

TREATMENT MANUAL FOR HPV-VACCINE INJURED

Stig Gerdes, Frede Damgaard & Mie Thorsen



**"An experience session on - how diet, supplements and lifestyle,
can optimize the body - reducing the conditions / syndromes
that may occur after HPV vaccination "**

Indhold

Introduction.....	3
HPV Hotline	4
The goal:	4
Vitamin C and Disease:	4
YouTube video about Vitamin C:	4
Intravenous Vitamin C:	4
B-12 vitamin injections:	5
Instructions for Doctors:.....	5
Supplies:	5
Liposomal Vitamin C:	5
Symptom Chart:.....	6
Diet and Healthy Lifestyles:	6
Intervenous Vitamin C infusions cannot stand alone!	7
Plate distribution should consist of:.....	7
Sample meals:.....	7
Items to stock in your Pantry:	8
Other Tips:	8
Supplements:.....	9
Probiotic pros and cons	9
Intake of vitamin C:	12
Volvic water, Fiji water and Natia water:	12
Infrared sauna:	13
Recommended Books (most are in Danish):	13
Links	13
Facebook:	14
Usefull links.....	14
Melisa test:	14
Report an adverse event in Denmark:.....	15
Report an adverse event in the United States:	15
Symptom chart	16

Treatment Manual for HPV-vaccine damaged.

Copyright © Stig Gerdes, Frede Damgaard & Mie Thorsen.
All rights reserved.

Pictures:

Copyright © Astrid Bækgaard Thorsen. All rights reserved.

A special acknowledgment to Kim Robinson, for her great work of doing the proof read. Thank you so much Kim, you have been a great help.



Introduction

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

The knowledge we have collected is not new, but we have collected this knowledge.

It is important information to help aid in the recovery of the HPV-vaccine injured. We have listened to the experience a lot of the HPV-vaccine injured and their families have, so that the HPV-vaccine injured can learn what has helped others to recover from this injury.

According to The Danish Health Authorities there is no evidence of the power that we have compiled in this publication. The purpose of the treatment manual is to inform about the knowledge the HPV vaccine injured and their parents and others have experienced has improved many HPV vaccine injured. How the individual chooses to apply this knowledge is up for themselves and the authors cannot be held responsible for this.

The treatment manual is information about the experiences that have been shown to help these HPV-vaccine injured further in their health process.

HPV-vaccine injury is ME (Myalgic Encephalomyelitis also known as Chronic Fatigue Syndrome) and it is a physical disease.

You can read the international ME-Guidance in Danish. It was published by the Danish ME Union in 2014. There is a lot to read but the information is important.

www.tinyurl.com/ME-vejledning

There is also a 4 page worksheet to assist in the diagnosis of ME can be found here:

www.tinyurl.com/ME-arbejdsark

Hanne Koplev, a veterinarian, developed a diet to help treat heavy metal poisoning.

<http://www.kronisktraethedssyndrom.dk/kost%20&%20tungmetaller.htm>

A helpful article by Dr. Mercola titled "Energy Boosting Strategies for Chronic Fatigue Syndrome Treatment."

http://fitness.mercola.com/sites/fitness/archive/2015/11/13/chronic-fatigue-syndrome-treatment.aspx?e_cid=20151113Z2_DNL_art_1&utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20151113Z2&et_cid=DM90161&et_rid=1212594832

You must refuse to accept a psychiatric diagnosis and likewise refuse to be referred the Research Center for Functional Disorders. HPV- vaccine damage is a physical disorder. It is not psychological.

Many have experienced great effect on the HPV-vaccine injured girls' symptoms, the HPP-vaccine injured and their parents says themselves.

A lot of the HPV-vaccine injured have been forced to start treating themselves, because they have not been able to get help in the health care system.

At this moment, we know of 40 HPV-vaccine injured who have recovered in Denmark. Those that have recovered have used different treatments. We are very interested in getting in contact with all of those that have recovered from their HPV-vaccine injury, to find out what treatments helped them in their recovery.

For those who have not recovered from the HPV-vaccine injury, please be advised that you may have active infections or viruses that have not yet been discovered. Active infections and viruses must be treated first. If this has been addressed and you still remain sick, you should then consider heavy metal loads.



HPV Hotline

Heidi Nørby Simonsen, Astrid Bækgaard Thorsen, Stig Gerdes and Mie Thorsen have set up the HPV Hotline to help anyone who needs someone to talk to about their injuries.

The below link to the HPV Hotline Facebook page, you can find information about:

- Who is available to take your call to the HPV Hotline
- When the HPV Hotline is open; and,
- Information about adverse reactions to the HPV-vaccine.

<https://www.facebook.com/HPV-Hotline-508378522655637/timeline/>

Tel. no. 0045 6012 2465

The Hotline is open Wednesday 7.30 -8.30 pm GMT + 1. (we talk english as well)

The goal:

To get those who are suffering adverse reactions to the HPV-vaccine, treated by their own physician with Vitamin C infusions to aid in the patient's recovery. Refer to the instructions below, however it should be adjusted to the individual patient's needs. Questions may be addressed to:

Stig Gerdes tel. no. 0045 2170 4600

For questions regarding Vitamin C or IV infusions.

Mie Thorsen tel. no. 0045 5115 0513

For questions regarding diet, vitamins and minerals.

It is possibly to schedule an appointment via e-mail at annemarie.thorsen@hotmail.com. It's also possible to Skype.

Frede Damgaard

Please note, I cannot answer questions by phone or mail. It is possibly to schedule an appointment via e-mail at frede.damgaard@gmail.com.



The treatment with Vitamin C is well known throughout the world. It is also used in Denmark for treating immune system disorders.

Vitamin C and Disease:

Bruce Kyle, a danish Orthomolecular doctor, wrote a booklet on Vitamin C and Diseases. You can learn about the effect Vitamin C has on the disease. At the end of the article, there is a reference list to other helpful literature. There is a lot of evidence about the positive effects of Vitamin C. Vitamin C has few adverse reactions.

<http://mayday-info.dk/c-vitamin-og-sygdom.aspx>



YouTube video about Vitamin C:

This is a link to a video of Dr. Suzanne Humphries talking about the benefits of Vitamin C and how Liposomal Vitamin C taken orally can be helpful.

<https://www.youtube.com/watch?v=JFT5rdwrNV0>.

Intravenous Vitamin C:

If you are 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 to help repair the body and the immune system. This treatment must be prescribed by a doctor.

B-12 vitamin injections:

Several of the HPV vaccine injured have great benefit from vitamin B12 injections 2 times a week.

This must be prescribed by your doctor. Many of the HPV-vaccine-damaged experiencing more comfort, less fatigue and less chronic fatigue. Dr. Sarah Myhill <http://www.doctormyhill.co.uk/> specializes in CFS and she also recommend B12 injections.

B12 injections are Mecobalamin 5 mg/ml, 2 times per week. Mecobalamin is found in, for example, 10 x 2 ml.

Instructions for Doctors:

Intravenous treatment consists of Vitamin C administered 1-2 times a week. At the end of the IV treatment, you can add Glutathione.

Start the patient with an IV containing Vitamin C at 0.3-0.4 g/kg bodyweight in 250-500 ml isotonic sodium chloride. Administer the IV over 2 to 3 hours once or twice a week.

After the patient has received 4 IV infusions, increase the Vitamin C to 0.6-0.8 g/kg bodyweight in 500 ml isotonic sodium chloride. Administer the IV over 2 to 3 hours once or twice a week. At the end of the IV, you can add IV Glutathione (for example 500 mg/week).

Once the patient's symptoms improve, you can stop IV Vitamin C and IV Glutathione and continue with the oral vitamins and minerals combined with the recommended diet.

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

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)

It is **important** for the patient to drink at least 1½ liters of water during the infusion. After the infusion, the patient's water intake must remain high for the rest of the day.

If the patient detoxes too quickly, the patient may relapse. If this happens, you must lower the amount of IV Vitamin C for a period of time.

Liposomal Vitamin C:

Liposomal Vitamin C is more stable and better absorbed than oral Vitamin C. Liposomal Vitamin C is an antioxidant and offers higher protection than ordinary Vitamin C taken orally. Liposomal Vitamin C can be used if you are unable to get IV Vitamin C. It can be combined with regular Vitamin C and a Glutathione mouth spray. An Orthomolecular doctor recommend this product.

<https://www.abundanceandhealth.co.uk/en/products/98-altrient-c-lypo-spheric-vitamin-c-livon-labs.html>



Start out taking a low dosage and increase the dose slowly over time. Pay attention to how your body reacts and adjust the dosage if you encounter problems. REMEMBER: Liposomal Vitamin C must be stored in the refrigerator. The dose is 1-2 sachets per day.

We recommend a Glutathione mouth spray. Spray the Glutathione directly under the tongue, where it will be absorbed directly into the body. The Glutathione mouth spray can be purchased here:

http://goodhealthnaturally.com/index.php?p=catalog&mode=search&search_in=all&search_str=gsh&searchbtn.x=0&searchbtn.y=0&searchbtn=1

Another good product is Readisorb Liposomal Glutathione, which can be purchased here:

<http://readisorb.com/product/liposomal-glutathione/>

Please be aware that not all of the HPV-vaccine injured respond well to Glutathione. The dosage of Glutathione should be reduced or stopped if the patient reacts badly.

If you and your doctor agree not to use IV Vitamin C and IV Glutathione, you can use Liposomal Vitamin C and the Glutathione mouth spray. The Liposomal Vitamin C and Glutathione mouth spray cost less than IV Vitamin C and IV Glutathione.

Most HPV-vaccine injured choose to take oral Vitamin C and the other vitamins and mineral outlined on pages 10-11 at the same time.

After each IV, allow the body to rest and it needs this to recover. Moderate exercise is recommended (for example, a daily walk).

Symptom Chart:

All patients are asked before treatment starts, to fill out a symptom chart reporting their current symptoms and indicate the intensity of each symptom with numbers ranging from 0 to 10 (A zero (0) means the symptom does not bother you at all and a ten (10) means you are extremely distressed by the symptom).

The symptom chart is an average. During each week of treatment, the patient indicates improvement or worsening assigning numbers ranging from 0 to 10. It is important to write the date of treatment and dose of Vitamin C and Glutathione on the symptom chart.

Symptom chart see page 16-17

Diet and Healthy Lifestyles:

In order to achieve good results and enhance the 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. It strengthens and cleanses the organs and intestines.

The patient's diet should be free of sugar, gluten, dairy products, alcohol, coffee/black tea, soda and artificial sweeteners. Stay on a diet of 100% gluten-free and dairy-free foods for six (6) weeks. If you feel better, you should remain gluten and dairy free. If you do not feel better while using a gluten-free and dairy-free diet, you can begin to eat gluten and dairy products in modest amounts. It is important to note that many of the HPV-vaccine injured acquire sensitivities to foods that never bothered them before their HPV-vaccine injury. You must identify and remove any foods that the body reacts negatively to in order to get well.

Coffee closes the blood-brain barrier. If you have not developed a food sensitivity to coffee, you may drink 1 cup of coffee in the morning and 1 cup of coffee in the afternoon.

Fish (prey) must be limited in the diet. It is possible for fish to contain mercury and other heavy metals, especially tuna fish.

Please be aware of histamine rich foods, since many of the HPV-vaccine injured react negatively to these foods. It is a good idea to limit or eliminate histamine containing foods. You can find an overview of histamine rich foods here: <http://www.histaminintolerance.dk/fodevareliste/detaljeret-oversigt/>

Poultry, fish and game meat is best. It should be organic meaning it is free of hormones and antibiotics and preferably grass fed (meat) or wild caught (fish). Beef should be limited because it contains high levels of glutamate. You should also avoid eating intestines, liver and heart as it may contain heavy metals too. Avoid fatty and big fish.

It is important to pay attention to how your body reacts when you eat different foods.

E-numbers and aluminum are found everywhere – try to avoid it. E171, E173, E621 and aluminum should always be avoided. There is aluminum (E173) and titanium dioxide (E171) everywhere (for example, in baking soda, toothpaste, deodorants, cosmetics, candy, seasoning and often in pills). Also avoid MSG because of monosodium glutamate content.

The HPV-vaccine can induce food intolerances. Pay attention to the quality of the food you eat. Until the immune system is recovered and the nervous system damage is restored, all food should be organic. Use quality dietary supplements without additives.

Intervenous Vitamin C infusions cannot stand alone!

A diet with proper levels of protein, healthy fats and supplemented with a good portion of vegetables, will help the body recover.

The proposed meals are based on keeping blood sugar levels as stable as possible throughout the day. If your diet is well balanced with protein, fat and carbohydrate and you eat with regular meals throughout the day, your body will be able to maintain a stable blood sugar level. Fluctuating blood sugar is a burden on the nervous system.

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

Smoothie of fresh berries, vegetables, almond milk, soy milk (organic) if you can tolerate it or coconut milk

Gluten-free bread

Banana pancakes and eggs

Soy yogurt (organic) if you can tolerate it

Cantaloupe

Dark berries

Lunch:

Leftovers from dinners
Eggs, avocado, eventually gluten free bread, fish, chicken
Mixed salad or vegetables

Snacks:

A small amount of fruit, always with nuts such as almonds/nuts in order to avoid a rise in blood sugar.
Carrots and celery
Dark berries

Evening:

Poultry, fish, vension, falaffel of chickpeas
Easy prepared vegetables – max 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
Bake a 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, cocoa 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 (organic and if you can tolerate it)
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 sale flyers and stock up on items you use regularly.
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.
Eat a blood sugar-regulating diet.

Recognize that you are at a crossroads. It is one that can have a positive change on the rest of your life. A healthy diet makes for a healthier body.

Supplements:

Many of the HPV vaccine injured must take various supplements. It can be quite confusing and each individual has individual needs. **This section is designed as general information. You should always take supplements to meet your individual needs. Talk to your doctor or other who know about this.**

The products in the table below are good quality and have benefits. We paid attention to the ingredients in the vitamins and minerals listed below. It is important not to overload the body further with unnecessary dyes, rice, flour or other fillers. **Of course, you can use the products as you see fit.**

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 slow by adding only 2 to 3 new products every few days at the lowest dose. Carefully increase the dose and add an additional product or two every few days. As you raise the dose and add new products to your protocol, pay attention to how your body reacts. You should listen to your body and adjust the dose if you experience any discomfort.

Magnesium is calming and can help you fall asleep at bedtime. Every person absorbs magnesium differently. There are many different types of magnesium, all of which have different benefits. You should try different types and dosages and find what works best for you. It is believed that Magnesium Malate detoxifies aluminum.

You should use a good probiotic. Up to 70% of our immune system is in our gastro-intestinal system. Slippery Elm can be used to help repair and seal the mucous membrane of the intestines.

If you have difficulty falling asleep, you can use melatonin. Melatonin is also recommended for detoxifying aluminum, as a sleep aid and helps depression. Your general practitioner may prescribe Melatonin.

Melatonin can be purchased here: <http://www.supersmart.com/>

Probiotic pros and cons

Species to be avoided:

Based on the small amount of research that we have available, it is believed that the following bacteria should be avoided as they are bacteria that produce histamine: **Lactobacillus casei, and Lactobacillus bulgaricus**. These are the bacteria that found in most yogurt and fermented foods.

Species are believed to be beneficial:

Based on limited research in probiotics and histamine intolerance, strains that are considered to be beneficial as they are believed to downgrade biogenic amines (of which histamine is): **Lactobacillus rhamnosus, Bifidobacterium infantis, Bifidobacterium longum, Lactobacillus plantarum and Lactobacillus reuteri** may - as well as the example. **Boulardii**

You can read about a small pilot project with 9 HPV vaccine injured girls here:

<http://vaccineinfo.dk/artikler/2016/tilskud-efter-analyser-til-9-hpv-vaccinationskadede-kvinder--behov-for-tilskud-er-individuelt-beregnet-ud-fra-en-urinalyse.aspx?PID=820&M=NewsV2&Action=1>

Product	Effect	Dose	Where to buy
<p>Vitamin C from Solaray 1 capsule = 500 mg</p> <p>Or</p> <p>Vitamin C 1000 mg from Life Extension</p> <p>Or</p> <p>Vitamin C powder from Bulk Powders</p> <p>The dosage is increased until stools become loose. You then reduce the dose slightly and take it several times a day.</p>	<p>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 mental balance; and, it is a strong antioxidant.</p>	<p>Start with 1 capsule or 1 teaspoon and increase dosage up to 10-20 g.</p> <p>To find the right dose for you, increase the dose slowly until your stool becomes loose, then reduce the dose slightly and take several times a day</p>	<p>www.matas.dk</p> <p>www.helsam.dk</p> <p>www.lifeextension.com</p> <p>www.bulkpowders.dk/</p>
<p>D3-Vitamin 90 mcg</p> <p>or</p> <p>Vitamin D3 5.000 IU</p>	<p>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.</p>	<p>1 capsule in the morning and 1 capsule in the evening. After a few months eventually lower the dose.</p> <p>1 capsule in the morning and eventually 1 capsule in the evening. After a few months eventually lower the dose.</p>	<p>www.matas.dk</p> <p>www.helsam.dk</p> <p>www.lifeextension.com</p>
<p>Vitamin B1 250 from Life Extension</p>	<p>Has an antioxidant effect; The nervous system and the cardiovascular system need B1; Strengthens the immune system.</p>	<p>1 capsule x 3</p>	<p>www.lifeextension.com</p>
<p>Super Q 10 with lecithin 100 mg from Natur Drogeriet NOTE: Contains soybean oil and dyes</p> <p>Or</p> <p>Super Ubiquinol CoQ10 100 mg from LifeExtension NOTE: Contains Soya</p>	<p>Helps reduce fatigue and improve stamina and needed for normal metabolism.</p>	<p>1 capsule in the morning.</p> <p>1 capsule in the morning.</p>	<p>www.matas.dk</p> <p>www.helsam.dk</p> <p>www.lifeextension.com</p>
<p>Pure Omega - 3G (Fish Oil) from Biosym</p>	<p>Contains Omega 3 phospholipids and lowers inflammation.</p>	<p>2 capsules in the morning and 2 capsules in the evening.</p>	<p>www.matas.dk</p> <p>www.helsam.dk</p>

For supplements, we have chosen pondered Danish preparations which are legal to sell in Denmark, certain places are mentioned foreign preparations for the sake of these can provide additional help to promote health for the HPV-vaccine damaged.

These preparations, however is your own responsibility. The authors do not have any economic ties to any supplement manufacturers.

You can make you own fermented foods by pickling cabbage, carrots and other vegetables. Fermented foods help your digestion and improves your gut. Check online:

<http://www.naturli.dk/artikel/maelkesyregaerede-grontsager/>

Intake of vitamin C:

The experiences of patients indicate that a daily dose of 12-18 grams, depending on the patient's weight, is a reasonable starting point. Many choose to start slow at 2-4 grams daily and slowly escalate the daily dose over several weeks. When you take more oral Vitamin C than the small intestine can absorb, the large intestine draws water into the bowel and causes diarrhea. This is harmless but unpleasant. The threshold for maximum absorption is based on the individual's needs. However, typical doses of 20-30 grams per day can be used to stay healthy. If a patient suffers from a larger overall inflammatory condition, such as influenza, the maximum amount of Vitamin C needed by the body can be higher – and terms IV Vitamin C administration should be in agreement with a doctor such as Stig Gerdes.

Many have difficulty with digesting the number of tablets needed to take Vitamin C at these higher doses and using tables can be quite expensive. A simple and inexpensive alternative is to dissolve the day's amount of ascorbic acid powder in water and put it in the fridge. Drink the mixture in four portions during the day. For example, dissolve the powder in 1 deciliter or deciliters 5 (0.5 L) of water. One can use more or less water, as desired. Since ascorbic acid is an acid, it may be harmful to the teeth and can be rather unpleasant to drink. You may want to drink it with a straw to protect teeth against acid. Therefore, it is recommended that you neutralize the acid with sodium bicarbonate (baking soda). REMEMBER to use aluminum free baking soda. Dissolve baking soda and ascorbic acid together in the desired amount of water. You can purchase aluminum free baking powder (for example Dr. Oetker) in any supermarket. Please make sure that it contains only sodium bicarbonate = E500 and not any other things. It can also be purchased online in larger volume and in cheaper versions. 10 g of ascorbic acid is neutralized by 4.8 g of sodium bicarbonate.

Ascorbic acid can be bought cheaply in bags of 100g, 500g or 1kg at www.bulkpowders.dk

“The above recommendations represent the intake of vitamins and minerals, etc. that have been shown to help patients recover from HPV vaccine injuries. It is not scientific based.”

Volvic water, Fiji water and Natia water:

Many HPV-vaccine injured have too much aluminum accumulated in their bodies. Vaccines contain aluminum.

Many patients have experienced improvements from drinking Silicon containing water. Silicon drives the aluminum out of the body. You can use Volvic brand water and Fiji brand water and Natia brand water to purge aluminum. This water is rich in silicon and silicon "pushes" aluminum of the body through urine. It is a very simple and very effective way to detox aluminum. Fiji brand water contains 92mg/liter of silicon. Volvic brand water contains 32 mg/liter of silicon and Natia brand water contains 88 mg/liter of silicon.



Fiji water can be bought here:

<http://linuspro.dk/udstyr/fiji-water-24-stk/?id=155> and here

<http://www.bottleworld.de/fiji-water-still.html> and here

http://www.amazon.co.uk/Fiji-Natural-Artesian-Water-Bottle/dp/B00A79CDF4/ref=sr_1_1?s=grocery&ie=UTF8&qid=1431331971&sr=1-1&keywords=fiji+water+1l

Volvic water can be purchased in Germany in grocery stores such as Lidl, Netto, Citti Gross Market, Real and Scandinavian Park.

Natia water purchased here Info@furesoevin.dk – 0045 4585 7049, which can be paid by MobilePay and Swipp.

There are Informative scientific lectures on silicon and how it can remove aluminum from the body.

“3 Mineral Waters that can Remove Aluminum from the Brain” by Dr. Exley:

<http://www.realfarmacy.com/mineral-waters-remove-aluminum-from-brain/>

Another option is to eat 1-2 tbsp. of silica. Once such product is Natur Drogeriet.

Nettles is rich in silicon (silica). Also Horsetail tea is rich in silicon (silica), and it is inexpensive.

Infrared sauna:

This is effective for detoxification. It is also excellent for patients with Lyme Disease, as well. You can buy a small infrared sauna tent for about 2.000 DK kr. search online.

Recommended Books (most are in Danish):

“Recipes for Repair” by Gail Piazza and Laura Piazza.

“Diagnosis and Treatment of Chronic Fatigue Syndrome” af Dr. Sarah Myhill

“Plague” by Kent Heckenlively, JD and Judy Mikovits, PHD.

“Medical Medium” by Anthony William.

“Test your allergy and intolerance” by Anne Marie Vester.

“Cholesterol Cookbook, eat your blood sugar and cholesterol into balance” by Anette Harbech Olesen.

“My path to a healthy life” by Anne Dorthe Tanderup.

“Food Your Miracle Medicine” by Jean Carper.

“Miracle Diet for Your Brain” by Jean Carper.

“Stone Age diet” by Loren Cordain.

“Stone Age Diet Cookbook” by Loren Cordain.

“The gluten-free cookbook” by Anette Harbech Olesen and Lone Bang.

“Freshly squeezed juices and smoothies” by Sarah Owen.

“The ultimate book on juices and smoothies” by Natalie Savona.

“The immune system's new ABC” by Pernille Lund

“Live Healthy with Vitamins and Minerals” by Henrik Dilling.

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

Links:

Look at this film about Vitamin C and more

<https://www.youtube.com/watch?v=JFT5rdwrNVO>

A New Autoimmune Syndrome Linked to Aluminum in Vaccines march 2014 (ASIA)

<http://www.greenmedinfo.com/blog/new-autoimmunity-syndrome-linked-aluminum-vaccines>

Vaccine detoxification – How to remove heavy metals and other vaccine toxins

http://www.naturalnews.com/047167_vaccines_heavy_metals_detoxification.html#ixzz3SnS5P4WD

Metals as a common trigger of inflammation resulting in non-specific symptoms: diagnosis and treatment.

[Stejskal V.](#)

<http://www.ncbi.nlm.nih.gov/pubmed/25630203>

Content in vaccines

<https://mothernatureandyou.wordpress.com/2015/06/30/the-most-truthful-list-of-all-vaccines-published-to-date-including-all-of-the-official-ingredients-a-must-share-before-its-deleted-2/>

<http://www.gardasilsyndrome.com/>

Facebook:

"Behandling og Lindring af HPV-vaccine skader" You are welcome, news will be posted here

<https://www.facebook.com/groups/614324685366134/>

"Bedring efter HPV-vaccinens bivirkninger og skader"

<https://www.facebook.com/groups/1643650989244776/?fref=ts>

"Til kamp for retfærdig oplysning om HPV-vaccinen"

<https://www.facebook.com/TilKampForRetfaerdigOplysningOmHpvVaccinen?fref=ts>

"HPV Update"

<https://www.facebook.com/hpvupdate/?fref=ts>

"HPV-bivirkningsramte"

<https://www.facebook.com/groups/525205467546986/?fref=ts>

"SANEVAX"

<https://www.facebook.com/SANEVAX-139881632707155/>

"Gardasil Awareness"

<https://www.facebook.com/groups/117156868392874/?fref=ts>

"Magnesium Advocacy Group"

<https://www.facebook.com/groups/MagnesiumAdvocacy/?fref=ts>

"Detoxing Children from Vaccines"

<https://www.facebook.com/groups/334338386732852/>

"Parents of Sons and Daughters suffering illnesses after"

<https://www.facebook.com/groups/ParentsofHPV/?fref=ts>

"Rita Kara Robinson"

<https://www.facebook.com/rita.k.robinson.7?fref=ts>

"HPV Vaccine - Help and Support for Parents"

<https://www.facebook.com/groups/HPVvaccinehelpandsupportforparents/>

Usefull links

TV2 Dokumentaren "De vaccinerede piger" with english subtitles

<https://www.youtube.com/watch?v=GO2i-r39hok>

TV2 De vaccinerede pigers symptomer

<http://nyhederne.tv2.dk/samfund/2015-05-21-danske-forskere-vil-loese-gaaden-om-hpv-vaccine>

Specialkredsen HPV-update under Dansk Handicapforbund

<http://hpvupdate.com/patientforening/>

Landsforeningen HPV-Bivirkningsramte

<http://hpv-bivirkningsramte.dk/>

SaneVax, Inc.

<http://sanevax.org/>

Melisa test:

Test for other metals and Gardasil.

You can read more here <http://www.melisa.org/>

There is also a film on YouTube <https://www.youtube.com/watch?v=OTNmTWMDbfk>

Report an adverse event in Denmark:

<http://sundhedsstyrelsen.dk/da/medicin/sikkerhed/bivirkninger/meld-en-bivirkning/mennesker/meld-bivirkning-ved-medicin-eller-vacciner-til-mennesker-for-medicinbrugere-og-paaroerende-e-blanket>

Alternatively, you can contact The Danish Health and Medicines Authority on tel. 0045 4488 9757

Report an adverse event in the United States:

<https://vaers.hhs.gov/index>



Subject to current adaptation and change.
Stig Gerdes, Frede Damgaard & Mie Thorsen

Symptom chart

Date:														
Vitamin C Gram:														
Glutathione mg:														
Headache														
Sore entire body														
Mood														
Fatigue														
Concentration														
Tremors														
Dizziness														
Sore eyes														
Poor memory														
Sore feet														
Sore hip														
Difficulty walking														
Sore neck														
Tingling in arms/legs														
Nausea														
Sensitivity to light														
Visual disturbances														
Sensitivity to sound														
Speech disorders														
Tics in the eyes														
Heavy legs														
Weakness in arms														
Weakness in legs														
Acne														
Pain in right shoulder														
Pain in left shoulder														

