

Health News

(Week 13 - 2020)

Here is Great News, the UK Government website has downgraded the seriousness of Corona Virus.

Status of COVID-19. Their website clearly says:

As of 19 March 2020, COVID-19 is no longer considered to be a high consequence infectious disease (HCID) in the UK.

The 4 nations public health group made an interim recommendation in January 2020 to classify COVID-19 as an HCID. This was based on consideration of the UK HCID criteria about the virus and the disease with information available during the early stages of the outbreak. Now that more is known about COVID-19, the public health bodies in the UK have reviewed the most up-to-date information about COVID-19 against the UK HCID criteria. They have determined that several features have now changed; in particular, more information is available about mortality rates (low overall), and there is now greater clinical awareness and a specific and sensitive laboratory test, the availability of which continues to increase.



The Advisory Committee on Dangerous Pathogens (ACDP) is also of the opinion that COVID-19 should no longer be classified as an HCID.

The need to have a national, coordinated response remains, but this is being met by the government's COVID-19 response.

Cases of COVID-19 are no longer managed by HCID treatment centres only. All healthcare workers managing possible and confirmed cases should follow the updated national infection and prevention (IPC) guidance for COVID-19, which supersedes all previous IPC guidance for COVID-19. This guidance includes instructions about different personal protective equipment (PPE) ensembles that are appropriate for different clinical scenarios.

P.S. Stop Listening to the Fake Media, stop eating processed junk foods, take a few essential supplements such as Vitamin C - 1gram, Vitamin D3 5000IU and get out into the sunshine.

Read the government facts here: <https://www.gov.uk/guidance/high-consequence-infectious-diseases-hcid>

However, We Still Have a PRISON PLANET No Matter what the Honest Scientists Say.

Why?

Most European and World economies are now at a standstill. Shops, hotels, restaurants, bars, most offices and many factories are now closed. Virtually all European car manufacturing has come to a halt. The airline and tourist industry is collapsing and most small businesses haven't got cash flow for more than a couple of weeks.

It is an unbelievably tragic catastrophe which is now hitting the world. I have talked about the coming collapse of the world economy since 2008 and I've done my best to tell people to protect themselves by getting healthy. Sadly, most people believe that good times will go on forever. Therefore, the coming economic downturn will shock the world.

Although, there is always a catalyst for a downturn, the world could not have been hit by a worse trigger. The biggest economic downturn in history was just waiting for this trigger.

Two Reasons For This Catastrophe:

1. The Pharma/Medical Cartel have been concerned for a while that the public were realising that vaccinations may not be as safe and effective as claimed. This followed CDC researcher Dr Bill Thompson's revelations who published 10,000 documents exposing a cover-up of side effects and failure of vaccines and autism. The Pharma/Medical Cartel quickly realised that Covid-19 that originated in China was an opportunity to terrorise the population by exaggerating its effects. Vaccines could be shown to be our saviour.
2. The Pharma/Medical Cartel's actions gave the Central Banks around the world the perfect opportunity to crash the economies of the main countries to hide their printing of trillions of paper money which in truth has simply made a huge number of Millionaires, Billionaires and now Trillionaires. They are blaming the economic crash on Covid-19 rather than their irresponsible printing of paper money not backed by any value. Which will devalue all money and put up the cost of living.

Who is the Pharma/Medical Cartel?

This is a strong alliance of the Drug Companies that hold patents on pharmaceutical drugs and the Medical/Health Authorities. They hold power over the lives of everyone who needs medical care in most countries around the world. Their offering is disease management and to actively discourage real health care that turns people away from their products and services. This now includes the World Health Organisation (WHO) that used to be an unbiased organisation giving independent advice and help for health. They now work hand-in-glove with the Pharma/Medical Cartel and doctors move easily between the two organisations.

In all countries the organisations tasked by governments to monitor health care such as the FDA and Centre for Disease Control (CDC) in the USA, along with the MHRA in the UK are run by people who are guaranteed a huge payday by the Pharma/Medical Cartel. The latest

example is former CDC Director Julie Gerberding who took a lucrative position as President of Merck's vaccine division and was rewarded to the tune of \$16 Million+. This is just an example of how the wealthiest companies in the world could buy influence. This example may be a minor one when you look at how much medical doctors are paid to prescribe certain drugs.

Covid-19

This is a Corona Virus that may or may not be more easily spread. There is much fake news about its spread by the media who seem to relish in the misfortune of both the deaths of people and the economic crash. This is partly since the media are mostly immune to the loss of jobs and income that the rest of the population suffer.

Also, much of the media may be hand in glove with the 'establishment'.

Covid-19 according to 'independent minded' epidemiologists such as Emeritus Medical Director, Professor Paul Cosford CB, is not worse than seasonal flu. The effects are being exaggerated as to the number of people dying and its effects on the healthy population. True these numbers are fed to the media by the Pharma/Medical Cartel but the media, rather than, innocent, seem to be part of the plan. Just so you know there are already three successful drug treatments for Covid-19 as well as Vitamin C. This is not stopping The Pharma/Medical Cartel trying to bring a vaccine to market for it. This is their holy grail.

I strongly recommend getting healthy rather than any drug route.

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 grains/cereals (often contaminated with Roundup herbicide) are 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.**



[Curcuminx4000™](#)

Research suggests that Curcumin has powerful anti-viral, and anti-fungal, plus anti-inflammatory properties that may support your body's immune health and normal inflammatory response. My recommendation is Curcuminx4000™ as it contains 200mg of highly effective Curcumin Phytosome which, in a recent study, showed an increase in utilisation up to 45x compared to ordinary Curcumin 95%. Bioavailability backed by clinical studies, Curcuminx4000™ uses Meriva® (root) Curcuma longa extract to significantly improve its absorption. Formulated for the digestive system. Suitable for vegetarians and vegans.

[BrainPower™](#)

Curcumin and Resveratrol Research suggests they powerful anti-viral, and anti-fungal, plus anti-inflammatory properties that may support your body's immune health and normal inflammatory response. They have natural anti-inflammatory and antioxidant benefits that can also support your brain health and may boost your immunity levels. BrainPower™ contains Liposomal Curcumin/Resveratrol for increased absorption. Made with natural non-GMO ingredients. Suitable for vegetarians and vegans.

[PrescriptBiotics™](#)

Taking probiotic supplements is recommended to help balance the bacteria in the gut, support digestion and nutrient absorption, as well as overall immunity. My recommendation is PrescriptBiotics™ as it 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.

[Vitamin D3-K2 Spray™](#)

Vitamin D3 and Vitamin K2 may help to support a powerful immune system response, along with supporting better calcium absorption and phosphorus absorption in the bones. Vitamin D3-K2 Spray™ combines 1000IU of Vitamin D3 and 100mcg of Vitamin K2 MK7 in an easy to use sublingual spray for maximum absorption. It is also the world's only Vegan and Vegetarian Society Registered Vitamin D3.

[Nascent Iodine](#)

Iodine helps to provide increased energy and supporting immune levels. As a consumable

iodine in its atomic form, Nascent Iodine provides a safe energy release when consumed. Supports thyroid health and hormone production. Best taken with Ionic Selenium for best results. Suitable for vegetarians and vegans.

[Ancient Magnesium Oil Ultra](#)

Trans-Dermal Magnesium acts fast to provide immune support, potentially lowering inflammation, promoting cell turnover and especially respiratory health. Ancient Magnesium Oil Ultra provides ultra-pure Zechstein mined Magnesium Chloride, known as the gold-standard transdermal magnesium, trusted by professionals. Ancient Magnesium Oil Ultra combines Magnesium Chloride with OptiMSM, for enhanced skin absorption.

[Camu Camu Vitamin C](#) *(UK only)*

Various studies show that Vitamin C can boost immune health and provide cell health support. Camu Camu is rich in Vitamin C, providing over 2700mg of Vitamin C per 100 grams of fruit and a unique combination of vitamins and minerals. ORAC Tested for antioxidant capacity and stability.

Remember:

Really healthy people don't die of Flu or Corona Virus. 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™.