

How to Minimize or Negate the Effects of PCR Nasal Swabs (aka Nasopharyngeal Swabs)

by Victor Cozzetto, October 2021

The unprecedented forced (or coerced) testing (and vaccination) of people around the world has resulted in countless injuries and deaths that are well documented. While we fight for medical freedom, we must also do what we can to protect those that have already lost those freedoms.

As with masks and hand sanitizers, there is great concern for the quality of the nasal swabs. Recalls, deaths, and/or injuries are well documented for all these products, as quality control is greatly compromised in the rush to mass produce them. It is a simple and sad reality that any business trend results in dangerous products flooding the market and causing unintended injury.

I would avoid this type of test if possible; however, if you are subjected to it, here are a few ways to minimize or negate the risks of potential contamination from a PCR nasal swab:

- Nebulize with MSM to strengthen the mucosal lining and detox.
- Nebulize with CS for pathogen protection and healing (can mix with MSM).
- Use a nasal flush (aka neti pot) after a test, to flush out any contaminants.
- Consume milk kefir (and other dairy) to improve mucus production.
- Use PBX, PB, Clay, etc., to detox your body from potential contaminants.

Let me start with a couple of things that you can implement ahead of time:

- **PBX.** You've probably seen me talk about the importance of detox, and for that, PBX Zeolite is arguably the single best thing. I mention that in my vaccine guide and elsewhere. This will enable your body to tolerate more toxins if you begin beforehand, and will help remove any new toxins that penetrate the defenses of your sinus cavity. Perhaps the best perspective is to watch my Heavy Metals Detox video (which discusses PBX, PB, Clay, and SGJ).
- **Kefir.** If you haven't heard me talk about milk kefir before, you might want to watch my videos about it. This is one of the single most powerful food sources that you can add to your diet. Dairy will enable you to produce more mucus, to coat, flush, and redcoat your sinuses and elsewhere. And your gut biome is very important for your immune system and for detox. When your gut biome is strong, the biome in your sinuses is stronger too. If you cannot include kefir, at least consider yogurt and/or other fermented foods.

For direct protection and cleaning of the sinuses, you can do the following things before, between, and after receiving a nasal swab test:

1. **Nebulizer.** You really need an ultrasonic nebulizer for what I explain here. My favorite one cost less than twenty dollars on eBay, and I [demonstrate it here](#). You can search eBay for “Ultrasonic Nebulizer MY-520” to find it. Of course there are many other good ultrasonic nebulizers, but they are often overpriced, noisy, heavy, and weak, so do a little research.
2. **MSM powder.** MSM is the key for protecting your sinus. Nebulize MSM, as that is very powerful for detoxing and [empowering your mucosal layer](#), among other things. You can mix 1000mg of MSM in 100ml of distilled water. You can adjust that ratio to make it comfortable for you, and I actually use double or even quadruple that amount of MSM. I use the Doctors Best brand; however, any brand that uses OptiMSM is good, and it is not expensive.
3. **Colloidal Silver.** Even better, add the MSM to [colloidal silver](#) (CS) and nebulize that. The CS will protect you from any potential pathogenic contamination, and help with healing any damaged tissue.
4. **Nasal Flush.** Another step you can take is to do a nasal flush after each test, and immediately follow that by nebulizing again. Mix about a pint of warm distilled water with a teaspoon of salt and half a teaspoon of baking soda. The idea is to match the temperature, salinity, and pH of your sinuses. Make sure to use only sterile, distilled, or previously boiled water to prepare the solution. It should feel very comfortable. You can even add a pinch of MSM to that solution.
5. **PBX Zeolite.** Spraying [PBX](#) into your sinus, or even adding some to your nebulizer (with the MSM and CS) is another safe and easy option to add a layer of defense. Please note that you should NOT use any other zeolite for this, because zeolite powder should never be inhaled. Only [PBX](#) is perfectly safe because it is smaller than any other zeolite product, and thus absorbs into the body, and passes out within four to six hours.

To my knowledge, MSM is the best thing to immediately strengthen the mucosal lining. I have not seen a better solution proposed. I would nebulize routinely, as well as immediately before and after being tested (or preferably a nasal flush after being tested, followed by nebulizing).

I would not recommend a strategy of trying to ‘block’ the swab with any oils or other compounds, because oil can be a carrier, and will dampen the defenses of your sinuses by suppressing the movement of the cilia and mucus. Also, they push the swap very deep into the sinuses, so you will not want to attempt reaching there yourself, as we want to limit such physical intrusions. Our sinuses are designed precisely to filter unwanted things, and MSM aids that function. And PBX is an excellent shield that will not interfere with bodily function.

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