

## **Health News (Week 40 - 2020)**

**By Robert Redfern**

### **Welcome to the Thursday Newsletter**

Hello, my name is Robert Redfern, of Naturally Healthy News (for those who are new to my newsletters) I'm aged 74, and healthier than I've ever been, which means I can continue to work, dedicating my time to my research into natural health.

35 years ago, both of my parents died at the young ages of 62 and 64 from lung disease. This left me shocked, frustrated and confused, it drove me to research the causes of their deaths in depth. What I found left me outraged...

I am angry at the Pharma/Medical Cartel who are ultimately responsible, both for their deaths and for millions of other deaths every year. Deaths which are a direct result of their continuing negligence in proper health care and their relentless attacks on natural health solutions.

I am also angry at all of the authorities, including governmental and educational bodies - especially the universities - who are directly responsible for ignoring the true causes of diseases and the real solutions for good health.

This anger motivated me to learn everything I could about natural health solutions. So, what have I found?

### **Well, I found evidence.**

I found evidence that the majority of diseases that people prematurely die from are completely preventable, and I found evidence that these diseases are mainly caused by an unhealthy lifestyle creating unhealthy bodies.

Most health problems start with severe malnourishment - a critical deficiency in the minerals and nutrients crucial for maintaining good health and supporting strong immune health.

For some people, this malnutrition comes as a result of poor diet and lack of supplements, but for many this improper lifestyle actually started on the day of conception. If your parents are malnourished, the impact can follow you from birth, into childhood, and beyond. One example is iodine, a mineral that's essential for foetal development, it is crucial during the conception and early stages of pregnancy to ensure proper brain development.

## So, how do we combat malnutrition? How do I define good health?

Back in 1948 when W.H.O. was not part of the Pharma/Medical Cartel they defined health as follows: 'Health is a state of complete physical, mental and social well-being and not merely the absence of disease or other physical impairment'.

I would add to this that 'Health is only achieved when we live a healthy lifestyle. This includes a nutritionally complete diet, free from toxic chemicals, alongside appropriate movement and exercise, and the confidence that we are in control of our health.'

**My research for Health Recovery led me to develop:**

**The HealthPoint Electro-Acupressure Kit** which accurately locates the acupuncture points and supports cell regeneration.

**Serrapeptase enzyme formulations** to help clear unhealthy inflammation, fibrin and scar tissue.

**Curcumin formulations** - to reduce inflammation and support immune response, and healthy cell regeneration.

**Step By Step Recovery Books** - for the 30 most common health conditions with personal Health Coaches available to support your journey to good health.

There's more than that, and this is me, completely healthy at 74, here today to share with you the results of my past 35 years research that have inspired me to create my 35 action plan eBooks, detailing how to recover and remain super healthy.

## Is it possible for most to get healthy????

My experience of impossible cases proves it.

My experience of impossible cases proves it. Take the case of a 92-year-old, "My cousin is in her 80s and has Chronic Obstructive Pulmonary Disorder (COPD), which is genetically based and not environmentally induced. She has been on a plan for about a month now. Serrapeptase has cleared her lungs so much that she can take walks without stopping to catch her breath." – Susse Thrane

Another case "My hubby has been a chronic asthmatic since childhood and was puffer dependent for years until I got him on a plan. He has not had a puffer for months. Including during our terrible bushfires. His doctor was quite surprised at how good he is. We love this product! It is a miracle." – Vicky Allsop

I understand that the challenge can be sticking to the plan, but after 35 years and countless successful cases, I've seen enough to believe that with determination and persistence, it's possible for anybody to get healthy.

I am taking you through one of my eBook plans today, and that is the one dedicated to my 62 yr-old mother, who - as previously mentioned - sadly passed away from lung disease much too soon.

It is a relatively straight forward plan to help most people RECOVER from one of the BIGGEST KILLERS in the world. It is many times worse than any Coronavirus which can also be helped by following the plan in my book.

**My eBook is called Helping Lungs Health, by The Book. The book covers all of the common ailments including:**

- Bronchial Asthma
- Bronchiectasis
- Bronchitis
- Chronic Cough
- COPD
- Cystic Fibrosis
- Emphysema
- Pneumo-coni-osis (Miner's Lung)
- Pulmonary Fibrosis
- Pulmonary Tuberculosis

All of the above may have different causes, but the recovery and regeneration of lung and bronchial tissue are reliant on the very same recovery plan.

**As well as a detailed nutritional supplement plan, the eBook includes critical solutions such:**

1. Drinking 3 litres of water over the day with a ¼ teaspoon of sodium bicarbonate (Baking Soda) in each glass.
2. Stopping all factory processed or unnatural foods, and meals.
3. Stopping all high sugar foods and drinks, as well as breads, pastry, biscuits, breakfast cereals, white rice, potatoes, parsnips and pasta.
4. Consuming mainly vegetables, leafy greens and other salad foods, mushrooms, dark skinned fruits, nuts, seeds and legumes. 3-4 teaspoons of Himalayan salts daily. I have a web site dedicated to this with lots of really healthy recipes - <https://reallyhealthyfoods.com>
5. Walking (when able), to further improve circulation and oxygenation of the blood and immune response out in the sun with as much skin exposed up until



1pm. Or exercises lying down as appropriate e.g. if bad weather. Take every opportunity when lying down to practice diaphragmatic breathing.

## The Nutritional ~Support Packs

### Essential Pack

*This pack contains:*



### Serranol 90 Caps

Provides 160,000 IU of SerraEnzyme Serrapeptase, 250mg of CurcuminX4000, 50mg of Ecklonia Cava, and 1000 IU of Vitamin D3. A powerful combination to which may help to clear inflammation and scarring, balance the body's immune response, and support lung healing. 90 veg caps. Suitable for vegetarians.

### Active Life 180 Caps

A full spectrum multivitamin/mineral formula providing 130 nutrients in one capsule for good health to help replenish storages in the body that are depleted each day. Includes critical minerals selenium and chromium, and a patented form of 5-MTHF Folate. Suitable to support the whole family, capsules can even be opened and added to food. 180 veg caps. Suitable for vegetarians.

### CureC™ - Liposomal Vitamin C with Quercetin

Contains 1000mg of Liposomal Vitamin C, 175mg of Quercetin plus 1000mg PC per serving. Acts as a potent antioxidant and with quercetin to assist the anti-

inflammatory process. May help to protect healthy cells from damage and support immune, brain, heart and lung health. Liposomal method for rapid, increased absorption. Great for the whole family, can be taken directly from the spoon or mixed with juice/smoothie. Suitable for vegans and vegetarians.

### **Ancient Magnesium Oil Ultra 100ml**

An efficient way of correcting a common deficiency which may benefit immune health and improve respiratory muscle strength. Transdermal magnesium absorbs better than supplements and can have an immediate effect. Ancient Magnesium is sourced from the Zechstein Mine where the magnesium chloride is known as the 'gold standard' used by trusted professionals. Ancient Magnesium Oil Ultra is now formulated with OptiMSM® to maximise magnesium absorption through the skin. Suitable for vegetarians and vegans.

### **Ultimate Pack**

*The ultimate pack contains the essential products PLUS:*



### **Daily Immune Protection**

A unique formulation of proven ingredients for immune health. This 'super-nutrient' formulation combines EpiCor® and eXselen™ Selenium with a strong dose of vitamin D3. Impressive combination which may help protect against infections, boost immune response against allergens, and provide extra support for healthy cell growth. 90 veg caps. Suitable for vegetarians.

### **Nascent Iodine**

Offers an atomic form of consumable iodine as a supplement, just as natural as iodine used in the body. May support an array of lung health issues, especially fibrosis. 30ml/1 fl.oz. Suitable for vegetarians and vegans.

### **Prescript Biotics**

Provides soil-born organisms (SBOs) coupled with a proprietary prebiotic. Contains a customer-cultured super strain of 8x species of soil-based organisms. Prescript Probiotics is a powerful, soil-based microflora which may benefit lung health, mood, and energy levels. Winner of Health and Wellbeing's 2019 highly commended gut health category. 90 veg caps. Suitable for vegetarians and vegans.

### **Oxysorb**

A powerful liquid enzyme to support oxygen absorption, increasing oxygen in the bloodstream in less than a minute. May also help expel CO2 and other waste gasses from the body to further help support lung health. 60ml/2 fl.oz. Suitable for vegetarians and vegans.