

CHEMTRAILS

**Detox Heavy Metals, Nanobots,
Magneto-proteins and Graphene!**

Part 1: Stratospheric Aerosol Injections aka chemtrails: The main Culprit behind the 'Pandemic'.

Many people wonder how the entire world was able to get sick in a relatively short amount of time and how massive 'waves' seem to hit entire cities (even countries) in the same week, when most people were at home in lockdown? Well, the answer is simple: The poison was dumped on us, in our air, via Chemtrails. If your air is dangerous and filled with toxins, it doesn't matter if you wear a mask, eat healthy, are home all the time and never see anyone else. We all breathe the same air and the human body can only be poisoned with so much before it begins to show symptoms of toxicity (aka, virus symptoms).

Why would the global elite dump poisons on us if they also breathe the same air? Because they don't. Most of them live in luxury bunkers underground where incoming air is heavily filtered during these large attacks. They also have the resources and money to install the best filters on their homes if they do live above ground and they also live in select and remote areas that are not being 'chemtrailed'. HAARP is responsible for climate and population control and so they understand weather systems well and where they can and cannot dose to keep the air near their homes relatively free of contaminants.

They also have access to frequency healing and Medbed technology that has been kept hidden from humanity. This technology can neutralize all toxins, infections and poisons from chemtrails as well as heal any damaged DNA from radiation.

A note on Viruses: Viruses are detox mechanism of the cell when DNA is damaged. These diagnosable viral proteins are called exosomes. True dangerous viruses do not exist, and most 'viral' conditions are actually caused by mycoplasma, radiation toxicity, chemical poisoning or injectable parasites (such as those found in our vaccines-yes, even the childhood ones). To learn more about viruses, parasites, detoxing, vaccines (and for protocols on virtually every condition in existence), join my private platform here: www.wevolve.io/membership



INGREDIENTS FOUND IN CHEMTRIALS

Aluminum oxide	Nitrogen Trifluoride (Known as CHAFF)
Arsenic	Nickel
Bacilli and Molds	Polymer Fibers
Barium	Pseudomonas Aeruginosa
Cadmium	Pseudomonas fluorescens
Chromium	Radioactive Cesium
Desiccated Human Red Blood Cells	Radioactive Thorium
Ethylene Dibromide	Selenium
Enterobacter Cloacal	Serratia Marcescens
Enterobacteriaceae	Sharp Titanium Shards
Human white Blood Cells-A (restrictor enzyme used in research labs to snip and combine DNA)	Silver
Lead	Streptomyces
Mercury	Strontium
Methyl Aluminum	Sub-Micron Particles
Mold Spores	(Containing Live Biological Matter)
Mycoplasma (such as Brucella)	Unidentified Bacteria
Nano-Aluminum-Coated Fiberglass	Uranium
	Fungal Mycotoxins

How are Chemtrails Delivered?

Chemtrails are no longer dumped on us by airplanes. This is way too expensive, inefficient, tedious and cannot blanket large areas of land quickly. They might have been able to seed us with poisons (and they have) for decades, keeping us tired, weak, and susceptible to disease, but this wasn't enough poison to truly cripple, disable or cause illness in most of the population to falsify a pandemic, so they now use more powerful dosing methods. The theory is that they now use large HAARP gas/smoke machines and depending on wind patterns, dump huge amounts of the chemical smog over bodies of water so that they can blow over entire pockets of land, covering an entire city for instance in one huge chemtrail cloud or multiple clouds in less than 1 hour. There is also speculation that the poisons are of Alien Origin and are dumped on us from other dimensions instantaneously, but not sure how far down the rabbit hole you want to go. If you ever pay attention or document what goes on in the sky above you, you'll notice that it can go from fully clear and cloudless to completely covered in chemtrails in only a few moments. This defies science, debunks the airplane delivery system and even seems supernatural so feel free to explore different dosing theories, even if they are far-fetched! If I've learned anything, it is that truth can sometimes be more shocking than we may be ready for.

If you doubt chemtrails exist, simply test your rainwater when you see no chemtrails for a few days and test the rainwater again when you see chemtrails in the sky. You can also place clean freshly distilled water (tested at 00 with a TDD meter to determine starting point) in a clean and well-rinsed and dried basin of water out in the middle of your lawn on a table (away from pets) when you see chemtrails over your home.

Then collect the water after a few hours, or a day when the sky looks clear again and test it with your TDS meter, a heavy metal kit or electrolyze it at home (be safe and NEVER touch the metal or water when electrolyzing) to see what shows up. You can even look at the contaminated distilled water under a microscope to see what shows up in there, or have it brought to a lab to be cultured and tested for parasites, bacteria, metals, nano particles etc.

How to identify Chemtrails?

Keep in mind that I am not a cloud specialist, but this gives you a basic idea of what to look for when trying to spot if your sky is contaminated with chemtrails.

This is a Real Cloud



This is Chemtrails

Notice different types and patterns - keep in mind they can be so thick you do not see the sky behind them (very high dosing and very dangerous), or be more streaky than in these photos and but this gives the basic idea of what to look for.



How often are Chemtrails being dropped on us?

Some places get dosed daily, or every 2-3 days, such as large cities (example Toronto, Montreal, New York, Atlanta, Los Angeles). Small countries that are easy to cover in one-go (example Panama) also get a hefty dosing schedule and some places with less population get hit once a week. Most populated land on Earth is dosed at least once per week. During the pandemic and until today, it may be several different 'dosing's' per day for many running days to create high levels of symptoms so a 'new wave' can be caused. If you have been to a place that hasn't had any chemtrails for weeks or months at a time, please email support@wevolve.io and tell me about it because I have not seen such a place in my own travels and would be delighted to learn this info!

A few fun facts about Chemtrails

- Areas where people are less compliant, and that attract a large amount of lightworkers and 'awake people' tend to be more targeted with extreme chemtrail attacks and high 5G blasts (Florida and Mexico are examples).
- The thicker the chemtrail smog/clouds, the more dangerous and high-dose they are. When the entire sky is blanketed in white smog and you can't even see the blue sky, this is a kill-dose and can cause quite serious injury and EMF sensitivity for months after exposure. See minimize exposure section below to help protect yourself.

- Chemtrails can fall as fast as 15 minutes after being sprayed (depending on the chemical and metal make-up of that dose), and often take 2-24 hours to fully come down. The air is seeded with these poisons all day in some places, so the exposure is gradual and continual. Some ingredient mixes need rain to bring them down and so Mother Earth reacts by creating natural clouds over and around the chemtrails and attempts to clear the atmosphere by 'raining them down'. This makes the rain very dangerous.
- If chemtrails weren't a thing, most people would never get symptoms of hay fever, Rhinitis, and seasonal allergies. The human body is made to deal with an abundance of natural pollen and other harmless proteins from mother nature. We are, however, not meant to be vaccinated at birth with poison, fed synthetic diets void of any true nutrition, intoxicated incessantly with chemical air resulting in inflamed exhausted respiratory and immune systems that are so over-burdened that we can't handle inhaling even 1 additional plant protein without a massive immune reaction.
- 5G, EMFs of all kinds (4G, 3G, dirty electricity) and Chemtrails together are at the root causes of respiratory infection, chronic fatigue, apathy, depression, lack of vitality, motivation and passion in life, as well as anxiety and sleep disorders. Without chemtrails and EMF pollution, most of us would have so much energy and focus, we could singlehandedly conquer the global elite in a day by thinking clearly, having high vibe emotions, connecting to nature and faith, building strong robust communities, becoming free of the system, and seeing and feeling truth with untarnished intuition. This is precisely why they do this to us, to maintain power and force compliance through weakening us until we barely have the energy to get out of bed (without caffeine and drugs), never mind masterminding how to achieve freedom, save the world and reclaim independence from satanism and corruption.

Part 2: How chemtrails combine with 5G to create the strongest and most effective bioweapon attack against humanity in history.

Chemtrails fill the lungs, blood, and body with magneto proteins (magnetic materials), electrically reactive metals such as aluminum/copper/mercury, conductive particulates like graphene oxide and radioactive elements like strontium so that we are made extremely susceptible to, and easily manipulated by, radiation, EMF's and 5G frequencies. We basically become living 5G conductors. The more of these ingredients we have within us, the more conductive and reactive we are, and the more easily controlled. These substances change the electricity in the body and can alter the nervous system/brain in ways that can cause crippling impairments.

To this noxious cocktail, they add chemicals that weaken and attack the blood brain barrier, causing brain damage and making it easier for the nano metals to migrate to the pineal gland (the house of intuition, quality sleep, good mood, faith and spirituality). As if that weren't enough, they also add powerful amounts of infectious organisms which devastate the immune system making it so stressed out that it cannot even worry about defending against the graphene and metals, because it is too busy fighting sudden and life-threatening levels of foreign invaders, synthetic proteins and infection.

5G and EMFs are not healthy for us, but we are unlikely to feel complete impairment from simple exposure to EMF's alone. This is the reason that injecting vaccines (COVID and otherwise), spraying chemtrails and poisoning our food and water are all essential to keeping us filled with electrically conductive materials so that we are highly reactive and controlled by frequencies emitted from local towers, smart lights, smart meters, devices and dirty electricity.

Our brains are electrical and the best way to gain access to them (after microchipping us which is being done with the PCR swabs, fogging and CVD vaccines) is to fill our brain with metals and then blasting us with microwave frequencies to heat up the metals, interfering with our natural thoughts, brain waves, behaviours and even our emotions.

The human brain can quite easily be manipulated and controlled by remote electromagnetic frequencies (AKA the 5G grid) if graphene oxide and heavy metals are present within it. So, chances are that when you feel irritated, angry, sad, depressed, anxious, extra hungry, extra sleepy, lost, spiritually wounded, it isn't really you and you are just being triggered by energy waves you cannot see that are reacting with metals in your brain that you never knew you were even breathing in. *Crazy!*



Part 3: Symptoms of 5G and Chemtrail Poisoning

The starred symptoms are the most common

Lack of vital energy/ massive or light fatigue *

Neck pain/stiff neck

Stomach cramps*

Headaches/Pressure/ Drowsy, Brain Fog *

Sinus problems/ Allergy symptoms*

Bronchitis symptoms*

Nausea*

Dizziness/light headed*

Breathlessness*

Weepy feeling of sadness*

Crying spells*

Loose bowels, diarrhea

Feeling disconnected/ "spaced out"*

Can't focus thoughts/speech/confusion*

Deep coldness

Depression*

Tachycardia/ racing heart/Palpitations

Anxiety*

Symptoms that never seem to go away

Congestion in chest*

Body pain/ Arthritic and Joint/Bone Pain*

Dramatic mood swings/anger, sadness*

Tightness in chest and/or stomach (worse when laying down)*

Earaches, itchy ears, Tinnitus*

Sore throat, itchy throat*

Hives and Urticaria

Tightness in shoulders

Flu-like symptoms (ex: Covid)*

Dry cough, irritate lungs*

Metallic taste in mouth, dry mouth

Lack of appetite and thirst, or extreme hunger from being so exhausted*

Stomach acid problems, indigestion

Heat flushes, fever and temperature dysregulation

Unexplained rashes*

Short term memory loss and inability to think straight*

Tests from doctors will show nothing is wrong but symptoms persist

HOW TO DETOX

1. Minimize Exposure

- Leave big cities and live in less-populated areas, towns or in safe communities in the jungle, forest or off grid villages.
- Leave your area when you see heavy chemtrails (keep in mind you could be driving hours before you reach a safe zone). This might be less ideal for most people, but it would help so I'm sharing it.
- Close all windows and doors and stay indoors (without AC) until the sky is fully clear for at least several hours. Bring all pets indoors as well. This doesn't protect 100% but it cuts down exposure by 20-30%.

- The ideal would be to build a fully stocked emergency underground bunker and have quality graphene-free filters in place so you can duck in there when large doses are delivered. This is costly and I can't do it yet either, so let's do what we can!
- Spreading the truth and getting people to be more aware is critical. A world that has no idea this is happening can't stand up and push back. The elite should fear us, we are the 99% and we outnumber them by a long shot. For this, we need knowledge, awareness, and enough of the population to step up and push back. People in the dark cannot see the light, and the elite cannot rule in the light. They operate in the darkness, so share the truth and share the light! This is the only path into a new way of life on this planet.

2. Fasting and Liquid Nutrition

Liquid diets help us detox quicker. Starting a liquid diet for 1-2 days when sprays are thickest can help boost your immunity and allow the body to clear the poison out faster. If you live in a heavily sprayed area, it may be best to consume liquids all day and eat only 1 solid meal as a lifestyle.



TEAS

JUICES

- Green juices with cilantro, parsley, lemon, ginger, celery, and cucumber
- Carrot beet ginger lemon juice
- Pure celery juice
- Pure cucumber juice
- Ginger shots
- Coconut water
- Water or Coconut water with organic spirulina, organic cracked cell chlorella, and wild green powders like barley grass juice powder, wild greens or wheatgrass juice or powders.
- Raw grass-fed organic animal milks (cow, goat etc.), and fermented soured milk (24 to 48 hours at room temp). This boosts immunity. Skip if allergic to dairy.
- If no histamine issues or urticaria/hives present, raw milk kefir can also be consumed as needed to help support the gut and immunity.

- Kombu, dulse, kelp, wakame, arame or other seaweed broths
- Organic non-GMO fermented miso broth
- Veggie broths (made using distilled water, celery, carrots, onions, greens, root veggies etc.) Boil for 30 minutes or until veggies are soften then strain, add some Celtic or Himalayan pink salt and enjoy!
- Bone broth made with distilled water, organic/wild/grass-fed animal bones and quality Celtic or Himalayan pink salt
- Raw Virgin Coconut oil 1-3 tablespoons per day (not a broth, but very helpful when chemtrails contain fungal toxins and nano parasitic larvae)

Choose 1-2 flavors that call to you and consume 2-3 cups a day of tea in total. More is not needed. It is best to pick 1 or 2 types and have a cup of each per day.

- Peppermint, turmeric and Ginger (anti-inflammatory and anti- microbial)
- Cistus Incanus (20 times more antioxidants than green tea/no caffeine)
- Dandelion tea (liver support and bile production to clean intestines)
- Lavender (calming to the nervous system)
- Nettle (supports the kidneys, adrenals, and lymphatic system during detox)
- Neem (antimicrobial, and tonic for the pancreas, brain and kidneys)

3. Take Activated Charcoal (2 caps / 1 tsp is a dose)

- Consume first dose in/with water immediately once chemtrails are spotted (within 15 minutes) and continue taking this dose every 4- 6 hour during waking hours, until the skies are clear. Best taken away from food.
- Charcoal can be mixed with 1 tbsp of organic psyllium husk in a shake with 12 oz of water. Drink the shake immediately or it will thicken and be dangerous to swallow. Take this only once per day several hours away from food. Drink 8-16 oz of water an hour after your psyllium shake.

4. Nebulizing pure quality colloidal silver

- This is the best way to neutralize chemtrail nano, mycotoxins, and poisons right in the lungs/bronchial tree before they can migrate into the brain and pineal gland.
- You can also take colloidal silver orally and use sprays in the nose, ears, throat as well as drops in the eyes as needed. Great for treating infection and itchiness caused by the toxic air.

5. Diffuse, Apply, Ingest Essential Oils

- This will not remove chemtrail poisons from your home, but it can kill fungal spores, boost your immunity, fight off mold, strengthen your resistance to heavy metals, increase air quality, and raise the vibration of your air and home so chemtrail smog has less of a chance of lingering.

- Apply directly to your body (1-2 drops inside belly button, several drops on skin, outside of nose and nostrils, on forehead, temples, brainstem (top of the neck at the back of the head) and under the ears to raise the brains frequency and counter act the effect of the low frequencies from chemtrails and 5G on your brain waves.
- 1-2 drops of food grade essential oils in your water 1-3 times per day away from food.

THE BEST ESSENTIAL OILS TO USE

For diffusing: Lemon, Lemongrass, Peppermint, Lavender, Orange, Myrrh (expectorant for lung/throat irritation), Thyme, Oregano, Eucalyptus

For belly button and forehead: Frankincense, Ravintsara, Blue Idaho Spruce, Peppermint, Myrrh, Eucalyptus, Rose, Helichrysum

For Ingestion (all food grade): Frankincense, Ravintsara, Lemon, Lemongrass, Peppermint, Helichrysum, Lavender

6. Sleep and SWEAT A LOT!

- When being poisoned with heavy chemtrails and high 5G, you will likely feel tired, irritable, dizzy, and weak. Make sure to sleep and nap as much as you can. Chemtrails and 5G both attack the pineal gland (which makes your sleep hormone melatonin) so sleeplessness, restlessness and insomnia are common when 5G is high or when chemtrails are present in the air so do the following to optimize your sleep.

SLEEP RULES

- Shut your electrical breakers (this stops 5G from entering your home from your smart meter (see The Wevolve Tribe weekly drop videos for more info on 5G/electricity and how 5G has nothing to do with WIFI: www.wevolve.io/membership)
- Sleep far from routers and smart meters
- Test EMFs with an emf device to make sure you are not sleeping in an EMF nuke-zone.
- Use blackout curtains or thick shades
- Wear an eye mask if needed
- Wear blue blocker glasses full-time after 7pm at night
- Stay away from devices after 6pm and keep them on airplane mode and far from you when you sleep.
- Use transdermal magnesium oil EVERY SINGLE DAY. This detoxifies nano and aluminum from the pineal gland and helps support melatonin production. Use it nightly on your full body (or at least your arms, thighs, and belly. If you are hairy, shave or trim down a large area where you can apply it. And no, oral magnesium is not effective. It must be transdermal.

7. Stay Hydrated and Ground for 2 hours each day!

To Hydrate, do the water cure (minimum 3-6 months and ideally permanently): <https://www.watercures.org/water-cure.html>. The best water is distilled (or structured distilled water, the best salt to use is Celtic/ Second best is Himalayan pink). I have more info on hydration, including how to mineralize, filter and structure your water in module 1 of the 30 Days to Conquer your Health Course FREE for Wevolve Tribe members here: www.wevolve.io/membership

TO GROUND

PROTOCOL

Put 1/8 tsp of high vibe healthy salt programmed with your love under your tongue, mentally hold the intention of blocking nanotechnology particulates, flushing heavy metals out in your urine, being safe and protected from breathable toxins, and with the intention to detox without any harm to your body, mind, soul, or spirit and do this with every water dose you drink. This is more powerful than you realize!

Place your bare feet/ body against mother nature (grass, sand, earth) for 1- 2 hours a day MINIMUM. 2 hours a day of grounding will remove EMF accumulation from the body and infuse your cells with electrons that can eliminate and neutralize the positive charge of the poisons in chemtrails and help heal DNA damage from the 5G radiation.



The BEST Food and Supplements to Detox

FOODS TO AVOID:

- Wheat/gluten (even organic- it's all hybridized and unnecessary)
- Unsoaked beans and grains
- Processed food of all kinds (not food)
- Processed and refine sugar (even isolated sugars like raw honey and pure maple syrup are best avoided during chemtrail detox)
- Table salt, iodized salt, kosher salt, or any salt other than Celtic and Himalayan (other raw unrefined natural salts like black salt are ok).
- All oils/overt fats except for extra virgin organic olive oil, raw virgin coconut oil, grass-fed butter or ghee, pure full-fat organic raw cream. No seed or plant oils.
- Any food with chemicals or questionable ingredients/anything made in a lab and not grown or created by Mother Nature.

FOODS to EAT to keep a healthy body and support continued chemtrail detox (always organic):

- Raw fruits that are tolerated
- Root Veggie Juices, broths, and soups (carrot, beet, turnip, parsnip, sweet potato etc.)
- Sprouts (broccoli, radish, fenugreek, clover etc.)
- Soaked and sprouted mung beans (raw or cooked)
- Soaked and sprouted grains (buckwheat, millet, amaranth, teff etc.)
- fat organic raw cream. No seed or plant oils.
- Any food with chemicals or questionable ingredients/anything made in a lab and not grown or created by Mother Nature.

- Green and veggie juices (carrot juice, green juices)
- Raw and steamed green vegetables and leafy greens (chard, broccoli, rapini, arugula, mustard greens, beet greens, spinach, dandelion greens, watercress, lettuce etc.)
- Herbs and weeds (dill, parsley, cilantro, oregano, dandelion, lemongrass, sage etc.)
- Grass-fed and properly sourced meats, poultry, and liver/organs
- Small, low mercury fish such as sardines, mackerel, wild salmon, wild trout.
- Locally sourced and organic pasture raised raw egg yolks
- Any other whole, genuinely natural, 1 ingredient food you love and that feels healthy and safe in your body!

BEST SUPPLEMENTS FOR DETOX:

- 1. Drink 1/4 tsp of food grade aluminum free baking soda three times a day** in freshly squeezed lemon water AWAY from food. This alkalizes and neutralizes toxins.
- 2. Take 1/8 tsp of food grade boric acid in 1 liter of water** every day for 1-2 weeks to help detox metals
- 3. Take Activated Charcoal two to three times daily** with plenty of water. SEE HOW TO DETOX ABOVE FOR DIRECTIONS AND DOSAGE.
- 4. Neem and Turmeric.** Take $\frac{1}{2}$ teaspoon each of organic neem leaf powder and organic turmeric powder and have this in 4 oz of water in the morning. **WARNING VERY BITTER!**
- 5. Take 15-45 minutes of bare-skin sun (no sunscreen ever) per day,** and if you can't do this, take 5 minutes on your face and chest, even in winter, and supplement with good quality vitamin D drops.

6. Food Grade Bentonite clay (1 tsp) and Organic Psyllium Husks (1 TBSP) in 12 oz water 2 hours after food before bed. Activated Charcoal (2 caps/1 tsp) can be added to this mix.

7. Consume green powders. Pick 1 or 2 and consume them daily (1 tsp each) in water. Chlorella, Spirulina (organic and not from China), barley grass juice powder, Wild greens, organic alfalfa powder, stevia leaf powder, organic Wheatgrass powder etc.

8. Take Food Grade Diatomaceous Earth. Start with 1 tsp and work up to 1 TBSP per day on an empty stomach in water with a splash of lemon juice or organic apple cider vinegar to activate the silica. Do this for 3 months to remove parasites and replenish the main mineral required to build new cells. This is dehydrating so be safe and drink lots of water. Also, liquid Silica removes all sorts of pathogens from the body- this is an option too.

9. Take food grade oil of oregano or oil of cilantro daily. 1-3 drops in water once in the morning. For oregano, be sure to get the one diluted with olive oil and not pure oregano essential oil as it is WAY too strong and can damage the mouth and throat.

10. Put 3 drops of 35% food grade hydrogen peroxide in 1 liter of water and drink. This oxygenates the blood killing pathogens. Ozonated water is also helpful but only in 1 liter of your water. Not in all consumed water.

11. Use magnesium oil trans-dermally. Apply this once or twice a day on the entire body (oral magnesium is not effective, it must be applied to the skin). This removed aluminum from the body and pineal gland, supports sleep and is the #1 most important way to stay safe from chemtrails and 5G.

12. Take Iodine Daily. Food Grade Nascent Iodine 3 drops per day under the tongue, swallowed back with water AND also apply 10 or more drops of 5% lugols to the forearms (at separate times than the magnesium) once per day, or more if it absorbs within a few hours. It is hard to find 5%, if you can only find 2%, apply more often. Rub it in well and be CAREFUL, IT STAINS. Be mindful what you wear and touch/lean against after application.

13. Structured or Colloidal Silver. 1 TBSP under the tongue and held for 10 minutes before swallowing 1-3 times per day when symptomatic. It can also be sprayed in the nose, on skin, applied into the eyes and inhaled with a nebulizer.

14. Good quality CBD oil can be taken daily as well If needed. Take as directed based on the company you choose.

15. Fulvic Acid/Minerals are helpful as well. Take as directed by the company you choose.

16. Take food grade vitamin C daily. The best sources are amla, acerola cherry and Camu Camu. 1000mg per day or more. This is anywhere from 1 tsp to 1 TBSP for most brands.

17. Eat plenty of organic unwaxed citrus: oranges, grapefruits, lemons and limes. The peels and pith (the white part) can be dried and ground into a powder and added to water for inexpensive vitamin C. A simple clean coffee grinder works well for this!

18. Consume more fiber. Greens, salads, fresh fruits, beets, artichokes, ginger root etc. This helps detoxify the colon and cleanse out biofilms, toxins and metal residues. It also feeds beneficial bacteria.

19. **Consume one to two raw cloves of garlic per day.** Chop into tiny pieces or press it and then swallow it back in some water. Be VERY CAREFUL THAT THE PIECES ARE TINY SO THAT YOU DO NOT CHOKES! **NEVER SWALLOW A FULL CLOVE WHOLE AS THIS CAN OBSTRUCT YOUR AIRWAY.** You can also add it to food and chew, but this is not as effective as having it away from food and chewing it alone raw is very hard on the mouth and throat. Juicing it is great as well, you can then add the garlic fiber back into the juice and consume it this way!

20. **Consume $\frac{1}{4}$ teaspoon each of organic dulse and kelp flakes per day.** This is rich on all trace minerals, detoxifies fluoride, aluminum and chlorine derivatives found in chemtrails. Great for thyroid health, adrenals, and overall detoxification.

Enjoy and Stay Safe Everyone! Remember to share this free download link with everyone you know <https://www.wevolve.io/chemtrails>. The real attack comes from chemtrails and EMF's and without these, humanity would be 90% healthier, happier and more successful. Spread this info and let people know about the dangers of these technologies/practices so we can all work on building a better world together.

To learn more about my personal story overcoming 5 chronic diseases and a lifetime of ill health, you can go [HERE](#).

Much love to all,

Xo

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