

VITALITYSECRET.COM

THE SPIKE DETOX GUIDE

What spike protein is, why it can linger in the body,
and the detox approach behind Augmented NAC.

A simplified guide from **Neil Cannon**, condensed from the ZeroSpike Project research

What Is Spike Protein?

Spike protein is the part of the SARS-CoV-2 virus that lets it latch onto and enter human cells. It works like a key: it binds to a receptor on the surface of your cells called ACE2, which is found throughout the body: in blood vessel walls, the lungs, the heart, the brain, and more.

Two versions of this protein can end up in the body: the one produced during a natural infection, and a lab-engineered version produced by mRNA vaccines. Research from the ZeroSpike Project (an independent research initiative studying spike protein toxicology) has found the two are structurally different: the vaccine version is deliberately stabilized in a shape that favors antibody targeting, which the researchers link to a higher risk of certain immune complications compared with the naturally occurring form.

This matters because whichever way spike protein gets into your system, it doesn't just pass through. In some people, it sticks around, and that's where long-running symptoms often trace back to.

“The aim was to study the toxicological characteristics of spike protein, and to find useful remedies to detoxify the body of it.”

– ZeroSpike Project

The Mechanism, In Their Own Words

From Neil Cannon's interview with Dr. Tina Peers on The Vitality Secret Podcast:

DR. TINA PEERS

"The messenger RNA is a little piece of ribbon that has got a code on it, and the code is to make the spike protein. But it's not to make the spike protein of the infection: it's to make a much stronger and slightly different spike protein that is more toxic."

NEIL CANNON

"We've never had the genetic instruction for our own cells to manufacture a pathogen."

DR. TINA PEERS

"Exactly. And these little pieces of messenger RNA travel through the body and then enter cells. With Pfizer and Moderna it's worse, because they used lipid nanoparticles to carry these pieces, designed to deliver the messenger RNA into the cell and through the blood-brain barrier. Once inside the cell, it goes to the ribosome, the cell's protein-making mechanism. The ribosome is there to keep us healthy, making the proteins every biochemical activity in our cells depends on. Then suddenly it's told: don't make those proteins, make this one, make spike protein. So we become deficient in the proteins we should be making, and instead the cell is making trillions and trillions of spike protein: a non-human, toxic, poisonous substance. It's the worst substance we've ever had in the human body."

Why It Doesn't Just Go Away

Spike protein doesn't come with a built-in "off switch." Clearing it depends on the individual immune system doing its job efficiently, and research shows that doesn't always happen. In a meaningful number of cases, spike protein has been found to persist in tissue and circulation far longer than expected, and while it's there, it keeps doing the same job it was built to do: binding to receptors, triggering inflammation, and disrupting the systems it touches.

Three mechanisms researchers point to:

- **Blood vessel (endothelial) stress.** Studies show spike protein alone can impair the lining of blood vessels, disrupt the barrier that keeps them healthy, and contribute to abnormal clotting patterns.
- **Mast cell activation.** Spike protein can trigger mast cells, immune cells that release histamine and inflammatory signals, to fire more than they should. This is one reason symptoms can look like allergy, IBS, fatigue, or skin flare-ups that don't respond to normal treatment.
- **Immune system confusion (molecular mimicry).** Small sections of spike protein closely resemble sequences found in the body's own proteins. In some people, this can confuse the immune system into reacting against its own tissue: a proposed driver behind some autoimmune-pattern symptoms.

None of this means everyone reacts the same way. It means that for people with persistent, unexplained symptoms, spike protein is a mechanism worth ruling in or out, not a foregone conclusion.

What This Can Look Like Day to Day

Because spike protein can affect the vascular, immune, and nervous systems at the same time, the symptoms it's linked to rarely show up as one clean diagnosis. In clinical experience and the research base, common patterns include:

- Fatigue that doesn't lift with rest
- Brain fog and concentration issues
- Unexplained inflammation or joint pain
- Tremor, tingling, or other neurological symptoms
- Skin reactions and histamine-type symptoms
- Anxiety or nervous system dysregulation that feels physical, not just mental
- Any label of symptom of chronic inflammation: skin conditions, autoimmune disease, cardiovascular issues, even cancer. Spike protein drives systemic inflammatory markers up, and chronic inflammation is the underlying mechanism behind most chronic health conditions, whatever label they're given.

The Scale of What's Being Reported

The patterns above aren't isolated. VAERS (the Vaccine Adverse Event Reporting System) is the US government's early-warning system for vaccine safety signals, run jointly by the CDC and FDA. As of May 29, 2026, it holds 1,676,669 reports tied to COVID-19 vaccination, compiled and published by OpenVAERS.com. A selection:

39,166 DEATHS	222,741 HOSPITALIZATIONS	74,762 PERMANENTLY DISABLED
29,232 MYOCARDITIS / PERICARDITIS	22,533 HEART ATTACKS	18,025 BELL'S Palsy
47,695 SEVERE ALLERGIC REACTION	41,729 LIFE THREATENING	11,008 ANAPHYLAXIS
9,491 THROMBOCYTOPENIA / LOW PLATELET	16,468 SHINGLES	5,220 MISCARRIAGES

Worth noting: VAERS is a passive system, someone has to actively file a report for an event to show up in it. A Harvard Pilgrim Health Care study, funded by the Agency for Healthcare Research and Quality, found that under 1% of vaccine adverse events are typically captured this way. The researchers built an active-surveillance system of their own, ESP-VAERS, specifically to catch what passive reporting misses. The number above is very likely a floor, not a ceiling.

Blood Tests Worth Knowing About

If you'd rather track this in your own body than guess, these are the markers worth asking your doctor or practitioner about. None of them are exotic, most labs can run them, and together they build a picture of inflammation, clotting risk, and cardiac strain, useful both before starting a detox and to track progress along the way.

- **hs-Troponin (I or T).** Detects heart muscle injury; used to flag myocarditis and pericarditis.
- **NT-proBNP.** A marker of heart strain and early heart failure.
- **D-dimer.** Flags abnormal clotting and microclots.
- **Fibrinogen.** Elevated levels point to ongoing clotting and inflammatory activity.
- **hs-CRP (high-sensitivity C-reactive protein).** The core systemic inflammation marker, and the one worth establishing as a baseline before anything else.
- **ESR (erythrocyte sedimentation rate).** A broader, less specific inflammation marker, useful alongside CRP.
- **CBC with differential.** Flags changes in white cells, red cells, and platelets.
- **Ferritin.** Can rise with ongoing inflammation.
- **Liver and kidney function panels.** Confirm your detox organs are keeping up with the load.
- **Autoantibody panel (ANA and related).** Worth adding if autoimmune activity is suspected.

None of this requires a diagnosis of anything specific. It's simply a way to see, in numbers, whether inflammation and clotting risk are trending down as you detox.

The Detox Approach: Augmented NAC

The ZeroSpike Project's research wasn't only about identifying the problem; it was aimed at finding a way to clear it. That search led to Augmented NAC: a restructured form of N-Acetylcysteine (NAC), a compound the body already uses to build glutathione, its primary detoxifier.

Standard NAC has some effect on spike protein, but it's limited. Augmented NAC is the same molecule, restructured at the subatomic level through a process called electron stabilisation, making it dramatically more effective at breaking spike protein down structurally, not just managing symptoms around it.

	Standard NAC	Augmented NAC
Spike protein denaturation	~12%	Up to 99%
Glutathione protection	Baseline	40x higher
Vitamin C protection from oxidation	Baseline	7x higher

*In-vitro laboratory test results. Individual outcomes vary.



You can buy it here:

Augmented NAC, use “vitalitycode” for 10% off (single purchase, for a bulk purchase it's already discounted)

store.augmentednac.com/ref/8

What to Expect During Detox

Detoxing spike protein means clearing something your body has been carrying, and that process can be felt. This isn't regression, and it isn't a reason to stop. It's the body doing its job.

Some people notice, temporarily:

- Flare-ups of existing symptoms
- Skin reactions
- Fatigue or headaches

What helps support the process:

- Staying well hydrated throughout
- Supporting detox pathways with binders and key nutrients where appropriate
- Rebuilding with glutathione and vitamin C support as levels are restored
- Giving the body time: this is a process, not a single dose

Ready to Explore the Protocol?

This guide is the mechanism. Augmented NAC is the application: the same restructured NAC referenced throughout this research, available to order directly.

You can buy it here:

Augmented NAC, use “vitalitycode” for 10% off (single purchase, for a bulk purchase it's already discounted)

store.augmentednac.com/ref/8

Full interview with Dr. Tina Peers:

vitalitysecret.com/dr-tina-peers-spike-protein

This guide is for educational purposes and reflects independent ZeroSpike Project research. It is not medical advice and does not replace guidance from your own healthcare practitioner.

ValiditySecret.com · Neil Cannon