

Week 39 (2017)

My Mother Died Of This At Age 62...

Thirty-two years ago when I was 40, my mother suddenly died. I say suddenly because at that time, I, like the majority of the population – didn't really think of mortality.

Although my mother had suffered from lung disease for as long as I could remember we all believed the doctors when they said that there wasn't a cure and that the pharma drugs she was taking would help her to stay alive. We were wrong.

Far from keeping people alive, many drugs shorten the lives of those taking them. She died from one lung infection too many but that is not surprising.

A new study published in the European Respiratory Journal suggested the use of steroid inhalers increases the risk of hard-to-treat bacterial infection among older people. They also make users more susceptible to lung infections caused by non-tuberculous mycobacteria.

Since overuse of antibiotics has been causing their failure for many years, the consequence of drug care rather than health care for lung diseases has proven to be a failure

Not Just In Elderly People

These problems are not confined to elderly people. A published study concluded: Over-diagnosis of asthma and the overuse of asthma treatments with significant side effects is common in children with persistent cough who are referred to a tertiary respiratory clinic.

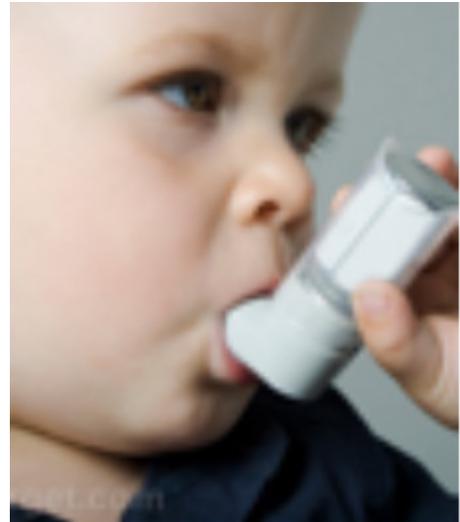
Children with persistent cough deserve careful evaluation to minimize the use of unnecessary medications and, if medications are used, assessment of response to treatment is important.

Researchers found asthmatics were 12 times more likely to go on to be diagnosed with chronic obstructive pulmonary disease (COPD) than those without asthma.

What Is COPD and Lung Disease?

There are many names given to various lung diseases, including:

- Emphysema
- COPD
- Bronchitis
- Bronchiectasis
- Pulmonary Fibrosis
- Pneumoconiosis (Asbestosis and related dust diseases)



- Cystic Fibrosis
- Chronic Cough
- Bronchial Asthma
- Pulmonary Tuberculosis

The medical system claim that they are all incurable and that the only solution is to take pharma drugs including the very drugs that can shorten people's lives. There may be gene deficiencies in a few conditions and other problems but the fact is that inappropriate lifestyle causes the symptoms that debilitate people's lives and dramatically shorten them.

I Disagree

I disagree that Pharma Drugs are the best solution for most people suffering from lung disease. In fact, studies indicate most of those (including sufferers of the gene problem Cystic Fibrosis) can lead a healthy life if they follow a really healthy lifestyle.

It's Obvious Really

What is the difference between an obese person sitting on the couch and a top tennis player? Dedication. To be a top tennis player you have to have a really healthy lifestyle and be dedicated. Yes, skill is important but without being really healthy there is little chance of much achievement in any sport (OK, maybe darts).

So What Has This Got To Do With Lung Disease?

If a really healthy lifestyle can take an obese person from a heart attack waiting to happen to a great tennis player, then you know what you have to do. Radically changing your lifestyle can turn you from a lung sufferer into a really healthy person.

Is It Easy To Make These Changes?

That depends upon your determination to get really healthy. It is easy or hard to make changes to your life simply depending upon how much determination you can muster. If you need help then you simply need to ask.

The Same 'Really Healthy Plan':

Following numerous studies, my Lung Health recovery eBook details clearly how to clear the problems suffered by those with any of the various lung diseases. It really needs as much of the plan following as closely as possible...

You will feel the results within 30 days if you:

1. Follow a full daily exercise program including walking and body weight exercises.
2. Sit down for less than 3 hours per day and stand or walk or even lay down if you need to rest.
3. Take the critical vitamins and minerals that can and does help many of the lung diseases. These include Vitamin D3, selenium, magnesium and iodine.
4. Drink at least 6 x 500ml of pure water with a pinch of bicarbonate soda in each glass.

5. Eat a healthy diet, high in green vegetables, dark skinned fruits, nuts, seeds, seaweeds and fats.
6. Stop eating unhealthy foods such as grains, cereals, processed foods, sugary foods and drinks, processed junk meats, eggs and farmed fish that are all fed on GMO soya/cereals.
7. Detox on a regular basis as this is essential to clearing some of the toxins and chemicals that are permeating modern life.
8. Include Rock Salt in your diet. Rock salt is created in ancient sea beds and has more minerals than modern salt offerings. You need at least 3 teaspoons per day and more in hot sweaty weather.
9. Build determination to stick with the plan and stop listening to the failed Pharma medical system.

You can read most of the things to do in my Lung eBook which majors on reversing the symptoms of lung disease.

For a more specific health recovery plan see the full range of my lung health plans here: <https://naturallyhealthynews.com/health-books/>

SUPPLEMENTS

These are the essential nutrients listed in the eBook:

Active Life which has all of the 130 nutrients needed in a healthy diet. There are 130 capsules in the bottle and this can last from 1 month up to 6 months, depending upon the need and your finances [Click Here](#)

Prescript Assist for powerful probiotics which are not in any diet but are so powerful that 1 or 2 per week means a bottle can last up to 3-6 months [Click Here](#)

Serranol which contains Serrapeptase, CurcuminX4000, Ecklonia Cava seaweed extract and a high dose of Vitamin D3 [Click Here](#)

Nascent Iodine is a more bioavailable and potent form of the critical mineral iodine [Click Here](#)

Magnesium OIL ULTRA certainly required for those whose diet is not mainly consisting of magnesium rich foods or those suffering a condition caused by serious magnesium deficiency [Click Here](#)

Daily Immune Protection (DIP) To protect you from infections and keep you off antibiotics [Click Here](#)

Remember

Premature death from lung diseases is mostly preventable. Of course, if you have a serious health problem then contact my Health Coaches for help and support at www.MyGoodHealthClub.com

