

# LA QUINTA COLUMNA

Vital information for your physical integrity and health



## INFORMATION GUIDE FOR VACCINATED PEOPLE (BUT ALSO FOR THE UNVACCINATED)

**BEWARE OF THE PROBLEM, YOUR LIFE IS IN DANGER**



The world's population is being poisoned with a material called graphene, more specifically graphene oxide. You must be aware of the problem, there's no time to lose. Please read this guide carefully, and help others by sending this to everyone you know, especially to those who have been injected with the COVID-19 vaccine.



The COVID-19 Pandemic constitutes a state of Bioterrorism or, at least, it is being carried out with the complicity of governments against the entire world population, and, as such, constitutes crimes against humanity.

# WHY IS MAGNETISM OCCURING ON THE BODIES OF VACCINATED PEOPLE?



Millions of people, around the world, are reporting magnetic effects on their bodies after receiving the COVID-19 vaccine. This effect on vaccinated people is being censored by the media, who ridicule this in order to minimize the issue by mocking those affected and saying that items are sticking to people due to “oily skin” (or cream). No health authority nor political officials have stepped up to give the slightest explanation on this phenomenon.

The presence of graphene oxide nanoparticles in COVID-19 vaccines explains the magnetic phenomena that millions of people from all over the world are already experiencing after vaccination.

Meanwhile, the governments led by the corporate elites, the WHO, the entire Pharmaceutical Industry and GAVI (the Global Alliance for Vaccination and Immunization) sponsored by Bill Gates, continue with their criminal and genocidal plan to vaccinate the entire world population.



Graphene oxide acquires electromagnetic properties within the body and is potentially harmful when reaching the heart or the brain, while being close to 5G towers.

# THE “COVID-19” DISEASE IS CAUSED BY GRAPHENE OXIDE NANOPARTICLES

The “COVID-19” disease is caused by graphene oxide nanoparticles introduced into the body through different routes and meanings.

After several weeks of rigorous investigation carried out by the Biostatistician Ricardo Delgado and the Dr. in Medicine Jose Luis Sevillano on the information channel La Quinta Columna TV, it has been discovered that the magnetism reported by vaccinated people is caused by graphene oxide nanoparticles, a material that is secretly added to vaccine vials.

This has been corroborated by the preliminary report published by Professor Pablo Campra, from the University of Almería. Following this discovery, scientists from all countries are analyzing different vaccine vials and thereby confirming that COVID vaccines do contain graphene oxide. And not only COVID vaccines, but also flu vaccines, which explains why thousands of elderly people have inexplicably died in nursing homes and geriatrics around the world, due to the toxicity of this material and other adjuvants 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 or the heart as the two main electrical organs, where they deposit themselves. At lung level, they cause systemic inflammation, thrombi, clots, alteration of the immune system, cytokine storm and bilateral pneumonia. In short, all these symptoms have been wrongly attributed by the WHO and subsequently by governments around the world as being the COVID-19 disease, without any scientific ground.

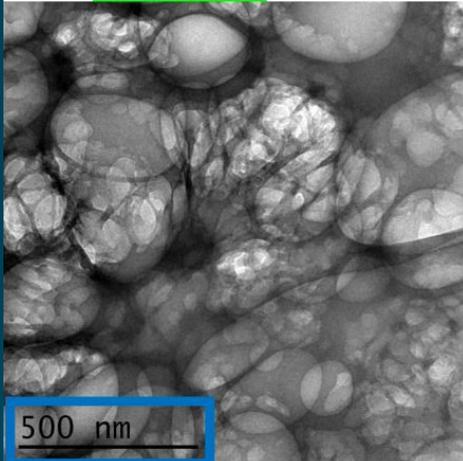
The symptoms of COVID-19 disease are not caused by a virus called SARS-CoV-2 or Coronavirus, but by the toxicity caused by graphene oxide to the body instead.



# ALL "COVID-19" VACCINES CONTAIN GRAPHENE OXIDE NANOPARTICLES

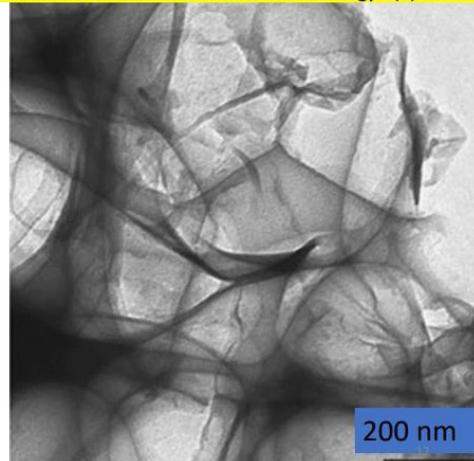
RESULTADOS: Comparativa de muestra problema (RD1) con una imagen TEM de literatura

MUESTRA RD1



The introduction of graphene oxide by different routes is what causes the COVID-19 disease. Being vaccines the most invasive and dangerous means of massive and progressive poisoning of the entire world's population.

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



Vaccines contain graphene oxide nanoparticles, that are being introduced into the bodies of people who decided to be inoculated, but without being informed of the presence of such ingredients.



Graphene oxide is a toxin that generates thrombi in the body, blood clotting, alteration of the immune system and many other illnesses by breaking down the oxidative balance in relation to glutathione reserves.

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



Graphene oxide accumulated in the lungs causes bilateral pneumonia by uniform dissemination through the pulmonary alveolar tract.

Graphene oxide causes a metallic taste or taste loss, and through inhalation it causes inflammation of the nasal passages with total or partial loss of the sense of smell.



# GRAPHENE OXIDE IS EVERYWHERE

Graphene oxide is being introduced into the world's population using all kind of tricks, not only through vaccines but also by air (chemtrails), in water, cosmetic products, masks, PCR tests, hydroalcoholic gel and even in food items such as meat, infusions and a long etcetera.

And for this reason, millions of unvaccinated people are also experiencing magnetic properties and effects in their bodies.

It is the activated Graphene oxide in the body that causes the so-called "SARS-CoV-2", or the so-called "Coronavirus" leading to the COVID-19 disease.

When people poisoned with graphene oxide become ill and seek medical attention from hospitals and doctors, they are being told that they have been infected by the SARS-CoV-2 virus, which obviously can't be the case as the existence of such virus has never been proven. This also explains why so many patients have experienced long-term sequels or even died due to wrong medical protocols purposely designed by the WHO and implemented by the medical authorities of each country.



**THEY ARE GRAPHENING US!**



- WITH MASKS
- WITH PCR TEST SWABS
- WITH ANTIGEN TEST SWABS
- WITH FLU VACCINES
- WITH COVID-19 VACCINES
- WITH FOOD AND COSMETICS
- WITH INTRANASAL VACCINES
- BY AIR (CHEMTRAILS)
- WITH HYDROALCOHOLIC GEL
- THROUGH WATER

# IT IS GRAPHENE OXIDE AND NOT SARS-COV-2 THE CAUSE OF COVID-19 DISEASE

Almost 90 scientific/health institutions around the world have failed to prove the existence of SARS-Cov-2, when required to do so. This is evidenced by the numerous administrative resolutions that have been published:



<https://elcorreodeespana.com/salud/666276859/Casi-90-instituciones-cientificas-nitarias-de-todo-el-mundo-no-consiguen-demostrar-CIENTIFICAMENTEla-existencia-del-SARS-CoV-2-Por-Luys-Coleto.html>

Based on the reports of these institutions, there are already court demands from several European countries (Portugal, Belgium, Austria, ...) requesting the cessation of restrictions and other disproportionate measures imposed to populations, which violate fundamental and human rights, and are also intentionally destroying entire economies, families and social well-being, worldwide.

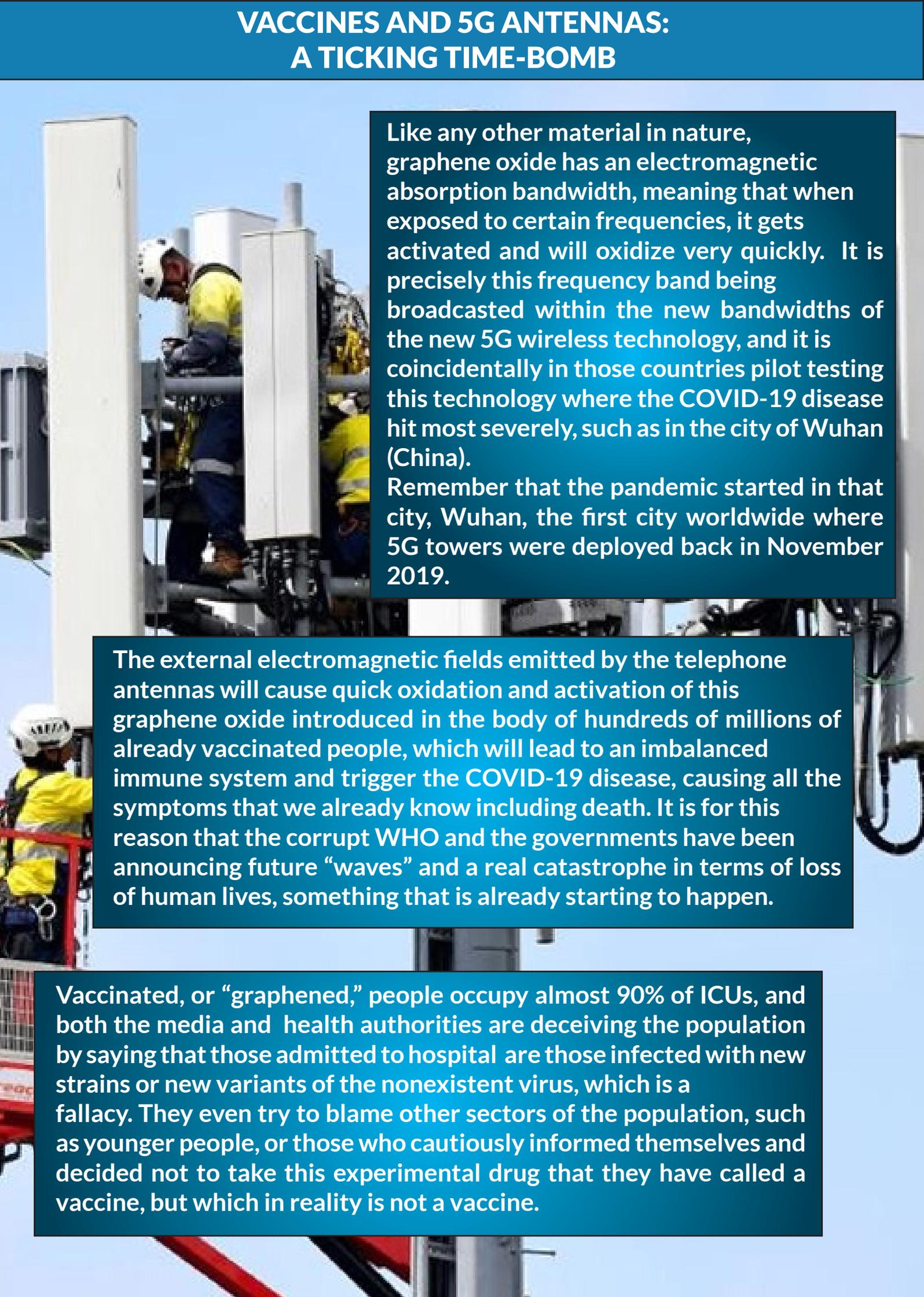
From the highest governmental institutions and their respective “expert committees”, world’s population has been asked to protect themselves from a virus that does not exist, and forced to apply measures proven to hurt people’s health such as the mandatory use of face masks, knowing they don’t protect from anything, or the mandatory PCR tests never designed to find any virus and yet, they continue to impose these under threat of sanctions.

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

In fact, COVID-19 disease is the result of introducing graphene oxide through different routes into the body. The version of the pangolin or the bat soup have been mere distractions to deceive the world population. You have been misled by your rulers. It is a chemical and not a biological agent what causes the disease.



# VACCINES AND 5G ANTENNAS: A TICKING TIME-BOMB



Like any other material in nature, graphene oxide has an electromagnetic absorption bandwidth, meaning that when exposed to certain frequencies, it gets activated and will oxidize very quickly. It is precisely this frequency band being broadcasted within the new bandwidths of the new 5G wireless technology, and it is coincidentally in those countries pilot testing this technology where the COVID-19 disease hit most severely, such as in the city of Wuhan (China). Remember that the pandemic started in that city, Wuhan, the first city worldwide where 5G towers were deployed back in November 2019.

The external electromagnetic fields emitted by the telephone antennas will cause quick oxidation and activation of this graphene oxide introduced in the body of hundreds of millions of already vaccinated people, which will lead to an imbalanced immune system and trigger the COVID-19 disease, causing all the symptoms that we already know including death. It is for this reason that the corrupt WHO and the governments have been announcing future “waves” and a real catastrophe in terms of loss of human lives, something that is already starting to happen.

Vaccinated, or “graphened,” people occupy almost 90% of ICUs, and both the media and health authorities are deceiving the population by saying that those admitted to hospital are those infected with new strains or new variants of the nonexistent virus, which is a fallacy. They even try to blame other sectors of the population, such as younger people, or those who cautiously informed themselves and decided not to take this experimental drug that they have called a vaccine, but which in reality is not a vaccine.

# IT IS IMPORTANT TO INCREASE GLUTATHIONE LEVELS IN OUR BODY

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

Glutathione's main function is to protect your cells and mitochondria from oxidative damage and peroxidation.

Glutathione levels are extremely high in children, that is why the COVID-19 disease hardly ever has an incidence in the child population. On the contrary, glutathione falls very considerably after 65 years of age, which is why COVID-19 is particularly predominant in the elder population.

Increasing glutathione levels is vitally important to mitigate the effects. Glutathione is an important antioxidant that helps cells and organs stay protected. The amount of glutathione your body makes will depend on factors like your environment, medical conditions, and aging.

We will show next the nutritional elements that have proven 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 due to the fact that they increase the antioxidant reserves of Glutathione, and others, by preventing the rapid oxidative stress and ROS displayed by the toxin.

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

Nutritional supplements have no medical contra-indication, as long as they are administered at their recommended dose. You need no prescription for such over-the-counter medicine. However, please seek advice from a doctor or pharmacist for the consumption of N-acetylcysteine since it is a mucolytic.



Last but not least , do not forget to have a good diet to increase glutathione levels. Eating foods rich in sulfur, incorporating fruits and vegetables, protein intake and minimizing the consumption of processed foods will help to reduce the production of toxins.

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

## PLEASE MAKE THIS DOCUMENT VIRAL ALL AROUND YOU

and let us all together stop the destiny that has been designed for us, as a result of the 2030 Agenda roadmap, an agenda of global depopulation and sustainable development. Stopping it depends only on us.



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