

The 10th Biggest Of All Killers – CV-19 Diseases?

Many of you sent emails asking for Number 10 on this list to be fully explained in light of current events. Since it is the first anniversary of the UK lockdown, I am clarifying my thinking and experience on CV-19 below and although I have written about it for 12 months, I have come to the realisation that nothing has changed in that period.

How Many People are dying from CV-19?

It is claimed by the Pharma/Medical Cartel many people are dying around the world. The facts are totally different and this example below for the UK is repeated in the USA and most other countries:

* In 2018 540,000 people died from various causes.

* In 2020 603,000 people died in the UK. The excess is accounted for by 25,000 elderly sick people discharged into care homes and left to die untreated.

Additionally, an extra 25,000 sick people with various conditions including a huge increase in suicide, died at home refused treatment while hospitals stood empty.

What you hear being repeated in the media are simply unsubstantiated claims.

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 that are 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.

What Is CV-19?

It is claimed by the Pharma/Medical Cartel to be a deadly virus going around the world. They call this virus CV-19 but this virus has never actually been isolated and identified. What you hear being repeated in the media is simply an unsubstantiated claim.

What Is The Pharma/Medical Cartel?

They are a loose group made up of pharmaceutical drug companies and medical associations that license medical professionals as well as fake public health bodies such as the CDC in the USA and the MHRA in the UK.

The larger pharmaceutical companies are documented criminals and have been fined billions for various crimes over the last 30 years. The medical organisations are implicated directly or indirectly in these crimes. Pharma donates money to all of the popular political parties and ensures that the head governmental medical officers in each country also receive money from the Pharma/Medical Cartel, directly or indirectly.

Can We Catch This CV-19 Virus?

The claim that CV-19 or any virus can be inhaled to infect our body is scientifically impossible and no studies exist to prove this. The claim is used by the Pharma/Medical cartel to terrorise the population and governments to take the experimental mRNA vaccines. Even if such a virus infection exists, a healthy immune system would deal with it.

What Is A Virus?

Our body is always full of viruses, bacteria, and fungus. In fact, over 55% of our body is made up of these microbes and only 45% is human cells. All of the virus in our body is part of our healthy bodily system and we are mutually dependent on the microbes for our body to stay healthy. The Pharma/Medical cartel is using a PCR test that they claim can identify the CV-19 virus as being present.

What Is The PCR Test?

PCR is used for a number of scientific processes, and in general, it amplifies bits of genetic information so that they can be detected within samples. Even if the test could NOT identify a virus, this can be faked by not following the specific instructions as specified by Kary B Mullis.

Kary B Mullis invented the PCR test that's being used as the CV-19 test. He died suddenly in August 2019 around the same time as when the plans for this pandemic were being put into operation.

What Causes These Diseases?

There are multiple factors that cause disease and this includes a serious lack of vitamin D3, other essential nutrients, poor diet, lack of walking, not drinking enough water, and a shallow breathing pattern. The lack of these nutrients and poor lifestyle choices are also the cause behind such health conditions as the Flu, the Common Cold or in worse cases, Lung Disease. The number of people dying is approximately the same except for the deaths caused by a lack of treatments and the resultant deaths from lockdowns.

Are The Vaccines Safe?

The side effects are only reported on a voluntary basis rather than a legal requirement and it will take a couple of years to know when the trial period is over. Since they are voluntary reported it is said that only 5-10% are very reported.

Here is the reported data to date:

	Type	Various mild to serious Side Effects inc. brain damage/eyesight problems and deafness.	Deaths within 28 days
AstraZeneca	mRNA	114,625	205
Pfizer	mRNA	26,823	197
Moderna	mRNA	Not Available yet	Not Available yet
Johnson&Johnson	Weak Virus	Not Available yet	Not Available yet

What Are People Reported To Have CV-19 Really Dying From In The ICU?

The excessive number of hospital deaths from many different causes is largely due to maltreatment such as being put on ventilators and trying ineffective expensive drugs.

However, there are proven inexpensive treatments used throughout the world including:

- Ivermectin
- Hydroxychloroquine
- High-dose Vitamin D3 (100 to 200,000iu) (Spanish study show 69% success).
- IV including Sodium Bicarbonate, Magnesium, Vitamin C, Zinc, and others

I can only think these effective treatments are not used by most western countries so the Pharma/Medical Cartel can justify their lucrative plans of getting worldwide populations vaccinated every year.

Is this to keep everyone subjugated and ensure a huge transfer of wealth to the Pharma/Medical Cartel and the elite? I cannot think of any other reason

Do You Recommend Taking The Vaccine?

I cannot understand why anyone would want to risk the side effects of the vaccines. Especially since I don't even believe we are at risk if we follow a healthy lifestyle.

If you are forced one day to take a vaccine to get a job or a passport then wait as long as possible (a couple of years?) to review the side effects.

Only then would I recommend even considering the Johnson & Johnson vaccine which may not interfere with your cells in the same way as the mRNA vaccines do.

I believe all premature deaths could be prevented in a much safer way - by recommending everyone to take 10-20,000IU of Vitamin D3, plus other vitamins.

Also by 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. Up to one week is a good length to do a fast for achieving good health. The most effective fasting involves simply drinking the water as directed in step 2. Also, take the appropriate missing supplements at the same time.
2. **Drinking 6 x 500ml glasses of water** over a day with a ¼ teaspoon of sodium bicarbonate (baking soda) in each glass. Also, use Pure Concentrated Organic Minerals™ Liquid Drops for powerful nutritional 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 foods.
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.
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 choose to walk, stand, or lay down rather than sitting as much as possible.
10. **Getting 7-9 hours of restful sleep.** 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.

Immune Health Product Recommendations



Vitamin D3™ 4000IU - An essential combination of Vitamin D3 and Calcium to support overall health when sunlight is scarce. Vitamin D3 plays an important role in supporting the immune system and is beneficial for supporting bone health and more. Take min. of 2-3 capsule a day, with water. Suitable for vegetarians.

ActiveLife™ - A full-spectrum multivitamin/mineral containing 130 essential nutrients, recommended being taken daily for good health. Adults and children over the age of 12 should take up to 3 capsules, twice per day after a meal. Children under the age of 12 should take 2 capsules per day, or as directed by your healthcare professional. Suitable for vegetarians.

CureC™ Liposomal Vitamin C + Quercetin - CureC™ provides high-quality Liposomal Vitamin C 1000mg, plus 175mg of the antioxidant Quercetin and 1000mg PC per serving. Protects healthy cells and has various benefits for optimal health, including support for immune function, brain health, blood sugar, and heart health. Suitable for vegetarians and vegans.

PrescriptBiotics™ - An award-winning probiotic supplement that contains 8 Bio-Identical SBO (soil-based organisms) of Probiotics Consortia. Essential to supporting 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 with OptiMSM - Topical Magnesium with 100% Zechstein Magnesium Oil. All the benefits of the original oil plus OptiMSM, the world's purest MSM for enhanced absorption. Recommended for general relaxation, relief from sore muscles, various body aches, and meeting your daily requirements of this essential mineral for achieving optimal health.

Hydrosol™ Silver - A unique Silver spray that contains patented Silver technology, using nano-particles for superior absorption. Being anti-microbial it can support immunity, targeting invading bacteria, viruses, and fungus. By boosting the immune system you allow your body's own natural defenses to work more efficiently. Contains 10ppm Hydrosol Silver. Suitable for vegetarians and vegans.

Take good care of yourself,

Robert Redfern