

How to Remove Chemtrail Toxicity/AI Nanotechnology/Morgellons/shedding from your body, foods and clothing:

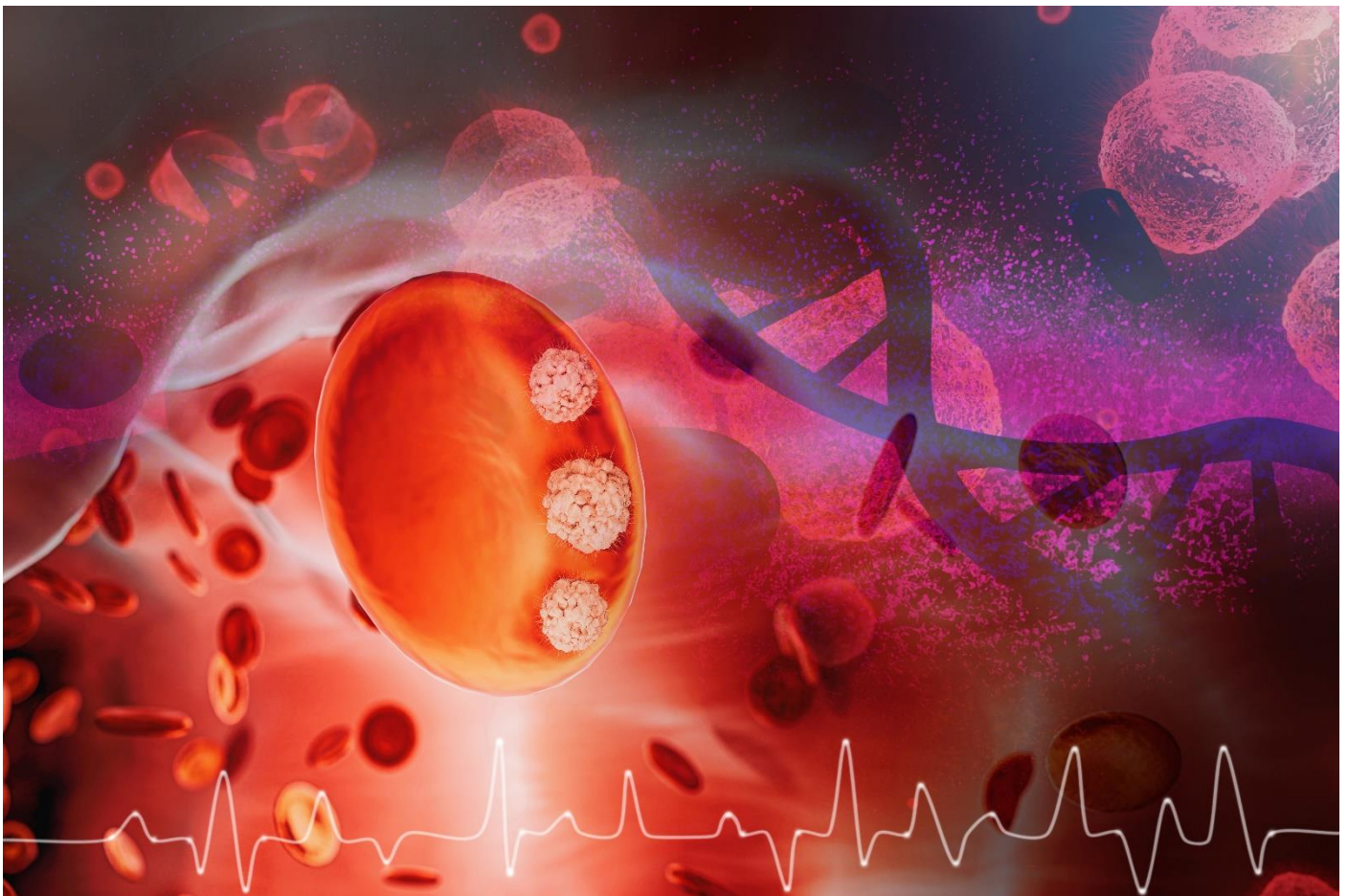
We are ALL having the severe issue of heavy metals, nano/Morgellons, fungi/Candida, acid, etc. in our bodies whether you are sick from it yet or not – detox is imperative to stay healthy and sustain life!

Be aware that AI (present government) can control who gets sick from shedding over long distance if you are their target – we all targets at the moment through air, soil and water. Vak sines and swaps for testing are ALL bio-warfare to kill off the population. More info on history: Search Janet Ossebaard – The Sequel of the Cabal (trustworthy journalist)

Nano's love low vibrational electromagnetic frequencies, so exposure to microwaves, wifi, mobile, tablet, pc, GPS, voice-controlled speakers and most new electric devices incl. LED lights and electronic meters measuring your consumption in home – all of them make the favourite environment for these AI creatures to thrive and replicate.

Nano's strive in low vibes, so avoid negative thoughts, emotions, environment, people.... Keep a positive mind!

Info about Morgellons, Black Goo, AI, etc. – search Harald Kautz Vella (trustworthy scientist)



Implement as much of the list below as possible on a daily basis.

Wetality Essential Oils 30 ml food grade (kan indtages), CBD oils (organic & vegan), watercleaner, aircleaner, big diffuser – ALL of the highest quality for the best prices – please go www.wetality.com/Savannah

For sale <3 up in request. Mail to: teachings@omahara.com. I am not on the phone.

Savannah's Anti-Nano Tea

50g Pine Needle, Fennel seeds, Peppermint, Yarrow (knit skin and bones back together), Plantain (against leaky guts), added Tea Tree Oil – all organic ----- kr. 50 + forsendelse

Savannahs daily intake/doings

In house: Drinking only Wetality Water, Air Cleaner 5 filters with UV making an unwanted environment for nano, IQube Scalar Tecknology incl. a Tesla, home harmonized and 350 different kinds of energy mapped and cleared, Poison-free zone, Silverware to eat with, natural vegan (not soy) products and enzymes for washing and cleaning, Fresh-land.dk fruits and vegs delivered almost every week, as self-sustainable as possible in garden and house. I buy as little as possible from stores – still only organic!

Supplements daily: Omnimin Pure multi-vit, B-komplex, Magnesium, Omega 3, C60 oil, Iodine, D-vit, Optibac Probiotic Super, Wetality CBD oil 2 x 3 drops, 2 breaths from Wetality Air pen before sleep. (Zinck is also recommended, which I get through my food).

Drinking daily: Pine Needle Tea 1 liter, 1 big glas with 7 drops Earth Minerals and 1 tsp. Collide Silver, 2 big glasses Hydroxycloquine (for sale), 1-2 liter Wetality Water, 2 tsp raw Apple Cider Vinegar with the Mother 3 x daily before meals (use straw to avoid contact with your teeth).

Food: Homemade smoothie with pure organic strawberries, wild blueberries, aronia berries, papaya and cherries, 5 hips (hyben), ginger and turmeric powder, grounded milk thistle seeds and flax seeds, 1 tbsp super greens powder with spirulina, 1 crab of almonds, fresh orange juice. (I use a variety of fruits and berries – mostly cut out and frozen down by myself from fresh deliveries). All colors represented in daily intake.

Vegetarian diet with a little bit of fish once a week. A broad varity of fresh fruits and vegetables raw as much as possible. Glutenfree and mostly lactose-free diet.

Wash ALL foods no matter from where you get it in clean water added vinegar and baking soda or bicarbonate of soda – soak it for about 20 minutes. Rinse with pure water and store it or eat.

If need for sweet – some dates dipped in raw chokolate bites or hazelnuts and raisins together, or vegan slush-icecream frozen down (only vegans >I am vegetarian, not vegan< can eat yummi icecream every day with a healthy result).

Bath: Body-scrub daily with Seasalt with iodine mixed with less than a tsp natural parfume-free liquid soap added a few drops Tea Tree Oil. Shampoo is added a few drops Tea Tree Oil too.

Washing: Use only natural detergent like enzymes, washing nuts, etc. – add 1-5 drops of Tea Tree Oil + for example 5 drops Lavender, Rosemary or alike to fresh up your laundry. Dry in UV-light if a clear day without too many chemtrails. UV-lights kill of nano.

UV-light: Be outside – preferable in the sun for at least ½ hour daily (Sun is beneficial and provide D-vit and activates the utmost imperative Pineal Gland and spiritual evolution – please never use Sun protection, rather be exposed in more short periods of time)

Recipes

Pine Needle Tea: Double V-needles from f.ex. Douglas Fur or some Christmas trees. Rinse in clean water. Chop them roughly. Boil water. When bobbls are gone pour over the rinsed needles. Drink from pot 3-5 cups daily. Its beneficial to add **1 drop Tea Tree Oil, 1 drop Peppermint Oil and 1 drop Oregano Oil to the water** as well. You can also add **Fennel seeds**. Can easily be kept in cooler too, so you drink it cold.

Homemade **Hydroxycloquine:** Boil the peelings of 3 grapefruits and 3 lemons for 3 hours. Take off the heat to cool down. Let the lid stay on all along, as the active ingredients drip down from the lid. Strain and keep in cooler. Drik 2-3 tbsp. a day. Cleanse the entire system.

Frozen lemon shredded over salads, etc. – super high in C-vitamins

NANO DETOX BATH 1 cup Baking Soda, 1 cup Epsom Salts, 1 cup Mule Borax, 1 cup of Alfalfa (Lucerne) pellets, 1 cup pink Himalayan salt or Redman's salt, drops of Tea Tree Oil, Peppermint oil and Oregano Oil in the hottest water you

can lie for 40 minutes – soak as much of your body as possible. Rinse afterwards and remove stuff from bath tub with gloves on. The morgellons will leave your body and attach to the Alfalfa (more preferable food for them than your body)

Can also **drink a pinch of Borax** (Sodium Tetrabonat) in 1 pint of distilled water 3x's daily.

FOOD, which nano dislike:

Brown rice

Iodine from seaweed

Sea Salt - Himalayan or other real

Adds:

Beans for proteins

Garlich

Quinoa boiled with the brown rice, ½ of each, same cooking time

LIST

1. Put a pinch of **high vibe, nutritional sea salt**, Redmond's real salt, bamboo salt, programmed with love, holding the intention of blocking nano proliferation, commanding the unbinding and the purging through feces and urine all nano particulates safely, without harm to your physiology, on your food and in your drinking water daily, each meal, each glass of water. Most important thing you can do!
2. Drink 1 ounce of **apple cider vinegar** in 1 cup of water, 3 times a day. If that's too strong, make two cups of water.
3. Take 1/4 tsp of **food grade aluminum free baking soda** three times a day in freshly squeezed lemon water.
4. Take **boron** supplements as directed.
5. Take **Activated Charcoal** two to three times daily with plenty of water. It's a binder and it constipates.
6. **Liquid Zeolite** to pull heavy metals.
7. Take **L Glutathione**. Be gentle starting this for immune compromised folks. If you can't tolerate orally, take a capsule and insert vaginally or anally to let the amino acid get into your system and liver gently.
8. Foods high in natural L Glutathione is **asparagus** and globe **artichokes**. Bon appetite!
9. **Golden Paste**: Make and take golden paste three times a day. Search for recipe online. Make up. You can freeze extra. Great for inflammation, pain and so much more.
10. **Golden Milk**: Add golden paste to coconut milk, goat milk, raw cow milk, almond milk made at home. Add cinnamon, clove, cardamom, cayenne, whatever else you desire. Drink before bed. Inflammation buster. Mucous buster.
11. **D3 with K2** daily.
12. **Bentonite clay**, take orally to extract toxins from bowels.
13. Take **chlorophyll**. Chlorella is now very contaminated as is spirulina. Chlorophyll is cleaner.
14. Take **diatomaceous earth** but start slow for weakened bodies especially people riddled with candida. A dusting on the pinky to make sure you can tolerate it.
15. Take **oregano oil** daily.

16. Take **oil of cilantro** (koriander).
17. Use **Manuka honey** daily.
18. Put 2-4 drops of 35% food grade **hydrogen peroxide** in 1 liter of water and drink. This oxygenates the blood killing pathogens.
19. Take a high grade **magnesium** or use magnesium oil transdermally.
20. Take a high grade **trace mineral** daily.
21. Use Illumodine **Iodine** and Nascent Iodine. Suggested dose is 3-5 drops in 16oz of water, after 7 days this dosage can be safely doubled to 6-10 drops per 16oz of water.
22. **Essiac Tea** treats cancer, fungi, heavy metals, toxicity
23. **Liquid Silica** removes all sorts of pathogens from the body
24. **Tea tree oil**, 1 drop in manuka honey
25. **Structured Silver** in Suspension. Suggested dose is 2-3 drops per 1 liter of water, 2 times per day.
26. Take **MMS**
27. Take **Fulvic Acids**
28. Use **colloidal silver** especially nasal spray.
29. **CBD oil**, high organic grade
30. Take food grade **vitamin C** daily. Tapioca is a great one from Pure Formulas or shredded frozen organic lemon.
31. Eat **plenty of oranges, grapefruits, lemons and limes**. Take the peels of any and all of the above. Dry. Grind in a coffee grinder with no coffee residue in it until powder. Put in a jar. Theres your perfect Vitamin C.
32. **Water cleanse for 3 days**. Just lemon in water or apple cider vinegar in water only for three days with trace minerals.
33. Eat tons of sunchoke **artichokes**, organic. Wash. Grate. Add in freshly squeezed lemon juice and put in fridge, raw. Balances blood sugar levels and pulls radiation especially in this raw, predigested way. Eat at least 1 TBS before your meal or a small bowl between meals.
34. Eat **beets**. Wash. Grate. Add lemon freshly squeezed. Refrigerate. Put on salads. On the side of food. In between meals. This heals everything especially the blood, liver, gallbladder so you can detox.
35. Eat one to two raw clove of **garlic** daily. Eat whole. Do NOT chew. Let it dissolve in your stomach slowly. If you must cut to swallow, cut, let it rest 1 minute. Drink down.
36. Use **cayenne** on everything. I put on most foods. It cleans liver and bowels. Habenara too. Blood cleanser.
37. In the morning, before you do anything else, make **lemon tea**. Bring water with 1/4 to 1/2 lemon with skin on, washed, in water to boil. Steep 20 minutes. Add 1 tsp of maple syrup. A pinch of cayenne pepper. Drink. Then,
38. Oil Swish using **coconut oil, sesame oil or cumin seed oil**. Swish in your mouth for 20 minutes pulling over your tongue and up in your gums. Spit into toilet or outside. Daily.
39. **Juice daily**. Citrus, apple, fruits, celery, carrots, beets, zucchini, cilantro, parsley, veges... and drink within 20 minutes completely. Eat the pulp, too. Put in soup, stew, on salads.
40. Use **cumin seed oil** on salads, take separately, but take daily at least 1 TBS daily. Heals liver. Gallbladder. Colon. Body.

41. Eat **raw onions and garlic** on salads and veges. If you cook garlic, wait until end. Turn off food from cooking. Put fresh garlic in. Plate. That's enough cooking garlic ever needs.
42. Boil **fresh parsley** in pot of water. Bring to rolling boil, simmer for 1 hour. Add extra water. When done, add lemon, maple syrup. Cool. Refrigerate. Drink. Great for kidney detox.
43. Eat loads of **raw cilantro** or **cilantro tea** (koriander). Same as above. Just leave out lemon. Detoxes heavy metals. Make sofrito and use raw.
44. Put **sliced onion on the soles of your feet** for an hour up to overnight. This is a powerful detoxifier. Do not underestimate this. For children and autoimmune harmed, start with 30 minutes to an hour. Avoid exposures when doing this.
45. Buy **powdered clay**. Add 1/4 to half cup to hot foot bath. Soak your feet in clay water for 30 minutes.
46. **Powdered clay** again. Mix a couple of TBS in warm water. Rub clay paste on neck, under arms, around breasts, around groin, bottom of feet - lymph nodes. Let dry. Shower off. Then dry brush.
47. Do a non fragrancd **Epsom salt** foot bath. Add very hot water in a flat tub. Add 1/2 to 1 cup Epsom salts. Soak for 30 minutes to an hour adding hot water if water cools.
48. Soak in a hot tub of **epsom salts** with body fully immersed. Soak 30 minutes to an hour.
49. After toweling off from bath or shower, have in a spray bottle filled with reduced to 3% from food grade **hydrogen peroxide**. Spray on body lightly and rub in or if weakened, spray in air in front of you and walk through mist, naked. Dont dry off. Oxygenates blood killing parasites, fungus and more.
50. **Dry brush lymphatic system** gently, daily or three times a week, naked. Use shower brush and following YouTube tutorial, move those lymphs properly.
51. **Bounce on a rebounder** daily for 20 minutes.
52. Do **castor** packs over your liver three days in a row. On the third evening, take an ounce of pure olive oil and an ounce of squeezed lemon. Rest on right side. It'll purge your liver.
53. Use **castor oil** over sore lymphs especially breasts ladies. Take hot shower. Mist with **hydro peroxide**. Rub castor oil over liver, or over breasts where lymphs are, or over colon. Dress in warm flannel or soft cotton.
54. Do a **master cleanse eating just fruits and vegetables** for four days while doing castor packs over liver. Flush on the fourth or fifth day using pure olive oil and freshly squeezed lemon. NEVER take epsom salts as recommended. It's very dangerous. (See my master cleanse.) Do this once a month if strong enough.
55. Get an **ion foot bath** (online) and use it properly twice a week. I got up to doing it daily. It pulls toxins out through the pores of your feet. It's worth it.
56. Do organic **coffee enema**. This cleanses the liver beautifully. Look online.
57. Do colonics at home or by a 5-star **colon hydrotherapist**.
58. Take **Selenium**. Phenom antioxidant.
59. **Milk thistle** is a powerful plant that contains the compound silybin which supports the functioning of the liver, the organ responsible for detoxification.
60. For very weak **kidneys: "home dialysis"** For TWO WEEKS, TWICE a DAY:
Take a 5-gallon clean bucket and fill with hot water. As hot as you can stand it. Add 1 cup fragrance free epsom salt. Put your legs in bucket with hot water as high as it can go.
Wrap yourself in a warm blanket. Put on a hat.

Soak in this hot water to knees until sweat breaks out on forehead. Remove feet. Twice a day is almost as good as dialysis.

61. Put in a [humidifier by your bed or desk](#), etc. these ingredients for Lung Chemtrail Detox

- 1 drop of 35% Hydrogen Peroxide
- 4 drops of Zeolite (please see my review on Zeotrex)
- 2 drops of MMS (Miracle Mineral Solution)
- Pinch of Sodium Borate (place in water container and shake until dissolved)
- 4 drops of TriGuard Colloidal Silver
- 1 drop of Oil of Oregano
- 2 drops of Oil of Cilantro

62. Make sure everything you ingest, inhale and put on your skin is 100% organic, chemical free, metal free.

[Discontinue all fluoride items](#). Do not use ANY deodorants, tampons, chemical cleaners, fragrances, soaps, make up, etc.

63. Eat [pineapple](#)! You can boil the peeling as well and drink as tea.

64. [NAC](#) as supplement!

65. [Nano-Soma](#) as supplement!