Unbelievable Amounts Of Nano & Microplastics...

ANA MARIA MIHALCEA, MD, PHD FEB 5 ♥ 223 98 55

This week a study published in Nature has been making the rounds.

Read →

98 Comments

Top first

Write a comment...

Bee Gee Bee Gee Feb 5

Notice how they always have to give these broad ranges of years, otherwise it will highlight the massive increase in 2021.

And I wouldnt say no one is paying attention, the Germans did brain autopsies on vaxxed and unvaxxed brains in 2021 or maybe it was 2022. So some people knew... the ones that were really paying attention.

Thats why I keep on trying to tell people about antioxidants and chelators that cross the Blood Brain Barrier (BBB), or at least about the ones That I Take do.

And I sure dont apply a weak ass bias to a questionably scripted AI to try to show that something which Plainly Works does not because Im too scared to try something people have been taking for almost 100 Years.

So dont listen to these people that try to say all these things do not cross the BBB, they are plainly ignoring the Multiple studies for Each that either Infer or in some cases Prove that it Does.

One of the biggest problems with 'proving' something crosses the BBB is that many of them are in trace and/or transitory amounts in a Living Persons Brain, which you cannot just open up and take a piece of to obtain conclusive Proof that yes, it Does cross the BBB. But you can infer it, indirectly prove it by metabolites, etc, etc.

Regardless its not exactly 'Provable' in the commonly accepted scientific sense, but I dont give a fuck, Im not asking, Im telling... They DO. And I think Everyone should be taking them, but Especially the unvaxxed.

Because that brain fog everyone has now? Its the early stages of This.

And Sometimes it leads to early onset alzheimers/dementia like symptoms, even in the unvaxxed. Look it up, the germans found it ate literal holes in their brains. They talked about it in one of those long multi-hour Reiner Fullmich roundtables, one of the first ones.

There are a lot of smart people researching this but I dont have any secret powers, you could read all the same shit I did if you really applied yourself. I have known this was happening for a long time though, much longer than most people and I Knew how important it was to try to fix it. For the reasons she just stated above and More.

My wife and I are starting another EDTA fast tomorrow, we do them about one a month but Im off work now so I will provide more details tomorrow. EDTA, ascorbic acid, malic acid, glutathione, sodium citrate, Vitamin E, ALA, NAC and bromelain. Look them up for yourself. I Did.

Do Something though, waiting isnt going to help. And it might Really Hurt.

Good luck to you all in any case.

LIKE (9) REPLY (3) SHARE

Bee Gee Bee Gee Feb 6

My wife and I are doing another EDTA chelation fast tonight and this weekendish, so here is what we are doing and taking.

They are all pretty mild and chelate verious metals as well as can dissolve hydrogels. They also cross the blood brain barrier and bromelain gets into closed organs systems the others cannot, like the reproductive system.

By far IME the most important things are the EDTA and the ascorbic acid though, so you just start with those and add other things later.

So take it, leave it, ignore it, adapt it for your own use, do what you want with the knowledge I have gained and am sharing with you but EDTA works better than anything else so just make sure you dont take it wrong by taking it too close to anything it will bind with.

But even if it isnt this, Do Something. And by Something I mean take an antioxidant and a chelator together.

They say it right there in the moderna patent, Read It. Or listen to the people that have.

Our EDTA fast:

Every 12 or 8 hours

Oral EDTA (Arizona Naturals (3 pills) & MedFive (2 pills)

ALA (via organic cold pressed hempseed oil> 2-1000mg pills)

Sodium (& natural) Citrate (I take a tablespoon dissolved in water, I dont remember how many grams that is and my wife takes a teaspoon or two, she hates it because along with vitamin C crystals and malic acid crystals she says it tastes like a lemons ass.)

Bromelain (1 500mg pill or 1.5 fresh pineapples/day vamped)

Vitamin C (1/2 tsp of crystals dissolved in water)

Malic acid (1/4 tsp of crystals dissolved in water)

Vitamin D (1 pill, I dont remember and dont want to go look)

Vitamin E (1 pill, I dont remember and dont want to go look)

NAC (1 pill, I dont remember and dont want to go look)

Glutathione (2 pills, I dont remember and dont want to go look)

- all every 8-12 hours or so for 3-6 days

At least this is what We do, Im not a doctor or giving you medical advice, I am relating to you what I have found after Extensive Research to work well and that my wife and I take ourselves.

And I took it all, every single one, before she did, so I would know what to expect... but we feel Great. And I plan on Living.

Good luck to you all in any case.

LIKE (2) REPLY SHARE

JulesUSA Feb 5

Will look forward to the details.

LIKE REPLY (1) SHARE

Bee Gee Bee Gee Feb 7

I put it up above, I thought about replying to you directly but I had already written it out. Good luck to you in any case.

LIKE (1) REPLY SHARE

Comment removed Feb 7 *Edited*

Comment removed

LIKE (2) REPLY (1) SHARE

Bee Gee Bee Gee Feb 7

SPAM

LIKE REPLY SHARE

Neil D Feb 5

Homo plasticus, here we come!

LIKE (6) REPLY SHARE

jsinton jsinton Feb 5

One thing I have been studying lately is household water: well water and municipal water. I think just ordinary water exposure, both on the skin and drinking, is a MAJOR source of human nanotech contamination.

Water is one of the scariest things I look at under the microscope because ordinary water will routinely self assemble perfectly square sheets of graphite and start assembling chips on it. All with perfectly square 90 angles, everything perpendicular and parallel. Looks just like the motherboard in your computer, only millions of times smaller.

LIKE (5) REPLY (2) SHARE

JulesUSA Feb 5

Do you think it would get in the water by chemtrails?

LIKE (2) REPLY (1) SHARE

jsinton jsinton Feb 5

Yes, of course. The poly-cotton stuff is all over my car tires like I was driving through it.

LIKE (3) REPLY SHARE

Stella Feb 8

I'm wondering about Dr. Ana's recommendation of boiling water then filtering it with something like a paper coffee filter, wondering if that helps the drinking water get rid of the stuff you're seeing. That's what I've been doing, I use my home's reverse osmosis water, boil it, then filter. But then shower water is something else.

LIKE (1) REPLY (1) SHARE

jsinton jsinton Feb 8

I suppose boiling on the stovetop works somewhat, but it's not nearly 100%. You have to boil in microwave otherwise it still lives. Reverse osmosis... no help... critters are too small. Put a big magnet on your main water line, it helps.

LIKE REPLY SHARE

jsinton jsinton Feb 5

Just wanted to update my neodymium magnet experiments. Don't try this at home, it's probably dangerous. In short, I think it may be an important answer in pulling out magnetic nanotech from the brain beyond the brain-blood barrier. It's pulling out huge chunks. I scrape it off the magnet with a puddy knife everyday. I can feel it draining from my brain. Works like crazy.

LIKE (5) REPLY (6) SHARE

Ken Kobalanski Feb 5

What is the size of the neodymium magnets that you use?

LIKE (3) REPLY SHARE

Stella Feb 5

What is that all about, explain?

LIKE (3) REPLY (1) SHARE

jsinton jsinton Feb 5

Taping a magnet to your skin over a big vein will pull magnetic particles out of the blood and out the skin, sticking to the magnet. Sound crazy? Yes it is.

LIKE (3) REPLY (1) SHARE

Stella Feb 6 *Edited*

No it doesn't sound crazy to me. We all try different things after hearing everyone else's beliefs and trials. I've tried magnets on a couple places a few times ever since reading that some who have Morgellons use them. Though I never experienced seeing anything on the magnet afterward.

I've mostly used magnets on my legs. And a couple places on my head (scalp), because a few times when I felt my scalp with my fingers in a spot it felt kind of sore, very strange, couldn't understand why a spot on my scalp felt a little sore when I touched it. I've done this only a few times when I felt this I placed a small magnet there on my scalp and moved it slowly around the spot and then it no longer felt sore, though it took a few minutes to work, maybe fifteen or twenty minutes. I'm not sure if this is okay to do on one's scalp or not, so am not recommending it, just telling my experience. Also used a couple drops of Lavender Essential Oil on my fingers and rubbed it on the spot.

I don't take supplements since reading how everything is just chemicals and long term some might accumulate in organs and not leave the body. I prefer being careful about water and food (Pescatarian), and use a few drops of Essential Oils topically sometimes. I'm always looking for natural things to do without the chemicals, so interested in hearing about magnets and anything else people have tried that are not chemical.

LIKE (1) REPLY SHARE

Leon Feb 5

Thanks for the update.

LIKE (2) REPLY SHARE

Pamela Raditsch Pamela Raditsch Feb 5

??

LIKE (2) REPLY SHARE

JulesUSA Feb 5

There's enough for you to scrape off the magnet?

LIKE (1) REPLY (1) SHARE

jsinton jsinton Feb 5

Yeah. No shit. Big hunks. Lots of them. I probably could have collected a couple hundred milligrams. Turns the skin all brown as particles move through.

LIKE (1) REPLY (1) SHARE

AC Feb 5

Aren't you just removing iron from your blood?

LIKE (1) REPLY (1) SHARE

jsinton jsinton Feb 6

It's a really good question, and I worry about that. But the answer is it's pulling a cornucopia of nanotech: It's all there on the magnet: morgellons, mesogens, bots, bots, bots, hydrogel, hydrogel, hydrogel, hydrogel....

LIKE REPLY SHARE

JulesUSA Feb 5

Thank you for the update!

LIKE (1) REPLY SHARE

BlazeCloude3 BlazeCloude3 Feb 5 *Edited*

So, how do humans deal with removing or cleansing from the plastics now infesting our bodies? The above comment states...'Homo plasticus, here we come!'

THAT IS A GOAL OF THE ESTABLISHMENT UNIPARTY ALL MUST RESOLVE TO STOP.

LIKE (5) REPLY (1) SHARE

jsinton jsinton Feb 5

EDTA and vitamin C is a really good start to dissolve nanoplastic structures right out your digestive system. You "evacuate" stuff that doesn't smell because the microplastic coats all the bacteria. Your shit literally doesn't stink, and you can prove it.

LIKE (3) REPLY (2) SHARE

JulesUSA Feb 5

What form of EDTA? Sorry for all the questions

LIKE (2) REPLY (2) SHARE

jsinton jsinton Feb 5

Calcium EDTA. Comes in bulk bags.

LIKE (2) REPLY (1) SHARE

KellyG KellyG Feb 6

Thanks!

LIKE REPLY SHARE

KellyG KellyG Feb 6

Great question. From jsinton 's response I found a couple of options here

This one gives a price with multiple options $8.95 100gs

https://purebulk.com/products/edta-calcium-disodium?variant=14306814427185

This one no price unless create a free account, and up to 55lb bags lol but other options and I saw Activated Charcoal just underneath for one.

https://wholesale.bulksupplements.com/products/edta-calcium-disodium-powder

LIKE REPLY SHARE

JulesUSA Feb 5

Ascorbic acid C?

LIKE REPLY (1) SHARE

jsinton jsinton Feb 5

Yes, ordinary ascorbic acid.

LIKE (1) REPLY SHARE

Piki Kay and the blue teapot. Feb 5

I am not sure whether this article is of any relevance;

It is from 2015.

'Electric Fields Remove Nanoparticles From Blood With Ease'

https://today.ucsd.edu/story/electric_fields_remove_nanoparticles_from_blood_with_ease

LIKE (4) REPLY (1) SHARE

jsinton jsinton Feb 6

OH! That's HUGE! Thank you.

LIKE REPLY SHARE

Charlie Feb 5

This story is unfolding. As more is discovered just look to sky and imo you will have causation. Then test the water. We know these plastics and metals are at all levels of the food chain. Observe and remember to be patient as to a causation.

In my strong opinion, two items resound: live in the now and break open the war chest and do your dreams. Time appears to be nigh. Just bought a fifth wheel and heading southwest Friday morning enjoying the camping life and connecting with folks that are mostly clueless but love life- the now! Planning on visiting a sub stacker for a day or so. Thank you for update Dr A M!

Love to visit Washington but maybe summer. Dislodging plastic s from the brain needs some research. I'll be thinking...

LIKE (4) REPLY SHARE

Lou Feb 5

So instead of just sheeple having flouride brain, now everyone will have to deal with Plastic Brain. But mockingbird media tells you those chemtrails are myth!!!

LIKE (4) REPLY (1) SHARE

jsinton jsinton Feb 5

No, it's actually "nanostructures". They put a cellphone in your brain. It's not just dumb plastic.

LIKE (2) REPLY (2) SHARE

JulesUSA Feb 5

I wonder what Sabrina Wallace would have to say about this. I'll check her Odysee and Rumble

LIKE (2) REPLY SHARE

Piotr Bein Piotr's Substack Feb 5

Nanostructured "cellphone".

LIKE (1) REPLY SHARE

Claudia Claudia Feb 5

It would be interesting to compare various continental populations to see if Western and/or democratic countries were more affected than others. If, in fact, some type of coordinated cabal is behind these injections and, if its "members" do not want freedom-loving individuals to go forth into the future, we might see a pattern affecting those nations more than others. The theory for some, of course, is that the remaining populace would become slaves to a group of control-freak narcissists who feel they not only own the planet but also all beings who live on it.

LIKE (4) REPLY (2) SHARE

the LastManStanding Rusyn's Substack Feb 5

You'll want to go over to James Hill's substack for insights on the questions you raised.

LIKE REPLY (1) SHARE

Claudia Claudia Feb 6

Thank you, I will check that out.

LIKE REPLY SHARE

JulesUSA Feb 5

Good point!

LIKE REPLY SHARE

Roman S Shapoval The Power Couple by Roman Shapo... Feb 5

Neuromelanin is what we need to build back - the more we have it, the more chance we can regenerate the rest of our body via infrared light:

https://romanshapoval.substack.com/p/lightpyramid

LIKE (4) REPLY (1) SHARE

Ken Kobalanski Feb 5

Where in that article does it state the removal of microplastics?

LIKE REPLY SHARE

jsinton jsinton Feb 5

Yes, we hear in the MSM all about "microplastics" and how dangerous all that is, but they fail to tell you the microplastics are formed into visible plastic structures throughout the body by self assembling nanotechnology.

LIKE (4) REPLY (1) SHARE

JulesUSA Feb 5

You're right. Thank you.

LIKE REPLY SHARE

Mxvwxpq Feb 5

Any truth to the claim from Dr. Ardis on Brighteon and Bitchute who claims he discovered that NICOTINE will destroy the nanotech/fibers? I've used the patches but have no idea if they were doing anything.

LIKE (3) REPLY (3) SHARE

JulesUSA Feb 5 *Edited*

I would try it. I thought he was mentioning it in regard to the snake venom receptors?

LIKE (2) REPLY SHARE

Ken Kobalanski Feb 5

Dr. Ardis says it removes VENOM which is different than destroying nanotech/fibers. That is what the nicotine patches remove. Venom.

LIKE (1) REPLY SHARE

jsinton jsinton Feb 5

Dr. Ana tested it, she said it's not effective.

LIKE REPLY (2) SHARE

Piotr Bein Piotr's Substack Feb 5

...under exactly the same conditions that the claimant used?

LIKE (1) REPLY SHARE

Mxvwxpq Feb 6

Can you point us to a video or paper where Dr. Ana mentions her nicotine findings? Thank you!

LIKE REPLY (1) SHARE

jsinton jsinton Feb 6

She has a couple articles if you do a search. Here's one.

https://anamihalceamdphd.substack.com/p/new-findings-by-la-quinta-columna?utm_source=publication-search

LIKE (1) REPLY SHARE

Miss Parker Miss's Substack Feb 5

Could the PEG be far higher in the brain than in other organs due to the Klaus C-19 nose Schwab puncturing the blood-brain barrier? Statistics on any correlation between those who took the weaponized test and those who didn't might provide some insight.

LIKE (3) REPLY (1) SHARE

JulesUSA Feb 5

Great point, pun not intended

LIKE (1) REPLY SHARE

JulesUSA Feb 5

I wonder if Dr. Ana thinks this could be related to chemtrailed nanoparticles?

LIKE (2) REPLY SHARE

Grasshopper Kaplan Grasshoppper's KGRaS Grasshopp... Feb 5

My housemate who has three murdernas grows more demented deluded and deranged daily.

I pay his rent but gave up hope that he will stop terrorizing and torturing me, nor even that he's ever willing to hear a word I say, nor tell the truth.

He'd promised me not to get that third shot, but I saw th bandaid on his arm.

Now that seems to be a red spot....

LIKE (2) REPLY SHARE

Honeybee Honeybee's Substack Feb 5

I'm laughing more these days than ever. Yes, yes, what you say is true. How unfortunate that they're experimenting on humankind, but this is our reality. Most of these investigations show more murder than convergence into a synthetic hybrid being. They don't have clue. They don't. Look at this mess Ana describes. They're conducting real-time human trials because they need a theoretical construct which they don't yet have. The human body is a mystery.

LIKE (2) REPLY SHARE

Marcela El Substack de Marcela Feb 5

What a pity and impotence, that people are still informing, and not, doing legally what needs to be done.

Many of us in the world have signed petitions ad nauseam. Environmental police are accomplices. Their salary comes out of our taxes...!

LIKE (2) REPLY SHARE

Piotr Bein Piotr's Substack Feb 5 Edited

Dr. Ana: does putting two pics side by side prove microrobots in both blood and brain? What other tecnnique have you used to confirm it?

This might be a presumption like the fraudulent "germ theory" is: just because some specific bacteria are seen repairing a biome balance, it does not follow that they are the ones that caused the damage.

LIKE (2) REPLY SHARE

the LastManStanding Rusyn's Substack Feb 5

In the kaleidoscopic fashion which these pages traverse from 'truthful.' to 'slight distortion' to total misdirection....today's episode brings us tantalizingly CLOSE to the first of that triad... only to drop ye's back down into the muck of dissimulation where the facts float unnoticed. Take -for example-

"when they are still at a smaller scale they can pass the blood brain barrier. Nano and microrobots are known to do so for drug delivery."

Indeed. As previously pointed out... the red herring of 'bodily harms' produced by the 'experimental gene therapy' promoted by the jabbalists has served them well... to obfuscate the main event; the penetration of the BBB by those same shots, in order to deliver payloads of mind altering chemicals to the brains of 4 billion former humans. Tain't 'rocket science' luckily... even the layman can follow the dots! A follow up quote from this post gives us the keys...

“Somehow, these nanoplastics hijack their way through the body and get to the brain, crossing the blood-brain barrier,”

to the deliberate deception underway. Somehow don't cut it padrecito! The proteins we call clathrin are self-assembling mechanism the maniacs have employed as their couriers. Their triskelion-like 'legs' enfold the 'payload' of polymers that hold within the vital secrets to mind control which have been worked out through a stealthy network of terrorists in lab coats. From Boston flew the 'bird of GOF research towards Wisconsin's in house maniac Y. Kawaoka and his 'bird' cultures, from there onwards west, that nazgul of nascent weaponisation reached the labs of madman Pieter Cullis of UBC, were the instruments were readied for encasing with hydrogels... then direct to the Baradur workshops of Winnipeg's P4 house of horrors, where Chinese agents awaited lift off back to base.

One thousand and one 'stories' to cover up the simple facts of the Kase of the Kovid Extinction Event, brought to you by... the usual suspects and their leering minions on stubstack.

LIKE (2) REPLY SHARE

J.-J. Feb 6

The Rise Of Human Cyborgs: Instead Of Super intelligence We Get Dementia? Actually, this has been my own belief from day 1: I never believed otherwise. Their only plan is to kill everybody while putting people to sleep with their sophisticated lies so they can carry on until the end. It is not only Gaza that the US is expropriating on behalf of those hidden cowards but the whole planet is also being confiscated.

LIKE (1) REPLY SHARE

DrFred57 DrFred's Political Punditry and... Feb 6

So...what can ppl do to reduce/eliminate the amount of plastic particles in brains and other organs, anything? Or do we just sliwly evolve into plastic containers?

LIKE (1) REPLY (1) SHARE

Mrnobody Mrnobody Feb 6

Try Paulette's method

https://open.substack.com/pub/paulettecoatesnaturopath/p/recent-dilemma-in-my-blood-work-resolved?utm_source=share&utm_medium=android&r=12s2c3

LIKE REPLY SHARE

Ken Kobalanski Feb 5

Dr. Ardis says it removes VENOM which is different than destroying nanotech/fibers. That is what the nicotine patches remove. Venom.

LIKE (1) REPLY (1) SHARE

jsinton jsinton Feb 6

Yes, I heard that some scientists believe the primary toxin in the vaxx is snake venom and nicotine is an antidote. It's also a theory as to why Ivermectin works, as it is also good for anti-venom.

LIKE (1) REPLY SHARE

Danny Llamas Danny Llamas Feb 5

The things the people that are doing this what's to prevent them from getting sick infected? How could someone come up with this and not have some kind of defense against it you just don't make poison to kill people unless you have an antidote. What's preventing them from getting sick? What are they using and if they do have something that protects them how come all good scientist and good doctors don't know what it is.

LIKE (1) REPLY (2) SHARE

Piotr Bein Piotr's Substack Feb 5 Edited

For more than a year since I joined this kind of forums, I'm asking: why not spy on "them" instead of this guesswork that did not advance our defences?

LIKE (1) REPLY (1) SHARE

the LastManStanding Rusyn's Substack Feb 5

Was Mad Magazine's "Spy vs Spy" graphical motif a representation of the actual manner in which the world would proceed into darkness one cartoon frame at a time? Has "Anna" become the poster child for a zone where 'all cats are grey?'

Inquiring minds wish to know.

LIKE (1) REPLY SHARE

the LastManStanding Rusyn's Substack Feb 5

Boom!

It's been claimed(and it was on another stack - but I've forgotten where!)that Ralphie Baric "built in" the antidote to his Chapel Hill adduced bioweaponry.

Ralph's a member of that GREAT GALICIAN diaspora which marched from the 'marches' of eastern europe right over the pond into your backyard... and proceeded to 'take charge' whilst everybody was blathering on about 'Nazzis' and Operation Paperclip!

LIKE REPLY (1) SHARE

the LastManStanding Rusyn's Substack Feb 5

Whoa! This just in....

Rebecca earned a degree in biology at University of Virginia at Chapel Hill

Captain Rebecca Lobach... the DEI suicide pilot of the BlackHawk Downer over DC.

Head scratcher... or body snatcher? Cartoon cutouts need to know!

LIKE (3) REPLY SHARE

Susanne Whitern-Hofer Feb 5

How to detox from the body/brain I would like to know? I see edta and vitamin C but that is normally by IV. Is there something else by mouth that can be used to detox this material? What about the pill form of nbmi?

LIKE (1) REPLY (1) SHARE

Ken Kobalanski Feb 5

I don't recall this article stating how to remove microplastics from the brain. EDTA is mainly used to detox heavy metals. Chime in...

LIKE (1) REPLY (1) SHARE

jsinton jsinton Feb 6

Actually, EDTA is really good for dissolving microplastics. Turns hydrogel into mush. It's long been used to clean plaque from hardening of the arteries. And good for heavy metals too.

LIKE (1) REPLY (2) SHARE

Ken Kobalanski Feb 7 Edited

Also, if you or anyone can come up with the detox or removal of facial fluorescence link, then that would be great.

LIKE REPLY SHARE

Ken Kobalanski Feb 7

I guess I missed the "dissolving microplastics" information. Are you able to send me that link, please?

LIKE REPLY SHARE

Katie Walker Feb 5

What eradicates them?

LIKE (1) REPLY (1) SHARE

jsinton jsinton Feb 5

Dr. Ana sez: EDTA and Vitamin C. If you hang around the site, you'll find all kinds of stuff you can do.

LIKE (1) REPLY (2) SHARE

Piotr Bein Piotr's Substack Feb 5

How does Dr. Ana know? Does she look into the brains of her patients?

LIKE (1) REPLY SHARE

Katie Walker Feb 5

Thank you I have been following for a year, just wanting to see if there's updated info

LIKE REPLY (1) SHARE

Monique Feb 5

Dr. Ana recommended caEDTA from globalhealing.com (based in Texas). Energetic Healing (Dr. Henry Ealy) also has courses on how to detox. ---> ask if they do have courses...at MyEHISupport@EHIAmazing.org

LIKE REPLY (1) SHARE

Monique Feb 5

Info@EnergeticHealthInstitute.org

LIKE REPLY SHARE

KellyG KellyG Feb 5

I saw an article earlier this morning maybe the same one you mention as I didn't have time to check it out before heading out. I'm sure it likely didn't go into detail or a 1/10 of the amount you have and do in all of your research. Maybe I should say 1/1000 or more.

LIKE (1) REPLY SHARE

Joe Joe's Substack Feb 5

there must be a way that we can get the plastic out of our body that our good scientist and doctors has not yet discovered

LIKE (1) REPLY (1) SHARE

crapshoot farmer crapshoot farmer Feb 5

One method I've been using is from Tony P. and I've had no negative effects. It's been mentioned before and if I recall it was from Dr. Staninger and that is a few drops of essential oils placed in a gelatin capsule and swallowed.

While that may work, I use Tony's method and that is 4 drops of rosemary, cinnamon, clove, peppermint, spearmint, etc. but use two oils and only 2 drops of each in a shot of vodka, tequila, whatever you prefer and down it on an empty stomach. Even a half or 3/4 of a shot is fine. Then i eat a meal after a short time.

The point he makes is you want the oils in your bloodstream as fast as possible. Swallowing a capsule won't have that effect.

LIKE (3) REPLY (3) SHARE

Miss Parker Miss's Substack Feb 5 Edited

Is the alcohol needed for moving the oils quicker into the bloodstream and/or aiding in their absorption, or is it for disguising the taste??

LIKE (1) REPLY (1) SHARE

Ken Kobalanski Feb 5

It should be the latter.

LIKE (1) REPLY (1) SHARE

crapshoot farmer crapshoot farmer Feb 6 Edited

It is for absorption. I use orange and lemon oil also. 4 drops won't taste that bad!

Dr. Staninger's method if I recall was covered or referred by Dr. Ana. I don't have that link.

I'll look for the video of Tony's method. BUT, in it he states this method is for removing biofilm from the body. How biofilm relates to microplastics is a question for Dr. Ana.

Edited to add the link. 22 minutes.

https://www.bitchute.com/video/TfCqwTpNBACK

LIKE (2) REPLY SHARE

JulesUSA Feb 5 Edited

Dr. Ana was recommending this also, for a while. Do you know often he recommends to do this? Thank you for this. So basically any essential oil? Tony P. is great btw.

LIKE REPLY SHARE

Ken Kobalanski Feb 5

Please provide the URL to Dr. Staninger's information on the removal of microplastics.

LIKE REPLY SHARE

Timothy Winey Timothy's Newsletter Feb 5

https://timothywiney.substack.com/p/lisbon-water-conference

LIKE (1) REPLY SHARE

Alena Alena's Substack Feb 6

There was a class action lawsuit filed recently against the chemical companies for claiming that these plastics were recyclable and using millions in taxpayer money to supposedly recycle them and make into polymers. Here is the smoking gun evidence that they are in fact using these for treasonous purposes against the people:

https://www.wjhl.com/news/local/eastman-among-companies-sued-for-alleged-decades-long-fraud-and-deception-over-plastic-recycling/

LIKE REPLY SHARE

jsinton jsinton Feb 6

After thinking about this nano plastics in DECEASED human brains, I realize that it is likely the majority of nanoplastics which the researchers found in brains was assembled AFTER DEATH! These researchers NEVER REALIZED that nanoplastic can be created in the body AFTER DEATH!

It's so much fun to be a guerilla nanobiologists when I can outgun the scientists.

An much improved study would examine brains over time and record changes with time lapse video. Bet the stuff grows on the microscope slide with the brains. Bet the little bass turds still flip around pretty good.

LIKE REPLY SHARE

ladynshades ladynshades's Substack Feb 6

I can't wait for these results....

LIKE REPLY SHARE

jsinton jsinton Feb 6

Here is the answer. Here is how the "elites" or whoever is manipulating the nanotech can clean their own bodies. Just got this link from Piki. It describes a small chip device that separates nanotech from blood plasma:

https://today.ucsd.edu/story/electric_fields_remove_nanoparticles_from_blood_with_ease

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Alena Alena's Substack Feb 6

There was a class action lawsuit filed recently against the chemical companies for claiming that these plastics were recyclable and using millions in taxpayer money to supposedly recycle them and make into polymers. Here is the smoking gun evidence that they are in fact using these for treasonous purposes against the people:

https://www.wjhl.com/news/local/eastman-among-companies-sued-for-alleged-decades-long-fraud-and-deception-over-plastic-recycling/

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Sober Christian Gentleman Sober Christian Gentleman Podca... Feb 6

Remember Collectivism is a cult.

Left is collectivist and they do not want you to see them clearly, so they can manipulate you and your ignorance.

The real political spectrum is this:

Left is total government control;

right is no government control.

The spectrum is degrees between those two points.

The communists have distorted the language to indicate a narrow band of possible reality, the left is a communist government and the right is a fascist government (both are big government control of the individual). By using this scale, you always pre-posed their government's bureaucratic control. University has become a communist indoctrination mill, churning out leftist cult members who go into government, banking and media et al.. The communists themselves called this the long march through the institutions. They claim Nazis were on the right, but they were socialists, which is next to communism in the actual spectrum.

See the trick.

Everything that supports the beaurocratic cult power, influence and control is supported. No matter how illogical.

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ThinkOnTheseThings ThinkOnTheseThings Feb 6

This is what happens when certain crazies amongst mankind try to play 'god".

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