



## **Pura Vida Health & Wellness Centers Worldwide**

Dr. Ava Perez - *Foodologist* - NP MD PhD  
Ensenada | Baja California | Mexico | Costa Rica

### **HOW TO SAVE YOUR LIFE AND OTHERS**

If you've gotten "the jab"...any "jab" since 2019 how long you have to live is directly proportional to how healthy your immunological library is at time of injection and how you heal your body afterwards. Injections being marketed as "vaccines" by Moderna, Pfizer, Johnson&Johnson and others are over 90% graphene oxides and have been since 2019. More specifically graphene oxide or Graphene Hydroxide is a human made poison that kills 100% of ALL mammalian tissue. That means you!!! These experimental bio-weapons also contain fetal tissue, cobra venom, nanotech, formaldehyde, heavy metals and a long list of carcinogens and other toxins. Those jabbed are also extremely toxic to those around us that are not jabbed due to shedding.

Time tables for how long you have to live after being injected with graphene oxide are a fairly simple equation based off of percentage of graphene oxide in your blood starting from 45 minutes after you've been injected. The higher percentage of graphene oxide you have in your blood the less time you have available to get critically needed help. Even though people are being injected with the same amount and concentration of graphene oxide our bodies react slightly different based on various factors including personal health and individual immunological libraries.

For example people who have high levels of glutathione tend to group in the lowest percentile with the least amount of graphene oxide in their blood. However, people with low levels of glutathione tend to group in the highest percentile with the highest levels of graphene oxide in their blood requiring far stricter protocols for successful treatment.

Children and most people under the age of 25 as well as people with a ph of 7, a varied immunological library, natural tobacco smokers and people who regularly consume MSG are likely to fall into the lowest percentile with an estimated less than 20% graphene oxide in their blood. People who are over the age of 65 and/or with a compromised immunological library and/or have recently been on antibiotics, chemotherapy, radiation, anti-depressants, barbiturates, NSAIDS or any other PHARMaceutical drug that harms their immunological library are likely to fall into the highest percentile with an estimated 70% or more of graphene oxide in their blood.

If you have less than 20% graphene oxide in your blood you have up to 10 years before you are expected to drop dead from internal suffocation, thrombosis and/or organ failure as per explained by Dr. Candalaria who holds the patent for graphene oxide/hydroxide as a bioweapon. This information can be found online and publicly posted by the inventor and patent holder himself, Dr. Candalaria.

You have an estimated 5-7 years left to live if you have 20-50% graphene oxide in you blood.

An estimated 3-5 years if you have 50-70% graphene oxide in your blood and a very short life expectancy of only up to 3 years if you have a 70% or a higher concentration of graphene oxide in your blood.



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Regardless of what percentage of graphene oxide/hydroxide you have in your blood, your life expectancy just dramatically decreased. If you have naively allowed or have been coerced into consenting to be injected with a bioweapon by admitted terrorists marketing themselves as “doctors” who care and want to help you with a mass multi-tier propaganda agenda under the guise of Corporate Philanthropy. Being born into financial affluence does not make you smarter, better or superior to anyone else. There is something fundamentally broken in a society that accepts 99% of our world’s abundant resources be controlled by only 1% leaving 99% of us to struggle and compete for 1% of our potential resources. It is time to abandon this system for a better system of abundance. Remember, we are all made perfect from the love of Our Creator’s light.

Short of extreme environmental and/or pHARMaceutical toxins present in your system, people under the age of 25 are in the lowest demographic risk percentile. However, lowest risk does NOT mean ZERO risk. People over the age of 25 (and increasingly as we continue to age) are at greater risk of developing auto immune conditions from compounded environmental toxins that are greater than our bodies can neutralize and expel. As a result our cells reproduce, repair and regenerate themselves with diminishing frequency creating flaws in our cellular functions resulting in what we refer to as dis-ease, cancer, aging and/or death.

If you have been “vaccinated\*” since 2019 with any “vaccine” from any company anywhere in the realm you have been injected with many harmful and deadly ingredients, including but not limited to graphene oxide, an intentionally created and patented bioweapon. If you have been injected with any form of this patented bioweapon it is essential you immediately seek help from a competent healer/shaman/doctor/health guide...!!!

I realize the topics of vaccines and vaccinations are hot button issues for many humans and I have zero interest in the politics of it. My interest here is in basic biology and in that regard there is zero debate. It is quite simple: ALL vaccines are at best useless and at worst harmful and sometimes fatal as has been demonstrated again and again for over 100 years. Vaccines are useless, don’t work and CANNOT work because you can NOT vaccinate yourself against yourself! Yeah, let that sink in a minute.

What we call “viruses” that we take “vaccines” for are formed inside our own bodies. I can’t get sick from your “virus” and you can’t get sick from mine and you cannot vaccinate yourself from yourself. You can prevent “viruses” from forming with Foodology, regular lymphatic stimulation and creating an environment inside your body where “viruses” are unable to form.

What we call a “virus” is a basic cellular function necessary for continued life. Basically, when your lymphatic system is sluggish, clogged or at a diminished capacity your cells are unable to expel decaying cellular matter during cellular re-gensis. The decaying cellular matter continues to rot inside the cell creating symptoms like exhaustion, runny nose, sore throat, coughing, fever, aching, cancer, tumors, etc. as signals to your brain you need to stimulate your lymphatic system and detox immediately. These symptoms are also caused by microwave exposure from things like from your microwave, cellphone, tablet and wifi.



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Stimulating your lymphatic system to clean away decaying cellular matter is actually very easy to do and there are options for every budget. The free easy option is daily deep diaphragm breathing while bouncing gently on a trampoline or bed. The most effective option is the [Biophoton Light](#) Lymphatic Stimulator modality which uses a combination of light, frequency, sound, electromagnetics, radio-waves, ultraviolet, infrared and ozone to stimulate and clean your lymphatic and circulatory systems. This mighty portable lymphatic stimulator is so effective you can actually visibly see the difference in your blood after less than 10 minutes.

If you wear a bra, tank top or compression garment with stiff wires, tight shoes that press on the tops of your feet and/or shave your bikini line with a razor your lymphatic system is clogged and under performing. You're probably experience this as exhaustion, allergies, feeling run down, trouble sleeping, insomnia, sleep walking, restless leg syndrome, increased sensitivity to light and sound especially high frequency sounds, unexplained mood swings, shorter tempered, brain fog, decreased appetite with weight gain, lethargy especially after eating, food and beverages taste flat, decreased ability to focus, unexplained sporadic rashes, swollen nodules in your armpits, under jawline, upper inner thighs and inflammation on the tops of your feet and/or pain in anywhere in your body.

If you wear an underwire bra or compression garment that applies pressure in your armpits please take it off immediately and burn it. NOT wearing an underwire bra can improve your health, help you loose weight, prevent against breast cancer, add years to your life and actually make your breasts much healthier and perkier.

Stimulating your lymphatic system daily is the BEST choice you can make to protect your body from ever forming "viruses" and keeping your body able to easily flush toxins and foreign antigens as well as increasing biophotons, blood oxygen levels and helping your body raise its ph level.

What about bacterial vaccinations for things like tuberculosis, typhoid, cholera and tetanus? Great question and thank you for asking. I could go on and on about hidden ingredients in vaccines, shady fiction based science, the long list of side effects, where these bacterias originate, how they're spread, how long infection lasts, how to treat each side-effect, what antibodies are and how your body uses them and a whole bunch of really big medical words that can get a little confusing. Instead, we're gonna keep it real simple: harmful bacterias, parasites, fungi and molds ONLY grow and multiply in oxygen depleted environments with low ph.

So, how about we just get our bodies healthy instead of voluntarily injecting ourselves with known carcinogens and toxins? When your blood oxygen levels are high and your ph is 7 foreign antigens are unable to trigger an immunological response to form antibodies and it is impossible to get sick. Your body doesn't need to look for a "cure" when there is nothing to "cure."

One of the lies drilled into us is how we need antibodies. You don't have to make yourself sick to MAYBE not get sick in the future. That is some real circular logic. You only NEED





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antibodies for foreign antigens when your body is compromised, full of accumulated toxins and out of balance creating the need to trigger your immunological library to fight off a foreign invader. When your body is balanced, clean of accumulated toxins and nourished with the *right tools* your body expels foreign antigens with ZERO trigger to your immune systems creating ZERO antibodies with ZERO symptoms. Your body is a miracle.

To be clear, triggering an immunological response isn't bad per se. More like triggering an immunological response is just an unnecessary stress to your sympathetic nervous system and over time repeated stresses start to cause imbalances and inflammation that lead to sickness and dis-ease. Your sympathetic nervous system is your fight or flight system that releases cortisol, adrenaline and other stress hormones that can save your life if you're being chased by a bear or saving someone from a burning building when your body releases a lot of stress hormones for a short period of time. However, when your body continues to release stress hormones for long periods of time those hormones block your body's ability to keep itself in balance and heal itself. Your body communicates this to you through aches and pains, sickness, illness, cancer and dis-ease.

When talking about vaccines we should also address shedding because there seems to be a lot of misinformation out there. First of all "shedding" is a fairly vague term that can mean different things depending on the context. When doctors and scientist say the covid-19 "vaccine" can't shed they are referring to "viral shedding." When different doctors and scientists say that we are at risk from shedding just being around anyone who's been jabbed they are referring to "biological shedding." When different doctors and scientists say that we shed antibodies they are referring to "biophoton shedding." All of these doctors and scientists are technically correct if you focus on one truth instead of looking at all possible truths then realize the entire concept of truth is a fragile biased construct to perpetuate the ego myth then break free of the duality paradigm.

Viral Shedding refers to an incubation period of up to three weeks where anyone who has received a "live virus" or live bacteria vaccine is releasing active living bacteria in their saliva, mucous, sweat, tears and urine. EVERY person (that means you) who comes in contact with these active living bacteria are introducing foreign antigens to their immunological libraries. Vaccines spread harmful bacteria. A healthy body will expel the foreign antigens, however, for most humans these foreign antigens will trigger an immunological response, trigger your sympathetic nervous system and eventually form antibodies or kill you. You may or may not have symptoms while your miraculous body goes through these complex processes or you can get lots of people sick or even kill them if they have a compromised immune system as you continue to spread the very thing you were trying to prevent from contracting.

If you get a flu shot you're shedding "influenza virus" for up to 14 days making you a disease bomb. Viral Shedding can be really scary and is a serious conversation, however, none of the covid-19 "vaccines" contain a "live virus." Even if these "vaccines" contain a live covid-19 "virus" the sickness is rather benign for 99.99% of humans whereas the "vaccine" is full of lots of scary things. So, the covid-19 "vaccines" have zero "live virus" and are unable to "shed" covid-19 bacterial microbes.



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Biological Shedding refers to shedding other foreign antigens found in “vaccines” like graphene oxide, spike proteins (aborted baby fetal cells), nanotech, parasites and heavy metals for starters. When doctors and scientists are talking about their concern for the covid-19 “vaccines” shedding they are referring to the graphene oxide and spike proteins found in un-vaxxed children of vaccinated parents and un-vaxxed adults who interact with vaxxed humans. If untreated graphene oxide is 100% fatal to all living creatures (that means you).

Biophoton Shedding refers to how our bodies share information with all other living things encoded in really really tiny units of light and it's really really cool. This is the involuntary process that enables us to share antibodies, and immunological information as well as emotional, environmental and generational information with all living things. This means that we are upgrading each other's DNA just being within less than 6 feet of each other. Regardless, of the baggages you may carry and the walls you have built, your body shares 100% of its truth with every human, animal, plant and droplet of water you come within six feet of and your body receives each of the truths it receives in return.

Complete your Pura Vida New Client Health form and schedule a consultation with The Doc today. Take your power back and learn how to save your life and the lives of others right now before its too late. The decision is yours. It is essential we begin immediate treatment to breakdown, neutralize and purge all toxins and graphene oxides from your blood, organs and tissue followed by molecular, cellular and genetic repair to prevent a premature death from internal suffocation and/or organ failure. We value your life and your choices and hope you do to.

Just Say No to injecting yourself with a known experimental bioweapon!

*May your life be full of great joy with the health and abundance to enjoy it.*

*Dr. Ava Perez*