

# Did you take the Covid vaccine?

Are you aware that Covid vaccines contain chemicals such as Aluminium Hydrogel (aluminium is a neurotoxin), Polysorbate-80 (known carcinogen), Adenovirus (virus collected from Chimpanzees), Human Embryonic Kidney Cells (Cells taken from kidneys of aborted fetuses), Foetal Bovine Serum (pregnant cow is killed and its calf is taken out and then serum is collected from its blood) and Genetically Modified Organisms are present. A lot of side effects are being observed after taking these injections. Sudden heart attacks, paralysis, kidney problems, joint pains, memory loss, tiredness, insomnia, body pains, blood clots in brain, auto-immune disorders among others. And even the vaccine manufacturers do not know what kind of side effects will come up in the future.

**To save from the side effects of these vaccines follow the precautions given below:**

- Do not take any more doses / booster doses.
- Stop being afraid and stop watching news and media that create the fear of Covid. Because fear weakens the immunity.
- If you have not had any side effects so far, take these two homeopathy medicines: THUJA 30 and VACCININUM 30. Dosage: First three days take 6 pills THUJA 30 on empty stomach in the morning. And for the next three days take 6 pills of VACCININUM 30 on empty stomach in the morning.

**After this please follow these naturopathy procedures given below:**

Our body can heal on its own, by sending out toxins and poisons, if we provide the right conditions. This process is called detoxification. For this purpose:

- Drink 2-3 glasses of lukewarm water every day after you wake up. Then freshen up and do pranayam / breathing exercises.
- Drink pudina + green coriander juice. Take 1:2 ratio of pudina and coriander + 4 Tulsi leaves grind it strain it and add 150ml of water a pinch of lemon juice, little bit of jaggery / honey mix it and drink it. Try to grow pudina, coriander, tulsi in pots at home because the coriander sold in market has a lot of pesticides sprayed onto it.
- Alternately you can drink ash gourd / bottle gourd juice / amla juice after diluting with lot of water.
- Breakfast after 2 hours eat few fruits, soaked nuts or a simple breakfast like idlis.
- Eat raw salads (cucumber, tomato, carrot, onion) + vegetarian food like rice, roti, vegetables, dal for lunch. Eat more vegetables and pulses and less of carbohydrates like roti, rice. If possible eat millets like jowar, ragi, bajra, foxtail millet.
- Avoid oily, salty and spicy foods. If possible use wood pressed oils. Take more of bottle gourd, ash gourd, yellow pumpkin, and turmeric in your diet because pumpkin and turmeric are known to detox your body.
- Don't eat anything between two meals, drink plenty of water.

- Between 4-5 pm, take 1:2 ratio of moringa (drumstick leaves) and curry leaves add 150ml of water grind it strain it and a pinch of lemon juice, little bit of jaggery or honey and drink it.
- In case these are not available drink carrot / beetroot juice, sugarcane juice or coconut water. Or else you can eat fruits which are high in vitamin C such as oranges, guava, papaya, mosambi etc.
- Eat seasonal fruits between 6-7pm in the evening. It is better not to eat cooked food. Doing so you can have the benefits of intermittent fasting. As said by our elders: “fasting is the best medicine” for our body.
- Our body cleanses itself easily when fasting. Therefore if you do not eat cooked food either for breakfast or for dinner, you would have the benefit of fasting for 15-16 hours. Raw fruits and vegetables help the most in detoxification.
- Do a complete fast for at least one day in a week or at least once in 15 days. Best will be fasting only with water. Otherwise take only fruit juices, coconut water. If you feel the need in the evening take juices or fruits.
- Avoid milk, tea and coffee made with milk. Eat food that is easily digestible, low in fat and freshly cooked. Avoid eggs and meat. When you eat these the pressure on your digestive system increases so the body can detox properly. Avoid alcohol and tobacco so that the detox is done properly.
- Totally avoid eating readymade packaged foods, chips, chocolates, fast foods, biscuits, bread and cakes.
- Above all eat chemical free natural fruits and vegetables. If you don't get these natural items soak the fruits and vegetables in tamarind water for 10 minutes and then wash with normal water.
- Walk in the sun, do sweat inducing physical work, walk barefoot on beach / lawn / mud.
- As the body detoxifies/purifies itself you may get fever, vomiting, diarrhoea and excessive sweating occur. At that time just stop eating food, drink water, coconut water, fruit juices and take rest the fever will subside in 1-2 days. If necessary tie a wet cloth around the abdomen / waist to reduce fever. But do not take any tablets to reduce fever as they are also made with chemicals so further side effects may arise besides they will stop the detox procedure.
- Doing this for at least for 90-180 days will detoxify the body and restore you to your former state of health. Even after that if you follow this regime you will not get any diseases.

*This pamphlet was prepared after consultation with Dr. Prashanthi Atuluri, MD Cardiologist, New Orleans, USA. Dr. Surendra Raju, Homeopathy, Hyderabad. Dr. Babu Joseph, Naturopathy, Cochin., Dr. Jacob Vadakancheri, naturopathy, Calicut, Suguna Rao, Nature cure therapist, Kothagudem, Telangana*

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