THE

RAHUL PROTOCOL

Why are young people suddenly dying of heart disease and stroke and what can we do about it?

by **Mugdha Pradhan**

DISCLAIMER

This document offers health, fitness and nutritional information and is designed for non - medical purpose. The information provided in the document is not intended or implied to be a substitute for professional medical advice. Seek the advice of your physician or other qualified medical professional with any questions regarding a medical condition or treatment.

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Who are we?

iThrive, a revolutionary Health care start-up was born with a single woman's vision of creating healthier, happier, lifestyle-disease free communities across the world. With a team of highly qualified functional nutritionists, iThrive is a result-oriented place where we reverse and treat over 158 diseases including chronic conditions like diabetes, thyroid, PCOS/PCOD, Hypertension and more. With over 2000 people healed, iThrive offers a life-time community access named iThrive Tribe that engages all clients with constant support. We provide personalized protocols, systematic tracking and feedback mechanism.

Contributors

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What is the Rahul Protocol?

From our Founder- CEO

Mugdha Pradhan
Functional Nutritionist & Founder

"Rahul was a bright, cheerful, happy, creative 27-year-old who was part of our team here at iThrive. His job here was to edit videos but he did so much more than just that. He also used to work with an NGO where he taught construction worker's children different subjects ranging from language to math using his gifts as a filmmaker and storyteller. When I interviewed him, I remember him talking about big dreams and how he wanted to make a difference in the world with his storytelling skills.

He joined the team in April 2022 and in one of our discussions in early May 2022 we decided to kickstart a new project with him called Har Ghar iThrive- a 12-week show where we'd take him through our 90-day journey where he could reclaim his health and become the healthiest version of himself. We wanted to show the world how easy it really is to use food as medicine.

On 18th May 2022, we did his blood work to figure out what his internal state of health was. The reports were shocking as you will find through the rest of this document. We were seeing very high levels of inflammation, and a high risk of clots and it was surprising to see that many markers off in a 27-year-old. A quick check into his history told us that he had taken the vaccine recently and then his reports made sense to us. Because we have seen this in clients with post-vaccine and post-Covid issues.

The team quickly started creating dietary protocols and a supplement list for him so that we could reverse the damage and help his body heal and we recorded all of this work as part of our project so that we could release this one episode at a time.

On 30 May 2022 at 6.30 am I received a call that he was no more. He had died the previous night of a sudden stroke on one of his sets (he was shooting for another project)."

Rahul (Name changed to protect identity)
1994-2022

We have been seeing a big spike in such sudden deaths from heart attacks and strokes in the country since the last year. And what is the most alarming is it's happening very commonly to totally healthy and young people too including many athletes.

From The Deccan Chronicle, June 3, 2022:

"The sudden death of singer KK, who rendered heart-touching lyrics, was shocking. But, a more worrying fact is that there has been a spike in deaths among youths due to cardiac arrests.
Recent instances are of AP minister Mekapati Goutham Reddy, actor Puneeth Rajkumar and cricketer Shane Warne.

Health experts say such sudden deaths have increased following the Covid-19 pandemic. There is no clear evidence as to why these have happened all of a sudden.
Dr Shivkumar, chief of cardiology at Apollo Hospitals, said, "There is an increase in cases of thrombosis (clotting of blood in the circulatory system) after the Covid-19 pandemic but we are not able to establish a link between the two."

He added, "A reason could be stress, mental or physical." "

This has been well covered throughout the mainstream media:


THE ECONOMIC TIMES | Industry

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Heart attack, brain stroke main causes of death after Covid shot


DECCAN Chronicle

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» Lifestyle » Health and Wellbeing » 03 Jun 2022 » Rise in heart-relate ...

LIFESTYLE, HEALTH AND WELLBEING

Rise in heart-related deaths are puzzling the doctors

DECCAN CHRONICLE. | SANJAY SAMUEL PAUL

Published Jun 3, 2022, 7:35 am IST Updated Jun 3, 2022, 10:49 am IST

Recent instances are of singer KK, AP minister Mekapati Goutham Reddy, actor Puneeth Rajkumar and cricketer Shane Warne


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KK Dies of Heart Attack: Why Stroke Cases Are Rising in Adults, Doctor Explains

Around midnight yesterday, the news of legendary singer KK's sudden death due to a heart attack came in. There has been a sudden spike in heart attacks and sudden cardiac deaths, it is becoming increasingly common among fit and healthy people.

Updated: June 1, 2022 12:49 PM IST

By India.com Lifestyle Staff | Edited by Anjali Thakur

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Why many young Indians suffering heart attacks? AIIMS doctor explains

Dr Ambuj Roy, professor of cardiology of All India Institute of Medical Sciences (AIIMS) in New Delhi, explained in detail the main reasons behind the rise in heart attack and cardiac arrest cases in the younger generation.

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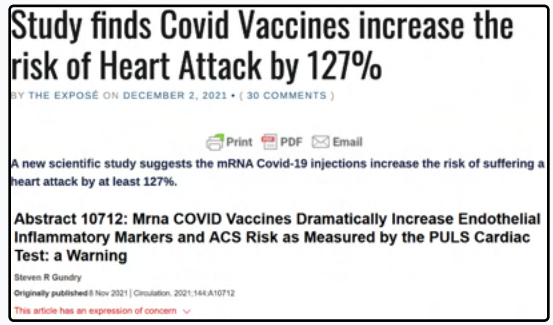
Study finds Covid Vaccines increase the risk of Heart Attack by 127%

BY THE EXPOSÉ ON DECEMBER 2, 2021 • (30 COMMENTS)

Print PDF Email

A new scientific study suggests the mRNA Covid-19 injections increase the risk of suffering a heart attack by at least 127%.

Abstract 10712: Mrna COVID Vaccines Dramatically Increase Endothelial Inflammatory Markers and ACS Risk as Measured by the PULS Cardiac Test: a Warning

Steven R Gundry

Originally published 8 Nov 2021 | Circulation. 2021;144:A10712

This article has an expression of concern


THE NEW INDIAN EXPRESS

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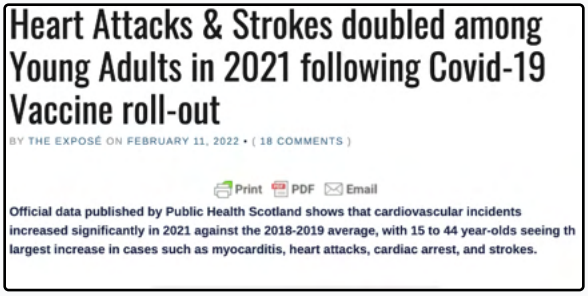
Stroke, heart attack risks rise in Covid times, youngsters falling prey too

The rise in heart attacks and strokes in the state in recent times, largely attributable to Covid pandemic, is posing a major concern to medical experts.

Published: 08th August 2021 04:25 AM | Last Updated: 08th August 2021 12:37 PM



Heart Attacks & Strokes doubled among Young Adults in 2021 following Covid-19 Vaccine roll-out

BY THE EXPOSÉ ON FEBRUARY 11, 2022 • (18 COMMENTS)

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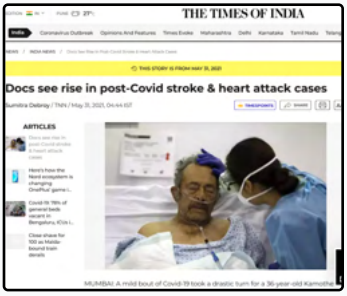
Official data published by Public Health Scotland shows that cardiovascular incidents increased significantly in 2021 against the 2018-2019 average, with 15 to 44 year-olds seeing th largest increase in cases such as myocarditis, heart attacks, cardiac arrest, and strokes.



THE TIMES OF INDIA

Docs see rise in post-Covid stroke & heart attack cases

CNBC TV18

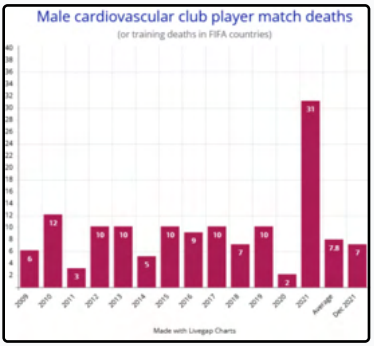
#StocksToWatch #CoalProduction #Amazon #MithaliRaj #Storyboard18 #MindMatters

Home > Views News > Heart Attack Instances Rose In 2021 With Age No Bar; Here's What I

This article is more than 8 month old.

Heart attack instances rose in 2021 with age no bar; here's what led to it

By CNBCTV18.com Contributor | Sep 29, 2021, 08:38 PM IST (Updated)



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Heart attacks among youngsters on the rise

Afshan Yasmeen

BENGALURU OCTOBER 30, 2021 01:49 IST
UPDATED: OCTOBER 30, 2021 17:01 IST

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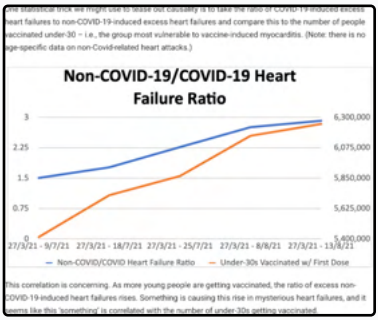


(You can find the links to all the above-shown articles at the end of this document)

There is a good amount of data to show that these cases are most likely being caused by either the COVID vaccines(particularly the Astrazenica Covishield vaccines), or in some cases, as a post effect of the COVID infection itself. The common feature in both cases is the SARS-Cov-2 spike protein which so much of the research on COVID has identified as an extremely toxic and inflammatory agent. It's difficult to pinpoint exact causation in most of these cases. But there are well-identified adverse event patterns in both the mRNA(Pfizer, Moderna) and adenovirus(Covishield, J&J) vaccines. In the case of the former, heart issues-myocarditis and pericarditis, have been widely reported. Whereas in the latter, blood clots have been an issue since the beginning. For this reason, they have been popularly referred to as "clot-shots" as well. This blood clotting issue, the medical term for which has been denoted as vaccine-induced thrombosis and thrombocytopenia(VITT) or vaccine-induced prothrombotic immune thrombocytopenia(VIPIT) involves a condition where blood coagulation occurs along with a drop in platelet count. This is what we wish to focus on in this document because this is what appears to be causing most of the cases here in India. We are seeing this very commonly with our clients who have taken the Covishield vaccine. The bloodwork shows a signature pattern of abnormally high inflammation levels accompanied by high levels of blood coagulation markers. What we see in most of these cases of sudden heart attack/stroke is that it is followed by an event of intense physical exertion. We hypothesise that what is happening here is some blood clots already exist in these people and the physical exertion causes the blood to move around more rapidly leading the clot(s) to cause adverse events, which in worse cases results in deaths from stroke or heart attack. In more fortunate cases, we see people just collapsing or experiencing symptoms like breathlessness, fatigue and pain.

As we said, some of these cases could be a post-covid effect as well, with the common culprit being the lingering spike protein. Either way, what matters is we can clearly see this dangerous health condition spreading and we wish to help everyone who is susceptible. We are not here to debate the causes.

Even apart from this specific condition, this protocol should additionally help people suffering from any kind of issue post-covid or post-vaccination because we cover a lot of things. We know based on our experience with clients that there is a lot of overlap between both cases and we think this is owing to the common spike protein toxicity issue. We have been using many of the treatments in this protocol with great success with our post-covid care clients for a long time. Owing to the well-known negative propensity of the spike protein, many holistic practitioners have come out with their versions of a "spike protein detox" all of which we have tried to evaluate and encompass in our protocol. The World Council for Health has a good one as well that is regularly updated.

Our protocol though is focused on the Indian population, with special attention to the blood clotting issue through anti-clotting measures, because that is the urgent issue here. And with supplements and guidelines that are more readily available here and that work for us. We know they're effective because we have been using them with our clients.

"I and a few others from the team went to Rahul's house, his parents and his family were in absolute shock. I witnessed his mother wailing, lamenting as his dead body was brought home for the last rites and I felt I had failed him, cause I knew- I had seen his blood work. I felt I hadn't done enough. And then I realized, there are many more like him, people who've taken the clot-shot either because they were forced to, or because they didn't know better and their body is being damaged from inside.

From that heartache and a sense of moral responsibility that Rahul's death, his sacrifice shouldn't go to waste, we have created the Rahul Protocol.

What we've outlined here are tests that could assess the extent of the damage for yourself or your loved ones and then strategies to heal and recover from that.
I truly hope this document saves lives, unlike the one that we couldn't. We failed one, but maybe we can now save others. "

Data from Rahul's Tests

We could see from his reports that his inflammation levels were abnormally high, and so was his insulin resistance. We know his high inflammation levels were not a result of just the high insulin resistance because they were much higher than other patients with similar insulin resistance. We could not detect any other infection either which might have been spiking his inflammation levels.

Unfortunately, we hadn't yet done the blood coagulation marker tests for him. That would have given us a much more confirmed diagnosis for VITT.

Patient Name: Rahul (name changed to protect identity) **Height:** 180.3cms

Waist: 35 inches **Weight:** 87.4 kg

Anylate	Optimal Ranges	Units	Patient Value	Possible Root Causes
Platelets	225-275	10E3/mm3	293	Stress: 6/7 Shoulder and ankle pain
WBC	3.5-6.0	10E3/uL	8.39	Infection of acute nature Possible endothelial dysfunction & peripheral artery disease.
Relative Neutrophils	50-60	%	47	Bacterial infection &/or inflammation
Absolute Neutrophils	<3.25	10E3/uL	3.94	
Relative Lymphocytes	30-35	%	37	Viral Infections Crohn's disease Eats a lot, bloating
Absolute Lymphocytes	<2	10E3/uL	3.1	

Anylate	Optimal Ranges	Units	Patient Value	Possible Root Causes
Relative Monocytes	<7	%	7	Generalized systemic inflammation
Absolute Monocytes	<0.4	10E3/uL	0.58	Collagen diseases such as RA
Relative Eosinophils	<3	%	9	Infection and inflammation
Absolute Basophils	0-0.2	10E3/ul	0	
HS-CRP	<1, ideally under 0.5	mg/l	3.38	Infection and inflammation
ESR	<5	mm/hr	21	Cell/Tissue Destruction: inner side of the thigh muscle tear while doing yoga
Homocysteine	5-9	µmol/L	43.07	Oxidative Stress Methylation dysfunction Lymphatic congestion, Vitamin B12, B6, Folate deficiency, Stress, Kidney dysfunction
25-OH-Vitamin D OR 1,25 OH D	20-50	ng/mL	9.01	Intracellular Infections: hands gets stiffened
Uric Acid	3.7-5.5 (Men)	mg/dl	7.1	Starvation and extreme calorie restriction: 2 months on intermittent fasting
Serum Vitamin B12	200-1100	pg/ml	137.2	Digestive inflammation, inflammatory bowel disease (IBD), Infections poor intake and/or absorption

Anylate	Optimal Ranges	Units	Patient Value	Possible Root Causes
Lactate Dehydrogenase (LDH)	140-175	U/L	221	Skeletal muscle damage, including intense exercise: 6 months ago, intense exercise.
HDL	55-75	mg/dl	30	Insulin Resistance
Triglycerides	50-90	mg/dl	185	Insulin Resistance Sub clinical Hypothyroidism
Cholesterol/ HDL Ratio	<3		5.33	Increased risk of cardiovascular disease
Triglycerides/ HDL Ratio	<3.8		6.17	Greater probability of small dense LDL particles
Total Bilirubin	0.5-0.8	mg/dl	0.42	Oxidative stress Zinc deficiency
Fatty Liver Index	<30 Less than 30 rules out Fatty Liver	Calculation	43	Fatty Liver Oxidative stress Insulin Resistance
ALT (SGPT)	13-22	IU/L	73	Hepatocellular dysfunction
AST (SGOT)	12-26	IU/L	43	Liver Dysfunction Alcohol intake: once in 2 months
Alkaline phosphatase	65-90	IU/L	104	Gastrointestinal issues Hyperphosphatemia or high PTH
Albumin	4.5-5.0	g/dL	2.4	
Albumin/ Globumin ratio	1.8-2	mg/dl	1.79	Decreased albumin Possibly caused by Liver Dysfunction Chronic inflammation or Infection

Why the Sudden Heart Attacks & Strokes

Unfortunately, there is not a lot of published research in this direction. On an official level, the large majority of these cases are only recognised as regular heart attacks and strokes with no special causative factor. Apart from the cases which happen within a short window of a vaccine injection or COVID infection where their role is acknowledged. The rise in heart issues has been explained away as just being caused by a probable increase in unhealthier lifestyles.

It's mostly at a clinical level only that we and some other practitioners have noticed this condition through monitoring blood tests. And now the emerging literature on VITT confirms our suspicions. There are multiple papers demonstrating the mechanism of action of VITT(vaccine-induced thrombosis and thrombocytopenia) very thoroughly. But there is no good analysis of the incidence of it. Estimates have ranged from 1 in 1000,000 to 1 in 26,000. Resultantly, both the clotting issue in the adenovirus vaccines and the heart issues in the mRNA vaccines created a lot of buzz and subsequently had to be addressed by public health institutions. The concerns were all in the end mostly dismissed with the justification that the potential risks identified were outweighed by the benefits the vaccines are estimated to provide against COVID. The adenovirus vaccines did, however, did face bans and restrictions in some countries. The J&J vaccine is age-restricted in the US and banned in the EU. Covishield is banned in the US and age-restricted in the EU. The age restriction is because the clotting issues are observed to a much higher degree in younger people.

In India though, as you know, not only is Covishield approved for all ages it is what the large majority of the population has taken.

The theorized mechanism of action

We know the spike protein is a problem agent. And a big botch-up with the Covid vaccines has been that the spike protein that the vaccines are generating in our bodies(to trigger a protective immune response) was supposed to only stay in the intramuscular region at the injection site.

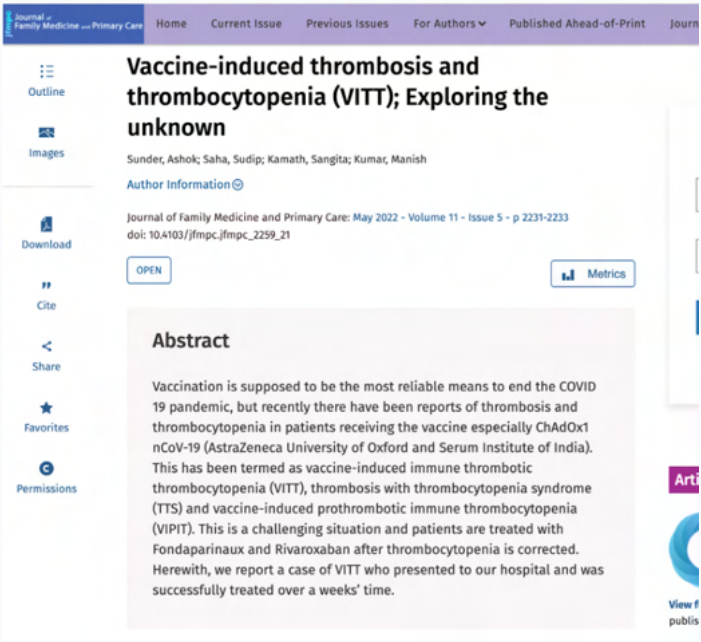
However, it's completely leaking into our blood and accumulating in our tissues which is causing much of the adverse events and long-term post-vaccine side effects. This was clearly demonstrated in an alarming study last year from Japan with the Pfizer vaccine, wherein the vaccine-induced spike proteins were detected all over the body in the blood and tissues. It was found to a high degree in the ovaries and in the heart, clearly explaining the menstrual adverse events which is a rampant post-vaccine issue in women, and the cardiac issues.

How or why the spike protein delivery via vaccines is different from that through a natural infection is not well known. One point in this regard is that the vaccines use a nanoparticle system to deliver the proteins into our cells, which is able to bypass the natural lock-and-key receptor binding mechanism in a natural infection and thus enter all of our cells directly. The bottom line is the spike protein appears to be a major culprit here. You may have acquired it via a vaccine shot or through an infection. What is more, there are also reports showing evidence for vaccine "shedding" wherein vaccinated individuals are able to transfer the spike protein to people around them. A middle school facility in Boston, USA actually forbade vaccinated faculty members to report to work for this reason! This is why we have made sure to cover spike protein detox very thoroughly in our protocol.

While the above covers the issues with the spike protein that is common to all vaccines and natural Covid infections, we want to focus on the clotting issue here from the Covishield vaccine. The exact mechanism is still not confirmed yet. But based on the current literature so far, the prevailing theory is that the messenger proteins generated by the vaccine that were supposed to stay in the blood are getting into the bloodstream via capillary action. A component of the messenger proteins is then binding to this cytokine called PF4(platelet factor 4), which is then triggering an immune response involving blood coagulation. It's creating these clouds in the blood. When this is happening, if at all, is very uncertain.

In some people, it is happening within a few days of the injection, whereas in others it's happening 6-12 months later. It could happen years later too. We just don't know.
As we mentioned earlier, we hypothesise that the pre-existing clots are then moving around more rapidly during physical exertion which may explain why the events are mostly happening after a period of exertion. We see this in traumatic brain injuries too where someone hurts their head and 24-48 hours later they experience a concussion or stroke. Because it takes time for the clots to move around.

While there have been multiple papers published on this in other countries since the past year, the first paper on this to come out of India finally did so just last month only, from Tata Main Hospital in Jamshedpur. They highlighted the issue of VITT with respect to the Covishield vaccine.



From the paper:

"The pathophysiology of VITT is similar to that of HIT(heparin-induced thrombosis), a pro-thrombotic condition arising from platelet activation due to IgG-specific antibodies against PF4-heparin polyanion complexes binding to the FcgRIIA receptor on the platelets. The exact mechanism by which the adenovirus vaccines trigger the development of new antibodies is not known. Probably, components of the vaccine-like virus proteins and free DNA bind to PF4 and produce a "neoantigen," which then triggers antibody production against PF4 These anti-PF4 antibodies then cause "pancellular" activation of platelets, leukocytes, endothelial cells and coagulation factors resulting in thrombosis."

""Early in the thrombotic process, platelets may not fall. Hence, in the clinical background of vaccination, a very high D-dimer assay even with normal or slightly low platelet count is suggestive of an early VITT."

From another study on VITT published in May, 2021 in the Canadian journal, Ontario COVID-19 Science Advisory Table:

"Doctors are calling this "vaccine-induced immune thrombotic thrombocytopenia" (VITT), "vaccine-induced prothrombotic immune thrombocytopenia" (VIPIT), or "thrombotic thrombocytopenic syndrome" (TTS). These blood clots are different from the blood clots most people are familiar with; they are more aggressive and are more likely to cause death or severe disability, even with early diagnosis and treatment....affected individuals have antibodies targeted against platelet factor 4 (PF4) that induce massive platelet activation, reducing the platelet count and causing thrombosis."

"Published estimates of the incidence of VITT range from 1 case per 26,000 to 1 case per 127,000 doses of AstraZeneca/ COVISHIELD administered."

Other potential problem agents in the vaccines:

Heavy metals and adjuvants have always been a big problem with vaccines in general. Hidden unknown animal viruses from the cells the vaccines are developed have been reported to be another problem. We try to address all of this in our detox protocol.
The Covishield vaccine uses PEG(polyethene glycol) as an adjuvant. This is the adjuvant that was used in most of the vaccines we received as children and this is exactly why it's said to be very likely to be contributing to issues. Because the adjuvant is supposed to help generate the immune response to the vaccine's messenger protein/antigen. But since our bodies are so used to PEG, what appears to e happening is the immune response is not generated appropriately, and the messenger protein thus directly goes to our cells to trigger the immune response which isn't what is supposed to happen.

Unanswered Questions

The questions we still have no answers to are: why is this happening to certain people only and what factors, if any, determine the risk? What factors determine the timing of it, which appears to be so highly variable?
The incidence is significantly higher in women. Also, people who are pre-disposed to blood clotting issues are actually not at an increased risk for this condition, as per the analysis. There is close to no research happening to uncover these questions and we strongly recommend for it be done.

Action Plan- The Protocol

1.Testing

Are you at risk, how to check?

Fortunately we can find out whether or not you are at risk just through simple blood tests. The details of the tests required are listed below. It is particularly important to check if your inflammation levels are rising and your blood is coagulating, both of which are covered below.

Complete Blood Count(CBC) with Differentials

This is basic preliminary testing required for general assessment and to check for nutrient deficiencies and signs of infections.

Parameters	Ranges	Units
RBC	4.8- 5.5 (male) 4.3- 4.8 (female)	x 10 (power 6) cells/ul
Hemoglobin	14- 16 (male) 13- 14 (female)	g/dl
Hematocrit	30- 49 % (male) 35- 39% (female)	%
MCV	84- 92	fL/cell
MCH	28- 32	pg/cell
MCHC	33- 35	g/dl
RDW	<13.0	%
Platelates	225- 275	x10E3/mm3
WBC	3.5- 6.0	x10E3/uL
Neutrophils	50- 60	%
Lymphocytes	30- 35	%
Monocytes	<6	%
Eosinophils	<3	%
Basophils	0- 1	%

Coagulation(blood clot) markers

These markers specifically indicate your risk for blood clots.

Anylate	Optimal Ranges	Units
D-Dimer	Age <50: 0.00- 0.49 For Age > 50: 0.00-0.x (where x is age)	mg/L FEU
PT	For 2-17 yrs: 9.9 - 12.1 For >18: 9.1- 12	sec
Fibrinogen	175- 425	mg/dl
PTT	For 1-17 years: 26-35 For >18 yrs: 24-33	sec
IL6	2-6	pg/ml

Inflammatory markers and mitochondrial health

These markers indicate the level of inflammation in your body, which is always significantly elevated in these cases.

Anylate	Optimal Ranges	Units
HS-CRP	<0.5	mg/l
ESR	Males: <5 Females: <10	mm/hr
HOMOCYSTEINE	<6	µmol/L
25-OH-VITAMIN D	50 - 75	ng/mL
SERUM VITAMIN B12	200-1100	pg/ml
FERRITIN	50-115 (Female) 100-200 (Male)	ng/ml

Apart from the above, it is also very important to check your fasting insulin level which is a key metabolic health marker. An increased fasting insulin strongly aggravates any existing inflammation in the body:

Fasting Serum Insulin	<5	µIU/ml

Lipid Profile

This is required to assess cardiovascular health which is required here since heart attacks and other heart issues are rampant in these cases.

Anylate	Optimal Ranges	Units
Total Cholestrol	120-140 (<60 yrs) 170-270 (>60 yrs M) 200-300 (>60 yrs F)	mg/dl
LDL	80-170 (<60 yrs) 120-170 (>60 yrs)	mg/dl
HDL	55-75 (Male) 65-85 (Female)	mg/dl
Triglycerides (Fasting)	50-90	mg/dl
Cholesterol/HDL Ratio	<3	
Triglycerides/HDL Ratio	<3.8	

2.Treatment

So we figure out you are high risk using the above mentioned testing protocol. What do we do about it? The treatment protocol involves a comprehensive supplementation program along with necessary diet and lifestyle suggestions as well.

Avoid Physical Exertion

As we mentioned earlier, what is being seen in most of these cases of heart attack and stroke is it's happening post an episode of intense physical exertion. So you need to avoid that as long as you are at risk. That is as long as your blood markers do not return to a relatively normal level, indicating you are out of risk.

Essential micronutrients supplementation

It's very important to make sure your body has the basic essential nutrients to function optimally before we go ahead and think about additional treatments. This is even more important for vegetarians because deficiencies in these nutrients are much more commonly observed in them.

Magnesium
Magnesium is the most important mineral for us in terms of our bodily functioning. It has over 150 important functions to support our heart, brain, nervous system and muscle metabolism. And It's something the majority of our population is deficient in. Based on our analysis, if you have a reaction to the vaccine and you are too deficient in magnesium it could lead to muscle paralysis and neurological issues.

B Complex
B Complex consists of 8 B vitamins that play very vital roles in the functioning of our body.

Vitamin D3 and K2
These are very important nutrients for the functioning of the immune system. Optimal Vitamin D levels especially have been found to be associated with positive outcomes in Covid infection in multiple studies. It helps with lowering inflammation and intestinal detox as well.

Zinc
This is one of the most important nutrients to support the immune system. Therapeutic zinc supplementation is very effective in fighting off cold and flu. It helps counter oxidative stress and inflammation.

For vaccine and spike protein detox/blood clot aversion
The blood coagulation and clot formation is the most critical thing to stop first since that is what appears to be causing the sudden death cases via heart attacks or strokes.

N-acetyl cysteine (NAC)
This is a naturally occurring amino acid. It is one of the most important supplements to take here. It is a powerful anticoagulant and thrombolyte, meaning it prevents blood clot formation as well as dissolves existing clots. Secondly, it is a precursor to glutathione, thus giving it highly powerful antioxidant and anti-inflammatory properties. There is a lot of direct evidence for its efficacy against COVID-19 as well.

Proteolytic Enzymes (Serrapeptidase & Nattokinase)
Protein-digesting enzymes are your frontline of defence against the spike protein. They can specifically attack the viral protein replication and inhibit it. Even apart from this, they are very helpful in lowering inflammation and repairing tissues.

Zeolite
This is a powerful tool to detox the body from heavy metal toxins and has been utilised for the same for decades. It helps to bind and remove heavy metals like mercury and aluminium from the body that are used in vaccines as adjuvants and preservatives. It can also remove graphene oxide which some reports indicate are present in the Covid vaccines. Zeolite is also known to be effective in lowering the viral load in viral infections.

Modified Citrus Pectin
This helps significantly to repair damaged tissues and cells, particularly cardiovascular damage. It also helps to bind with heavy metal toxins and detox, counter free radical damage and inflammation.

Lactoferrin(Colostrum)
Lactoferrin is a protein found in the milk of humans, cows and other mammals. It's highest in colostrum, the breast milk produced after a baby is born. It is a powerful immune system booster and is very effective in halting replication of pathogenic viruses and has been shown to be effective against COVID-19.

Lowering Inflammation & Oxidative Stress

Diet and Lifestyle
If found to be at risk based on the above testing criteria you need to be extra careful until your markers return to normal. You need to first of all avoid any exertion, as we mentioned earlier. Beyond that, as you commence on a treatment plan, you also need to work on your diet and lifestyle so as to keep your inflammation levels low, not aggravate the condition and facilitate healing and recovery.

For this, we strongly recommend the following few pointers:

- Eating a nutritious whole food diet, and particularly avoiding processed foods, refined seed oils high in omega 6, refined carbs and sugar.
- Getting a good 7-8 hours of sleep daily and being well-rested. Avoiding white lights before bedtime to boost melatonin production which is critical.
- Avoiding stress.
- Getting some light exercise(being very careful to avoid exertion)

Omega 3

Omega 3 has a strong effect on lowering inflammation levels by modulating our omega 6:omega 3 levels. You can get omega-3 from fish, seafood and grass-fed ruminant meat but it is strongly recommended you take a good omega-3 supplement to counteract the effect of a high omega-6 diet which is the standard in our current food environment. We recommend using a good krill oil-based omega 3 supplement.

Nigella Sativa Seeds

This is one of the most powerful single ingredients found in nature to lower inflammation.

Vitamin C

This is critical in reversing any damage to the body, and thus helps fight any inflammatory agent. It is also a powerful antioxidant. The liposomal form is great for easy and high absorption but can be expensive. So we recommended getting vitamin C from Camu Camu powder.

Vitamin E

It works to reduce oxidative stress, and reverse the damage from inflammatory refined seed oils and other PUFAs. It is a powerful antioxidant and also helps modulate the immune system. There is evidence of vitamin E being effective in boosting the effect of certain COVID-19 drugs.

Melatonin

Melatonin is the main hormone responsible for inducing sleep and ensuring good sleep. Apart from this, melatonin has many different functions in our body to restore and detox it. It is thus vital for this protocol. The foremost method to boost your melatonin levels is by avoiding white light after sunset since it is a melatonin inhibitor. But in some cases, supplementation may be required too. We see insomnia quite commonly in post-covid/ post-vaccine complication cases.

Milk thistle with curcumin

Milk thistle works to detox the liver and curcumin(found in turmeric) is an anti-inflammatory agent. These two substances have a synergistic effect and are thus found together in supplement formulations.

Astaxanthin

This is a very potent antioxidant and anti-inflammatory agent.

Supporting the Immune System

Immu-Zyme by Apex Energetics

This is a propriety blend of herbs and other immune-boosting substances that we have used with great success in our clients. It is a strong antimicrobial. It helps to fight bacteria, viruses, and fungi and helps to regulate and boost the immune system.

Oregano oil

This is a strong natural antibiotic. This also helps to fight viruses, bacteria, and fungi and modulate the immune system.

Quertcitin

A naturally occurring polyphenol in plants, this is a strong antioxidant and an antihistamine. Owing to the latter, it is effective in reducing runny nose, cough and cold and that is why we utilise it.

We are here to Help

If you need more help, please do feel free to reach out to us by booking a consultation. Not just for post-vaccine or Covid issues. You can reach out to us for any health issues you may be having. We do a comprehensive root cause analysis and are specialised in treating over 158 health conditions.

More advanced treatment for Post-COVID and post-vaccine complications

This document contains a very basic protocol for the testing and treatment of post-COVID and post-vaccine complications. The tests mentioned here should be able to identify individuals who are at high risk for heart attacks and strokes, which is critical. However, a lot of the cases also involve complex chronic conditions which require more advanced testing and treatment. We have an advanced protocol for this where we classify patients based on the following 4 criteria and treat accordingly:

- The Immunosuppressed Type vs the Autoimmune Type
- The Hyperpermeable Type vs the Hypertension Type
- The Clotting Type vs the Bleeding Type
- The presence or absence of the Leaky Membrane Type

Please go to the below-mentioned link to book a consultaion:

Reach out to us:

https://pages.razorpay.com/iThrive-health-consultant

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100+ Peer reviewed medical papers on the vaccine

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Contact Us

As healers, nothing is more important to us at iThrive than creating a safe space for your healing journey

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