

## Health News (Week 15 - 2021)

By Robert Redfern

### I Have Had Enough

I have been researching and writing about the CV since the last week of February 2020. I genuinely thought it would be just a few weeks before the overreaction by the authorities in all countries was exposed and the public would demand it was stopped. Here we are over 60 weeks later and yet the lies persist. Now they are stating the vaccines don't work and we all need to stay locked down.

#### Now the official position is:

1. That the vaccines do not protect you.
2. That only lockdowns and masks will protect you.

Why carry it on? Because this is a carefully planned Plandemic. (A planned epidemic using a manufactured CV to terrorize and subdue the world population).

The more I looked into it, the more it was obviously a well-planned plot to reset the world with politicians, the Pharma Medical Cartel and the elite taking control over the peoples of the world. The freedoms gained over the past 75 years are no more and to quote various politicians, we are moving to a 'New World Order' or the 'Great Reset'.

In future, I will focus on doing my real job which is helping those who want to get healthy and stay healthy. The rest of this newsletter is to wrap up the above information since there will be nothing of CV going forward other than real healthcare.

### 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.

**I repeat this is a Plandemic.** (A planned epidemic using a story about a manufactured CV to terrorize and subdue the world population).

I am explaining below why and how it was all planned, and I apologise for those of a nervous disposition but I do rate my readers as above-average intelligence, since they are inclined towards natural health rather than the pharma alternatives.

## Why in God's Name Would 'They' Do This?

God has nothing to do with this. They have also brainwashed the religious leaders around the world (or worse threatened). The Christians leaders, The Muslim Leaders, the Hindu leaders and the Buddhists leaders.

## How Are They Doing It?

- By abandoning democracy and our human rights. They say, to keep us safe. Even though fewer people have died this year compared to the flu epidemic of 2018, More of our rights are disappearing nearly every day.
- They say in order to stay safe we must do exactly as we are told, whatever they say, with no right of appeal to any court. Courts in Portugal and Belgium have declared the PCR test is fake but this is still used everywhere to control the populations.
- They say they are destroying businesses and jobs to keep us safe but it hardly affects anyone under the age of 70 and most of these people are already retired (except me). The consequences of destroying businesses and jobs will kill millions worldwide according to the UN. Some might say this is also a part of their plan.
- They say they are closing schools or forcing mask-wearing to keep us safe because children spread it. Really, we have nothing to fear from children. Healthy children and young people have nothing to fear from any CV. Lockdowns, social distancing and wearing masks is causing psychological abuse and damage, particularly to children and young people's minds, beyond the imagination of intelligent thinking people.
- They say we must have an unproven and unsafe experimental vaccination or we will never be allowed the freedom to travel, or possibly even work until we

submit to the vaccination. The truth is the deaths and side effects from lockdowns, combined with suicides and malnutrition will soon run into millions.

- They say that there are no other treatments for CV (which is similar to FLU deaths in 2018) but say little to nothing about high doses of D3, Vitamin C, Zinc and other well known inexpensive drugs.
- They say we must in future have a Digital ID Passport to travel and participate in society.
- Lastly, they say this is part of the Climate Change Plan and we must reduce the population of the planet.

## Who Are 'They'?

The Gates Gang (includes W.H.O., Pharma, Medical systems, Researchers in Universities receiving funding from Gates), Billionaires, The Elite, The Deep State, Politicians, Judges and Courts, Journalists and the Corporate Media, Police Chiefs, Military Chiefs and a huge number of the frightened populations around the world.

## How Was The Plandemic Created?

A film by London Real explains in detail how they created the Plandemic and this video was immediately banned from YouTube. Click below to view it, but do give yourself plenty of uninterrupted time to watch it fully.



## How 'They' Were Recruited and Organised To Take It Around The World?

The Deep State has been slowly taking over most countries in the world through corporate media and monetary control for the past 20 years.

Again, a film has been created to explain this but it is so complicated you may have to take time to watch it multiple times to get a full understanding. Click below to view it, but do give yourself plenty of uninterrupted time to watch.



## Where Can You Go From Here?

Look after your health and look after your wealth or income. I cannot help you with your wealth, but I can help you to get and stay healthy so you can continue to earn an income.

This is what I do. I am confident that as long as you follow the plans in my books you will achieve good health and keep strong.

Nutrition is the basis of all health and combined with a healthy lifestyle you will stay strong, both physically and mentally. Please download any of my eBooks to follow a healthy lifestyle. If you do not have any particular condition to resolve, see the basics of nutrition below. You can also call to ask to speak with our health coaches for detailed/specialised help.

Remember, we all have to get and stay strong whatever the future holds and hope the politicians have an epiphany and wake up from this hypnotic state.

## 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 electrolyte support.
3. **Stopping all** factory processed or unnatural foods, and especially 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](http://www.reallyhealthyfoods.com).
6. **Taking 3-4 teaspoons** of Himalayan or rock salts daily in food.
7. **Walking and Exercising** when able to) can further improve critical oxygenation of the blood and you can further 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*