

LA QUINTA COLUMNA

Vital information for your health & physical integrity



INFORMATIVE GUIDE FOR VACCINATED PERSONS (AND ALSO FOR THE UNVACCINATED)

BECOME AWARE OF THE PROBLEM, YOUR LIFE IS IN DANGER



The world's population is being intoxicated with a material called graphene - more specifically graphene oxide. You must become aware of the problem, there is no time to lose. Read this guide carefully, and help send it to everyone you know, particularly those who have been injected with the COVID-19 vaccine.



The **COVID-19 pandemic** constitutes state bioterrorism or at least is being carried out with the complicity of governments against the entire world population, and constitutes crimes against humanity.

WHY IS MAGNETISM PRODUCED IN THE BODIES OF VACCINATED PEOPLE?



Millions of people in all countries are reporting magnetic effects in their bodies after receiving the COVID-19 vaccine. This effect in vaccinated people is being censored by the media, who make fun of it to minimize the problem, laughing at those affected and saying that it is due to the skin "being oily". No health authority or political leader has come out to give the slightest explanation of this phenomenon.

The presence of graphene oxide nanoparticles in COVID-19 vaccines explains the magnetic phenomenon that millions of people in different parts of the world are already showing after having been vaccinated.

Meanwhile, governments led by the corporate elites, the WHO, the entire Pharmaceutical Industry and Bill Gates' Gavi Alliance, continue with their criminal and genocidal plan to vaccinate the entire world population.

Graphene oxide acquires electromagnetic properties inside the body and can be potentially very harmful if it reaches the heart or the brain or gets close to 5G antennas.



THE DISEASE "COVID-19" IS CAUSED BY GRAPHENE OXIDE NANOPARTICLES

The disease "COVID-19" is caused by graphene oxide nanoparticles that are introduced into the body of people through various routes.

After several weeks of rigorous research carried out by the biostatistician **Mr. Ricardo Delgado** and medical doctor **Dr. Jose Luis Sevillano** from the information channel **La Quinta Columna TV**, it has been discovered that the magnetism reported by vaccinated people is caused by nanoparticles of graphene oxide, a material that is secretly included in the vaccine vials.

This has been corroborated by the preliminary report published by **Professor Pablo Campa** of the University of Almeria. Following this finding, scientists from all countries are analyzing different vaccine vials and thereby confirming that COVID vaccines do indeed contain graphene oxide. And not only COVID vaccines, but also flu vaccines, which explains why thousands of elderly people have died inexplicably in homes and nursing homes in different countries, due to the toxicity of this material and other adjuvants that were introduced in the vaccines that were administered to them.

GRAPHENE OXIDE



INTOXICATION



COVID-19

Graphene oxide nanoparticles cross the blood-brain barrier and go directly to the brain, where they settle. At the pulmonary level they cause systemic inflammation, thrombi, clots, alteration of the immune system, cytokine storm and bilateral pneumonias. In short, it is all these symptoms that have been grouped together in what the WHO and governments around the world have unscientifically labeled as symptoms of COVID-19 disease.

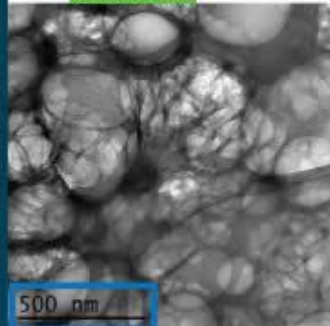
The symptoms of COVID-19 disease are not caused by a virus called SARS-CoV-2 or Coronavirus, but by toxicity in the body caused by graphene oxide.



ALL "COVID-19" VACCINES CONTAIN GRAPHENE OXIDE NANOPARTICLES

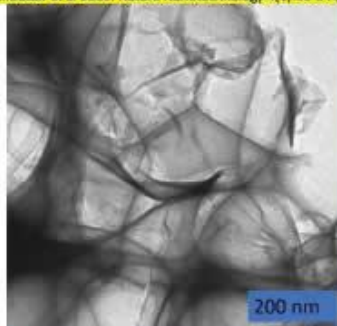
RESULTS: comparison of vaccine sample (RD1) with a picture from the literature (TEM).

SAMPLE RD1



The introduction of graphene oxide by various routes is what causes the COVID-19 disease. But it is the vaccines, from the start of their emergency authorisation, that have been causing a massive and progressive intoxication of the world's population.

Choucair et al 2009. Nature Nanotechnology 4(1):30-3 Feb



The vaccines contain nano-particles of graphene oxide that are being introduced into the body of people who decide to be inoculated, but without their informed consent.



Graphene oxide is a toxicant that generates thrombi in the body, blood coagulation and alteration of the immune system by creating oxidative stress using up glutathione reserves.

If the doses of graphene oxide are increased by any route of administration, the immune system collapses and a subsequent cytokine storm occurs.



Graphene oxide accumulated in the lungs generates bilateral pneumonias by uniform dissemination in the pulmonary alveolar tract.

Graphene oxide causes a metallic taste, and when inhaled causes inflammation of the nasal passages and thus total or partial loss of the sense of smell.



GRAPHENE OXIDE IS EVERYWHERE

Not only found in vaccines, graphene oxide is being introduced into people all over the world using all kinds of tricks: through the air (chemtrails), through food, in water, cosmetic products, face masks, PCR tests, in hand sanitizers, in meat, in infusions, and a long etcetera...

And so millions of unvaccinated people are also experiencing the magnetic effect in their body.

It is the excited graphene oxide in the body that causes the alleged "SARS-CoV-2", the alleged "Coronavirus" that causes the COVID-19 disease.

When they fall ill, people intoxicated with graphene oxide go to hospitals, where they are told that they are infected with the SARS-CoV-2 virus; but this is not true, since the existence of this virus has not been proven. This explains why so many hospitalized patients have been left with permanent damage or have died following the COVID-19 protocols designed by the WHO and the health authorities of each country.



WE ARE BEING GRAPHENATED!



- WITH THE MASKS
- WITH PCR TEST SWABS
- WITH ANTIGEN TEST SWABS
- WITH THE FLU VACCINES
- WITH COVID-19 VACCINES

- WITH FOOD AND COSMETICS
- WITH INTRANASAL VACCINES
- THROUGH THE AIR (CHEMTRAILS)
- WITH HAND SANITIZERS
- WITH WATER

IT IS GRAPHENE OXIDE AND NOT SARS-COV-2 THAT CAUSES THE COVID-19 DISEASE

Nearly 90 scientific/health institutions worldwide have failed to prove the existence of SARS-Cov-2, when requested to do so. This is demonstrated by the numerous administrative rulings that have been published:



<http://vax.free2shine.net/no-proof-of-the-existence-of-sars-cov-2>

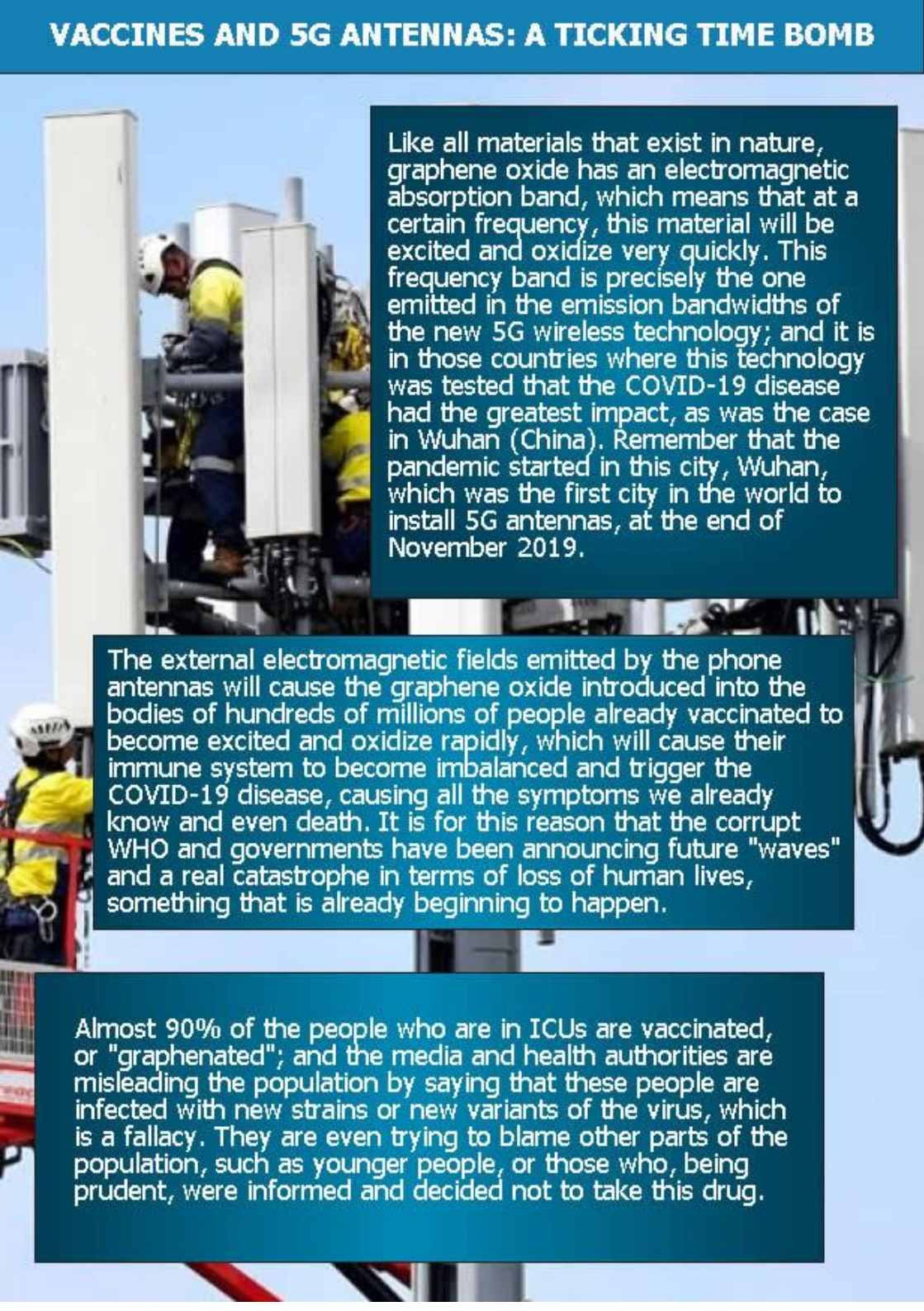
Based on the reports of these organizations, there are already court rulings from several European countries (Portugal, Belgium, Austria...) that have called for the cessation of restrictions and other disproportionate measures imposed on the population, which violate fundamental rights and human rights, and that are also intentionally destroying the productive fabric and family and social welfare worldwide.

The highest governmental institutions and their respective "committees of experts" have been asking the population to protect themselves from a virus that does not exist, and have even forced them to harm their health, as in the case of mandatory masks or the imposition of PCR tests, which neither protect against any virus nor serve to detect it, and yet they continue to impose their use under threat of sanction.

IT IS A CHEMICAL AND NOT A BIOLOGICAL AGENT THAT CAUSES THE COVID-19 DISEASE

Indeed, the COVID-19 disease is the result of introducing graphene oxide into the body by various routes. The pangolin or bat soup versions have been mere diversionary devices to deceive the world's population. You have been deceived by your rulers. It is a chemical and not a biological agent that produces the disease.

VACCINES AND 5G ANTENNAS: A TICKING TIME BOMB



Like all materials that exist in nature, graphene oxide has an electromagnetic absorption band, which means that at a certain frequency, this material will be excited and oxidize very quickly. This frequency band is precisely the one emitted in the emission bandwidths of the new 5G wireless technology; and it is in those countries where this technology was tested that the COVID-19 disease had the greatest impact, as was the case in Wuhan (China). Remember that the pandemic started in this city, Wuhan, which was the first city in the world to install 5G antennas, at the end of November 2019.

The external electromagnetic fields emitted by the phone antennas will cause the graphene oxide introduced into the bodies of hundreds of millions of people already vaccinated to become excited and oxidize rapidly, which will cause their immune system to become imbalanced and trigger the COVID-19 disease, causing all the symptoms we already know and even death. It is for this reason that the corrupt WHO and governments have been announcing future "waves" and a real catastrophe in terms of loss of human lives, something that is already beginning to happen.

Almost 90% of the people who are in ICUs are vaccinated, or "graphenated"; and the media and health authorities are misleading the population by saying that these people are infected with new strains or new variants of the virus, which is a fallacy. They are even trying to blame other parts of the population, such as younger people, or those who, being prudent, were informed and decided not to take this drug.

IT IS IMPORTANT TO INCREASE THE LEVELS OF GLUTATHIONE IN OUR BODY

It is vitally important to increase glutathione levels to attenuate the effects produced by graphene oxide on human health, and this is especially important for people who have decided to get vaccinated, but also for those who have not.

The main function of glutathione is to protect your cells and mitochondria from oxidative damage and peroxidation.

Glutathione is extremely high in children, which is why the COVID-19 disease is rarely found in younger populations. By contrast, glutathione decreases very considerably after the age of 65, which is why COVID-19 is especially prevalent in the elderly population.

It is vitally important to increase glutathione levels in order to attenuate the effects of ageing. Glutathione is an important antioxidant that helps cells and organs to remain protected. The amount of glutathione your body produces will depend on such things as your environment, medical problems and ageing.

Here are the nutritional elements that have been shown to be very effective in alleviating the syndrome or disease called COVID-19 caused by the toxicity of a nanocomposite chemical called graphene oxide inoculated into the body. This is because they increase the antioxidant reserves of glutathione and others to combat the rapid oxidative stress and ROS deployed by the toxicant.

The three most important nutritional supplements are N-acetylcysteine (NAC), Zinc and Melatonin. Others are Glutathione, Astaxanthin, Quercetin, Vitamin D3 and Milk Thistle...

Nutritional supplements do not present medical contraindications, as long as they are administered in the indicated dosage. They also do not require a medical prescription. However, it is advisable to consult a doctor or pharmacist for the consumption of N-acetyl-cysteine as it is a mucolytic.



Finally, do not forget to have a good diet to increase glutathione levels. Eating foods rich in sulfur, incorporating fruits, vegetables, proteins and reducing the intake of processed foods will help reduce the production of toxins.

Now, as sulfur chemical groups are key in the glutathione molecule and the elimination of toxins, you can consume sulfur-rich foods such as garlic, onions and cruciferous vegetables: broccoli, kale, cauliflower, watercress; among others.

PLEASE MAKE THIS DOCUMENT VIRAL TO EVERYONE AROUND YOU

and together let us all stop the destiny that was appointed to us - fruit of the Agenda 2030 roadmap - an agenda of global depopulation and sustainable development. Stopping it depends on us.



t.me/laquintacolumna



twitch.com/laquintacolumna



odysee.com/@laquintacolumna



www.laquintacolumna.net

English version: **Free2Shine** - www.vax.free2shine.net

