

Health News (Week 01 - 2021)

By Robert Redfern

Happy New Year and let's make this a Healthy 2021!

Let me get my rant out of the way before I get into the good news.

It looks like we have another year of medical tyranny according to everything I hear. This is despite no more people dying OF CV rather than OF FLU in previous years. Of course, we cannot compare Flu and CV in 2020 as it appears that Flu disappeared in 2020. Does anyone know where it went?

Let me be clear, I said OF CV rather than the fake WITH CV. WITH CV is a term they use to spread propaganda and their tyranny. They claim fake diagnoses using a PCR test which clearly states on the box: THIS MUST NOT BE USED FOR DIAGNOSIS.

Why are they terrorising the world?

It is claimed by many that The World Economic Forum and the Bill Gates Foundation for population reduction and their 'Great Reset', are behind it all. However, since only time will tell, I will leave this for another day. For the geeks like me, there are thousands of pages to read and 'interpret' at <https://www.weforum.org/platforms/covid-action-platform>

The good news

Long time readers will know that studies for vitamin D3 and C first indicated huge health benefits in the 1930s. When I was born in 1946, we children were offered free D3 and vitamin C by the then government which lasted 9 years until the next government stopped it.

There are now thousands of studies about the benefits of vitamin D3.

Every week, an average of ten new studies are published. Independent Scientists from around the world that have conducted or reviewed research for the benefits of vitamin D3 have recently called on all governments to increase the recommended intake to 4,000iu per day. I have always recommended 6-8,000iu per day since the studies show these are safe. Studies conducted on lower levels of D3 show they offer no protection.

Continuous higher levels of D3 in the body are shown in studies to reduce rates of:

- Flu deaths
- Corona Virus deaths
- Breast Cancer
- Prostate problems
- Prostate Cancer
- Cardiovascular Disease
- Diabetes and eye problems
- Kidney disease
- Osteoporosis
- Lung Diseases
- Seasonal Depression

And More Support...

- Immune and Autoimmune support
- Skin repair
- Dental health
- Muscle repair
- Healthy levels of cholesterol/triglycerides

And Even More Support...

- Alzheimer's
- Healthy weight
- Healthy Pregnancy and baby
- Asthma
- Blood Pressure/Hypertension

It is said that the most common cause of death is D3 deficiency but the above list should give you an idea of how critical vitamin D3 is to keep us healthy and prevent premature death.

Why do we need to supplement?

If a Caucasian (light-skinned person) spent an hour in the summer sun every midday in a brief swimsuit they would obtain around 20,000iu of D3 in that hour. A person with dark skin would only obtain around 10,000iu. Over 2-4 months this would amount to hundreds of thousands of iu stored in the fat and the liver to see us through the winter. The winter sun away from the equator does not deliver very much D3 and in any case, sunbathing is rarely done.

The small amount we get from the summer sun (by not sunbathing daily) is often sufficient to keep us healthy enough over the summer, prevent infections and help stop premature death. However, there are not enough stores of D3 to see us through

the winter. This is why the hospitals are full at this time of the year and the death rates of all causes are increased until the warmer sunnier days come back. Hence the critical need to supplement vitamin D3, particularly in winter.

How much D3 should I take

I strongly recommend that we take 6-8000iu per day in winter and summer. Even when we lived in Spain we took this and we have only been healthier than is normal for those in their 70's.

It would be great if governments distributed D3 as they did 75 years ago, but unfortunately, their useless recommended dose of 600iu is barely enough for a bottle-fed baby.

However

It is not as simple as just taking D3 which is why some studies fail by Pharma researchers. Nothing works in isolation in nutrition and vitamin D is no exception.

To optimise results and support absorption we also need:

- [Probiotics](#) – These maintain healthy bacteria in the digestive tracts which help absorb the D3 supplement. Incidentally, alcohol can disrupt these bacteria and so moderate it or increase probiotics.
- [Magnesium](#) – Commonly deficient in food and needs to be supplemented for healthy muscles, bones and as a cofactor for D3 activity, especially for fat stored D3. I recommend transdermal Magnesium Oil with MSM as the best solution.
- [Vitamin K2](#) – Another cofactor of D3 can be found in leafy greens or in a combined D3-K2 supplement spray.
- [B Vitamins](#). – Are needed as a cofactor for the proper utilization of magnesium and in turn, D3.

Will it stop me getting CV?

Yes, especially if:

- You drink the 6x 500ml glasses of water over the day with a ¼ teaspoon of baking soda in each glass.
- Stop eating factory processed foods and meals.
- Stop eating carbs, potatoes and sugars as much as possible.
- Increase greens in your diet. For example, 2 scrambled eggs with spinach for breakfast, a large salad for lunch and a large stir-fry variety of veggies for dinner with fish or pulses.

- Walk 3-5 miles daily.
- Take essential supplements such as D3 and supporting vitamins/minerals.

Will it help me avoid vaccines?

For clarity, I recommend you do everything in your power to avoid these vaccines. I fear the vaccine, but I personally don't worry about CV since I take vitamins D3 and C, and essential minerals Zinc, Selenium and Magnesium daily. I recommend everyone to take the supplements, particularly if you are hoping to avoid the vaccine.

Those who plan to have children should especially avoid these vaccinations as some experts claim they may cause infertility in both women and men. In any case, they should follow the plan in my [Fertility book](#) for best results.

The longer we avoid the vaccines the better we understand any risks.

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? Now January is here, do your best to get and stay healthy and happy!

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 Camu Camu Capsules. For all ages from infants to seniors. Protects healthy cells and has various health benefits that may support immune function, brain health, blood sugar and heart health.

[Vitamin D3™ 4000IU](#)

An essential combination of Vitamin D3 4000IU and Coral Calcium that can help to support and maintain bone health. Vitamin D3 is a potent immune modifying nutrient that provides protective effects for good health. Regulates over 200 genes in the body and supports your overall body's health when sunlight is scarce.

[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.

[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.