The Lasting Threat of the SARS-CoV-2 Spike Protein: What You Need to Know Transcript

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Introduction to Spike Protein Concerns

I've never seen such a dangerous protein in my life, as the spike protein is far more dangerous than any other naturally occurring protein. It's absolutely a nightmare.

Once it gets into the body, we get spike protein in the body from the infection and then massively loaded into the body from the provide an endless production of spike.

Janssen provided a big blast of it. With those shots, you probably just have the tip. The S1 segment, the vaccines load, the entire spike protein in the body and and that really is the problem.

That's the reason why people feel sick even years after having Covid are taking the shot. This is doctor talks real talk from real doctors on the issues that matter to you.

Most. Welcome back to Lyme Bites. Rebuilding immunity, reversing inflammation and redefining recovery. Today we're diving into one of the most urgent and controversial topics of our time.

The lasting impact of the SARS-CoV-2 spike protein. Our guest is Doctor Peter McCullough, one of the world's most published cardiologists and a leading voice on Covid 19.

The damaging effects of the spike protein, as well as vaccine safety and how to heal from spike protein injury. Doctor McCullough is the coauthor of the groundbreaking new book vaccines, mythology, ideology, and Reality.

This book unpacks the history, science, and politics behind vaccines while offering a clear path towards understanding and recovery. In this episode, we'll explore how SARS-CoV-2 differs from previous coronaviruses.

What makes it so uniquely engineered to persist and mutate, and how the spike protein from both the vaccine as well as the virus disrupts the body at a cellular level, causing endothelial damage, inflammation, immune dysfunction, all leading to chronic illnesses.

We'll also discuss the spike antibody test and what it may reveal about ongoing spike protein activity. And finally, doctor McCullough's strategies for detoxing the spike protein, including his very own spike detox formula.

This is lime bites. Let true healing begin. Welcome, doctor McCullough. It's an honor to have the opportunity to help you share your knowledge with all of us.

So thank you so much for being here. Thank you. Absolutely. So my intention for this interview is to really break down the science so that our listeners can understand how the spike protein impacts all of our bodies at this point, and how it might be driving the development of chronic disease, and what we can do to heal ourselves, as well as protect ourselves from this spike protein that we are all being exposed to.

Moving forward. So it's so critical for us to understand it. I really loved your introduction. You were. You were right on. Let me ask you up front, did you have Covid yourself?

Gosh, it's so ironic that you're asking me that question.

Personal Covid Experiences and Nasal Prevention

I have had Covid several times. I've never really had a bad run with it. I've never really had any real long Covid

symptoms, but I had this latest variant about a month ago and I am still recovering from it.

Right. So you you know, it's different than the common cold, right? It's different. So yeah, no doubt about it. I had it once in 2020 documented I got a test and confirmed it and then had symptoms afterwards and required prolonged treatment, including steroids.

And then two other times I thought I had it and I didn't get a test. Yeah, but let me tell you, you know, one time my wife and I got it. And commonly you get it together in a house.

About 85% of the spread occurs in the household. And after that episode, I coughed for three months. After that, I had an unsurpassable cough. So it's definitely unlike the common cold.

It certainly is. And I think, you know, after the first time, you know, back in 2021, probably when I had it, I had more of like this lingering anxiety, an ominous feeling.

I didn't really have any physical symptoms. And then, as you said, you know, I didn't test any of the other times, but I always thought that weird, distinct, like eye pressure, headache.

And then someone around me would say, oh, I tested positive for Covid. I'd be like, oh, okay, that makes sense, because I had that weird feeling in my eyes and had again, but never really any other symptoms.

And then this time I didn't even realize that I had Covid. It felt like I had strep throat. And then I developed like at the same time, an upper and lower respiratory thing.

And I kind of felt like I had maybe the flu and it wasn't until somebody tested positive for Covid and I, you know, wasn't shaking it. And usually I'm sick for like a day, maybe two with anything.

And I take all of my own supplements. And I plowed through it. And so this time I started doing some research and I was like, okay, what is the latest variant and what are the symptoms?

And it was like, okay, it starts with feeling like you're swallowing glass, and then it affects the upper and lower. And you know, it was and it's a bit relapsing.

And I was like holy cow. Like that's exactly what my entire household had. Well you know, that's the term came out razor blade sore throat for the recent Omicron variant.

And my research has led me to the most effective strategy in reducing the occurrence of recurrent Covid. And the severity is twice daily nasal sprays and gargoyles.

Yeah. Very important. So I carry it with me all the time. And does it really matter what's used? It can be, you know, salt water, a little iodine in it.

Xylitol based products are great clear. For instance, iodine and xylitol based products that would be fix are homemade products. But one needs to do a twice daily nasal spray and gargle after you're brushing your teeth.

Just just get a spray bottle. A couple squirts up, sniff it back, spit it out, and then gargle because the virus is in your nose and it's actually in the front part of the nose, it's not very far back.

So then the front part of your nose for about 5 to 7 days. Lymphatics drain back to the throat. Then you get the sore throat. But by the time you have the sore throat, the virus has already been there 5 to 7 days.

So you had 5 to 7 days to kind of disrupt the virus, you know, blow some of it out. The sprays impair the the viral adherence to the hair cells and replication.

It's a great strategy is supported by multiple randomized trials. And I've interviewed some people on my show who

are really good at this, and they've gone five, ten, even 20 years with no colds, including no Covid. Wow.

And that actually was one of our interventions in our clinic, going all the way back, even to 2020. We were selling like the little nasal irrigation kits would stay clean.

And then we had, drops of iodine to put in there as well. And it was very effective. Unfortunately, I slacked off. Well that's it, you people slack right now.

My wife is slacking and we have kind of the guys and girl side of the master bath. And I tell her I said, every time I do, I said, honey, are you keeping up on it?

You know, and she's not and you can't let down. Now some people have said, well, I just do it when I think I'm getting sick. And there has been a large randomized trials called the Immune Defense Trials, published in Lancet, 15,000 patients in this trial and using a nasal spray kind of on demand when you feel like getting sick was partially effective.

It had about 25%, you know, reduction. And there they just use the Vicks formula, Vicks immune Defense, which is a power based formula. So it doesn't really matter what you use.

But the point. Is and actually flushing it out of the nose, correct. Right. Right. Flushing not impairing adherence. But the most impressive that I am aware of is by Bamforth and colleagues was done right during the heat of Covid.

Now, it was, more intensive xylitol based product. It was kind of like clear over the counter, but kind of supercharged with other ingredients. And in that study, there was over a 70% reduction in Covid was better than a vaccine, but it was done twice daily.

So I'm in the twice daily mode of doing it. And, you know, I have patients today who really chop, you know, very high, spike protein antibody levels, recurrent Covid vaccines.

So I have some in my, my, computer bag. And so I'll do a couple sprays, go down to the bathroom, do a couple spray, sniff it back, spit it out. People need if there's any message they get from this podcast.

This is critical because it's not just Covid. There's rhinoviruses a mix of viruses, coxsackie viruses, the average person in the United States gets four colds a year for if you're a parent taking your kid to daycare, double that.

Yeah, well, let me tell you what. You can reduce it down to near zero. Since I've been doing this, I went from getting a cold almost every month during the heat of the pandemic, down to one in a year.

And now I got to tell you, I'm telling your audience right now, doctor McCullough is going for it. I am going to go for a greater than a year with no colds and set my all time record.

Good for you. I'm going to join you. And you know what? One of the good tips, too, is to keep this nasal irrigation. Like keep one in the shower and then keep one on your sink because it's getting it into your daily shower routine.

It's right there. You don't have as much math, so you can at least got one use. And right there. Oh good idea. Good. All right. I'm back on it. I made a mistake.

I usually fly with kind of like a silver a nasal silver spray. And it helps to hydrate on the plane and protect you. And I didn't do that last time. And that was roughly around the time I ended up getting sucked.

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So join us at Pompano Beach or virtually from anywhere. Register now at Lyme bites.com. That's alchemy bites. Com. Since we're on the topic, there's been some comparative studies.

So the the xylitol based products that would be clear. For instance Excel here. They feature xylitol which is a naturally occurring short chain sugar.

And so grapeseed grapefruit seed extract they that impairs viral adherence. But it doesn't not. And that's another thing in the nose and mouth is that it's preferentially taken up by strep mutants ubiquitous bacteria in the nose and mouth.

And it essentially deactivates strep mutants and strep streptococcus mutants is one of the 11 bad guys and the nose and mouth that actually causes disease.

And it causes sinusitis. It causes gingivitis. You. So the xylitol based products tip the microbiome in the nose and mouth to being favorable.

Coronavirus Differences and Spike Protein Damage

So the good guy bacteria fight off the bad guy bacteria. And so there are data with the xylitol based products. The gargle is called spray. And there's also common sense that they reduce dental cavities.

So you know I use the spray gargle as well. I do a 32nd gargle and I hold it in my mouth and I swish it around for about 2 or 3 minutes. I spit it out.

Ever since I've been doing that, I get the best dental visits. I used to get these recesses in my gums and and the you know, I always get this frown of concern for my dentist and he's like, doc, what are you doing right now of your teeth?

You're doing so good. I said, well, do you want me to tell you my secret? And so, Dennis, this is in the Ada recommendations. My wife recently went to the dentist and she got a bad mark on her gums.

And she came home with a bottle of a dental rinse with xylitol in it. Yeah. So amazing. So check out xylitol products and United States are offered by a company called a clear.

I notice co fix another spray that became popular during Covid. It's got a good name co fix you know Covid. Yeah. Yeah. They moved to a xylitol base but they include vitamin D and iodine.

Now in the studies when acutely sick it's good to switch over to an iodine based spray. So that would be immune mist and others. You can even just take some salt water, put a few drops of iodine, glucose, iodine or powder on it. Fine.

Spray it up the nose, stiff it back and spit it out. An iodine is very, very cheap and it universally kills viruses, by the way. And so, the thing is, if you just use plain water is going to hurt the nose.

So always get a little salt. When I travel, a lot of times I'll go to chick fil A or one of these stores, and I'll just get a

little peck of salt from, you know, when they put it out on the counter, I get a little peck of salt and keep it in my travel bag.

So if I use a little water from the hotel room, I just put some salt in there, a few drops of iodine, and that's my travel, spray. And that way I don't have to keep going out trying to buy it.

I just keep that bottle. So that's a little tip. So the the nose likes saline. You can even make a little stronger. Salt water wash is called hypertonic saling.

And that works as as well. So just don't put plain water up there and don't put so much iodine in there that it hurts. So if it's if it's dark tea colored it's too it's too strong.

We started out with very strong solutions. My wife tried it one time and she screamed order it to her. And I said, listen, it's too strong. It's any spray you're using as too strong, dilute it.

So I found some of the over-the-counter, the sprays tend to under fill the bottle, you know what I mean? So there's still some space in the bottle and it tends to be too strong.

So I what I do is I open up the bottle, I add some water, and I add some salt to almost anything I buy. And then you're good. That's a great tip. Thank you so much for sharing that with us.

It really makes a difference. Okay so let's start by. Can you explain to our listeners what makes the SARS-CoV-2 virus so different from other coronaviruses.

You know I thought you'd never ask. And I am ready with my viral model. Perfect. And this is what we all had. This is the coronavirus the coronavirus.

It looks like a crown a crown because of the spikes on the surface. These are called spike protein. Now, before the pandemic, there were four known human beta coronaviruses.

You could have gotten it and they caused a common cold. None of those coronaviruses invaded the human body. None of them did. None of them caused pneumonia.

What happened? And this is now been fully vetted in U. S. House of Representatives investigation, our U. S. intelligence agencies, everyone finally admits that a human beta coronavirus was kind of changed intentionally with a bat coronavirus, and the spike protein was intentionally altered in the Wuhan Institute of Virology in Wuhan, China.

So the ball of the virus is the same. The nucleocapsid, the ball is the same, but the spike protein was intentionally changed to make it far more invasive and far more damaging.

And very importantly, it then the spike protein that came out of this Chinese lab, which is still the basis for even our variations of Covid, it appears to be completely resistant to human enzymes, that human enzymes can't break it down.

And normally you get any virus, your body kind of digests it, gets it out. You talked about knocking it out your body. The body can't seem to knock this out because it's in a sense, a human laboratory engineered spike protein, you know?

Additionally, the spike protein has been found in the brain, the heart, it directly causes blood clotting. It impairs tumor defense systems, p53 and BRCA.

I've never seen such a dangerous protein in my life, as the spike protein is far more dangerous than any other naturally occurring protein. It's absolutely a nightmare.

Once it gets into the body, we get spike protein in the body from the infection, and then massively loaded into the body from the vaccines provide an endless production of spike protein.

Jansen provided a big blast of it with those shots. And then probably the smallest spike protein exposure with Novavax, which is only five micrograms of spike protein.

The infection, you just get the tip of it in your body. So you just had Covid, you probably just have the tip, the S-1 segment, the vaccines load the entire spike protein in the body.

And and that really is the problem. That's the reason why people feel sick, even years after having Covid are taking the shots. So when it comes to the vaccine, I was going to get to this later.

But let's just get right to it. So you know, the way that the mRNA is wrapped, like in the lipid nanoparticle, right? Like that's how it's actually delivered into the cell.

Instead of breaking down immediately upon injection. So how does it get into the cell. And there's been a lot of debate over this. Like how long does it stay and for how long do our own cells then start to generate the spike protein?

If someone has been vaccinated? The lipid nanoparticles are scientifically engineered to carry Pfizer, Moderna and deliver right into the cell. That's what they do.

So if you go to McCullough Foundation Twitter feed, Nicole Shah, administrator, an epidemiologist, has made some great cartoons showing how the lipid nanoparticle literally fuzes with human cells.

It causes a sensation and delivers the payload once the messenger RNA is in the human cell. Our natural protein creating factories in the cytoplasm called ribosomes, they read the messenger RNA and they start assembling the spike protein.

Now, because the vaccines aren't perfect, there's even little DNA fragments of spike protein that's been discovered. So we we generate some fragments of spike protein, not fully mature spike protein.

And then additionally, because the messenger RNA is altered through a process called pseudo year a generation by both Pfizer, Moderna, they both chose to 100% pseudo year originate.

They messenger RNA make it fully synthetic. It also can't be broken down and so it tends to wobble as it goes through the ribosomes. And that's what creates what's called frameshift in protein.

So we have mature spike protein spike fragments and frame shifted little peptides that are misreading the code. And all of that now is in the cytoplasm of the cell expressed on the cell surface.

The body starts to attacking its own cells, and then some are freely released into the bloodstream. So the spike protein for sure is freely released into the spike protein.

It tends to gather in threes and primaries and it twists and then it persists in the bloodstream. And so we're doing research on this is how we've learned so much of it.

We work with a partner laboratory in Germany. So one of my patients who took three Pfizer vaccines and suffered heart damage, myocarditis, which is a recognized side effect of the vaccine, and blood clots, which is also a recognized side effect.

We have found circulating spike protein in his blood, as well as circulating Pfizer vaccine in his blood, 3.2 years after he took the shots. Wow. So how long do you think that the cells will continue to generate the spike protein if you don't do an intervention?

And we're going to get to the interventions at the end of the interview. But is this something that can just go on for an indefinite period of time? Are you suffering from Lyme disease or another complex chronic illness and aren't sure who to trust when it comes to herbal supplements?

Hi, I'm Doctor Mariah Hinchey, founder of Lyme Core Botanicals, as a naturopathic physician specializing in complex, chronic infection driven illnesses like Lyme disease, I needed herbal medicine I could truly trust.

That's why I formulated Lyme core botanicals, where our herbal tinctures are handcrafted in small batches. Right here in Connecticut, we use the whole herb never isolates to preserve the full spectrum of medicinal compounds.

Every single step from sourcing to extraction is done with precision to ensure maximum purity, potency and consistency. These are the same herbal formulas I used to heal myself and have used for years to help my patients and family members heal too, and now I'm making them available to practitioners and patients everywhere.

Lyme Core Botanicals herbal medicine you can trust from a doctor who lives this work. Learn more at Lyme Core Botanicals. That's Ali and e c o r econ.

It seems to me there must be some exhaustion of the process. This this Pfizer Moderna messenger RNA can't last forever in my patient. Not only do we find it in the blood, we found it in skin biopsies.

So it's out of his skin. It must be everywhere in the human body. Now you know, hopefully the body has some excretion of it. The messenger RNA has been found in breast milk in two papers by author Hannah and colleagues.

So breast milk is modified sweat. So one of the things we tell our patients is get out there and sweat and see if we can't get this messenger RNA out of the body.

In the patients I've had that have done the best, clearly, you know, do sweating. They exercise in sweat. It's easy to do down in Texas they go to saunas and intentionally sweat.

I think that's one of the reasons why the athletes have done well after that initial wave of myocarditis and cardiac arrest, which was tragic that we saw.

And again, now that everyone acknowledges the vaccines cause heart damage and cardiac arrest, that was that's an initial wave. After that, the athletes seem fine.

So if you notice we watch pro football and all the sports they seem to be fine. You see very few athletes saying that they're suffering long term effects of the vaccines, I think because they're sweating it out.

Parenthetically, when I see my patients in my office who are suffering with the vaccines for years, almost all of them don't exercise or sweat. They don't have any way to get rid of the messenger RNA.

It doesn't come out in the stool as far as we can tell. It doesn't come out in the urine. So, I mean, I would imagine using interventions like a foreign Fred sauna or even traditional sauna could be helpful in a in a encompassing protocol to help with us to sure.

For sure. It's one of the ways to do this. Now there's great excitement that there may be other ways to what's called denature the spike protein or oxidize it.

Now it's theoretical and get it out of the body. But you know, the clinical results are pretty convincing in my review of the literature. And that is the use of hyperbaric oxygen just yeah H bar.

So hyperbaric oxygen treatment, the Swedish have a protocol where they go as few as six sessions. Again this is in research. The Israelis have performed this study up to 45 sessions.

And we're talking a session of 60 to 90 minutes, 100% oxygen, 2 to 3 atmospheres. So I you know, universally

recommend this to my patients. I said, if you can get in a hyperbaric chamber, do it.

How mRNA Vaccines Produce Spike Protein

And, because the lungs are bathed with blood is carrying the spike protein and the high concentration of oxygen at high pressure, theoretically kind of denature is our oxidizes the spike protein so the body can can get rid of it.

And we think ultimately the spike protein, how it's excreted is probably, in the liver. It must be handled by the reticular endothelial system, the liver, and then ultimately, come out in the urine as spike fragments.

And there is, a European group that's working on a urine spike test. And, you know, they claim they can measure it in urine. We just haven't seen the data yet.

Interesting. I'd love to see if any studies start coming out about the soft chambers and the 1.3 atmosphere, because they seem to be a lot more accessible, you know, to more people than than finding a hard chamber.

But let's take a step back. So let's talk about why briefly, the spike protein does what it does. You know, why does it have all of these detrimental effects to the body?

I believe that that starts with the Ace2 receptor. Right? Right. So the S1 segment docks with the Ace2 receptor. And then that allows the virus to inject itself into the cell.

And because the spike protein crumples, it sacrifices Ace2 at the Ace2 receptor. So there is some receptor mediated clearance of the spike protein. But you still got the Ace2 and the virus in your body.

That's what happened to you and happened to me, happened to basically almost all of our listeners. The hope is that the S1 segment we can finally get rid of.

Now, Bruce Patterson at insult has found the S1 segment inside CD 16. Monocytes, little white blood cells. At least a year and a half after the infection.

Okay. And that's before the vaccines, right. So that's a bit disturbing. So, you know, we've learned to rely on using the antibodies against the spike protein.

And the antibodies, by the way, are all oriented towards S1. So it's going to pick up infection spike and vaccine spike okay. So when it binds to the Ace2 receptor basically just in a nutshell what happens is we have an increase in angiotensin two, which is pro-inflammatory pro fibrosis.

Right. And it leads to a lot of inflammation immune dysfunction, fibrosis clots etc.. And it decreases the protective branch which is the angiotensin one seven.

Right. Which has all of the opposite effects. So some of the therapy like when we get to your spike detox, I loved reading all of the ingredients that you have in there, and a lot of them are ones that I've been using clinically, just not in the convenience of one product.

But, you know, if we can kind of protect that Ace2 receptor and increase the angiotensin one seven, decrease the angiotensin two, we can kind of bring that balance back into the body.

Correct. In part, that's what you said applies to the natural infection, in part because the Ace2 receptor is interacting with the S1 segment here. Now, remember with the vaccines Pfizer, Moderna, they have a proline proline insert in the spike protein that holds it open in the prefusion conformation.

So Pfizer and Moderna do not interact with the Ace2 receptor. Okay, I don't know about Prefusion. So different. So the spike protein itself, getting back to your root question is it's pathogenic itself.

So it seems to be loaded with features that cause disease. So for instance, one of the amino acids, sequences in the spike protein is homologous to a glycoprotein on the HIV virus.

And so we are noticing people who got Covid that they had a reduced white blood cell count. And in the Australian terms, terms of reference in their Covid inquiry, they actually have a term called vaccine associated immunodeficiency syndrome or veins or veins.

So, and this is interesting. The reason why Australia comes up is, one of the Australian universities had their own, Covid vaccine. They were developing and, that vaccine exposed that part of the spike protein to the immune system, just the way the vaccine was configured.

And it converted everybody who or who was in the clinical trial to being HIV positive. Wow. A Covid vaccine turned people's blood test positive for HIV.

And so this is greatly disturbing. There have been some studies that, in fact, the Covid virus or some of the other vaccines that we use can on occasion, probably just because of some, you know, change in the confirmation exposed and turn people falsely positive for HIV.

There's a handful of papers out there now. It's not it's not the HIV virus, but it's a false positive test. But the point I'm making is that this protein is very unnatural.

It has lots of telltale evidence of human engineering, and it looks like it was designed to cause harm. Yeah, well, obviously, I hate to say it that way, but, you know.

Yeah, obviously. Okay, so let's talk. I know that you talk a lot about the LabCorp antibody test. Can you explain to our listeners what exactly it's measuring and what I want our listeners to know, too, because I've had patients come to me when they've had this test done by quest.

And quest gives you like a greater than 2500. You don't really get an actual number, but if you get it on it, LabCorp, you get your actual number and then you can use that to judge, you know, how your therapies are going at being able to detox the body from the spike protein.

So tell us a little bit more about that test and how you use that. Now you're exactly correct on that. So the antibodies to the spike protein. So once the spike protein is in the body it's going to stimulate antibodies.

Now it turns out because the vaccine spike protein continues to show the spike protein to the body. The antibodies switch from neutralizing antibodies which are IgG one and two, to useless antibodies called IgG three and four.

And we can measure those useless antibodies. And so they're a marker for a spike protein being there. But at this not a marker for immunity. In fact, the FDA puts a warning out on their website.

They said don't measure these antibodies to think you're immune from Covid. It turns out the antibodies are quite useful just to understand this exposure to the spike protein.

So you're right. There's a bunch of manufacturers. I think the best one that makes the assay is called Roche. They're from Europe. The Roche Alexis assay and LabCorp gives reported range of 0.8 to over 25,000 per ML.

So it's a quantitative measurement quest. I, you know, truncates it at 2500. And it's just not a useful number at that level. So we tell people go to LabCorp.

There's quest and LabCorp are the two major labs in the United States. And LabCorp got so many requests for this test that they opened it up to the public.

So now you can just go on the website yourself and you go to sign in, get a patient account, which is free, and then go to labs on demand infectious diseases, Covid antibody test.

You kind of have to do those three clicks to sign up for it, pay $69, pay for it, and then it'll give you a LabCorp lab order number, and you can go to any LabCorp office.

They'll find it in the computer. Get your blood drawn, and the next day you'll get a result. Now, there are multiple peer reviewed published papers on this, including ones I've published.

It's a number comes back then. Less than a thousand. You're in good shape. There's almost certainly there's no more spike protein in the body stimulating the immune system.

You just have the residual antibodies between 1000 and 5000. It's certainly possible there's still some spike there to be concerned about over 5000. We're consistently finding the real spike protein in the bloodstream.

So it's important to understand less than a thousand. We haven't seen any blood clots in the peer reviewed literature. It's very low risk. Once we get over 5000 we start to see blood clots.

We just published a case as coming out of hepatitis from the vaccines liver damage. And that person started out at about 15,000. And the hepatitis did resolve as the antibodies came down to about 8000.

But you'll see reports in a peer reviewed literature, a very useful paper by Barham and colleagues showed that the average person with long Covid did not take the shots is about 2000.

On the spike protein antibody tests, the average patient after the vaccine, you know, several years later still having problems. Is that 8000? Yeah, I just had a patient yesterday.

Hers came back at 11,000 after doing, not with me, not your protocol, but a different, spike protein detox protocol for about nine months. And that was after receiving the first two vaccinations back and in 2021.

And her levels were still at 11,000. Yeah. You know, what we've found is that, you know, the most powerful approach so far has been McAuley protocol based spike protein detoxification.

So it's then the ultimate spike detox. And a wellness company. The individual gradients are bundled by multiple companies on Amazon. So if you type in Spike Detox now everybody knows about this.

Spike Antibody Testing and Detox Strategies

Yeah they're doing it worldwide. The lead ingredients are natto kinase at a high dose. Bromelain and curcumin education bromelain for sure dissolve the spike protein.

Preclinical studies curcumin randomized trials. It's block is a spike protein inflammation. There's some minor ingredients like dandelion root extract black sativa.

Selenium is in there just to aid in absorption, as well as, a black pepper fruit extract to aid in absorption. But we're using very high doses. When we first started out with this, we were using 2000 units of natto kinase twice a day for a total of 4000.

Now a lot of the gate, we're using 8000 on the package label and under, you know, physician direction, direction, we're going up to 16,000 units of natto kinase a day.

I'm doing that. My clinical practice now, carefully observing patients. Jordan Von, who's running the largest vaccine blood clot center in the United States, in Birmingham, Alabama, out of the gate, is using 16,000 because the natto kinase and Bronwen are needed to kind of dissolve these blood clots, because the blood thinners we're using, like warfarin or a picks a banned rivaroxaban or a dabigatran, they are just holding the blood clots steady.

We actually have to dissolve them. And these products are proteolytic and thrombotic. Now there's an exciting paper by Shaw Asawa and colleagues that used not only natto kinase, Bronwen curcumin, but also added pain

lumbar kinase, surreptitious and I counted up, I think, about 12 different proteolytic substances.

And he administered it three times a day to patients. And he demonstrated in a patient he dissolved blood clots that were throttling in the carotid to use virtual angio, Skippy for that.

And so he published it. So I think there could be other enzymes that, play a role in, in breaking down the spike protein. But the only ones we, we have for sure in preclinical studies and then some clinical observations now are natto kinase in bromelain.

And to your knowledge, the only contraindication with those would be if somebody was on a blood thinner like a traditional blood thinner. Correct. It's only. Useful use them.

Only a relative contraindication. So it really has to do with the individual patient. I commonly use high dose with people on blood thinners because they have so much spike protein.

The spike protein is driving blood clotting. And so we're working on the other side of that system. Now, I've had to make some judgment calls. People, I just had a man yesterday with dementia, I think, related to the vaccine and the spike protein, and he's falling and he's on Eliquis, what have you.

I just have my lower doses. I'm just worried about, you know, serious bleeding event. And I've had I've treated several thousand patients. I've had one serious bleeding event, and it was a patient who had a cult, alcoholic liver disease and didn't require a transfusion that was hospitalized, but otherwise have been fine.

If there's excess bruising, bleeding from the nose and mouth, we just simply back off on the dose. They should be held, by the way, at least for two days prior to a colonoscopy, dental surgery, other things like that.

Because they are forms of blood thinners. Right. So how long like, what is the minimum length of treatment? Would the spike detox formula before you really start to see results?

And how long does it typically take in your experience? I copyrighted this formulation in my name McCullough protocol base by protein detoxification. Now copyright.

There's no financial advantage in doing that. It's not patented. So anybody can make any combination. But I copyrighted it mainly for accountability like I did with my early treatment protocol, because it's like, okay, I came up with the idea, I published it, I'm responsible.

So on social media, let me tell you what, if you put something in your name and it doesn't work, people are merciless. You know, they would absolutely say, doctor McCullough, I did this and it didn't do anything.

All I do all day long is get flooded with compliments. People say, thank goodness I'm better. One of my patients said she thought she felt better after about six weeks.

That's about as fast as I've seen it. The average patient starts to turn the corner at about nine months to 12 months. So in my case is a good example.

So I had Covid proven once, but I think two more times I got to the point where I didn't feel well. My ears were ringing so loud I just couldn't even hardly hear my stethoscope.

It was terrible, the tinnitus was terrible, and I checked my level and sure enough, I'm 2300. So I go on this by detox and I do it in a dedicated fashion.

Now remember, this has to be taken on an empty stomach. So you have to ask, when do you have an empty stomach? You know, for me is in the middle of the night.

So when I get up to use the bathroom, I. I dust when I take it and so it worked out fine. So I took it and it was at

about nine months I noticed my ear ringing had dropped, probably by 80 to 90%.

I just felt so much better. I read check my antibody levels 900, so I had that drop. We've published drops in a what a child, a young man with mild colitis.

I believe he dropped from gosh, it's well over 10,000. He dropped to about 2000. But what we say is that, listen, we would take a 20% drop in the antibody level, meaning that that's a lagging indicator of what the spike protein is doing.

But you do want to see it go down. And if it's not going down, people say, well, what do I do now is while you're getting recurrent infection like you do, you're getting potentially exposure through shedding.

And we have to take on some different strategies. So do you see a difference in treatment time and how quickly the patient responds? If you're dealing with like the vaccine spike protein versus if they just have long Covid from the virus.

Vaccine, much more difficult and taking longer to treat than the natural virus. Okay. And I would like to, for our listeners, just really quickly reiterate.

So we have natto kinase, which really helps to degrade and break down the spike protein. We have Drax the Com or dandelion, which, you know, again, I'm thinking of this product in helping us when we are, you know, exposed to this virus and an ongoing nature.

So you have dandelion kind of blocking the spike adhering to the Ace. We have curcumin, which is very protective to the end. The filial cells, which are the type of cells that the spike protein really causes an issue with.

And we also have natto kinase and bromine breaking down the fiber in the black pepper seed, increasing the absorption of all of these things, especially the curcumin.

But the, the pepper and the black seed actually increase nitric oxide signaling and production in the body, too, which is one of our body's natural defenses against bacteria, parasites, viruses and whatnot.

And then we also have the anti-inflammatory effects, especially of curcumin and bromelain, because a lot of the damage that's done is starts off with a chemical called nuclear factor Kappa Beta, which kicks off that whole cytokine cascade that we all heard about.

You know, with Covid that was leading to death and organ dysfunction, etc.. And decreasing that inflammatory cytokines cascade actually helps to bring back the balance to the immune system, too.

And then of course, we have selenium acting as an antioxidant and helping to support that redox system, because all of this causes such oxidative damage to the cells and to the mitochondria, which contributes to a lot of the chronic illness and the ongoing long Covid symptoms as well.

Correct? Right. That's a good summary. A few additional fine points. Selenium actually helps absorption of a lot of various supplements. So you'll see selenium with berberine and others slams an absorptive agent which is in the GI tract to help with some of these transport channels.

And then selenium is actually needed in the heart. It's it's clearly we think there's probably some heart involvement. Virtually everybody who takes these vaccines and selenium plays a role there.

You may ask is has any of this been subjected to prospective randomized trials. And the answer is the component that has is curcumin. So curcumin has been all the way through randomized trials, clinical trials in human beings, Covid and long Covid and over a dozen of them.

There's a meta analysis. And for sure, procurement has a beneficial effect. I think the only question out there is

what's the dose? And so, you know, in this product, it's at 500mg.

If we go to the double dose, it's 1000mg. There are some data from the Indian literature that I'd like to get to, about 2000mg of curcumin a day. And, you know, and one of my patients and, you know, probably your patients, too, some patients really get into naturopathic, you know, medicine.

One of my patients is using some bulk compound. He's up to about 9000mg of curcumin a day. Says he feels great. He uses it for arthritis. But, curcumin is just is a very interesting product.

There are plenty of data suggesting that it's also anti neoplastic as well. Anti-Cancer. And another fine point on bromelain. Bromelain is a family of enzymes derived from the stems of pineapple.

You can get it in pineapple if you eat a bowl of pineapple chunks maybe get like 30, milligrams of it. But we're giving bromelain at 500 to 1000 milligram doses.

Bromelain is an FDA approved drug as a topical drug that's used in deep, tissue wounds to break up the proteolytic s-sure of of within wounds. It's also anti-infective.

This is important. So it's anti-infective. And so, you know, one of the concerns I always tell patients, listen, you're doing great. Just don't get another case of Covid, right?

So this product here has several ingredients that are actually anti-Covid to help protect against another Covid infection. So, like, why wouldn't we do this as there still is some residual Covid, out there?

So, you know, my kind of ear ringing, my syndrome is done, but I'm continuing just at a low dose. I took a to this morning of the ultimate spike detox, and one of the final added advantages of it is an anti atherosclerotic effect of natto kinase.

So natto can is tested in a large prospective study on carotid atherosclerosis reduced the blockage in arteries here chronically separate from its pandemic use.

So I personally actually have blockages. I'm older and so I feel better doing something naturopathic in addition to everything else I'm doing so I don't clog up my carotid arteries.

My grandmother had a completely clogged carotid, had a stroke, had to have it removed. So like, I don't want to go down that pathway. Yeah. And to your point, I mean, prevention of all of this is so much easier than trying to cure after the fact.

And as a natural path, like, doctor, what I absolutely love about your formulation is that, you know, when I'm looking at this, I'm like, you're advertising it wrong.

You need to talk about this as prevention as well. Because when I was just looking at reading about your product, I was like, oh, it's spike protein detox, it's breaking it down, and then you're done with it.

I'm like, no, the ingredients that you chose are, in my opinion, actually preventative for the path of his ideology of this virus coming into the body.

Well, let me tell you, the wellness company and we started it three years ago. We were challenged by the federal Trade Commission to support every single ingredient.

So we actually and you laid it out, you know, dandelion extract and etc., black sativa. We had to we had to defend the use of that. Like, what scientific basis would you have that in the product?

Now, the wellness company were getting ready to come out with an additional product. And I imagine you work with this in your practice. It's what we're going to call it enhanced and acetylcysteine.

And so my next. Question for. You. Yeah, so enhanced and acetylcysteine as a way of kind of regenerating what's called the glutathione system. And, you know, our body's always in a state of oxidative breakdown, an antioxidant of repair glucose.

I own that system is important in this kind of global balance, redox balance we have in the body. And we've been interested in the data. And I have one paper on this with just carmine about about an Acetylcysteine and its role potentially with the spike protein.

At first I thought, well, it's just managing oxidative stress. But have you but now it looks like NSCLC itself may denature the spike protein. It may unwind it some because it tightly trimer rises and it's stuck.

And I'll see. The system may be able to do that and allow our own liver and kidneys to kind of get rid of the spike protein. And that's the excitement of a product that's from Europe is called augmented and acetylcysteine.

So it's just a different molecular formula of it. Yeah. That was my next question. I was going to ask you what your thoughts were on an Acetylcysteine or NAC.

That's something that I use a lot my practice as well as quercetin. And then also your opinion on you know, using nicotine therapy. And if you think that can be useful in conjunction as well because it's heading like a completely different pathway.

Right. So let's take them in order to finish an Acetylcysteine. It looks like augmented narcissistic assisting by the claimed of a company yet to be proven.

But they've done the studies and the scientific basis. They're still assisting and probably going to have a role in denaturing. And so when I published my paper on this two papers, I used a term base base spiked detoxification, meaning clinically it's the base activity we should be doing.

Plus we can add things to it. So adding augmented Nessie I think pretty sound right now. We'll see how the trials come up from the Europeans and the urine spike. Yes.

But you know, NSC assisting pretty well tolerated doesn't really have much in the way of side effects. I have no difficulties with that at all. Yeah, not to my knowledge.

There's no toxic dose of NRC either. Yeah. And, you know, we use very high doses and acetaminophen overdose and do fine with it. So, now the next question was about quercetin, a polyphenol supplement.

And quercetin seem to kind of, the theory was maybe it blocks the Tmprss2 receptor another way that the spike protein can get into the system. And I was very impressed at the very large University of Virginia study.

I'm sorry, is impressed with, multiple studies that you're sort of a genius.

Supplement Protocols and Adjunct Therapies

Another they contributed to another component of my college protocol, but multiple studies that showed that carcinogens seem to have, you know, some cellular protective effects.

And, you know, it's a very solid, supplement. So we started to recommend it during Covid based on, you know, based on those properties. And then, finally, the Swiss, did a small prospective study, small case series with this idea that nicotine could block the spike protein interaction with the nicotinic acetal calling receptors.

And in fact, it worked. People who, again, they must have had circulating spike protein. They, it was interfere with the receptors. They felt kind of down as soon as they used a nicotine patch, they perked up.

So we started working with nicotine patches. Now over the last two years. And let me give you an idea. So if

someone is smoking, we start with 21mg a day patch because we're trying to, in a sense, get them off the cigarets because they're continually in a high nicotine state.

Someone who's a nonsmoker in my experience, is a big mistake to start that high, because the nicotine actually can make people sick. So we start at seven milligrams nicotine patch, and you can get this over the counter.

You just get habitual seven milligram patch over the counter. And it probably doesn't get rid of the spike protein, but it does antagonize it at the, receptor site.

And I usually tell patients, listen, give it a try for three months or six months. I found it personally far more effective than low dose naltrexone or Mirror of Iraq and Pravastatin.

There's been a lot of things that have been tried, and I found that the nicotine patch certainly well tolerated. And I think there's enough doctors that have made the observation that, yeah, it's work, by the way, everything we're talking about right now, which are very reasonable strategies and long Covid and vaccine injury syndromes, not a single bit of this was studied in the Biden administration.

$1 billion long Covid program. Not a single one of these strategies, not a single doctor like me was engaged in the program or doctor. No naturopathic doctors were engaged.

It was an entire waste of money. In fact, one of the strategies that was tried in that program, believe it or not, was giving more Covid vaccines to people who had long Covid.

So it just loaded them with more spike protein. And sadly, I had some patients had this one teenage girl who was so ruined by long Covid, so poor thing was almost bedridden.

She lost like a year or two of high school, and then she went to Texas Children's Hospital to a long Covid clinic, and they gave her a Covid vaccine and then she was done.

She literally couldn't get out of bed. The parents were wheeling around in a stretcher. That's how bad it was. Yeah, it's it's terrible. I mean, you and I could go down a long, dark road about all of this and the things that we've seen and the malice, the ignorance.

I really don't understand. I don't understand how if you're genuinely trying to help people, you're not doing this research, you're not trying all of the things that make common medical sense.

Well, here's the reason, doctor, because these doctors are practicing their religion. Yeah, vaccinology is a religion. The reason why the spike protein is not measured or studied in academic medical centers is because they know it's going to lead to the vaccines and vaccine ideology, says, listen, we have to accept these vaccines as a matter of faith, not on science.

That that, you know, the vaccines were held out as the savior for the Covid 19 pandemic and that through mankind. And, you know, it was said through the pandemic that that vaccine in the news better than natural immunity says, when was that ever the case?

Right. It just it was against all complete common sense. But it has. But because it's a matter of religious faith and we were asked to take the vaccines, but because the vaccines aren't perfect, some people were injured, disabled or sadly died.

The the unspoken expectation is they should they should take that for the betterment of humanity. So there's been no investigation into vaccine injuries, disability, some deaths by any government agency worldwide.

There's been no inspection of these vaccines for quality or purity, no safety review. And no country will pull these vaccines off. The market. So it's a vaccine ideology.

It's a religion. The reason why you can't understand it is you don't understand that false religion and neither do I. I didn't take the Covid shots, but I don't, you know.

Nobody in my family did. I know my family. Do you know do you know this? All the naturopathic medicine societies endorsed the vaccines. Oh, I'm well aware.

Naturopathic. Yeah. Naturopathic slow. So the only organization that I'm aware of is a physician MD allopathic physician organization. And that's the Association of American Physician and Surgeons.

They never endorsed the vaccines. They came out with a position statement saying they should be pulled off the market. Now, that was several years into the pandemic, and that organization should get a lot of credit.

I went to their national meeting, this month in Washington. I noticed virtually every seat was filled. So so their membership is growing. They've been around since 1943, tend to be kind of the old guard, pretty conservative, but most people are top in their class at medical school.

But they put out a resolution and 2000 listen to this. Or the only organization a resolution in 2000 saying that all requirements are mandates for vaccines to attend school, military or employment.

Those should be banned. 2000. That's 25 years ago. They made the right call. And now, Florida, Florida surgeon general this month came out and said, listen, we need to get rid of all these because I think if there was no mandates or requirements at all for vaccines, I think all the tension would come out of all these arguments.

I didn't take the Covid vaccine. You didn't take it. My wife didn't take it. Your husband didn't take it. Yeah. The 90 year old mother didn't take it.

And she's not on one pharmaceutical medication. And she's healthier than a horse because she lives in a way that does, you know, that that prevents everything.

You know that we're talking about real food. And how old is she? She's going to be 79 this year. 79? Yeah. Well, there's an important study. I think it's called the Informed Study is that it was a it was a cardiologist type A huge population.

About 10% of people could make it to age 80 with no prescription medications. So she's going to be in the 10% now, 90% who make it to age. You know, get some additional aid to get there.

But but it's important to understand that not everybody can be like your mom. Well, of course not. Yeah. They can't. No, it's just not everybody, honestly, is that fortunate.

But my mom is 86 and she's in a senior home. I just checked on her yesterday, and, she didn't take the Covid vaccines either. And she's perfectly now my 92 year old mother in law who lives with us.

She did take two Covid vaccines back in, 2021, two Pfizer's. And I've been carefully watching her. No problems, no problems, no problems, nothing. She said she never even got a sore arm.

Nothing. So finally, curiosity got the cat, and I said, mama, we got to check your antibody levels. So we checked her antibody levels. They were 200.

Vaccine Injury, Batches, and Closing Resources

So here's the. I'll bring up something very controversial. This is more of like a conspiracy that I heard so way back with those initial injections, where there are some that were placebo and some of them that actually, like, were the real vaccine and kind of like, you know, the pharmaceutical companies were doing their own randomized trials with people not knowing, like, is that a real thing?

Could she be one of the people that got the injection? But it wasn't actually, you know, the vaccine? We can't possibly know. I mean, obviously her levels are safe.

She got no vaccine, but but she had to get it for sure because she was in Canada. We were trying to get her out and they just would not let her out unless you got vaccinated.

So what we know from the data on what's called how bad is my batch.com which analyzed, you know, Pfizer, I know their data pretty well was 4500 batches, 75% of the batches.

There's not a single death reported. 25% of the batch batches. There's at least one death reported. Two papers by Manatee and colleagues show the batches are not the same.

Yeah, there's a there's a proportion of the batches that are lethal, but there's a large number of batches that essentially nothing happens. That's the reason why some people are perfectly fine.

And so, my neighbor came out the other day and he said, hey, I just want to let you know I got my booster. So he's he's actually has had seven shots. He's had seven shots and nothing has happened to him.

Nothing. And so it is possible to get that lucky. I mean that's the answer. There's a smaller number of vials and people can I encourage people who've taken the shots go to hot.

That is my Bascombe and to your batch and see if you've had one or more deaths. You've got what's called a hot lot. If you've had a batch where there's no deaths and you can see how many other side effects and remember, remember, there's millions of of people captured here in the data, you can make a reasonable assumption that you're fine.

If you really want to know. Get your antibody test. That's the main thing. Now it's LabCorp. It is. Open it up to you soon we should be able to have a directly measured spike protein test, either in the blood or urine.

That's going to be quite, quite helpful. But I mean, the good news is a lot of people took the shots are perfectly fine. We don't want to create a lot of alarm.

But what we're doing on this program and clinically is we're saying, listen, for those out there, which is probably 25% or so, that got hot ones and a subset of them have problems.

Get detoxification. I would not play around with a antibody level of 25,000. I've every so often somebody says, listen, I'm over 25,000. But I feel fine. I said, you do now.

But but we're seeing first blood clots, cardiac arrests, cancer other problems. Don't play around this. Get detoxification. That's great advice. So I want to be respectful of your time.

I know that you have a patient. Just wait a minute. Let our listeners know. How did they tell us the name of your book again and where they can find more information, where they can get your base spike detox supplement and any more information you know that you can share?

Well, for sure, everybody should get a copy of vaccines, mythology, ideology, and Reality. It's a gripping account of 300 years of history. How this false religion formed.

It's factual. It's over 300 citations. So 176 pages. You can read it in a couple of days. It's written by John Lee, who's a bestselling author. And you know what?

It's a New York Times bestseller. It's the only New York Times bestseller that deals with the the kind of downside of vaccines, the only one. So get vaccines, mythology, ideology, and reality go to the wellness company, tweaked health forward, slash courage and get the ultimate spy detox.

Let me see if I can bring it closer to the camera. Ultimate spy detox. This is what we think is a lead formulation. And one point on this is, we made a change from the source of the nettle kidneys from soy to chickpeas because of the soy allergies on Twitter the other day said, I can't take it.

I've got a sociology I a don't worry, we make it out of chickpeas. So get the ultimate spy detox tweaked health forward slash coach. Follow me everywhere on social media Twitter.

Get our true social gab telegram LinkedIn. You'll find me out there. Amplify the messages and go to McCullough Foundation McCullough fnd.org that supports the efforts of me and my team.

You'll see John Lee, Nick culture, our clinical scholars. We're making great progress. We are just in Washington. We met with senators, congressmen, I actually met with the current head of the CDC.

We are delivering the message. Don't worry, people know there's a problem because McCullough Foundation is there telling them and also proposing solutions.

I'm Doctor Peter McCullough. Thank you so much for having me. Thank you so much for being here. And if you want to hear more from doctor McCullough on detoxing the spike, protein and everything else that we've discussed today, you can hear his formal presentation at the Lime Bytes Symposium November 14th and 15th.

And thank you all for joining us for the Lime Bites podcast. We hope this brought you one step closer to true healing. If this episode helped you, share it with someone who needs to hear it too, because together we all heal stronger.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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