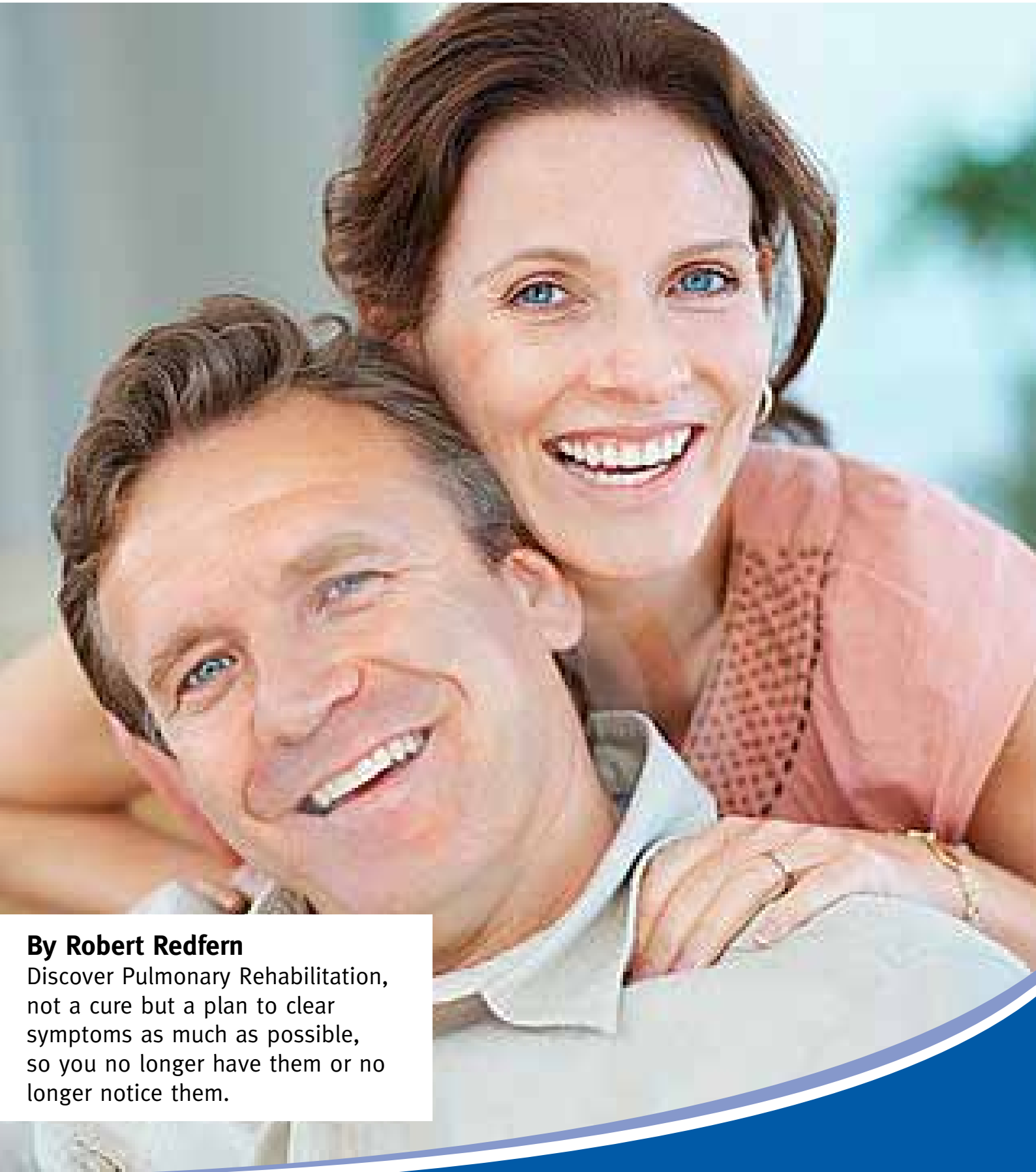


# Healthier Lungs in 30 days

**Pulmonary Rehabilitation for COPD – Emphysema – Fibrosis  
– Bronchiectasis and other lung health issues**



**By Robert Redfern**

Discover Pulmonary Rehabilitation, not a cure but a plan to clear symptoms as much as possible, so you no longer have them or no longer notice them.

## About the Author

**Robert Redfern – Your Personal Health Coach**  
[www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com)



**Robert Redfern (born January 1946) has helped hundreds of thousands of people in over 24 countries through online health support websites, books, radio/TV interviews and his nutritional discoveries. His new series of books, of which *Healthier Lungs***

**is the first, brings this work together in an easy-to-follow format that everyone can follow to help resolve their lung health problem – once and for all.**

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health – in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne looked at the whole field of health, available treatments and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of HealthPoint™ acupressure, the improvement to their health was remarkable.

*As well as good health, they feel and look younger and more energetic than all those years ago – before they started their plan. At the time of printing, Robert, aged 65, and Anne, have every intention of continuing to be well and looking younger, using their unique understanding of Natural Health.*

*This book is dedicated to my mother, Marjorie Redfern, whose premature death from COPD and Bronchiectasis has led me to help thousands of people to beat their lung disease.*

**£3.95 \$4.95**

ROBERT REDFERN – YOUR PERSONAL HEALTH COACH  
*tells you everything you need to know about:*

# **Lung Diseases and Using the Science of Pulmonary Rehabilitation to Achieve Good Lung Health**



Published by

**NATURALLY HEALTHY PUBLICATIONS**

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Printed in the UK.

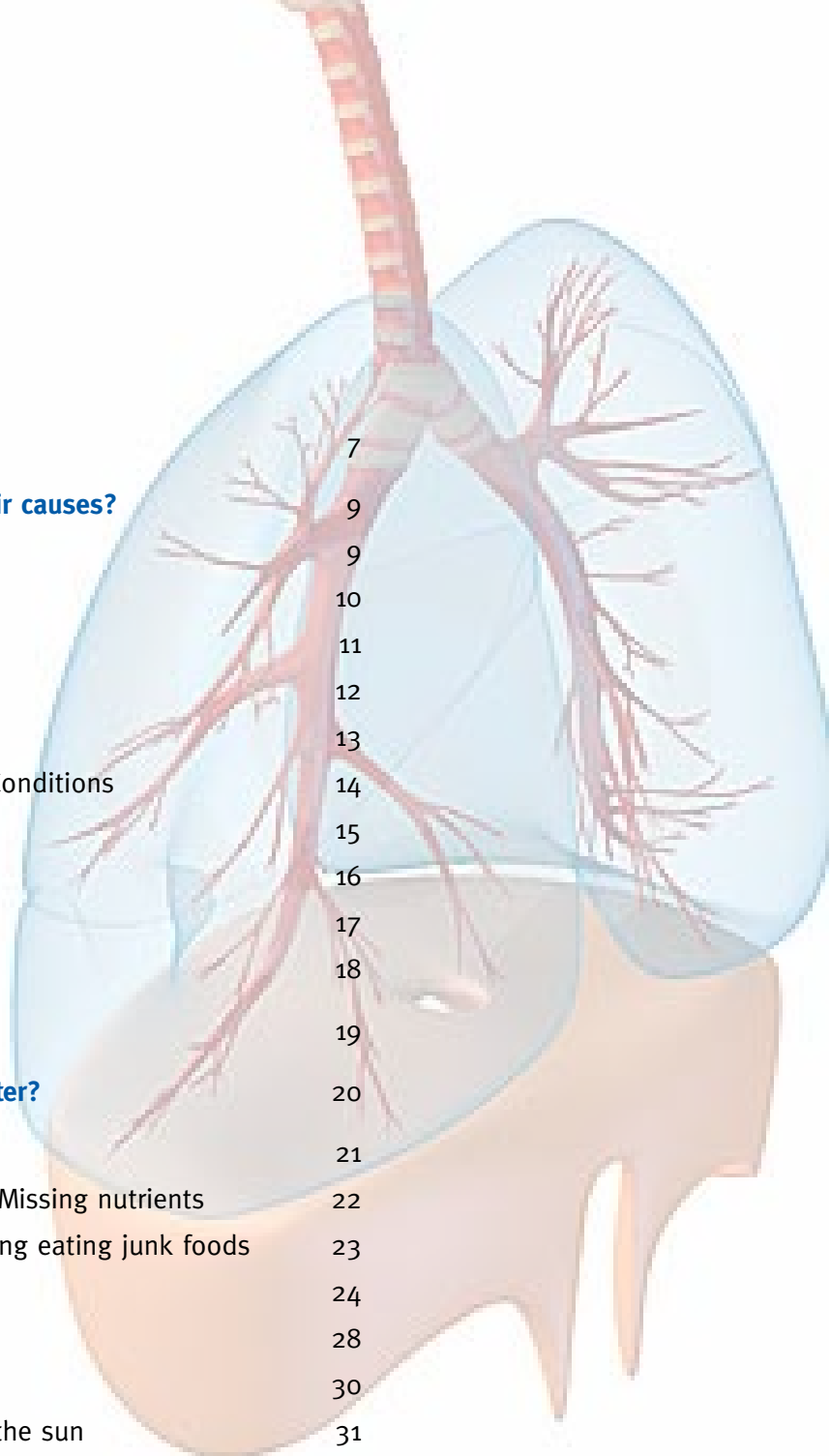
**From the Publisher:**

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.

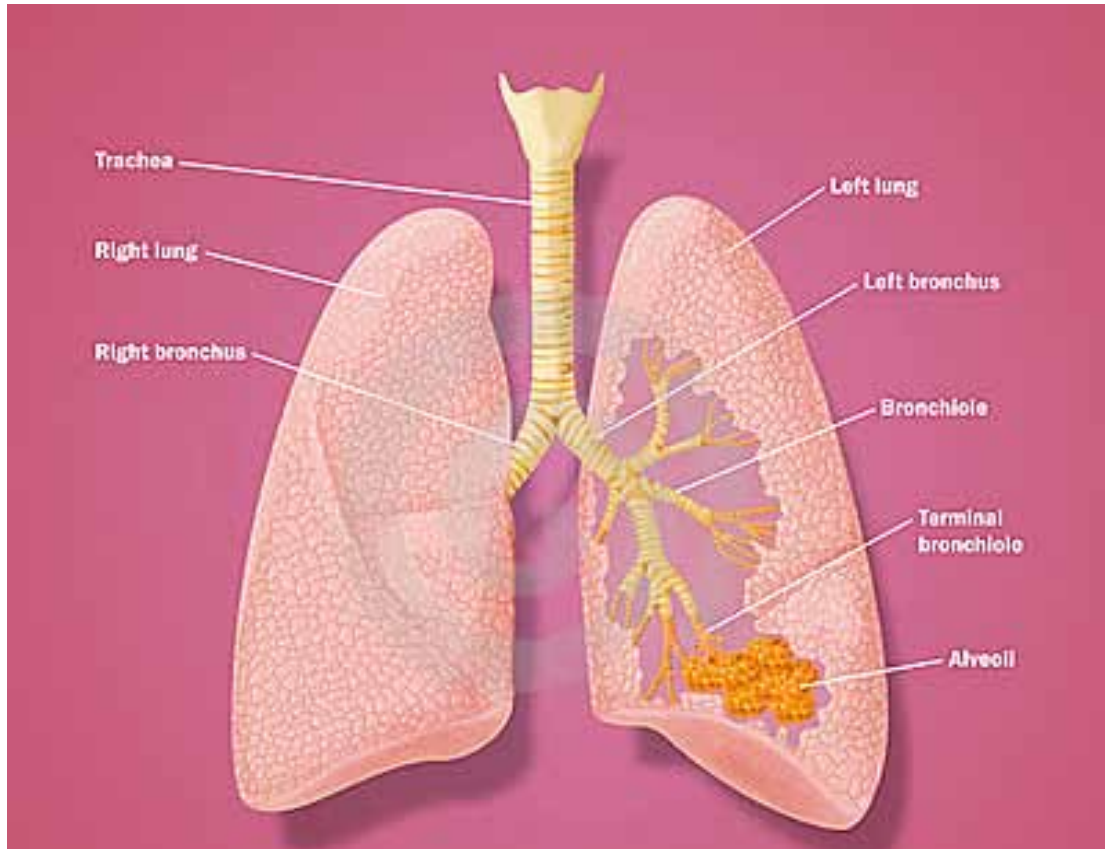
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## Your Plan to Commit to Better Lung Health

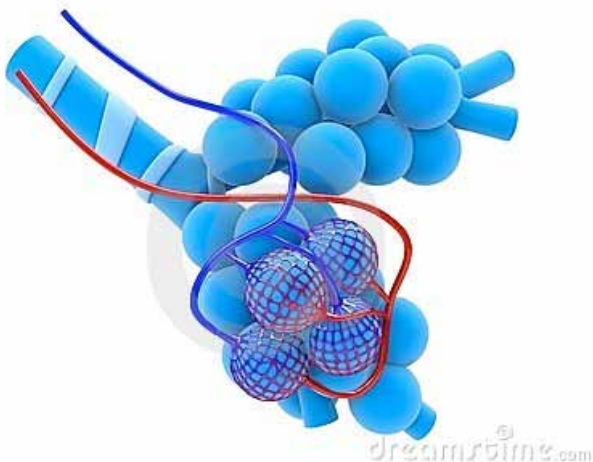
TODAY	I DID THIS	Signed	Date
I Committed	To getting healthy for the rest of my life		
I Read	Robert's Heathier Lungs Book		
I Ordered	The supplements to help my plan		
I Committed	To drinking 6-8 glasses of water + bicarb		
I Planned	My Daily Menu with ReallyHealthyFoods.com		
I Started	Breathing exercises		
I Started	Lung building exercises		
I Committed	To getting out in the sun every time it shines		
I Started	Massaging the acupressure points		
I Recommitted	To keep getting healthier for the rest of my life		
I Reread	Robert's Heathier Lungs Book		
I Reviewed	The supplements to help my plan		
I Reviewed	My water and bicarb intake		
I Reviewed	My menu		
I Reviewed	My breathing exercises		
I Reviewed	My lung building exercises		
I Reviewed	My life-giving sun exposure		
I Reviewed	Massaging the acupressure points		
I Recommitted	To Robert's Heathier Lungs Book		
I Recommitted	To taking the supplements to help my lungs		
I Recommitted	To my water and bicarb intake		
I Recommitted	To doing my menu		
I Recommitted	To doing my breathing exercises		
I Recommitted	To doing my lung building exercises		
I Recommitted	To life-giving sun exposure		
I Recommitted	To massaging the acupressure points		



## 1. What are the lungs?

Your lungs are the organs of respiration, providing oxygen for life and health and expelling waste carbon dioxide. Part of the lungs also warms the incoming air and cleans it of any dust particles.

- **You have two lungs:** the left one is divided into two lobes and the right one is divided into three lobes.
- Your lungs contain approximately **2400km (1500 miles) of airways**; 300 to 500 million alveoli.
- The alveoli have a total surface area roughly of **one side of a grass tennis court**. And if all of the capillaries that surround the alveoli were unwound and laid end to end, they would extend for about 992km (620 miles).
- Each lung **weighs 1.1 kilograms** (2.5 pounds), so the entire organ weighs about 2.3 kilograms (5 pounds).



Each  
lung weighs  
**1.1 kilograms**



The respiratory part of your lungs is responsible for exchanging air, so oxygen is absorbed into and waste gases extracted from the bloodstream. This is done by breathing. Please read the important section on page 30 on correct breathing techniques as this is essential for good lung health.

The nervous system, via various hormones, is in control of the breathing patterns, including increasing airflow to the lungs, constricting airflow to the lungs (in the case of mucus for example), or changing the breathing pattern from relaxed to

stressed/anxious etc and back to relaxed again.

Your lung capacity can vary depending on your height, sex, whether or not you smoke, and even the altitude you live at.

As we age our lungs shrink. Mainly from lack of use, poor nutrition, inflammation and poor breathing patterns. Since 30% of all deaths are due to lung dysfunction, it is vital that we keep the lungs in good condition.

- The volume of an **average breath is approximately 500ml** or 1 US pint. Typical resting adult respiratory rates are 10-20 breaths per minute with one third of the breath time in inhalation. This can vary depending upon the degree of relaxation and anxiety. Most people with lung disease end up breathing continually in an anxious state, thereby compounding the problem.  
**Even a small amount of high intensive interval exercises can dramatically improve the lung capacity.**
- The goal is to dramatically reduce your breaths to around **6 breaths per minute** when you are relaxed.
- An average human breathes around **11,000 litres of air** (21% of which consists of oxygen) per day. If you have a lung condition, your goal is to get better than that average, through the recovery plan.

**6**  
breaths per minute  
is the goal

### Lung function tests include:

**Spirometry** – measures the amount (volume) and/or speed (flow) of air that can be inhaled and exhaled.

**Peak Flow Meter** – measures the maximum speed of expiration.

**OxyMeter** – measures the oxygen content of the blood.

*The success of your recovery plan detailed in this book can be measured with these lung function tests.*



## 2. What are the different lung diseases and their causes?

Lung and chest ailments can be devastating to sufferers and to their families. Many are life-threatening, often resulting in lifetime prescriptions and doctors visits but still ending up in a slow decline in health.

### The Miracle Enzyme

A change in lifestyle, a simple enzyme called Serrapeptase discovered in the silkworm, and other important nutrients may spare such people from a lifetime of illness. Serrapeptase, when combined with other nutrients, can clear out lung inflammation, mucus and dead or scarred tissue. The body's own healing system can then repair the damage with healthy tissue and create improved lung function.

Serrapeptase when combined with these well-researched nutrients and lifestyle changes can be used to help: COPD, emphysema, bronchitis, pulmonary fibrosis, bronchiectasis, pneumoconiosis (asbestosis and other dust diseases), cystic fibrosis, coughs (chronic), bronchial asthma and pulmonary tuberculosis – and to live a better life.



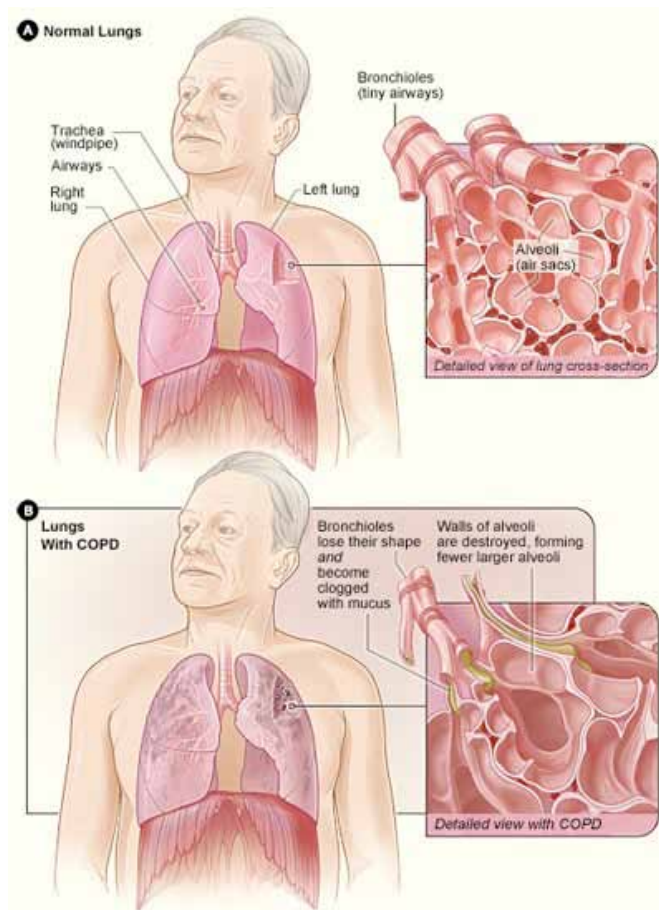
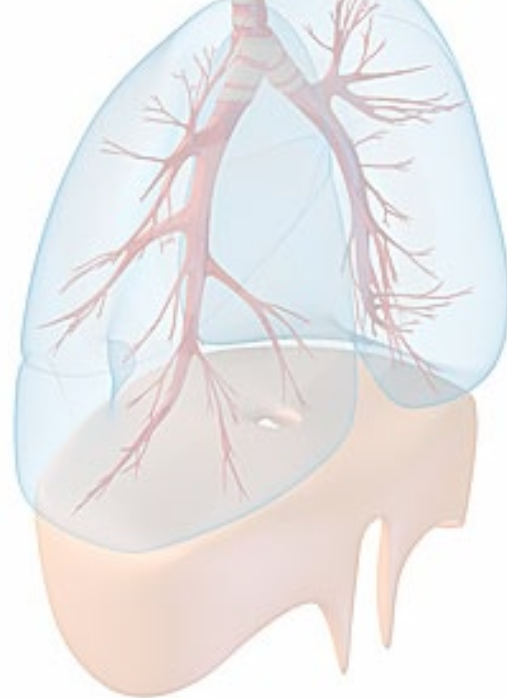
### Chronic obstructive pulmonary disease (COPD). What is it?

This affects millions of people in the West and is the fourth leading cause of death. Sufferers typically have symptoms of both chronic bronchitis and emphysema, and may include bronchial asthma, although asthma has other factors and should be dealt with separately.

### What causes it?

Most of the time, COPD is secondary to chronic inflammation caused by high glycaemic foods (high starch/sugar), poor nutrient foods, pollution, and tobacco abuse. Although cystic fibrosis is a gene problem with alpha-1 antitrypsin deficiency, bronchiectasis, and some rare forms of bullous lung diseases may be factors as well.





## Emphysema. What is it?

Emphysema begins with the destruction of air sacs (alveoli) in the lungs where oxygen from the air is exchanged for carbon dioxide in the blood. The walls of the air sacs are thin and fragile. Damage to the air sacs results in permanent 'holes' in the tissues of the lower lungs. As air sacs are destroyed, the lungs are able to transfer less and less oxygen to the bloodstream, causing shortness of breath. The lungs also lose their elasticity. The person experiences great difficulty breathing correctly, and especially exhaling, which in itself exacerbates the problem.

## What causes it?

Emphysema doesn't develop suddenly – it comes on very gradually after constant exposure to inflammation. The first indication is shortness of breath during activity or exercise. As the disease progresses, a brief walk can be enough to bring on difficulty in breathing. Some people may have chronic bronchitis before developing emphysema.

The main cause is chronic inflammation due to a number of possible factors including: overeating of starchy foods, dairy foods, smoking, immune deficiency and breathing polluted air. A deficiency of enzymes and vegetables are major factors. Infections are more likely in these circumstances.

The first indication of emphysema is shortness of breath during activity

## Bronchitis. What is it?

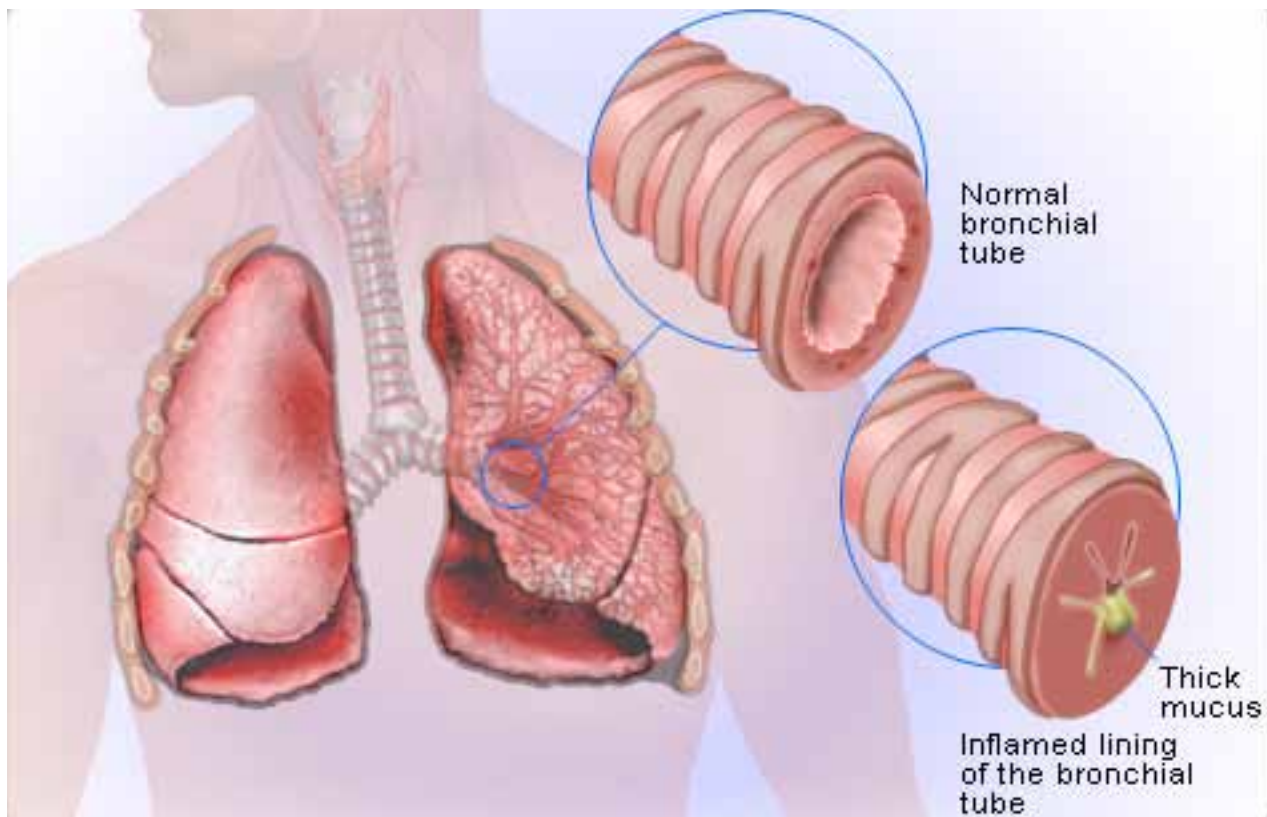
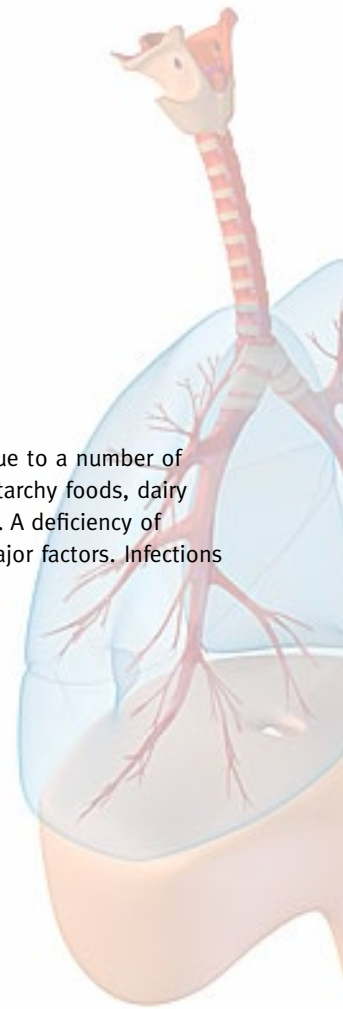
Bronchitis is inflammation of the mucous membranes of the airways that carry airflow into the lungs. Bronchitis can be acute or chronic.

Acute bronchitis can be a cough. It often occurs during the course of an acute viral illness such as the common cold or influenza. Viruses cause about 90% of cases of acute bronchitis, whereas bacteria account for less than 10%.

Chronic bronchitis, a type of COPD (chronic obstructive pulmonary disease), is a cough that lasts for three months or more per year for at least two years. Chronic bronchitis most often develops due to recurrent injury to the airways caused by inhaled irritants. Cigarette smoking is the most common cause, followed by air pollution and occupational exposure to irritants.

## What causes it?

The main cause is chronic inflammation due to a number of possible factors including: overeating of starchy foods, dairy foods, smoking and breathing polluted air. A deficiency of enzymes, nutrients, and vegetables are major factors. Infections are more likely in these circumstances.





## Pulmonary Fibrosis (including IPF).

### What is it?

Fibrosis refers to scarring or thickening of the tissue throughout the lungs. Pulmonary fibrosis, sarcoidosis and Wegener's Granulomatosis all have fibrosis.

### What causes it?

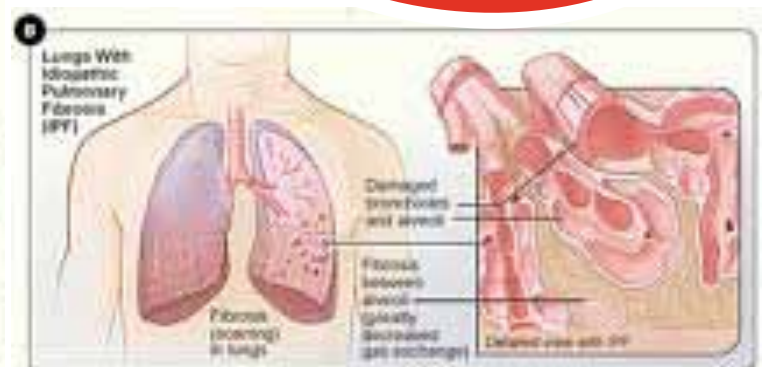
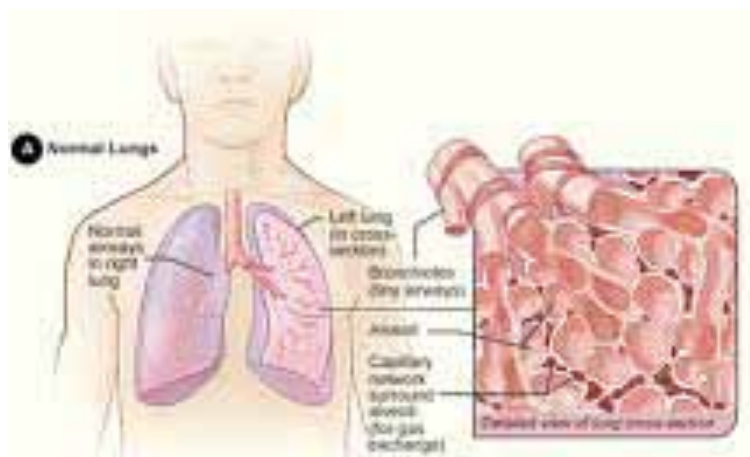
Pulmonary fibrosis can be caused by many conditions including: chronic inflammatory processes, mineral deficiency (iodine and selenium), infections, environmental agents (asbestos, silica, exposure to certain gases), exposure to ionizing radiation (such as radiation therapy to treat tumours of the chest), chronic conditions (such as lupus, rheumatoid arthritis), and certain medications.

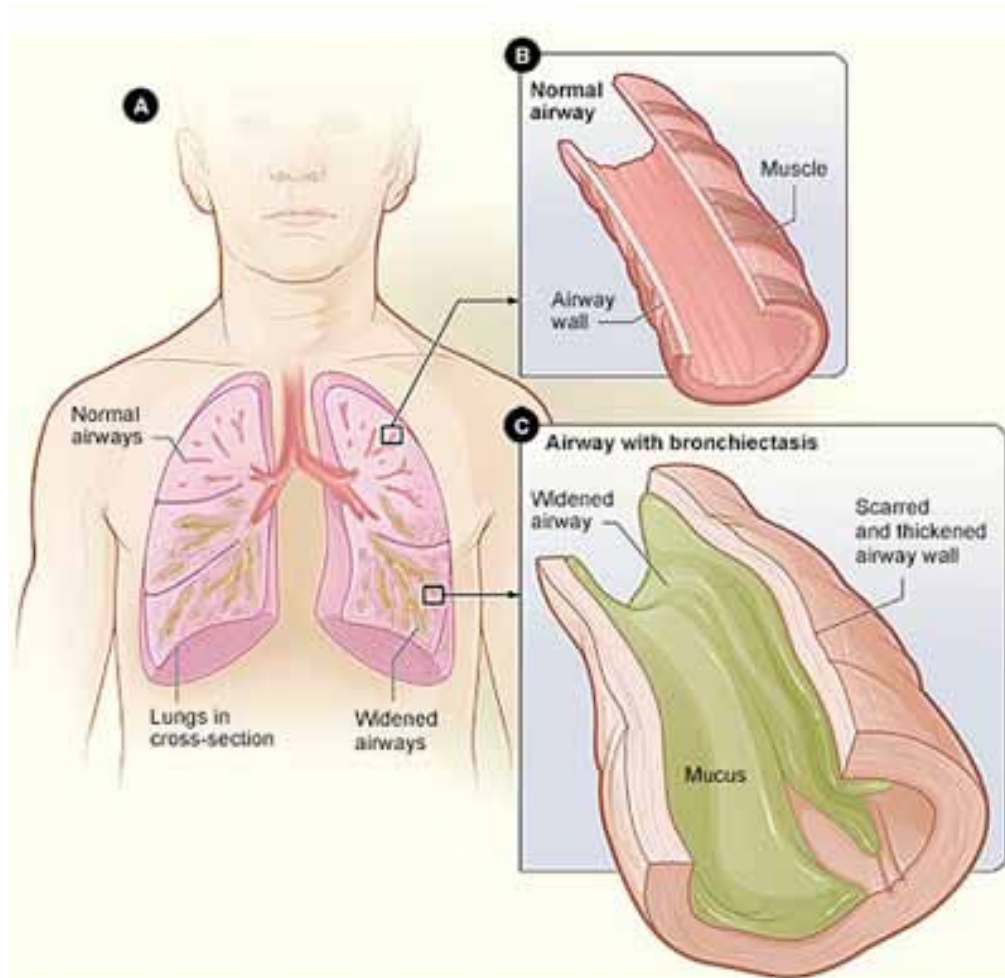
In a condition known as hypersensitivity pneumonitis, fibrosis of the lung can develop following a heightened immune reaction to inhaled organic dusts or occupational chemicals. This condition most often results from inhaling dust contaminated with bacterial, fungal or animal products.

In some people, chronic pulmonary inflammation and fibrosis develop without an identifiable cause. Most of these people have a condition called idiopathic pulmonary fibrosis (IPF) that does not respond to medical therapy, while some of the other types of fibrosis, such as non-specific interstitial pneumonitis (NSIP), may respond to immune suppressive therapy or better still immune balancing nutrients.

Either way the plan here is designed to clear it completely or at least get the condition under control without drugs.

*Fibrosis of the lung can develop following a heightened immune reaction to inhaled organic dusts...*





## Bronchiectasis.

### What is it?

**Bronchiectasis (pronounced brong-kee-ECK-tah-sis) is a relatively rare condition that affects the lungs. Infants and older children get it more often than adults, but adults do get it. Unless there are complications, it is not serious, but it can be a lifestyle problem especially when combined with other health issues.**

**In bronchiectasis the bronchial tubes become enlarged and distended, forming pockets where infection may gather. The walls themselves are damaged, which results in impairment to the lungs' complex cleaning system. The tiny hairs, cilia, which line the bronchial tubes and sweep them free of dust, germs and excess mucus, are destroyed. When this cleaning system is not working effectively, dust, mucus, and bacteria accumulate. Infection develops and is difficult to remove.**

### What causes it?

Bronchiectasis is caused by various types of infections that damage and weaken the bronchial walls and interfere with the action of the cilia. People can be predisposed to get this condition if they have various congenital or inherited deficiencies, such as immunological deficiency or cystic fibrosis. Rarely, people inherit a primary abnormality of the hair cells or cilia that renders them more prone to developing bronchiectasis. Pneumonias that may be associated with childhood measles and whooping cough may predispose to this condition too, by weakening the walls of the bronchial tubes and causing pockets of infection to form.

An obstruction of some sort – anything that presses on the bronchial tubes from the outside or blocks them from the inside – may also cause bronchiectasis. In childhood this most commonly results from choking on food such as a peanut that is small enough to go down the windpipe and large enough to block off one of the air tubes. When this happens the wall of the tube is injured and air is prevented from passing beyond the obstruction. The bronchial tube, below the obstruction, balloons out to form a perfect hiding place for infection and pus.

## Pneumoconiosis (eg Miner's Lung).

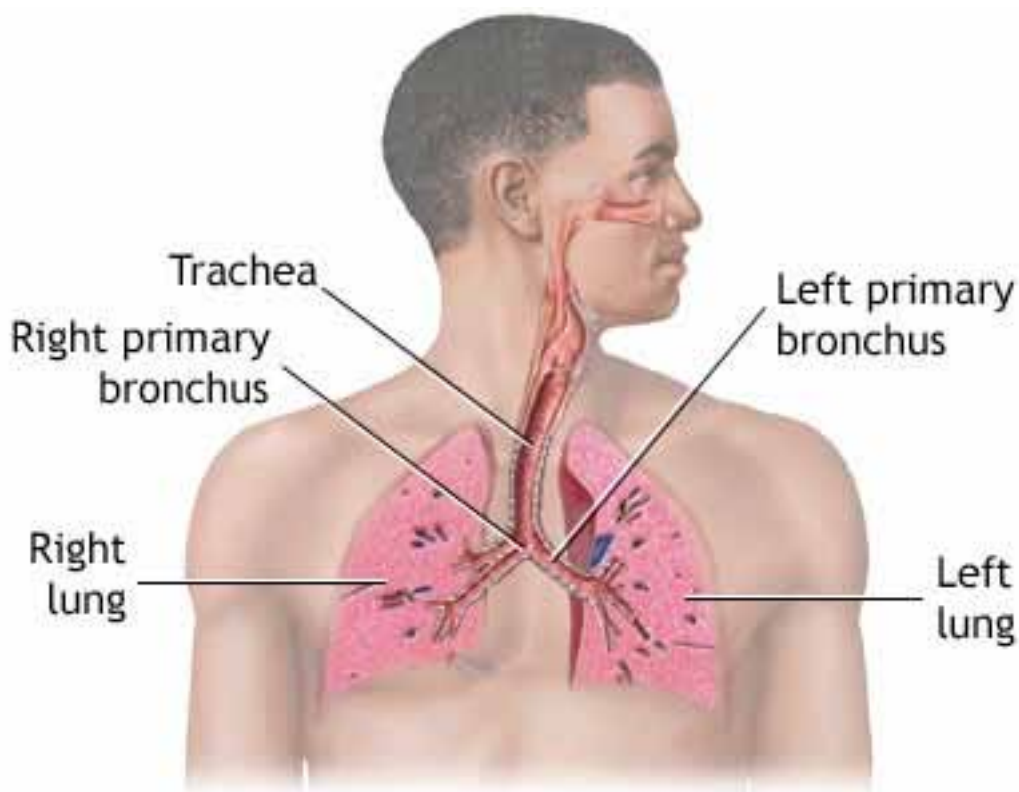
### What is it?

Asbestosis and other dust/industrial conditions such as Farmer's Lung, Berylliosis, Miner's Lung, Baritosis, Siderosis, and Stannosis.

### What causes it?

Damage to the lungs from dust and other industrial related exposures. Asbestos dust and fiber can cause asbestosis, a scarring of the lungs that leads to breathing problems and heart failure (from lack of oxygen). One of the diseases associated with asbestosis is lung cancer and this usually occurs in the asbestos worker who smokes cigarettes. In fact the risk to the asbestos worker who smokes is 90 times more likely than the non-asbestos, non-smoking worker.

Another rare but serious malignant disease, mesothelioma of the pleura, is often an asbestos related disease. In contrast to asbestosis, which depends on the dosage of exposure to asbestos fibers, the malignant pleural tumour mesothelioma is not necessarily related to heavy exposure to asbestos fiber.



**Other Dust Diseases:** Berylliosis caused by inhaling beryllium dust; Baritosis, Siderosis and Stannosis, caused by inhaling dusts of barium sulphate, iron oxide (arc-welding fumes) or tin oxide respectively; Coal Worker's Pneumoconiosis caused by inhaling coal dust; Farmer's Lung caused by exposure to grain, cereal, and other dust.

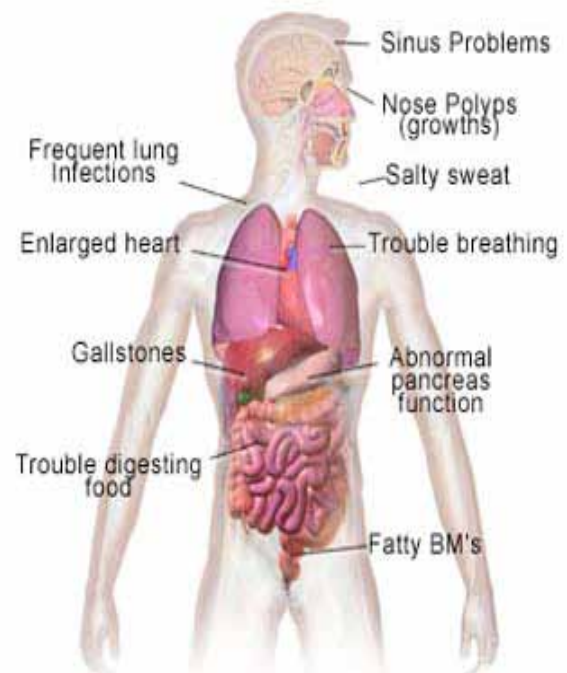
## Cystic Fibrosis.

### What is it?

A gene disorder of the cells that line the lungs, small intestines, sweat glands, and pancreas. Mucus that houses infection contributes to the destruction of lung tissue and impedes gas exchange in the lungs. It also prevents the absorption of nutrients in the small intestines by blocking ducts from the pancreas that release digestive enzymes. It is the most common life-threatening genetic disease among Caucasian groups, although it affects all races and ethnic groups. Chronic under-nutrition, along with weight loss and growth failure, are the precursors of premature death. It is imperative to prevent, with perfect nutrition, the symptoms of this chronic under-nutrition such as:

- Underweight
- Pancreatic insufficiency
- Fat mal-absorption
- Abdominal pains
- Gut obstruction
- Rectal prolapse
- Gastro-oesophageal
- Reflux (heartburn)
- Respiratory infections
- Peptic ulcers
- Pancreatitis
- Crohn's Disease
- Liver disease
- Excessive mucus

### Health Problems with Cystic Fibrosis



### What causes it?

It is the most common hereditary genetic disease that may be caused by a minerals deficiency. It is made worse with a less than perfect diet.

### How Is Cystic Fibrosis (CF) treated?

Since CF is a genetic disease, it cannot be cured at present so a careful nutritional plan is essential to maintain good health. The current nutritional treatment of CF depends on the stage of the disease. Optimal nutritional management, however, is essential to optimise growth, quality of life, and survival.



## Chronic Cough.

### What is it?

If you have had a cough for more than 3 weeks, it may be chronic. When something is chronic it means it can last for a long time.

- Are you coughing up thick yellow or green phlegm?
- Are you wheezing (making a whistling sound when you breathe in)?

If you answered yes to either of these questions, you may want to see your doctor.

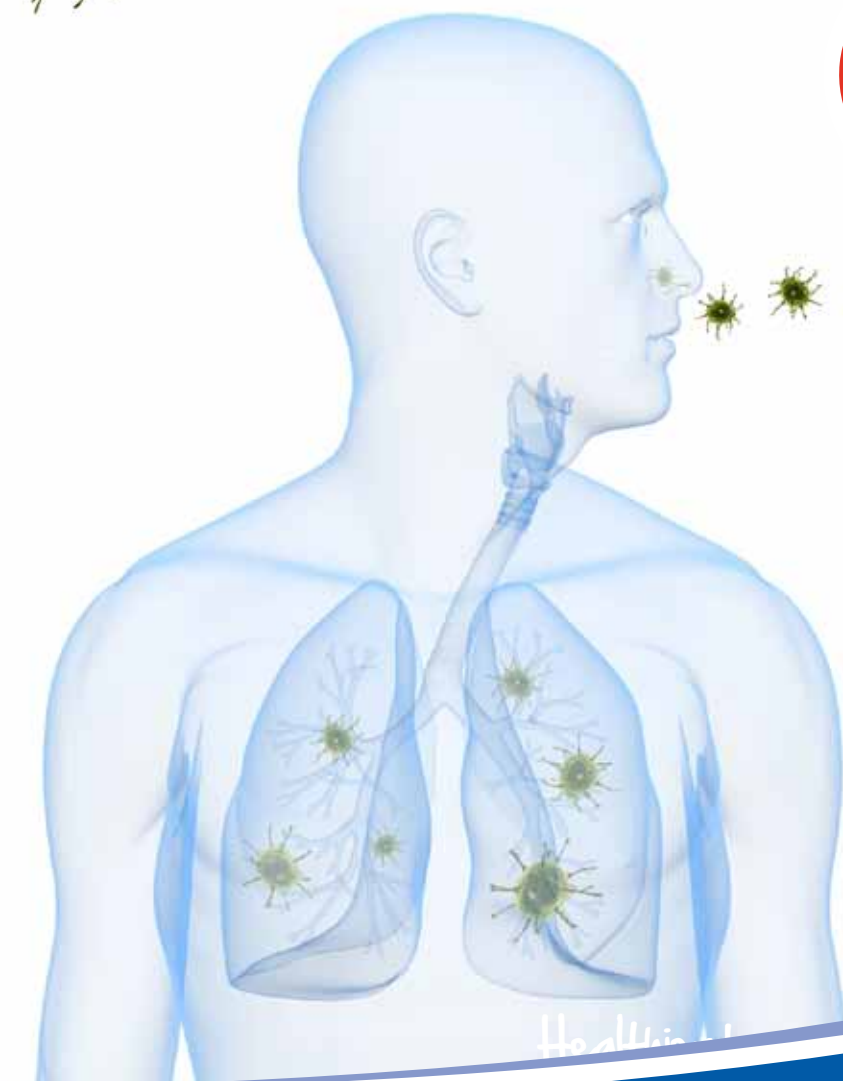
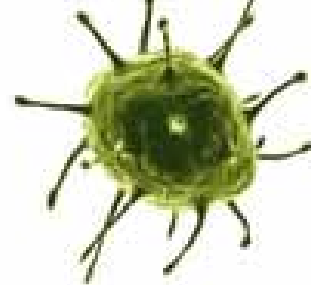
### What causes it?

A virus is often the cause. Smoking can also cause a cough that doesn't go away. If you smoke, you need to stop.

### Allergies

Postnasal drip caused by allergies can make you cough. Postnasal drip is mucus that runs down your throat from the back of your nose. If you have postnasal drip from allergies, try to avoid the things you are allergic to, such as: Dust, smoke, pollen, mould, freshly cut grass, pets, certain plants, cleaning agents, room deodorizers, and chemical fumes.

If  
you smoke you  
need to  
**STOP**





## Bronchial Asthma.

### What is it?

Asthma is a range of similar diseases that can have a variety of causes. Asthma can be life-threatening if left to simply taking drugs and so has to be taken very seriously.

### When you have asthma it's important to:

1. Take your asthma seriously.
2. Take your asthma medicines for asthma initially.
3. When asthma symptoms don't stop, get help.
4. Know your asthma symptoms.
5. Work out a plan to get off the drugs and completely control asthma without using drugs. Drugs all have short and long term side-effects and will shorten your life.

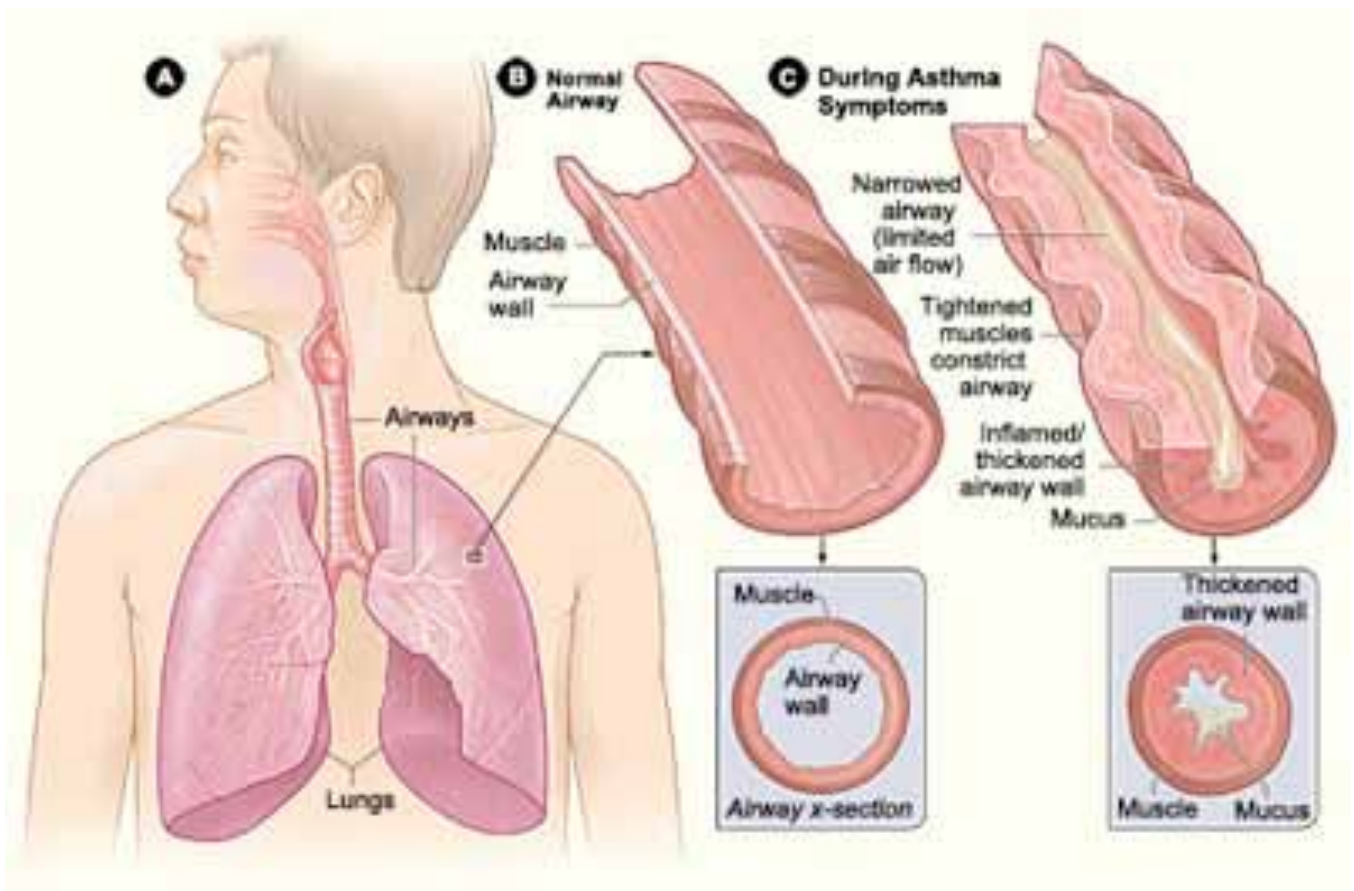
### What causes it?

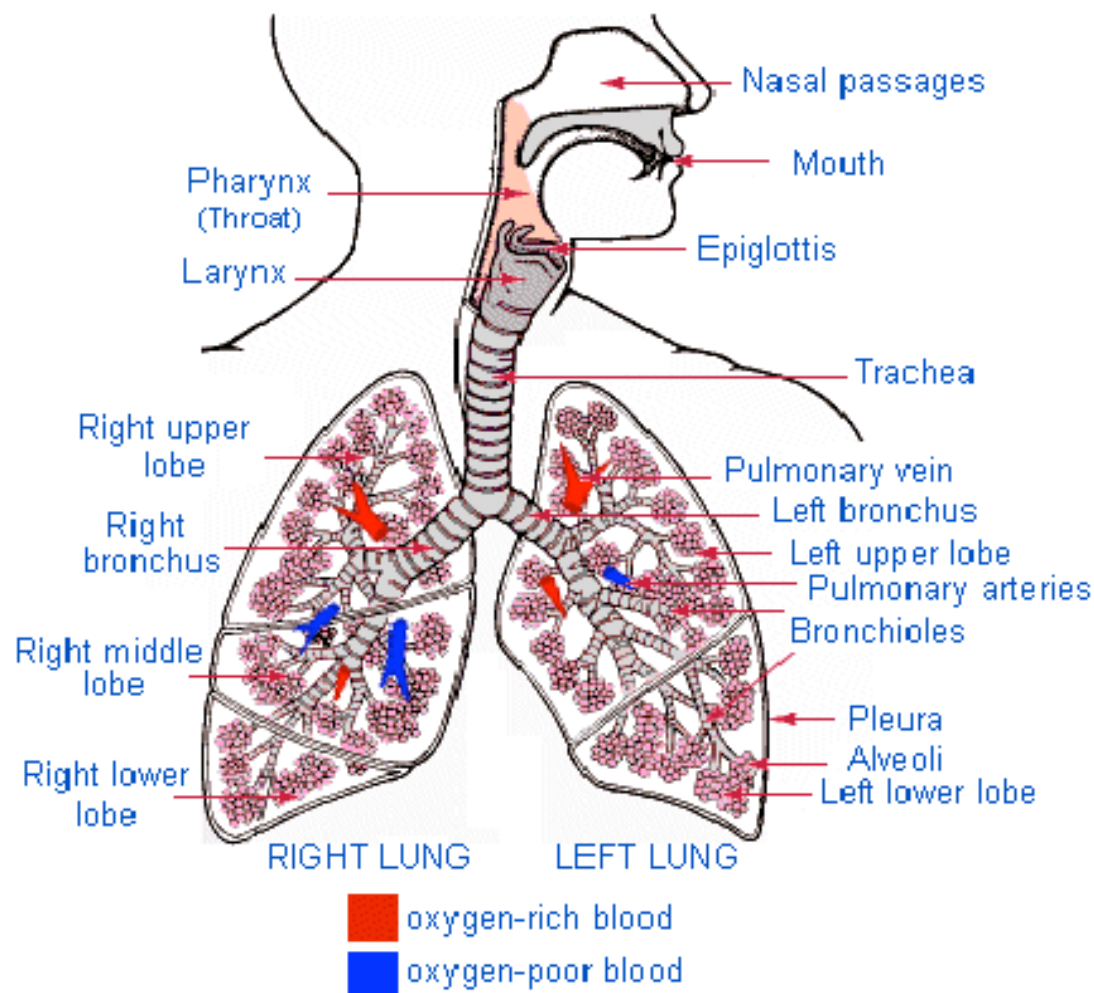
The medical/pharmaceutical business would have you believe it is genetic/dust mites/pollution, etc that causes asthma, and that you have no other solution than to stay with the drugs. The alternative view is that diet and panic attacks can cause allergic triggers, and friendly bacteria deficiency and anxiety are mainly to blame. Although it may be that some people have a genetic predisposition to getting asthma, it is not a life sentence and proper corrective actions will keep it clear even in those people.

### Common asthma triggers:

Allergic reactions, vigorous exercise, infections, emotional stress/ anxiety and excitement, cold air, occupational dusts and vapours, air pollution, household products, and drugs.

The common theme with all of these triggers is inflammation. This is borne out by the fact that the drug of choice, steroids, is an anti-inflammatory.





## Pulmonary Tuberculosis.

### What causes it?

A contagious bacterial infection caused by *Mycobacterium tuberculosis* (TB). The lungs are primarily involved, but the infection can spread to other organs. Tuberculosis is spread from person to person through the air. When people with TB in their lungs or throat cough, laugh, sneeze, sing or even talk, the germs that cause TB may be spread into the air. If an unhealthy person or someone with a weak immune system breathes in these germs, there is a chance that they will become infected with tuberculosis.

### What causes it?

It is important to understand that there is a difference between being infected with TB and having TB disease. A healthy person with a strong immune system who is infected with TB has the TB germs, or bacteria, in their body. The body's defences are protecting them from the germs and they are not sick. Someone

with TB disease and whose body is malnourished and sick can spread the disease to other people. A person with TB disease needs to see a doctor as soon as possible.

It is not easy to become infected with tuberculosis. Usually a person has to be close to someone with TB disease for a long period of time. TB is usually spread between family members, close friends, and people who work or live together. TB is spread most easily in closed spaces over a long period of time. The TB bacteria have to become pathogenic to make a person sick, which will need a poor diet or a very stressed lifestyle. Healthy people, although infected, do not become sick. Your goal is to get and stay healthy.

...regenerate  
with healthy  
lifestyle and  
nutrients...

### 3. Can I reverse lung disease?

I do not believe there is such a thing as a 'cure' since most lung diseases are lifestyle problems (except maybe in the case of a gene dysfunction.) Cure is a medical term and medicine does not have any cures (some would say on purpose as they would then be out of business).

Everything has a cause; take away the cause, apply the science of Pulmonary Rehabilitation and your body is normally able to repair itself with a little help. Take the cause away and then support the tissue to regenerate with healthy lifestyle and nutrients, and your lungs can become healthy again in the majority of cases. If you call that a cure, that's up to you; I call it living a sensible, healthy lifestyle.

#### Emphysema, Bronchitis, Fibrosis, Bronchiectasis, Chronic Cough and Bronchial Asthma

**Causes:** The main cause is chronic inflammation due to a number of possible factors including: infection, over-eating of starchy foods, dairy foods, lack of specific nutrients, smoking, poor breathing, and pollution.

*By eliminating the causes, these symptoms will be cleared in the majority of cases.*

#### Pneumoconiosis, Asbestosis, and other Dust Conditions

**Causes:** The main cause is chronic inflammation due to a number of possible factors including: industrial pollution, infections, over-eating of starchy foods, dairy foods, lack of specific nutrients, smoking, and poor breathing.

*By eliminating the causes, these symptoms will be cleared in the majority of cases or at least contained so as not to be a problem.*

#### Cystic Fibrosis

**Causes:** The main cause is chronic inflammation due to a number of possible factors including: genetic dysfunction, infection, over-eating of starchy foods, dairy foods, lack of specific nutrients, smoking, poor breathing, and pollution.

*By eliminating the causes, these symptoms will be cleared in the majority of cases or at least contained.*

**Studies show the following nutrients improve lung health in most conditions:**

**Serrapeptase** – Clears inflammation and scarring.

**Curcumin** – Clears inflammation, protects and helps tissue healing.

**Ecklonia Cava** – Seaweed extract, helps heal the lungs.

**Vitamin D3** – Numerous studies show this is critical for lung and immune health and recovery.

**Oxygen Promoting Enzymes** – Improve lungs' ability to clear CO<sub>2</sub> and take in more oxygen.

**Sodium Thiocynate/Sodium Hypothiocynate** – Part of the body's essential defence against infections.

**Food State Iodine Drops** – Important mineral, for all lung problems and particularly fibrosis.

**Epicor** – Yeast extract, helps to balance the body's own immune response.

**Selenium** – Important co-factor of Iodine for cell regeneration and protection.

**Essential fatty Acids** – Krill, Fish Oil or Hemp Oil – simply essential for everyone.


**Multi Vitamin and Minerals Complex** – To ensure any missing nutrients are covered.

**Digestive Enzymes** – Important when eating cooked foods.

**Probiotics (Friendly Bacteria)** – To recover one's gut friendly flora after taking antibiotic drugs.

**Vitamin E (Mixed Tocopherols)** – Important for all lung disease and particularly Cystic Fibrosis.

## 4. Why does my doctor tell me I cannot get better?



*Doctors are obliged to conform to the drug model that is designed to maintain the monopoly that the pharmaceutical industry, the GMC in the UK and the AMA in the USA, have over all things connected with the health of individuals. These organisations make profit by caring for sickness and do not have a business model that caters for real healthcare and recovery. They pursue a patented drug model where they can charge exorbitant prices for a lifetime of drugs that at best help individuals feel better and at worst speed up their death. They are not designed to ever get anyone healthy. In the USA they are shielded by the FDA and in the UK by the MHRA. The political parties and the most powerful politicians all receive money from these organisations and make laws to perpetuate the disease management monopoly.*

*when carefully followed, The Pulmonary Rehabilitation program will show results within weeks*

### Pulmonary Rehabilitation

This has over 30 years of research and is defined on the web as:

- **Pulmonary rehabilitation (a.k.a. pulmonary rehab) is a rehabilitation treatment structured for ill patients with chronic respiratory problems whose pulmonary function has decreased, even after other medical treatment.**
- **A program that can help you learn how to breathe easier and improve your quality of life. It includes treatment, exercise training, education, and coaching.**
- **A personalized program which incorporates therapy, support and education in attempting to assist the person to achieve the maximum obtainable functional capacity allowed by his/her handicap.**

Charles Denison first documented Pulmonary Rehabilitation improvements in 1895 and hundreds of studies have been published since then. Of course the pharmaceutical business would prefer they did not exist and everyone was stuck with taking their drugs, but you are now learning there is a better way.

**The Pulmonary Rehabilitation program is detailed over the following pages and when carefully followed will show results within weeks.**



*It will be a good day when drug companies are totally banned from contacting or influencing doctors both directly and indirectly. It will be a good day when the information doctors need to prescribe is made available from an independent body that has a legal responsibility to ensure the efficacy and safety of drugs.*



## 5. The Pulmonary Rehabilitation Plan to Gain Healthy Lungs by Simply Changing Your Lifestyle


### Your 10 Steps to a Healthy Future

The following protocol works for *any lung problem* to some extent.

1. Clearing the inflammation and promoting healing



2. Strengthening your immune system



7. Walking and moving daily



9. Stimulating acupressure points



It is almost unheard of for a person applying a good percentage of these lifestyle changes to their daily life to not clear their lung symptoms to some extent, and in many cases completely.

3. Taking nutrients missing from food in supplement form



8. Breathing properly



4. Drinking enough water



5. Stopping eating unnatural/junk foods



6. Eating real foods



10. Getting out into the sun as much as possible



For details of the following suggested formulas, turn to page 32.

### 1. Clearing inflammation and promoting healing

a. Serrapeptase/  
Curcumin/Ecklonia  
Cava/Vitamin D<sub>3</sub>  
Suggested  
Formulation –  
**Serranol®**

b. Oxygen Promoting  
Enzymes (if breathing  
difficulties)  
Suggested  
Formulation –  
**OxySorb®**



### 2. Immune recovery & strengthening

a. Immune Single Dose  
Recovery Kit (Sodium  
Thiocyanate/Sodium  
Hypothiocyanate)  
Suggested Formulation  
– **1st line Immune Kit®**

b. Daily Immune  
Capsule Epicor/  
Selenium/Vitamin D<sub>3</sub>/  
Suggested  
Formulation – **D.I.P.®**

c. Iodine Drops  
Suggested  
Formulation –  
**Nascent Iodine®**



### 3. Taking the missing nutrients

a. Krill Oil  
Suggested Formulation  
– **The KRILL Miracle®**

b. 90 Liquid vitamins  
and minerals formulation  
essential for health  
Suggested Formulation –  
**Active Life®**



## Optional – but suggested for the first 1-2 months at least

a. Probiotic Complex  
Suggested Formulation  
– **Probiotic14®**

b. Digestive Enzyme  
Complex  
Suggested  
Formulation –  
**Essential Digestive  
Plus®**

c. Vitamin E 1000iu  
capsules (especially  
for Cystic Fibrosis)  
Suggested  
Formulation –  
**Vitamin E Mixed  
Tocopherols®**



### 4. Drinking enough water

Drink 6-8 glasses of distilled or RO filtered water per day, with a large pinch of bicarbonate of soda (baking soda).



### 5. Stopping eating unnatural junk foods



Until completely recovered, stop eating all starchy carbohydrates (breads, pastry, cookies, breakfast cereals, potatoes, and pasta), processed foods and milk products.

Note: Do not eat: potatoes, parsnips, turnips, and rice (except for small amount of wild or brown rice and yams/sweet potatoes).

## 6. Eating real foods – including some of the following foods every 2 hours for the first few months:



**Eat 9-14 portions of fresh or frozen veggies daily (in soups, juiced, stir-frys, steamed, etc). 50% raw juiced (use the pulp in soups) and organic if possible. Blended makes for better digestion.**

**Eat 5 portions of antioxidant rich, dark skinned fruits (blueberries, cherries, red grapes, etc) daily.**



**Avocados are the all time super food with nearly a full spectrum of nutrients. If they are available where you live, make sure you have at least 2 per day for good health recovery. All lung issues (as well as cancer and heart disease) are helped by these.**

**Eat 5 portions of beans, nuts and seeds (soaked and mashed for the nuts and seeds).**



**If you want to eat meat, then choose pasture-fed meats or chicken and eat only a small amount weekly. Grass fed is healthier than grain or corn fed animals.**







**If you eat fish, then eat at least 3-4 portions per week of oily fish and vary it by choosing fish such as salmon, sardines, mackerel, etc. Even canned fish is very nutritious and wild caught fish is best.**

**Include Hemp, Omega 3 or Krill oil and other healthy oils like Olive oil and Coconut oil.**



**As healthy alternatives to carbs, consider Quinoa, Chia Seeds, Amaranth, Buckwheat, and Millet Seeds. Cous Cous can be used, except for those who are allergic to gluten proteins (coeliacs etc).**

**Take 3-5 (depending upon your body mass and the heat) teaspoons of Sea or Rock Salt daily in food or a little water. Sea or Rock Salt does not contain the critical mineral iodine so add Nascent Iodine to your daily dose.**





# Which vegetables to eat

Note: Not all vegetables listed are available in every country.

- |  |                        |
|--|------------------------|
| Artichoke  | Beetroot               |
| Asian Vegetables Sprouts (Wheat, Barley, Alfalfa, etc) | Broccoli               |
| Asparagus  | Brussel Sprouts        |
| Avocado  | Capsicum               |
| Broad Beans  | Carrots                |
| Cabbage (various types)                                | Cauliflower            |
| Dandelion Leaves                                       | Celeriac               |
| Dried Peas   | Choko                  |
| Fennel   | Cucumber               |
| Garden Peas  | Eggplant (Aubergine)   |
| Garlic   | Kale                   |
| Kale   | Kohlrabi               |
| Lettuce (Kos and various types)                        | Kumara                 |
| Mangetout Peas   | Okra                   |
| Mushrooms  | Onions (Red and White) |
| Petit Pois Peas  | Radishes               |
| Runner Beans   | Silver Beet            |
| Seaweed all types (Kelp, Wakame, Noni, etc)            | Spinach                |
| Sugar Snap Peas  | Squash                 |
|  | Zucchini (Courgettes)  |



# Which fruits to eat

Note: Not all fruits listed are available in every country.

- |               |                              |
|---------------|------------------------------|
| Apple         | Kiwi fruit                   |
| Apricot       | Limes                        |
| Avocado       | Lychees                      |
| Blackberries  | Mango                        |
| Blackcurrants | Nectarine                    |
| Bilberries    | Orange                       |
| Blueberries   | Pear                         |
| Cherries      | Plum/Prune (dried Plum)      |
| Cherimoya     | Pineapple                    |
| Dates         | Pomegranate                  |
| Damsons       | Raspberries                  |
| Durian        | Western raspberry (blackcap) |
| Figs          | Rambutan                     |
| Gooseberries  | Salal berry                  |
| Grapes        | Satsuma                      |
| Grapefruit    | Strawberries                 |
|               | Tangerine                    |



See my really healthy foods pyramid on the next page and read more about really healthy foods at [www.ReallyHealthyFoods.com](http://www.ReallyHealthyFoods.com)

## The Garden of Eden Pyramid

Organic  
is  
**BEST!**



Vegetables (not root): 8-12 portions per day  
At least  $\frac{1}{2}$  should be raw, as in salad, etc.



## 7. Walking and Moving Daily

Contrary to the opinion of fitness fanatics there are two simple ways to get your lungs working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride. Use weights or wrist weights as you improve.

If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



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Lie down in a comfortable place. On your bed, (if it's firm enough), when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time as you improve your count on your back you need to be starting your walking and building this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, eg skipping, star jumps, running on the spot; just about anything as long as your heart and lungs are working at maximum capacity. By working at maximum rate your lungs and muscles connected with your heart and lungs will get stronger.



# Movement is a vital part of your recovery plan



## 8. Breathing Properly

It is critical to breathe properly, especially when you have unhealthy lungs. There are two ways to breathe. The first one is an anxious breath in the chest and the second is a relaxed breath in the diaphragm, or more precisely in the tummy area.

The first breath in the chest is part of the stress response and involves hormones such as cortisol. This type of breathing should last no longer than it takes to deal with a problem in life and then another hormone kicks in to create relaxed breathing. If this stress type of breathing becomes chronic or habitual then the cortisol and retained carbon dioxide become part of the problem and the body's natural healthy systems cannot function properly. It also weakens the immune system and opens you up to infections, which is the last thing you need with unhealthy lungs.

Your goal is to relearn relaxed, healthy breathing, where you clear cortisol and carbon dioxide. Too much carbon dioxide in your bloodstream destroys something called haemoglobin which is the blood's method of carrying oxygen around the body. So it's critical to be able to breathe in a relaxed way from the diaphragm.



### HOW TO BREATHE PROPERLY

The simple way to learn is to lie on your back in a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count of 4 and then breathe out through your nose and feel your tummy deflating. Let go of any tension you may have with the out-breath. Then repeat. Your upper chest should not move at all, which shows you are relaxed and not stress breathing.

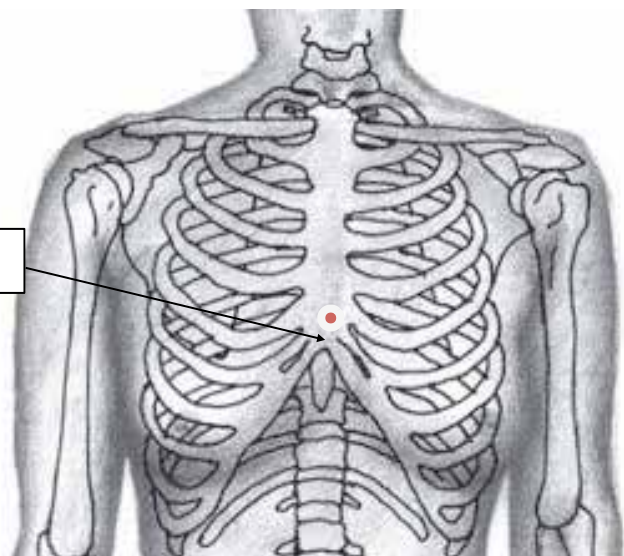
Practice over and over again while lying down and once you have really got the long slow rhythm of relaxed breathing then try it standing up. You may feel dizzy to begin with getting all this fresh oxygen, but you must practise this every spare minute you have. **You can watch a video lesson at [www.MyEasyFit.me](http://www.MyEasyFit.me).**

## 9. Stimulating the Acupressure Points

The fastest way to relax your breathing is to stimulate acupressure points on the chest. The main point is called Cv17 in Chinese acupuncture. It is the dead centre of the chest in a hollow in the sternum. If you trace a line from nipple to nipple on the chest should find it in the centre.

You can massage this hollow gently with your finger or stimulate it with an electronic stimulator that mimics the action of acupuncture. The recommended device is HealthPoint™ and you can read more about this on page 36.

Cv17



## 10. Getting out into the sun as much as possible

A critical vitamin for healthy lungs is Vitamin D3. There is a large dose of this in the important supplement I recommend on page 32 but it is still important to still get some Vitamin D from the sun.

The sun is the bringer of all life and a silly myth has developed that the sun is our enemy and we should keep out of it, or worse still, put some toxic chemicals all over us so we can go out in it.

I am not saying that we can go out on a really hot sunny day and lie in the sun for 6 hours for the first time. We are supposed to build the skin's tolerance to the sun over many weeks in the spring to stimulate protection from it, so that by the time the hot summer sun comes along we can tolerate much more.

### Recommendations:

- a. Get as much skin exposed to the sun as you can every day, eg on your daily walk.
- b. Build up slowly from the spring to summer time.
- c. Try not to stay out in the middle of the day without covering up, and cover up rather than use a barrier cream.
- d. If you do use a sun cream, get an organic one rather than chemical ones with well known names.
- e. Remember, the sun is your friend and as with friends try not to get too much in one go!





## More about Clearing Inflammation and Promoting Healing

### Clear Inflammation, Mucus and Scarring Formula



- **Serrapeptidase (technically Serriatia Peptidase)** is a multi-functional proteolytic enzyme that dissolves non-living tissues such as scarring, fibrin, plaque, blood clots, cysts, and inflammation in all forms – without harming living tissue. Serrapeptidase helps promote better well-being for your inflammatory system and supports your whole body, not only the lungs but also arteries, digestive tract, colon, joints, and anywhere blockages/inflammation needs resolving.

- **Curcumin (BCM-95 Bio-Curcumin®)** is one of the best natural anti-inflammatory herbs to stimulate glutathione to protect lung cells and tissue from inflammation, and help modulate the immune system. Curcumin has also been studied for its anti-bacterial, anti-viral, and anti-fungal properties.

- **Ecklonia Cava (Seanol®)** – for centuries, people throughout Asia have consumed Ecklonia Cava Extract, a species of edible brown algae. Harvested from the coastal waters off Japan, Korea and China, all studies indicate ECE offers outstanding health benefits.

- **Vitamin D3** is critical to keep your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is increasingly common in people of all ages because we spend less time outdoors in the sun but this vital vitamin cannot be stored in the body. So replenishment through daily supplementation is vital to immune health.

#### Ingredients:

- SerraEnzyme Serrapeptase® 40,000iu
- Curcumin (BCM-95 Bio-Curcumin®) 250mg
- Ecklonia Cava Extract (Seanol®) 50mg
- Vitamin D3 2000iu

#### Dosage:

Take 2 capsules 30 minutes before a meal, 3 times per day. Reduce to 1 capsule, 3 times a day as your improvement continues.

### Oxygen Promoting Enzyme Formula (if breathing difficulties)



A side-effect of poor lung health is poor breathing, which perpetuates the problem because proper oxygen/carbon dioxide exchange is so important. This is further exacerbated as the haemoglobin, which the body uses to transport this vital oxygen around the body, is destroyed if there is too much carbon dioxide in the bloodstream. A formulation exists made from Seaweed extract that improves the body's ability to clear this carbon dioxide and promotes oxygen transport to help the body heal and recover.

#### Ingredients:

- Tris Amino
- Norwegian Seaweed Extract
- Citric Acid
- Natural Kiwi Flavour

#### Dosage:

Take 20 drops under the tongue and then swish around the mouth for a minute and then swallow. Do this at least 2 times per day and any time you need extra respiration power.

Proper  
oxygen/carbon  
dioxide exchange is  
so important



# Immune Strengthening Formulations

## Single Dose Recovery Kit



This is a specially designed supplement that allows oxythiocynates ions to be produced and swallowed with water as a virtually tasteless drink. Oxythiocynates are manufactured naturally in human saliva,

tears, milk, and airways/gut passages. They rapidly boost the body's own natural defences to attack and destroy all types of 'invaders', helping to reduce the burden the body faces from many types of bacteria, yeast, flukes, and viruses.

Oxythiocynates literally form the first line of immune defence in the body and are known to destroy all types of infections from the gram negative to the gram positive. Oxythiocynates are unique in that they do not harm the body tissue or probiotics.

### Ingredients:

- Sodium Thiocynate
- Sodium Hypothiocynate

### Dosage:

Simply follow the instructions inside the box to mix the 4 ingredients one at a time into a 500ml (17 fl oz) jug and consume within 2 hours of mixing it. This immune kit can be used on a regular monthly basis, in extreme cases, or just 2-4 times over the year to support general health maintenance. It can also be taken as soon as an infection is noticed, once per day, until it is cleared. So it's very worthwhile to keep a Single Dose Recovery Kit on hand for when the need arises.

Oxythiocynates are unique in that they do not harm the body tissue or probiotics.

## Daily Immune Formulation (D.I.P.)



An alternative way to help keep infections away is to take a formulation designed to keep your immune system in balance. This formulation does not kill an existing infection but does help to prevent a new infection and allergen responses.

**EpiCor®** is a powerful antioxidant with an ORAC (Oxygen Radical Absorption Capacity) value of 52,500/100g, so it has huge health benefits as a free radical scavenger. Supported by years of research and development, EpiCor® is a unique product and is a valuable supplement for your immune health.

**ExSelen®** – Selenium is an essential trace mineral that the human body is dependent on, but can't produce on its own. Selenium must be ingested through foods in our diet or by supplementation. ExSelen® is a highly bio-available organic selenium that guarantees consistently high levels of selenomethionine – the preferred form for efficient absorption by the body. This high quality raw material is backed by 15 years of research and by 60 years of proprietary fermentation technology. It is also a natural antioxidant that helps protect healthy cells from free radical damage and helps balance immune functions. Selenium supports the body's normal inflammatory response in the lungs and may protect breast, prostate, and thyroid health.

**Vitamin D3** is critical to keeping your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is quite common in individuals because it cannot be stored in the body, making replenishment through daily supplementation vital to immune health.

### Ingredients:

- EpiCor® 500mg
- ExSelen® selenomethionine 100mcg
- Vitamin D3 5000iu

### Dosage:

Take 1 capsule per day, 30 minutes before a meal. If you feel you need more, take 2 or 3 during the day, before meals.

## Missing Nutrients

### Antarctic Pure Krill Oil



Krill are a tiny shrimp-like crustaceans found in the Southern Oceans. The Southern Oceans are the only oceans in the world that remain unpolluted by the heavy toxic metals that are now found in many fish oils. Krill are a super rich source of Omega 3, 6 and 9, and their antioxidant levels are 300 times greater than Vitamins A and E, and 48 times greater than Omega 3 found in standard fish oils. (Please note: People with seafood allergies should notify their physician prior to taking a Krill or fish dietary supplement.)

The unique combination of antioxidants, Omega 3, 6 and 9 oils and other potent ingredients in 100% natural Neptune-source Antarctic Pure Krill Oil offers support for:

- A reduction in lung/heart-damaging inflammation
- Improved concentration, memory, and learning
- Improvement in cholesterol and other blood lipid levels
- Stabilization of blood sugar levels
- Healthy joints, with a decrease in pain and symptoms associated with arthritis
- Fighting the damaging effects of aging
- Protecting cell membranes
- Healthy liver function
- Bolstering the immune system
- Healthy mood regulation
- Optimal skin health
- Improved quality of life

#### Ingredients:

Lipid extract from the crustacean Antarctic Krill Euphausia Superba	1000mg
Phospholipids	450mg
Total Omega 3	260mg
EPA	140mg
DHA	80mg
Omega 6	15mg
Omega 9	80mg
Astaxanthin	0.11mg

#### Dosage:

Take 1 capsule twice per day with food.

## 90 Liquid vitamins and minerals formulation – Essential for health to ensure a complete daily requirement

Ingredients	Amount per Serving
Calories	39
Calcium (Tricalcium Phosphate, Citrate)	600mg
Choline Bitartrate	25mg
Chromium (Chromium Polynicotinate)	200mcg
Copper (Copper Gluconate)	2mg
Folic Acid (Vitamin B Conjugate)	500mcg
Inositol	50mg
Magnesium (Citrate Gluconate Concentrate)	300mg
Manganese (Manganese Gluconate)	10mg
Organic Seleniummethionine	200mcg
Potassium (Potassium Gluconate)	250mg
Vitamin A (Palmitate)	5000IU
Vitamin A (Beta Carotene)	5000IU
Vitamin B1 (Thiamine Mononitrate)	3mg
Vitamin B12 (Methylcobalamin)	6mcg
Vitamin B2 (Riboflavin)	3.4mg
Vitamin B3 (Niacinamide)	40mg
Vitamin B5 (Calcium Pantothenate)	20mg
Vitamin B6 (Pyridoxine Hydrochloride)	4mg
Vitamin C (Ascorbic Acid)	300mg
Vitamin D (Cholecalciferol)	400IU
Vitamin E (Alpha Tocopheryl Acetate)	60IU
Vitamin K (Phytonadione)	80mcg
Zinc (Oxide)	15mg
Ionic Trace Minerals	600mg
Phosphorus (Amino Acid Chelate)	190mg
Biotin	300mcg
Iodine (Potassium Iodine)	150mcg
Boron (Sodium Borate)	2mg
Molybdenum	75mcg
Chloride Concentrate	102mg
Amino Acid Complex	10mg
Aloe Vera Extract (200:1)	2mg

### Dosage:

Take 15ml (1/2fl.oz.) 2 times per day with food.

## Optional nutrients – but recommended for at least the first 1-2 months



### Digestive Enzyme Complex – The need for Digestive Enzymes

The digestive system is a truly integrated system – the function of one aspect usually affects the other. Because of this interrelationship among the components of the digestive system, it is often difficult to determine the exact cause of any digestive disturbance. However, using the proper digestive enzymes can eliminate most of the problems.

Incomplete digestion and yeast can be the main contributors to the development of many diseases. Ingesting foods and nutritional supplements are of little benefit if their break down and assimilation are inadequate, but supplementing with enzymes helps allow for better absorption.

Proper small intestine absorption requires effective digestive enzymes coupled with fully functional absorptive surfaces. Improving small intestine function includes addressing the underlying issues that cause the discomfort and disease. Digestive enzymes can help bring relief to food intolerance and allergies, and provide support when the body is suffering from a lack of enzymes, low immune status and too much sugar in the diet.

### Digestive Recommended Formulation:

FrutaFit® IQ Inulin	150mg
Protease SP Blend	82,000 HUT
Amylase	8,000 DU
Alpha Galactosidase	300 GLA
Glucoamylase	20 AGU
Lactase	1,000 ALU
Cellulase	600 CU
Invertase	525 INVU
Pectinase	55 endo PGU
Lipase	1,350 FIP

## Probiotic14 Strain complex



Antibiotics coupled with modern day use of pesticides and washing everything we eat have resulted in our friendly bacteria slowly becoming seriously deficient, leaving us exposed to many health problems and symptoms. **It is important for everyone, especially those who have taken antibiotics and other drugs, to take a supplement with at least the main 14 good bacteria** that colonize the mouth and digestive tract. Supplementing to restore these friendly bacteria, commonly known as probiotics, can bring many benefits.

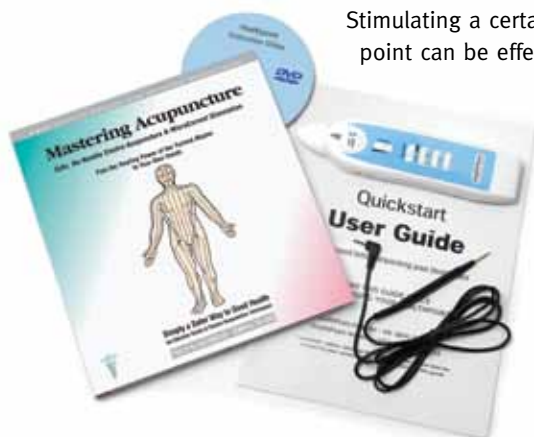
## Probiotic Recommended Formulation:

### Ingredients:

<i>Lactobacillus acidophilus</i>	600,000,000 CFU
<i>Bifidobacterium</i>	600,000,000 CFU
<i>Lactobacillus plantarum</i>	600,000,000 CFU
<i>Bifidobacterium longum</i>	600,000,000 CFU
<i>Bifidobacterium infantis</i>	600,000,000 CFU
<i>Lactobacillus bulgaricus</i>	600,000,000 CFU
<i>Streptococcus thermophilus</i>	600,000,000 CFU
<i>Lactobacillus casei</i>	600,000,000 CFU
<i>Lactobacillus salivarius</i>	600,000,000 CFU
<i>Lactobacillusbreve</i>	600,000,000 CFU
<i>Lactobacillusparacasei</i>	600,000,000 CFU
<i>Lactobacillusrhamnosus</i>	600,000,000 CFU
<i>Lactobacillusbrevis</i>	600,000,000 CFU
Fructooligosaccharides	200 mg

**Also recommended, especially for Cystic Fibrosis:**  
**Mixed Tocopherols Vitamin E 1000iu capsules**

## Acupressure Stimulation



Stimulating a certain point in the centre of the chest helps to relax and improve breathing. This point can be effectively and safely stimulated using the HealthPoint™ electroacupressure kit. The advantage of the kit is it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

HealthPoint™ is easy to use, painless and effective, and includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. HealthPoint™ breakthrough technology was developed by leading pain control specialist Dr Julian Kenyon 19 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the centre chest point Cv17 for better breathing.

## In conclusion:

The fourth leading cause of death is lung disease

1. Heart disease
2. Cancer
3. Stroke
4. Lung diseases

Lung disease is essentially a lifestyle disease, meaning if the lifestyle is changed, there is every likelihood of some recovery. With the changes in this 10 Step Plan put into effect, the body is perfectly capable of healing and recovering good health.

*Drugs don't make you healthy*

**Drugs do not work in that they do not make you healthy. At best drugs will help you feel better; at worst they will speed up degeneration and contribute to premature death.**

*You will always end up healthier with this plan*

The worse thing that can happen with this plan is that you will get healthier but still need to take drugs if they or the disease have damaged you to the extent that you are reliant on them.

*Take it all slowly and step by step*

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because...

*Make no mistake...*

*Your life is worth it.*

**Robert Redfern, Your Health Coach**

**Email [Robert@goodhealth.nu](mailto:Robert@goodhealth.nu)**

**[www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com) for step by step coaching and support.**

## Sample Daily Pulmonary Rehabilitation Plan

Time	Action	Amount
<b>OPTIONAL ITEMS</b>		
Anytime in the day on an empty stomach	Take 1st Line Immune Support. Mix as per instructions and video link <a href="http://www.goodhealthnews.tv/healthnews/new-immune-booster">http://www.goodhealthnews.tv/healthnews/new-immune-booster</a>	Take 1 unless you have a weak immune system and then take more, 1 day apart, as finances allow, up to a maximum of 7 times
Before any cooked meal	Take Essential Digestive Enzymes	1 capsule
With any meal	Take Probiotic <sup>14</sup>	1 capsule
With any meal	Take Vitamin E Mixed Tocopherols	400mg
<b>BREAKFAST</b>		
30 minutes before breakfast	Take Serranol <sup>®</sup>	2 capsules
With the Serranol <sup>®</sup>	Take D.I.P. Daily Immune Protection	1 capsule
Just before eating	Take Nascent Iodine Drops	4 drops in a little water
With breakfast	Take Active Life, with a little liquid	15ml or 1/2 fl oz
With breakfast	Take The KRILL Miracle	1 capsule with food
Anytime after breakfast	Take OxySorb drops	5 drops under the tongue
<b>LUNCH</b>		
30 minutes before lunch	Take Serranol <sup>®</sup>	2 capsules
Just before eating	Take Nascent Iodine Drops	4 drops in a little water
Anytime after lunch	Take OxySorb drops	5 drops under the tongue
<b>EVENING MEAL</b>		
30 minutes before evening meal	Take Serranol <sup>®</sup>	2 capsules
With the Serranol <sup>®</sup>	Take Daily Immune Protection	1 capsule
Before eating	Take Nascent Iodine Drops	4 drops in a little water
With the evening meal	Take Active Life, with a little liquid	15ml or 1/2 fl oz
With the evening meal	Take The KRILL Miracle	1 capsule
Anytime after evening meal	Take OxySorb drops	5 drops under the tongue

## All the books in this series:

- Acne, Eczema & Psoriasis
- Alzheimer's & Senility
- Arthritis & Osteoporosis
- Cancer: Breast, Colon, Pancreatic & other cancers
- Cardiovascular Disease, PAD, Corotid & more
- Chronic Fatigue, Fibromyalgia & Candida
- Diabetes & Hypoglycaemia Cholesterol – Healthy Levels
- Electro Acupressure – Self-treatment of the Acu Points
- Fertility Problems
- Heart Disease, Angina, Valves & more
- High & Low Blood Pressure
- IBS, Crohns, Colitis, Ulcers & other Digestive Problems
- Lung Disease, COPD, Emphysema & more
- Macular Degeneration, Cataracts & Diabetic Retinopathy
- Men: Prostate, EDF, & Hormones
- MS, RA, Lupus, Psoriatic Arthritis & other Auto Immune Diseases
- Stress & Anxiety
- Stroke Recovery & Prevention
- Women: PMS, Menopause, Fibroids, PCOs & Fibroids

## Other Books by Robert Redfern

- The 'Miracle Enzyme' is Serrapeptase
- Turning A Blind Eye
- Mastering Acupuncture
- EquiHealth Equine acupressure

# About this book

Robert Redfern – Your Personal Health Coach  
[www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com)



Robert Redfern is passionate about providing you with the right tools and information to help you become an expert in natural health, so that you and your family can achieve great health.

This book brings Robert's research and work on lung health into an easy to follow Pulmonary Rehabilitation Plan that everyone can follow for improved lung health.

To help you further, Naturally Healthy Publications has built a website for dedicated 'Good Health Coaching' based on Robert's books. Visit [www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com) today for more support for lung health problems, including:

- COPD
- Emphysema
- Bronchitis
- Fibrosis
- Bronchiectasis
- Cystic Fibrosis
- Cough – Chronic
- Bronchial Asthma
- Pneumoconiosis, Asbestosis & Dust Conditions

"I could hardly believe the improvement in his health. We were on a 3 week cruise and met one of the other passengers, obviously in poor health. His lips were blue and his breathing laboured. When we got off to visit places he could hardly walk. He was 72 years old and told us he suffered from asbestosis, emphysema and heart problems.

"Having used your formulation for all my family and friends, I just had to tell him about it. I happened to have a spare bottle with me, so I gave it to him. He took 3 per day for the rest of the cruise, and even I could hardly believe the improvement in his health. By the end of the cruise, his lips were pink and he was able to do the full excursions. I have spoken to him since and he has bought some himself and is now able to drive for the first time in a long time."

Mrs Hardman