

WEEK 44 (2021)

LAWYERS AND DOCTORS, HEROES?

WELCOME TO THIS WEEK'S NEWSLETTER

Once again, I am travelling and writing this newsletter a day earlier. All the things I write about come from my research and from reading and viewing videos of the scientists and doctors that I trust. Anyone only listening to or watching MSM (mainstream media) will not experience this information. I spend hours on it but I still carefully consider everything before I make up my mind about the truth. So should you.

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 skeptical about the pharmaceutical companies that pushed drugs and influenced medical opinion even though they were guilty of many crimes.

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.

THE INTERNATIONAL LAWYERS

Like me, there are many international lawyers who consider what is happening around the world as a crime against humanity. This is their report of the investigations to date.



UNITED KINGDOM LAWYER, ANNA DE BUISSERET

A former Army Officer, Anna De Buisseret, has been battling almost from the start representing and winning court cases for individuals and now battling to bring the Pharma Cartel and politicians to justice. You may wish to follow her and support her efforts.



WORLD WIDE DOCTORS

There are hundreds of thousands of doctors worldwide who are against this coup d'etat by Big Pharma but whose voices are blocked. This is just a few of them and while they have many and varied opinions about what is happening – I may disagree with some of the things that some of them believe.



LASTLY, MY FAVOURITE DOCTOR

Back in the 80s when I first started my journey to good health, I started following a UK GP Doctor who had a weekly column in a national newspaper writing about health, who was criticising Big Pharma and their drugs. I bought his books and was fascinated to read that this medical doctor was criticising other medical doctors and the drugs they were prescribing.

I slowly realised he was correct and that all the other doctors were wrong in that drugs do not make anyone healthy and mainly do them harm. He has hundreds of videos and articles you can see at www.VernonColeman.com.

We are the same age (75) but while I act like an angry young man he acts like an 'old man in a chair' (but in truth we are both super healthy). This video is especially essential viewing as he is talking about the abuse of jaggging children with unnecessary experimental drugs.



KNOWLEDGE IS POWER

I will carry on helping people beat the Pharma/Medical Cartel and avoid their drugs, so I can encourage more people to get and stay truly strong and healthy. I do get a buzz from the feedback/testimonials I receive. Here are my health care fundamentals...

HEALTH CARE FUNDAMENTAL RULES

All of these rules are detailed further in my eBooks that you can view and download at www.NaturallyHealthyNews.com/eBooks

1.

- i. **Breathe Properly** – Oxygen is the most critical element for life and health since most people cannot live more than 5 minutes without it. Oxygen is critical for healthy cells, regeneration of your body and is the essential fuel for your immune system. You can improve oxygenation of the body by learning to breathe from the diaphragm (tummy). Try laying down instead of sitting down.
- ii. **Sit Less** – Those who sit for more than 8 hours per day are more likely to have health problems and die younger than those who sit for less than 3 hours per day. When you are sitting your breathing is the least effective. If you are unable to stand, laying down is better than sitting.
- iii. **Drink Plenty of Water (with Sodium Bicarb)** – Water is the second most critical nutrient and most people would die after 7 days of drinking no water. Consume around 3 litres of pure water over the day (with a small amount of Bicarbonate of Soda and Organic Liquid Trace Minerals added for extra benefits). Tip: Prepare the bottles in the morning and take them with you or leave them on the table to remind you.
- iv. **Walk More** – Walking is vital for two reasons; improving breathing and intake of oxygen and circulating blood around the body. The heart is not a pump and does not pump blood around the body it is a circulator and needs walking movement to work efficiently. To get the most benefits; walk at a

good pace with longer strides whilst keeping your pelvis slightly forward and tucked in at the bottom of the spine. If you cannot walk then lay on your back with your legs elevated and cycle your legs every few minutes.

- v. **Stop eating all grains, cereals, and other high-sugar foods and drinks** – Research indicates that the consumption of wheat contributes to the growth of pathogenic bacteria in our gut, adding to the mounting concern that grain/cereal (often contaminated with Roundup herbicide) is one of the worst types of foods to consume for gut health. The foods to avoid include; high-sugar foods and drinks, breads, pastry, biscuits, breakfast cereals, rice, potatoes, parsnips, and wheat-based pasta. See alternative recipes at my www.ReallyHealthyFoods.com, select Keto for the best health options.
- vi. **Eat more greens, other colourful vegetables, and dark-skinned fruits** – Organic options are best if possible. Many of the discount supermarkets offer organic foods at low prices.
- vii. **Take Nutritional Supplements** – Your body and cells need specific nutrients to function optimally. Most of the critical vitamins and minerals are no longer in foods in sufficient quantities. This is particularly important for if/when children are planned, and as we age. The Government Nutritionists will claim that eating a balanced diet contains all of the nutrients needed. This is simply not true. Most critical minerals are dangerously deficient.

Examples of some of the most critical, often deficient nutrients include:

1.
 - i. **Magnesium;** reduced by 50% in the food as a result of intensive farming over the last 60% years. A Magnesium deficiency can contribute to sleep problems, depression, muscle aches, cramps and spasms, and weakness in the bones, heart and lungs.
 - ii. **D3;** an essential nutrient for best health. Low levels of Vitamin D are associated with a weak immune system, depression, seasonal affective disorder and schizophrenia in adults. We can get Vitamin D3 from being out in the sunshine or from taking a high-quality supplement for best results.
 - iii. **Omega 3 and 6 fatty acids DHA and EPA;** can support brain function found in oily fish such as salmon, sardines and mackerel.
 - iv. **B Vitamins;** ensuring you get enough B-Vitamins can regulate brain function and support healthy homocysteine. Taking Vitamin B9 (folate; not folic acid) and Vitamin B12 can also play an important role in healthy pregnancy and balancing out depressive moods. Good sources of B Vitamins include grass-fed organic red meat, oily fish, dark leafy vegetables, legumes, nuts and seeds.
 - v. **Other critical minerals are Selenium, iodine, and Boron** as these are dangerously deficient.

MY RECOMMENDATIONS FOR GENERAL HEALTH IN ORDER OF IMPORTANCE:



ActiveLife

Provides 130 Essential Nutrients along with a patented form of 5-MTHF Folate in one capsule. 180 capsules are enough for 1 to 6 months depending upon the requirement and age. Suitable for infants to seniors. Suitable for vegetarians.

Ancient Magnesium Oil Ultra

Genuine 100% Zechstein Magnesium Oil with OptiMSM for maximum cellular absorption. Essential for good health and may provide fast relief for sore muscles, leg cramps, headaches, migraines and various body aches. Suitable for vegetarians and vegans.

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 only Vegan and Vegetarian Society Registered Vitamin D3.

Prescript Biotics™

Provides custom cultured "Bio-Identical" SBO Probiotics Consortia to rebalance good gut flora. Supports stronger digestion, immunity and overall health. Suitable for vegetarians and vegans. 90 veg capsules.

Nascent Iodine

Consumable iodine in its atomic form, recognised by the body as the same iodine that's required by the thyroid and effortlessly absorbed by the body. May support increased energy and immunity levels, thyroid, general health and hormone production. Suitable for vegetarians and vegans. 30ml/1 fl.oz.

Serranol

A powerful combination formula of four key ingredients including Serrapeptase 160,000IU, 250mg Curcuminx4000, 50mg Ecklonia Cava Extract and 1000IU Vitamin D3 to support total body health. Suitable for vegetarians. 90 veg capsules

The Krill Miracle™

Provides high-strength Omega-3 fatty acids (DHA/EPA) with phospholipids. Supports anti-inflammatory processes in the body – beneficial for brain health, joint health and skin health. 60 fish Lipcaps™ capsules.

Pure Concentrated Organic Minerals™ Liquid

High fulvic acid content, containing more than 70 trace minerals, trace elements, electrolytes, amino acids and additional organic acids. Includes Organic Selenium, Zinc, Manganese, Copper, and others. The 18 amino acids were formed over the course of 38 million years – proof of their plant and organic origin. Contains electrolytes, each mineral carrying its own unique bio-electric signature to support a night of more restful sleep, clearer mind and brain function, balanced appetite, along with better absorption of nutrients from foods and supplements. Also available in capsules. Suitable for vegetarians and vegans.

REMEMBER:

Nutrition is for Life.

Read and follow the plan in my [eBooks](#), even if you can't afford everything. The more you do of the things that don't cost money, the bigger difference in your health you'll see. You can see great improvements specifically from taking sodium bicarbonate and Ancient Magnesium™