

## Health News (Week 18 - 2020)

By Robert Redfern

My early life would be considered harsh by many people. I don't mean in my home but on the streets where we lived. The education available was not excellent, and the expectation was that most would end up in unskilled jobs. Great success would be a skilled trade person. In my youth, you always expected to be ready to assume a physical fight as society was still reeling from WW2 and violence was ingrained. Our playground was bomb shelters, bombed out buildings and deserted military camps set in fields. The strange thing is, even though I lost as many fights as I won, they both gave me a strength which I carry sixty years later. I don't back down from threats to myself and especially threats to others who need for my help.



### Worse Than Post War

Now I feel I need this strength even more. After WW2 finally ended in 1946, I was in the first year of my life. History shows everyone was inspired with hope. We all could look forward to a brighter future free from oppression. The tyrannical fascists were defeated, and life would get better. The propaganda from our media still existed but was turned to point at Russia and China as the enemies. The media told us, these countries were communists, a tyrannical form of socialism. The society said we lived in democracies and were free to vote. Our secret services may have been telling us lies about Russia and China, but it did not distract us from voting for a move towards a better life.

My family had a taste of socialism. A few months before I was born in January in 1946, a socialist Government was voted in. In the next five years, they transformed the UK creating free health care including concentrated Orange Juice, Vitamin D3 and milk for children. It was free for everyone, but it was we poor people that embraced it (luckily for me). The Socialist Government lost the next election, and the Conservatism that came in slowly took away all of the free healthy stuff.

What was not apparent was that the secret service cabal of the western countries deliberately created troubles for every socialist (as well as a conservative government they did not like). In effect, they controlled all governments in most western countries. This organisation became what we now know as the DEEP STATE. The United States was more of a problem for the Secret Services as the USA had a clearly defined constitution. They instead had to actively control all of the levers of government and get rid of any President they could not control.

### Back To The Future

In 1984 (appropriately) in the UK, the most draconian law in modern times was passed and was amended and just came into law a few days ago on the 27th April 2020. These are recent legislative changes to the Control of Disease regarding vaccinations and Covid-19 medical treatment. The Government has the power to force medication on you. Arrest and detain you indefinitely in a hospital or a centre. They can take and destroy your things and destroy your building. You have no right of informed consent, no, rights to prosecute or assume any legal action against any authority.

There is so much more, I may too get angry to finish this newsletter. <https://www.legislation.gov.uk/ukpga/1984/22/contents>

## Why Have They Done This?

They are the Deep State and the Pharma/Medical Cartel. Optimists would say they want the power to protect you against this CV and any other infectious disease that may come along. If they did not tell so many lies, I might go along with this, but I learned early in life to never trust a liar. They have proven to be liars in almost all of my 74 years. And this CV lie is the most audacious yet. They are destroying the lives of billions around the planet so that everyone will comply. Except for the use of infections, the plot is right out of books by Aldus Huxley's **Brave New World** or George Orwell's **1984**.

## Can We Change Anything Now?

I do not know but if you know, then let me know. I know that writing to my representative or signing petitions will not stop the Deep State/Pharma/Medical Cartel Alliance. They have no care for human rights, human health or even the health of the planet. They want power at any cost and have killed hundreds of thousands and probably millions to get what they wish to - Absolute Power.

## What Can We Do?

Take back the Power! You can take away their power over your health by becoming healthy. My saying is, if you want to live a long healthy life then live a long healthy life. If you are a long-time reader, then you know the plan and if you do not, then go to [www.NaturallyHealthyNews.com/ebooks](http://www.NaturallyHealthyNews.com/ebooks) and download whatever catches your eye.

## Good News (Or Bad News?)

I believe most vaccinations are harmless to healthy people. Healthy People (and Children) have nothing to fear from being forced to have an injection, but you must stop all junk foods and make sure you have all of the nutrients to ensure you are healthy.

Bad news simply makes me angry and drives me to find a solution. I realise that some people get depressed at all these terrible crimes. In the winter and the short days, even I suffer from something called, seasonal adjustment disorder (SAD).

No matter how depressed or down, you can come out of this with a plan. I have used it for my SAD and helped thousands, including some in my own family.

## Get Strong Keep Strong My Plan For Beating Depression And Fear

Keeping your mental wellbeing in good shape during self-isolation is essential for us all right now. Being in lockdown can come with its own emotional toll on the psyche. Feeling limited in what we can do and restricted in movement, can create a fear and stress of its own – nevermind the constant news about the pandemic.

That's why I want to share some simple practices you can implement today that can boost your mental and emotional wellbeing during these unprecedented times.

## 1. Deep Breathing

Slowing down and learning to practice correct breathing from deep within the diaphragm is essential for good health. Controlled breathing is beneficial for calming the mind and research shows it may help to suppress excessive arousal, stress and certain types of panic attacks.

Practising breathing exercises may also help to relieve emotional distress and tension in the body, allowing your body to relax. Deep breathing may also elevate your mood by increasing pleasure-inducing chemicals in your body. Anxious breathing comes from the chest whereas relaxed breathing comes from the diaphragm or stomach area.

**A simple breathing exercise you can practice to stay calm and lower stress includes:**

1. Laying on your back on the floor, on a mat or blanket or on a firm bed.
2. Place a small weighted object on your belly button, like a heavy book.
3. Take a deep breath in through your nose so that the book rises as your stomach, or diaphragm, fills with air.
4. Hold this deep breath for a count of 4 and then release through your nose so that your stomach deflates.
5. Use this process to release any tension as you exhale and repeat.

## 2. Meditation For Good Mental Wellbeing

There's plenty of research that shows regular meditation practice can reduce symptoms of anxiety and depression, even increasing the volume of certain areas of the brain. Mindfulness meditation, in particular, is highly effective for easing anxiety and mental stress. This is the practice of sitting comfortably and focussing on your breathing, while bringing your mind's attention onto the present moment, without drifting into concerns about the past or the future.

Researchers have looked at over 19,000 meditation studies and found 47 trials to address the evidence – and their findings, published in JAMA Internal Medicine, suggest that mindful meditation can help to ease psychological stresses like anxiety, depression, and pain. Practising mindfulness meditation, even just for a few moments daily and building up to a 20 or 30-minute practice is ideal for supporting your mental wellbeing during this time.

## 3. Regular Exercise

Moving your body as much as possible is essential right now – for your physical and your mental health. Aerobic exercises such as jogging, swimming, cycling, walking, gardening and dancing are all beneficial activities and have been proven to reduce anxiety and depression.

If you can, go outside once a day for a walk, run, cycling session or even a swim. If you don't have the opportunity to go outside, you can stay active at home with some gentle stretching or yoga, or taking part in an at-home workout such as dancing, tai chi or pilates. As a general rule, its recommended to move for at least 30 minutes daily for best health.

## 4. Nutrition

Your mind needs certain nutrients to be able to function optimally. In particular, Omega 3 and 6 fatty acids DHA and EPA can support brain function. This can be found in oily fish such as salmon, sardines and mackerel, while ensuring you get enough Vitamin D3 is another essential nutrient for best health. Low levels of Vitamin D are associated with depression, seasonal affective disorder and schizophrenia in adults. We can get Vitamin D3 from being out in the sunshine or from taking a high-quality supplement for best results.

Ensuring you get enough B-Vitamins can regulate brain function and support healthy moods. Vitamin B3 (Niacin) plays a crucial role in the synthesis of serotonin that may help with anxiety, while Vitamin B5 can support the adrenal glands, reducing stress and anxiety levels. Taking Vitamin B9 (Folate or Folic Acid) and Vitamin B12 can also play an important role in balancing out depressive moods. Good sources of B Vitamins include grass-fed organic red meat, oily fish, dark leafy vegetables, legumes, nuts and seeds.

Other important co-factors that may help to increase serotonin and dopamine levels while regulating moods include taking herbal supplements such as St John's Wort for depression, Ginkgo Biloba for anxiety, L-Glutamine for energy production and L-Taurine for helping to stabilise and calm the mind.

## 5. Magnesium Baths

One of the most essential macrominerals your body needs is Magnesium. As a crucial element, Magnesium is a cofactor in more than 300 biochemical reactions in the body. Magnesium is essential for energy production, healthy muscle and nerve function, regulating blood pressure and immune system support.

Magnesium is excellent for mood disorders such as depression and anxiety. Low levels of magnesium may be linked with higher levels of anxiety according to one systematic review from 2017. This is partly due to activity in the hypothalamic-pituitary-adrenal (HPA) axis, which is a set of three glands that control a person's reaction to stress.

Transdermal Magnesium (allowing Magnesium to be absorbed topically via the skin) is one of the most effective ways to ensure Magnesium is quickly absorbed into the bloodstream. Applying Magnesium flakes to a bath, or massaging Magnesium Oil or Lotion into your skin are all excellent ways to soothe and relax your mind and body after a long day.

## 6. Gratitude

Your attitude and how you react to a situation creates your mindset and approach to life. Being grateful for the little things is essential right now. In lockdown, every day may start to feel the same and boredom may be setting in. Being grateful can increase your mental strength and may reduce negative emotions. Studies on gratitude and wellbeing show that this simple practice can increase happiness and reduce depression.

Try starting a gratitude journal and write about three things you are grateful for today. Over the course of a day, week, month or year you should notice that this practice may shift your focus over towards thankfulness and developing a more positive mindset.

## 7. Keep A Routine

In these uncertain times, its essential that we keep to our daily routines. Being productive – getting our daily tasks done and keeping a sense of normality is beneficial for your mental wellbeing.

Make time for yourself or your family, creative pursuits, exercise, work or a hobby. Reduce your stress levels by maintaining consistent sleep and meal patterns.

We are all feeling uncertain about the future. By maintaining your daily routine, it can encourage you to manage stress levels better – leaving you feeling more confident, calm and in control of the situation.

## Recommended examples



### [EmotionNutrition™](#)

Herbal formula consisting of St John’s Wort, Ginkgo Biloba, L-Tyrosine, N-Acetyl Tyrosine, L-Glutamine, L-Taurine, Folic Acid and B Vitamins. Increases serotonin and dopamine in the brain. Serotonin is an important chemical that helps regulate moods and dopamine is known as the motivation molecule. Provides depression relief. Safe and effective. Suitable for vegetarians and vegans. 180 capsules.

### [LithiumBalance™](#)

Lithium Orotate that can support healthy brain chemical responses and balanced moods. Orotate is an organic ‘carrier’ that transports natural lithium where its needed. 100% natural, safe and effective. Suitable for vegetarians and vegans. 200 tablets. Available from Good Health Naturally.

### [Relaxwell™](#)

Professional strength formula providing a unique combination of amino acids such as L-Tryptophan and L-Theanine along with B-Vitamins. Supports sleep and relaxation along with reducing stress levels. Suitable for vegetarians and vegans. 90 capsules. Available from Good Health Naturally.

### [SAM-e Plus+™](#)

Balances stress, depression and emotional imbalance. It supports healthy, homocysteine levels and liver health. Contains Vitamin B6, B12, Magnesium, SAME Tosylate (S-Adenosylmethionine Disulfate Tosylate) and a proprietary blend of 5-HTP and GABA. Take 2 vegetarian DR capsules, 2-3 times daily.

### [Ancient Magnesium Range](#)

Contains Ancient Magnesium Oil and Ancient Magnesium Oil Ultra, Ancient Magnesium Bath Flakes and Ancient Magnesium Bath Flakes Ultra, Ancient Magnesium Lotion Ultra, Ancient Magnesium Lotion with Melatonin, Ancient Magnesium Lotion Cool Relief, Ancient Magnesium Body Butter Ultra and more. Available from Good Health Naturally.