

Dear Reader,

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 6th biggest of all killers - Liver Diseases

I am taking you through my Liver Disease plan today. There are many types of liver diseases and depending upon the classifications, the number of deaths can be 1 to 2 million per year. Some are labelled Hepatitis Types A, B, C and E. I don't have a book yet as for some reason it is very rare for us to get many help requests. This probably reflects how rare these diseases are. It could also be that people that ask for help going the natural health route are less likely to live the lifestyle that leads to liver diseases.

It is a relatively straightforward PLAN, to help most people to AVOID OR RECOVER from the 6th of the BIGGEST KILLERS in the world. I will state clearly here that like most diseases it is lack of nutrients, healthy foods and other lifestyle factors that are the greatest risk factor for any disease and liver disease is no exception in spite of what the medical system will tell you.

My PLAN is to help with liver failure from:

- Alcohol poisoning
- Hepatitis Types A, B, C, and E
- Fatty liver diseases (diet-related)
- Autoimmune diseases
- Cholangitis (a bile duct infection)
- Overdose from Paracetamol/Tylenol drugs
- Adverse reactions to drugs, e.g. for epilepsy, antibiotics, and NSAIDs

- Chemical exposure
- Poisonous mushrooms
- Overdosing on herbal remedies
- Excess copper (very rare)

Symptoms of early liver failure can be:

- General malaise or a feeling of lack of wellness
- Persistent tiredness, drowsiness, or sleepiness
- Confusion, disorientation, and irrational anger
- Nausea and/or vomiting
- Abdominal pain or swelling
- Jaundice (a yellowing of the eyes or skin)

I always recommend a full blood panel test that includes liver enzyme tests every two years, C-reactive protein (CRP inflammation), and homocysteine levels. This way you get plenty of warning of any real dysfunction and can resolve it early.

Symptoms of chronic liver failure:

- Fatigue
- Loss of appetite
- Nausea and/or vomiting
- Abdominal pain or swelling
- Jaundice
- Easy bleeding or bruising
- Disorientation
- Severely itching skin
- Darkening of the urine
- Fluid build-up in the arms, legs, abdomen

Hepatitis Types A, B, C, and E

These types of Hepatitis are said to be caused by various viral infections caught from other infected people via blood, or other body fluids or excrement. It makes sense to avoid all these possibilities as much as possible and I can say no more here about these.

In the same way about the other causes, I listed above, when you choose to follow the really healthy lifestyle plan below and in my books, you will prevent disease.

There is claimed to be one 90% cure drug treatment for Hepatitis Type C, however, on the advice from Goldman Sachs it may be the last real cure from drug companies. Read more here: <https://naturallyhealthynews.info/week-18-2018-i-have-said-this-for-nearly-30-years/>

Like most diseases, liver diseases increase the risk of Coronavirus, and, the deaths related to liver disease are rising throughout the world. They appear to have different causes, but the assured recovery is reliant on almost the very same health plan that I have researched over the past 35 years.

For New Readers

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 Liver Disease cases shows that my plans work

“Hi Robert, I love the Curcumin product. I am having excellent results and would like to go on it long term to see what other results I get. I have had problems for years retaining water and knew it had something to do with my liver, but wasn't sure what to take. I recently did a week long liver detox - it was hard. I've done some castor oil packs, some milk thistle (not enough really) and something else as well. The best results so far are the Curcumin - but I upped the dose to 9 a day. But on this dose my ankles stopped swelling up, I'm urinating more and I feel better, along with having more energy and strength. I have a history of heart failure after my son was born, and I think it was probably due more to liver problems than heart problems so you can see that healing my liver is very important to me. Thank you for such a great product.”

– Margaret R

“This is my second order of Liver Balance Plus™. It is an awesome product. I appreciate you offering it.”

– Ronda C

“I have liver disease and suffer with many of the symptoms associated with it including weight loss, fatigue, nausea and vomiting. Since following the program to

improve my liver health, I've seen a big difference in my symptoms. I am feeling much better already after just a few weeks, so I will continue to follow your health plan..."

– Mary, Cambridgeshire

Preventing or Reversing:

Acute/Urgent Liver Disease Treatment:

Find a doctor, clinic, or home service that will provide IV delivery of Alpha Lipoic Acid-R, Glutathione, and Vitamin C Intravenous Drips. Do not waste your time asking the Pharma/Medical Cartel services for this.

Also:

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 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. Alternatively use [Pure Concentrated Organic Minerals™ Liquid Drops](#) for powerful alkalising support.
3. **Stopping all** factory processed or unnatural foods, and factory-made meals.
4. **Stopping 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 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:



Serranol® 90 Capsules

- Take 2 capsules, 3 times per day. Take 30 minutes before or 2 hours after food
- Clears inflammation and provides strong support for healthy joints, cells, heart, blood flow, circulation, and cholesterol
- Provides 160,000 IU of SerraEnzyme Serrapeptase, 250mg of CurcuminX4000®, 50mg of Ecklonia Cava, and 1000IU of Vitamin D3
- Contains serrapeptase which is always best taken on an empty stomach where possible
- Suitable for vegetarians

Alpha Lipoic Acid 'R'

- Take 2 capsules 2 x per day while healing
- Supports healthy liver function
- Antioxidant and free radical neutralizer
- Supports peripheral nerve and endocrine function
- Significantly more bioavailable than the 'free acid' form of R-Lipoic Acid (RLA)
- Suitable for vegetarians and vegans

B4Health™ Sublingual Drops

- Take 1 dropper full (1ml) in the mouth per day, or as directed by your healthcare professional. Swish for 30 seconds before swallowing.
- Provides a healthy boost to the immune system and improves B12 absorption
- Supports healthy homocysteine levels

- Contains a full Vitamin B Complex with a superior delivery system
- Suitable for vegetarians and vegans

SAM-e Plus+™

- Take 2 capsules, 2-3 times daily, timed away from food
- Provides support for your liver regeneration
- Recommended for stress relief and healthy joints
- Provides support for optimal mood balancing
- 60 vegetarian delayed-release capsules
- Suitable for vegetarians and vegans

ULTIMATE PACK

In addition to the above, this pack also contains:



Liver Balance Plus™

- An original Chinese herbal formula to support and maintain liver balance
- Recommended for healthy digestive cleansing and liver health
- Can be used in conjunction with the Kidney Rescue formula
- Suitable for vegetarians and vegans
- 120 tablets

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 functions of the body
- Improves thyroid health and hormone production
- Suitable for vegetarians and vegans

Prescript Biotics™

- Take one capsule a day, 30 minutes before a meal or snack with 6-8oz of juice or purified water or more as needed. Alternatively, break them open and mix them with a small amount of food.
- Contains 8 Bio-Identical SBO (soil-based organisms) of Probiotics Consortia essential to support the growth of all natural, friendly microorganisms that help to renew and create a healthy rebalance between the good and bad gut bacteria.
- May support stronger digestion, immunity, and overall health.
- 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