

# Health News (Week 05 - 2021)

## By Robert Redfern

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To see all CV News go to [https://t.me/Co\\_VidNews](https://t.me/Co_VidNews)

## 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 3rd biggest of all killers - Cancers

I am taking you through my Cancer eBook plan today, the second one I ever wrote, dedicated to my father who – sadly passed away from cancer at the young age of 64.

It is a relatively straight forward plan, to help most people RECOVER from one of the BIGGEST KILLERS in the world.

CCancer is many times worse than any Coronavirus, in fact, the deaths from cancer are expected to rise throughout the world as currently people are not being examined and treated for cancer in hospitals. Of course, many may be falsely said to have died from CV-19, as has been said for many other deaths.

My eBook is called 'Helping Cancer, By The Book'.

**The book plan is the same for all of the common cancers including:**

- Bladder Cancer
- Breast Cancer
- Colon and Rectal Cancer
- Endometrial Cancer
- Kidney Cancer
- Leukaemia
- Liver Cancer
- Lung Cancer
- Melanoma
- Non-Hodgkin Lymphoma
- Pancreatic Cancer
- Prostate Cancer
- Thyroid Cancer
- Brain Cancer



(and may help prevent another, 150 or more, very rare cancers).

All of the above may have different causes, but the prevention and possible recovery are reliant on the very same health plan.

Thirty-five years ago, my mother died of lung disease at aged 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, 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 in January 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.**

*“I am 81 years old and in 1996 was diagnosed with Prostate Cancer (PSA 24.6) for which I had Radiotherapy and Hormone treatment. I also have bilateral Nephrostomy drains, as a consequence of loss of kidney function.*

*The past year I have been admitted to hospital on many occasions often in a medical emergency. I have had numerous Urinary Infections, sometimes resulting in serious Sepsis incidents, which could have been fatal. Over the last few years my cancer became recurrent*

*and in January 2019 my PSA had risen rapidly, from 7.1 to 124 and the cancer spread to the bones. My wife and I were absolutely shocked and did not know what to do.*

*Unbelievably, I had no Oncology or Urology Consultants. Without any discussion or treatment plan, I was just given Hormone injections every 4 weeks, but without any follow up or treatment monitoring. We felt so utterly lost, helpless and alone.*

*We now felt hopeful and safe under the reassuring guidance of Robert and his wonderful Health Coach team, knowing that we are not alone anymore and that there is always someone at the end of the phone to help us. With their supervision and guidance together with the fantastic products: ”*

– From a grateful cancer survivor

Click here to see the full letter and other cancer testimonials.

It's possible for anybody to prevent disease and get healthy no matter how poor their health is but it does take determination. Our Health Coaches are always here to help you through it all and keep you working towards good health.

## Preventing or Reversing:

**As well as a detailed nutritional supplement plan, whether preventing or reversing, consider solutions such as:**

1. **Water Fasting:** Fasting has been known since records began to be a powerful preventative and treatment for any disease and especially cancers. Two weeks is the most powerful length of a fast. The most effective fasting involves simply drinking the water as directed in step 2 and taking the salts in step 6 below. Also, take the appropriate missing supplements. There are inexpensive centres you can go to if you feel you need support to stick to this fast.
2. **Drinking 6 x 500ml glasses of water** over the day with a ¼ teaspoon of sodium bicarbonate (baking soda) in each glass.
3. **Stopping all** factory processed or unnatural foods, and factory-made meals.
4. **Stopping all** high sugar foods and drinks, as well as breads, pastry, biscuits, breakfast cereals, white rice, potatoes, parsnips, and pasta.
5. **Consuming mainly** vegetables, leafy greens and other salad foods, avocados, mushrooms, dark-skinned fruits, tree nuts, seeds, and legumes.
6. **Take 3-4 teaspoons** of Himalayan or Rock salts daily in food or divided into your glasses of water. I also have a website dedicated to this with numerous Keto recipes at [www.reallyhealthyfoods.com](http://www.reallyhealthyfoods.com).
7. **When able to;** walking and exercise can further improve 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. 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 1000IU of Vitamin D3
- Combination formula to help clear inflammation and scarring, balance the body's immune response and support healing
- Contains serrapeptase which is always best taken on an empty stomach where possible
- Suitable for vegetarians

### CurcuminX4000® with Fenugreek Seed Extract

- Provides Meriva® curcumin, the most clinically studied curcumin on the market for superior bioavailability
- Backed by clinical studies that show Curcuminx4000® is up to 45x better utilised by the body compared to ordinary curcumin
- Now with added Fenugreek for increased bioavailability
- Provides natural anti-inflammatory and antioxidant properties for a healthy digestive system and immune system support
- Suitable for vegetarians and vegans

### Essential Digestive Plus™

- Essential Digestive Enzyme formula for improved gluten digestion

- Contains 11 enzymes and derivatives along with Fruta-Fit Inulin, Peptidase and Protease to support the formation of well-balanced gut flora
- Promotes better absorption of essential vitamins and minerals
- Supports balanced gut flora and colonic function
- Suitable for vegetarians and vegans

### Prescript Biotics

- Contains “Bio-Identical” SBO Probiotics Consortia™, missing from the modern diet to support good gut health
- Provides custom cultured microflora to rebalance good gut flora
- Supports stronger digestion
- Promotes better immunity and overall health
- Provides Soil-Based Organisms (SBOs) missing from the modern diet
- Suitable for vegetarians and vegans

### Vitamin D3™ 4000IU

- An essential combination of Vitamin D3 4000IU and Coral Calcium
- Higher Vitamin D levels reduce the risk of 19 types of cancer - [Dr William Grant](#)
- Vitamin D3 is a potent immune modifying nutrient that provides protective effects for every aspect of good health
- Whole plant, broad spectrum cannabis extract, produced from organically grown USA hemp
- Can help to support and maintain bone health
- Regulates over 200 genes in the body and supports your overall body’s health when sunlight is scarce.
- Contains 100 servings of 4000iu
- Suitable for vegetarians

### ULTIMATE PACK

*This pack contains:*



### Nascent Iodine

- Offers an atomic form of consumable iodine as a supplement, just as natural as iodine used in the body
- Provides a huge energy release when consumed
- Supports all lung health issues, especially fibrosis
- Improves thyroid health and hormone production
- Suitable for vegetarians and vegans

### CureC™ - Liposomal Vitamin C with Quercetin

- Contains high-quality liposomal vitamin C 1000mg, 175mg quercetin plus 1000mg PC per serving
- Protects healthy cells, without any side effects often associated with high doses of vitamin C
- Quercetin enhances the antioxidant enzymes in the body and acts as a powerful anti-inflammatory
- Provides various benefits for optimal health
- Suitable for vegetarians and vegans

### CANNA10 CBD Oil

- Premium Gold CO2 Hemp Extract - Safe Legal and Scientifically Backed
- Provides reliable, guaranteed levels of CBD, a quality organic CBD extract
- Provides extra benefits from naturally occurring cannabinoids, flavonoids and terpenoids
- Whole plant, broad spectrum cannabis extract, produced from organically grown USA hemp
- Manufactured in the UK, 100% safe and legal to consume and adheres to all current government legislation
- Contains approximately 20 servings. 10ml/1000mg CBD
- Suitable for vegetarians and vegans

### Active Life™

- A Full Spectrum Multi-Vitamin/Mineral Formula
- 130 Nutrients in One Capsule
- High Antioxidant Content
- Uses the Biologically Active Quatrefolic® Folate
- 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,**