

# Health News (Week 09 - 2020)

By Robert Redfern

Today on the 27th February, my wife Anne and I (and our dog Rafa) are on vacation and celebrating our 50th wedding anniversary at a beach hotel in a tiny village called Morgan Porth, Cornwall, in England. It is winter here and the sea is wild but beautiful.

Anne is my rock and has supported all the things we do in bringing truth about real health care.

I am not really working until next week but thought I would share our celebration with you and take your mind off the terror being spread by the media.

I know you will not mind me making this short and sweet but I cannot help myself with repeating my recommendations to avoid becoming ill from any source.



## Remember:

No more people are dying around the world compared to the regular amount that die from lung disease/infections in a normal year.

- Do take 10-20,000IU of Vitamin D3 every day
- Do take lots of Vitamin C
- Do take lots of Curcumin
- Do drink 6 glasses of water with 1/4 teaspoon of sodium bicarbonate in each glass.
- Stop eating carbs and sugar!

Read my article from 2019 for full information [Here](#)