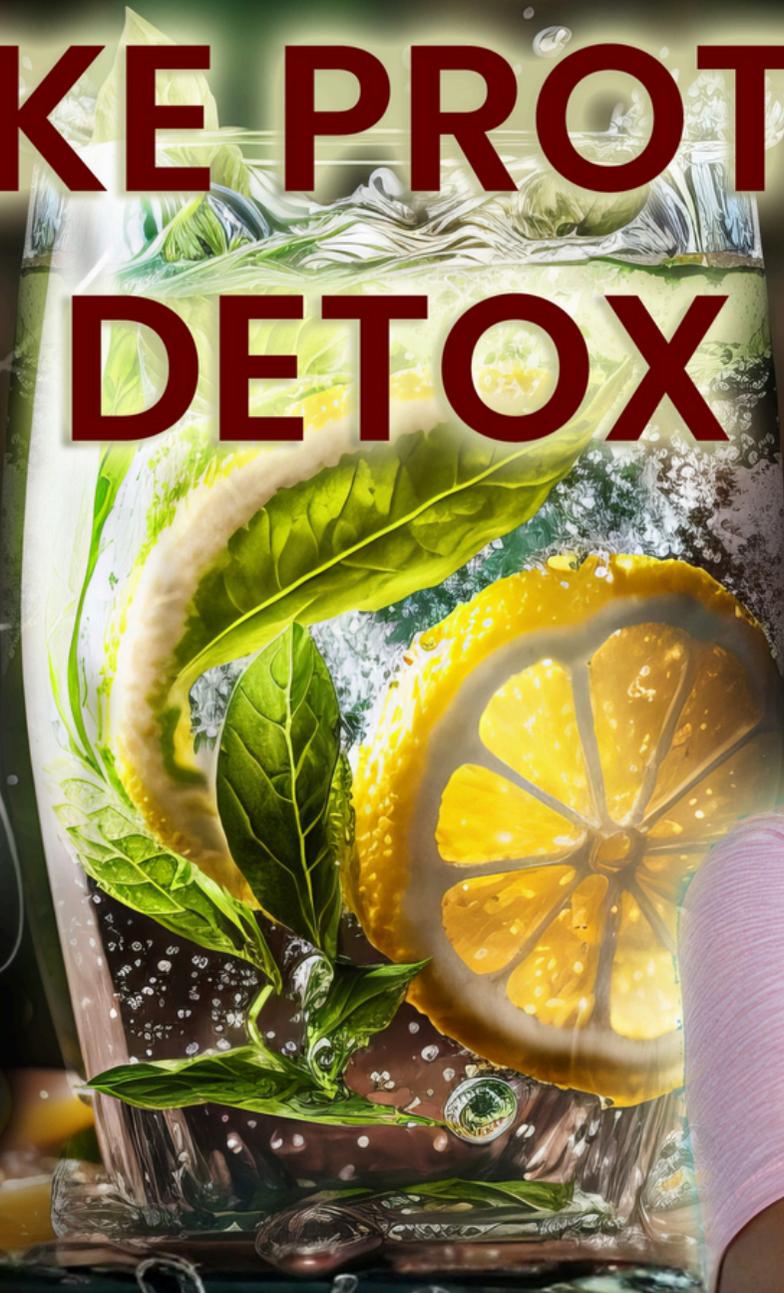


# SPIKE PROTEIN DETOX



**AUGMENTED NAC**  
THE SPIKE PROTEIN DETOX



People's Health Alliance



# THE PEOPLE'S HEALTH ALLIANCE DETOX PROGRAMME

The People's Health Alliance Detox Programme was created to support the body's natural ability to cleanse, repair and restore balance.

Many within our community have found these gentle, nutrient-based approaches beneficial when working to restore wellbeing and vitality following exposure to the spike protein.

The programme focuses on key nutrients and lifestyle practices that may help the body to process and clear unwanted residues reduce oxidative stress, and strengthen immune resilience.

# Products & Their Potential Benefits



The People's Health Alliance  
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**Augmented NAC**- Amount: 1 to 3 tablets daily  
Enhanced antioxidant support, May improve cellular defence,  
May reduce oxidative stress more effectively than standard  
NAC.

[Click here](#)

**Vitamin C**- Amount: Up to 5000 mg/day (increase gradually)  
Helps neutralise free radicals, Supports immune health.

[Click here](#)

[Click here](#)

**Turmeric**- Amount: 1 tsp/day  
Anti-inflammatory, Supports joint health, Supports digestive  
health.

[Click here](#)

[Click here](#)

**Magnesium**- Amount: As per label  
Supports energy production, Aids detoxification.

[Click here](#)

## ⚠ Important Note

Some products may not be suitable for:  
Those with digestive conditions.

Pregnant women, Individuals on blood thinners  
(e.g., warfarin, aspirin),

**Always seek guidance from a qualified health  
professional if unsure.**

**Garlic**- Amount: 3000 mg/day  
May support immune function, May improve circulation.

[Click here](#)

[Click here](#)

**Liposomal Nattokinase**- Amount: As per label  
Supports healthy circulation, Provides advanced enzyme +  
antioxidant support  
Grape-seed extract boosts antioxidant activity, improves blood flow  
& reduces inflammation.

[Click here](#)

**Lumbrokinase**- Amount: As per label  
Supports cardiovascular health, Supports circulatory function.

[Click here](#)

[Click here](#)

**Black Cumin** (Nigella Sativa)- Amount: 500 mg twice/day  
Immune-regulatory, Anti-inflammatory properties.

[Click here](#)

**Vitamin D3 + K2**- Amount: 4000 IU D3 + 200 µg K2  
Supports immune function, Supports cardiovascular health.

[Click here](#)

[Click here](#)

# Products Explained



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## Augmented NAC

- Augmented NAC builds on the well-established benefits of standard NAC by enhancing absorption and cellular delivery.
- This form provides more effective antioxidant protection and may help the body to remove unwanted residues, including the spike protein, more efficiently.
- It's chosen for its advanced support to the body's natural defence and repair systems.

## Vitamin C

- A classic nutrient for immune and tissue support, vitamin C helps protect cells from oxidative stress and supports collagen production for healthy skin and blood vessels.
- When taken regularly, it can strengthen the immune system and help the body recover more smoothly from physical or environmental challenges.

## Turmeric

- Turmeric, with its active compound curcumin, has been valued for centuries for its anti-inflammatory and antioxidant properties.
- It may help soothe the body, support joint comfort, and encourage healthy digestion.
- When taken with black pepper or healthy fats, its absorption improves, allowing the body to benefit fully from its natural healing potential.

## Magnesium

- Magnesium is vital for energy production, nerve function and muscle health, but it also plays a quiet yet powerful role in detoxification.
- It supports liver enzymes, helps maintain balanced stress responses and promotes restful sleep, all essential for recovery and overall wellbeing.

## Black Cumin (Nigella Sativa)

- Known as "the seed of blessing," black cumin has been used traditionally to support the immune system and maintain balance within the body.
- Its natural compounds may help regulate inflammation and provide gentle antioxidant protection, making it a valued part of holistic detox and wellness programmes.



## Vitamin D3 + K2

- These two nutrients work best in harmony.
- Vitamin D3 supports immune strength, bone health and mood balance, while vitamin K2 helps guide calcium to the right places in the body.
- Together, they promote cardiovascular health and contribute to a strong, balanced foundation for overall wellness.

## Garlic

- Garlic is more than a kitchen staple, it's a natural support for immunity and circulation.
- Rich in sulphur compounds and antioxidants, it may help the body fight harmful microbes, maintain healthy cholesterol levels and support cardiovascular wellbeing.
- Raw, cooked or in supplement form, it's a timeless ally for holistic health.

## Liposomal Nattokinase + Bromelain and Grape Seed Extract

- Liposomal Nattokinase with Bromelain combines two natural enzymes known for supporting circulation and overall cardiovascular health.
- The liposomal form helps the enzymes survive digestion and reach the bloodstream more effectively, enhancing their natural benefits.
- Together, they work to gently break down excess fibrin, calm inflammation, and promote healthy blood flow throughout the body.
- This combination may also support tissue repair, oxygen delivery, and recovery after physical or environmental stress, helping to maintain vitality and balance within the body's natural healing systems.
  
- Grape Seed Extract is rich in natural antioxidants known as oligomeric proanthocyanidins (OPCs), which help protect blood vessels, supporting healthy circulation and cardiovascular function.
- Lumbrokinase Lumbrokinase is an enzyme complex originally derived from earthworms, known for its ability to support circulation and cardiovascular health.
- It helps the body manage fibrin and promote oxygen rich blood flow, encouraging cellular nourishment and natural detox processes throughout the body.

**Disclaimer: This information is for general educational purposes only and should not replace medical advice. Always consult your healthcare provider before taking new supplements.**

# Additional Notes



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UK Practitioners & Community Groups

- Stay hydrated with mineral-rich water
- Support your liver with gentle herbal teas (e.g., milk thistle, dandelion)
- Rest and nourish yourself with whole foods
- Intermittent fasting may complement natural detox pathways

For a more comprehensive approach to improving overall health and vitality, you can explore our [Health Optimisation Guide](#). This guide offers practical, community-informed steps to help you build long-term wellness and support your body's natural healing systems.



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*Detox*

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