

WEEK 24 (2021)

PANDEMIC SPECIAL?

TODAY'S NEWSLETTER

Special Update? Who would have thought that nearly 18 months after I first wrote about the PlannedDemic we are no closer to our freedom. It is beyond any rational thinking that governments and mainstream media could be still getting away with the biggest fraud in history. The figures for deaths are shown to be false by simply looking at the number of Cremations and Burials over the past five years and there has been no substantial increase. This means we have been lied to. As to why they are doing this we will leave that for another newsletter but I want to cover three things today:

1. Advice for those who have already had the jab
2. Advice for those who are definitely planning to have it
3. An article by the [Evidence-Based Medicine Consultancy Ltd](#) appealing for governments to halt the jab rollout

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 from 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.

1. FOR THOSE WHO HAVE HAD THE JAB

This is not advice on whether to have or not have a jab. It is simply advice for anyone that I would give to anyone who has been contaminated by any toxins and wants to mediate any long-term effects. Your body will always try to detox such things in any case as unnatural toxins always cause damage eventually.

1. **Healthy foods and drinks** – This is the critical time to only eat really healthy foods and water. This way your own detox system can concentrate on restoring your healthy system rather than working overtime clearing out junk foods and drinks.
2. **Supplements for detox support** – Serranol® for inflammation, Charcoal capsules or powder mixed with foods, CurcuminX4000®, Pure Concentrated Organic Minerals™ Liquid Drops, and ActiveLife™.

2. FOR THOSE PLANNING TO HAVE THE JOB

Start on the plan below before you have the job. The reported side effects for some people can include:

- Bleeding, Clotting and Ischaemia
- Immune System Problems
- ‘Pain’
- Neurological Issues
- Loss of Sight, Hearing, Speech or Smell
- Pregnancy Complications

Supplements for preventative support

BlockBuster Allclear®, ActiveLife™, Pure Concentrated Organic Minerals™ Liquid Drops, CurcuminX4000®, CureC™, Magnesium OIL ULTRA and Vitamin D3.

3. URGENT’ BRITISH REPORT CALLS FOR COMPLETE CESSATION OF COVID INJECTION IN HUMANS

An “[urgent preliminary report of Yellow Card data](#)” issued by the UK-based [Evidence-Based Medicine Consultancy Ltd](#) submitted to the Medicines and Healthcare Products Regulatory Agency (MHRA) states that “the MHRA now has more than enough evidence on the [Yellow Card](#) system to declare the COVID-19 jabs are unsafe for use in humans.”

Similar to the U.S. [Vacc Adverse Events Reporting System](#) (VAERS), the MHRA describes the purpose of its Yellow Card system as providing “an early warning that the safety of a medicine or a medical device may require further investigation.”

The report, signed by Evidence-based Medicine Consultancy Ltd and EbMC Squared CiC Director Dr. Tess Lawrie (MBBCh, PhD), says: “we have searched the Yellow Card reports using pathology-specific keywords to group the data according to the following five [sic] broad, clinically relevant categories:

- Bleeding, Clotting and Ischaemic ADRs
- Immune System ADRs
- ‘Pain’ ADRs
- Neurological ADRs
- ADRs involving loss of Sight, Hearing, Speech or Smell

- Pregnancy ADRs”

The report goes on to say: “We are aware of the limitations of pharmacovigilance data and understand that information on reported Adverse Drug Reactions should not be interpreted as meaning that the medicine in question generally causes the observed effect or is unsafe to use. We are sharing this preliminary report due to the urgent need to communicate information that should lead to cessation of the injection roll-out while a full investigation is conducted. According to the recent paper by Seneff and Nigh, potential acute and long-term pathologies include:

- Pathogenic priming, multisystem inflammatory disease and autoimmunity
- Allergic reactions and anaphylaxis
- Antibody dependent enhancement
- Activation of latent viral infections
- Neurodegeneration and prion diseases
- Emergence of novel variants of SARSCoV2
- Integration of the spike protein gene into the human DNA

“It is now apparent that these products in the bloodstream are toxic to humans. An immediate halt to the vacc programme is required whilst a full and independent safety analysis is undertaken to investigate the full extent of the harms, which the UK Yellow Card data suggest include thromboembolism, multisystem inflammatory disease, immune suppression, autoimmunity and anaphylaxis, as well as Antibody Dependent Enhancement (ADE).”

The report concludes: “The MHRA now has more than enough evidence on the Yellow Card system to declare the COVID-19 injections are unsafe for use in humans. Preparation should be made to scale up humanitarian efforts to assist those harmed by the COVID-19 vaccs and to anticipate and ameliorate medium to longer term effects. As the mechanism for harms from the injections appears to be similar to COVID-19 itself, this includes engaging with numerous international doctors and scientists with expertise in successfully treating COVID-19.”

There are at least 3 urgent questions that need to be answered by the MHRA:

1. How many people have died within 28 days of the jab?
2. How many people have been hospitalised within 28 days of taking it?
3. How many people have been disabled by the injection?

The data up to April 26th is shown on the following page:

It must be noted that it is generally accepted within medical services that the yellow card scheme reports tend to represent 10% or less than the actual number of adverse reactions.

Applying a 10 factor to the Government’s Yellow Card data means that, by April 16th 2021, there has been an estimated:

**6,260,370 adverse reactions
and 9,730 deaths**

from these experimental genetically modifying drugs (termed vaccs). I wonder what the “R” number is for this frequency?

Note from Robert:

The UK government Yellow Card and the USA VAERS reporting system are in my opinion deliberately difficult to read and I recommend following:

In the UK: <https://yellowcard.ukcolumn.org/yellow-card-reports>

In the USA: <https://childrenshealthdefense.salsalabs.org/6-14-21defender?wvpld=f10440bb-7b7b-49f5-9222-c6dfd6ddaa5e>

Remember, the official position is only 10% are reported and so you should multiply this by a factor of 10 for the real figures.

THE LIFESTYLE TO GET HEALTHIER

The lifestyle steps to get your body into a better sleep balance.

- 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 bread, pastry, biscuits, breakfast cereals, white rice, potatoes, parsnips, and pasta foods.
- 5. Consuming mainly vegetables** after the fast, 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.

REMEMBER

“You can trace every sickness, every disease and every ailment to a mineral deficiency.” – Linus Pauling.

Nothing that comes from doctors via the Pharma/Medical Cartel is designed to get you and your family healthy (except emergency treatment in urgent cases).

I recommend everyone take 10-20,000IU of Vitamin D3 + Missing Nutrients, Daily.

Recommended Detox Supplements

Please note:

It is essential to contact the [Coaches](#) for the best plan for you.



ACG Glutathione

Glutathione (GSH) is a critical molecule for the entire body. It regulates all other antioxidants while helping to prevent damage from reactive oxygen species, such as free radicals and peroxides. Recommended by leading practitioners worldwide, GSH is proven by independent clinical research to increase intracellular levels of GSH by over 10% in 7 hours.

Bentonite Clay Bath Enviro Detox Kit

Provides 100% raw, untreated clay in its natural state. Clay baths are a simple, mild and effective detoxification method to safely release years of pollutants, decreasing high levels of chemicals and metals.

Nascent Iodine

A crucial mineral, Iodine is a building block for thyroid hormones that regulate growth, metabolism and support healthy development. Important for detoxification. Works in synergy with selenium for best results. Suitable for vegetarians and vegans.

ACZ Zeolite

ACZ irreversibly binds and removes toxic heavy metals. Works instantly to detoxify blood, cell balance pH levels and may help to reverse chemical and allergic reactions. Suitable for vegetarians and vegans.

Prescript-Biotics™

A custom cultured blend of 8x soil-based organisms and a prebiotic food source to support overall digestion and nutrient absorption. Provides immune system benefits. Suitable for vegetarians and vegans.

Active Life™

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 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.

Blockbuster AllClear®

Blockbuster AllClear™ contains Serrapeptase 80,000IU, Nattokinase, Digestive Enzymes, antioxidants and anthocyanidins (Grape Seed Extract and Pine Bark Extract 95%). Provides powerful support for normal artery and cardiovascular health. Suitable for vegetarians and vegans. 120 veg capsules.

Serranol®

A combination of four powerful ingredients including Serrapeptase 160,000IU, 250mg CurcuminX4000, 50mg Ecklonia Cava Extract and 1000IU Vitamin D3 providing anti-inflammatory support for optimal health. Suitable for vegetarians. 90 capsules

CureC Liposomal Vitamin C with 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.

HappyTummy® Charcoal Capsules

Naturally active Charcoal for toxin elimination and reducing gas and bloating. Absorbs unwanted substances without absorbing vitamins and minerals from the digestive system. Suitable for vegetarians and vegans.

Curcuminx4000® – ORIGINAL

The original Curcuminx4000® provides Meriva® Curcumin, the most clinically studied Curcumin on the market for superior bioavailability. Provides natural anti-inflammatory properties, along with immune support and optimal health benefits. Suitable for vegetarians and vegans.

Ancient Magnesium® Oil Ultra

Guaranteed 100% Zechstein Magnesium Oil in a topical spray with OptiMSM for enhanced absorption. Supports rest and relaxation along with natural relief for aches and pains. Suitable for vegetarians and vegans. 200ml.

Ancient Magnesium® Flakes Ultra

Reduce stress and anxiety by soaking in a relaxing Magnesium bath with OptiMSM for enhanced relaxation benefits. Supports the body's detoxification process. Suitable for vegetarians and vegans. 750g.

Pure Concentrated Drops

Pure Organic Minerals with high fulvic content, containing more than 70 trace minerals, trace elements, electrolytes, amino acids and additional organic acids. May support energy levels and help you to enjoy a more restful sleep. Suitable for vegetarians and vegans. 60ml.

Vitamin D3

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.