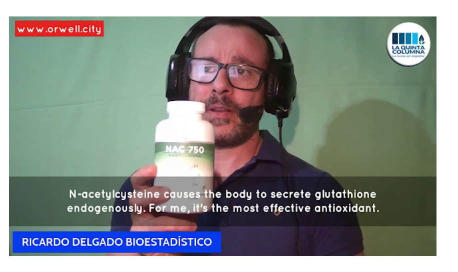
La Quinta Columa informs on more antioxidants that degrade graphene oxide

JULY 21, 2021



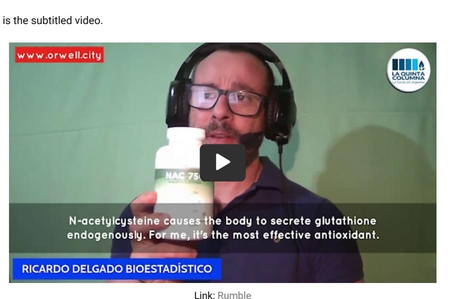
La Quinta Columna has released an informative video regarding antioxidants that can be used as a preventative treatment to detoxify the graphene oxide that both vaccinated and unvaccinated people may have in their bodies.

Orwell City has taken the time to translate it into English, as it has valuable information that both La Quinta Columna's followers and Orwell City's readers are looking for desperately.

No one wants to have poison as aggressive as graphene oxide in their bodies.

Remember to take a look at the preventive treatment with antioxidant rotation suggested by Dr. José Luis Sevillano.

Below is the subtitled video.



Link: Rumble

> *"Well. Good evening to everyone.*
>
> *I decided to make this video because people have been asking me about antioxidants. And although it's late, I think it's important to record it. It's a must-see video, especially for La Quinta Columna's followers who are aware of the relevance of graphene oxide from a disturbing point of view, as it causes the fashionable disease pictures.*
>
> *Thanks to scientific articles we have seen, we know that every antioxidant, especially the master antioxidant glutathione, degrades graphene oxide. **Glutathione can reduce even to zero its toxicity**. And we have demonstrated that.*
>
> *We have proven it empirically through people who presented their own or acquired magnetism after the 'invasion' of graphene oxide through the inoculated pathway, through the vaccine, or other routes of administration. So, as you know, within the antioxidants that degrade graphene oxide and allows the recovery of the balance in favor of our glutathione reserves and antioxidants in general concerning the oxidative stress caused by the toxic graphene oxide, we have glutathione, logically.*
>
> *I'm going to show you what I have in my home, and which in my opinion are great since there's evidence based on the scientific articles we have seen. These are food supplements without any medical contraindications, as long as you take the doses that appear on the package insert. And they don't even have a prescription. They don't have any. However, **it's advisable that the particular conditions of each person, intrinsic variables of the individual, consult with your doctor pharmacist**. Okay?*
>
> *First of all, regardless of the brand, 750 mg NAC is good. Its most common format is 600 mg. **N-acetylcysteine causes the body to secrete glutathione endogenously**.*

> *For me, **it's the most effective antioxidant**. Take one capsule in the morning as a preventive treatment. People who're going through a more serious clinical condition will have to consult the dosage first. However, take one capsule in the morning. That's how it should be taken. **Almost everything we're going to see here is taken in the morning. The reason is that after gastric emptying or fasting, everything that first enters the body is absorbed quite better. This is a rule in all types of supplementation lines. N-acetylcysteine is a must**.*
>
> *I'll leave it here so as not to confuse me.*
>
> *In case you don't want to consume N-acetylcysteine, you also have glutathione to consume directly. I prefer NAC because it makes the body secrete glutathione endogenously, just as it does if you do sports intensively. **When you exercise, you're going to secrete glutathione endogenously, and it's much safer because we are talking about the body will use 100% of the glutathione**. This is glutathione, which is also sold directly for oral consumption. One tablet or capsule in the morning.*

> *However, according to what I have read about it, the body doesn't assimilate it that well. Only 25% - 30% of it is assimilated, depending on the individual and his gastric conditions. Therefore, **the dosage needs to be higher to obtain the same effects as with N-acetylcysteine**.*
>
> *However, it's good to have it as well. Why? Well, because **we consume N-acetylcysteine for a week, we can cross-supplement and continue substituting it with glutathione**. Okay? However, as I said, N-acetylcysteine is best because the body will endogenously secrete it. It will maintain optimal levels of glutathione endogenously.*
>
> *Here's another must-have antioxidant. I told you the main one is N-acetylcysteine, but zinc is also. Okay? Specifically, these are 25 mg. You can also find it in 30 mg, 45 mg, and even 50 mg tablets. Or you simply take 2 tablets of 25 mg. This is a trace element introduced and supplemented especially for athletes who take one zinc tablet a day. In the morning then, N-acetylcysteine and zinc. These two antioxidants are essential to degrade graphene oxide.*

> ***With these two antioxidants, I have personally and particularly helped people affected by magnetism after inoculation**. People with two doses of Pfizer, and after two weeks they no longer express it. Okay? Now, since these are antioxidants, any kind of antioxidant is going to help them. Let's say glutathione is the master antioxidant. It's the best in terms of its antioxidation and degradation capacity. However, there are other very powerful antioxidants as well.*
>
> *The second on the list is a bit more expensive. **It's Astaxanthin 5 mg**. That is the commercial dosage. It's a little bit more expensive than the other antioxidants because I think it's 24 or 25 euros and it comes in 30 capsules. **Many people who take it notice that it also improves their eyesight.***

> ***Astaxanthin can be taken together with the other two antioxidants already mentioned, the ones I told you are essential or indispensable.** So you can take Astaxanthin along with them as well. Okay? Astaxanthin is what gives the orange color to crustaceans and shellfish. Foods we were told not to consume once vaccinated. You know why. You know the reason. Astaxanthin is also usually extracted from algae.*
>
> *Another quite important antioxidant is **Quercetin**. Remember that we read a study on this, and you can find it on La Quinta Columna's website. Regardless of the brand, choose those that offer this antioxidant in high doses. **In La Quinta Columna's programs, we saw studies that referred to cases of COVID-19 treated with quercetin, and with very good results**. It's a very good antioxidant as well. You know why. What it does is raising the levels of glutathione and antioxidants in general that are going to deal with the recitative stress caused by the toxic graphene oxide.*

> *Although they say it hasn't on Spanish radio and television, graphene oxide has been introduced in vials and other routes of administration such as masks —which were withdrawn but are still marketed— PCR tests, compresses, by inhalation, etc. **Because all this is part of an agenda of extermination and death**. So quercetin is very important as well. As I say, I'm talking about the ones that I have personally.*
>
> *Another universal antioxidant, which is not as powerful as astaxanthin or quercetin but which also helps a lot is **vitamin D in its format as vitamin D3. Like the other antioxidants, you can take one pill in the morning**. Or if you prefer: take half an hour of sun in the morning, which is quite healthy.*

> *In the Nordic countries, where there is hardly any sunshine, 80% of the population is supplemented with vitamin D3. One pill a day. The dosage and dosage instructions must be followed. Everything is taken in the morning.*
>
> *This antioxidant that I am showing you now is the greatest liver and stomach protector out there. It's milk thistle, which is also very antioxidant. As you can see, most of these supplements are extracted from plants.*

> *Some are synthetic chemicals, but not chemicals from a pharmacological or medicinal point of view. **Milk thistle is a very antioxidant supplement. You can also take it. It's also a stomach protector for all the rest, although they come nicely wrapped in capsules.***
>
> *And finally, we have here a supplement with radioprotective action. You know why. Melatonin. See? **Pure melatonin. This format is 1 mg. There are formats up to 1.9 milligrams. That is, you can easily check the dosage you can take by googling. Melatonin is taken at night, okay?***

> *In addition, it will help to reconcile the sleep cycles because precisely the electromagnetic fields inhibit melatonin. They prevent the body from naturally secreting melatonin. That is why they cause alteration of sleep cycles. Because melatonin is a hormone that is related to the regulation of these cycles. So, it's taken at night.*
>
> *With all this, you ensure that you have a very high level of antioxidants. Under normal conditions, they're usually high, but they depend on variables such as age, exercise, obesity, youth... Young people have very high levels of glutathione. **However, if they have a toxic substance in their bodies, they experience distinctive fatigue. It's a fatigue that people who have been vaccinated tend to feel**.*
>
> *That happens because there is already an internal struggle between the oxidative stress caused by the toxicant and the body's reserves of glutathione and antioxidants.*
>
> *Therefore, **if the balance raises in favor of the soldiers that counteract the toxicant, then the balance is restored**. It returns to normal within a few days, as we've seen in family members who took the shots. And they have also lost their magnetism, which is the most important thing.*
>
> *Well, I think that's all.*
>
> *I was going to comment that graphene oxide is doing damages right now, but what it's doing now is not that much compared to the damage it'll do to the body in a few days **when 5G technology has been activated**. Those bandwidth frequencies will allow the toxicity of graphene oxide to increase very considerably concerning the levels of antioxidants in the body. So, they quickly break that imbalance and trigger inflammatory syndrome, immune system collapse, altered oxidative stress very quickly —within hours— cytokine storm, bilateral pneumonia, and everything that you know as severe COVID-19. **Or the neurological COVID-19 if you already have graphene in your head**. That's a normal thing after vaccination because the magnetism moves from the arm to the head.*
>
> *So that's all. I hope that in some way it has helped you. **I will share this video directly** and also upload it to the **Odysee channel**. Leave in the comments any questions you have, and I will try to solve them to the best of my ability and knowledge. Well, that's all. Thank you all for watching this video and stay strong!"*
>
> *—Ricardo Delgado, biostatistician and director of La Quinta Columna.*

Do you want to get in touch with La Quinta Columna? Then you can refer to their official website and follow them on their official channels on Telegram, Instagram, Youtube and Twitch. If you want to contact directly, send them a message to: tutoronline@hotmail.es. Don't worry about the language barrier, they understand English and French.

Remember that Orwell City is not affiliated with La Quinta Columna. This is a website dedicated to gathering important information that this team of researchers delivers (and also from the many others from the Spanish-speaking world who are doing a great job in unmasking the plandemic).
Orwell City summarizes, transcribes, translates, edits and subtitles videos so that everyone can learn about the shocking discovery they have made about the true content of the vaccination vials.

If you like my articles and the videos you find here and, if you can and feel like it, you can make a small donation. Your support is always more than appreciated.

Follow Orwell City on Telegram. Thank you for reading!

—Orwellito.

SHARE THIS STORY

DONATE | SHARE ON FACEBOOK | SHARE ON TWITTER | PIN THIS POST

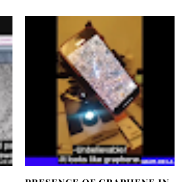
TAGS: Antioxidants, Astaxanthin, English subs, Glutathione, Graphene oxide, La Quinta Columna, Milk thistle, N-acetylcysteine, Quercetin, Ricardo Delgado, Spanish audio, Vitamin D3, Zinc

← Previous Story Next Story →

YOU MIGHT ALSO LIKE

DR. WILFREDO STOKES EXPLAINS HOW GR...

DR. JOSÉ LUIS GETTOR ON THE PRESENC...



PRESENCE OF GRAPHENE IN A DROP OF B...

0 COMMENTS

HELP ORWELL CITY GROW

DONATE

Please consider donating to Orwell City if you can and feel like doing so.

Fighting Big Brother is hard.

Everything you find on this website are articles and videos that I make in my spare time, but it always ends up consuming a lot of effort. It's not easy to summarize programs of several hours long, transcribe them, translate them and edit videos with their respective subtitles.
Thank you so much for your consideration!

Currently accepting cryptocurrencies and bank transferences.

Donate with Crypto

ABOUT ME

ORWELLITO
Blogger

Realizo reseñas y subtitulo videos —en español e inglés— en relación a los tiempos orwelianos que estamos viviendo.

I write reviews and subtitle videos —in English and Spanish— directly related to the Orwellian times we're living nowadays.

Orwell City is not affiliated with La Quinta Columna, this website is just an alternative news media, so if you want to contact the Spanish researchers, please refer to their official website and use the contact form they have there or send them a message to the e-mail address they have listed there.

I inform this since I have been getting tons of messages addressed to the Spanish team, but I'm just an individual who devotes some time to summarize and translate the information La Quinta Columna provides into English.

Thank you so much for reading this. Keep enjoying Orwell City!

FOLLOW ME

BLOG ARCHIVE

March 2022 (11)
February 2022 (28)
January 2022 (31)
December 2021 (31)
November 2021 (24)
October 2021 (25)
September 2021 (31)
August 2021 (33)
July 2021 (44)
June 2021 (63)
May 2021 (7)

RECENT POSTS

Morgellons in calima dust adhered to surfaces
19 Mar 2022

Dr. Wilfredo Stokes on populated sectors exposed to high non-ionizing radiation
17 Mar 2022

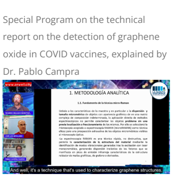
Dr. Martin Monteverde on EMF radiation emitted by mobile phones
15 Mar 2022

Dr. Astrid Stuckelberger on unvaccinated people who perceive fragrances and flavors when close to those who are vaccinated
13 Mar 2022

Radiomedicine specialist explains risks of radiation emitted by cell phones
11 Mar 2022

FEATURED POST

Special Program on the technical report on the detection of graphene oxide in COVID vaccines, explained by Dr. Pablo Campra



SUBSCRIBE TO

Posts
Comments

LINKS

Follow me on BitChute
Follow me on Brand New Tube
Follow me on Brighteon
Follow me on Rumble

POPULAR POSTS

Dr. Viviane Brunet on black-eyed babies
Graphene oxide and microtechnology confirmed in Cansino, Pfizer, Sinopharm, AstraZeneca, and Sputnik vaccination vials
Self-assembling inorganic nanomaterials and graphene nanoribbons
La Quinta Columa informs on more antioxidants that degrade graphene oxide
La Quinta Columna on more antioxidants that help detoxify the body from graphene oxide
Preventive treatment with antioxidants for graphene oxide detoxification
Radiomedicine specialist explains risks of radiation emitted by cell phones

MOST POPULAR

Dr. Viviane Brunet on black-eyed babies
Graphene oxide and microtechnology confirmed in Cansino, Pfizer, Sinopharm, AstraZeneca, and Sputnik vaccination vials
Self-assembling inorganic nanomaterials and graphene nanoribbons
La Quinta Columa informs on more antioxidants that degrade graphene oxide
La Quinta Columna on more antioxidants that help detoxify the body from graphene oxide
Preventive treatment with antioxidants for graphene oxide detoxification
Intra-body nano-network