

## Today's Newsletter

I am getting asked on a daily basis for help with fertility and especially, fallopian problems. I was getting these questions before the current experimental gene-altering injections. However, with the roll-out of these jabs to women of childbearing age and now a plan to use these experimental gene-altering injections on children as young as ten, I am really worried.

If you Google "falling sperm count" you will understand the male part of infertility problems. In Scotland, the sperm count dropped 30% in 25 years and even in France, the country famed for its cooking and healthy eating, it dropped by 25% in just 17 years. These figures are getting worse.

## 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 drove me to research the causes of their deaths in-depth. I soon found evidence that the majority of diseases that people suffer and 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 celebrated my 75th birthday in January feeling truly fit and healthy, and I want all my readers to achieve the same opportunity, at any age.

## Population Crash

There is a population reduction occurring naturally in most western countries as a result of couples having fewer children and many women wanting a child-free lifestyle to pursue a career.

To maintain a static population in a country, women need to have an average of 2.1 to 2.3 children. Since 2010, the birth rate has been dropping and once it reaches less than 1.8 it becomes irreversible towards genetic extinction (it's a matter of clear mathematics).

Since 2010, 27 western countries or areas have experienced a reduction of one per cent or more in the size of their populations. This drop is caused by sustained low levels of fertility. The impact of low fertility on population size is reinforced in some locations by high rates of emigration. Japan is an example whereby they do not allow immigration and are heading for genetic extinction.

Between 2019 and 2050, populations are projected to decrease by one per cent or more in 55 countries or areas, of which 26 may see a reduction of at least ten per cent. In China, for example, the population is projected to decrease substantially in the next 30 years.

## Population Reduction

It is amazing that influential organisations such as the World Economic Forum and The Gates Foundation are part of the Great Reset to reduce the population of the world. Bill Gates is in many videos on YouTube stating clearly he wants to see a large population reduction. Do they mean a reduction below 1.8 - towards genetic extinction? This is already happening to indigenous people in Sweden.

I am not sure whether these experimental jobs are part of this plan but my advice for men and women who are planning children is to stay away from them.

## Helping Fertility, By The Book

The good news is that fertility can be improved in both parents by following a healthy plan. Blocked and damaged fallopian tubes can be repaired using enzymes. In the book, I cover the causes of infertility health problems and essentially the plans for healthy babies and mothers.

It is heartbreaking for couples who may have left it a little longer than they intended before starting a family (we are at our most fertile by age 20). When they go down the medical route, the money they saved to be able to afford children goes on dramatically expensive fertility treatments. In most cases, it is thousands and they are forced to pay with no guarantee of success.



Of course, doctors never discuss the science and research that shows how diet, sugary drinks and a lack of nutrients are to blame in the majority of cases. They may then have to admit that it's also the cause of most other diseases.

Even those people from various countries who stop their healthy village life and move to the West are suffering the same epidemic of infertility, blocked fallopian tubes, cysts and gynaecological problems.

### The facts:

1. Infertility is an epidemic.
2. It is breaking lots of hearts.
3. It is bankrupting lots of couples.

Diet, sugary drinks and a lack of essential nutrients are the prime cause. There may be other factors but breeders of pedigree dogs and horses know that supplements and having the very best diet are essential for producing healthy offspring.

### Nutrition facts and studies show:

1. Consuming high levels of carbs and other high sugar foods and drinks increase the risk of foetal damage by over 100%.

2. Taking iodine and other supplements before conception (or having iodine-rich foods in the diet) eliminates by 100% the risk of children being born with learning difficulties.
3. Ensuring there are no carbs and high sugar foods in the mother's diet produce children who do not need glasses (as shown in studies).

OK, I guess you know by now I have a plan which I am very pleased to recommend for both parents to be. See the full plan in my eBook.

### The facts...

Fertility, low sperm count and blocked fallopian tubes are a modern-day epidemic.

It is 99% certain that diet and lack of critical nutrients in the diet are to blame for the devastating drop in infertility in women and the falling sperm count in men.

Blocked fallopian tubes and scarring is also on the rise. Studies are clear that junk food diets and a lack of critical vitamins and minerals contribute to approximately 50% of all birth defects.

Treat yourselves and the baby you want to conceive as the most precious thing in the world. Start before conception.

## Remember

Your ancestors braved every hardship imaginable to ensure you had your chance of this life. Consider very carefully how you can keep their genetic line going through you into the future. Healthy genes and babies are more assured with healthy parents at the point of conception.

Nothing that comes from doctors via the Pharma/Medical Cartel is designed to get you and your fertility health.

## Fertility Health Product Recommendations





[SerraPlus+™ 80,000IU](#) - Clears any scarring and inflammation in the reproductive organs. Take 2 x 3 times a day, 30 minutes before eating. Drop to 1 x 3 after one month (plan on four months). Suitable for vegetarians and vegans.

[Active Life™ Capsules](#) - Contains a full spectrum of 130 vitamins and minerals. Take 3 capsules, 2 times per day after eating. Suitable for vegetarians.

[Curcuminx4000™ with Fenugreek Capsules](#) - Contains Meriva® (root) Curcuma longa extract; relieves pain, along with supporting inflammation and female reproductive health. Take 1 capsule x 3 times per day. Suitable for vegetarians and vegans.

[Nascent Iodine Drops](#) - Contains iodine in its atomic form; regulates metabolism and supports the thyroid gland. Take 1-3 drops in 1/2 ounce of water, x 2-3 times daily on an empty stomach or as directed by your healthcare provider. Suitable for vegetarians and vegans.

[AstaXanthin+DHA](#) - Enhances the immune system and supports fertility. Take 1 veg softgel, 3 times daily. Suitable for vegetarians and vegans.

[MacaPro®](#) - Balances the endocrine and hormonal system. Take 1 teaspoon daily. Vitamin D3- Contributes to hormonal balance. Take 1 capsule, 1-2 times per day. Suitable for vegetarians and vegans.

[Ancient Magnesium Oil Ultra](#) - Magnesium is an essential mineral for hormone balance and fertility. Suitable for vegetarians and vegans.