

Health News (Week 26 - 2020)

By Robert Redfern

Is this how it all starts? 1984? National Socialism?

Do I need to have Beethoven's 5th Symphony playing at this point? This disturbing music was played on the BBC radio in WW2 to enhance attention to instructions. (Find it on YouTube if you don't know it). It must have given George Orwell some ideas for his novel 1984. You can see the movie of this in black and white and colour on Amazon and possibly Netflix.



It's now nearly 4 months since the C.V. debacle started and I have challenged the official line in every single way since day one.

To be clear when it started I thought the Pharma/Medical Cartel was just being its usual self-interested self. Positioning themselves as your saviour.

I considered they were taking another opportunity with C.V. to make money with their fake health care as they have done for 30+ years.

I Was Wrong.

The reality is there are four plots unfolding before our eyes. These plots, maybe planned or opportunistic, but they are happening.

Plot 1 – Was taking advantage of a Corona Virus pandemic to solidify the authority of the Pharma/Medical cartel over the health of the world's population.

Plot 2 – Is to vaccinate everyone in the world so that their immune system will create an enslaved population to vaccinations once or twice per year.

Plot 3 – The crashing of the economies of the world by the Private Central Banks to transfer the wealth back from the populations to a hundred or so super wealthy people.

Plot 4 – The rise of National Socialism supported by the Deep State and the Corporate Media to crash democracy. Am I being dramatic? I told you we need Beethoven's music.

Plot 1 – Solidifying Authority

I think most of my readers will agree that Plot 1 clearly unfolded and the evidence includes: The Pharma Medical Cartel was so dedicated to achieving control, they were prepared to see hundreds of thousands of deaths around the world by ignoring and outright denying proven treatments. The proof of this statement is clear for everyone to see.

The countries with doctors that did not exaggerate and downright lie, include:

- **South Korea** - where a population of 50million live, yet only **280** attributed to CV.
- **British Columbia in Canada** - with a large Chinese population travelling between Wuhan in China and yet they have a death rate of less than **200**.
- **Hong Kong** - with 7 million densely packed population and a social distance of maybe 12" has a total number of deaths of **5** (this is not a typo)
- **Australia** - with a population of around 20million and the declared deaths attributed to C.V. is under **200**. That means the UK with 3x the population C.V. death numbers should be around **600**.

In comparison to other countries/areas:

- **New York** - 8 million population with **20,000** claimed deaths from C.V.
- **United Kingdom** - population of 65 million claimed **40,000** deaths (many experts say only **20,000** from C.V.)

C.V. is a treatable infectious disease. If the C.V. death numbers from the last two examples are to be believed and the proven treatments used around the world simply ignored, then most of the deaths in these last two examples could be said to be Murder, at worst; or Manslaughter (Third Degree Murder), at best.

Independent doctors in many countries around the world published that they had been curing C.V. using hydroxy-chloroquine + Zinc, various I.V. treatments; and even Prednisone and other corticosteroids, and antibiotic treatments.

What did the Pharma/Medical Cartel do instead?

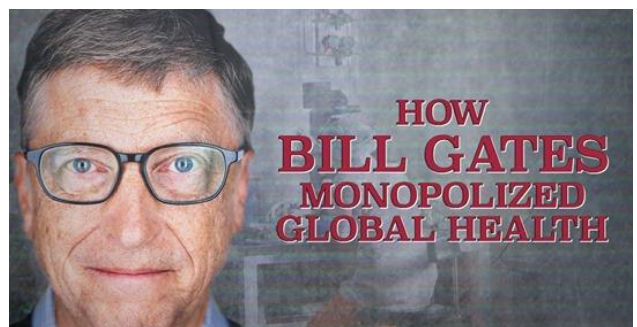
The Pharma/Medical Cartel denied these treatments worked.

Then they got YouTube and Social Media to block these doctors and they concocted a worldwide fraudulent study to disparage the use of hydroxy-chloroquine + Zinc.

This fraud was exposed but no charges have been brought and still hydroxy-chloroquine + Zinc is not being used. WHY?

Plot 2 - Mandatory Vaccinations

Bill Gates and the rest of his gang make no attempt to hide their plan to vaccinate everyone in the world. There are various vaccines being researched but there is no doubt who is in charge.



For the vaccines to be accepted by 'The Gates Gang', it must modulate a person's immune system so it will create a population enslaved to require vaccinations once or twice per year.

Already it is being announced by politicians that they will be mandatory and your life will be very difficult if you manage to avoid this vaccination.

Plot 3 – Crashing the World Economy

I have no evidence that any collusion took place with the Pharma/Medical Cartel to crash the economies so that blame could be attributed to the lockdown.

Do you think the Banksters are not in daily contact with the Pharma/Medical Cartel?

Call me suspicious but everyone who follows world finances and banking predicted since 2008 the crash would take place, but they did not know when.

Is it a coincidence that the very first lockdown for a pandemic gave the Banksters the opportunity to pull the plug and blame it on the lockdown?

Plot 4 – Rise of National Socialism

For the last 60-70 years the populations of the world have expanded and become healthier and wealthier. Democracy has become transparent and I am in no doubt the Deep State and Banksters must have felt they were losing control of the wealth of the planet. I am certain they felt voters have been getting too much information about the inequalities (i.e. Bill Gates is worth \$100 Billion yet pays very little tax).

Wealthy people, The Deep State and other Organisations have been financing left wing groups such as Antifa, who are basically anti-democratic. They may feel they can control them if they get into power.

Instead of voting for change they are bulling for change. For some confusing reason some people call these groups “Liberals” whereas they are really acting in the same way that National Socialists (Nazi’s) did in the 30s. If they cannot find an excuse to riot they will create one. I get the feeling this pandemic is and will be used for many reasons.

Knowledge is Power

Ignorance of these things is not bliss. I am only writing about these things to alert you to the possibilities.

In an ideal world:

1. I would like all doctors to convert to health care programs and inform the public about health care as opposed to disease management.
2. I would like vaccines to have double blind placebo studies with a declaration and discussion for the purpose of each ingredient, and to have vaccinations as optional.
3. I would like all central banks to belong to the citizens in each country and working for the good of everyone.
4. I would like all politicians to serve no more than 2 x 4 year terms, making all private lobbying illegal. Only public lobbying in government offices ‘on the record’ and in the publics best interest should be allowed.
5. All protesting/rioting should be banned and replaced with digital petitions e.g. Change.org.

Yes, I may be dreaming but until then I will do everything I can to stay strong and healthy, I have to carry on working since I want to stay around for 30+ years.

I will carry on helping people beat the Pharma/Medical Cartel and avoid their drugs, so I can help people get and stay **truly** strong and healthy. I do get a buzz from the feedback/testimonials and here are my fundamentals.

Health Care Fundamental Rules

All of these rules are detailed further in my eBooks that you can view and download at www.NaturallyHealthyNews.com/eBooks

1. **Breathe Properly** – Oxygen is the most critical element for life and health since most people cannot live more than 5 minutes without it. Oxygen is critical for healthy cells, regeneration of your body and is the essential fuel for your immune system. You can improve oxygenation of the body by learning to breath from the diaphragm (tummy) and try laying down instead of sitting down.
2. **Sit Less** – Those who sit for more than 8hrs per day are more likely to have health problems and die younger than those who sit for less than 3 hours per day. When you are sitting your breathing is at its the least effective. If you are unable to stand, laying down is better than sitting.
3. **Drink Plenty of Water (with Sodium Bicarb)** – Water the second most critical nutrient and most people would die after 7 days of no water. As a rule, you should drink 6 x 500ml (16oz) glasses of water over the day with a ¼ teaspoon of sodium bicarbonate (baking soda) in each glass. Tip; make up these in bottles in the morning and take them with you or leave them on the table to remind you.
4. **Walk More** – Walking is vital for two reasons; improving breathing and intake of oxygen and circulating blood around the body. The heart is not a pump and does not pump blood around the body it is a circulator and needs walking movement to work efficiently. To get the most benefits; walk at a good pace with longer strides whilst keeping your pelvis slight forward and tucked in at the bottom of the spine. If you cannot walk then lay on your back with your legs elevated and cycle your legs every few minutes.
5. **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 types of foods to consume for gut health. The foods to avoid include; high-sugar foods and drinks, breads, pastry, biscuits, breakfast cereals, rice, potatoes, parsnips, and wheat-based pasta. See alternative recipes at my www.ReallyHealthyFoods.com, select Keto for the best health options.
6. **Eat more greens, other colourful vegetables and dark-skinned fruits** – Organic options are best if possible. Many of the discount supermarkets offer organic foods at low prices.
7. **Take Nutritional Supplements** - Your body and cells need specific nutrients to function optimally. Most of the critical vitamins and minerals are no longer in foods in sufficient quantities. Particularly important for if/when children are planned, and as we age. The Government Nutritionists will claim that eating a balanced diet contains all of the nutrients needed. This is simply not true. Most critical minerals are dangerously deficient.
Examples of some of the most critical, often deficient nutrients include:
 - a. **Magnesium**; reduced by 50% in the food as a result of the intensive farming over the last 60% years. A Magnesium deficiency can contribute to sleep problems, depression, muscle aches, cramps and spasms, and weakness in the bones, heart and lungs.
 - b. **D3**; an essential nutrient for best health. Low levels of Vitamin D are associated with a weak immune system, 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.
 - c. **Omega 3 and 6 fatty acids DHA and EPA**; can support brain function found in oily fish such as salmon, sardines and mackerel.
 - d. **B Vitamins**; ensuring you get enough B-Vitamins can regulate brain function and support healthy homocysteine. Taking Vitamin B9 (folate; not folic acid) and Vitamin B12 can also play an important role in healthy pregnancy and balancing out depressive moods. Good sources of B Vitamins include grass-fed organic red meat, oily fish, dark leafy vegetables, legumes, nuts and seeds.

- e. Other critical minerals are **Selenium, iodine, and Boron** are dangerously deficient.

My Recommendations for General Health In Order Of Importance:



1. **Active Life™** – Provides 130 Essential Nutrients along with a patented form of 5-MTHF Folate in one capsule. 180 capsules are enough for 1 to 6 months depending upon the requirement and age. Suitable for infants to seniors and vegetarians.
2. **Ancient Magnesium Oil Ultra** – Genuine 100% Zechstein Magnesium Oil with OptiMSM for maximum cellular absorption. Essential for good health and may provide fast relief for sore muscles, leg cramps, headaches, migraines and various body aches. Suitable for vegetarians and vegans.
3. **Nascent Iodine** – Consumable iodine in its atomic form, recognised by the body as the same iodine that's required by the thyroid and effortlessly absorbed by the body. May support increased energy and immunity levels, thyroid, general health and hormone production. Suitable for vegetarians and vegans. 30ml/1 fl.oz.
4. **Serranol®** – A powerful combination formula of four key ingredients including Serrapeptase 160,000IU, 250mg Curcuminx4000, 50mg Ecklonia Cava Extract and 1000IU Vitamin D3 to support total body health. Suitable for vegetarians. 90 veg capsules.
5. **Prescript Biotics™** – Provides custom cultured “Bio-Identical” SBO Probiotics Consortia to rebalance good gut flora. Supports stronger digestion, immunity and overall health. Suitable for vegetarians and vegans. 90 veg capsules.
6. **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. 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.
7. **The Krill Miracle™** – Provides high-strength Omega-3 fatty acids (DHA/EPA) with phospholipids. Supports anti-inflammatory processes in the body – beneficial for brain health, joint health and skin health. 60 fish Lipcaps™ capsules.

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