



September 29, 2023 Health

De-Spike Naturally: An Oncologist's Guide to Recovery

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Dr. William Makis

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In the aftermath of COVID and the subsequent injections, the question everyone is asking is, “**How do I get this stuff out of my body?**” The good news is that there is hope for the vaccine-injured and concerned — and it doesn’t cost you a penny. In fact, **it will save you money.**’

The solution – **a 72-hour fast.** While intermittent fasting, or time-related feeding, has several health benefits, oncologist **Dr. William Makis** attests the healing process really ramps up **after the 48-hour mark.**



“I do believe that **almost everybody can detox from this stuff** [COVID shots],” said **Dr. Makis** in a **recent interview**. “It’s not a hopeless situation,” he stressed. “Once this stuff has been circulating in your body for a while, **it can do a lot of damage.**” **Dr. Makis** added that because of **spike protein shedding** and “God knows what they’re spraying in the skies,” **unvaccinated people can also benefit**. “So the key is, again, to jump on it. **The earlier, the better.**”



What are the benefits of a 72-hour fast?

The key benefit is the activation of an evolutionary process called **autophagy**, “which is truly astonishing,” said **Dr. Paul Marik** in a **separate interview**.



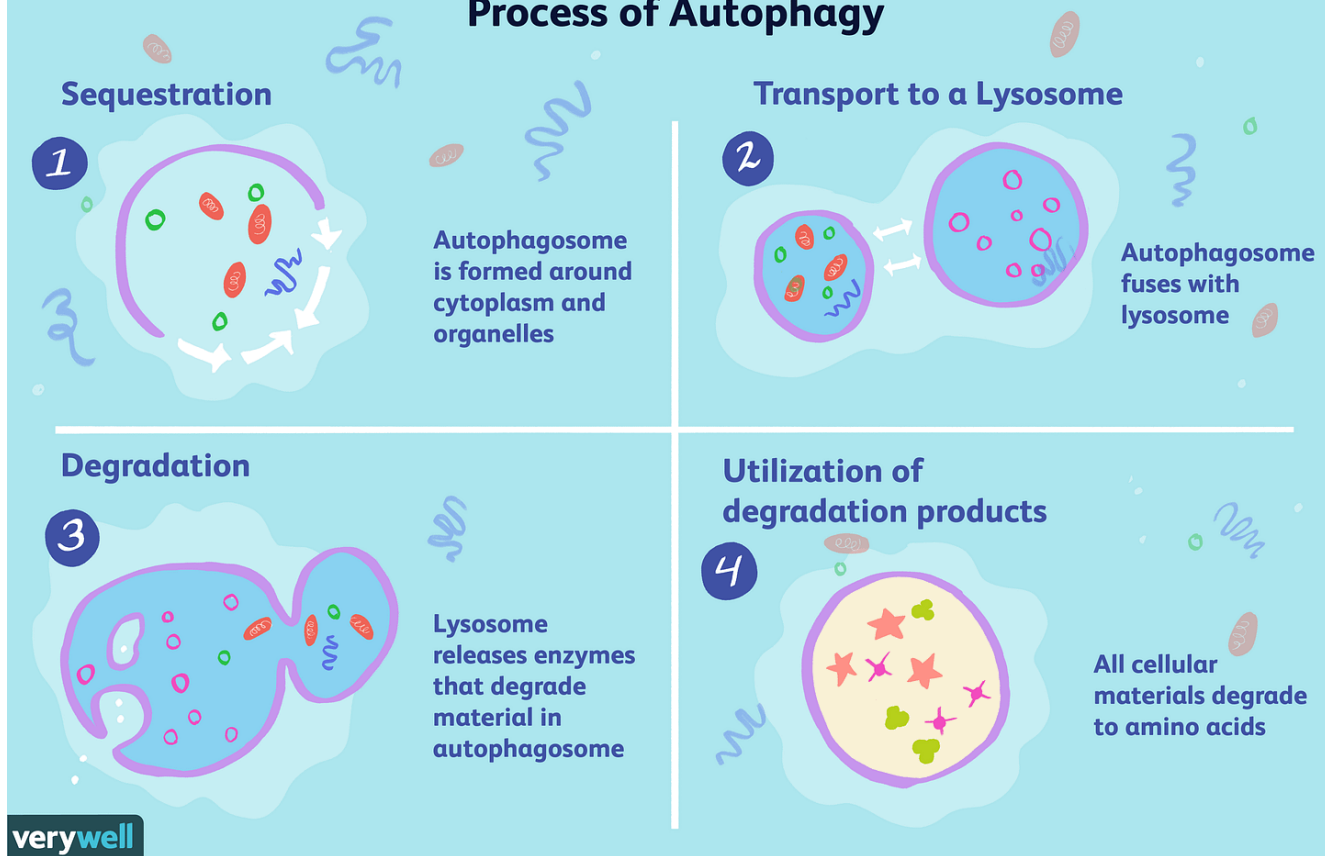
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PAUL MARIK

Co-Founder, Front Line COVID-19 Critical Care Alliance | Critical Care Physician

“What the body does is when it detects foreign protein, misfolded protein, dysfunctional protein — it destroys it because it figures out, this is not good, I want to get rid of it,” explained **Dr. Marik**. **Autophagy does the same thing with spike proteins**. It’s like the garbage collection system of the cell.”

Process of Autophagy



Process of Autophagy. Image: [verywellhealth.com](https://www.verywellhealth.com)

“It’s an ingenious system,” **Dr. Marik** praised. “So, it’s how the cell deals with these toxic proteins ... What we really want to do is **embrace the ability of the host to heal itself.**”

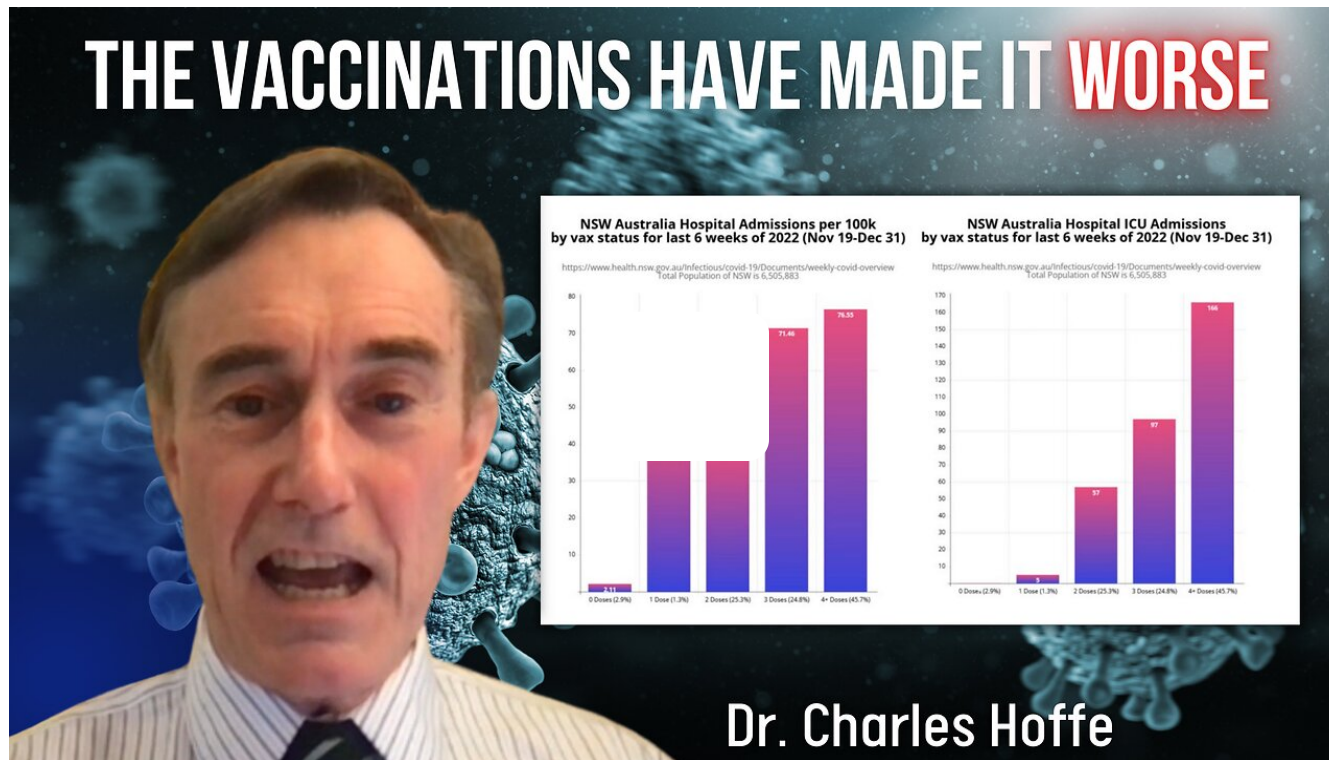
“Autophagy is the body recognizing that you’re in a kind of a famine state, and the body basically tries to give

you every advantage possible [to hunt or find food],”
added **Dr. Makis**.



Thus, a significant benefit of autophagy is the body’s ability to break down and eliminate its own damaged cells. For those vaccinated, it targets **cells affected by or exhibiting the spike protein**. Concurrently, the body releases stem cells to mend regions that require healing. This process also targets and removes **compromised immune cells**.

Dr. Makis explained, based on Australian data, “The more shots you took, **the more damage your immune system had.**”



“And so, this detox with the fasting — it actually **reboots the immune system**. It kills off these nonfunctional immune cells, T cells, and it actually stimulates the production of new immune cells.”

**A 72-hour fast is
“something that anyone
can do.”**

Dr. Makis emphasized that three-day fasts are accessible to everyone regardless of age, gender, or health, although he advised caution and supervision for those with diabetes or other serious health conditions.

After writing **this article** on three-day fasts as a treatment for vaccine injuries, **Dr. Makis** decided to try it out himself.

Vaccine Injury Treatment - Fasting for 48-72 hours creates autophagy - the body's detox process that kills COVID-19 vaccine spike protein damaged cells and reboots the immune system



DR. WILLIAM MAKIS MD

JUL 1, 2023 · PAID

This was his experience:

- As a coffee drinker, Dr. Makis experienced **headaches**, which he attributed to coffee withdrawal.
- Dr. Makis **lost weight** after the three-day period. “I lost about seven to eight pounds and felt fantastic.”
- Dr. Makis also experienced **greater mental clarity**, especially after the 48-hour mark. He says this is because, after approximately 48 hours, fasting promotes the production of neurochemicals that enhance neuron growth or repair, leading to clearer thinking.

Doing one three-day fast is “not a cure.”

Dr. Makis mentioned, “You may have to do it several times and then add additional things to it.” **Dr. Henry Ealy**, a naturopathic doctor and one of the world’s leading experts on fasting, has recommended that vaccine-injured individuals do **one 72-hour fast per month**, preferably Friday to Sunday for those who hold a Monday-through-Friday job.



Dr. Henry Ealy

After practicing a three-day fast once a month for four or five months, **Dr. Ealy** has observed that this is the

point when individuals make a significant recovery. Visit [Dr. Ealy's website](#) for more information on fasting.

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Fasting is not the only effective regimen for post-vaccine syndromes.

Dr. Makis highlighted Dr. McCullough's spike protein [detoxification protocol](#), the first to be [published in a US medical journal](#).

SPIKE PROTEIN DETOX

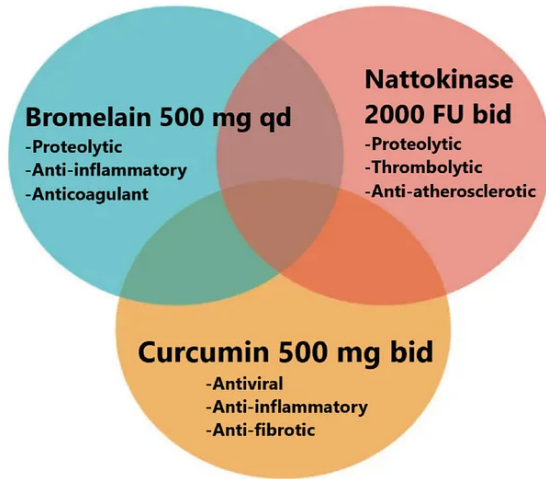
Dr. Peter McCullough



Dr. McCullough's **detox protocol:**

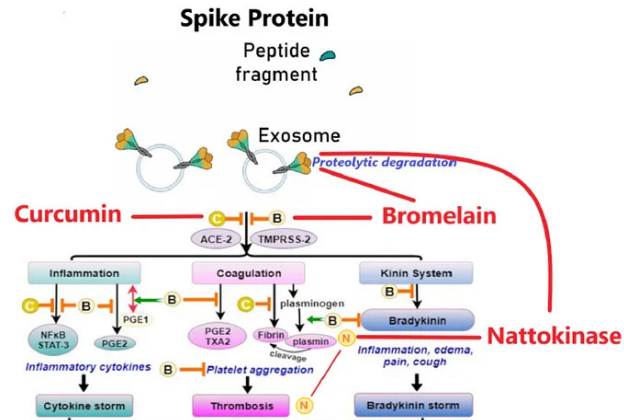
Clinical Rationale for SARS-CoV-2 Base Spike Protein Detoxification in Post COVID-19 and Vaccine Injury Syndromes

Peter A. McCullough, M.D., M.P.H. Brian C. Procter, M.D.
Cade Wynn



All orally administered empirically for 3-12 months or longer

Figure 1. Venn Diagram of Mechanisms of Action of Proposed Agents that Target the SARS-CoV-2 Spike Protein



Post Acute Sequelae COVID-19 Vaccine Syndrome

PG=prostaglandin, NF=nuclear factor, TX=thromboxane, ACE=angiotensin converting enzyme, TMPRSS=Transmembrane Serine Protease

Figure 2. Sites of Possible Suppression of Spike-Protein Sequelae Including Degradation and Inhibition of Thrombosis and Inflammation

- **Nattokinase:** 2000 fibrin units (100 milligrams) orally twice a day without food. Breaks down the spike protein.
- **Bromelain:** 500 milligrams orally once a day without food. Also breaks down the spike protein.
- **Curcumin:** 500 milligrams orally twice a day (nano, liposomal, or with piperine additive suggested). Blocks

the spike protein and prevents it from doing further damage.

Dr. McCullough recommends taking this treatment triad for **at least three months** for anyone suffering from or worried about post-COVID or post-vaccine syndromes.

Nattokinase, bromelain, and curcumin are available over the counter at just about any health food store or pharmacy. But for best-in-class nattokinase, **Dr. McCullough** recommends **Spike Support Formula**, which also contains dandelion root, selenium, and a host of other promising ingredients that can help protect you and your family from the prolonged effects of spike proteins.

[**Click Here to Order Spike Support Formula**](#)

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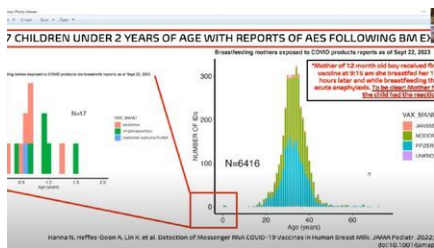
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