

WEEK 36 (2021)

WHAT IS AN IMMUNE SYSTEM?

TODAY'S NEWSLETTER

Hello, I'm Robert Redfern, and welcome to my immune strong newsletter.

In this newsletter, I want to show you that a naturally strong immune system defeats any disease from a cold to cancer.

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 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.

WHAT IS AN IMMUNE SYSTEM?

I suggest you don't ask a medical doctor since they are under the control of the Pharma/Medical cartel. For 30 years I have warned how evil the Pharma/Medical cartel are and now in the past 18 months, their actions speak louder than my words.

In any case except for antibiotics, they only recommend drugs that may leave your immune system weaker.

How To Make Your Immune System Strong...

The truth is your immune system is the whole of you from the saliva in your mouth to the friendly bugs in your digestive tract,

the breath you take to get more oxygen,

the smile in your heart filled with joy,

the essential nutrients which used to be in your foods,

the walk you take every day,

the reason you have for living,

to the 60% of your body consisting of friendly virus bacteria and fungus,

and more importantly – stay away from consuming junk foods and bad water.

Keep to all of these rules and you will become immune strong.

Especially keep away from doctors' drugs, chemicals, and sugars.

Use your intelligence and stick to the rules and you can get and stay healthy.

Most disease comes from farm animals kept in dirty conditions and develops in people living with those animals. That's why many diseases start in third-world countries.

Some other diseases and parasites are carried by improperly cooked meat and fish, mosquitoes, and other blood-sucking insects.

Note that those with an immune strong body generally do not get diseases or only suffer mild effects.

But...

Parasites are a special case and they can only be cleared with anti-parasite supplements. An example of this is Ivermectin but more on that later.

To be fair, there was a time in history when Jags strengthened the immune system. There is an example we all know.

In the 1700s, Dr. Edward Jenner made a jag of cowpox and successfully cured smallpox.

This simple method of creating a Jag from a weakened form of the disease was replaced by Big Pharma in the '50s and early 1960's who wanted to patent all drugs, so they started adding chemicals and even mercury to Jags.

The Salk polio Jag for example was eventually ignored because Salk freely gave the patent to the world. Instead, it replaced the Sabin formula for Polio with a new patent quickly introduced in the 1960s.

Since then Big Pharma has caused massive damage with its patented Jags to the point where we are today living a dystopian jagged life.

SEASONAL ILLNESSES

It's sensible to stick to the immune strong rules to avoid: common cold, influenza, pneumonia, strep throat, respiratory virus (RSV), croup, norovirus, and bronchiolitis. With millions of people suffering (and dying) from common illnesses, it has become a common misconception that it's something we must simply put up with.

That is not true!

By sticking to the rules of good health you can have a strong immune system and avoid sickness forever.

Bugs are all around and an immune strong body will deal with them without you even noticing.

If your system is weak for any reason then it may start to give you symptoms of disease including digestive upset, organ infections, coughs, ear infections, lung infections, skin infections, nausea, inflammation, sinus, infections, blood infection, or diarrhea.

NON-SEASONAL ILLNESSES

There are many more diseases caused by a weak immune system, including Cancer, Alzheimer's, Liver Diseases, and even Heart Attacks.

Lastly, we have to consider parasites (or worms as my grandmother used to say) don't eat sugar as that feeds the worms – apparently, they love sugar.

There are many ways for parasites to get into your body but to be safe I recommend a 10 day cleanse every 6 or 12 months to make sure you clear any infections out.

I have read recently in the Daily Mail newspaper about two separate stories of stage 4 cancer being cleared using worming tablets bought at the vets.

Personally, I take Ivermectin since the studies on this are amazing including winning a Nobel Prize for its inventors.

Good Health Naturally has a herbal alternative called ParaCleanse which is very good as well.

BUILDING A STRONG IMMUN SYSTEM

The Essential Lifestyle & Nutritional Plan

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.**

SUPPLEMENTING MISSING NUTRIENTS

Giving your body the right nutrition is essential for healing, repair, and maintenance. Traditionally, we got everything the body needs from eating organic foods.

Unfortunately, due to intensive agriculture processes, the quantity of essential vitamins and minerals in the soil has gradually depleted over hundreds of years. This means that foods are less nutritious than they used to be. In some cases, critical minerals such as selenium have mostly disappeared.

As a result, it is now essential to supplement the vitamins and minerals missing from your diet to ensure you receive key nutrients for good health.

MY RECOMMENDATIONS



CureC™

CureC™ provides high-quality Liposomal Vitamin C 1000mg, plus 175mg of the antioxidant Quercetin and 1000mg PC per serving. Protects healthy cells and has various benefits for optimal health, including support for immune function, brain health, blood sugar, and heart health. Suitable for vegetarians and vegans.

Daily Immune Protection™ (D.I.P.)

Contains epicor®, ExSelen™ Selenium, 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. 90 veg capsules.

Olive Leaf with Zinc

A super antioxidant, olive leaf is considered to potentially offer immune protection against colds, flu, and any 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 is also critical for a strong immune system. It is often deficient in the diet, yet enhances the power of this product. Can be used all year round or for more occasional targeted support. Suitable for vegetarians and vegans. 90 veg capsules.

PrescriptBiotics™

Taking probiotic supplements is recommended to help balance the bacteria in the gut, which in turn supports digestion and nutrient absorption, as well as overall immunity. 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. 90 veg capsules.

Nascent Iodine

Consumable iodine in its atomic form 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 Spray

A unique silver spray that contains patented silver technology, using nano-particles for superior absorption. Being anti-microbial it can support immunity, targeting invading bacteria, viruses, and fungus. By boosting the immune system you allow your body's own natural defenses to work more efficiently. Contains 10ppm Hydrosol Silver. Suitable for vegetarians and vegans.

Serranol®

A combination of four key ingredients including Serrapeptase 160,000iu, 250mg of

Curcuminx4000, along with 1000IU of Vitamin D3 and 50mg Ecklonia Cava Extract for best anti-inflammatory support. Suitable for vegetarians, Serranol® is phthalate-free and contains no unnecessary fillers or binders. 90 capsules per bottle.

Vitamin D3 and K2 sublingual 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 Vitamin D3.

Ancient Magnesium® Oil Ultra

Genuine Zechstein 100% ultra-pure Magnesium Oil with OPTIMSM for enhanced cellular absorption. Apply the Ancient Magnesium Oil Ultra to the skin each day, for immune support, and to help calm the nervous system, encourage relaxation, anxiety relief, and aid sleep.