

## Health News (Week 13 - 2021)

By Robert Redfern

### Let Me Explain

I had emails after last week's newsletter asking if I recommend the Johnson & Johnson vaccine. I was horrified that I was misunderstood and feel the need to explain fully what I meant last week. To be absolutely clear, I do not endorse taking any vaccines and this includes the Johnson & Johnson vaccine.

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### For New Readers

Thirty-five years ago, my mother died of lung disease at age 62 and my 64-year-old father died a short while later of cancer.

These deaths left me shocked, frustrated and confused - it drove me to research the causes of their deaths in-depth. I soon found evidence that the majority of diseases that people prematurely die from are completely preventable, and I discovered evidence that these diseases are mainly caused by an unhealthy diet, lack of critical nutrients, and lifestyle factors - all of which create unhealthy bodies.

Many of the problems are made worse with severe malnourishment – critical deficiencies in the minerals and nutrients that are crucial for maintaining good health and supporting immune health.

Since discovering this scientifically obvious, yet commonly unknown evidence, I have followed my own health plan. I celebrated my 75th birthday in January feeling truly fit and healthy, and I want all my readers to achieve the same feeling, at any age and healthy, and I want all my readers to achieve the same feeling, at any age.

### Last Weeks Confusion Comes From Me Saying

*"If you are forced one day to take a vaccine to get a job or a passport then wait as long as possible (a couple of years?) to review the side effects. Only then would I recommend even considering the Johnson & Johnson vaccine which may not interfere with your cells in the same way as the mRNA vaccines do."*

To be clear, I recommended waiting as long as possible and at least a couple of years to ascertain all the side effects before you should decide - IF you are forced into making a decision.

Last week I gave some of the side effects and deaths that result from having these vaccines. I call them vaccines but lots of scientists disagree that they are even vaccines.

## The Reports Of Side Effects Are Hidden

Unless you are carefully researching the side effects and deaths from these 'experimental vaccines' in the scientific reports you will not find them in the media. An example is in the UK is the NHS (National Health Service) badgering people with letters, phone calls and round-the-clock media promotion to have a jab without mentioning the serious side effects.

If you Google <https://www.nhsinform.scot/covid-19-vaccine/the-vaccines/side-effects-of-the-coronavirus-vaccines> you will simply find a few vague minor effects such as minor pain at the point of the jab, headache and other minor things.

The NHS go on to say, "These common side effects are much less serious than developing coronavirus or complications associated with coronavirus and they usually go away within a few days."

There is no mention of the growing number of deaths, neurological problems, blood clots and other serious side effects such as blindness.

**International Law** (The Nuremberg Code) is quite clear that everyone must give **Informed Consent** before any medical procedure and that means '**Experimental Vaccinations**'. To be informed you should be told about all of the risks and potential side effects. The truth is the NHS and Governments around the world are committing criminal offences by not explaining this and if you or anyone you know has had the vaccine and not had in writing informed consent, then report to the police and sue the NHS. If the police fail to act then sue them as well <https://truth11.com/2021/01/08/nuremberg-code-will-prevent-you-from-having-to-accept-the-covid-19-vaccine/>

## Listen To This Lady and Her Experience

She believed the NHS and the Government and had the vaccinations with her husband. Watch and listen to the interview below to see how the NHS treated both herself and her husband.



## Do I You Recommend Taking The Vaccine?

### NOT AT ALL!

If you are forced one day to take a vaccine to get a job or a passport then wait as long as possible (a couple of years?) to review the side effects.

Next week I will start a comprehensive table of side effects and deaths and keep it updated at <https://www.NaturallyHealthyNews.info> so you can see for yourself how bad it is.

**All premature deaths from CV or any condition could be prevented in a much safer way - by everyone to take 10-20,000IU of Vitamin D3, plus other vitamins. Also by following a detailed nutritional supplement plan, whether preventing or reversing, consider solutions such as:**

1. **Water Fasting:** Fasting: Fasting has been known since records began to be a powerful preventative and treatment for any disease. Up to one week is a good length to do a fast for achieving good health. The most effective fasting involves simply drinking the water as directed in step 2. Also, take the appropriate missing supplements at the same time.
2. **Drinking 6 x 500ml glasses of water** over a day with a ¼ teaspoon of sodium bicarbonate (baking soda) in each glass. Also, use Pure Concentrated Organic Minerals™ Liquid Drops for powerful nutritional support .
3. **Stopping all** factory processed or unnatural foods, and factory-made meals.
4. **Stopping high sugar foods and drinks**, as well as breads, pastry, biscuits, breakfast cereals, white rice, potatoes, parsnips, and pasta foods.

5. **Consuming mainly vegetables**, leafy greens and other salad foods, avocados, mushrooms, dark-skinned fruits, tree nuts, seeds, and legumes. I also have a website dedicated to this with numerous Keto recipes at [www.reallyhealthyfoods.com](http://www.reallyhealthyfoods.com).
6. **Taking 3-4 teaspoons** of Himalayan or rock salts daily in food.
7. **When able to**; walking and exercising can further improve critical oxygenation of the blood and you can strengthen the immune response by going out in the sun with as much skin exposed, up until 1pm. You can exercise lying down as appropriate, e.g. cycling the legs or using weights for the arms .
8. **Breathing properly**; take every opportunity when lying down to practice diaphragmatic breathing.
9. **Sitting less**; sitting down for more than 3 hours in a day is unhealthy so choose to walk, stand, or lay down rather than sitting as much as possible.
10. **Getting 7-9 hours of restful sleep**. This means dealing with snoring and sleep apnoea. Ask our health coaches for help with this challenge.

## Immune Health Product Recommendations



**Vitamin D3™ 4000IU** - An essential combination of Vitamin D3 and Calcium to support overall health when sunlight is scarce. Vitamin D3 plays an important role in supporting the immune system and is beneficial for supporting bone health and more. Take a minimum of 2-3 capsules a day, with water. Suitable for vegetarians.

**ActiveLife™** - A full-spectrum multivitamin/mineral containing 130 essential nutrients, recommended being taken daily for good health. Adults and children over the age of 12 should take up to 3 capsules, twice per day after a meal. Children under the age of 12 should take 2 capsules per day, or as directed by your healthcare professional. Suitable for vegetarians.

**CureC™ Liposomal Vitamin C + Quercetin** - CureC™ provides high-quality Liposomal Vitamin C 1000mg, plus 175mg of the antioxidant Quercetin and 1000mg PC per

serving. Protects healthy cells and has various benefits for optimal health, including support for immune function, brain health, blood sugar, and heart health. Suitable for vegetarians and vegans.

[\*\*PrescriptBiotics™\*\*](#) - An award-winning probiotic supplement that contains 8 Bio-Identical SBO (soil-based organisms) of Probiotics Consortia. Essential for supporting the growth of all-natural, friendly microorganisms that help to renew and create a healthy rebalance between the good and bad gut bacteria. May support stronger digestion, immunity, and overall health. Suitable for vegetarians and vegans.

[\*\*Ancient Magnesium OIL ULTRA with OptiMSM\*\*](#) - Topical Magnesium with 100% Zechstein Magnesium Oil. All the benefits of the original oil plus OptiMSM, the world's purest MSM for enhanced absorption. Recommended for general relaxation, relief from sore muscles, various body aches, and meeting your daily requirements of this essential mineral for achieving optimal health.

[\*\*Hydrosol™ Silver\*\*](#) - A unique Silver spray that contains patented Silver technology, using nano-particles for superior absorption. Being anti-microbial it can support immunity, targeting invading bacteria, viruses, and fungus. By boosting the immune system you allow your body's own natural defences to work more efficiently. Contains 10ppm Hydrosol Silver. Suitable for vegetarians and vegans.

**Take good care of yourself,**

*Robert Redfern*