

Health News (Week 07 - 2021)

By Robert Redfern

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 - Diabetes

I am taking you through my Diabetes eBook plan today. For clarity Diabetes Type 2 and not **Diabetes Mellitus Type 1** - which is really an autoimmune disease where the pancreas B cells are damaged by an infection and/or a nutritional deficiency. The recovery for Type 1 is the same lifestyle/nutritional plan in conjunction with Stem Cell treatment ([click here as an example of a stem cell clinic](#)).

Diabetes Type 2

Diabetes Type 2 is a lifestyle disease simply resolved by a change to a healthy lifestyle for 30 days. Then it is simply a matter of staying on a good plan with the essentials.

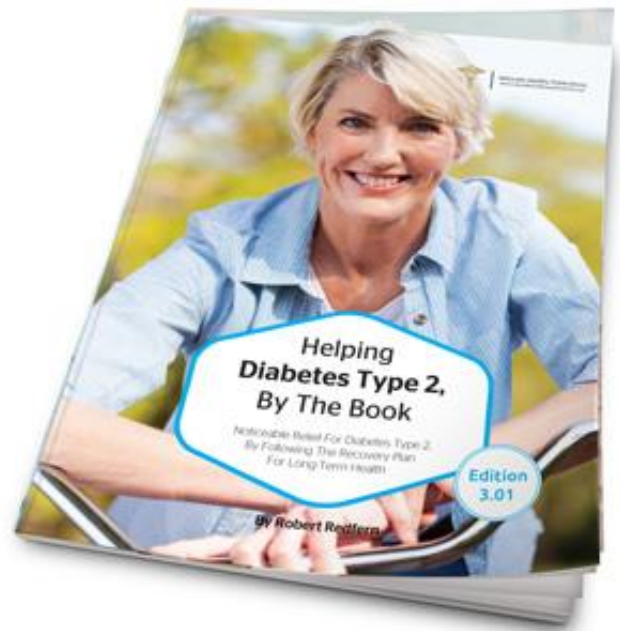
It is a relatively straightforward plan, to help most people RECOVER from the 5th of the BIGGEST KILLERS in the world.

My eBook is called 'Helping Diabetes Type 2, By The Book'.

Following the plan in my book to a healthy lifestyle helps to avoid the risk of:

- Coronavirus

- Heart Disease/-strokes
- Alzheimer's Disease
- Senile Dementia
- Peripheral Neuropathy (hands and feet, numbness tingling and pain)
- Vision Loss and Blindness
- Miscarriage and Stillbirth
- Vascular Dementia
- Kidney Disease
- High Blood Pressure
- High Cholesterol
- Amputation of lower limbs
- Erection problems



Diabetes Type 2 increases the risk of Coronavirus, and, the deaths related to Diabetes are rising throughout the world. Diabetes Type 2 has different causes, but the assured recovery is 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.

“Hello, Thank you so much, I've been taking Curcumin for over 6 months and it helped me to reverse my Diabetes Type II. I sold my last 3 bottles to relatives and ran out last week so that's why I was eager for delivery. Thanks again!”

– Robert

"I took the Serrapeptase for 3 days and the soreness in my left elbow was 90% gone. I still have a little soreness but it is slowly going away. I am Type 2 diabetic. My sugar got out of control. I would wake up with 199 or over 200 I was taking 2000mg Metformin daily. The doctor put me on 4mg Avandia. That helped. But then the warning on Avandia came.

I spoke to my doctor and he said it was a small study to stay on the pills. I had a friend muscle test me and it tested weak. So I gave it up. I had not been testing my sugar for months, only once in a while.

For the last 2 days I have tested my blood sugar levels in the morning. One morning it was 157 which is good for me as I have a leaky liver that leaks sugar out at night. This morning it was 140 - that is a miracle. The only thing different I am doing is taking 6 [Serrapeptase] capsules when I get up each morning with half a glass of water. It has to be the supplements you recommend. I am thrilled and will continue taking them. Thank you so much."

– Ruthanne A

"Hi Robert, Just to let you know I have been using Magnesium oil for four months now, I am diabetic, my Natural Health Doctor advised me to take it as diabetics lack magnesium, well I have to tell you it's given me more energy and life and has also cured my sciatica which I get every year when autumn starts. I am 70 years old and I advise all diabetics to use this wonderful oil."

– David B.

"Cinnamon27™ has helped me to control my sugar levels and gives me more energy. I've only been on it for about 4 months. I went for a blood test and I was told I was borderline for diabetes. I stopped eating all sugar and I went back for another test after taking Cinnamon27™ and following Robert's Type 2 Diabetes health plan and my blood sugar was normal."

– Mary Cordell

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 diabetes. Up to one week is a good length of a fast for diabetes. 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.
6. **Taking 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.
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 1 pm. 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 apnoea. Ask our health coaches for help with this challenge.

The Nutritional Support Packs

ESSENTIAL PACK

This pack contains:



Alpha Lipoic Acid 'R'

- Antioxidant and free radical neutralizer
- Provides support for pancreatic function and normal blood sugar balance
- Supports peripheral nerve and endocrine function
- Significantly more bioavailable than the 'free acid' form of R-Lipoic Acid (RLA)

- Suitable for vegetarians and vegans

Mega Benfotiamine™

- A fat and water-soluble form of Vitamin B1 (Thiamine)
- Supports normal energy-yielding metabolism, normal cardiac function and normal nervous system function
- Provides support for normal glucose metabolic pathways
- Suitable for vegetarians and vegans

Cinnamon27™

- A unique blend of seven powerful ingredients including Ceylon Cinnamon, Chromax® Chromium Picolinate, Nopal, American Ginseng and more
- Recommended to support healthy blood sugar balance
- Provides antioxidant and anti-inflammatory benefits
- Provides superior absorption, backed by science
- Suitable for vegetarians and vegans

Serranol® 90 Capsules

- 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

ULTIMATE PACK

In addition to the above, this pack also contains:



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

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

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

Ancient Magnesium Oil Ultra 100ml

- Correcting a common deficiency can benefit immune health, blood sugar 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

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.