

# Covid Vaccine Injury Treatment: Fasting for 48-72 Hours Creates Autophagy

The Body's Detox Process That Kills COVID-19 Vaccine Spike Protein Damaged Cells and Reboots the Immune System

By [Dr. William Makis](#)

Theme: [Science and Medicine](#)

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## What is the literature on fasting & COVID-19 vax injuries?

*The benefits of fasting on COVID-19 vaccine injuries, are now being looked at seriously in the scientific literature with a number of new papers coming out:*

- [June 19, 2023 - Matthew Halma et al](#) - Exploring therapeutic applications of Autophagy in spike protein related pathology
- [May 17, 2023 - Matthew Halma et al](#) - Strategies for the Management of Spike protein related pathology
- [Dec. 2022 - Horne et al](#) - Association of period fasting with lower severity of COVID-19 outcomes
- [March 2022 - Bhatti et al](#) - The impact of dawn to sunset fasting on immune system and its clinical significance in COVID-19 pandemic

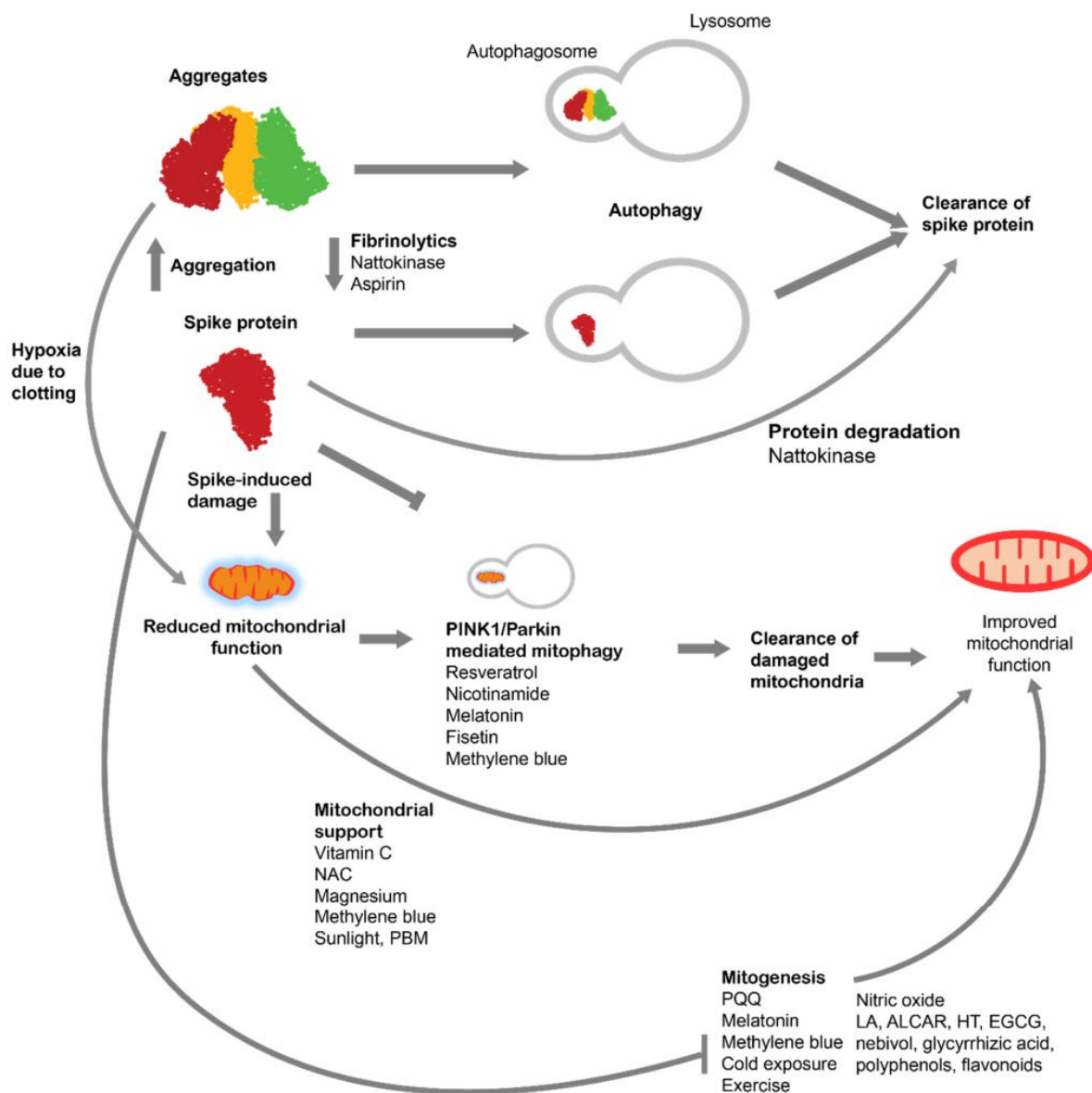
## COVID-19 Spike protein damage:

- Spike protein creates blood clots, damages blood vessel walls and causes inflammation
- Spike protein damages mitochondria (causes decreased energy production, accumulation of reactive oxygen species)
- Spike protein blocks damaged mitochondria from being cleared by the body
- Spike protein creates aggregates of abnormal proteins
- spike protein fragments can produce amyloid proteins ([click here](#))

- spike protein destroys gut microbiome ([click here](#))
- spike protein causes severe immune system dysfunction, which can lead to autoimmune diseases and cancer ([click here](#))

## Autophagy

- autophagy is the body's way of removing abnormal proteins, damaged cellular components, damaged cells.
- autophagy is stimulated by fasting, heat therapy (sauna), ozone therapy, hyperbaric oxygen therapy
- autophagy is also stimulated by: coffee, resveratrol, turmeric, metformin



## Fasting

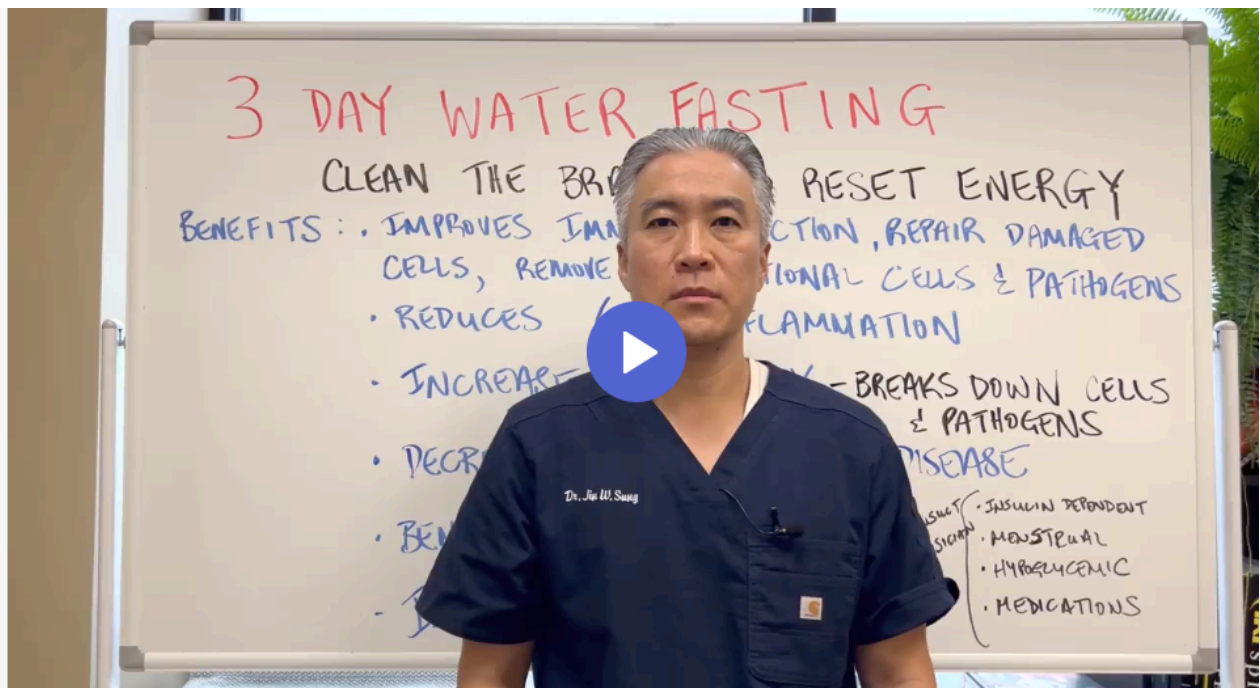
There are two main categories of fasting:

- prolonged fasting (lasting for at least 36 hours)
- intermittent fasting (shorter fasting periods of 12 to 24 hours)

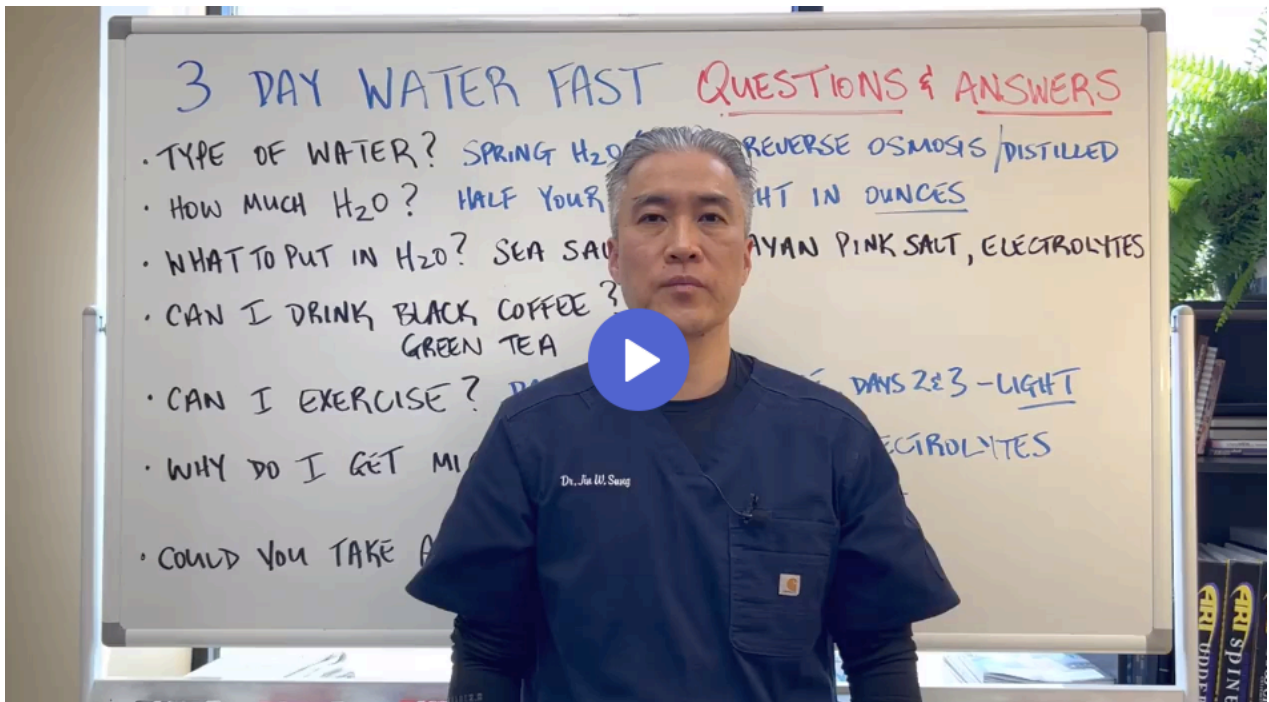
There are several goals of prolonged fasting:

- remove as much spike protein from the body as possible via autophagy of cells that express the spike protein
- remove spike protein aggregates, amyloid proteins, prions, other abnormal or misfolded proteins that can cause disease
- reboot the immune system and produce new immune cells
- improve gut microbiome
- improve mitochondrial health and function, create new mitochondria
- stimulate stem cell production

Benefits of Fasting over a 72 hour period explained step by step (Dr. Jin W. Sung):



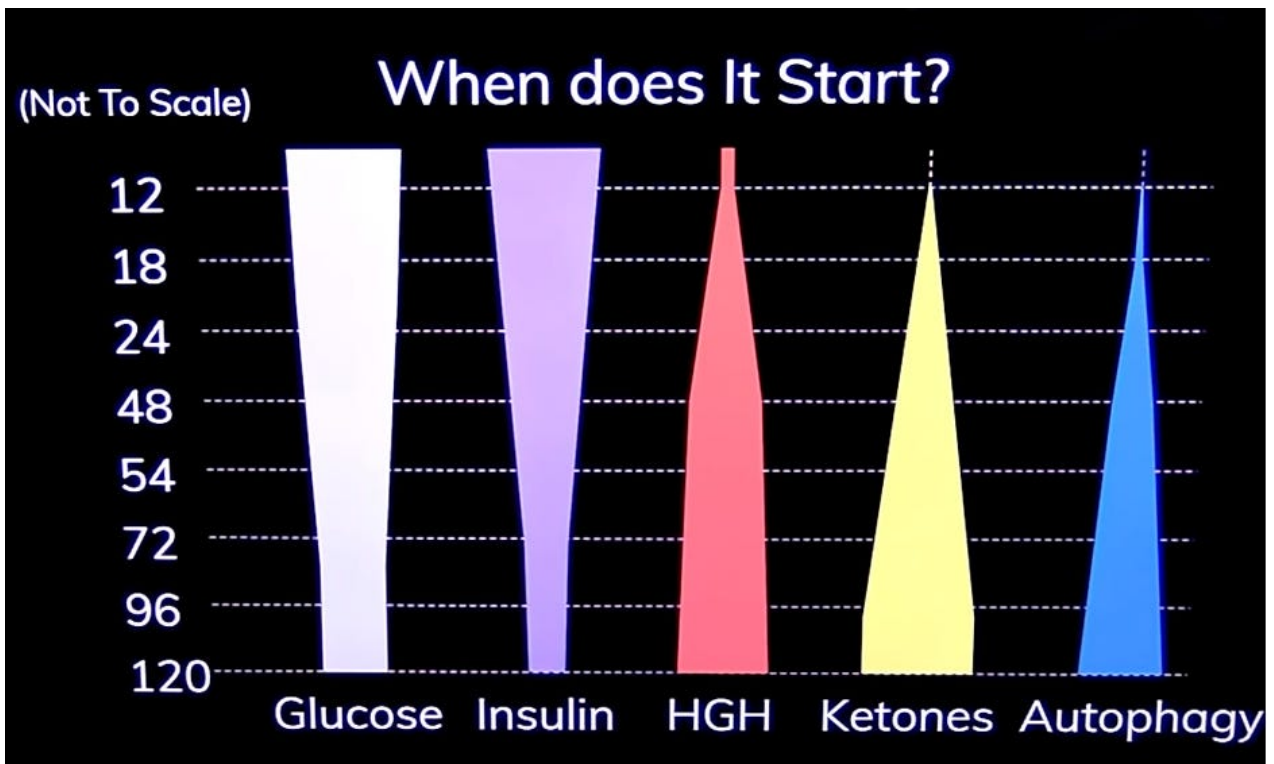
72 hour fasting program - Questions & Answers



Dr. Sten Ekberg (former Olympic decathlon athlete) reviews fasting benefits over time ([source](#))

12 Hours	18 Hours (Skip Bkfst)	24 Hours
<ul style="list-style-type: none"> <li>- ↓ Glycogen</li> <li>- ↓ Blood Glucose</li> <li>- Dawn Phenomenon</li> <li>- ↑ Ketones (Barely)               <ul style="list-style-type: none"> <li>- Normal - Alternate Fuel</li> <li>- Metabolic Flexibility</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Fat Burning Mode</li> <li>- ↑ Ketones (Measurable)               <ul style="list-style-type: none"> <li>- Hormone like signaling</li> <li>- ↓ Inflammation</li> <li>- ↑ DNA Repair</li> </ul> </li> <li>- ↑ HGH/BDNF               <ul style="list-style-type: none"> <li>- Synapses (Neurogenesis)</li> </ul> </li> <li>- Exercise will accelerate</li> </ul>	<ul style="list-style-type: none"> <li>- ↑ Autophagy</li> <li>- "Self Eating"</li> <li>- More Precious - Less Wasteful</li> <li>- ↑ Recycling - Debris</li> <li>- ↑ Quality Work/Attention To Detail</li> <li>- ↑ Ketones</li> <li>- ↑ HGH/BDNF</li> <li>- ↑ AMPK, ↓ mTOR, ↑ NAD+</li> </ul>
48 Hours	72 Hours	120 Hours
<ul style="list-style-type: none"> <li>- HGH ↑ 500%</li> <li>- ↑ BDNF</li> <li>- ↑ Ketones</li> <li>- ↑ Autophagy</li> <li>- Low insulin               <ul style="list-style-type: none"> <li>- ↓ Inflammation</li> <li>- ↓ Syndrome X</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Deeper Autophagy</li> <li>- More Clean-Up of:               <ul style="list-style-type: none"> <li>- Debris &amp; Waste</li> <li>- Misfolded proteins</li> <li>- Low quality parts</li> </ul> </li> <li>- Hematopoietic Stem Cell Regeneration &amp; Rejuvenation               <ul style="list-style-type: none"> <li>- WBC (Immune Cells)</li> <li>- Chemotherapy Protection</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Nothing New</li> <li>- ↑ Degrees of All markers</li> <li>- More Time For:               <ul style="list-style-type: none"> <li>- Fat Burning</li> <li>- Cleanup &amp; Repair</li> <li>- Turn Around Momentum</li> <li>- Cells To "Forget" Old Set Points</li> </ul> </li> </ul>





My Take...

The goal of this short article is to introduce the idea of prolonged fasting as a powerful means of getting rid of the toxic spike protein and spike protein damaged cells, in those who are either COVID-19 vaccinated or suffering from long COVID.

The key process to eliminating spike protein via fasting is: autophagy.

Autophagy only starts to get activated around 24 hours of fasting, with a maximum effect around 72 hours, a 3-day fast, beyond which there are diminishing returns.

I also believe that a dysfunctional immune system is the driving force behind most COVID-19 vaccine injuries.

Interestingly, a reboot of the immune system also requires a 72-hour fast.

Finally, stem cell production that occurs during a 72 hour fast can also contribute to repairing the damage done by the COVID-19 spike protein.

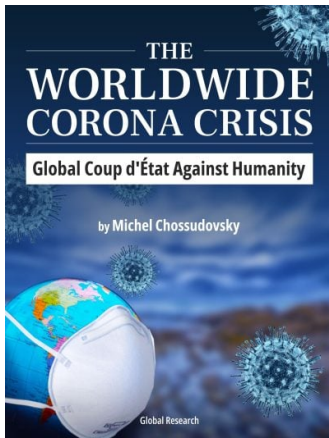
My goal is to try a 3-day fast in the coming weeks and write about my experiences.

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*Dr. William Makis is a Canadian physician with expertise in Radiology, Oncology and Immunology. Governor General's Medal, University of Toronto Scholar. Author of 100+ peer-reviewed medical publications.*

*Featured image is from COVID Intel*



## The Worldwide Corona Crisis, Global Coup d'Etat Against Humanity

by Michel Chossudovsky

Michel Chossudovsky reviews in detail how this insidious project “destroys people’s lives”. He provides a comprehensive analysis of everything you need to know about the “pandemic” — from the medical dimensions to the economic and social repercussions, political underpinnings, and mental and psychological impacts.

*“My objective as an author is to inform people worldwide and refute the official narrative which has been used as a justification to destabilize the economic and social fabric of entire countries, followed by the imposition of the “deadly” COVID-19 “vaccine”. This crisis affects humanity in its entirety: almost 8 billion people. We stand in solidarity with our fellow human beings and our children worldwide. Truth is a powerful instrument.”*

ISBN: 978-0-9879389-3-0, Year: 2022, PDF Ebook, Pages: 164, 15 Chapters

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