

WEEK 50 (2019)

OXYGEN, FOR LIFE & HEALTH

Oxygen is the bringer of life. We cannot live more than a few minutes without it. It fuels our blood, our cells, our energy, our heart, our brain, and especially our immune system. It comes via our lungs except for a small amount in the water we drink (or should do). Without healthy lung function we cannot have good health and the avalanche of emails from new readers desperately asking for help with all manner of lung diseases is rising as the temperatures drop in northern climes. Many say their doctor have said nothing can be done to prevent death. They are wrong in most cases as the feedback I get from readers says otherwise. In fact, I am here today writing to you because of lung disease.



Thirty-three years ago when I was 40, my mother suddenly died at aged 62. 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 and this set me on the road to researching the causes of disease and the solutions.

LUNGS NOT GETTING BETTER

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

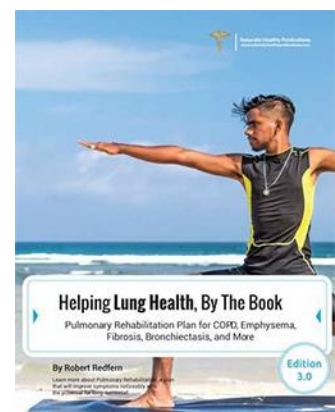
A study published in the European Respiratory Journal suggested the use of steroid inhalers increases the risk of hard-to-treat bacterial infections among older people. They also make users more susceptible to lung infections caused by non-tuberculous mycobacteria.

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 and with billions spent on big pharma, their drugs are not stopping the number of deaths.

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 are common in children with persistent cough who are referred to a tertiary respiratory clinic.

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



- A study of 122,000 nurses showed regular use of acetaminophen had a significantly higher risk of developing asthma.
- A study of 20,000 children showed that children that used acetaminophen once per year had a 70% greater risk of developing asthma but even worse, those that used it every month had a 540% greater risk of developing asthma.
- A study of 122,000 nurses showed regular use of acetaminophen had a significantly higher risk of developing asthma.
- Children that had a single dose of acetaminophen before their 1st birthday had a 60% greater risk of developing asthma.
- 13 and 14 year-olds who had taken acetaminophen within the previous 12 months were 40% more likely to develop asthma. And if they took it once a month, their risk rose to 250%.

Researchers found asthmatics were 12 times more likely to go on to be diagnosed with a 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 irreversible 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 the healthy life in my book 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 disease sufferer into a really healthy person.

IS IT EASY TO MAKE THESE CHANGES?

That depends upon your determination to get really healthy. How easy or how hard it is to make changes to your life simply depends 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 soy/cereals. Follow a Vegan Ketogenic Food plan until recovered.
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.

[Edition 3.0 Now Released](#)

[I have updated my Lung Health Recovery eBook to Edition 3.0 and 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](#):

SUPPLEMENTS

These are some of the essential lung health nutrients listed in the eBook:

PrescriptBiotics™



A powerful soil-based microflora that's custom cultured to rebalance good gut flora. Supports stronger digestion, immunity and overall health. Contains a "Bio-Identical" SBO Probiotics Consortia™ with gut boosting benefits.

Serranol™



A powerful combination formula of four key ingredients in one capsule. Contains 160,000IU Serrapeptase, Curcuminx4000, 50mg Ecklonia Cava Extract and 1000IU Vitamin D3. Available in delayed release capsules.

REMEMBER:

Premature death from lung diseases is mostly preventable but you must start today.. Of course, if you have a serious health problem then contact my Health Coaches for help and support at <http://www.mygoodhealthclub.com/>