

Today's Newsletter

is another rant about the Pharma/Medical Cartel's lies and fake news. Not another about CV but about a condition much worse - Alzheimer's. It's a condition we have helped for nearly 15 years, note we also include Dementia and Parkinson's in this category.

In 2019 around 66,000 people died of these conditions in the UK. There are no figures available from the UK ONS (Office Of National Statistics) for 2020 and I suspect it is because like FLU and many other conditions, the deaths have been claimed as CV.

My real reason for this newsletter topic today is my reaction when I clicked upon this YouTube video and heard the researcher spouting the same old Pharma/Medical diatribe. It's only 7 minutes long but have a listen here: <https://youtu.be/tklg-SxPzTA> and I will pick it apart below with my alternative view.

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.

My View of the Video

The first thing he says is true; that over 120 years later after the discovery of Alzheimer's there is nothing they can offer that is effective for this condition.

In admitting this, he is accusing the Pharma/Medical Cartel of a massive fraud as they have been selling expensive drugs such as Aricept for the last 20 years that claim to slow the progress. Yet, they simply do not work. This is another Pharma/Medical Cartel fraud and

they have been fined billions for similar frauds over the years. He goes on to say medicine has made great strides since 1901. That is not true.

2500 years ago, Hippocrates said, 'Let Food be your Medicine'. He also said for doctors to, 'First Do No Harm.'

Notwithstanding that, I believe that most disease is caused by malnutrition, bad diet and farming of animals and poultry - the breakthroughs were not made by the Pharma/Medical Cartel.

The first real medical breakthrough was the cure for smallpox (caught from cows) discovered by an English farmer in 1774. Benjamin Jesty decided to try something during an outbreak. He scratched some pus from cowpox lesions on the udders of a cow into the skin of his wife and sons. None of them contracted smallpox. A Dr Edward Jenner heard about this and experimented and came to the same conclusion that it worked. This experiment was published and it slowly spread around the world and became more refined over time.

Over the next 250 years came vaccines for Rabies, Whooping Cough, Diphtheria, Tuberculosis, Yellow Fever, Influenza, Polio, and Measles, Mumps and Rubella, Hepatitis, Chickenpox and HPV in 2006.

Most of the really successful vaccines were not developed by Pharma/Medical Cartel but over the last 70 years, they have become industrialised drug vaccines to where we are today. On the way, the Pharma/Medical Cartel have committed numerous crimes and been fined billions for their fraud and profiteering.

In the video, scientist Samuel Cohen says that vaccines were a great success...but he doesn't ask if they are safe? I don't believe they are and especially for children. However, vaccines may be the only option if we carry on feeding junk food to children and they don't get enough Vitamin C and D3, etc.

Antibiotics were successful but Big Pharma was greedy and allowed them to be used for farming. This has caused them to fail.

The speaker in the video even brags about statins for heart disease which has been completely discredited over the past 10 years.

In his next statement, he says that he is part of a team that has for the past ten years been researching a cure for Alzheimer's. This cannot be true as the Pharma/Medical Cartel never want a cure as that would cause financial ruin.

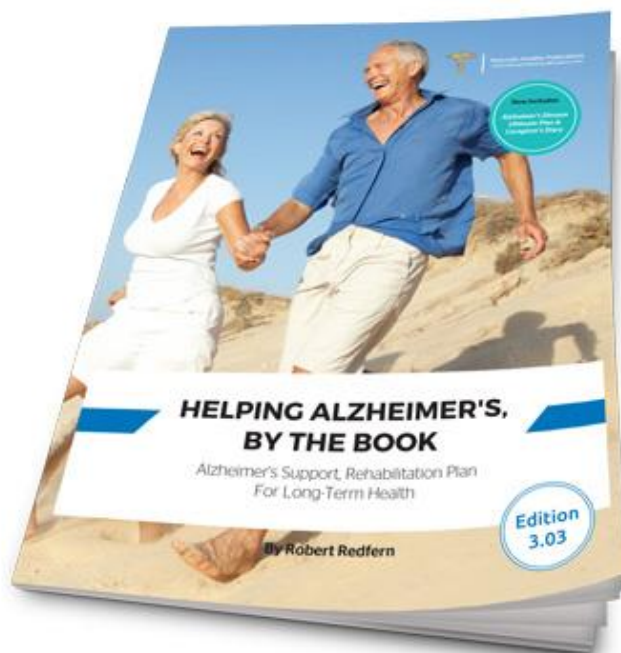
I think this young man was brainwashed at university and further brainwashed by the Pharma/Medical Cartel and given a script to follow to hopefully tug at the heartstrings of wealthy listeners to give donations for Alzheimer's research.

I implore you, do NOT give any donations for any medical research. It just goes into the pockets of the Pharma/Medical Cartel and they laugh at donors, all the way to their bank.

My View of Alzheimer's

You can prevent and reverse Alzheimer's, Dementia and Parkinson's - the earlier you start the better. Read the eBook (or order the print book) to see early risk factors and symptoms. Alternatively, you can go to the test on page 13, print or photocopy this and get someone to test you. This helps to evaluate your risk. You can even repeat the test monthly to measure your recovery.

If you want to research more, I have written around 50 articles on this topic which you can read



here: www.naturallyhealthynews.info/?s=alzheimer

If you have Alzheimer's, Dementia or Parkinson's I strongly recommend you register with our Health Coaches to get support for the person who is supporting the sufferer.

Remember:

Most disease and premature deaths could be prevented in a much safer way - by everyone taking a daily dose of 10-20,000IU of Vitamin D3, + The Missing Nutrients.

Critically, by also following a healthy lifestyle containing a detailed nutritional supplement plan, whether preventing or recovering, 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** (or Organic Coconut 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 bread, 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. **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 need to protect yourself by getting as healthy as possible. If I am wrong, you and your spouse 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 (or cure anything).

Basic 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 2-4 capsules a day, with water. Suitable for vegetarians.

ActiveLife™ - A full-spectrum multivitamin/mineral containing 130 essential nutrients, recommended to be taken daily for good health. Adults and children over the age of 12 should take up to 3 capsules, twice per day with 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.

[Pure Concentrated Organic Minerals™ Liquid](#) - High fulvic acid content, containing more than 70 trace minerals, trace elements, electrolytes, amino acids and additional organic acids. Includes Organic Selenium, Zinc, Manganese, Copper and others. The 18 amino acids were formed over the course of 38 million years – proof of their plant and organic origin. Contains electrolytes, each mineral carrying its own unique bio-electric signature to support a night of more restful sleep, clearer mind and brain function, balanced appetite, along better absorption of nutrients from foods and supplements. Also available in capsules. Suitable for vegetarians and vegans.

Take good care of yourself,

Robert Redfern