

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 7th biggest of all killers - Road Deaths?

Yes, Road Deaths. Why am I bothering with this in my newsletter? Just to give you context. You are nearly twice as likely to die crossing the road or be involved in a crash than from CV-19. In context 1,800,000 people is a lot, but not compared to the almost 30,000,000 people who die from the easily preventable Biggest Killers in 1-6 above.

Governments have taken most or all of your human rights to keep you safe (they say) from number 10 on the biggest killers list (CV-19). In fact, all governments around the world are spending billions to keep you safer from the minor risk of CV-19 (they say). Simply advising or supplying a few low nutrients would eliminate almost all of the risk of dying from CV-19 and save a huge amount of money. Why not do this and spend more on saving the lives of people who die from road deaths (which is twice as likely)?

Stop Press- New study from Spain. Doctors treating those seriously with CV-19 had better results administering 100-200,000iu of Vitamin D3. At last, some Doctors are using science!

Governments already have some rules and measures in place but could easily add more of these to help keep you safer on the roads, but instead, they make little or no effort. Why would this be? Could it be:

1. Governments don't care how many people die on the roads?
2. They are afraid they may lose votes and not get elected if they enact rules and measures that make everyone safer?

3. It would be too expensive to make it safer for everyone.

It would appear to be No 1 as they are prepared to take away all human rights to save less than half the number of deaths and spend billions more on CV-19 than they would even need to spend to help reduce road deaths.

Do we really believe Governments care about how many people die when CV-19 is a minor risk compared to the other top 9 Biggest Killers? All of which can be easily preventable and reversible as I have demonstrated over the past 30 years.

Here is a relatively straightforward PLAN, to help most people to AVOID the 7th of the BIGGEST KILLERS in the world.

Reduce the speed of all vehicles. I realise this may not be popular but it appears Governments no longer care about being popular. They lock us down and close businesses and restaurants (to keep us safe?). Why not keep us safer on the roads by the proven method of reducing speed?

Governments are planning to track us everywhere we go via apps on our phones or other mandated devices. Apps could easily be used linked to vehicle GPS/computers. They could alternatively mandate that all vehicles have GPS with built-in sim cards in the vehicle. The technology for this already exists and is called a black box.

Every time the vehicle exceeds the speed limit by 10% for more than 3 seconds an escalating fine is levied against the driver.

AND/OR: Of course most cars can have a GPS linked to the car's computer and it is possible to not allow the car to be driven faster than the speed limit in a given area. Again, this technology does exist in some countries already. In most countries, the technology is available as a minimum to restrict the maximum speed of a vehicle.

All of the above proven effective, are virtually cost-free to the government and are very low cost to drivers.

Reduce Distractions to Drivers

Distractions and lack of concentration is a major contributor to road accidents and deaths - these can easily be reduced with more enforced guidance and rules for drivers such as the below:

- **Children** – Give them nutritious snacks for long journeys and DON'T give them sugary drinks and carb snacks. This is a good time for enjoyable games to keep them occupied.
- **Don't listen to radio** - Especially when it includes contentious discussions, or fast beat music.

- **Don't be distracted** - By Eating or Drinking, or Smoking.
- **Don't talk on the phone when driving** - Even using hands-free to speak on the phone can be distracting.
- **Never argue when driving** - Set and plan your journey beforehand by starting with a SATNAV rather than using maps.
- **Never have loose dogs/animals inside a vehicle** - Always have them wear a proper harness connected to a seat belt plug.
- **Never drive over-tired** - Always rest well before a journey and plan for naps, rests and shared driving where possible for big journeys. Pull into the nearest services if you feel tired, for a break.
- **Always** – Keep your screen washers full and your screen clean.
- **Always** - Have good quality sunglasses in case of sunshine.
- **Eyesight** – Get your eyes tested and wear glasses if needed when driving or follow my eyesight plans if you have macular degeneration or cataracts.

Prevent Smart Motorways

Campaign – To stop Smart Motorways and to keep nearside hard shoulder/safety/emergency lanes so broken down vehicles are not a hazard to other drivers.

This keeps all people safer and would save many more lives than the billions spent on CV-19.

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.

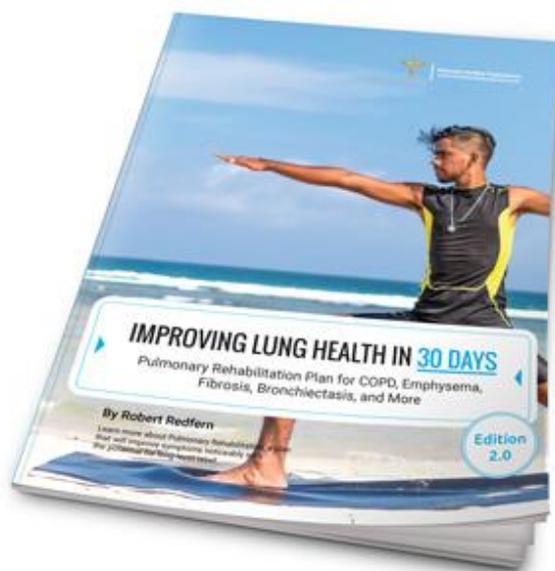
Since discovering this seemingly obvious, yet commonly unknown evidence, I have followed my own health plan. I celebrated my 75th birthday in January feeling truly fit and healthy, and I want all my readers to achieve the same feeling, at any age.

Preventing or Reversing:

I have been helping readers for 35 years to prevent or reverse so-called diseases. Download or purchase the printed copy of the relevant books and get started in celebrating good health

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 critical 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.
9. **Sitting less;** sitting down for more than 3 hours in a day is unhealthy so walk, stand, or lay down rather than sitting as much as possible.
10. **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 Organ Support Packs

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Organ Support Pack

This pack contains:



BrainPower™

- High-dose Liposomal Curcumin and Resveratrol, formulated for maximum nutrient strength absorption into the bloodstream.
- Provides anti-inflammatory and antioxidant protection.
- Benefits a range of health conditions.
- Supports the body's immune health, brain health and helps against more serious illnesses.
- 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.

Ancient Magnesium Oil Ultra 200ml

- Genuine 100% Zechstein Magnesium Oil PLUS OptiMSM, the world's purest MSM for deep absorption into skin.
- Easy to use topical spray for a strong boost of Magnesium.
- Supports general relaxation and provides relief for sore muscles, leg cramps, and various body aches.
- Delivers improved immune response.
- Recommended for use on the hands, face and body.
- 20 sprays per day contain approx. 300mg elemental magnesium and 396mg OptiMSM.

HeartPower45™

- Exclusively contains High-Potency Super BERGAVIT Bergamot 45%.
- Features Bergamot Fruit extract used in Italian Folk Medicine.
- Benefits overall cholesterol and heart health.
- Supported by clinical trials to improve CVD risk factors.
- Controls 'bad' and increases 'good' cholesterol at the same time.
- Suitable for vegetarians and vegans.

Kidney Rescue™

- Powerful cleansing herbal blend to support kidney health.
- May help normal lymphatic function.
- Possibly one of the most powerful blends available.
- Suitable for vegetarians and vegans.
- 90 tablets.

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.

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