

## Health News (Week 38 - 2020)

By Robert Redfern

It could be said, I spend too much time researching on the internet for my own good, and especially on YouTube (my wife Anne tells me), and I agree it can be depressing for the best of us.

Today it's all good news in this newsletter but lots of people have been experiencing depression and anxiety. If you are depressed or anxious I have made a plan to help (that I have personally used in the dark winter days for 20 years), to access just [click here](#)

### The Good News?

#### **If I said Dr Anthony Fauci?**

Boo-Hiss, I hear you say. I agree he is a nasty piece of work, but what if I told you he has now come out and told the truth, for once? He revealed in an interview in the last few days that D3 and Vitamin C will boost your immune system. Not just the silly 'Daily Recommended Amount', but he disclosed he takes 6000iu of D3 and 2000mg of Vitamin C daily. This is the minimum I take but hey, it's great news. He doesn't know it but he may put the Pharma Drug companies out of business if enough people follow his advice.

**I don't know whether he really understands the implication of this amount? My experience of the studies and with helping thousands of users show two things:**

1. It will make a good start on curing many health issues.
2. It will also eliminate need for vaccines, as CV and Flu simply become minor rare issues.

The evidence? There are recent CV studies published that show 'at-risk' person's have more than 200% improvement in recovery rate from CV if they had good levels of D3 in the blood stream, compared to low levels.

Even some of my readers who have taken even less than this amount state that they have not suffered with Flu (or had a Flu shot) since they started taking D3.

Vitamin D3 is an extremely critical nutrient that has powerful effects on several health problems throughout your body. There are many D3 videos published on YouTube by California University and I have listed some further down this email with study references.

Unlike other vitamins, D3 functions like a hormone, and is needed by every single cell in your body. Why do you think I have ranted about it for nearly 30 years?

Your body makes it from cholesterol when your skin is exposed to sunlight (or should do).

Vitamin D deficiency is very common. It's estimated that more than 1 billion people worldwide have low levels of the vitamin in their blood.

According to a 2011 study, 41.6% of all adults north of the equator are deficient. This number goes up to 69.2% in Hispanics and 82.1% in Black and brown-skinned, living in northern climates (subject to the risk factors below).

### **Here are 6 common risk factors for Vitamin D deficiency:**

**Having dark skin.**

**Not eating much fish.**

**Being elderly. Staying indoors.**

**Living far from the equator with little sun year-round.**

**Being overweight or obese.**

**Always using sunscreen or covering too much when going out.**

### **What health problems are you at risk of with low levels of D3?**

Most people don't realize that they're deficient, as symptoms are generally subtle. You may not recognize them easily, even if they're having a significant negative effect on your quality of life. As well as Colds, Flu and CV, Vitamin D3 deficiency (along with other nutrients) is linked to:

Immune Deficiencies – Diabetes Type 2 – Cardiovascular Disease - Prostate Cancer – Breast Cancer – Depression – Dementia – Osteoporosis – Alzheimer's – Bone Fractures – Multiple Sclerosis – Rheumatoid Arthritis – Myopia – Psoriasis - Schizophrenia (particularly if the mother was deficient before and during pregnancy) etc.

This list above may seem extravagant but these are all covered in my eBooks and since they all have D3 included in every plan you can understand why they are all so successful.

**OK Robert,** So, to avoid Colds, Flu and CV, I need only 6000iu of D3, 2000mg of Vitamin C and I am all set for the winter? No Flu Shots? No CV Shots? It's a start, and yes, you have a high chance of avoiding them all.

Vitamins D3 and C are amazing and they should be given to all children, as I was from 1946 to 1955, as a foundation for good health. They are especially critical if you do not get your children vaccinated.

Yet, to be totally healthy, fit and strong I will never stop stating that you must adhere to the rules of good health: water, 100% of the nutrients you need, fresh foods, exercise and walking. The fact is the food (even organic) cannot contain the rich variation of nutrients that existed before the advent of intensive farming. Nearly 10,000 years ago the Sumerian Civilisation with all of its advanced cities, trading systems, writings and culture outgrew the nutrients in their intensively farmed soils and collapsed. We should know better as we can supplement those nutrients. The Pharma/Medical cartel is not telling you this.

## The Missing Mineral - Magnesium

What Dr Fauci is not telling you (and probably does not know) is that in 100% of cases you need to supplement Magnesium as a cofactor for D3. Magnesium is also down over 50% in the diet and hence down 50% in our bodies compared to 60 years ago. Yes, that's why I am always recommending Magnesium. When you read that some foods are rich in Magnesium they are only comparing to other foods currently. They are not comparing to the food 50 years or 100 years ago.

Fauci also didn't tell you that D3 needs K2 (found in leafy greens) for further immune system support, also for your bones and arteries.

## Your Action Plan

**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 grain/cereal (often contaminated with Roundup herbicide) is 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, greens 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. This supports your immune system and more for excellent overall health. Try it for a few weeks.

**5. Consider using as many of the supplements you can afford from the list below.**

**If in doubt ask us for help.**

See the whole range of my eBooks [here...](#)



## Remember:

The only way to beat the lockdowns, vaccines and the Gates/Fauci Gang is for you and your family to get healthy and stay healthy.

Some of the best critical immune-boosting supplements I've discussed are below for you and your family. Please share this email with your friends and relatives and help to make them invincible to Colds, CV and Flu.



### [CureC™ - Liposomal Vitamin C with Quercetin](#)

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.

### [CamuCamu Vitamin C™](#)

Good Health Naturally's Camu Camu vitamin C provides over 2700mg of vitamin C

per 100 grams of fruit, along with a unique combination of vitamins, minerals and complex amino acids that aid the absorption of Vitamin C. ORAC tested for its antioxidant capacity, it remains highly stable over time. Suitable for vegetarians and vegans. 90 veg capsules.

### **Vitamin D3 and 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, supporting better calcium absorption and phosphorus absorption in the bones. It is also the world's original Vegan and Vegetarian Vitamin D3.

### **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.

### **Ancient Magnesium Oil**

Guaranteed 100% Zechstein Magnesium Oil can be sprayed onto the body for ease of convenience and direct absorption of this essential mineral where it's needed most. The Magnesium Oil provides the highest potency of Magnesium in the Ancient Magnesium range and is recommended for supporting daily optimum magnesium intake. Topical Magnesium ensures better absorption than most other oral supplements. Apply Ancient Magnesium Oil to the skin each day, for immune support, and to help calm the nervous system, encourage relaxation, anxiety relief and aid sleep.

### **Limited Time Bundle**

For a limited time only get a free Ancient Magnesium Oil 200ml with when you buy Liposomal CureC™ [Click Here](#)

*(Offer whilst promotional stocks last on GHN retail sites only, not for use in conjunction with any other offer)*

### **Study references:**

Low plasma 25(OH) [vitamin D level is associated with increased risk of COVID-19 infection: an Israeli population-based study](#)

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<https://www.medrxiv.org/content/10.1101/2020.09.04.20188268v1.full.pdf> [https://www.thelancet.com/journals/landia/article/PIIS2213-8587\(20\)30183-2/fulltext?fbclid=IwAR0qzV-kiZcVRQ-KeBAkru6hpGUUVVhbywbU3YgV\\_KSNaE7X7DVmbIO9ysk](https://www.thelancet.com/journals/landia/article/PIIS2213-8587(20)30183-2/fulltext?fbclid=IwAR0qzV-kiZcVRQ-KeBAkru6hpGUUVVhbywbU3YgV_KSNaE7X7DVmbIO9ysk)

<https://www.youtube.com/watch?v=B9SNfrE7P1s>