

Immunity Building Alternatives to mRNA Vaccine Products

Plus NON-vaccine treatments for Covid-19, Long Covid & Covid Vaccine Injuries

Full details on the therapeutics listed here can be found by name on: <https://makismd.substack.com/>
Live links can be found here:

<https://followingthecovidscience.substack.com/p/what-is-known-about-optimizing-immunity>

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Elderberry Syrup/Gummies

2x the Vitamin C of oranges
3x the anti-oxidants of blueberries
Anti-viral, anti-inflammatory properties
Immuno-modulating effects

Quercetin

Blocks the entry of viruses into host cells
Binds spike protein directly
Helps zinc get into cells
Decreases COVID inflammation in lungs

Nigella Sativa - Black Cumin

Coats ACE-2 receptors so C-19 can't stick
Helps Zinc get into cells, binds spike protein
Helps with cancer, MS, rheumatoid arthritis
Anti-viral, fungal, inflammatory, etc. etc.

Curcumin / Turmeric

Treatment for allergies, asthma, acne, ulcers
Binds spike protein, inhibits viral replication with Omicron, even better than HCQ
Reduces Covid fibrosis in lungs, heart, kidney

NAC (N-Acetyl Cysteine)

A building block for glutathione, an antioxidant often depleted with inflammation
Treats T-cell exhaustion
Fights Covid-19, RSV and Influenza
And much more...

Bromelain

Breaks down spike protein, prevents binding
Blocks 2 of 3 pathways in severe Covid-19
Anti-coagulant, parasitic, inflammatory
Wound and burn healing and so much more

Vitamin D

Has antiviral & anti-inflammatory effects
Reduces need for oxygen therapy in hospitalized C-19 patients
Helps prevention by boosting innate immunity

Nattokinase

Breaks down spike protein
Breaks down amyloid & blood clots
Helps with diabetes, hypertension, Alzheimers'
Decreases risk of heart disease and more

Olive Leaf Extract or Tea

Blocks spike protein from ACE-2 receptors
Treats the most serious symptoms of COVID-19
Anti-viral, inflammatory, oxidant etc.
Helps with memory, Alzheimer's, Parkinson's

3-Day Fasting

Not eating for 48 - 72 hours (autophagy) allows the body to focus on removing damaged and foreign proteins (like spike protein) instead of using the time for regular digestion