

Health News (Week 27 - 2021)

By Robert Redfern

Today's Newsletter

This is an update on my April Newsletter for brain diseases. This includes a report of a new drug that is going to be hailed in every media as a wonder drug for Alzheimer's. Like the many drugs before it, they are fake in that they do not reverse Alzheimer's, or even slow progression in any meaningful way. 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. Add in another one million for the USA and another million in Europe and these companies stand to make \$trillions in sales and from its share profits. Read more below or watch my video...

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.

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 was also sceptical about the profit-motivated pharmaceutical companies that pushed drugs and influenced medical opinion.

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.

The Next Fake Money Spinning Drug

No, Not Fake Jabs This Time.

Reported in the Financial Times July 6/21.

Debate Rages over Alzheimer's Drug.

Interesting that the Financial Times is not known as a bringer of truth about fake drugs but I guess there is always a first time. They reported that this drug will create revenue of \$56,000 for every one of the millions of sufferers of Alzheimer's.

Of course, it does not say it cures anything and only that it may slow progression. However, you can be sure that the media, PR and your brainwashed doctor push it since they have nothing else to offer desperate people.

The FDA approved this drug based upon a claim that it helps block the progression of plaque in the brain. Read this article in full [HERE](#)

As you can see on the web by searching '**Debate Rages over Alzheimer's Drug**', most Alzheimer's researchers in the world claim that this plaque hypothesis is false. In fact, long-time readers will know that I follow the study that showed fungus on the brain is the prime cause and why my eBook below has good results when followed to the letter.

Please share this article to any friends who may be suffering from brain diseases and be tempted to take this fake drug.

I implore you, do NOT give any donations for any medical research. It just goes into the pockets of the pharmaceutical industry 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.

New for Parkinson's

I was recently informed that sufferers of Parkinson's as well as benefiting by going to a gym to learn boxing training can also get amazing benefits using Virtual Reality Glasses Linked to a Laptop or computer. They get proficient at table tennis etc.

Worth a Try

The Essential Plan

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** (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. Move to organic everything where possible at least until you have made a good recovery.
- 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 apnea. Ask our health coaches for help with this challenge.

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 will still need to get as healthy as possible. Nothing that comes from these doctors is designed to get you and your family healthy (or cure anything).

Recommended Alzheimer's Supplements



[BrainPower™](#)

Formulated with Liposomal Curcumin/Resveratrol to provide relief for pain and inflammation and to protect the brain against oxidative damage; uses an encapsulated liposomal formula that mimics the body's own natural liposome delivery system. Take 6ml daily (just over 1 teaspoon) or as directed by your healthcare professional. Take BrainPower™ off the spoon and try to keep it in the mouth by chewing or swishing to allow it to absorb as much as possible before swallowing.

[Lithium Balance™](#)

Offers support for a healthy mental response and a balanced chemical response, as well as anti-aging protection for the brain. Take 1 tablet, 3 times daily.

[B4 Health Spray](#)

Offers support for healthy homocysteine levels, boosts the immune system, and improves B12 absorption, Take 5 sprays daily.

[CureC™](#)

Acts as a potent antioxidant and protects healthy cells from damage. Take 6ml (just over 1 teaspoon daily).

[Ancient Magnesium Oil Ultra](#)

Correcting a common deficiency can benefit immune health and improve respiratory muscle strength. Magnesium Oil now formulated with OptiMSM to enhance absorption. Apply liberally onto the chest and arms to cover a wide area for absorption. 100mg of elemental magnesium per 1ml in 6 sprays.