

WEEK 10 (2020)

STAY CALM

Firstly, I want to apologise for writing more on this subject but staying calm in the face of media panic is the best way to deal with a crazy situation.

This week I should have been in Anaheim, California at the world's largest trade show for Natural Health. However, panic seems to have set in and the Natural Products Show was cancelled (with one day to opening) as I was packing for my flight.

I switched on the radio and hear that flights are being cancelled all over the world and even California has declared a state of emergency. The cost of this to businesses could be in the billions (not to mention jobs). It appears that the media (and social media) is whipping up huge unfounded hysteria about the coronavirus, forcing some airlines out of business.

THE WORLD HAS GONE CRAZY

We have a massive overreaction to this epidemic. This Con-a-Virus is no worse than the other flu epidemics in the last 50 years and in hindsight, we can see these were never as bad as claimed in the media at the time.

In Italy, all schools and universities have been closed. Many businesses will have to close or at least jobs are suffering.

I have listened to real Epidemiology Experts (rather than doctors) and they say this is no worse than the flu and of no real danger to people with healthy lungs. That is not to downplay the risk to those with unhealthy lungs.

Since my mother died of lung disease at age 62 it is one of the many diseases I successfully tackled at the start of my career in natural health. If you or someone you know has unhealthy lungs then there is no time to lose as this is the main risk from coronavirus and in fact, any flu. The main difference for lung diseases is to add [SERRANOL](#) to



the plan I already recommend for anyone needing to build immune health

(See www.ReallyHealthyLungs.com)

You can read my previous emails on Con-a-virus here:

- <https://naturallyhealthynews.com/week-06-2020-con-a-virus-update-9-need-to-know-questions-answered/>
- <https://naturallyhealthynews.com/week-05-2020-con-a-virus-is-the-pharmaceutical-industry-playing-games/>

News flash

Shanghai Government Officially Recommends Vitamin C IV for COVID-19 after good results.

YOU FIRST HAVE TO BE SICK TO DIE, AT ANY AGE.

I trust this helps put it all in perspective. The reality is that getting healthy and staying healthy is the best way to stay alive. I sincerely hope I will soon be back on my “10-Year Program Newsletter” for achieving greater health by 2030 than you (and I) have today.

If you are new to my newsletters, here is a quick program to get you healthy enough to survive, but only if you stick with the plan.

Readers will know that a sodium bicarbonate IV is used every day in hospital emergency rooms to rescue patients at death’s door. I called sodium bicarbonate “The Penny Cure.” In our many glasses of water over the day, we take a 1/4 to 1/3 teaspoon of sodium bicarbonate. And, we take CureC™ Liposomal Vitamin C + Quercetin, along with Active Life™, PrescriptBiotics™, Nascent Iodine, Daily Immune Protection™ (D.I.P.), and Ancient Magnesium Bath Flakes Ultra. Those with unhealthy lungs should add SERRANOL.

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, all 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 500 ml 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 for excellent overall health. Try it for a few weeks.
5. **Consider using the supplements we take, seen below from left to right in order of priority.**



Camu Camu

It provides over 2700mg of Vitamin C per 100 grams of fruit. Includes naturally occurring bioflavonoids, anthocyanins and other essential nutrients such as fatty acids and amino acids. It offers powerful support for the immune system, with antioxidant and anti-inflammatory benefits.

OliveLeaf+Zinc

Daily Immune System Support Against Colds, Flu, and Yeast has proven Antiviral and Antioxidant Protection Help to Maintain Balanced Cholesterol Levels Pure, Reliable, and Free from Synthetic Isolates Olive Leaf Extract with Zinc is a daily boost immunity. For those under stress, or who find themselves frequently sick without reason, there are critical immune-strengthening nutrients the body may be missing.

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.)

It 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.

Vitamin D3

Vitamin D 4000iu delivers much-needed support and has been found to influence over 200 genes relating to cell health and conditions such as autoimmune diseases like multiple sclerosis. Supports Overall Health When Sunlight Is Scarce it is important for individuals with limited sun exposure to include good sources of vitamin D in their diet.

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.

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 the difference in your health you'll see. You can see great improvements specifically from taking sodium bicarbonate and Ancient Magnesium™.

AND IF ALL ELSE FAILS DETTOL WILL PROTECT YOU.

