

# WEEK 30 (2021) UPDATE A YEAR LATER

## Today's Newsletter

This is an update on a year ago when I wrote 'Facts not Fiction'. I have been writing about the 'Plan' since February 2020. I genuinely thought it would be just a few weeks before the overreaction by the authorities was exposed. Here we are over 18-months later and yet the lies and now threats are getting much worse.

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## 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 also discovered the pharmaceutical companies pushed drugs and bribed and brainwashed medical opinion.

Since discovering the scientifically proven causes, 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.

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I am revising my explanation below of how it was all planned, and I apologise for those of a nervous disposition but I do rate my readers as above-average intelligence, since they are reading this and inclined towards natural health.

## Why In God's Name Would 'THEY' Do This?

God has nothing to do with this. The religious leaders around the world have been brainwashed (or worse) by the Gang via their Authorities. I have yet to see one religious leader (except for a few minor brave souls) stand up and challenge the lies and deception.

- They (The Authorities) say they are abandoning democracy and our human rights to keep us safe yet fewer people have died this last year compared to the flu epidemic of 2018. **They Lie.**

- They say thousands have died from the Plan but all they have done is renamed the hundreds of thousands of (avoidable) deaths in the UK (and millions in Europe and USA) including, Flu, Sepsis and other respiratory deaths. **They Lie.**
- They say the virus was either caught from dead bats or was made in a Wuhan Lab in China. It may exist in a lab somewhere but it did not escape and infect the world because it is almost impossible to 'catch' a virus'. **They Lie.**
- They say to wear a mask so as not to spread the virus. I repeat it is virtually impossible to catch or spread a virus, with or without a mask. **They Lie.**
- They exaggerate the deaths but simply by checking the Burials and Cremations we can see there are very few additional deaths compared to the previous five years. **They Lie.**
- They say we must do exactly as we are told to stay safe, whatever they say, with no right of appeal to any court. **They Lie.**
- They say the 'cases' based upon a PCR test are rising and millions will die unless we do as they say but if you read last week's newsletter you know that test is fake and was never designed to identify disease. **They Lie.**
- They say they are destroying businesses and jobs to keep us safe but it hardly affects anyone under aged 70. The consequences of destroying businesses and jobs are destined to kill millions worldwide (according to the UN). **They Lie.**
- They say they are closing schools to keep us safe. Healthy children and young people (and in fact anyone at any age who is healthy) have nothing to fear from this Plan. The risks are terrible psychological abuse and damage to their minds. Suicides are up in all ages but especially the young. **They Lie.**
- They say we must have an experimental unproven jab or we will never be allowed the freedom to travel, or possibly even work, until we submit to the experiment. The experiment is not due to end until 2023. **They Lie.**
- They say the jab is safe but side effects of the experimental jabs are causing many serious side-effects in unhealthy people which are shown in the various Government websites. This is a safe link on Telegram to see the government data: [https://t.me/Co\\_VidNews/219](https://t.me/Co_VidNews/219) **They Lie.**
- They say that there are no other treatments for Flu, Sepsis and other respiratory diseases. Real science and honest doctors show there are many treatments for such diseases:
  - i. Hydroxychloroquine
  - ii. Vitamin C i.v.
  - iii. Vitamin D3
  - iv. Zinc sulphate
  - v. Ivermectin

vi. A Healthy Lifestyle

**They Lie.**

Many studies are being conducted around the world showing that these treatments above could have previously saved many lives from Flu, Sepsis and other respiratory deaths since these are the real diseases that they pretend are caused by the Plan. **They Lie.**

- They say we must in future have a digital Jab ID to leave our home and join society. This is pharmaceutical enslavement of the population and illegal under the International Nuremberg Code. (Or it would be if the courts were not part of this). **They Lie.**
- Lastly, they (The Gang, and the World Economic Forum) say, via our politicians, because of climate change, we must reduce the population of the planet. This may be part of the Plan's goals. **They Lie.**

## How Was The Plan Created?

A film by London Real that explains in detail how the Plan has been pre-planned was immediately banned from YouTube. Click below to view it, but do give yourself plenty of uninterrupted time to watch it fully. Notice if you had watched it in 2019 you would think it was just fantasy but now when you compare it with what is happening currently, you see the careful planning being put into operation. They say this was just a rehearsal. They Lie.



## Where Can You Go From Here?

You can try street protesting, but millions, both young and old, have been out on the streets of 200 countries around the world peacefully protesting. However, everything is staying the same since the mainstream media are either not mentioning it or saying it was just a few troublemakers. **They Lie.**

A previous example of a large protest failing is when 1 million people marched to protest in London against the illegal invasion of Iraq. Tony Blair and George Bush said it was essential as there were weapons of mass destruction that could be launched in hours. It made no difference; 3 days later they went to war and millions died and were injured and the wars continue today, over 10 years later. **They Lied.**

You can try going to the courts to demand a judge give you back your human rights and restore democracy. The problem is that judges say they do not have jurisdiction. They Lie. (P.S. there are some courts and judges around the world who have declared the PCR test is fake but not many, e.g. Portugal).

### My Recommendation

Look after your health and look after your wealth or income. I cannot help you with your wealth, but I can help you to get and stay healthy so you can continue to earn an income. This is what I do. I am confident that as long as you follow the plans in my books you will achieve good health and keep strong.

Nutrition is the basis of all health, combined with a healthy lifestyle you will stay strong both physically and mentally. You can read the simple 10 step plan in any of my newsletters or ask me. **That is the Truth.**

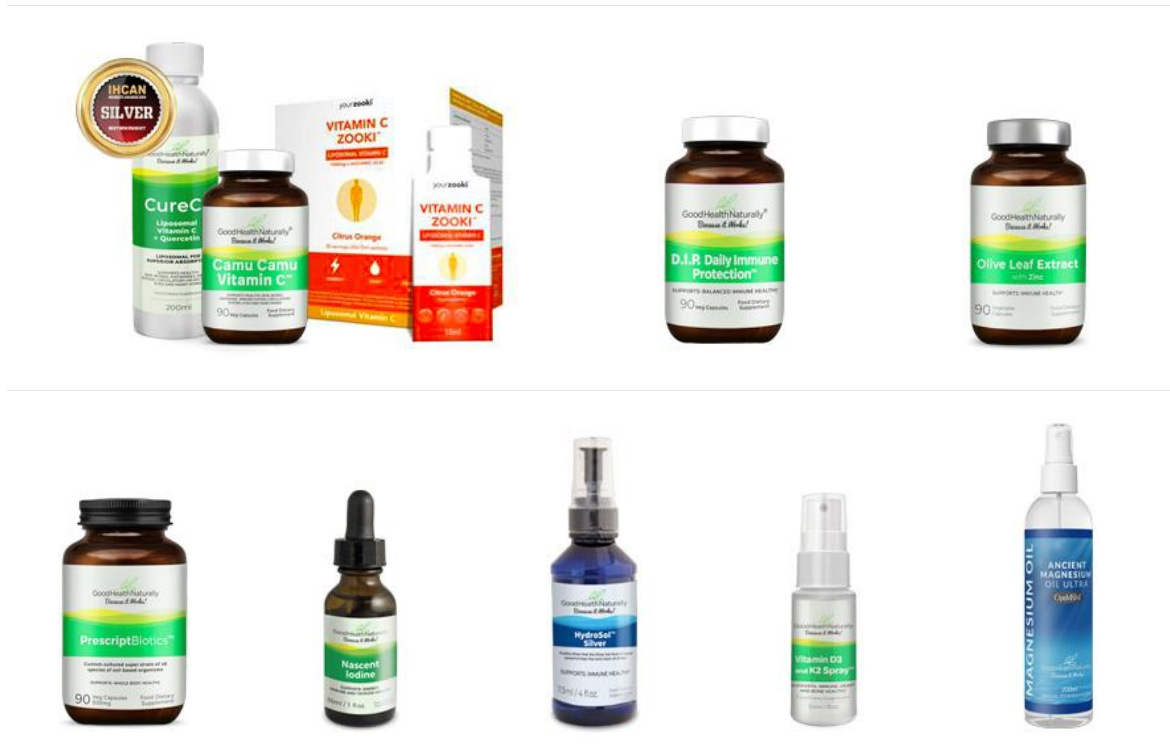
[Please download any of my eBooks](#) to follow a healthy lifestyle. If you do not have any particular condition to resolve, see the basics of immune nutrition below. You can call to ask to speak with our health coaches for detailed/specialised help.

Remember we all have to get and stay strong whatever the future holds and hope any honest politicians have an epiphany and wake up from this hypnotic state.

## Remember

Since March 2020 I have declared we can only 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.

## The Essential Immune Nutrients



### 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**

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.