

Health News (Week 41 - 2020)

By Robert Redfern

This week I have some up-to-date, news and I have also refreshed some earlier information, which is essential to be reminded of.

Firstly, Covid-19 has been shown not as dangerous as the governments of the world were led to believe. In fact, so few people are dying from it at the moment, the only scare tactic Governments have left is to carry on terrorising us with the so-called 'Number Of Cases'. These are being reported daily as though it has some serious meaning when in fact the PCR test is giving mostly fictitious information. Who says so?

PCR Test For Covid?

The inventor of the PCR test, Kary Mullis, a Nobel prize winner for chemistry said the PCR test should never be used for diagnostic purposes. The test amplifies bits of virus and DNA and the degree of amplification can show a positive or negative result. It can, therefore, be falsely used to show that the disease is on the increase or waning. So, the government could choose to show high levels of infection before vaccination and low levels afterwards. It is a gamble whether they are choosing to increase or decrease figures. SO, NEVER AGREE TO HAVE ONE UNLESS YOU DEFINITELY HAVE STRONG SYMPTOMS!

Flu Season?

Already in the UK, many more people are dying of Flu compared to Covid-19. However, this can all change once all of the at-risk people rush out to get their Flu vaccination.

Many people have known for years that having the Flu vaccine does not offer protection and in fact may cause respiratory diseases, even in children (according to studies). The difference is that children (or anyone under 40) do not generally die from these Flu and Covid-19 diseases.

I had the Flu once. I think it was in the winter of 1999-2000 (hence low levels of Vitamin D3). For at least three days I felt dreadful and could not do anything. After the three days passed I quickly recovered. At-risk people who are low in D3 do die from the Flu vaccine and subsequent infections. What is not admitted is that having the Flu vaccine is directly related to the number of deaths from Covid-19.

Country	Flu <u>vaccination</u> , age 65+ (%)	Covid-19 mortality (per million)
United Kingdom	72.6	489
Netherlands	64.0	325
Portugal	60.8	115
Ireland	57.6	301*
Spain	55.7	580
Malta	55.5	14
Italy	52.0	514
France	49.7	414*
Sweden	49.4	343
Finland	47.6	51
Denmark	40.8	92
Luxembourg	37.6	165
Germany	34.8	93
Hungary	26.8	45
Croatia	23.0	23
Czechia	20.3	27
Romania	16.1	52
Lithuania	13.4	20
Slovakia	13.0	5
Slovenia	11.8	50

*12 May

The figures above show a link between countries that have high rates of vaccinations and high rates of Covid-19 mortality, indicating that when more people have the Flu Vaccine it is possible that more people die of Covid-19.

It would be interesting to get these figures from more countries around the world, particularly countries such as Hong Kong, South Korea and Australia. These countries all have had very low numbers of deaths from Covid-19.

In studies, high levels of Vitamin D3 in the blood is also shown to help prevent Flu and Covid-19. In previous studies, I have featured Vitamin D3 which has been shown to help save the lives of those with Covid-19 and Flu. All of this evidence put together could be the final proof of the efficacy of Vitamin D3 to prevent death from the disease.

Ill-Gotten Gains!

However, the Pharma Masters and the Healthcare Systems make small fortunes from Flu and soon to be Covid-19 vaccines. They amazingly have complete immunity from liability of the side effects. Strangely in almost all countries in the world, all of this Vitamin D3 data will be kept out of sight, and of course, the corporate media will never openly discuss it.

Pharma and Universities are having billions thrown at them by panicking politicians who themselves are all in a state of terror (since they believed the Gates Gang, W.H.O. and the Pharma/Medical Cartel).

You may get to vote the politicians out of office but the senior politicians always seem to end up multi-millionaires even when they are thrown out of office, no matter how poorly they performed. It is the stated aim of the Gates Foundation to reduce the population of the world.

See the explanation of this in the link to the video [Plandemic In Doctor Nation Video](#). While mass dangerous vaccinations may or may not be needed (I disagree with it in principle), they are a very bad way to achieve this.

Remember the Essential Facts

1. Covid-19 is just another Coronavirus epidemic that comes around occasionally and tests how well we have been looking after our health. This one may have been altered at the Wuhan Labs but the results are clear, it is nothing to be feared by healthy people.
2. All germs are not our enemy, in fact, over half of our body consists of viruses, bacteria or microbes. We couldn't survive without all these microbes. Surprisingly, one you may have heard of is E. coli bacteria which lives in our digestive system. E. coli is one bacteria without which we cannot survive. The E. coli you may have heard causes food poisoning is a toxic form, probably from intensive animal farming.
3. Since over half our body consists of resident germs that over time have become essential for our good health, 'healthy people' need to look after these germs as well as our body's immune system and stop feeding them sugar. Healthy people stay healthy during epidemics.

We get 'Healthy' by '4 critical' lifestyle actions:

1. By consuming really healthy foods containing all the vitamins, minerals and other nutrients that 'should' be in food. This is very difficult as most foods (even organic) no longer contain sufficient amounts, so supplements are needed.
2. When our body is exposed to sunlight it manufactures many critical nutrients such as Vitamin D3. This nutrient is also in some foods such as mushrooms. However, only supplements can deliver thousands of IU that would generally come from maximum skin exposure to the sun.
3. By consuming more resident-friendly bacteria (probiotics) that would typically come from unwashed plants (eaten raw). These residents will usually kill any harmful germs that enter the body through our food.
4. By breathing correctly to obtain the maximum intake of oxygen and the exchange of carbon dioxide. Oxygen is essential for a strong immune system. The immune system uses oxygen to produce Hydrogen Peroxide which kills infections that we breathe in or enter via broken skin. Proper oxygenation can only happen when we are walking, standing or laying down. Lung respiration does not function efficiently to take in sufficient oxygen whilst sitting. We also get oxygen from drinking water.

New Infections?

When a new epidemic comes around, science says that 'healthy people' have an immune system that can deal with new germs by what is known as 'herd immunity'. This immunity only works by being exposed over our lifetime to all infections and even more so through international travel.

At-Risk People

There are a group of people who for various reasons are 'at risk' such as people in end-of-days care homes and hospitals. These are especially at risk since they do not have access to the '4 critical' lifestyle actions and include:

- a. People at any age with obesity, bad diet or bad advice and lack of support by the health authorities.
- b. Groups who cannot afford or do not have access to genuine health information, or support of the '4 critical' lifestyle actions to keep them strong and healthy.
- c. 'At risk' people who need to be 'protected' from infected people (whilst in-care or being cared for in closed hotels) until the epidemic clears.

These groups can never be fully protected until they have the '4 critical' actions. Unfortunately, the medical authorities while happy to spend on drugs, seem to ignore these '4 critical' actions.

To be clear:

- The less you and your family pay attention to the '4 critical' health actions, the more at risk you are for any disease (especially epidemics).
- The more you stay away from other people during epidemics, the weaker your immune system will become.
- The more children are away from other children, the weaker their developing immune system will become.
- The older you get, the more essential it is to pay attention to the '4 critical' actions to not be in the 'at risk' group.

Political And Corporate Media Lies.

I have the feeling that this subject is not going away anytime soon. What we now have is a World War 3 situation. The Establishment Politicians, the Corporate Media, and the Pharma/Medical Cartel may have declared war on the populations of the western countries, using the excuse 'it is for your own good'. They have either brainwashed or bribed the politicians and senior medical people in each country to join them.

They have certainly brainwashed (or terrorised) a large part of the population. Amazingly, in a recent poll, around 50% of the UK residents voted that lockdown was a good thing. I don't

know if this was a fair poll, but I can testify that a high proportion of our neighbours are revelling in the lockdown. Some are even reporting neighbours to the authorities.

I believe they have done this to curtail the freedoms we have come to enjoy as well to enslave us through the use of pharmaceutical drugs. The evidence is all around.

Except for a few countries such as Sweden, the rest of the western world is in some planned lockdown (AKA house arrest). The first countries to submit to lockdown were Italy and Spain. Both had been ruled by Fascist Dictators in the lifetimes of many of their citizens. This experience may have been the reason they submitted so quickly. It then led the way for other countries to follow their lead. Even the police in many countries for some strange reason are siding against the public.

At Last, Some Of The Media Is Waking UP to The Dangers.

Other than those such as the BBC (who take donations from the Gates and Soros Foundations) many parts of the media are at last starting to strongly wake up and shout loud. Let's hope they put enough pressure on the politicians and the authorities, but most of all, the medical communnality. These doctors should take their lead from the brave professionals that are ignoring the drug route and delivering real health care with nutrition.

Immune Products We Use And Strongly Recommend

Consider using the supplements we take, seen below, from left to right, in order of priority.



[Vitamin C™](#)

The range includes:1000mg of High-Quality Liposomal Vitamin C with 175mg of Quercetin, 1000mg Liposomal Vitamin C and Camu Camu Capsules. For all ages from infants to seniors. Protect healthy cells and has various health benefits that may support immune function, brain health, blood sugar and heart health.

[Daily Immune Protection™ \(D.I.P.\)](#)

Contains Epicor®, eXselen™ and a high dose of Beta Glucan with a strong dose of Vitamin D3 to support a balanced immune response and provide extra support for healthy cell growth. Suitable for vegetarians.

[Olive Leaf Extract +Zinc](#)

A super antioxidant, olive leaf is considered to potentially offer immune protection against colds, flu and other viral infections. Oleuropein, one of the primary compounds in olive leaf, is believed to exhibit potent anti-viral, anti-bacterial and anti-fungal properties, offering wide-reaching immune support. The addition of zinc, also critical for a strong immune system and often deficient in the diet, enhances the power of this product. Can be used all year round or for more occasional targeted support. Suitable for vegetarians and vegans.

[PrescriptBiotics™](#)

Taking probiotic supplements is recommended to help balance the bacteria in the gut, which in turn supports digestion and nutrient absorption, as well as overall immunity. Prescript Biotics, contains a custom cultured blend of soil-based organisms, in its own prebiotic food source, to help balance the diversity of the microbiome; supporting digestion, immunity and overall health. Soil-based probiotics are the first choice for optimum health, as they are well adapted to the environment of the gut and offer long-term benefits. Suitable for vegetarians and vegans.

[Nascent Iodine](#)

Consumable iodine in its atomic form that provides a safe energy release when consumed. May help to provide increased energy and immunity levels. Supports thyroid health and hormone production. Suitable for vegetarians and vegans.

[Hydrosol™ Silver](#)

Hydrosol™ Silver Spray - The active ingredient in the Hydrosol Silver Spray is a unique patented Silver Technology, using nano-particles for superior absorption, containing 10ppm hydrosol silver. Using a silver spray can act as the first line of defence against unwanted pathogens. Being anti-microbial it is able to support immunity, by targeting invading bacteria, viruses, fungus and so on. By boosting the immune system, you allow your body's own natural defences to work much more efficiently. Suitable for all the family.

[Vitamin D3 and K2 Sublingual 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.

[Ancient Magnesium Oil Ultra](#)

Genuine Zechstein 100% Ultra-Pure Magnesium Oil with OptiMSM for enhanced cellular absorption. Topical Magnesium ensures better absorption than most other oral supplements. Apply the Ancient Magnesium Oil Ultra to the skin each day, for immune support, and to help calm the nervous system, encourage relaxation, anxiety relief and aid sleep.

Remember:

Really healthy people don't die of Flu or Coronavirus. 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 the difference in your health you'll see. You can see great improvements specifically from simply adding sodium bicarbonate to your drinking water and applying transdermal Ancient Magnesium®.