

Health News (Week 51 - 2020)

By Robert Redfern

Many people consider their health as here today and gone tomorrow. Of course, they can be right in that their health may be gone tomorrow, but they have a choice. If they follow the same lifestyle then, of course, they will be right but if they improve that lifestyle, they may improve their health for tomorrow.

You Cannot Stop Getting Older.

I just put the phone down to a caller who told me he had Asthma all of his life until a couple of years ago. He had started taking Vitamin D3 and Magnesium Oil, and as you may guess, he no longer has Asthma. To be clear, he is not even taking SerraEnzyme or Serranol®, which I strongly recommend. Even just with these basics, he is still not getting asthma attacks or Flu. My point is, he made a choice and life got better. You cannot stop getting older, but you can stop being unhealthy and feeble.

I recently read that 60-80% are angry or fearful of the way their countries are heading. To be clear, these people are angry or afraid for different reasons. Some of them are angry about lockdowns. Some about the vaccine safety. Some the way their rights are being taken away because of CV. The rest are actually fearful of the CV and are angry (or afraid) at the lack of lockdowns and not getting the vaccine fast enough. My intuition tells me there are some difficult times ahead.

Most things in the world are a choice for humans, even how they feel. I am finding more and more people are angry or scared about the way the world is heading. I don't recommend vaccines that have not had long term testing? It's a real concern for many.

This newsletter is not about the vaccine as I covered my thoughts on that a couple of weeks ago. It's really about the problems it causes.

For clarity, I recommend you do everything in your power to avoid this vaccine (without getting angry, of course). Anger and fear are both emotions and a warning for you to take appropriate actions. I fear the vaccine, but I don't worry about CV since I take Vitamins D3 and C, and essential minerals Zinc, Selenium and Magnesium daily. I fear for those who don't take them.

Anger is a dangerous emotion, as it is easy to take inappropriate actions that can make matters worse. Fear is a better emotion as you should find it easier to take control of this and to make appropriate plans.

What Do I Fear?

I fear for the tens of thousands of people in the UK who were dumped in care homes to die, or not taken to hospital with heart disease, lung disease and other diseases and were left to

die at home, instead of being admitted to hospital. In the UK these extra 'avoidable' deaths total around 50,000 compared to a typical year. I strongly recommend reading my eBooks before it's too late.

I fear that ignorant governments and stupid doctors do not realise that our immune system relies on mixing as far and wide as possible with many people. The worst thing is to live as hermits so we cannot build or keep our herd immunity. History has taught that mixing far and wide reduces the severity of the infection. In contrast, early explorers decimated indigenous peoples by carrying such simple diseases as measles for which they had no immune response.

I fear for the children growing up in fear of being with their friends, meeting people, not seeing their faces and missing a hug from their grandparents. Their grandparents have nothing to fear as long as they take their Vitamins D3 and C, and minerals Zinc, Selenium and Magnesium daily.

I fear for the employment and businesses and for people's livelihoods that are being destroyed by excessive lockdowns and restrictions. The government could have given everyone a voucher for some Vitamin D3 and C, Zinc, Selenium and Magnesium for daily protection. Instead, they are spending billions to keep people unemployed—trillions in the USA.

I fear for the hotels, restaurants, high streets, malls, gyms and even the holiday centres, many of which are closing for good. They have all been part of our culture and the CV cult of vaccines and lockdowns planned for at least another year which may not allow them to re-open.

My advice is always to recognise your problem and work out a plan..

For most of my life, I have suffered from SAD, which is Seasonal Affective Disorder (depression) when the daylight gets very short. Twenty years ago, I introduced [Emotion Nutrition](#) to help people with mild depression with great success. Much to my delight, I took it myself and found it also eliminated my SAD.

Another solution I used to help slow down and relax my brain was [GABA](#). It was bad enough with my head spinning during the day, but sometimes I would wake up in the early hours of the morning thinking how to resolve problems, and this would keep me awake all night. Now, a quick spray of [GABA](#) and my brain becomes relaxed. It's also useful for students studying and particularly during exam seasons.

Other solutions that all work in different ways and for various reasons are: [RelaxWell](#), [SAM-e Plus+](#), and [Ancient Magnesium OIL ULTRA](#).

Remember

Did I mention that everyone in your family needs at least Vitamins D3 and C, and the critical minerals Zinc, Selenium and Magnesium daily? Anyway, do your best to get happy and stay happy for at least 2-3 weeks. Christmas will be gone soon enough, and as soon as January comes, I will be coming on strong about a healthier diet.

Take good care of yourself.

Robert Redfern

The Essential Immune Nutrients



Vitamin C™

The range includes: 1000mg of High-Quality Liposomal Vitamin C with 175mg of Quercetin, 1000mg Liposomal Vitamin C and Cam 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. 90 veg capsules.

OliveLeaf+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. 90 veg capsules.

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. 90 veg capsules.

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-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, support 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. 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.