



## What would I do if I HAD to get the Jab

1. **BEFORE** - Start taking [Nano Soma](#) liquid spray for a week before you get the shot. 5 sprays in your mouth, 4 times a day. Continue that for the week of getting the shot as well.
2. **IMMEDIATELY AFTER** - Take a drop or two of high-quality [Oregano Oil](#) and rub it on the injection site right after the jab. Leave it on for a few minutes.
3. Then place a [High-Grade Magnet](#) over it with a Band-Aid over it and leave it on until you go to sleep that day.
4. Then place a **Urine-Soaked Cotton Ball** (your own urine) and leave it on for 24 hours (tape it on). [Click here for info on Urinetherapy](#).
5. **ANYTIME AFTER** - start a **Heavy Metal Detox**. See two options below.



[Heavy Metal Cleans from Global Healing](#)



[FoliuM px and FoliuM Immuno](#)

### Follow our Wellness Threads on Telegram:

Nano Soma thread: <https://t.me/joinchat/dcROUdSygqlzZGFh>

Global Healing thread: <https://t.me/joinchat/kIMVqvdKWeNjY2Ux>

FoliuM px thread: <https://t.me/joinchat/W7iuXT5okCBhMTcx>

Life Force Health & Wellness thread: [https://t.me/joinchat/dno\\_M87tvcszZmJh](https://t.me/joinchat/dno_M87tvcszZmJh)