

Health News (Week 11 - 2020)

By Robert Redfern

I think it's a fair question. On one hand you are reading a newsletter from me, a guy who has not had even one day of medical training and on the other hand you have possibly millions of highly trained doctors who disagree with me. I get my information from experts and 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.

Who do you believe?

Many of these (highly Trained) doctors around the world are now claiming that Con-a-Virus is a dangerous pandemic, and that citizens of every country should be self-isolated (locked up) for their own good to prevent the spread of Con-a-Virus. If I am right (and the Epidemiology Experts), this is no worse than all of the previous so-called pandemics why are doctors not marching with banners saying this? The answer is they are all afraid of the Pharma/Medical Cartel. This Cartel is demonstrating that it can control the whole world with a wave of its fake news. It controls the media, all doctors (who want a job), politicians (with donations), and the authorities who have unlimited power over us such as the MHRA in the UK, The TGA in Australia and the FDA in the USA. The Pharma/Medical Cartel is supported throughout the world by the so-called Deep State/Military Complex.

Do Your Believe in the Pharma/Medical Cartel?

Part of the Con-a-Virus terror story is that it has killed a few thousand already very sick people worldwide. The media never report that the Pharma/Medical Cartel kill millions world wide with dangerous drugs and treatments. This is not a wild accusation as governments around the world employ 'bean-counters' to count these deaths and causes. I have pointed out before that 3-million people in Europe die from infection in hospitals EVERY YEAR and most of these could possibly be saved with a simply Vitamin C IV/Sodium Bicarbonate. Millions more die at the hands of the wrong treatments and you can scroll down at this link to see where the bean-counters got their information from. <https://pharmadeathclock.com/>

In 1981 Dean Koontz wrote a book: In The Eyes Of Darkness, Wuhan-400

It is about a virus which spreads from there around the world. I wonder if the, the Pharma/Medical Cartel read this book??????

What is the Story on China?

Since the beginning of time humans have controlled their children and other adults with stories of bogymen and ghosts. The eventually included anyone who did not belong to their tribe. The Pharma/Medical Cartel are able to terrorise people in most countries except a few and China is one of those. I don't know how this Con-a-Virus started and we will probably never know so this is a guess.

China was chosen since it is claimed that most Flu epidemics (coronavirus) started in Asia regions. It may also have been chosen because China is getting too big for the Pharma/Medical Cartel/Deep State/Military Complex to control and they wanted to weaken it.

It has not worked and China who over-reacted initially has now got in under control got which Tim Cook the boss of Apple Corp confirmed recently. If you did not hear all this in the Media it is because they are continuing the bogymen story about China. I agree China is an authoritarian country but they have come through massive change in my lifetime but then so has most western countries. The UK is not the country I was born into 74 years ago and neither is the USA.

China's Solutions

Doctors in areas effected in China are giving Vitamin C and especially Vitamin C IV. Vitamin C's popularity is rooted in research that vitamin C can prevent virus — a theory first set out in the 1940s and in 1970 by Nobel Prize-winning scientist Linus Pauling. He showed its benefits and personally took 3g a day. Of course, the Pharma/Medical Cartel disagree and recommend their drugs. **Doctors in China are giving Beta Glucan** - Tons of Beta Glucan (an extract from oats) has been delivered to Wuhan Province to help make the immune system of those infected much stronger. Vets will know how powerful this as they give it to racehorses when travelling long distance as stress lowers their immune system. This is why I added to my Daily Immune Protection. Along with Vitamin C this accounts for the great results in China. Read more on this [here](#).

I repeat, I get my information from experts and 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 (See www.ReallyHealthyLungs.com)

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

<https://naturallyhealthynews.com/week-10-2020-stay-calm/>

<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/>



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.

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.**



Vitamin C™

The range includes: 1000mg of High-Quality Liposomal Vitamin C with 175mg of Quercetin, 1000mg Liposomal Vitamin C and Cam Camu Capsules. For all ages from infants to seniors. Protect healthy cells and has various health benefits that may support immune function, brain health, blood sugar and heart health.

[Daily Immune Protection™ \(D.I.P.\)](#)

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

[OliveLeaf+Zinc](#)

A super antioxidant, olive leaf is considered to potentially offer immune protection against colds, flu and other viral infections. Oleuropein, one of the primary compounds in olive leaf, is believed to exhibit potent anti-viral, anti-bacterial and anti-fungal properties, offering wide-reaching immune support. The addition of zinc, also critical for a strong immune system and often deficient in the diet, enhances the power of this product. Can be used all year round or for more occasional targeted support. Suitable for vegetarians and vegans.

[PrescriptBiotics™](#)

Taking probiotic supplements is recommended to help balance the bacteria in the gut, which in turn supports digestion and nutrient absorption, as well as overall immunity. Prescript Biotics, contains a custom cultured blend of soil-based organisms, in its own prebiotic food source, to help balance the diversity of the microbiome; supporting digestion, immunity and overall health. Soil-based probiotics are the first choice for optimum health, as they are well adapted to the environment of the gut and offer long-term benefits. Suitable for vegetarians and vegans.

[Nascent Iodine](#)

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

[Hydrosol Silver](#)

Hydrosol Silver Spray - The active ingredient in the Hydrosol Silver Spray is a unique patented Silver Technology, using nano-particles for superior absorption, containing 10ppm hydrosol silver. Using a silver spray can act as the first line of defence against unwanted pathogens. Being anti-microbial it is able to support immunity, by targeting invading bacteria, viruses, fungus and so on. By boosting the immune system, you allow your body's own natural defences to work much more efficiently. Suitable for all the family.

[D3-K2 Spray](#)

Combines 1000IU of Vitamin D3 and 100mcg of Vitamin K2 MK7 in an easy to use sublingual spray for maximum absorption. Helps to support a normal immune system response, support better calcium absorption and phosphorus absorption in the bones. It is also the world's only Vegan and Vegetarian Society Registered Vitamin D3.

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™.