

Health News (Week 14 - 2021)

By Robert Redfern

If This Was, 'Just About CV'...

We would have simple choices such as going to the doctor and discussing what treatments to have to prevent or deal with it. Those choices would include various tried and tested drugs, vaccines, or if your doctor was independent-minded - intravenous vitamin C and other nutrients. Doctors all over the world have tried and tested many successful drugs and nutrients, some with a 100% success rate. This is what doctors have done since time began.

So, what is all the panic about, if it's all so simple?

What is happening is a tyrannical plan to terrorise and enslave the world population to have vaccines that they will become dependent on. These vaccines will weaken their perfectly strong immune system and make everyone dependent on regular vaccines. This of course will make the makers and shareholders of these vaccine companies the wealthiest people on the planet.

I have spoken and written about this for nearly 30 years and long-time readers will remember my description of this group as the Pharma/Medical Cartel.

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. I discovered evidence that these diseases are mainly caused by an unhealthy diet, lack of critical nutrients, and lifestyle factors - all of which create unhealthy bodies. I also found out that world health care was run by the criminal Pharma/Medical Cartel that pushed drugs and kept the majority of doctors in line.

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 scientifically 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.

How Can A Tyrannical Cartel Take Over the Whole World?

One step at a time and then very quickly, when no one is looking. This takeover has been planned for many years. For over 100 years the Pharma/Medical Cartel has been enslaving the world populations by declaring that all disease can only be solved by their drugs and in fact, they have made it illegal in many countries to offer alternatives.

In spite of their efforts, more and more people, and scientists, have been recognising that all diseases and health dysfunctions are caused by living in poor conditions, along with poor nutrition and lifestyle. To counter this, the Pharma/Medical Cartel have had to step up their game. About 20 years ago they decided they had to take over the whole world and the World Vaccine Plan was created.

To be very clear the Pharma/Medical Cartel are a criminal organisation that had to move to a bigger plan as they were continually fined billions of dollars for their previous criminal actions. (you don't hear this in mainstream media)

How Did They Recruit So Many Countries Around the World?

The Pharma/Medical Cartel, the United Nations (UN) with the World Health Organisation (WHO), and the Bill Gates Organisation created a very clever plan. They did this by convincing the Agenda21 Group and the World Economic Forum (Davos) that the world needed a great reset. This plan has been documented and many videos exist of their planning. See The [Citizen Of Gotham Video](#) and many others at <https://naturallyhealthynews.info/videos/>

The Plan

- After failed attempts to terrorise the world with various minor pandemics such as Swine Flu, Avian Flu and Ebola over the last 65 years, they went back to the drawing board.
- From 20 years of failed attempts, they perfected the story of the possibility that a dangerous pandemic could spread around the world.
- They recruited key medical people into the most powerful positions in Government. Follow the

money: <https://naturallyhealthynews.info/investigation-mps-and-sage-heavily-invested-in-vaccine-industry>

- Recruited a known criminal to head up the WHO.
- Created a WHO policy and got all governments around the world to sign up for the plan.
- Persuaded governments to put many things into law.
- Rehearsed the plan with the key people with the final rehearsal being a few months before the pandemic.
- Declared a pandemic for a new pretend virus and pretended that the Flu Virus has disappeared or has been cured.
- Advised people to take a protein test (PCR) and pretend it can detect the pretend virus (although it's Nobel Prize-winning inventor declared it does not).
- Persuade the social media and governments to make it illegal to say what I have just said above.

Does The CV Exist?

We are told it exists but no proof has ever been shown that it has been isolated in spite of the world's top scientist asking for the evidence.

Does The PCR Test Work?

We are told it does but when courts around the world such as Portugal and Belgium demanded evidence, none was forthcoming. They have banned using them to cause lockdowns.

ALSO, ethylene oxide is used to sterilise PCR test swabs that are pushed up the noses of children. It is a deadly, cancer-causing, chemical.

Why Do More Courts Such As The UK Supreme Court Not Ban Them?

They have refused to hear the cases brought before them, saying that it is political. I think they are either frightened as to what is going on, or part of it. This happens in all areas and cities where Mafia Cartels rule and I consider what is happening around the world to be much worse than any Mafia Cartel crimes.

Do Vaccines Work?

This may depend upon what we mean by work? The CV vaccines state clearly on the manufacturer's websites they DO NOT work in the respect that they do not protect you or others from CV.

Are These Vaccines Safe?

Not all deaths and side-effect problems are reported as it is not a legal requirement of doctors. It has been said that less than 10% are reported but in the UK it is reported that over 600 people have already died after having the vaccine and over 400,000 have had serious side-effects being reported at the UK Government web site below. It could be up to 10x more. <https://www.gov.uk/government/publications/coronavirus-covid-19-vaccine-adverse-reactions> *Thank you to one of my readers Malcolm Floyd for sending me this link.*

What If I Am Forced To Have A Vaccine?

Under International Law (The Nuremberg Code) it is quite clear that everyone must give Informed Consent before any medical procedure and that means 'Experimental Vaccinations'. To be informed you should be told about all of the risks and potential side effects. The truth is the NHS and Governments around the world are committing criminal offences by not explaining this. If you or anyone you know has had the vaccine and not had in writing informed consent, then report to the police and sue the NHS. If the police fail to act then sue them as well <https://truth11.com/2021/01/08/nuremberg-code-will-prevent-you-from-having-to-accept-the-covid-19-vaccine>

Do I Recommend Taking The Vaccine?

NOT AT ALL!

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.

Next week I will start a comprehensive table of side effects and deaths and keep it updated at <https://www.NaturallyHealthyNews.info> so you can see for yourself how bad it is.

All premature deaths from or with CV could be prevented in a much safer way - by everyone taking 10-20,000IU of Vitamin D3, plus other nutrients. 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**. This means dealing with snoring and sleep apnoea. Ask our health coaches for help with this challenge.

Remember

If I am correct with the above, you and your family need to protect yourself by getting as healthy as possible. If I am wrong, you and your family still need to get as healthy as possible. Nothing that comes from doctors via the Pharma/Medical Cartel is designed to get you and your family healthy.

Immune Health Product Recommendations



Vitamin D3™ 4000IU - An essential combination of Vitamin D3 and Calcium to support overall health, particularly 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 a minimum of 2-3 capsules 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 for 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. Suitable for vegetarians and vegans.

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 defences to work more efficiently. Contains 10ppm Hydrosol Silver. Suitable for vegetarians and vegans.

Take good care of yourself,

Robert Redfern