

Health News (Week 29 - 2020)

By Robert Redfern

For the past 30+ years, I have been writing about the deliberate plan by the Pharma/Medical Cartel and their Deep State allies to enslave us all with their fake health care drugs and ultimately, vaccinations.

The majority of the population are hypnotised by the Pharma/Medical Cartel despite their utter failure to offer drug cures for most killer diseases such as cancer, lung disease, heart diseases, dementia, and the easiest of all conditions to solve, Diabetes Type 2.

There are some drug-free solutions a few doctors are offering such as stem cell and nutrition but they are coming under pressure and will eventually likely be stopped.

We in the Natural Health business have always come under pressure to only offer support and not a cure. Natural Health is about changing your unhealthy lifestyle and resolving missing nutrients from over intensively farmed foods.

The Pharma/Medical Cartel's latest's world-wide C.V. vaccination attempt became apparent nearly 30 weeks ago and I was secretly hoping the populations of the world would wake-up and take back control over their lives.

It is now clear this is a worldwide takeover of all of the countries in the world by scaremongering of a C.V. second wave and the success or failure of this plan will become apparent over the next 12 months

Masks

I have just come back from Spain where everyone is forced to wear masks only to find this is also happening in the UK. Around Europe and Asia, most countries are doing the same. There is only the USA that has some push-back both on lockdown and masks.

To be very clear, I do not believe masks are needed, they've been demanded by stooges of the Pharma/Medical Cartel to either weaken the resolve of the populations, or even worse, to weaken the health of them

Masks Are Dangerous

There are no experts that will say wearing a cloth mask is safe. Even a short period of wearing them reduces the available Oxygen (O) and increases the amount of Carbon Dioxide (CO₂). The Occupational Safety & Health Agencies around the world will confirm the minimum level of oxygen available in the air we breathe should be at least 19.5% and especially with even the slightest exertion. In tests, the Oxygen behind the mask drops to dangerous level of 16%. CO₂ should be around 400 parts per million (PPM) but increases to the dangerous level greater than 4000 PPM when wearing a mask. Excess CO₂ in your bloodstream may destroy red blood cells which causes further energy loss and poor health since red blood cells are needed to carry oxygen and iron around the body.

Since Oxygen is the most critical element for general health, immune system and cell regeneration you should not wear such masks for more than 10 minutes.

Forced to Wear A Mask?

There are a few ways to avoid serious health problems from long-term use of masks:

1. Wear the mask over the mouth but under your nose, so you can still breathe in and out through the nose. Mouth breathing is unhealthy in any case. You will be asked occasionally by police or 'busybodies' to cover your nose. Try telling them you get anxiety attacks because of the reduction of oxygen and the huge increase in CO₂. Or, you can simply cover your nose for a few minutes and then uncover it when that person has passed. Alternatively;
2. Cut two holes (or flaps) the same size of your nostrils to line up under your nose so by breathing in and out through the nose you will be breathing fresh air directly through those holes or flaps. There are no rules on the material or size of holes and you should go unnoticed with this solution.
3. Lastly, there is a Clear Perspex mouth and nose mask gaining popularity. This covers the mouth and nose instead of the whole face. It is about ½" (1cm) spaced from the face which means there is fresh air behind the mask at all times. Consider options 1 and 2 until these become more widely available.



What About Children?

Anyone who would consider forcing children to wear unnecessary masks could reasonably be considered to be a child abuser. Children who are correctly looked after nutritionally and supplemented with D3 if sunshine is not available can neither catch C.V. nor pass it on to others. I have written many times that the UK government gave children Vitamin C and D3 free of charge 74 years ago when I was born.

Since all Governments are now disciples of the Pharma/Medical Cult, it is up to parents now to ensure they get Vitamin C and D3, at the very least.

Even if you are unable to defend your rights you need to defend your children against the evil Pharma/Medical Cartel's plan for mass vaccinations

C.V. News Update

Testing for C.V. is completely distrustful as claimed by many independent scientists. High figures are being used to lockdown areas and whole countries. Even if the tests are accurate it is beneficial to allow it to spread among healthy populations to create mass immunity.

The actual C.V. death rate, from all causes, is at a very low rate.

Many deaths are caused by doctors and hospitals deliberately not administering suitable treatment and care for those with serious diseases such as cancer, heart disease and lung disease. These deaths are then linked to C.V. to inflate the C.V. death figures.

Bill Gates (on TED Talks) and the Corporate Media are still denying that Hydroxychloroquine and Zinc is not a cure for those suffering a bad reaction to C.V.

Bill Gates (on TED Talks) is still avoiding answering truthfully that his huge increase in wealth is linked to investing in companies that benefit from his vaccine donations and patents linked to his pharma activities.

What Can You Do?

1. Look after your health
2. Look after your children's health
3. If you have elderly parents, try to persuade them to look after their health
4. Share the truth with as many people as you can on Facebook and social media
5. Write to your local and national representatives to ask are they for or against mandatory vaccinations so you know who to vote for.

Looking After Your Health

- Exercise daily by walking (without a mask if possible).
- Concentrate on diaphragmatic breathing exercises to power your immune system
- Try not to sit down for more than 3 hours per day: walk, stand or lay down instead.
- Drink 6 x 500ml glasses of water with a ¼ teaspoon of baking soda in each glass.
- Take as many of the critical nutrients as you can afford.

Recommended Examples:



1. [ActiveLife™ Capsules](#) – Provides 130 Essential Nutrients along with a patented form of 5-MTHF Folate in each capsule. 180 capsules are enough for 1 to 6 months depending upon the requirement and age. Suitable for infants to seniors. Supports general good health. Suitable for vegetarians.
2. [CureC™](#) - VDelivers 1000mg of High-Quality Liposomal Vitamin C with 175mg of Quercetin for enhanced antioxidant and anti-inflammatory action. May protect

healthy cells and has various health benefits that may support immune function, brain health, blood sugar, and heart health.

3. [Vitamin D3-K2 Spray](#) – Vitamin D3 and K2 Sublingual Spray™ providing 1000IU Vitamin D3 and 100mcg Vitamin K-2 MK7 per serving. Supports heart health and healthy immune response. Suitable for the whole family, along with vegetarians and vegans. 30ml/1 fl.oz.
4. [Vitamin D3 \(4000IU\)](#) – An essential combination of Vitamin D3 4000IU and 100mg of Calcium from coral per capsule. Supports and maintains bone health and the immune system. Suitable for vegetarians. 100 veg capsules.

Remember:

It's summertime in these northern climes and chemical sunscreens can help to prevent you getting burned but they can also help to cause cancer. Getting a suntan in a controlled manner does not cause cancer, it creates D3 and you will end up healthier. Two supplements that help protect your skin from long-term sun damage are [AstaXanthin+DHA](#) and [ActiveLife](#) that includes 130 nutrients along with high levels of Lutein and Zeaxanthin.