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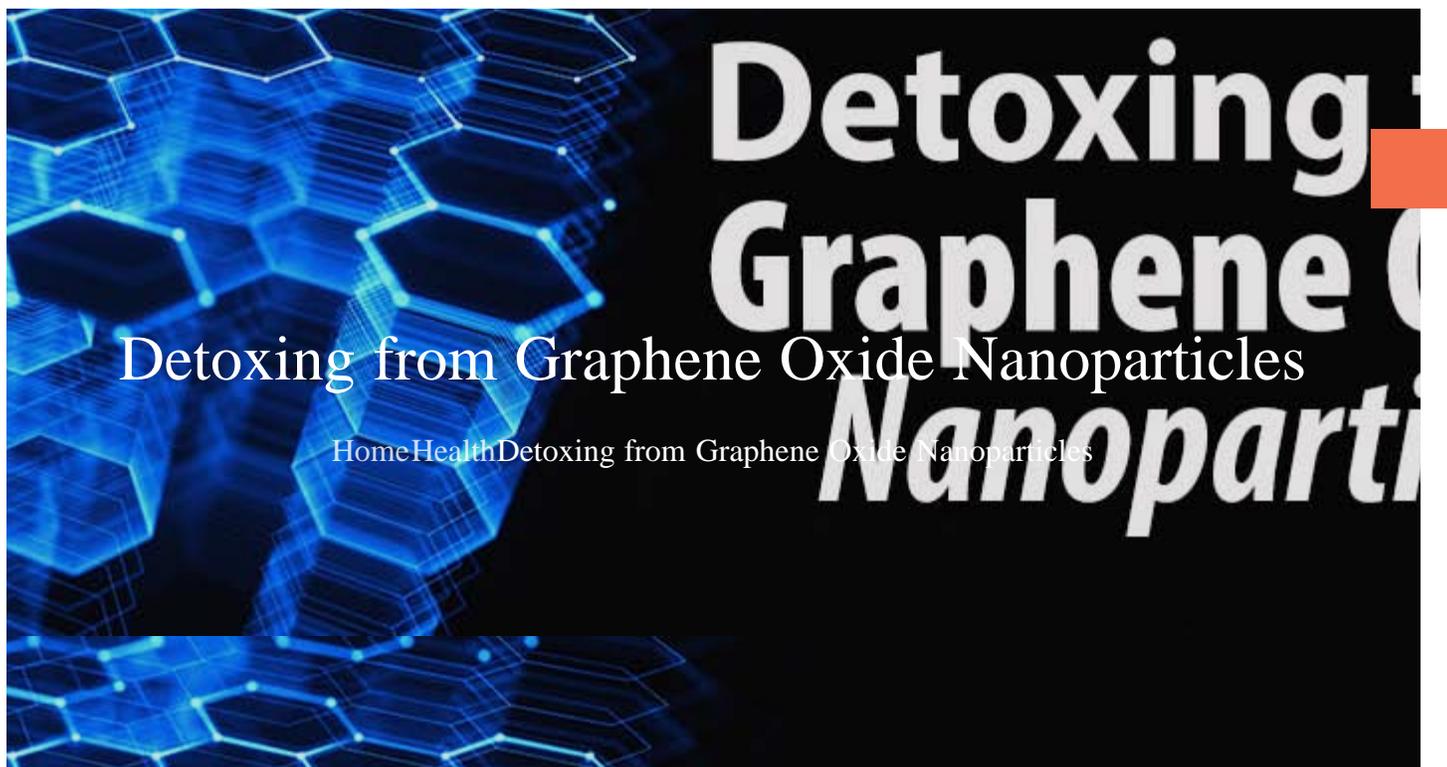
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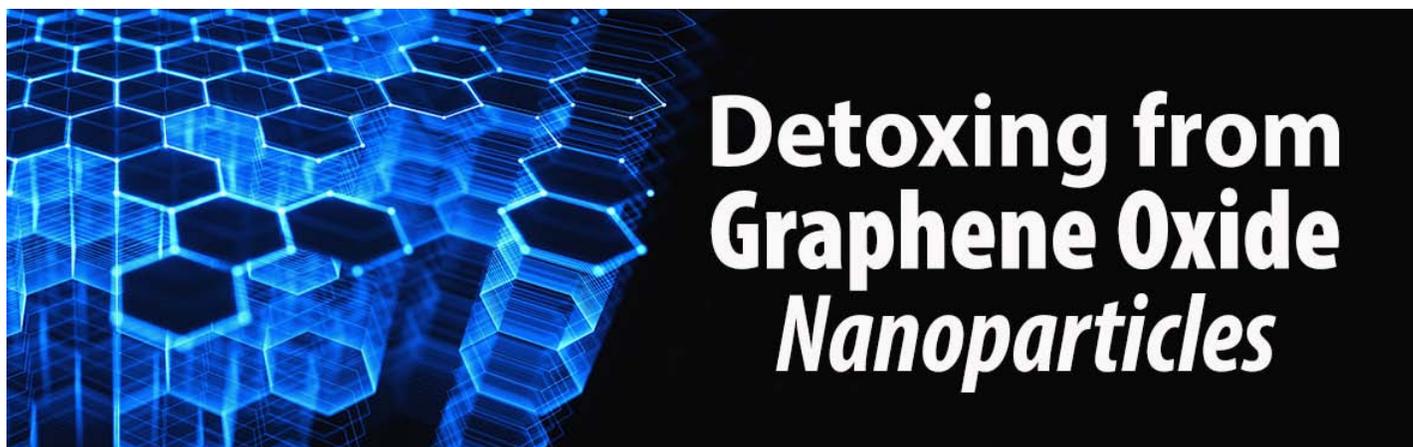
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By: George Orwell 2021-10-07



**Detoxing from Graphene Oxide Nanoparticles:** Modern times come with everyday toxins, some of which our bodies need special assistance in getting rid of. Today we explore how you can support your body's detoxification process, specifically related to graphene oxide.

## What is Graphene Oxide?

Graphene is a material made of carbon atoms that are bonded together in a repeated pattern of hexagons. It is so thin that it is considered two-dimensional. Graphene's flat honeycomb pattern gives it unique properties, like being the most robust material globally and one of the lightest, most conductive, and transparent **1**.

Although it has many uses, and in of itself, it is neither good nor bad. One of the positive uses for this material is its application in cleaning toxic metals from the ocean **2**. Graphene oxide has also been used as a biomedical gene and drug delivery system **3**. This is of great concern to many people due to its magnetic and highly toxic nature in humans and animals **4- 6**.

Human bodies are naturally magnetic fields, so introducing agents with magnetic properties may be highly problematic because the natural flow of this energy field can result in health or disease **7**. Graphene oxide operates as a paramagnetic agent, meaning that it is attracted by externally applied magnetic fields and then forms an internal, induced magnetic field.

The toxic nature of graphene is particularly concerning because of its small size. In addition, the nanoparticles have been shown to cross the blood-brain barrier, which has enormous implications for neurotoxicity **8**. In animal studies, the graphene oxide looked safe initially but eventually led to anti-body enhancement, which killed healthy cells and led to the death of every single tested animal **6**.

As a toxic agent with potentially harmful interferences with the human magnetic field, detoxing from these particles is vital.

## How to Detox from Graphene Oxide

Unlike a viral infection, graphene oxide shows up in the body as toxicity **4**. As a nanoparticle, this toxicity is particularly concerning because it can cross the blood-brain barrier **8**. Detoxing from these agents, like all forms of toxicity, requires a multi-faceted approach.

### The 5 R's of True Cellular Detox

To detox effectively, you have to go back to the cell. This is especially important with nanoparticles that penetrate areas of the body that other larger particles cannot. The 5R approach addresses all the five steps to clear the passageways for detox effectively.

- Remove the source (R1) of toxicity and let the body execute the healing;
- Add quality fats to your diet to support the regeneration of the cellular membrane (R2) and help to balance hormones;

- Increase ATP (R3) via mitochondrial biogenesis to improve cellular function;
- Decrease chronic inflammation (R4) by dropping sugars (including grains) and bad fats from your diet and removing environmental and emotional toxins as much as possible;
- Re-establish methylation (R5) to support and control epigenetic gene regulation and prevent disease.

You can learn more about the 5R method [here](#).

# Supplements that Support Graphene Oxide Detoxification

Although detoxification is a natural process that *technically* should not require added supplements, the reality of our modern world is that our bodies simply cannot keep up. Therefore, exposure to graphene oxide, especially if it is intravenous, requires extra attention.

## Glutathione

Glutathione is one of the major players when it comes to graphene oxide detoxification. Glutathione is a substance made from the amino acids glycine, cysteine, and glutamic acid. It is produced by the liver and involved in many body processes, including detoxification **9**.

Glutathione can be taken as an actual supplement, although its bioavailability is relatively low **10**.

Consuming glutathione in liposomal form is one way to improve its absorption. Alternatively, you can take the precursors to glutathione, to support the body's endogenous production.

Supplements that promote the body's natural production of glutathione include: **11**

- N-acetylcysteine (NAC): 600–1200 mg/day in divided doses, but up to 6000 mg/day **12**
- Glycine: 100 mg/kg/day **13**
- Vitamin C: 500–2000 mg/day **14**
- Selenium: 100–200 ug/day (possible toxicity in levels above 400 ug/day) **15**
- ALA: 300 mg 3× day; 200–600 mg/day **16**
- Curcumin: is safe in a dose of up to 12 g/day; 1–2 g/day found to benefit antioxidant capacity; increased bioavailability with piperine **17**
- Vitamin E: 100–400 IU/day **18**

Several foods contain the thiol-rich compounds, glutathione, NAC, and cysteine, including asparagus,

avocado, cucumber, green beans, and spinach **11**. Other foods that support the overall production of glutathione in the body include lean protein sources, brassica vegetables, polyphenol-rich fruits and vegetables, herbs and spices, green tea, and omega-3 fatty acid-rich foods such as fish **11**.

## Vitamin D3

Vitamin D is a crucial vitamin that behaves like a hormone in the body. Vitamin D plays a vital role in generating immune health and increases glutathione (the master antioxidant) in your body **19-20**.

Exposure to sunlight and vitamin D has been shown to eliminate toxins, including pharmaceutical medications, safely. A study from the Swedish medical university Karolinska Institutet has shown that the body's ability to break down medicines may be closely related to exposure to sunlight **21**.

## Zinc

Zinc is a mineral that is essential for many of the body's normal functions and systems, including the immune system (fighting against viruses, parasites, and fungus) and blood clotting **22**. Zinc also supports the liver by reducing inflammation, decreasing free radical damage, and allowing for proper waste elimination **23**. You can consume zinc in amounts ranging between 30-80mg per day depending on immunological pressure

## Pine Needle Tea

Pine needle tea is rich in a substance called Shikimate (Shikimic Acid) and various other meta nutrients that boost immunity, hydrate, and contribute to the detoxification of Graphene Oxide Nanoparticles at the cellular level **24**.

Other sources rich in shikimate include star anise, fennel, Triphala, schizandra berry tea, St. John's Wort, Comfrey leaf, Ginkgo Biloba leaf, Feverfew, and Horsemint **25**.

## Quercetin

Quercetin is a plant flavonol from the flavonoid group of polyphenols. It is found in many fruits, vegetables, leaves, seeds, and grains. It can be taken as a supplement and found in high amounts in specific foods like citrus fruits, apples, onions, parsley, sage, tea, olive oil, grapes, dark cherries, and dark berries such as blueberries, blackberries, and bilberries **26**. One of the mechanisms that makes Quercetin beneficial is its ability to block the 'Quercetinith spikes around it) from attaching.

Quercetin is the natural component on which the medication Hydroxychloroquine was developed **27**. These two supplements will help spike protein damage and apply to most body organs but do not have a 100% effectiveness **28**.

You can also use citrus fruit because it contains hesperidin, which is a chalcone like Quercetin. Blood oranges are exceptionally high in hesperidin **29**. Peppermint is also very high in hesperidin.

## Vitamin C

Ascorbic Acid (Vitamin C) is very effective at reducing Graphene Oxide Toxicity from the body **30**. A vitamin C flush is used to rid the body of toxins by consuming a hefty dose of vitamin C daily. Since vitamin C is water-soluble, it must be consumed in small quantities regularly throughout the day. Vitamin C can also be administered intravenously in high doses without loss to bioavailability.

## Activated Charcoal

Activated charcoal is a form of carbon with tiny, low-volume pores that increase the surface area available for adsorption or chemical reactions **31**. The medicinal use of activated charcoal treats drug overdoses and poisoning, so it is a valuable tool to tackle graphene oxide detoxification. It works by trapping toxins and chemicals in the gut, preventing their absorption **32**. A general recommended dose is between 400-2000mg (1-5 capsules) a day with water.

# Summary

Graphene oxide is a carbon-based material that has many beneficial uses but is toxic when consumed. Unfortunately, it is found in many places, so it is essential to learn how to detox from it properly. Detoxing requires using a 5 R approach that addresses toxicity at the cellular level and touches all the pathways until elimination.

Supplements that promote graphene oxide detoxification include glutathione (and precursors like NAC, glycine, selenium, and ALA), vitamin D3, zinc, pine needle tea, Quercetin, vitamin C, and activated charcoal.

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