

What to do in case of so-called vaccine damage - which should actually be called injection damage:

Suggested different methods:

		Possible detoxification methods or natural remedies to cleanse the body and strengthen the immune system <i>found on the Internet or handed down from previous generations 11/2023 S.& R. Behnke may be further distributed</i>	approx. costs non-binding
		Generally: <i>Anyone who implements or adopts one of our ideas is fully responsible for themselves and must be over 18 years old. Applications for children must be discussed with a pediatrician by the parents with custody.</i>	
		HERBS FOR DETOXIFICATION	
1st	nettle tea	It purifies the blood and contains a lot of iron and minerals. The iron can be absorbed better in conjunction with the vitamin B complex. Here too, it is worth doing a type of nettle treatment over several weeks, say 3-7 weeks. And generally, drink plenty of water. Cold or warm, as you like. Iron in the blood binds oxygen and transports it throughout the organism, thereby greatly strengthening the immune system. You can keep it warm for longer, then the tea will turn dark green and have more ingredients. Also effective against cystitis – because of the active ingredients.	Costs about 50g – for CHF 5.50 Sonnentor can be ordered from the Apotheke zur Rose
2nd	nettle	It is simply mentioned several times because it is a kind of superfood. It is known for its ability to resist microorganisms and also has antioxidant properties. Nettle is also resistant to systemic redness and swelling and promotes normal blood pressure.	ca.2.-
3.	Nettle spinach or smoothie	Blood purifying and dehydrating and iron-rich with minerals - only drink about 2-3 cups (or eat 4 tablespoons of stinging chair spinach - if you drink more, it can have a laxative effect, you have to test it yourself and drink enough - so that the body maintains a good balance.	
4th	dandelion	For centuries, parts of the entire dandelion plant have been used to treat a variety of ailments. It promotes intestinal regularity and good hydration levels in the body. Its famous derivative, dandelion tea, is used to help with joint pain. Dandelion root is also used for liver cleansing because it supports bile production and bile helps transport toxins out of the body. Many believe that dandelion also supports the immune system.	Picking outside according to instructions from the Internet or delivery
5th	milk thistle	This herb has been used for over 2,000 years to support the gallbladder and liver. It has been found to help produce bile, which in turn improves digestive function. (3) KRÄUTERHANDEL SANKT ANTON - Milk thistle capsules - High	herbal trade Sankt Anton

		dosage - 80% silymarin content from milk thistle seeds - German premium quality (90 capsules)	€17.99 (@ 2023/11/01)
6th	wormwood	<p>In many ways folkloric, the strong reputation of wormwood as an ingredient in absinthe led to it being banned in many countries.</p> <p>Despite the current conflict, wormwood is back and has been used since Egyptian times to combat pests such as maggots and worms and roundworms. It has also been used in the past to aid digestion.</p>	
7th	coriander	<p>Kitchen herbs are available fresh or dried. Coriander is crucial for helping the body rid itself of dangerous toxic metals that build up in the tissues of the organs. It is also a very popular herb that is talked about on almost every cooking show.</p> <p>Coriander has natural cleansing agents that contain compounds that bind to toxic metals and help draw them out of various tissues.</p>	approx. CHF 7.-
8th	peppermint	<p>Peppermint has a soothing property that helps with coughs associated with colds and flu.</p> <p>It also helps with sore throats and sinus irritations.</p> <p>Japanese medicinal plant oil (mint oil) helps when rubbed in and massaged with a little water or fanned with cool air to relieve pain, cool down to the joints and heal even small wounds...very small scratches.</p>	
9th	eucalyptus	<p>Eucalyptus is another herb that helps in lung cleansing. It has expectorant properties, helps fight bacteria and attacks viruses. It can also be used as a topical ointment for chest congestion and a stuffy nose. Native Americans valued eucalyptus for its calming properties.</p>	
10th	oregano	<p>Using oregano as a spice in food also helps with detoxification.</p> <p>Make your own oregano oil and take about 1 teaspoon twice a day after or before meals for several weeks. You can try this out for yourself - it can help a lot.</p> <p>The homemade oregano oil (as described) has a bactericidal, fungicidal and virucidal effect, promotes digestion and is effective against inflammation.</p> <p>Leave to simmer for 2 hours at medium heat - herbs must be covered with oil - until it is dark green and pour into dark bottles.</p>	
11th	birch leaf tea	<p>It has such a strong detoxifying effect that it is a real medicine - make sure you drink the prescribed amount of tea.</p>	Available in pharmacies
		VITAMINS FOR DETOXIFICATION	
12th	Multivitamins with minerals	<p>https://www.burgerstein.ch/de-DE/produkte/burgerstein-multivitamin-mineral-cela</p> <p>https://www.vitaminplus.ch/marken/burgerstein/burgerstein/61/</p>	100 pieces between 30.- & 40.-

		<p>burgerstein-cela-multivitamin-mineral-100-tabletten</p> <p>To build up and maintain our immune system, these vitamins and minerals should be present – this is very important. These multivitamin tablets also contain iron, which is very important for our immune system and plays a particularly important role in cancer patients. However, coffee is a blockage because the caffeine does not absorb the iron well into the body. This means that caffeine should be taken about 3 hours before or after taking the vitamin. It is important to remember to keep a healthy gap: when drinking coffee or black tea or cola, which also contains caffeine... otherwise you may have a deficiency and wonder why your body is still so weak. These little details are like the pearl in a shell. https://www.gelbeseiten.de/ratgeber/ql/eisenraeuber-diese-5-lebensmittel-sind-eisenaufnahme-hemmer</p> <p>With a glass of freshly squeezed orange juice (vitamin C) the ability to absorb iron is doubled.</p> <p>Since the vitamins enter the blood via the intestines and the digestive process begins at around 8 a.m. and takes a total of 3 hours, you should pay attention to this interval when taking iron.</p>	
13th	silica	<p>Silica has a very positive effect on health, hair, nails, skin, bone structure and also on the muscles and thus supports health - which is really important and also beauty from the inside and out;) It often helps against allergies too. https://gesundpedia.de/Kieselerde#Was_ist_Kieselerde.3F https://www.zurrose-shop.ch/de/kieselerde/dp/M09Z551P https://www.zurrose-shop.ch/de/kieselerde-pulver/dp/0FGV51KW We tried it ourselves - lost hair grew back - but you should take it for more than 3 months to see the results...</p>	<p>120 tablets Costs approx. 23.-</p> <p>powder 100g approx. 10.-</p>
14th	Becozym Forte 50 pieces vitamin B complex	<p>Vitamin B is the nerve vitamin – which is used up more when you are upset about vaccine damage, for example. Take 1-2 daily and can also be taken in addition to a multivitamin. Vitamin B is water-soluble and is excreted through a more yellow colored urine.</p>	<p>If you have a prescription, the health insurance company will pay 12.90</p>
15th	vitamin D	<p>https://www.shop-apotheke.ch/de/gesundheit/13427421/vitamin-d3-tropfen-1000-ie.htm – works together with UV rays to promote bone development and bone maintenance. Without this interaction, bones can soften and deform in children and adults – as these deficiency symptoms are rare, some doctors lack knowledge of these connections and it is good to learn this for yourself and not always immediately reach for sunscreen – so that the vitamin D can fully develop through the UV rays absorbed by the skin. Take around 3-4 drops every day or around 28 drops for adults for a week in advance, or as prescribed by the doctor.</p>	<p>With a prescription, basic insurance pays for it otherwise about 20.-</p>
16th	vitamin C	<p>500mg or as needed, consult your doctor In case of deficiency symptoms such as bleeding gums, periodontitis, loose teeth, etc., it is important to take high doses of</p>	<p>20.-</p>

		<p>vitamin C, approximately 1000mg twice daily, for example in the form of effervescent tablets dissolved in a large glass of water. Tested it myself and had good success... Vitamin C also helps to eliminate substances that are bad for the body...</p> <p>https://www.redoxon.ch/de/produkte/redoxon</p> <p>In case of severe vitamin C deficiency, the doctor can also give a vitamin C depot injection - you would have to clarify whether the health insurance company would cover this with a prescription.</p>	
17th	Electrolythe	<p>Energy drinks contain 1-2 small bottles of 500ml - there are also deficiencies in the body through sweating - if this is a side effect, these drinks are a good tip for athletes. Don't drink them in the evening, as they provide energy and are a pick-me-up.</p>	
		FRUIT – VEGETABLES FOR DETOXIFICATION	
18th	Apples contain pectins which provide the body cells with healthy cell protection against attacking viruses etc.	<p>Apples have many vital nutrients under the skin and in general and are often overlooked as food and are particularly helpful if you eat them fresh, well chewed or grated - eat them immediately after preparation - as they often turn brown or can be preserved with a splash of lemon juice.</p> <p>https://www.gesundfit.de/artikel/aepfel-gesund-22749/</p>	
19th	Apples can be mixed well not only in Bircher muesli	<p>Contains many other substances which support the immune system and can restore the intestinal flora.</p> <p>https://www.zentrum-der-gesundheit.de/ernaehrung/lebensmittel/obst-fruechte/apfel</p>	Apples keep well in the fridge
20th	Benefits of Fruits / Vegetables based on the color	<p>An interesting site – which can derive the benefits of fruits / vegetables based on their color :</p> <p>https://bessergesundleben.de/was-verraet-uns-die-farben-von-obst-und-gemuese/</p>	Just think ahead when shopping
21st	simple detox drinks	<p>https://bessergesundleben.de/entgiftungsdrink-aus-heidelbeeren-und-joghurt/</p> <p>with explanation of easy preparation</p> <p><i>Cold drinks, especially with ice, are more stressful for the circulation and are not recommended as the body's metabolism always has to be brought up to body temperature first. That's why we recommend drinks at least at room temperature.</i></p>	approx. 4.- - 8.-
		Oxygen therapies – and various health tips	
22nd	Oxygen therapy: bubble mat in the bathtub	<p>If you sit in the water for 20 minutes and allow yourself to be gently massaged by small air bubbles, oxygen penetrates the body through the skin and the blood is enriched with about 20% more oxygen after this time - provided that the iron content in the blood is high enough - otherwise the oxygen cannot be bound.</p>	One-time purchase approx. 170.-
23rd	Oxygen therapy:	Oxygen therapy - have your own blood therapy carried out by	approx. per

	via direct access to the bloodstream	trained people, some health insurance companies contribute through supplementary insurance. Some doctors, such as in Zug, have been doing this for years with great success, including with cancer patients - because healthy cells contain oxygen and cancer cells do not - and the body's own phagocytes, which can destroy the cancer, multiply rapidly with oxygen. It is best to discuss this with your doctor.	therapy between 150.- and 350.-Fr.
24th	<p>Cooked porridge for any type of digestive problems always take it directly with a large glass of water</p> <p>Be careful if you are constipated, always have a laxative ready...or in general, everyone is different.</p>	<p>Against gastrointestinal inflammations and irritations, including chronic ones, etc.</p> <ul style="list-style-type: none"> • 1 cup fine oatmeal • Add about 1-2 cups of water • season with salt • 5 large pinches of turmeric (good for the intestines) • if necessary 3-5 pinches of oregano (dried) also has an anti-inflammatory effect) • Bring everything to the boil for about 1-2 minutes, stirring constantly, until the mixture becomes nice and sticky. • Pour into a bowl while still warm and enjoy • And enjoy a glass of water or herbal tea <p>The mucus from the oats then forms a thin protective layer around the stomach and later also around the intestines and works very well against irritation and inflammation. After a few days, the intestines can carry out their metabolism normally again as the inflammation and pain disappear.</p> <p>Always drink a large glass of water or herbal tea (no sweet drinks - because sugar needs water to be broken down and the gastrointestinal tract needs the liquid to distribute the mucus contained in the oats) immediately after consumption, approximately 0.3 - 0.5 liters, to ensure good digestion and distribution.</p> <p>An old home remedy from our great-grandmothers' times, very inexpensive and effective.</p>	3.- - 5.-
25th	<p>Hygiene for drinking vessels – either made of glass or metal – both can be disinfected with boiling water.</p>	<p>In general, it is recommended to use glass containers, as many plastic containers transmit tiny particles in some form or another...also a little tip: all jam jars and pickles etc. can also be disinfected with boiling water - and almost all of them have a watertight screw cap.</p> <p>Even a toothbrush that is not boiled once a week can release harmful bacteria into the intestines, so pay attention to hygiene but don't overdo it...</p>	<p>terry cloth etc. can be done at +90° C wash</p> <p>also cotton</p>
28th	<p>Preventive - to strengthen the immune system:</p>	<ul style="list-style-type: none"> • fresh air, • outdoor exercise, • Sun, • Relationship hygiene - it's better to argue once and then make up and forgive each other again <p>It is often recommended to walk regularly with a dog, then you can go out even in bad weather;)</p>	30 minutes daily
		<i>This list does not claim to be complete.</i>	

		<p><i>If you would like to receive this list printed out – or additionally laminated – we will charge you a fee of 5 francs, excluding lamination. with lamination 10.-Fr.</i></p>	
		<p>We also had the best experiences in connection with praying to Jesus and asking for healing.</p>	