

# Health News (Week 04 - 2021)

By Robert Redfern

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## The biggest killers in the world.

**All World Deaths are:**

1. All Cardiovascular/Strokes/Hypertension/PAD etc – 13.5 million
2. All Respiratory diseases – 5.1 million
3. All Cancers – 4.5 million
4. All Dementia – 1.61 million
5. Diabetes diseases – 1.38 million
6. Liver diseases – 1.32 million
7. Road Deaths – 1.184 million
8. Diarrheal diseases – 1.17 million
9. Kidney disease – 1.00 million
10. Worldwide CV-19 deaths (FROM, NOT WITH) anywhere from 200,000 to 850,000 depending upon which experts you believe since even road deaths were counted if the doctor 'suspected' CV-19.

## The 2nd biggest of ALL the killers is Respiratory Disease etc

I am taking you through my Lung eBook plan today, the first one I ever wrote, dedicated to my 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 although it is not mentioned in my book.

My eBook is called 'Helping Lung 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 health recovery plan.

Thirty-five years ago, my mother died of lung disease at aged 62.

This left me shocked, frustrated and confused, it drove me to research the causes of her death 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 and lifestyle, creating unhealthy bodies.

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

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

**My experience of helping impossible cases shows that my plans work.**

**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

It's possible for anybody to get healthy no matter how poor their health is but it does take determination.

I had another wonderful story about a man with Pulmonary Fibrosis, who cleared it. Then 6 months later went back to the old diet and it returned. There was a lack of determination.

I had another story of an engineer in Pakistan who had lung scarring from TB but could not afford even one product. He promised me he would stick to the Keto diet (with great difficulty) and I sent him 3 bottles of Serranol. 3 months later he sent his latest x-ray and news that he had got a job in the Middle East. There was great determination.

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

1. Drinking 6 x 500ml glasses 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 factory-made 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, avocados, mushrooms, dark-skinned fruits, nuts, seeds, and legumes. Take 3-4 teaspoons of Himalayan salts daily.

I also have a web site dedicated to this with all of the Keto recipes at [www.reallyhealthyfoods.com](http://www.reallyhealthyfoods.com).

5. When able to, walking, and exercise can further improve circulation and oxygenation of the blood and strengthen the immune response by going out in the sun with as much skin exposed to up until 1pm.

Or you can exercise lying down as appropriate, e.g. if there's bad weather. Take every opportunity when lying down to practice diaphragmatic breathing. Sitting down is unhealthy so walk, stand, or lay down rather than sitting.

## 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
- Combination formula to help clear inflammation and scarring, balance the body's immune response, and support lung healing
- Contains serrapeptase which is always best taken on an empty stomach where possible
- Suitable for vegetarians and vegans

### Active Life 180 Caps

- Contains essential vitamins, a natural and highly absorbable form of folate, 75 plant-derived minerals, and other nutrients
- Helps replenish storages in the body that are depleted each day
- One of the best multivitamin formulations available
- Contains serrapeptase which is always best taken on an empty stomach where possible
- Suitable for the whole family
- Caps can even be opened and added to food
- Suitable for vegetarians and vegans

### 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, it helps to protect healthy cells from damage.
- Suitable for the whole family
- Suitable for vegetarians and vegans

## [Ancient Magnesium Oil Ultra 100ml](#)

- Correcting a common deficiency can benefit immune health and improve respiratory muscle strength
- Magnesium Oil is now formulated with OptiMSM® to maximise magnesium absorption through the skin
- Sourced from the Zechstein Mine where the magnesium chloride is known as the original, gold-standard transdermal magnesium used by trusted professionals
- Transdermal magnesium absorbs better than supplements and can have an immediate effect on symptoms
- Suitable for vegetarians and vegans

## **ULTIMATE PACK**

*This pack contains:*



## [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 formulation to protect against infections, boost the immune response against allergens and provide extra support for healthy cell growth
- Suitable for vegetarians and vegans

## [Nascent Iodine](#)

- Offers an atomic form of consumable iodine as a supplement, just as natural as iodine used in the body
- Supports all lung health issues, especially fibrosis
- Suitable for vegetarians and vegans

### Prescript Biotics

- Contains “Bio-Identical” SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria
- Prescript Probiotics’ powerful, soil-based microflora may benefit lung health, mood, and energy levels
- Winner of Health and Wellbeing’s highly commended gut health category
- Suitable for vegetarians and vegans

### Oxysorb

- Liquid enzyme aids in oxygen absorption
- Helps expel CO2 and other waste gasses from the body
- Suitable for vegetarians and vegans

## Remember

Whether you can afford everything, one thing, or no supplements, we still help and support you to get and stay healthy. We are a not-for-profit organisation.

Take good care of yourself,

*Robert Redfern*