Spike Protein Detox and Mitigation Protocol

The SARS-CoV-2 spike protein, whether viral or vaccine-induced, has been shown to contribute to systemic inflammation, blood clot formation, and multi-organ dysfunction. This protocol aims to mitigate the effects of lingering spike protein and promote recovery using evidence-based natural interventions.

Common Spike Protein Symptoms

- Persistent fatigue and brain fog.
- Muscle/joint pain and inflammation.
- Cardiovascular issues (irregular heartbeats, clotting).
- Neurological symptoms (tingling, mood changes, brain fog).
- Digestive discomfort and respiratory challenges.

Core Protocol

Degrading and Clearing Spike Proteins

- **Nattokinase**: 2,000 FU twice daily. Degrades spike protein and dissolves fibrin-rich clots.
- **Bromelain**: 500 mg/day. Synergistically breaks down spike proteins and supports circulation.
- **Curcumin (with piperine)**: 500 mg twice daily. Reduces inflammation and blocks spike protein effects.

Reference:

Clinical Approach to Post-acute Sequelae After COVID-19 Infection and Vaccination, Cureus, 2023. DOI: 10.7759/cureus.49204