

Health News (Week 30 - 2020)

By Robert Redfern

This newsletter is an overview of hindsight about what happened since the 27th of February, our 50th wedding anniversary when I wrote:

Today on the 27th of February, my wife Anne and I (and our dog Rafa) are all on vacation and celebrating our 50th wedding anniversary at a beach hotel, in a tiny village called Morgan Porth, Cornwall, in England. It's winter here and the sea is wild but beautiful.

Anne is my rock and has supported all the things we do in bringing the truth about real health care.

I am not really working until next week but I thought I would share our celebration with you and take your mind off the terror being spread by the media. I know you will not mind me making this short and sweet but I cannot help myself with repeating my recommendations to avoid becoming ill from any source.



Don't Panic, But...

The good news with the hindsight I have is, that after sending out eighteen newsletters since then and reading thousands of words from around the world, I am now sure that this Coronavirus is a slightly stronger version that has gone before. It may be slightly more of a problem for those at risk (unhealthy people).

It is not a problem for healthy people (or even at-risk people) who are following my health plans.

According to Stanford University's disease prevention chairman Dr. John Ioannidis, the COVID-19 fatality rate for those under the age of 45 is close to zero, and between the ages of 45 and 70, it's between 0.05% and 0.3%

I have around 100,000 readers many of which are on my plans and this example below is the only case reported to me. I have no doubt I would have had many complaints and rightly so if my plans were not protecting.

The example is a couple in their late 60s who are very good friends of ours. They are at risk since they have both had serious surgery and have to take pharma drugs. They are also following my health plan and in January before the publicity they both came for 2-3 weeks with a serious case of Coronavirus (AKA FLU). They were very lucky not to have had this when the panic set in and not to have been whisked to hospital and put on ventilators.

My definition of a person following a healthy plan is a person who:

1. Takes the Critical D3 is shown to reduce the risk of an adverse event by 90%. A vitamin D3 blood level of at least 75 nmol/L (30 ng/ml) is needed for protection against COVID-19.
2. Takes the supplements missing from intensively farmed foods such as Selenium, Magnesium, Iodine, Vitamin C, Zinc, and many more.
3. Drinks 6 x 500ml glasses of water over a day (with a ¼ teaspoon of baking soda in each glass)
4. Walks for an hour or so every day or exercises.
5. Sits normally for no more than 4-6 hours max per day.
6. Avoids starchy carbs, high sugar foods, and drinks, and highly factory processed foods.

I do get about 5 emails per week disagreeing with something I wrote and I do reply if requested.

To Be Clear

The evidence is that both those not on my plan, or on my plan, are absolutely not at risk so long as they are healthy people. This includes children, teens, and all adults at any age.

For clarity, I have not seen any evidence that my original statements need modifying. They are (for clarity):

- Wearing masks will not protect you or anyone else. However, as they are now required there is a plastic mask available that covers the nose and mouth which allows airflow in between. It will not harm you like the material ones that cover the mouth and nose tightly do. See Mask evidence in my post at <https://www.facebook.com/naturallyhealthynews>
- This is a Coronavirus infection that takes place every so often, to a greater or lesser degree of severity.
- It may be worse than previous years, but in the same way, for the cause of these deaths, to be confirmed, they need a post mortem (autopsy) - so does a pandemic.
- True death rates from Coronavirus are not available since doctors have been banned all over the world from ordering a post mortem (autopsy) and instructed to write Covid-19 on all death certificates.
- True death rates of the previous pandemic figures in the last 30 years have shown to be up to 50% less than the numbers given out during the epidemic.
- Whatever death numbers you are hearing now will be much less in a year if the official truth ever becomes available.
- People die every year. Some die of old age, but most die from diseases such as lung diseases, heart diseases, Hospital Acquired Infections, medical drugs and treatments, and cancers.
- They are the real dangers and all caused by lifestyle, lack of nutrition, and other reversible causes.

- Seasonal infection may tip some 'over the edge' and cause death, but that could be because they had no health reserves. These are 'at risk' people.
- If it was critical to protect the 'at risk' people these 'at risk' people could be housed in the hundreds of hotels around the country. They could be given real health care, healthy foods, and nutrients such as D3 and Vitamin C. Hydroxychloroquine+zinc is now confirmed by many health experts around the world as the best solution.
- We may be seeing the biggest planned assault in the history of the world perpetrated by the Pharma/Medical Cartel and the Central banks. If so, you cannot believe anything you see or hear.
- Obviously carefully orchestrated by what is popularly known as the Deep State. The Corporate Media around the world is controlled by the deep state and staffed by the typical tame journalist.
- Central Banks are dedicated to creating a depression to lower the wealth of the masses by a devaluation of the currency to compensate for their immoral printing of money not backed by value.
- The Pharma/Medical Cartel took over the World Health Organisation W.H.O. many years ago (not China). The W.H.O. used to be independent and worked for the health of nations through nutrition, but now it is just another drug pusher. The information published by W.H.O. and the Pharma/Medical Cartel is mostly the same.
- Who is Guilty? In the U.K. we have a top government advisor called Neil Ferguson from Imperial College London. He has been at the center of the propaganda, and he was responsible for the lockdown. Imperial College is a Pharma/Medical Cartel center and supports the mass vaccination of everyone in the world. The equivalent in the U.S.A. is the C.D.C. and the infamous Dr Fauci.
- Their goal is to frighten everyone into following their instructions and to have laws that make their words supreme.
- They want the laws enacted in all countries to drug everyone with vaccinations and to use the words spoken by Bill Gates in one of his Ted Talks; **'TO REDUCE THE POPULATION OF THE WORLD'**
- Their next plan is to track everyone through their mobile phones for – 'health reasons'.
- P.S I don't believe they have the technology for chip implants for a long time, **'yet'**.

Finally:

This is just the start. Things may get worse for a very long time before they get better, so have a plan.

Stop watching Corporate Media and just keep track of what is happening in your district.

Prepare for the next 5 years.

Never in my wildest dreams did I imagine that their plan would deliberately wreck the whole world economy. Mainly just to take power over the wealth and health of the people of the world, but here we are.

The riots are just a distraction fermented by politicians for political power.

I have always advised everyone and especially my age group to get healthy so we could carry on working at least part-time to give us some sort of income.

Anxiety, Stress, and Depression are conditions to recognize and get in touch with before they get so entrenched that you freeze. I have nutritional solutions that work within days.

Follow my plans and whatever your finances allow, I will make sure it works for you.

See my previous 18 email newsletters at <http://www.NaturallyHealthyNews.com>

Remember

Your family's health is the most important and you need a plan to stay safe and healthy. We are a not-for-profit company and will keep providing support for as long as funds and the authorities allow. I will be here as long as you need me

These Are the Budget Essentials



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™](#) – Delivers 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.