

Fasting is the First Defense Against the 'Spike Protein' Genocidal Bioweapon

Scientists are finding ways to reverse the damaging effects of COVID-19 mRNA 'vaccines'

Since the COVID-19 “vaccines” were rolled out in late December of 2020, it has been reported that billions of people worldwide have taken one of these shots. The CDC’s own VAERS reporting system acknowledges, as of October 28, 2022, that it has received 1,453,323 reports of adverse events—including 31,818 deaths—after taking these shots. Now the insurance companies are seeing more deaths and injuries than the CDC is reporting. So, now there are a lot of people suffering from “buyer’s remorse.”



by Dr. Ridgely Abdul Mu'min Muhammad
NOI Research Group

tients who were suddenly stricken with all types of illnesses after taking the COVID shots. Government officials are not publicly recognizing their suffering as having anything to do with the “emergency” mRNA “vaccines.” But we now know that these shots have infected the cells of their victims, taking over the mechanism that controls the production of proteins and has



World Health Organization

made each of these cells a manufacturing plant of a deadly artificial and toxic “spike protein,” which is a most destructive bioweapon. The FLCCC has now published on their website, <https://covid19criticalcare.com/treatment-protocols/>, a set of remedies or protocols for those who suffer from this spike protein called “I-Recover: Post-Vaccine Treatment Protocol.”

FLCCC
ALLIANCE

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It is interesting that the first two remedies to counter these “spike protein” toxins bear direct witness to the Teachings of The Honorable Elijah Muhammad as outlined in “How to Eat to Live.” The third remedy, Ivermectin, has a history of discovery and development that causes thinkers to recognize the active presence of Allah (God) who came in the Person of Master Fard Muhammad.

The first remedy in the I-Recover Protocol is “Intermittent daily fasting or periodic daily fasts. Fasting has a profound effect on promoting immune system homeostasis, partly by stimulating the **clearing of damaged cells (autophagy)**. ... It is likely that **autophagy** removes spike protein and misfolded proteins induced by the spike protein...Indeed, activation of **autophagy**



Person receives injection. Photo: MGN Online

gy may be the **only mechanism to remove** the spike protein from the infected cells.

For 90 years the Nation of Islam has been practicing “**fasting**” as the primary method for **clearing toxins** from our bodies as outlined in “How to Eat to Live.” “We drive many impurities out of our bloodstream if we do not fill our stomachs with food two and three times a day.” (The Honorable Elijah Muhammad, “How to Eat to Live,” Book One, pp. 43-44) “**Fasting is a greater cure of our ills**—both mental and physical—than all of the drugs of the earth combined into one bottle or a billion bottles. Allah (God), in the Person of Master Fard Muhammad, has taught me that **fasting**, with the right kind of food, is the **cure** for our ills. He has said to me that there is **no cure in drugs and medicine**.” (The Honorable Elijah Muhammad, “How to Eat to Live,” Book One, p. 19)

The second most effective weapon described in the **I-Recover Protocol** against the “spike protein” is **Spermidine** and/or Resveratrol. “Four compounds have been demonstrated to augment **autophagy**

[cell clearing]: namely **Spermidine**, Resveratrol, ivermectin and the diabetic medication metformin.

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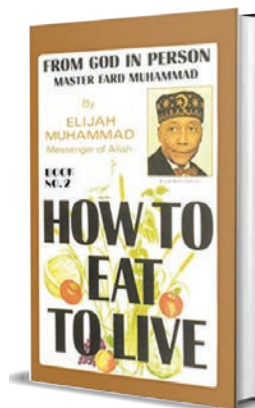
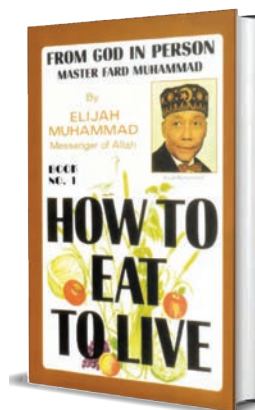
The Honorable Minister Louis Farrakhan on February 27, 2022, took to the rostrum and presented his Saviours’ Day Lecture, titled “The Swan Song,” where he stated:



“If you’ve taken the shot, I pray that Allah will lessen the effect of that shot, because it was designed to harm you, your ability to reproduce yourself. But if you ask Allah to save you from what you did against yourself, call Him by the name, Allah who came in the person of Master Fard

Muhammad and ask Him in the name of The Honorable Elijah Muhammad. And I do believe even if you made that mistake, He will save you from the mistake that you made.”

Doctors of the Front Line COVID-19 Critical Care Alliance (FLCCC) have had a year’s experience of successfully treating thousands of pa-



Fasting is the first defense

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... **Spermidine** and resveratrol promote autophagy by acting via different metabolic pathways and are therefore likely to have additive or synergistic effects. Furthermore, it is likely that both **spermidine** and resveratrol potentiate autophagy [cell clearing] induced by intermittent fasting... **Wheatgerm**, mushrooms, **grapefruit**, **apples** and **mango** are high natural sources of **spermidine**.”

In the same “How to Eat to Live,” The Most Honorable Elijah Muhammad writes:

“Virtually all fruits are good. We eat **apples**, oranges, bananas, pears, peaches, tangerines, **man-gos**, plums, grapes...pomegranates, lemons and **grapefruit**.” (pp. 5-6) He further states: “We can live a long, great and healthy life by just drinking good, wholesome milk and eating good **whole wheat bread** if the bread is cooked correctly. ... The whole wheat kernel should be milled and ground very fine.” (p. 37)

Of course, you will eat “wheatgerm” when you eat whole wheat bread baked from flour that has not been stripped of its wheatgerm in the milling and refining process of modern flour milling. As followers of The Most Honorable Elijah Muhammad, we at Muhammad Farms produce a 100 percent whole wheat flour that we have ground down to a very fine consistency.

The third remedy on the I-Recover Protocol is Ivermectin: “Ivermectin has potent anti-inflammatory properties. It also **binds to the spike protein, aiding in the elimination by the host**. It is likely that **ivermectin and intermittent fasting** act synergistically to rid the body of the spike protein.”

The effectiveness of Ivermectin on COVID-19 is well documented among researchers and practicing doctors. The only remaining research question was what was the mechanism by which this “wonder drug” could do its work. Then on June 9, 2021, comes this bombshell: “Breakthrough: Ivermectin inhibits the SARS-CoV-2 spike protein from binding to ACE2 receptors in human tissue.” The article goes on to describe that Ivermectin effectively inhibits viral attachment and replication. It targets the spike protein at the point where it enters the cell and blocks it from attaching to the human cell membrane.



Fruits and vegetables Photo: Pexel.com

Now you see why Big Pharma is paying out big bucks to the mainstream media to slander Ivermectin, a life-saving medicine that is truly safe and effective, unlike Satan’s “vaccines.” Ivermectin could destroy the medical industrial complex’s latest bioweapon—the COVID-19 “money shots.”



Graphic: MGN Online

But what is this Ivermectin? Here is an excerpt from the acceptance lecture of the 2015 Nobel Prize recipient in medicine, Dr. Satoshi Omura:

“Ivermectin is among those few compounds, such as penicillin and aspirin, delineated as ‘wonder drugs’, all, incidentally, originating from natural products. It is also predominantly a **drug for the poor**. It is being increasingly used to eliminate intractable tropical diseases, as well to tackle an ever-increasing range of diseases, and is showing promise to provide a solution to hitherto indomitable public health problems. It remains the most potent anti-infective agent in clinical use; the safe single adult dose of around **12 mg once a year** comparing favorably with antibiotics like penicillin and tetracycline that require doses of **1000 mg or more per day**.” (<https://www.nobelprize.org/uploads/2018/06/omura-lecture.pdf>)

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As the Mother Wheel, as taught to us by The Most Honorable Elijah Muhammad, was being built by Master Fard Muhammad on the island of Nippon, now called Japan, Dr. Omura found a microscopic creature **only** found in the **soil of Japan** that produces a chemical from which **Ivermectin** has been extracted and refined. The American military has finally admitted in June of 2021 to the existence of these “wheels” they call UFOs and that it has no weapons to fight against them. But instead of submitting to the God that makes them and will use them against the enemies of His people if they attack us, the U.S. government has spent trillions of taxpayer dollars—in its “**Black Budgets**”—to produce bioweapons to destroy God’s Black people from within their own bodies. However, Ivermectin is proving to be the Achilles heel of Satan’s most modern genocidal plans under the guise of a “medical response” to a “pandemic.” And this is why Big Pharma uses the media, CDC, FDA, WHO and scared doctors to keep Ivermectin out of the hands of God’s people. And now we have more evidence that not only can Ivermectin block the spike protein acquired from SARS-CoV-2 infection, but it can also block the spike proteins that these mRNA bioweapons are tricking your own cells to produce.

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DePopulation Briefs

"Before the vaccine was made, I warned us in the Name of Allah that this was a death plot....The way to get rid of two to three billion people [is] to offer you a vaccine."

—The Honorable Minister Louis Farrakhan, *Swan Song*

Satan's "Vaccine" Kool-Aid

Who is Satan? How would you recognize somebody who deceived the whole world? This Satan is so powerful, all the media is bowing to Satan's plan. You won't even permit people that have another opposing view—you don't want us on your television screens; you want us off social media. And now, you are telling my poor Black brothers and sisters that they should "hurry"...

And you laugh at Reverend Jim Jones with Kool-Aid. This is the biggest dose of "Kool-Aid" that the enemy has ever offered; it is death itself, created by what you call "Warp Speed."

You know, anything that's "warped" is misshaped. Anything that's "warped" is crooked. So by rushing so fast to get something out, by-

passing normal steps in a true vaccine, now God is gonna turn your "vaccine" into "death in a hurry." Mark my words, by the help of God: Since you loved to take the vaccine, then eat death."

—The Honorable Minister Louis Farrakhan
February 27, 2021.

Study claims belief in COVID conspiracy "predicts greater conspiracist ideation"

NaturalHealth365 website reports that "people who have serious concerns about the COVID-19 pandemic are being largely written off as conspiratorial—in what can be viewed as a thinly veiled attempt to discredit or silence anyone who doesn't agree with the mainstream pandemic narrative hook, line, and sinker. One recent study published in **PLOS One** even suggests that belief in COVID fraud is a 'gateway' to other conspiracy theories, such as the 2020 election fraud."

Judge Orders Fauci, Other Top Officials to Testify Under Oath in Censorship Case

A federal court ordered that Dr. **Anthony Fauci** and other current or former White House officials testify in a case that has uncovered evidence of alleged federal government collusion with Big Tech companies to censor users, in violation of the 1st Amendment of the U.S. Constitution. The plaintiffs allege that Fauci and other key figures coerced social media companies to "suppress disfavored speakers, viewpoints and content" regarding COVID-19.

Top biological warfare epidemiologist:

"I will never take another vaccine as long as I live"

Dr. Meryl Nass is an internist and biological warfare epidemiologist and one of the harshest critics of the American government's response to the COVID-19 "pandemic." In an interview with **Robert F. Kennedy, Jr.**, on "RFK Jr. The Defender Podcast," Nass said the U.S. Food and Drug Administration (FDA), the Centers for Disease Control and Prevention (CDC) and "who knows how many other federal agencies are just making things up as they go along."



"These are not mistakes," said Nass. "This is malfeasance." Nass told Kennedy:

"I'd like to tell your listeners that I will never take another vaccine as long as I live because God knows what's in them. You can't rely on the fact that anyone is testing them or that the FDA is looking over anybody's shoulder to make sure that what's supposed to be in them is really in them."

"And it seems that the current COVID-19 vaccines are being made with very sloppy processes. We can't be sure what's in them. And why would we think they're gonna do better with the other vaccines in the future?"

Nass said documents obtained through Freedom of Information Act (FOIA) lawsuits revealed that CDC officials acknowledged mRNA COVID-19 vaccines were not included in the old vaccine definition—"so they had to change it."

"It is sinful that despite the harm being done to human beings, the government continues to heavily promote the uptake of these vaccines. They are using celebrities, professional athletes, preachers, politicians, educators and everyday people to pressure us to 'just get the shot.' It is time for all of us to become more proactive in fighting this diabolical scheme."



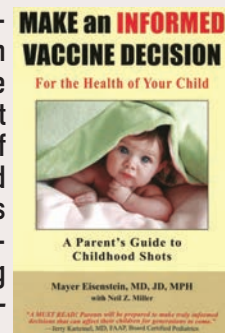
Sister Ava Muhammad

Vaccine Corner

The following excerpt is from the book *Make an Informed Vaccine Decision For the Health of Your Child: A Parent's Guide to Childhood Shots* (2010), by Dr. Mayer Eisenstein:

"Do parents have a social obligation to vaccinate their children? Health officials often claim that parents have an obligation to vaccinate their children. They say that vaccines won't work for society unless a high percentage of children are injected. Apparently, unvaccinated children are a threat to the group. But this does not make sense. By this reasoning, the unvaccinated—who are being coerced into taking the shots—are somehow responsible for protecting the vaccinated. How ironic!

"If some children are vaccinated, that's their family's choice. If other children are unvaccinated, that's their family's informed decision as well. Vaccinated children take their chances hoping to avoid serious adverse reactions, while unvaccinated children risk contracting the disease. However, *if vaccinated children contract the disease, the shot was ineffective, NOT the fault of unvaccinated children.* Officials ignore their own ineffective vaccine, choosing instead to malign the unvaccinated. Outrage should be vented in the proper direction—at those who developed ineffective shots and falsely promoted a defective product."



Study: Vaccinated 5X More Contagious Than Unvaxed 10 Days After Infection

A study published recently in the *New England Journal of Medicine* (NEJM) reports a disturbing discovery: individuals fully vaccinated and boosted against COVID-19 actually recover more slowly from the illness and, surprisingly, even remain contagious for lengthier periods of time as compared to unvaccinated persons. While the study did not investigate implications associated with ill-

ness severity, the findings nonetheless raise significant questions for consideration.

People that are vaccinated remain five times as contagious as those who are unvaccinated ten days after SARS-CoV-2 infection. Put another way, the vaccinated continue to transmit the disease significantly more than the unvaccinated should the data hold up across broader investigation.

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"As I live, my desire is to destroy the so-called medical profession, because it is not a profession of healing; it is a profession of drugs."

—The Most Honorable Elijah Muhammad

LOUISIANA'S FIRST BLACK NURSES



These pioneering Black nurses worked at the Baton Rouge General Hospital, the only hospital available to Black nurses and patients during the 1950s.

(photo credit: Louisiana State Archives)

The Truth About Modern Medicine

The healers of today are trained and funded by and accountable to the pharmaceutical industry. That corruption is largely enabled by a system of governmental oversight that is nothing more than a rubber-stamp instrument used by the medical industrial complex to approve and sell their products while limiting their liability.

Worse, these governmental puppets are now using the private tech and media industries to ensure that only the "official" narrative is put forth; those with dissenting opinions or contradicting data are silenced, censored, and calumniated.

This reality was once considered to be a conspiracy theory. To insinuate that these institutions could be involved in a global conspiracy that has cost tens of millions of lives and undermined the very foundations of American democracy was tantamount to blasphemy.

Until now...

See the new documentary series *Propaganda Exposed!* [UNCENSORED] at go.propaganda-exposed.com/

American History of Medical Racism & Savagery

Henry Kissinger, as Secretary of State under President Gerald Ford, promoted a eugenics sterilization program that would take the concept of **RACIAL DEPOPULATION** to chilling new heights.

Kissinger penned a secret document in 1974 titled "National Security Study Memorandum 200" (NSSM-200). Titled "Implications of Worldwide Population Growth for U.S. Security and Overseas Interests," it argued that controlling the strategic resources of Third World nations was directly linked to depopulation:



Fled Nazis to become one

"...The U.S. economy will require large and increasing amounts of minerals from abroad, especially from less developed countries. That fact gives the U.S. enhanced interest in the political, economic, and social stability of the supplying countries. Wherever a **lessening of population pressures through reduced birth rates** can increase the prospects for such stability, population policy becomes relevant to resource supplies and to the economic interests of the United States."

The COVID-19 VACCINES: "We Have No RIGHT to Trust Them."

The Intercept: Leaked Documents Expose "TRUTH COPS"

The *Intercept* writers Ken Klippenstein and Lee Fang report that "THE DEPARTMENT OF HOMELAND SECURITY is quietly broadening its efforts to curb speech it considers dangerous, an investigation by The Intercept has found. Years of internal DHS memos, emails, and documents — obtained via leaks and an ongoing lawsuit, as well as public documents — illustrate an expansive effort by the agency to influence tech platforms."

"The work, much of which remains unknown to the American public, came into clearer view earlier this year when DHS announced a new 'Disinformation Governance Board': a panel designed to police misinformation (false information spread unintentionally), disinformation (false information spread intentionally), and malinformation (factual information shared, typically out of context, with harmful intent) that allegedly threatens U.S. interests. While the board was widely ridiculed, immediately scaled back, and then shut down within a few months, other initiatives are underway as DHS pivots to monitoring social media now that its original mandate — the war on terror — has been wound down."

"Behind closed doors, and through pressure on private platforms, the U.S. government has used its power to try to shape online discourse. According to meeting minutes and other records appended to a lawsuit filed by Missouri Attorney General Eric Schmitt [just elected senator], discussions have ranged from the scale and scope of government intervention in online discourse to the mechanics of streamlining takedown requests for false or intentionally misleading information."

Key Takeaways

- Though DHS shuttered its controversial Disinformation Governance Board, a strategic document reveals the underlying work is ongoing.
- DHS plans to target inaccurate information on "the origins of the COVID-19 pandemic and the efficacy of COVID-19 vaccines, racial justice, U.S. withdrawal from Afghanistan, and the nature of U.S. support to Ukraine."
- **Facebook** created a special portal for DHS and government partners to report disinformation directly.

"...There is also a formalized process for government officials to directly flag content on Facebook or **Instagram** and request that it be throttled or suppressed through a special Facebook portal that requires a government or law enforcement email to use. At the time of writing, the "content request system" at facebook.com/xtakedowns/login is still live. DHS and **Meta**, the parent company of Facebook, did not respond to a request for comment. The **FBI** declined to comment."

[Read the full article at theintercept.com/2022/10/31/social-media-disinformation-dhs/]

Massive Rise in All-Cause Mortality Since Forced "Vaccines"

Excerpt from the new book *The New Abnormal: The Rise of the Biomedical Security State*, by Aaron Kheriaty



It is hard to spin death certificates.... CDC data, as well as data provided by life insurance companies stratified by age, showed a 40 percent rise in all-cause mortality among working-age adults (18- to 64-year-olds) in 2021 during the mass vaccination campaign, as compared to the previous five-year baseline. To put this into context, actuaries tell us that a 10 percent rise in all-cause mortality is a once in 200-year disastrous event. The United States didn't see this kind of spike even during World War II. When age groups were further stratified, life insurance mortality in quarter three of 2021 during the mass vaccination campaign showed even more alarming excess-mortality statistics among middle-aged adults:

81% increase for 25- to 34-year-olds
117% for 35- to 44-year-olds
108% for 45- to 54-year-olds
70% for 55- to 64-year-olds

Most of these excess deaths were not due to COVID. Nor can missed screenings and missed medical appointments during lockdowns account for most of these deaths. If you skip a colonoscopy, you don't die the following year of colon cancer. You get a slight elevation in your risk of dying from cancer sometime in the next 10 to 20 years. Likewise if you have diabetes and miss your routine primary care appointment for a year, you might consequently have poorly controlled blood sugar for several months. This leads not to death a year later, but to a mildly elevated risk of diabetic complications much further down the road.

Something else—something sudden and acute—happened in 2021 that massively affected mortality for young and middle-aged adults. Our public health establishment has shown no interest in examining this disaster. This total disinterest is a barometer of their priorities.

A DEPOPULATOR SPEAKS

"The human population can no longer be allowed to grow in the same old uncontrolled way. If we do not take charge of our population size, then nature will do it for us and it is the poor people of the world who will suffer most."

British Television Presenter Sir David Attenborough

