

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 4th biggest of all killers - Dementia

This week I am taking you through my Alzheimer's eBook plan, the most recent one I've written. It's dedicated to those who were determined enough to trust it, follow it and recover their lives and had good support at home, which was critical. Also, and sadly, dedicated to a dear friend who passed away from Dementia since she did not have anyone at home to support her.

It is a tough but relatively straight forward plan, to help most people RECOVER from the 4th of the BIGGEST KILLERS in the world. Especially a growing problem for women!

Dementia is many times worse than any Coronavirus, in fact, the deaths from Dementia are rising throughout the world as currently people are not being examined and treated correctly. 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 Alzheimer's, By The Book'.

The book plan is similar for all of the common brain diseases including:

- Alzheimer's disease
- Senile dementia
- Fronto-temporal dementia/Pick's disease
- Lewy body
- Parkinson's
- Vascular dementia



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 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, 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 started taking just a drop of Nascent Iodine well over a year ago now, when my doctor told me I had early onset Alzheimers, and within days it was as though a fog had lifted and I couldn't believe how much energy I had. I had started line dancing classes a couple of years earlier in an attempt to stimulate the brain cells and found I was struggling to learn any but the most simple routines. After taking Iodine for just two weeks I'd learnt three intermediate level routines that I'd found impossible to learn.

I took the pack of Aricept, unused, back to the pharmacy and can't help wondering how many other women in their sixties are put on those chemicals when it's something as simple as an iodine deficiency causing those memory problems and increasing fatigue.”

– Rosemarie P

“After three months on the plan, Eric's life was completely transformed. At the start, he had no real zest for life, he was withdrawn, uncommunicative, and sometimes disorientated. Physically, he walked with a stick, shuffling his feet. Patricia and Eric both felt the support and encouragement from the company was vital helping them to follow the plan to the letter. After 12 weeks Eric had a renewed vigour and energy for life and even started writing a book. He began enjoying swimming, days out, and looking after his grandchildren again. And even reduced his medications.”

– Eric Cummings and Patricia Cummings

"After following the plan for several months Derrick was discharged from the Memory Clinic. The psychiatrist was so pleased with his progress halting cognitive decline, he was told "to keep doing whatever he is doing". His wife Carole thinks it is all down to the Good Health Naturally plan, plus regular craniosacral work and a new medication Memantine. Friends and family have noticed he is much happier, more alert, conversational, with better concentration. Carole says he is less anxious and confrontational, has more energy in the day and sleeps better at night. Two years later he has kept up the diet and lifestyle changes and apart from lapses in memory he lives life to the full. Carole would love Robert to meet Derrick so he can see for himself."

– Derrick and Carole Wells

Preventing or Reversing:

As well as following 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 for 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 fasting.
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. I also have a website dedicated to this with numerous Keto recipes at www.reallyhealthyfoods.com.
6. **Taking 3-4 teaspoons** of Himalayan or Rock salts daily in food or divided into your glasses of water.
7. **When able to;** walking and exercising 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.
9. **Getting 7-9 hours of restful sleep.** This means dealing with snoring and sleep apnea. Ask our health coaches for help with this challenge.

The Nutritional Support Packs

ESSENTIAL PACK

This pack contains:



BrainPower™ Liposomal Curcumin/Resveratrol

- Liposomal Curcumin and Resveratrol
- Provides natural anti-inflammatory protection
- Made with natural non-GMO ingredients
- Provides immune system support
- Suitable for vegetarians and vegans

Lithium Balance™

- Contains Organic Lithium Orotate, a possible healthy alternative to antidepressants
- 100% natural, safe and effective to use
- Supports balanced moods
- Provides important nutrients for brain health
- Suitable for vegetarians and vegans

B4Health™

- Contains a full B Vitamin Complex
- Provides superior delivery for improved absorption
- Supports healthy homocysteine levels
- Supports many bodily processes for optimum health
- Suitable for vegetarians and vegans

CureC™ Liposomal Vitamin C with Quercetin

- Contains 1000mg of High-quality Liposomal Vitamin C, 175mg of Quercetin, plus 1000mg PC per serving

- Provides powerful antioxidant action that may protect healthy cells
- May help to maintain healthy bones, cartilage and connective tissues
- May help to promote the body's natural healing process
- Suitable for vegetarians and vegans

Ancient Magnesium Oil Ultra 100ml

- Guaranteed 100% Zechstein Magnesium Oil
- Provides all the benefits of the original magnesium oil, plus OptiMSM, the world's purest MSM
- Supports general relaxation and relief for sore muscles and various body aches
- Delivers magnesium precisely where it's needed most
- Improves deep absorbability into skin and tissue
- Suitable for vegetarians and vegans

ULTIMATE PACK

In addition to the above, this pack also contains:



Alpha Lipoic Acid 'R'

- Antioxidant and free radical neutralizer
- Provides support for normal blood sugar balance and pancreatic function
- Provides support for peripheral nerve and endocrine function
- Up to 40x more bioavailable than the 'free acid' form of R-Lipoic Acid (RLA)
- Suitable for vegetarians and vegans

Serranol® 90 Capsules

- Contains x4 key ingredients in each capsule
- 160,000IU Serrapeptase for accelerated healing support
- 250mg Meriva® Curcumin for anti-inflammatory benefits
- 50mg Ecklonia Cava Extract that may support HDL (good) cholesterol
- 1000IU Vitamin D3 for supporting the body's immune health
- Suitable for vegetarians

Nascent Iodine

- Consumable iodine in its atomic form
- Provides a huge energy release when consumed
- Supports thyroid health and hormone production
- Best taken with [Ionic Selenium](#)
- 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

UB8Q10

- A coenzyme Q10 that is up to 8x better absorbed compared to ordinary CoQ10
- Coenzyme Q10 fuels each cell and process in the body
- Supports the body's ATP - the human source of energy
- Supports a wide range of health conditions
- 60 soft gel capsules

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