

Health News (Week 07 – 2020)

Previous steps.

[The Next 10 Years, Step 1 – Lungs](#)

[The Next 10 Years, Step 2 – Heart](#)

[The Next 10 Years, Step 3 – Baking Soda](#)

The Con-A-Virus distracted my flow of the 10-step plan, but on the bright side, I cannot say enough about immune health. Con-a-Virus gave you the perfect lesson that a healthy immune system will keep you alive longer and stronger. It is not Coronavirus that you need to be afraid of; instead, it is a weak immune system. For example, if you had a lifesaver vest when you go swimming, and it was leaking, it is not the drowning that killed you; it was merely a weak poorly maintained Lifesaver Vest that failed to save you.

STEP 4 – IMMUNE – MOST DISEASES

You may think that you die from lung disease, or heart disease or even Alzheimer's. It is usually a weak immune system that does not deal with an infection which then overwhelms your organs or your brain. Very rarely do you die from the cause on the death certificate. Cancer is no exception.

CANCER AND THE IMMUNE SYSTEM

I have contended for 20 years that cancer is usually an immune dysfunction which is now endorsed by medical science. Pharma research is producing drugs (horribly expensive) to replace or boost the immune system to fight many cancers. Of course, these drugs are not supporting your immune system to become healthy as you would not need their drugs. You have to take these auto-immunotherapy drugs to stay alive continually. These drugs are so expensive they are rarely used, and the real cause of most cancer deaths is chemotherapy.

Yes, I repeat, the crazy thing about chemo is it deactivates your immune system – the very cause of many cancers. If a weak immune system is the cause of many cancers (as shown by Pharma's research on auto-immunotherapy), then why deactivate your immune system and make things worse?

What causes a weak immune system? There are many causes of an immune system dysfunction:

- Malabsorption/lack of critical nutrients to maintain a healthy immune system including:
- Iodine, Oxygen, Vitamin D3, Vitamin C, Zinc, Sodium Bicarbonate, Quercetin, Soil Based Probiotics, B12, Natural Folate (instead of synthetic Folic Acid), EPA/DHA Fatty Acids
- Ingesting high sugar foods, sugary drinks, excessive alcoholic drinks, along with bread, pastry, biscuits, cookies, breakfast cereals, white rice, potatoes and most grains and cereals
- Lack of exercise, sleep, excess stress, lack of fresh chemical-free foods, lack of mushrooms, garlic or Curcumin in the daily diet

- Pollution, chemical exposure, smoking cigarettes, pharma drugs and chemotherapy

I cannot stress too highly that your future health is dependant on your healthy immune system. Even gum disease can kill you by causing a heart attack.

Treat your body as you would a vintage Rolls Royce or a piece of furniture that is worth hundreds of thousands. Ending up in a nursing home can cost you hundreds of thousands, but even if you can afford to pay, that life will not be very inspiring.

If you need help making sense of your immune plan, then contact us as below.

Otherwise, my simple plan is:

Here, you'll find my Recommended 5-Step Plan to prevent severe infection:

1. Stop eating all grains, cereals, and other high-sugar foods and drinks

Research indicates that the consumption of wheat contributes to the growth of pathogenic bacteria in our gut, adding to the mounting concern that grain/cereal (often contaminated with Roundup herbicide) is one of the worst foods to consume for gut health. The foods to avoid include: high-sugar foods and drinks, breads, pastry, biscuits, breakfast cereals, rice, potatoes, parsnips, and wheat-based pasta.

2. Eat more colourful vegetables and dark-skinned fruits.

3. Walk as much as possible for better circulation and oxygenation of your blood.

4. Drink 6 x 500ml glasses of water over the day with 1/4 to 1/3 teaspoon of baking soda in each glass.

Add a squeeze of lemon juice to improve the taste. If you can, buy a large sack of sodium bicarbonate (baking soda) and put half a kilogram (1 lb.) into your bath; for an even better effect, add flakes of Ancient Magnesium™ ULTRA. This supports your immune system and more excellent health overall. Try it for a few weeks.

5. Consider using the supplements we take, seen below from left to right in order of priority.



CureC™

Delivers 1000mg of High-Quality Liposomal Vitamin C with 175mg of Quercetin for enhanced antioxidant and anti-inflammatory action. May protect healthy cells and has various health benefits that may support immune function, brain health, blood sugar, and heart health.

ActiveLife™

A full spectrum multivitamin and mineral formula, containing 130 nutrients in one capsule. It contains a patented form of 5-MTHF Folate, perfect for 100% of the population. May support a healthy immune system and normal recovery processes. Suitable for all ages. Vegetarian-friendly.

PrescriptBiotics™

A powerful soil-based microflora containing “Bio-Identical” SBO Probiotics Consortia with gut boosting benefits, missing from the modern diet. Custom cultured to rebalance good gut flora. Supports stronger digestion, immunity and overall health. Suitable for vegetarians and vegans.

Nascent Iodine

Consumable iodine in its atomic form that provides a huge energy release when consumed. May help to provide increased energy and immunity levels. Supports thyroid health and hormone production. Suitable for vegetarians and vegans.

Daily Immune Protection™ (D.I.P.)

Contains Epicor® and eXselen™ with a strong dose of Vitamin D3 to support a balanced immune response and provide extra support for healthy cell growth. Suitable for vegetarians.

Ancient Magnesium Bath Flakes Ultra

Genuine Zechstein Magnesium Flakes with OptiMSM, the world’s purest MSM. Soaking in a bath of Magnesium ULTRA flakes may help to support healthier skin and deliver an improved immune response. It also provides support for stress relief, relaxation, along with whole-body benefits.

REMEMBER:

Really healthy people don’t die. Read and follow the plan in my [eBooks](#), even if you can’t afford everything. The more you do of the things that don’t cost money, the bigger difference in your health you’ll see. You can see great improvements specifically from taking sodium bicarbonate and Ancient Magnesium™.