair begins approximately 6 hours after you've ingested your last calories**, so if you're eating across 15 hours a day, your body only has three hours in which to repair itself. If you eat for only eight hours and fast the remaining 16, your body will have a solid **10 hours** in repair mode. Big difference.

Allowing your body to rest from consuming and digesting and processing food for 16 or 18 hours or more **turns on your autophagy! And your energy! And improved insulin sensitivity! And weight loss, if needed! And reduced inflammation!**

Instead of sabotaging your health with late night dinners, you can super charge your cellular repairs by intermittent fasting 16 hours a day, or 18 hours a day, or even 20 hours a day! You decide!

*Please note that intermittent fasting and fasting is not recommended for people under 18 years of age, nor pregnant women.*

I have highlighted for you these two most powerful strategies in clearing the nasty toxic spike proteins from your body, both of which will also help restore and build your immune system. Please review the entire FLCCC protocols at the [FLCCC website](#).

**NATTOKINASE**

**AUTOPHAGY**

IS IT WISE TO STUDY OTHER COUNTRIES THAT ARE DOING BETTER THAN OURSELVES? I certainly think so. Let's look a little more at JAPAN, home of natto and nattokinase.

As mainstream US is oh so S L O W L Y beginning to acknowledge the truths about covid, - the vaccine ineffectiveness, the vaccine harms, the [ineffectiveness](#) of [masks](#) (our eyes have ACE2 receptors too), the superiority of natural immunity, the unfruitful lockdowns, - Japan appears to not have quite as much conflict of interest and corruption in its government agencies as in the US, where the industries pretty much dictate the regulations.

As [reported by Dr. Mercola](#): Japan has taken steps to warn its citizens about serious side effects linked to COVID-19 injections. Look what they have done!

- They've added a warning label to the jabs, warning about the risk of myocarditis — inflammation of the heart muscle
- Japan is also taking strict measures to monitor and report all side effects to the unprecedented jabs
- Hospitals must report, in detail, any adverse effects that occur within 28 days of receiving a COVID-19 injection
- Japan's Ministry of Health includes a "consent to vaccination" section on its website, which states mandatory vaccination and discrimination against those who choose not to be vaccinated are not advised; this includes at workplaces, which are told not to force anyone to get injected
- Japan is standing out as a protector of informed consent and medical freedom, during a time in history when many other countries are opting for totalitarian control.

*on a side note...*

Japan has been decades ahead of the US in  
**INFANT MORTALITY - Why?**

**Why does the US lead the world in INFANT MORTALITY?**

Why do MORE BABIES DIE HERE on their first day &  
during their first year of life than in any other industrialized country?

*Japan's statistics were nearly as bad as the US before 1994. Then two things changed:*

1. Japan transitioned from mandated vaccination to *voluntary* vaccination.
2. At the same time, Japan *banned* the MMR vaccine due to 1000's of serious injuries over a 4 year period, producing an injury rate of one in 900 children, which was over 2,000 times higher than expected.

**Today Japan has the healthiest children and the highest life expectancy in the world,**  
and the *least vaccinated* children of any other country.

The US has the *most vaccinated*, with over 70 shots per child on the still growing schedule.  
Shouldn't we at least be demanding research into these concerning facts?



## Sources

Japan Leads the Way: No Vaccine Mandates and No MMR Vaccine = Healthier Children.

[ARTICLE](#)

[VIDEO](#)



I'd like to wrap up this article by telling you firmly and strongly that your body is AMAZING. You have the ability to heal. Your body WANTS to heal, to serve you well, to give you energy and focus, and to make you feel great. Anytime we are not 100%, we are either lacking something or we have something blocking our body's flow. This can be physical and/or emotional.

Today at this moment, you are exactly where you are supposed to be. Take a deep breath and slowly release it with a slow sigh. Take a couple more. By reading this entire article to the end, you are signaling to yourself and the universe that you are on a positive healing journey. I'm here to support you.

**SHARING:** Because of mainstream censorship it is so important that truthful information be shared. This article, in full or in part, may be shared on any of the non-censoring platforms via your personal emails, substack, bitchute, rumble, telegram, twitter, etc.

I always welcome comments and feedback and questions. Be sure to join our community and subscribe to Your Health Defender emails at [YourHealthDefender.com](http://YourHealthDefender.com). The upcoming email and article will help you understand the **most important factor for strong immunity**.

Please feel free to reach out to me at [theresa@YourHealthDefender.com](mailto:theresa@YourHealthDefender.com).

WHO IS THERESA AUCOIN? M.ED. CHHP CNC

*Theresa AuCoin is a board-certified Holistic Health Practitioner, a Certified Nutritional Consultant, and a health researcher. Her passion is helping you discover the truths about health and wellness, empowering you to know the control you actually do have over your own health.*



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