

Health News (Week 50- 2016)

By Robert Redfern

On behalf of everyone at Naturally Healthy Publications I wish you and your family: â€œA Happy Healthy Christmas/Holiday Season, Peace on Earth and Goodwill to Allâ€ I am refraining from any heavyweight articles this week as for many of my readers it is a holiday season and they will be rushing and stressing to get ready. I had an amazing but busy year and looking forward to time with my family.

I have included my eBooks below for those of you who will have time over the next few weeks to spend a little time catching up on your reading.

For the rest of us:

Stay Healthy by... Drinking lots of water with a pinch of bicarbonate of soda in each glass, eating everything in moderation, staying calm, going for long walks with your family, giving and getting hugs from everyone you meet, and remembering to take enzymes and probiotics everyday.

MY free E-BOOKS...

(YOU CAN OF COURSE PURCHASE THE HARD COPIES)

HEALTHIER LUNGS IN 30 DAYS

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. You can learn:

- How to reverse lung disease.
- What to do when your doctor says you can't get better.
- How to clear inflammation in the lungs.
- How to recover immune health.
- What missing nutrients to supplement.
- How to use your diet to transform lung health.
- Which breathing and lung building exercises will rehabilitate your lungs.
- How to stimulate acupressure points to improve breathing.
- [CLICK HERE](#) TO DOWNLOAD THIS BOOK



IMPROVING HIGH BLOOD PRESSURE IN 30 DAYS

Hypertension and Hypotension Relief within 30 Days, Blood Pressure Recovery Plan for Long-Term Health You can learn:

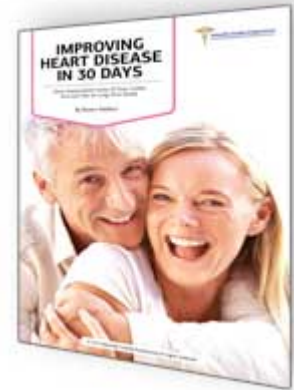
- How to improve hypertension and hypotension.
- What to do when your doctor says you can't get better.
- How to balance blood pressure and promote healing.
- How to recover immune health.
- What missing nutrients to supplement.
- How to use your diet to regulate blood pressure.
- Which breathing exercises will improve your immune health.
- How to stimulate acupressure points to balance blood pressure levels.
- [CLICK HERE](#) TO DOWNLOAD THIS BOOK



IMPROVING HEART DISEASE IN 30 DAYS

Heart Disease Relief within 30 Days, Cardiac Recovery Plan for Long-Term Health
You can learn:

- How to improve heart disease
- What to do when your doctor says you can't get better.
- How to clear inflammation and balance heart health.
- How to recover immune health.
- What missing nutrients to supplement.
- How to use your diet to transform heart disease.
- Which breathing exercises will improve your heart health.
- How to stimulate acupressure points to support the cardiovascular system.
- [CLICK HERE](#) TO DOWNLOAD THIS BOOK



SOLVING DIABETES TYPE 2 IN 27 DAYS

Diabetes Relief within 27 Days, Diabetes Recovery Plan for Long-Term Health You can learn:

- How to improve diabetes, hyperglycemia, hypoglycemia, and blood sugar levels.
- What to do when your doctor says you can't get better.
- How to balance blood sugar levels and promote healing.
- How to recover immune health.
- What missing nutrients to supplement.
- How to use your diet to transform diabetes.
- Which breathing exercises will improve your immune health.
- How to stimulate acupressure points to balance blood sugar
- [CLICK HERE](#) TO DOWNLOAD THIS BOOK



Only read these if you are serious about your health! You should be able to save them to your computer once the link has been opened. Unless you missed previous newsletters you will also know that there are other free books and magazines available too. These include:

NATURALLY HEALTHY NEWS MAGAZINE



- 92 page bumper magazine (in an e-Reader)
- Latest news, wellness, recipes, diet & fitness
- [CLICK HERE](#) TO DOWNLOAD YOUR MAGAZINE

FOCUS ON SAVING EYESIGHT



- Read about Lutein, the amazing nutrient to regenerate the macula
- Covers AMRD and other eye diseases
- [CLICK HERE](#) TO DOWNLOAD THIS BOOK

TURNING A BLIND EYE - WORKBOOK



- Easy to follow, step by step guide
- Read what you need in your life for healthy eyes
- [CLICK HERE](#) TO DOWNLOAD THIS BOOK

CURCUMIN - THE SPICE WITH THE GOLDEN GIFTS



- Incredible story about a super herb that has over 1800 studies published
- Understand Curcumin and how it may help you
- [CLICK HERE](#) TO DOWNLOAD THIS 21 PAGE BOOK