

# **Week 14 (2016)**

## **LUNG DISEASE? It's COPD!**

I have been remiss in not paying more attention to this season's epidemic of lung diseases and this is because I have been answering emails on an individual basis. It came home to me yesterday when a dear friend called me for help. She has had a hacking cough for the past six weeks and in spite of a number of drugs from the doctors to help her breathing, it's getting worse to the point she came to me in desperation. To be fair on her, I have disclosed many times that the last people to ask for my help are friends and relatives yet thousands from around the world follow my advice to great success.

### **COPD**

Chronic Obstructive Pulmonary Disorders (COPD) is a general term that refers to a dysfunction of our breathing. I must state very clearly that any COPD is critical and life threatening. My mother died of COPD aged 62 and whether it is a hacking cough, asthma, emphysema, bronchiectasis or even cystic fibrosis, such COPD conditions must all be treated as though your very life is at stake. But, what are you to do?

### **Drugs Don't Work and are Failing**

The reason drugs don't work is that they do not address the cause. As well as not addressing the cause, drugs such as antibiotics and others leave our own immune system and the heart in a weak state and at risk of the possibility of slow decline to body wasting (cachexia). Most lung disease is made worse by fungus/yeast in the respiratory system that further causes the decline. Only pulmonary rehabilitation will reverse this decline.

### **Pulmonary Rehabilitation – The Lungs**

The role of the lungs (simply put) is to extract oxygen from each breath and to exhale the waste carbon dioxide (CO<sub>2</sub>). If we do not breathe correctly from our diaphragm (not our chest) we do not obtain enough oxygen and leave CO<sub>2</sub> in our blood which then destroys red blood cells. Red blood cells are critically needed to carry oxygen around the body. This must be corrected for rehabilitation.

### **Pulmonary Rehabilitation- Cell Regeneration**

Oxygen is where we get energy for cell regeneration and it needs a ratio of 80% oxygen and 20% glucose for cells to repair and regenerate. There are four things that cause a failure of this system:

1. We breathe incorrectly by sitting too long, being stressed/anxious, or not walking 3-5 miles per day.
2. We eat too much glucose/sugar in our diet (explanation below: What Do I Mean By Sugar?)

3. We live in a poor environment: damp living conditions, smoke or other pollution, existing fungal spores in the air.
4. Drugs and especially antibiotics leave our Immune systems weaker and weaker the more they are used.

## **Pulmonary Rehabilitation – Really Healthy Foods**

Processed foods must be kept to a minimum as most are bad for health. Insufficient fresh fruits and vegetables, depleting our nutrients and enzyme reserves must be corrected.

Consume at least 8 portions of fresh vegetables/salads each day.

Consume at least 3-5 portions of dark skinned fruits each day.

## **There is Much More!**

You need to download my eBook for your condition and follow the full plan for the very best recovery. The action plans for all lung/bronchial problems are in my various eBooks. Visit [FREE BOOKS](#) to get started today and feel the benefits within 30 days.

This image is just one of the lung books. There are 7 other types of lung books in NHN.



## **What Can You Do Today?**

If your situation is urgent then:

1. Until you get my plan you can nebulize (if you have a nebulizer) and add a small pinch of sodium bicarbonate and/or colloidal silver in distilled water to start the relief.
2. Take a large pinch of sodium bicarbonate in 6 glasses of water consumed over the day.
3. Only consume green smoothies (4 over the day) and nothing else for 30 days  
<http://goodhealthhelpdesk.com/index.php?/Knowledgebase/Article/View/2521/0/the-importance-of-daily-smoothies>
4. Learn proper breathing from my eBook and practice it.
5. If you have a hacking cough, order a [Salt Pipe](#) and use it every hour.

## **Does it work? Here are two extreme examples:**

In 2006, Mike Tawse was confined to his wheelchair and his friends were planning his funeral. His lungs and, as a consequence, his heart, were rapidly coming to a full stop. All the doctors could do was to add another drug to a total of 14. Luckily for him he was introduced to the plan from my book. Within weeks he was recovering and now 10 years later he is still off those drugs. He still has Cerebral Palsy but now he has a life. He carried out my plan to the letter and made most of the diet changes.

Compare that to Margaret's father with asbestosis. She contacted me and was very anxious for his limited life as he was sitting in his chair, strapped to an oxygen mask. The doctors had told her that such a condition is terminal and he could only get worse. Unfortunately, like many men, he would not consider the diet change but she did persuade him to accept one step of the plan – supplementing with Serrapeptase. "Occasionally he took two steps," says Margaret. "Nevertheless, he discarded his oxygen mask and enjoyed getting about, going to the shops and chatting to all his friends. He was sufficiently satisfied with that and that it would extend his life...and it did. (My comment – imagine if he had done the whole plan?)

## **Remember**

Serious disease needs serious adherence to a plan and as well as downloading my eBooks for any health condition, help is at hand at [www.MyGoodHealthClub.com](http://www.MyGoodHealthClub.com) for expert advice and advice is always available from my health coaches. Register your interest for free health coaching.

## **What Do I Mean By Sugar?**

For those who are new subscribers to my newsletters or readers of my books, sugar is very unhealthy and is in dangerous levels in all grains and cereals, breads, cakes, cookies, breakfast cereals, rice, potatoes, parsnips and wheat pasta (and of course sodas and colas).

To make matters even worse, when sugar is heated and slightly browned (as in baked goods and toasts) they become even more carcinogenic. There is a measure of sugar toxicity in foods called the Glycemic Index (GI) with a scale of 1 to 100. There is a difference of opinion what is a safe level and some say keep under a GI of 50 and some say a GI of under 40. Scientific studies show that a Ketogenic diet with a GI of under 25 is the only level that is healthy and safe. It is tough to stay under 25 but those who are really sick and who have cancer need to be strong to survive and stay under a GI of 25.

Warning: The food industry, alarmed at the truth about sugar, has created a new term 'Glycaemic Load'. The meaning behind this is that it is OK to load up on sugar once per day but not at every meal. There is no scientific basis for this and the science says only a Ketogenic diet is safe.