From COVID Shots to Spike Proteins: What's Really Going On—and How to Protect Your Body

By Robert Ferguson

Introduction

Since COVID-19 entered our lives, many people have heard the term **"spike protein."** But what is it? Where does it come from? And should we be worried about it—especially if we've had COVID or received the vaccine?

This article explains the topic in simple terms and shares natural ways to help your body heal, stay strong, and reduce potential harm—whether you're recovering from COVID, the vaccine, or simply want to feel better and take steps to clear lingering spike proteins.

What Is a Spike Protein?

A **spike protein** is a sharp-shaped protein found on the outside of viruses like SARS-CoV-2—the virus that causes COVID-19. It acts like a **key**, helping the virus unlock and enter your cells so it can make more copies of itself.

Where Do Spike Proteins Come From?

Spike proteins can come from two main sources:

1. **The COVID virus itself** – When you get infected, the virus uses spike proteins to enter your cells.
2. **The COVID-19 vaccine** – mRNA vaccines (like Pfizer and Moderna) tell your body how to make a **safe copy** of the spike protein. This teaches your immune system how to recognize and fight the real virus.

The vaccine doesn't contain the full virus, but it still results in temporary spike protein production by your cells.

Can Spike Proteins Travel and Get Trapped in the Body?

Yes. While it was initially believed that spike proteins would remain at the injection site, **research now shows they can travel throughout the body and be expressed in various tissues and organs**.

Studies and regulatory data show that:

- Lipid nanoparticles (LNPs) carrying mRNA have been found in the **liver, spleen, brain, ovaries, heart, and other organs** after injection [(EMA, 2021)].

- Spike protein has been found in the **bloodstream for up to two months** post-vaccination [(Ogata et al., 2021)].
- Autopsy studies have shown **spike protein in the brain, heart, and intestines** months after infection or vaccination [(Stein et al., 2022)].

This means spike proteins can be **trapped in sensitive tissues**—especially in people with poor detox, inflammation, or metabolic dysfunction.

Why It's Best to Assume the Worst—and Support Your Body

Whether you had a natural COVID infection or received the COVID vaccine, **spike proteins entered your body**.

In many people, the body breaks them down and clears them out. But in others—especially those with underlying health issues or chronic inflammation—**spike proteins may linger and create problems**.

Even if you feel fine, it's smart to **assume spike proteins might still be present**. That's why I recommend a **90-day recovery protocol** designed to:

- Clear remaining spike proteins
- Repair damaged cells and membranes
- Support the immune and lymphatic systems
- Rebuild energy production at the cellular level
- Reduce inflammation and improve detox

What About Testing for Spike Proteins?

This is one of the most common questions people ask.

Can doctors test for spike proteins?

Technically, yes—but not easily. There are blood tests used in research labs that can detect spike protein fragments or spike antibodies. But:

- These are not **FDA-approved** for clinical use
- They are **not available through commercial labs** like LabCorp or Quest
- They only show **what's in the blood**, not what might be **trapped in organs or tissues**
- Most doctors don't know how or why to order them

Why aren't doctors testing for this?

Because mainstream medicine has not yet caught up with the research. Most guidelines still don't acknowledge spike protein persistence or tissue accumulation as a clinical concern. And since there is **no FDA-approved treatment** to remove them, most doctors don't see value in testing.

So what's the solution?

Assume the worst. Act now. Follow a protocol. That's why I created the **90-Day Spike Protein Support Program**—to help your body do what it was designed to do: heal, detox, and restore.

The Link Between Long COVID and Spike Proteins

Long COVID (also called post-acute sequelae of COVID-19 or PASC) is a condition where symptoms like fatigue, brain fog, chest pain, and shortness of breath last for **weeks or months** after infection.

Researchers now believe **persistent spike proteins are a major cause**. In some long COVID patients:

- Spike proteins have been found in the blood **up to 12 months later** [(Swank et al., 2022)]
- Inflammation continues **long after the virus is gone**
- Mitochondria (energy producers in cells) and immune cells remain stressed

The solution? Reduce inflammation, protect your cells, and help your body fully clear the debris.

Natural Ways to Support Your Body and Remove Spike Proteins

Here are five science-backed strategies that are part of my **90-Day Program** to help your body clear spike proteins and repair damaged tissues.

1. Eat Fermented Foods

Foods like sauerkraut, kimchi, yogurt, and kefir support your **gut microbiome**, which improves immunity, inflammation, and detoxification.

2. Boost Polyphenols

Polyphenols are antioxidant-rich compounds found in dark berries, olives, grapes, green tea, and dark chocolate. They help:

- Fight inflammation
- Neutralize spike proteins
- Support liver and cellular detox

3. Strengthen Your Cell Membranes

Your cells can't detox properly if their membranes are stiff or damaged. Omega-3s (like in wild-caught fish or BalanceOil+) and polyphenols help restore membrane fluidity—essential for healing.

4. Move Your Body

Exercise activates your **lymphatic system**—your internal drainage network. It helps carry out waste, including protein fragments and toxins. Even **20–30 minutes of walking per day** supports this process.

5. Prioritize Deep Sleep

Sleep is when your body does most of its repair work. It's also when waste is cleared from your brain and other tissues. Aim for **7–9 hours per night** with a consistent sleep-wake rhythm.

6. Take BalanceOil+ Daily

BalanceOil+ is a unique supplement that combines:

- Wild-caught **omega-3 fatty acids** (EPA and DHA)
- Cold-pressed **polyphenols from unripe olives**
- Natural vitamin D3

Together, these ingredients support:

- **Inflammation reduction** at the cellular level
- **Improved membrane flexibility**, allowing toxins and spike proteins to be flushed from cells
- **Protection of omega-3s from oxidation**, thanks to the polyphenols
- **Better absorption** of nutrients and faster recovery

The polyphenols in BalanceOil+ act like **chaperones**, guiding omega-3s into the cell membrane while also aiding in the **neutralization and removal of lingering spike proteins** in the body.

Most fish oils lose their polyphenols during processing—but BalanceOil+ puts them back in, making it **a superior option for cellular repair and spike protein detox**.

If you're serious about recovery and long-term health, **BalanceOil+ should be your foundation**—especially during the 90-Day Program.

Final Thought

Whether you've had COVID, taken the vaccine, or are just playing it safe, **you don't need a blood test to know that spike proteins may still be affecting your body**.

Because testing isn't widely available, and because mainstream medicine doesn't offer a clear solution, the smartest thing you can do is **support your body with a structured recovery plan**.

That's what my **90-Day Program** is all about:

- Clearing out what doesn't belong
- Rebuilding what's been damaged
- Giving your body the tools to restore balance, energy, and health

You don't need fear—you need facts, food, and a functional plan.

If you'd like to learn more about my 90-Day Program, BalanceOil+ and/or the BalanceTest, email me at robert@dietfreelife.com or schedule a free consultation.

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