



Preventing Illness and Recovery Support

By Rita Shimniok – Sept. 18, 2024

Pre-note: If you are taking Ivermectin PLEASE read to the end or skip to the end of this article!

The bible tells us the only “thing” to fear is the Lord. Where is the eternal destination for my soul? That should be my only fear in this life. Personally, I do not fear for my soul. Jesus is my Savior, my friend and Protector, God is my Father and Creator, and the Holy Spirit lives within me on my daily walk with Him.

However, it is the time of year where many are becoming fearful . Why? Because we are entering cold and flu season and the news is very good at what it does best – lie to the masses so that their employer, Big Pharma, continues to reap millions at expense of humanity’s health.

When *the plandemic* appeared in 2020 I had no fear for my health. I trust my innate immune system. However, I was attending a church that bought into the fear. They were compliant with government and not the Word. I was very pleased to learn of a church that shut down for the “two weeks to flatten the curve” and opened their doors, placing their trust in God. We have been worshiping there ever since and are blessed with weekly truth messages and a family of solid Believers in Christ. *But I digress...back to the topic of the immune system and illness prevention...*

First, let’s take a look at viruses, and shall I say...lack for evidence of their existence. Years ago my mentor Dr. Monzo gave a talk on the pseudoscience of virology, and debunked “germ theory”. Another doctor from Florida reiterated the same, as have a number of doctors over the past decade of my personal awakening to the truth about pharmakia.

During the propaganda of the Covid fear-mongering, not once were we shown a petri dish with a growing virus. Now, we did see graphic images of a supposed virus ...a ball with spikes representing the virus and spike protein, yes. AI is great at creating imagery. Doctors demanded scientific evidence. They wanted proof of petri dishes with alleged growing virus extracted from the corpses of the supposed many who died from said virus ...and none could be provided.

This is exactly how Chris King in Canada won his case against the Royal Queen when he was fined hugely for not wearing a mask during their tyrannical stronghold on fearful citizens. King took his cases to court, and because the virus had not been produced in a petri dish and proven to exist in a lab, his only demand of the Crown – King won his case, charges were dismissed.

As well, Canadian researcher Christine Massey explains in a **video** (titled “**Official Evidence that Virology is a Pseudoscience**”) how she and others have issued Freedom of Information requests to hundreds of scientific institutions in 40 different countries (all cited in the video) “asking for any records of anyone in the world ever finding this alleged [SARS-CoV-2] virus in the bodily fluid or tissue or excrement of any people anywhere on earth by anyone ever.” **Please take time to watch and listen to the video -you will hear the names of many viruses that have been used as fear porn over many decades.**

https://www.bitchute.com/video/gvu4NbieSuVb/?utm_source=substack&utm_medium=email

Post WWII “Project Paperclip” is a rabbit hole of homework one might consider learning about, that precedes Covid as “germ warfare”. It is not conspiracy theory, but documented fact, that our government hired Nazi chemists and scientists to develop bio-weapons in order to keep up with the Russians who did the same. How are these weapons tested? You, me...get the picture?

What we have all experienced is an active bio-weapon attack on humanity, globally, referred to as SARS-Covid 2. We have been subject to an attack on our immune systems via nanobots and DNA altering mechanisms, thus the surge in recent cases this fall of 2024. This of course is weaponized as fear porn on the news. *People are easily controlled by fear...*as more blindly follow like sheep to get their boosters, which contain ingredients that prevent their immune system from working. The influenza vaccine is also even more compromised than before – with reports it now contains the mRNA – which alters your God-given DNA and your body’s innate immune system is thus altered. According to Merck’s own website, they refer to mRNA as “gene altering therapy”. People are getting sick from nano sized assemblies that are programmed to interrupt your immune system – inside your body

I could go on and on in regards to how the public is being coerced, the imbalances I am seeing in Qest4 scans - not only from those who received the jab, but those who are exposed to the shedding of the bioweapon (transmitted through the skin, the air, and activated by 5G towers that sprouted up everywhere during the pandemic). This is why the [Aleph Tav Body Coherent Restore](#) is so important...but instead, let’s focus on what I personally do to support my immune system.

First and foremost, I take [Restore CVA+](#) drops multiple times daily, and I also wear an imprinted patch with the same energetic signatures. The signatures in the drops that I provide using my Qest4 machine, are programmed by Dr. Monzo and myself. Described by Dr. Monzo – “Just like noise cancelation headphones, these inverted frequencies cancel the information from the mRNA data download, nano products, pathogens, foreign DNA material, toxins, etc. inside the body.” I have also added high frequency scripture, and statements about placing trust in God, in the drops.

With the purchase of a bottle of drops (\$39 for 2 oz, \$69 for 4 oz) I provide detailed instructions on how YOU can refill and maintain a lifetime supply. The energetic signatures in this bottle provide information to your body, your innate immune system, that protect it from bio-weapon attack and inform your immune system so that it can work on your behalf, as it designed to do by your Creator.

What else do I take... besides making an earnest effort to avoid simple carbs and avoiding processed foods, artificial ingredients and seed oils in my diet?

This list is a basic daily maintenance as I am a generally healthy individual. I have switched the majority of my supplements to Azure Well when they were released in September of 2023 as it is whole food supplementation without inert fillers or ingredients such as magnesium stearate, and formulated to be readily absorbed by the body.

- **Restore CVA+ drops** – as I work from home with no persons around, I take the drops approx.. 3 times daily. If you work/play outside the home – take 5 times daily.
- **Azure Well Fulvic Humic Energy Blend** (also energetically imprinted), 1/8 tsp.
 - Fulvic acid has proven to be crucial in proper oxygenation of cells. It delivers energy to the mitochondria and super charges cellular activity. Our 50/50 blend contains over 70 trace minerals. Dosage: Between 1/32 and 1/8 tsp once a day
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- **Azure Well Multi Vitamin** (over 90 essential minerals)
- **Azure Well Core Copper** (essential for mitochondria function, most bioavailable form) – as copper regulates iron I take copper when I am consuming meat.
- **Azure Well Cod Liver Oil** (this offers the perfect balance of Retinol A and Vit. D) – taken with copper.
- **Digestive Health** – a good probiotic with prebiotics, and enzymes really is important as our health begins in our gut. Our gut is labeled our “2nd brain”. I alter most frequently between Arbonne Gut Health, which is a three tiered system, or the 4Life PreO as it also contains transfer factors and is a delight to the tastebuds.

Azure makes a number of excellent digestive fermented, whole food supplements. You might also take kombucha, digestive bitters, fermented sauerkraut, and other supportive whole foods.

- **Lemon Balm Tea**, or a blend, is a wonderful anti-viral, anti bacteria herb -lovely for chilly days. I typically add a tincture, such as my Wellness Blend, to the tea. 2024 was a great year for growing this herb and we have Lemon Balm tea available.
- If I am heading to a family gathering or crowd situation– I take an herbal based tincture I formulated called **COVX Immune**, which contains antioxidants, shikimic acid (from white pine and more), and nervine herbs.

If getting symptoms of becoming ill, the immediate “go to” is 4Life TriFactor Transfer factors, which provides an immediate boost of producing “little white soliders” in your body – your immune system “army”. I keep 4Life Transfer factors on hand at all times.

- 4Life Transfer Factor Plus <https://www.4life.com/purelyliving/product/transfer-factor-plus-tri-factor/89/105>
- 4Life Transfer Factor TriFactor <https://www.4life.com/purelyliving/product/transfer-factor-tri-factor/95/105>
- Classic Transfer Factor – on a budget, this product is clinically shown to increase NK killer cell activity by over 200% in one dose.

As well, I incorporate WHOLE FOOD Vitamin C – not ascorbic acid.

- Amla berry, Baobab or Camu Camu powder is added to smoothies
 - Or take Azure Whole Food C (amla berry) in capsule form
- Azure Beef Liver capsules (grass fed organ meats are nature’s most powerful superfood)
- And of course I run a Qest4 scan on myself and take the energetic imprint remedy to support my immune system for whatever is going on in my body. If I get sick it lasts about 48 hours, and primarily it is because I do not get enough sleep as I tend to stay up late researching, writing articles such as this...and caring for everyone else.

If you decide to add clean, whole food Azure supplements to your own regimen, use code PurelyLiving10 to save on your AW supplement orders. [Azurestandard.com](https://www.azurestandard.com)

Other touted preventatives....

If you choose to take Colloidal silver it should only be taken a short time if feeling ill, and one should supplement with the essential minerals it depletes – such as copper and magnesium. **Zinc depletes copper as well.** I am surprised more people didn't question Dr. Zelenko dying of cancer... he obviously was not aware of the copper and iron connection. I do NOT recommend his Z pack as it contains primarily synthetic supplements, although 100s of podcasters and doctors promote it.

Regarding Ivermectin... this was the bombshell dropped on me the evening of 9/16/24 as I happened upon a [podcast](#) in which a clip with Dr. Michael Yeadon, whom I believe was the first Pfizer whistleblower and developer of the mRNA technology. (the clip is 56 minutes in the podcast: [Devil in Disguise](#))

Yeadon talks about the American frontline doctors who came out with an early treatment for C19. When Yeadon thought C19 it was a virus (he likely believes in virology), he thought Ivermectin was a “good alternative”. According to Yeadon, **Ivermectin is one of the “the most violent fertility toxins I have ever come across.”** In the doses people are being instructed to take by these protocols, it prevents conception, and full term births.

Nothing is accidental – Yeadon said the perpetrators provided an “evil” and a “lesser evil”. According to Yeadon, pushing Ivermectin was a good way to reduce population if they won't take the vaccine (infertility is one of Satan's greatest desires for humankind). Supplements such as K2 and other popular ones (not named but I would guess Vit. D3) prevents your body from eliminating Ivermectin – a negative drug/drug interaction. Satan controls both sides – remember, both the vaccine and Ivermectin come from pharmakia, sorcery. Seeing that the interview is 3 years old I am honestly quite surprised that I had not come across this information much earlier, nor have my fellow holistic practitioners been made aware or surely they would have called it to my attention.

To reemphasize – all prescription drugs contain toxins. God has provided us the very best medicine whole food and herbs. Entire interview with Yeadon... Delingpod: Mike Yeadon <https://www.bitchute.com/video/iVSbx8CtldKy>