

# Health News

## (Week 01 - 2020)

### **Firstly. We wish you and your loved ones a Really Healthy and Happy Decade.**

My wife Anne and I are entering our fourth-decade, helping people to take control of their body to achieve good health. We started properly in 1990 to work on our own health and helping thousands of others. Now in our 70s, we are still working to take better control of our health, and at the end of this new decade, I will be well into my 80s and planning for our 2030 decade of good health.

### **Why Do I Say Planning?**

Nothing (except luck) can be achieved without planning. My hero Mr Singh in London is 108 at the time of writing and still running 13mile marathons for charity. When he was aged 83, he decided to run a marathon (26miles) in the London Marathon. He did not achieve this in the next 12 months. It took him seven years of careful planning and training. At aged 90 he ran the London Marathon and immediately became the world record holder for his age group.

In January 2030, I will be 84. The same age as Mr Singh started training. Would you like to join me on my plan for good health over the next decade?  
Marathon running is not planned :)

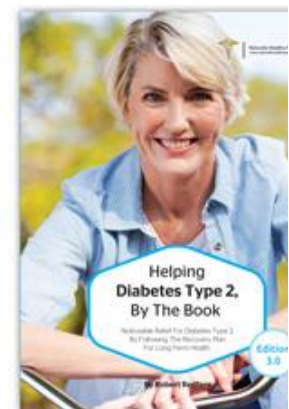
### **Ask Your Doctor Before Starting any new Health Plan?**

How many times have you read this? Your doctor in the UK is trained, employed and under the control of the Pharma/Medical Cartel. In the UK, doctors are terminated for practising real health care. I have written about this many times and given examples. My recommendation is there is no point in asking your doctor for help in healthcare as they have no training whatsoever. They are trained to identify the disease and prescribe a drug to manage that disease. The simple reason is the Pharma/Medical Cartel would be out of business if you followed a health plan and become healthy.

If your doctor were employed solely by you and paid by results, then they would be helping you to reach good health as I do. Supplying you with a recovery plan for your condition and helping you to stick to it. I have detailed 160 recovery plans in my action plan books which you can obtain as a printed book [HERE](#) at the web site or a FREE download as an ebook at the link below.

- The 'Miracle' Enzyme is Serrapeptase
- Healthy Eyes
- Healthy Heart and Cardiovascular
- Healthy Cells from Cancer
- Healthy Lungs
- Healthy Fertility
- Health Autoimmune Function
- Healthy Blood Sugar

## A few Example of my ebooks



## Remember:

In a few rare cases, there is a quick fix, but for the rest of us, it is a long-term plan integrating health care into your daily life. As the drug addicts say, one day at a time.