

have been on the market for a relatively short time. Yet the deaths and the serious side effects have risen significantly worldwide following the introduction of this insane experiment.



Recent Swedish research has established that the covid-19 injections not only alter the RNA of the cells, but their DNA as well. It is also known that the Covid-19 that is injected in the shoulder does not, as originally assumed, stay in that area, but migrates via the blood to the various organs of the body where they form spike proteins that make the defense system escalate unduly, thus interfering with the natural senior control of the balance between the specific and unspecific defense systems, as described above.

"Better a little dirt in the corners than a clean hell"

A Christianite (a resident of the sanctuary of Christania) told me once long ago, and there's some truth in it.

Hygiene is quite important for the general health of the population. Poor sanitation, poverty, starvation, lack of heat, need and lack of proper food all contribute to weakening of the immune system.

However, if hygiene becomes too clinical and sterile, it can make our immune system exposed and vulnerable. This is seen in hospitals, where there is an increased incidence of streptococci and staphylococci despite high hygiene. If antibiotics are used, the gut microbiota must be restored when the treatment is finished, otherwise the patient get as "clinical intestine" vulnerable to attack from the outside, and these are then difficult to counter.



The immune system is strengthened by good bacteria and challenged by bad ones



We have 10 times more bacteria in the body than cells. They are part of a beneficial cooperation with the immune system. Also, good and bad

bacteria coexist, and the bad bacteria may contribute by challenging and so develop the good bacteria in the right direction. But this requires the good bacteria not to be alarmingly outnumbered. They should be given optimal conditions for growth.

Wash your hands rather than use hand sanitizer unnecessarily

Our skin has sebaceous glands that excrete an oil-like substance, called sebum. This oil helps maintain the natural pH value that activates the immune system.



This is one reason why hand sanitizer can harm the body's defence. Alcohol is a solvent that dries out the skin, harms it and destroys the good bacteria that create an acid coating that helps protect the skin, mucous membranes, etc. Good hand hygiene with water and soap is recommended instead.

Nose test swabs contain the cancer-inducing chemical ethylene oxide.



The inside of the nose is covered with mucous membranes. Swabs, which are introduced far up the nose, close to the pituitary and various

brain centres, contain the very cancer-producing compound ethylene oxide, which also attacks our mucous membranes.

Besides, this test is particularly unreliable, since it cannot track or isolate any virus.

Masks full of chemicals and bacteria bombs that harm and don't protect

Numerous reports show that masks don't protect at all against vira. On the contrary, they give difficulty in breathing, because you breathe you own carbon dioxide, which is harmful to the body in general. Additionally, many have gotten eczema and anxiety due to use of masks enforced by group pressure.

It should be noted that it has not been proved scientifically that masks protect against vira.



Distance and herd immunity

Data from Sweden, that did not have the same restrictions regarding distance and masks as Denmark during the Corona crises, show that there was no bigger incidence of influenza (Covid-19) in Sweden than in Denmark, and that keeping 2 meters distance didn't protect against anything airborne.

On the other hand, it's advisable to stay at home under a blanket if one is ill. Use your common sense instead of state control asking us not to think for ourselves.

How do we get good bacteria and a healthy immune system?

As mentioned earlier in this article, we have an outer army (the unspecific immune system), created by bacteria with a low pH value providing an acid coat

The pH value of the skin is 4,5 to 5,5. Mucous membranes, gut microbiota and genitals have an even lower pH value.

Intestinal bacteria in the mucous membranes must have a low pH value in order to be able to form enzymes to decompose the food and prevent bad intestinal bacteria from getting too numerous.

Because of this, it is important to aim at a healthy gut microbiota by eating good lactic acid bacteria, supported by dietary fiber from vegetables (fermented), fruit, whole grain, seeds, nuts, etc.

If the intestinal system has become extremely unbalanced (as by stress, illness, antibiotics, sugar, unhealthy food, etc.) it's advisable to take dietary supplements of lactic acid bacteria and omega 3 fatty acid of a good quality to restore the balance. The homeopathic medicine RobniaComp from Allergica helps restore and strengthen stomach and intestines.

Strengthen skin and mucous membranes if damage has been done by hand sanitizer, masks, and swabs

It is recommended to take evening primrose oil, blackberry oil that is transformed into GLA that has a beneficial effect on the skin. Also, omega 3 fatty acid, and sea-buckthorn, which contains omega 7 that strengthens the mucous membranes.

If the skin is red and swollen because of



inflammation, it is recommended to take fish oil with a high content of EPA.

Other oils that nourish the skin inside and outside are: avocado, hemp oil/hemp seed, almond, Argania-, and moringa oil.

Our skin is also called our second lung or our informer system. This is due to the fact that many of our waste products from our organs, e.g. stomach-intestine, lungs, kidneys, and liver, are excreted through the skin.

Masks and hand sanitizer with therefore inevitably have an inhibiting effect on our outer immune system.

Other recommendations for the strengthening of mucous membranes (the unspecific immune system)

Vitamins A (beta caroten), E, C, B, D, silicon, zinc, and magnesium.

Plants, like us, have an outer immune system in the external parts of the plant. These are also beneficial to us, and their consumption is highly recommendable.

Foods high in silicon include nettle, horsetail, garlic, and foods high in sulfur. Also: lots of leaf vegetables, marigold, chamomile, plantain, milfoil, African violet, horseradish, and root vegetables such as beetroot. carrot etc.

Ground rosehip/ sea-buckthorn, herb tea made on pure water. Long-leavened sourdough bread, fermented vegetables, sprouts, etc.

If you have undergone antibiotics treatment, the gut microbiota needs 3 months to recover its balance, at in the beginning it's recommended to take dietary supplements and to eat healthy, nourishing and restoring foods.

The homeopathic medicine Cepacomp from Allergica strengthens and restores mucous membranes in the nose.

Astaxanthin from Allergica is used if the fine little veins in the nose have been damaged by tests.

Get out in nature with friends to hug you, who can laugh and understand the meaning of herd immunity. A 30 second hug activates our nurture/love hormone, oxytocin, which supports the strengthening and balancing of our immune system.

We in JFK21 basically believe that we all have the right to objective information that allows us free choice. See also our key issues on our home site.

References

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