

Health Benefits of Caffeine, Retained Spike Protein Causing Long-COVID, Pandemic Preparedness for Avian Influenza

By [Dr. Peter McCullough](#)

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[Courageous Discourse](#)

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Please enjoy this brief summary from April 23, 2024 on health benefits of caffeine and news on avian influenza when [Dr. McCullough joins Dr. Gina Loudon](#) on [American Sunrise by Real America's Voice](#).

Start at 35:15 and end at 43:03.

Coffee is among the most researched food or drink on earth. The net analysis is that regular coffee intake has health benefits in terms of improved cognitive function, lesser risk of diabetes, lower rates of heart disease, and possibly prevention of some neurodegenerative disorders and cancer. The main caveats are to limit intake during pregnancy and be sure drinking ceases before noon so the caffeine can clear out of the body for a good nights sleep. Over-indulgence can lead to heart rhythm problems and anxiety.

Dr. Loudon asked Dr. McCullough about the cause of long-COVID syndrome. Here it is important to understand that the Spike protein gets into the body with the infection and to a much greater degree is produced by mRNA within the body in the vaccinated. Sadly most vaccinated persons has both forms of Spike protein. As of today, antibodies to the Spike protein can be measured as a proxy for how much is in the body. Soon the Spike protein itself should be measurable on a blood test. Because our bodies cannot readily clear Spike, we use McCullough Protocol Base Spike Detoxification to aid the body in catabolism and clearance of this foreign invader.

Clinical Approach to Post-acute Sequelae After COVID-19 Infection and Vaccination

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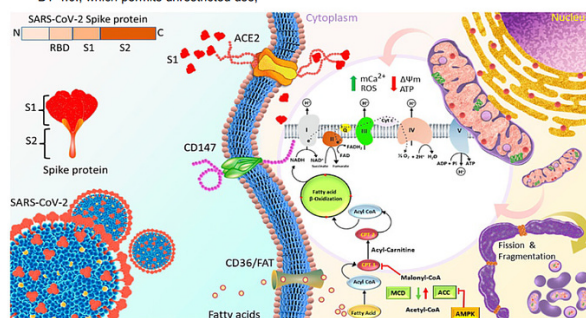


FIGURE 1: Proposed Mechanisms Through Which S1 of Spike Protein Induced Cardiac Mitochondrial Dysfunction, Which Leads to Cardiac Injury in COVID-19 Patients.

Spike protein is the glycosylated protein that covers the surface of SARS-CoV-2 and binds to the host ACE2 receptor to mediate the viral cell entry. It is composed of S1 and S2 subunits that are responsible for ACE2 binding and membrane fusion, respectively. S1 possibly binds to ACE2 on the AC16 membrane and is then internalized into the cytosol and localized in organelles, such as mitochondria, which induces the transient increase in fatty acids transport and uptake for biogenesis, $\Delta\psi_m$, and permanent mCa^{2+} , and disrupts $\Delta\psi_m$ later, finally impairing mitochondrial function and promoting ROS production. In turn, ROS further exacerbates mitochondrial dysfunction and mitochondrial fragmentation. Moreover, S1 causes downregulation of TOM20; this effect might inhibit the pathways leading to mitochondrial biogenesis.

Abbreviations: ACE2 = angiotensin-converting enzyme 2, FAT = fatty acid translocase, PCT1/2 = Carnitine palmitoyltransferase 1/2, MCD = Malonyl-CoA decarboxylase, ACC = acetyl-CoA carboxylase, AMPK = AMP-activated protein kinase, mCa^{2+} = mitochondrial calcium, $\Delta\psi_m$ = mitochondrial membrane potential, ROS = reactive oxygen species.

*Figure and legend reprinted from Huynh et al. [14]. The legend title has been slightly adapted. Permission to use this figure has been granted in accordance with the open access Creative Commons CC BY 4.0 license.

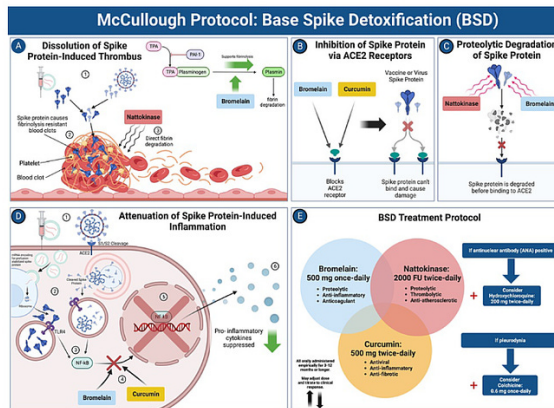


FIGURE 3: McCullough Protocol: Base Spike Detoxification (BSD).

A: Dissolution of spike protein-induced thrombus. Nattokinase directly degrades fibrinolysis-resistant fibrin (from spike protein), and bromelain upregulates fibrinolysis. B: Inhibition of spike protein via ACE2 receptors. Bromelain and curcumin block the ACE2 receptor, preventing spike protein from binding. C: Proteolytic degradation of spike protein. Nattokinase and bromelain degrade spike proteins, rendering them inactive. D: Attenuation of spike protein-induced inflammation. Bromelain and curcumin downregulate the NF- κ B signaling pathway induced by spike protein, leading to the suppression of inflammatory molecules. E: BSD treatment protocol. The full treatment regimen and the addition of other compounds based on clinical indication are illustrated.

Abbreviations: TPA = tissue plasminogen activator, PAI-1 = plasminogen activator inhibitor-1, ACE2 = angiotensin converting enzyme-2, NF- κ B = nuclear factor kappa B, S1/S2 = spike protein subunits S1/S2, TLR4 = toll-like receptor 4.

*Created with BioRender.com. Panel E adapted from McCullough et al. [43].

Hulscher N, Procter BC, Wynn C, McCullough PA. Clinical Approach to Post-acute Sequelae After COVID-19 Infection and Vaccination. Cureus. 2023 Nov 21;15(11):e49204. doi: 10.7759/cureus.49204. PMID: 38024037; PMCID: PMC10663976.

Dr. McCullough gave an update on the avian influenza H5N1 scare presented to the world by WHO, WEF, CEPI, and CDC just a few months ahead of the World Health Organization meeting on the International Health Regulations and Pandemic Treaty Agreement. WHO is widely anticipated to cite H5N1 as an example of why the world needs global pandemic governance.

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CONTAGION EMERGENCY KIT

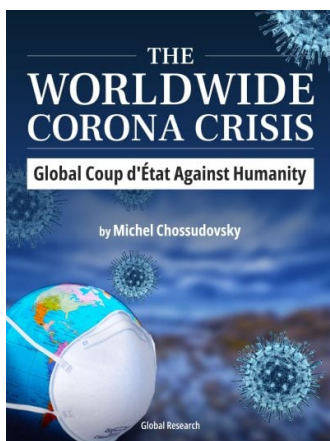
Contagion Emergency Kit

Dr. Loudon pointed out the best course of action is for the public to be ready with [Wellness Company emergency kits](#). The contagion kit has been recently extended to cover bird flu and telemedicine doctors can upgrade antivirals and add antibiotics if severe cases arise. Keep a watch on the Geneva Health Forum 2024 Conference and the [The Seventy-seventh World Health Assembly is being held in Geneva, Switzerland, on 27 May – 1 June 2024](#). Expect avian influenza to come up as the agreements and regulations are drafted.

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The Worldwide Corona Crisis, Global Coup d'Etat Against Humanity

by Michel Chossudovsky

Michel Chossudovsky reviews in detail how this insidious project “destroys people’s lives”. He provides a comprehensive analysis of everything you need to know about the “pandemic” — from the medical dimensions to the economic and social repercussions, political underpinnings, and mental and psychological impacts.

“My objective as an author is to inform people worldwide and refute the official narrative which has been used as a justification to destabilize the economic and social fabric of entire countries, followed by the imposition of the “deadly” COVID-19 “vaccine”. This crisis affects humanity in its entirety: almost 8 billion people. We stand in solidarity with our fellow human beings and our children worldwide. Truth is a powerful instrument.”

Reviews

This is an in-depth resource of great interest if it is the wider perspective you are motivated to understand a little better, the author is very knowledgeable about geopolitics and this comes out in the way Covid is contextualized. —Dr. Mike Yeadon

In this war against humanity in which we find ourselves, in this singular, irregular and

massive assault against liberty and the goodness of people, Chossudovsky's book is a rock upon which to sustain our fight. -Dr. Emanuel Garcia

In fifteen concise science-based chapters, Michel traces the false covid pandemic, explaining how a PCR test, producing up to 97% proven false positives, combined with a relentless 24/7 fear campaign, was able to create a worldwide panic-laden "plandemic"; that this plandemic would never have been possible without the infamous DNA-modifying Polymerase Chain Reaction test - which to this day is being pushed on a majority of innocent people who have no clue. His conclusions are evidenced by renown scientists. —Peter Koenig

Professor Chossudovsky exposes the truth that "there is no causal relationship between the virus and economic variables." In other words, it was not COVID-19 but, rather, the deliberate implementation of the illogical, scientifically baseless lockdowns that caused the shutdown of the global economy. -David Skripac

A reading of Chossudovsky's book provides a comprehensive lesson in how there is a global coup d'état under way called "The Great Reset" that if not resisted and defeated by freedom loving people everywhere will result in a dystopian future not yet imagined. Pass on this free gift from Professor Chossudovsky before it's too late. You will not find so much valuable information and analysis in one place. -Edward Curtin

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