

Health News (Week 26 - 2021)

By Robert Redfern

Today's Newsletter

Many of my readers will already know the story of SerraEnzyme, especially those who have my book **'The Miracle Enzyme'**. However, there are so many new subscribers that I feel it should be repeated as much as possible to help everyone understand how critical it is as part of a healthy future.

You may see something new that you missed previously or just get inspired to include it back into your plan.

Maybe the truth is, I never get bored talking about SerraEnzyme :)

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.

1. SerraEnzyme. What is it?

SerraEnzyme is an enzyme formula made from serratiopeptidase (aka serrapeptase). Enzymes are living proteins that are used by the body to digest food, rebuild tissue with that digested food, and clean up waste products and inflammation.

Enzymes are available from raw foods except where that food is processed or cooked to death. If we become deficient in enzymes, we will eventually become sick and our system cannot digest food completely, rebuild our body and clean up the waste products and the resulting inflammation that has built up in our body.

There are many kinds of enzymes and primarily digestive enzymes which I take and recommend. It is sufficient to only eat fresh, completely raw foods to get all of your enzymes for digestion and rebuilding your tissue. However, unless you are very dedicated to a raw food diet you will always have a need to supplement enzymes.

2. What Does SerraEnzyme Do?

SerraEnzyme is the enzyme that cleans up the waste protease tissue and inflammation in the body. It also clears up fibrin and other latent fibrous tissue such as old residual scarring. Scarring in an enzyme-rich body would normally be slowly dissolved and replaced by healthy tissue.

Simple darkfield, blood screenings, show the amount of undigested waste matter that enzyme deficient people have and especially those eating processed over-cooked foods. Within hours of taking SerraEnzyme, a second darkfield screening will show the blood clearing.

The really amazing effect of SerraEnzyme is the **reduction of inflammation in the body**. Inflammation that is chronic is a major factor in ill health and pain. Acute inflammation is a normal part of the healing process but in an enzyme deficient body, it becomes chronic and then becomes part of the disease process. Measuring inflammation involves a simple blood test for CRP (C-Reactive Protein). Again, a large dose of SerraEnzyme will reduce the inflammation when measured by a CRP test within hours.

3. Frequently Asked Questions about SerraEnzyme.

Where Does the SerraEnzyme come from?

In the 1980s, researchers in Japan decided to investigate why the silkworm could dissolve the rock-hard chrysalis (cocoon) in a few minutes to allow the silk moth to fly away. They found the moth was using a micro-organism called Serratia E15 to produce the serratiopeptidase enzyme which then quickly dissolved the cocoon and allowed the moth to fly away. Soon the scientists found they could grow the enzyme using Serratia E15 on plant material in the lab. Following this, there were over 100 studies on serrapeptase: <https://pubmed.ncbi.nlm.nih.gov/?term=serrapeptase>

When Did It Come on the Market?

In the 80/90s it was initially sold to Doctors around the world by a Japanese Company under the brand name Danzen. I first heard about it in 1999 when a friend in San Diego showed me the studies. We tried the Danzen Serrapeptase brand with some willing volunteers and the results were fast enough to convince

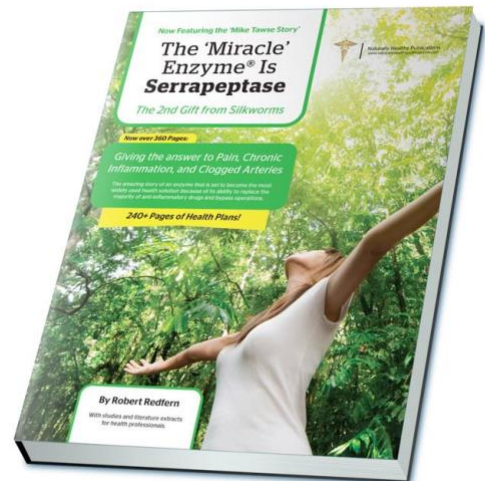
me it was a viable product. That Danzen product was only 10,000iu so we had some SerraEnzyme capsules made at 20,000iu and in early 2000 we put it on the market to my existing client base.

Within a short space of time, it was obviously an important product and so I opened the site www.Serrapeptase.info. It didn't take long for the media to start to publicize it and it even made full-page articles, twice in the Daily Mail. My Serra Newsletter will give you an idea of the frenzy that took place. Now serrapeptase has become an essential part of most of my health plans. [Click here to download the SerraNewsletter.](#)



Is It Safe to Take for Everyone?

It is perfectly safe for everyone at any age and does not interact with any drugs/medicines. Some reports say it thins the blood and cannot be taken with drugs but these are wrong. My own grandchildren as babies have been safely given it. There are many erroneous reports on the internet saying that it can have side effects but my experience of hundreds of thousands of users in the last 21 years has not produced any such reports. There are some people who have unhealthy digestive tracts or undetected ulcers who have had discomfort but those customers of mine were easily resolved with my digestive recovery plan and were then able to take SerraEnzyme. 99.9% of users rave over its benefits.



An example of its safety: I have personally taken up to 2 million IU for nearly 20 years for its anti-aging benefits but also to show there are no long-term side effects.

What Conditions Does It Help?

This is an answer too big to show here but you can see the 240 conditions I have detailed in my book which you can download for free here or purchase in the store.

To detail a few: All joint and muscle pain problems. All intestine problems, all

autoimmune conditions, all Brain, Ear, and Head problems, all arterial and Cardio problems, All Lung and Bronchial problems, All ENT problems, and all scarring and many fertility, and gynecological problems.

4. Do I Need To Take SerraEnzyme Forever?

Some do carry on taking it and some just take it for one problem. These problems can be as specific as Blocked Fallopian Tubes stopping pregnancy, Breast Fibrosis, Capsular contracture from breast implants, cancers, candida, sinusitis, laryngitis, and many more.

Many users stop taking the enzyme after they have solved the problem and others like this lady carry on taking it.

*I have been taking this enzyme for 15 years. I'm 68 and take no meds
- Elaine*

Or this gentleman who uses it off and on when needed:

I've just spoken to a lady whose husband had gout for years. It was quite debilitating for him and he had tried everything. A few months on SerraEnzyme has pretty much sorted it. They are both blown away by the result. Nothing else has worked. She said it took a few months, but it's gone most of the time and if he gets a tingle he takes more and it goes again. She is happy for us to use this as a testimony. His name is Jonathan.

And one last one I had to include:

"I can't believe I'm saying this. I'm 82 and put together a Serrapeptase program of my own for my emphysema. It's not exactly like yours. I've had emphysema for many years and it's been rough. It's reached the point where just day-to-day things most people take for granted caused me to gasp and have to stop to catch my breath.

About a week ago I started a program I designed consisting (your brand) of (3X per day) 250,000IU serrapeptase, for a daily total of 750,000IU. I also take (1X per day) 10,000IU Vitamin D3 with the appropriate Vitamin K. Along with 3X per day of 2000mg of MSM for a daily total of 6000mg MSM.

Today, I realized I was feeling NO discomfort. It was like I didn't have it. If I deliberately overtax myself I feel it but I don't go around doing that. But it's only been a week. I expect (hope) that more improvement is to come."

- Tom Smith

5. Why are there different SerraEnzyme Formulations?

This results from 21 years of looking for the best solution for various conditions. By adding various beneficial nutrients for specific conditions, better results are obtained

SerraPet® 250,000U for all animals is tablets that can easily be broken in half for the smaller pet

SerraPlus+® also has OptiMSM and Fulvic Acid Minerals for blocked fallopian tubes, scar tissue, and breast fibrosis

SerraEnzyme® 80,000U for young children. Good for those on a smaller budget to use as a long-term capsule

SerraEnzyme® 250,000U for faster response, chronic conditions, and anti-aging

Serranol® for Lung conditions and many other chronic conditions

BlockBuster Allclear® for cardio and vascular conditions.

Consider - 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 taking 10-20,000IU of Vitamin D3 + The Missing Nutrients Daily.

Recommended Supplements



SerraPet®

Serrapeptase 250,000IU for maximum strength accelerated healing. Full tablets are recommended for larger dogs or horses. For small animals, cutting/breaking the tablet in half is recommended. Phthalate-free. 30 tablets per bottle.

[SerraPlus+®](#)

Serrapeptase formula containing 80,000IU Serrapeptase, 350mg MSM, and 20% Fulvic Mineral Complex per capsule. Recommended for scarring, joint health, and fibrosis. 90 delayed-release capsules. Suitable for vegetarians and vegans.

[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

[SerraEnzyme® 80,000IU](#)

The original SerraEnzyme 80,000IU providing 80,000IU per serving in a delayed-release capsule. Recommended for a wide range of health conditions. Phthalate-free. 90 delayed-release capsules. Suitable for vegetarians and vegans.

[SerraEnzyme® 250,000IU](#)

The strongest SerraEnzyme 250,000IU providing 250,000IU per serving in a delayed-release capsule. Recommended for a wide range of health conditions. Phthalate-free. 90 delayed-release capsules. Suitable for vegetarians and vegans.

[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.

Take good care of yourself,

Robert Redfern