

## **Treatment Manual for HPV Vaccine Injured**

This manual was produced as a joint effort between the HPV vaccine injured youngsters, their parents, Orthomolecular doctors, international researchers, Nutrition Therapist Mr. Frede Damgaard and General Practitioner Stig Gerdes.

The treatment has been shown to have a therapeutic effect on those injured by the HPV vaccine. As of this writing, there are currently 14 young women/girls in treatment and all of the patients are improving. The goal of this manual is to provide Practitioners with the information needed so that they can treat their own patients who have been adversely affected by the HPV vaccine and who suffer a wide variety of debilitating symptoms. Practitioners should refer to the instructions below. However, it may be necessary to adjust the treatment to the individual needs of the patient.

All questions can be directed to Stig Gerdes (Phone 0045 2170 4600). This treatment is widely used around the world and it is also used in Denmark to treat immune system damage.

### **Intravenous Vitamin C:**

If your patient is seriously injured by the HPV vaccine against cervical cancer (currently known as Gardasil or Cervarix), it may be necessary to treat the patient with high doses of intravenous Vitamin C.

### **Treatment Protocol:**

Intravenous treatment consists of Vitamin C administered one to two times a week. For example, IV treatment can be administered on Monday and Friday each week.

Start the patient IV with 250-500 ml isotonic sodium chloride and add 25 grams of Vitamin C, 4 ml Magnesium Sulfate and 10 ml Sodium Bicarbonate. Administer the IV over 2 to 3 hours. Towards the end of the IV infusion, add 100-200 mg Glutathione to the IV bag to complete the infusion.

After 4 infusions, increase the Vitamin C to 50 grams in 500 ml isotonic sodium chloride. Continue to administer the IV's over 2 to 3 hours up to twice a week. After 4 to 5 more infusions, you may increase the amount of Vitamin C to a maximum dose equal to 0.8 grams of Vitamin C per kilogram of body weight. The number of infusions each week and the concentration of Vitamin C determines how the patient responds to this treatment. If the above is too complicated, then just use 250-500 ml isotonic sodium chloride and add 25 grams of Vitamin C.

Once the patient's symptoms resolve, begin scaling down the frequency of Vitamin C infusions.

It is important for the patient to drink at least 1½ liters of water during the infusion and also that the patient's water intake remains high for the rest of the day. A patient will relapse if detoxification occurs too quickly. If the patient experiences a relapse due to detoxification, it is recommended to temporarily lower the Vitamin C dose. It is important for the patient to rest after each infusion so the body has time to recover. Moderate exercise is recommended (for example a daily walk).

## Supplies:

Infusion Cannula 22 G (Blue) can be purchased at Mediq. Denmark price about kr. 11.56 (\$1.80, € 1,6) a piece.

Transfusion purchased at Mediq Denmark price about kr. 15.31 (\$2.50, € 2) a piece.

[www.mediq.dk](http://www.mediq.dk)

250-500 ml isotonic sodium chloride is obtained free of charge by the doctor via Denmark pharmacies.

Vitamin C 10 x 50 ml (500 mg per ml) Denmark price about kr. 1.315.00 (\$209, € 177) ordered by the doctor from a pharmacy.

Using the supplies listed, the estimated cost for each IV provided to the patient is:

- 25 grams of Intravenous Vitamin C: **Kr. 165** (\$26, € 22)
- 50 grams of Intravenous Vitamin C: **Kr. 300** (\$48, € 40)
- 75 grams of Intravenous Vitamin C: **Kr. 435** (\$69, € 59)

## Symptom Chart:

All patients are asked to fill in a symptom scheme (of course with their own symptoms) and indicate the strength of each symptom with numbers from 0 to 10, where 0 is none and 10 is the maximum of intensity of the symptom. At the end of each week, we calculate an average of symptoms reported indicating a possible improvement or deterioration in numbers from 0-10. Remember to record the dates the treatments were administered and the dose used on the form.

See the Symptom chart further down.

## Diet and Healthy Lifestyles:

In order to achieve good results and enhance therapeutic effects of intravenous Vitamin C treatment, it is absolutely essential to live a healthy lifestyle. Many of the HPV vaccine injured experience improvements just with dietary modifications. Dietary changes are the first step to cleansing and regenerating the body.

A proper organic diet provides the body with the best conditions needed to recover by strengthening and cleansing the organs and intestines. The patient's diet should be free of sugar, gluten and dairy products. Also, it is necessary to avoid alcohol, coffee, black tea, soda and sweeteners. Fish (prey) must be limited due to possible content of mercury and other heavy metals. It is best to avoid meat from most four-legged animals. Poultry, fish and venison is best. All meat should be organic, grass-fed and antibiotic free. Beef can retain heavy metals, which are stressful for the body to digest. E-numbers and aluminum are found everywhere so it is best to try to completely avoid E171, E173, E621 and aluminum. There are aluminum (E173) and titanium dioxide (E171) everywhere. It is found in baking soda, white flour, white sugar, toothpaste, deodorants, cosmetics, candy, and seasoning and often in pills.

**The HPV vaccine injured frequently suffer from food intolerances. Patients must pay attention to the quality of food. Any food that the patient reacts to must be removed from the diet. The patient must eat**

organic food until the damage to the immune system and the nervous system is restored. Dietary supplements should be biological.

## **Intravenous Vitamin C infusions are not a stand-alone treatment!**

### **Diet**

A diet high in protein, healthy fats and supplemented with a good dose of vegetables in itself will boost the cleansing process.

### **Plate distribution should consist of:**

- 50% vegetables
- 25% fat
- 20% protein
- 5% grain/starch

### **Sample meals:**

#### **Breakfast:**

Porridge, Chia seeds, gluten-free oatmeal, millet flakes, buckwheat, Aurion's "gluten free porridge" (be aware of the starch content of food).

Eggs/fish with avocado and vegetables. Season with herbs like thyme, oregano, turmeric, basil or parsley.

Smoothie of fresh berries, vegetables, almond milk, soy milk or coconut milk.

Gluten-free bread.

Banana pancakes and eggs

Soy yogurt

Cantaloupe

Dark berries

#### **Lunch:**

Leftovers from dinners

Eggs, avocado, fish, chicken

Gluten-free bread

Mixed salad or vegetables

#### **Snacks:**

A small amount of fruit, always with nuts such as almonds in order to avoid a rise in blood sugar.

Carrots and celery

Dark berries

### **Evening:**

Poultry, fish, venison, falafel of chickpeas  
Easy prepared vegetables - 50% roots to limit the amount of starch  
Soups or stews – for example chili con pollo, chicken curry with wok vegetables  
Omelets

### **Dessert /Snack:**

Dark stevia chocolate  
Healthy cake  
Baked apples with nuts and coconut cream (limit intake as it is very sugary)  
Nuts  
Oatmeal spheres (limit intake because of the starch)  
Hot chocolate made from raw cocoa powder and coconut milk  
Berries  
Licorice tea or Rooibus tea

### **Items to stock in your Pantry:**

Almond flour, kokos fiber flour  
Nuts, chia seeds  
Gluten-free oatmeal and quinoa (both eaten in small amounts)  
Raw cocoa powder, sukrin  
Coconut milk, Almond milk, and Soy milk  
Dark chocolate sweetened with stevia or coconut oil/coconut milk  
Vegetables and eggs  
Berries, vegetables and chicken in the freezer  
Herbal tea.

**REMEMBER** to drink 2-2 ½ liters of water each day.

### **Other Tips:**

Get rid of everything in the kitchen that is not good for your body (for example, processed food).  
Watch for flyers.  
Get your entire family involved in the diet changes. A healthy diet benefits all! Tell those around you about your diet so healthy foods can be incorporated into social events.  
Remember to check the ingredients in everything to make sure that hidden sugar, gluten, dairy and unhealthy E numbers are not in the products you buy.  
Bring your own food with you so when you are hungry, you have the right food to eat.  
Eat regularly.  
Chromium pills and acupuncture can help with sugar cravings. Eat a blood sugar-regulating diet.

Recognize that you are at a crossroads that could change the rest of your life - to the positive. A healthy diet makes for a healthier body.

The diet recommendations were prepared in collaboration with Mr. Frede Damgaard, Nutritional Therapist in Denmark.

**Recommended Books** (most are in Danish):

*"Test your allergy and intolerance"* by Anne Marie Vester.

*"Cholesterol Cookbook, eat your blood sugar and cholesterol in the balance"* by Anette Harbeck Olesen.

*"My path to a healthy life"* by Anne Dorthe Tanderup.

*"Stone Age diet"* by Loren Cordain.

*"Stone Age Diet Cookbook"* by Loren Cordain.

*"The gluten-free cookbook"* by Anette Harbeck Olesen and Lone Bang.

*"Recipes for Repair"* by Gail Piazza and Laura Piazza.

*"Freshly squeezed juices and smoothies"* by Sarah Owen.

*"The ultimate book on juices and smoothies"* by Natalie Savona.

Get inspiration online. There are many good websites that provide recipes that are gluten-free, sugar-free, dairy-free and anti-inflammatory diet.

## **Supplements:**

Many of the HPV vaccine injured patients need to take various supplements. It can be quite confusing and of course each patient has individual needs. The products in the table below are good and can be used with advantages. It is recommended that you consult your general practitioner who can run specific blood tests that might reveal a lack of certain vitamins and minerals.

Start carefully with vitamins and minerals. Take 2-3 products in a few days and carefully add more products. Raise the doses and feel it in your body how to react and listen to your body.

<b>Product</b>	<b>Effect</b>	<b>Dose</b>	<b>Where to buy</b>
Vitamin C fx from Solaray 1 capsule = 500 mg  Or  Nascorbal 1 teaspoon = 5 grams.	Strengthens the immune system; helps improve connective tissue; prevents problems with gums, mucous membranes, skin and eyes; optimizes brain and nerve function; needed to optimize heart and blood circulation; helps instill mental balance; and, a strong antioxidant.	Start with 1 capsule or 1 teaspoon  To find the right dose, titrate the dose up slowly until stools become loose, then reduce dose slightly and take several times a day	<a href="http://www.matas.dk">www.matas.dk</a>  <a href="http://www.helsam.dk">www.helsam.dk</a>
D3-Vitamin 90 mcg	Needed in order to absorb calcium and phosphorus; works to strengthen bones and teeth; enhances nerve, muscle, skin, and thyroid functions; and, strengthens the immune system.	1 capsule in the morning and 1 capsule in the evening.	<a href="http://www.matas.dk">www.matas.dk</a>  <a href="http://www.helsam.dk">www.helsam.dk</a>
Super Q 10 with lecithin fra 100 mg fx from Natur Drogeriet	Helps reduce fatigue and lassitude and for normal metabolism.	1 capsule in the morning.	<a href="http://www.matas.dk">www.matas.dk</a>  <a href="http://www.helsam.dk">www.helsam.dk</a>
Pure Omega - 3G (fish oil) fx from Biosym	Contains Omega 3 phospholipids. Lowers inflammation.	2 capsules in the morning and 2 capsules in the evening.	<a href="http://www.matas.dk">www.matas.dk</a>  <a href="http://www.helsam.dk">www.helsam.dk</a>
Magnesium + 300 fx from Biosym	Involved in bone formation and ensures stable function of the cardiovascular system. Along with lime works Magnesium calming.	1-2 at night.	<a href="http://www.matas.dk">www.matas.dk</a>  <a href="http://www.helsam.dk">www.helsam.dk</a>

Bio E-vitamin 350 mg	Is important for circulation and the heart. A very important antioxidant, in particular in combination with Selenium. Involved in the repair of cells. A cancer preventive effect.	1 capsule in the morning.	<a href="http://www.helsam.dk">www.helsam.dk</a>
Multi B from Biosym	Prevents cancer. An Antioxidant, important for energy metabolism, the nervous system, digestion, skin, hair, nails, muscles, heart, and the formation of blood.	1 tablet in the morning and 1 tablet afternoon.	<a href="http://www.matas.dk">www.matas.dk</a> <a href="http://www.helsam.dk">www.helsam.dk</a>
Cal-Mag-citrate + D3 fx from Solaray	Look under Magnesium.	1 capsule in the morning, 1 capsule at lunch and 1 capsule in the evening.	<a href="http://www.matas.dk">www.matas.dk</a> <a href="http://www.helsam.dk">www.helsam.dk</a>
Lactic acid bacteria fx Probiotica I.L.D. fra NDS  Or  Super Adult from Udo's choice	Important to keep a healthy and normal microflora in the gastrointestinal tract. About 60% of the immune system is located in the stomach and intestinal tract	1 teaspoon dissolved in liquid before bedtime 1-3 capsules per day	<a href="http://www.matas.dk">www.matas.dk</a> <a href="http://www.helsam.dk">www.helsam.dk</a>
Ultra Preventive III Multivitamin fra Douglas	Multivitamin with a wide range of vitamins and minerals	1-3 tablets in the morning and 1-3 tablets in the evening	<a href="http://www.naturalhealthyconcepts.com">www.naturalhealthyconcepts.com</a>
Phosphatidylcholine 420 mg from Source Naturals	Included as "building blocks" in the cell membrane.	1 capsule in the evening	Cannot be ordered in Denmark, can be ordered at <a href="http://www.amazon.co.uk">www.amazon.co.uk</a>
ImiFlex AccuPharma	Boost the immune system without triggering the immune system	1-2 capsules in the morning/evening	<a href="http://www.matas.dk">www.matas.dk</a> <a href="http://www.helsam.dk">www.helsam.dk</a>

Alpha-Lipoic Acid 100-600 mg	Alpha Lipoic Acid is used by the body to produce energy to the body's normal functions. Alpha Lipoic Acid is an antioxidant. It seems to be able to reuse antioxidants such as Vitamin C and Glutathione, after they have been used. Alpha Lipoic Acid increase the formation of Glutathione.	1 till 2 capsules a day	<a href="http://www.amazon.co.uk">www.amazon.co.uk</a>
N-Acetyl Cysteine (NAC) fx. Mucomyst 200 mg  NAC 600 mg	Strong antioxidant Helps to rebuild Glutathione, which is very important for the body's defense. Helps the health of the liver.	200-600 mg daily	Drugstore  <a href="http://www.vitaviva.dk">www.vitaviva.dk</a>
Slippery Elm fx Natur Drogeriet	Helps to form a mucous membrane of the intestine, so this becomes denser.	1-2 capsules daily with a main meal.	Helsam

**The above was prepared in collaboration with Mr. Frede Damgaard, Nutritional Therapist in Denmark.**

The above recommendations represent the intake of vitamins and minerals, etc. that have been shown to help patients recover from HPV vaccine injuries.

**Books that can be recommended (in Danish):**

*"The immune system's new ABC"* by Pernille Lund.

*"Live Healthy with Vitamins and Minerals"* by Henrik Dilling.

**Subject to current adaptation and change.**

General Practitioner

Stig Gerdes et al.

Denmark.

E-mail: [s.g@dadlnet.dk](mailto:s.g@dadlnet.dk)

Date:														
Vitamin C Gram:														
Headache														
Sore entire body														
Humor														
Fatigue														
Concentration														
Tremors														
Dizziness														
Sore eyes														
Memory														
Sore feet														
Sore hip														
Walking														
Sore neck														
Tingling in arms/legs														
Nausea														
Sensitivity to light														
Visual disturbances														
Sensitivity to sound														
Speech disorders														
Tics in the eyes														
Heavy legs														
Reduced power in arms														
Reduced power in legs														
Acne														
Pain in right/left shoulder														
Whistling in the ears tinnitus"														
Loss of hair														
Cramps in the legs														
Temperature up/down														
Pain in the back/lower back														
Palpitations														
Insomnia														

