

# Health News (Week 28 - 2021)

By Robert Redfern

## Today's Newsletter

I am still on holiday in Mallorca at the time of writing with our daughter and our two (2 and 4-year-old) grandchildren. I will be back Thursday evening unless there are flight delays. Readers may remember our daughter and these grandchildren flew in from Melbourne, Australia a couple of weeks ago to give us a chance to stay really connected. She decided to make the trip in spite of authorities doing everything they could to prevent her from travelling. She decided to make this trip in case lockdowns get any worse, as this seems likely.

## 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.

I researched 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.

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 to help all my readers to achieve the same feeling, at any age.

Recently, the jabs are being pushed and even mandated in some countries for teenagers to get them. Normal teenagers have practically zero risk without them. If this happens it will not be long before parents of children and even babies start to get terrorised and even mandated to have them jabbed. In the USA there are terrifying side effects of heart attacks from massive inflammation with teenagers. The authorities say this is rare but why do they not make it mandatory for all medics to report all side effects and deaths within 28 days of the jab?

I am sure they would if it would sell more jabs but we can guess it is more likely to turn everyone off them when they see the true VAERS and UK YELLOW CARD reports.

Adults are free to make an informed choice (if they are given one) but children cannot comprehend them. My claim is that this is the worse child abuse ever. And I hope the legal system wakes up.

Let's consider some facts straight that you will never hear in the media. They (Big Pharma) are wanting to give jabs every few months.

How can the UK or the USA have reviewed these jabs so quickly when it has not even been fully approved? When they were still reviewing the reported side effects? The BMJ reported recently they had not seen the full data and warned to be cautious before approval. The BBC lied that it has been subject to the proper tests. They should take 2 years to trial it and this has been produced in 9 months.

1. The trials were cut short. A press release claiming a 95% success rate was released but it was not released for peer review by independent scientists. The jabs have not even been approved in the UK by any independent organisation.
2. It is claimed that it was approved in the UK by the independent MHRA who receive their income and shares in pharmaceuticals and by the Bill & Melinda Gates Foundation – hardly independent!
3. Pfizer has recently been fined \$3 billion for fraud, bribery, deaths of children and other illegal activities. Hardly a trustworthy organisation! Same for Johnson & Johnson and AstraZeneca (and the rest).
4. The Bill & Melinda Gates Foundation and associate companies earn fortunes from drug patents and royalties (and as a foundation avoiding tax in the USA). Why are they 'donating' huge amounts of money to the MHRA as well as the BBC? Why are all mainstream media being paid hundreds of millions every week by governments? Who will investigate these payments? This lawyer is preparing a case against Governments and the pharmaceutical industry. See video [here](#)
5. It was initially reported in the USA that 10% to 15% of Pfizer jab recipients will suffer "significantly" 'noticeable' side effects. However, these side effects have suddenly been renamed to 'beneficial immune responses'.
6. Side effects of jabs are happening within 28 days but can also take months or even years to show up, which is probably why it is being forced on everyone working in the NHS. This particular jab has never been tried on mass human populations. They may hope to hide the side effects on NHS staff but I hope the staff are honest enough to publish serious side effects and especially any deaths.
7. It is a BNT mRNA jab, containing cells grown from aborted human foetus and monkeys that interferes with your DNA, supposedly to protect the 0.05% of the population who may die. Of course, 99.95% who would not die from Covid-19 will be at a different risk from taking the jab. No jabs have ever been made that do not cause death and have side effects in a %, albeit a small risk in some of them.
8. How will we know if this or any jab is effective? It is claimed to be 95% effective but since the data is not made available to independent scientists, that could be a lie. We cannot trust the PCR test as that is fake and does not indicate CV-19. The inventor of the PCR said so, and countless virologists and infection experts around the world all agree. The Courts in Portugal asked for evidence from the government there and since they could not produce any, the Courts pronounced that it does not and banned lockdowns. Since we cannot trust the tests, then we cannot trust the claimed number of deaths from CV-19. This leaves the total number of deaths as only the total number of deaths in a 12-month period, so how can we determine whether there was anything unusual that happened?

9. In the USA increases in deaths were relatively small in 2020 as shown in the YouTube Video from John Hopkins University. [See Here](#)

In the UK the deaths as shown in the burials and cremations data in the last 12 months is the same as the previous 5 year average. These figures take away the need for lockdowns, stolen liberty and forced vaccinations.

10. Importantly, Drs Wodarg and Yeadon have started a petition to ban the Vacs. due to its risk of causing infertility in females. [Read more here](#)
11. Lastly, the UK'S MRHA website has announced it is seeking software to process the expected high volume of adverse reactions. So much for a tested and safe jab. The truth is they now publish the information in a really mixed up mess. If you have a strong constitution then you can see this independent review of their information here. Read to the bottom: <https://www.ukcolumn.org/article/greater-manchester-vaccination-centre-and-mhras-yellow-card-adr-scam-part-1>

## So, To Jab Or Not To Jab?

So, to jab or not to jab? If you work in the NHS or care homes I recommend you to avoid it if you can. If you are being forced to have one then give them a letter insisting that they accept responsibility and that you will sue them for any harm and side effects of the Vac. If they sack you then claim unfair dismissal since you did not refuse it - it was their decision not to take responsibility for the side effects. If you are female and plan to ever start a family then you must avoid the jab to avoid the risk of infertility.

To the rest of the population, we will still have some time to be able to make a better-informed choice if you avoid it as long as possible. It is my opinion they plan to stop all international travel for any reason except the elites.

It may be that to see our family and grandchildren in Australia after their heroic trip to see us, my wife and I will have to just be on video. We shall be watching everything very carefully before making any decisions for future trips, in either direction.

***I will keep you informed...***

## Remember

Since March 2020 I have declared this to be an evil plan which may or may not quickly be defeated. Until then we can all prepare ourselves for whatever the future holds by becoming super healthy to deal with any eventual challenges. Nothing and nobody can protect you and your family as much as a really healthy lifestyle and avoiding drugs will.

## Recommended Alzheimer's Supplements



### [Vitamin C™](#)

The range includes: 1000mg of High-Quality Liposomal Vitamin C with 175mg of Quercetin, 1000mg Liposomal Vitamin C and Camu Camu Capsules. Suitable for all ages from infants to seniors. Protect healthy cells and has various health benefits that may support immune function, brain health, blood sugar and heart health. Suitable for vegetarians and vegans.

### [Daily Immune Protection™ \(D.I.P.\)](#)

Contains Epicor®, eXselen™ and a high dose of Beta Glucan with a strong dose of Vitamin D3 to support a balanced immune response and provide extra support for healthy cell growth. Suitable for vegetarians.

### [OliveLeaf+Zinc](#)

A super antioxidant, olive leaf is considered to potentially offer immune protection against colds, flu and other viral infections. Oleuropein, one of the primary compounds in olive leaf, is believed to exhibit potent anti-viral, anti-bacterial and anti-fungal properties, offering wide-reaching immune support. The addition of zinc, also critical for a strong immune system and often deficient in the diet, enhances the power of this product. Can be used all year round or for more occasional targeted support. 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.

### [Nascent Iodine](#)

Consumable iodine in its atomic form that provides a safe energy release when consumed. May help to provide increased energy and immunity levels. Supports thyroid health and hormone production. Suitable for vegetarians and vegans.

### [Hydrosol Silver](#)

Hydrosol Silver Spray – The active ingredient in the Hydrosol Silver Spray is a unique patented Silver Technology, using nano-particles for superior absorption, containing 10ppm hydrosol silver. Using a silver spray can act as the first line of defence against unwanted pathogens. Being anti-microbial it is able to support immunity, by targeting invading bacteria, viruses, fungus and so on. By boosting the immune system, you allow your body's own natural defences to work much more efficiently. Suitable for all the family.

### [Vitamin D3-K2 Spray](#)

Combines 1000IU of Vitamin D3 and 100mcg of Vitamin K2 MK7 in an easy to use sublingual spray for maximum absorption. Helps to support a normal immune system response, support better calcium absorption and phosphorus absorption in the bones. It is also the world's original Vegan and Vegetarian Vitamin D3.

### [Ancient Magnesium® Oil Ultra](#)

Topical Magnesium with 100% Genuine 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.

Take good care of yourself,

*Robert Redfern*