

What To Do If They FORCE You To Get Vaccinated

Many of us have started avoiding vaccines after seeing the adverse health affects they can have. Others object to vaccination on religious grounds, or over personal liberty concerns.

However, there is a lot of talk these days about whether vaccines will be forced upon us in order to go back to work, school, or out in society.

Personally, after seeing my son's reaction to vaccination (it gave him autism), I do not vaccinate anymore.

However if you choose to get a vaccination, or are forced to... refer to these recommendations from Dr. Blaylock to try to mitigate the bodily damage that may occur.

<https://rense.com/general87/vaccin.htm>

Briefly, he suggests:

- 1) Icing the area immediately after the injection, and all day afterward
- 2) Fish Oil
- 3) Curcumin, and Quercetin

- 4) Vitamin E
- 5) Vitamin C
- 6) Astaxanthin
- 7) Zinc
- 8) AVOID: Whey, Mushrooms and Beta-Glucan
- 9) Take an iron-free multivitamin, emphasize Vitamin B and Selenium
- 10) Magnesium Citrate/Malate
- 11) Vitamin D3
- 12) Avoid mercury, especially from seafood
- 13) Avoid inflammatory oils: corn, safflower, sunflower, soybean, canola and peanut oil
- 14) Drink White tea
- 15) Drink parsley and celery juice

For more details on the how's and why's and dosing information, please see the linked article:

<https://rense.com/general87/vaccin.htm>

Please share and stay safe out there, my friends!

– Kerri Rivera

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