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if you are forcibly given the injection, try to squeeze it back out the puncture hole.

I SAW MY SIS DO IT (years ago)..

-just dont let THEM see you do it; kuz when they saw, they gave her another dose & made sure she didnt pull the same trick twice.

someone also shared with me that the u.s. army guys used snakebite kits from camping supply stores to suck the vaccines out during the gulf war.

* if you are given a nasal spray dose, you could try rinsing it out asap with a neti pot with equal amounts of liquid chlorophyll & colloidal silver, (diluted with distilled water, but as strong as you can take it)

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