

BAOBAB – THE TREE OF LIFE

Baobab is a tree which covers half the continent of Africa. It dates to biblical times and was important to tribal people in arid desert regions, because both its hollow core and spongy bark could store water. It is an odd-looking tree, which produces a large hard-shelled fruit the size of a football. When ripe, the fruit dried into a powder, which can be mechanically separated from fiber and seeds.

Every single part of the tree is useful to humans and animals alike. The leaves provide forage for wild animals and livestock, the bark can be made into rope, the wood used for fuel, and the fruit for medicinal

Baobab has many benefits:

- EGCG
- Vitamin C
- Antibiotic, antiviral, antifungal, antipyretic (fever lowering), and poison neutralizing
- Pre-biotic fiber
- Modulates glucose metabolism
- Lowers fasting blood glucose levels
- Provides the environment for a diverse population of bifida bacteria
- Improves evacuation
- Blocks spike protein

The proof is in the excerpt below.

“Last Spring, Pierre was at a conference in Hawaii, and I was covering some of his patients. It was serendipitous that I saw the labs come back for a family which had decided to measure the spike antibody for everyone in the household. The mom, college-age daughter and high school-age daughter were unvaccinated, with spike antibody (ab) levels of ~7,000, 3500 and 1500 U/mL respectively. The father is a physician working in a busy outpatient clinic.

He received two Pfizer shots, both from bad batches, and was exposed to ongoing shedding while delivering patient care in a healthcare environment. His spike ab was about 100 U/ml. I was stunned and understood that this was either a lab error or a very intriguing aberration. I found out that the dad didn't take any medications, nor did he take any supplements.

Baobab was somehow connected to this physician's low spike ab level. He was patient 0. Researchers had considered Baobab to control COVID, but as far as I could tell, hadn't pursued it further. I messaged twenty patients whose spike ab levels were >25,000 U/mL or relatively high and made them a proposal. Eat, drink, sip, but one way or the other get **1 Tbsp of Baobab** in your body every day for a month, and then let's recheck your spike ab level.

Within the month the feedback started to roll in, and I had my own experience to contribute. I started drinking the Baobab with my morning vitamins. That didn't go so well, because I ended up with increased paresthesia (decreased sensation) in my toes and feet. After hearing the same story from three other participants in the pilot study, I suggested that we all sip it over the course of the day, like patient 0. The paresthesia resolved.

When the spike ab results started to come back after a month of Baobab, there was a signal. If patients ate it or drank it, there was a slight change in their levels. But if they sipped it, boy howdy! There were

drops in spike ab levels reaching 5,000 U/mL over a month. That was enough for me, and I began guiding patients to sip Baobab.

More feedback with additional patients revealed a few quirks of the therapy. If someone has severe mast cell activation syndrome (MCAS), they may need to go low and slow. Most of all patients had a degree of mast cell activation. They received a reduced dosing by starting with **only 1/4 teaspoon to 16oz of water and slowly advancing**. **Initially, some patients (including me) experienced some bloating while sipping Baobab. I'll attribute this to the recalibration of our microbiomes as we build up the bifida.**

Labs in patients who were sipping Baobab showed a declining fasting glucose, like what we see when we use Berberine. Patients also report enormous formed brown stools with a clean finish, i.e. no wiping necessary, and a sensation of complete bowel evacuation.

Then things got interesting. We have been treating patients for microclotting for over a year now, and so some patients were beginning to retest. What I saw was multiple signals that unvaccinated PASC patients who were sipping Baobab dropped their microclotting scores by two points in 2-3 months. For reference, it often takes six months on anticoagulation with Aspirin, Eliquis and Plavix for a PASC or vaccine injured patient to drop his/her/their score one point. Not only does Baobab block spike entry into cells, but also that it helps break down microclots faster and safely.

An article about [natural products for antithrombosis](#) state that EGCG acts along the COX-1 pathway, same as Aspirin, to inhibit platelet aggregation and activation whereas Aspirin has about a 20% effect, EGCG has about a 90% effect.

Why not just take EGCG then? You could. But any herbalist would explain that when you isolate an active component of a plant-based remedy, you leave behind other components which synergize and ameliorate adverse effects. Given what I have seen clinically over the last eight months, my vote is to stick with green tea and Baobab sipping.

DOSING:

1 Tbsp of Baobab into approximately one litre of water. Stir with a spoon or handheld whipper. Shake and sip every 30 minutes or so. The best results are accomplished over a period of 3 months.

Combat shedding by sipping before, during and after any social interaction or travel. In effect you are delivering a steady supply of EGCG and blocking spike entry into your cells.