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Dr Blaylock's List of suggestions on How to Reduce the Toxic Effects of the A/H1N1 Vaccine, is as follows:

1. Number one on the list says Dr Blaylock, is to bring a cold pack with you and place it on the site of the injection as soon as you can, as this will block the immune reaction. Once you get home, continue using a

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cold pack throughout  
the day.

**Russell Blaylock, MD**  
**- What To Do If**  
**Force Vaccinated**

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**Dr. Blaylock's Guide**  
**to Avoiding GMO ...**

Video begins by  
sharing Dr. Russell

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Blaylock's information on the brief history of Genetically Modified Foods. (Genetically modified to carry insecticides and toxins within them.) First introduced ...

### **Dr Blaylock guide to avoid GMO food**

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How 4 ers of GMO Foods: Dang What You Need to Know 6op

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Protection 9 or the Non-  
GMO Seal Look f  
Decoding Fruit and  
Vegetable Stickers 11  
Beware of Deceptive  
Labels 12 edients A-  
Z GMO Ingr 13  
Deciphering Labels 14 t,  
Poultry, and Fish Mea

### **Dr. Blaylock's GMO**

Dr. Blaylock Warms  
Again About  
NutraSweet/Aspartame



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### Guide To Avoid

Parents - Avoid

NutraSweet for Your  
Kids Dr. Russell  
Blaylock MD 12-25-7

My wife and I were standing in the supermarket checkout line when I noticed that the young mother in front of us was giving her 6-month-old baby sips of diet cola.

**Dr. Blaylock Warms  
Again About NutraSweet/Aspartame**

Dr. Russell Blaylock

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### Guide To Avoid

warns that not only do face masks fail to protect the healthy from getting sick, but they also create serious health risks to the wearer. The bottom line is that if you are not sick, you should not wear a face mask. As businesses reopen, many are requiring shoppers and employees to wear a face mask.

**Blaylock: Face**

*Page 10/25*

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## **Masks Pose Serious Risks To The Healthy**

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Dr. Blaylock concurs  
with Dr. Isaacson — to  
keep your brain sharp,  
avoid HFCS and the  
foods that contain it.  
Other foods that Dr.  
Blaylock has found  
contribute to cognitive  
decline include  
nitrates, nitrites,

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Guide To Avoid  
Glutamate Additives  
WordPress  
glutamate additives  
(especially MSG), soy  
products, trans fats,  
and processed white  
breads. Page 15/26

### **Dr Blaylock Guide To Avoid Gmo Foods WordPress**

Dr. Russell Blaylock,  
author of The Blaylock  
Wellness Report  
newsletter, is a  
nationally recognized  
board-certified  
neurosurgeon, health  
practitioner, author,

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and lecturer. He attended the Louisiana State University School of Medicine and completed his internship and neurological residency at the Medical University of South Carolina.

## **Avoid GMO Food | Newsmax.com**

Dr. Blaylock concurs with Dr. Isaacson — to keep your brain sharp, avoid HFCS and the

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On Foods  
wordpress

foods that contain it. Other foods that Dr. Blaylock has found contribute to cognitive decline include nitrates, nitrites, glutamate additives (especially MSG), soy products, trans fats, and processed white breads.

### **Could These 8 Superfoods End Alzheimer's?**

Dr. Blaylock: Well, glutamine is an amino

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acid that's converted to glutamate. In your brain, in order to make glutamate, your body has glutamine that is converted in your brain cells into the glutamate neurotransmitter. If you feed an animal a lot of glutamine, you will produce excitotoxicity in the brain.

**If You Want to  
Protect Your Brain,  
Avoid These**



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**Common Food ...**

Sugar — especially high fructose corn syrup — enhances inflammation and should be avoided.

Wheat and whole grain breads are high in glutamine/glutamate and should not be eaten in excess. These breads are also high in gluten, which has been connected to chronic pain syndromes, especially migraines and fibromyalgia.<sup>44</sup>

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**Reduce Pain With  
Exercise and Proper  
Diet | Newsmax.com**

Dr. Blaylock's answer is to eat and drink vegetables, eat the right meats, drink purified water, white, or green teas and avoid consuming trans fats, unhealthy, inflammatory fats and sugar, fluorinated water, toothpaste, mouthwash and black tea. You must also

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exercise, avoid stress  
and take natural  
supplements.

## **AANS Neurosurgeon Dr. Blaylock's Prescriptions for Natural ...**

In 1994, Dr. Russell Blaylock, a respected neurosurgeon who had begun drifting toward the edges of mainstream science, wrote a book called *Excitotoxins: The Taste That Kills*. It was about

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the dangers of monosodium glutamate, or MSG, the target of a health scare that started with a letter to the editor written by a doctor who was mistaken for a medical opinion.

## **The quack behind the MSG scare is still stoking fear for ...**

Masks Are Dangerous. Dr. Blaylock further states that “ [w]hile most agree that the

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N95 mask can cause significant hypoxia [reduction in blood oxygenation] and hypercapnia [elevation of CO2 in the blood], another study of surgical masks found significant reductions in blood oxygen as well.

## **MORE SHOCKING TESTS REVEALING THE DANGERS OF FACE MASKS ...**

Dr. Blaylock reveals: •

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Specific supplement recommendations for nearly any health issue you could face • How to fight back against the diseases of aging with a simple anti-inflammatory diet • Why you must avoid specific substances in your food that can damage your brain, heart, lungs, and other organs— especially if you are over 50

**Amazon.com: Dr.**  
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**Blaylock's  
Prescriptions for  
Natural ...**

1-16 of 33 results for  
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Blaylock's Prescriptions  
for Natural Health: 70  
Remedies for Common  
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Blaylock | May 3, 2016

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book, Hospital Survival  
Guide: The Patient

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**Get the #1 Guide on  
How to Navigate  
Hospital Care**

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*Page 24/25*



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Advanced Evaluation

Quiz: Foods

<http://bit.ly/AdvEval>.

Your report will then be sent via email analyzing 104 potential symptoms, giving you a much deeper ...

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