

## **A method to block a assault of radiation overload that will simulate an out break**

They are causing aneurysms strokes

I laid down for a few hours woke up on fire

radiation heat

and now both hands numb to some extent

I think they are activating the nano in the head

so if you feel any tingling this is why

to alleviate any inflamed leg use Epsom salt high amount with borax and add 1-2 droppers of Iodine in the water and then place legs in

will calm the intensity ---will take about 10-15 minutes to initiate the relief

you all may feel a stress in the head ---this will be the pressure of them trying to cause a stroke as you utilize this remember cold water not warm or hot ---cold this will be a shocker but you will adapt---this is to hyperthermate the radiation out and eventually reduce the head pressure

bear with it---it does pass ---that takes about 20-30 min---ask me how I know

remember water has to be cold not luke warm or warm cold this is the key to remove radiation as well with this level of intensity

you have to deflate the pressure due to the inflammation the lower extremities maybe feeling so once that begins the rest of the body will calm down as well ---head will slowly deflate---don't fret ---that will be an automatic response---to go panic---it will settle just go or the ride til it does

also to further expedite the build up wear grounding straps----attach to either a coil or metal plate ---avoid the plug out lets they are also sending voltage out---

so use a piece of iron or copper and have it 5-10 ft away from you as well or if you have basement plumbing attach the other end of the wire to those pipes--

that's an earth ground as well

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