

Health News (Week 35 - 2021)

By Robert Redfern

Today's Newsletter

This week's newsletter covers two important subjects that cannot wait until next week. The first is that our children are going back to school or college and being subject to medical abuse. The second is about another new jag - this time claiming to save your life from heart disease.

**The World
Expert View** ▶▶▶
On The Jag

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 also 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. Children Going Back To School

I read that children going back to school are to be further abused by being forced to wear masks that have zero scientific basis and in fact, the only scientific study on this showed they do not work. Worse still the masks are inhibiting proper breathing which in turn can lead to health problems. Even worse, they are being threatened with jags for 'it'. Some countries are planning to jag infants and the threat is without parental consent.

Studies show a 12 year old is 10x more likely to suffer from Myocarditis and die from the jag compared to simply being infected with 'it' and crazily so compared to a 30 year old. Big Pharma is protected from any harm the Jags cause but the school and person administering the jag are not.

Send a letter to the school saying you do not agree with masks or jags and you will hold them directly responsible if anything happens to your child's health as a result. There are many lawyers who will take these cases on, who also disagree with what is happening. If you don't feel you are powerful enough to stop this crazy attack on our children then at least protect them to the best of your ability.

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. See the detox plan later in this email.
2. **Supplements for detox support** – BlockBusterAllclear® for inflammation and foreign proteins (3 on waking and 3 in the evening before bed), PrescriptBiotics™ and ActiveLife™.

2. Another New Drug To Prevent Heart Disease

Big Pharma will very soon be advertising in the mainstream media that their new jag is available and that it will prevent you from dying from heart disease. They are in effect admitting at long last that statins do not work. Unfortunately, they are not admitting that statins have serious side effects and that includes premature death.

Nearly 15 million die every year from heart disease and strokes and I believe wrong treatment by the medical system. This is going to rise considerably when the deaths from these Jags are added in.

3. New Supplement Support for High 'Bad' Cholesterol

I have written about this supplement previously but since my heart health eBook has been updated and this has been added in it is worth a mention. Before I do, I have to mention 4D scanning. This is ultra-high definition Ultrasound scanning. In the UK this is readily available at low costs from a chain of clinics that offer mothers a high definition scan of their babies in the womb. They will also scan all of your arteries around your body and give you a picture of any blockages. Then when you go on my plan you can have another scan a year later of the same block to see if it has cleared. I know it will but it's nice for you to see it yourself. Your doctor will not offer this. I know because I have tried and I go every couple of years to check everything is good on a damaged Aortic heart valve (it has not got worse in the last 10 years). Which reminds me I am due to go soon.



Our wonder supplement is HeartPower45™. This is an extract from a bitter fruit that lowers BAD cholesterol but also increases GOOD cholesterol. If you don't have any blockages and don't want to go 100% on a health program then taking this and ActiveLife™ and Serranol® should be the basis for helping you to achieve good health.

However, if a life is at risk then I can only recommend the full plan below. It is a lot to purchase in one go but those who use and pay via PAYPAL can get 4 months to pay interest free as well as getting a 25-30% discount for a full plan. 3-4 months is going to show good results so you can then decide with the Health Coaches what plan you need going forward.

Remember, The Lifestyle To Get Healthier Is Not Optional

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.**

Health Support for Your Heart When it is Seriously At Risk



[Blockbuster AllClear™](#)

Powerful collection of enzymes and nutrients that help reduce inflammation, while promoting healing and internal cleansing. SerraEnzyme serrapeptase, nattokinase, and 13 other circulation-supporting nutrients: 2 x 3 times per day, 30 minutes before eating; drop to 1 x 3 times per day after 1 month.

[Serranol™](#)

Contains a potent combination formula of four key ingredients in one capsule to target dozens of

health and age-related issues. SerraEnzyme serrapeptase, Curcuminx4000, ecklonia cava (Seanol), and vitamin D3: 1 capsule x 3 times per day with BlockBuster AllClear™.

Vitamin D3-K2 Spray

Boosts a protein called MGP that protects blood vessels against calcification: 3 sprays x 2 times per day.

HeartPower45™

High-Potency Super BERGAVIT Bergamot 45%. Features Bergamot Fruit Extract. May benefit your cholesterol balance, heart health, and metabolic wellness. Supported by clinical trials to improve CVD risk factors. Controls "bad" and increases "good" cholesterol at the same time: Take 1 capsule daily with food. Suitable for vegetarians and vegans.

Active Life™ Capsules

Contains essential vitamins, a natural and highly absorbable form of folate, 130 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in the body that are depleted each day: 3 capsules, twice daily.

UB8Q10 Ubiquinol (8x more effective than CoQ10)

Supports the heart muscle and heart valves and is essential for all cell energy: 2 x 2 times per day with food for 1 month (then 1 x 2 forever).

Nascent Iodine Drops

Provides critical support for the thyroid, metabolism, and overall heart health: 5 drops, 3 times per day in 20 ml of water; swish around the mouth for 30 seconds before swallowing. Build over two weeks to 15 x 3 until well and then slowly reduce back to 5 x 3. Take first dose on waking, second mid-morning, and third mid-afternoon. Note that iodine needs a supplement containing selenium to activate it, such as Active Life™.

Ancient Magnesium® Oil Ultra

Restores cellular magnesium levels, relieves aches and pains, and supports healthy blood pressure and heart function. Apply to heart area and main limb muscles daily.

Optional nutrients - but suggested for the first 1 to 2 months at least:



[PrescriptBiotics™](#)

PrescriptBiotics™ contains a custom cultured blend of soil-based organisms, in its own prebiotic food source, to help balance the diversity of the microbiome; supporting digestion, immunity and overall health. Soil-based probiotics are the first choice for optimum health, as they are well adapted to the environment of the gut and offer long-term benefits. Suitable for vegetarians and vegans.

[Naturally Better Vitamin E Capsules](#)

Provides a powerful mix of tocopherols and tocotrienols, potent antioxidants that are 100% natural and these can help to support normal skin, hair and nail production, along with healthy immune function.

[Essential Digestive Plus](#)

Professional Strength Digestive Enzyme Formula that aids digestion. Contains 11 enzymes and derivatives. Also contains Fruta-Fit Inulin that supports the formation and function of well-balanced gut flora. Also aids in mineral absorption, by stimulating the growth of Bifidobacterium – while encouraging the absorption and digestion of essential minerals along with the synthesis of vital vitamins.

Take good care of yourself,

Robert Redfern