

WEEK 49 (2021)

LOCKDOWNS NOT NEEDED?

TODAY'S NEWSLETTER

You may have heard of a germ called 'Omicron'. If you rearrange the letters it becomes 'Moronic' which just about sums up what the governments and their paymaster Pharma Mafia think of us. If you are following my Health Care and immune plans you have nothing to worry about (at any age). The Pharma Mafia and their puppets are getting desperate as the truth is getting worldwide publicity and I am featuring two pieces of news to highlight why they are so desperate.



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 mainly preventable. I discovered that these diseases are generally caused by an unhealthy diet, lack of critical nutrients, lifestyle factors – that create sick bodies.

I found the profit-motivated pharmaceutical companies lied about these causes to sell drugs at a huge profit and bribe the medical business and politicians. Since I have followed my health plan, I celebrated my 75th birthday last January feeling genuinely fit and healthy, and for the past 35 years have helped hundreds of thousands of people to get healthy.

FIRST NEWS ITEM, \$20 MILLION PAYOFF!!!

Professor Sarah Gilbert, the Oxford 'puppet' scientist behind Astrazeneca's Jag, is set to land a payday of as much as \$20m (£15m) as her Jag start-up prepares for its stock market debut. Gilbert is understood to be sitting on millions of dollars worth of shares in biotech firm Vaccitech, which is expected to list in an initial public offering (IPO) in New York later this year.

So, the ‘back story?’ was that Oxford University wanted the jag to go out for free but the Gates Gang persuaded them and AstraZeneca not to do that. Now we see why. The people we pay to teach and research at university can have a nice little sideline taking the research from others over the past 20 years such as Dr Robert Malone (mRNA Inventor) to quickly stitch together a ‘killer’ jag (in record time) and make her first payday of \$20million for starters. The Gates Gang has shares in AstraZeneca (and all of the Jags” of course and they are set to make hundreds of \$billions from these Jags. This is starting to look like the biggest money heist in history.

SECOND NEWS ITEM, MUCH NICER

It’s a story that the main countries around the world do not want you to hear. Whether it’s Australia, Germany, Spain, the UK, the EU most states in the USA (except, Florida and eleven other states). They are all in the pay of the Pharma Mafia.

This is the story of the biggest State in India and also one of the poorest with 220 million people, Utter Pradesh. It’s compared to one of the smallest States which is also the wealthiest with 38 million people, Kerala. This is an article written by Juan Quintero on December 7, 2021 at TrialSiteNews

You can read the whole article and references article here but I will cover some of the key points that make a mockery of Jags and lockdowns below.

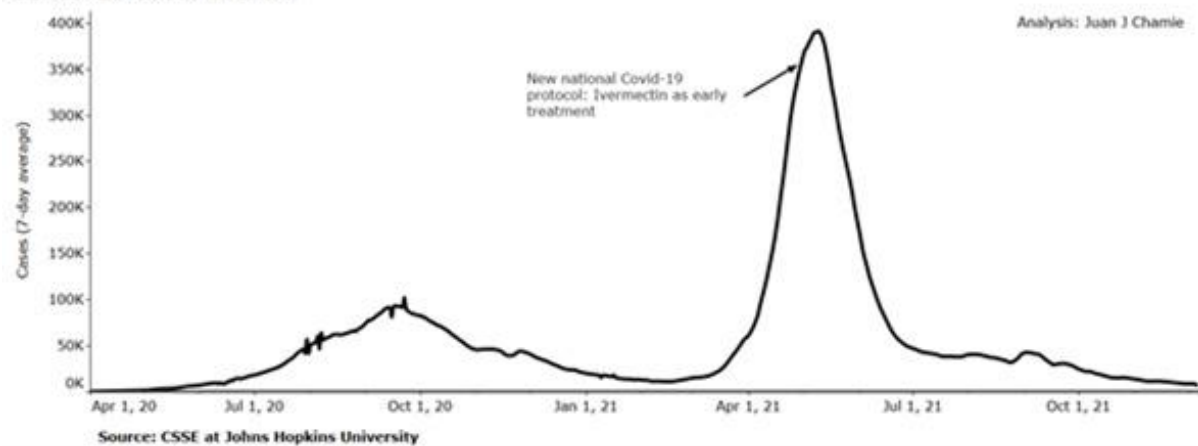


The pandemic, fuelled by the highly transmissible Delta variant, raged in India between April and May 2021 with a period of intense mainstream media coverage. Numerous broadcasts and articles depicted hospitals with no beds available, crematoriums at full capacity, and large unsatisfied oxygen demand. Literally, a month later and India contained its CV outbreak. However, the media offered few reports of the vigorous recovery generally—no systematic effort to explain how the world’s second-most populous nation turned this crisis around in so little time. Why so little interest in such an important, historic reversal of such an intense, massive crisis? Rather as conditions dramatically improved in June most cameras and subsequent stories faded away to other pandemic hot spots. But what Indian health authorities did in fact accomplish should have been front and center news for the entire world.

INDIA’S STRATEGY

India’s strategy is not a secret. In fact, at least part of the protocol of turnaround became a public-facing document in the form of a new national treatment protocol. Publicized in late April 2021 by the Minister of Health and other health authorities the guidelines can still be observed via the Minister of Health website. India’s latest protocol comprises the use of ivermectin and inhaled budesonide as early treatment. Most states embraced the new protocol, with a few opting for other approaches. [1]

COVID 19 Cases in India



A SUCCESSFUL CASE

Leading the dramatic turnaround from the CV surge was the state of Uttar Pradesh, India’s most populous with approximately 220 million people. An independent media tracking the pandemic praised this state’s pandemic management. The brilliance of the public health-led initiatives in Uttar Pradesh didn’t escape the notice of the world’s health agency. The World Health Organization (WHO) acknowledged the Uttar Pradesh public health effort twice.[2] [3] Its program comprised 141,610 teams distributed in 97,941 villages. Organized to proactively detect and treat cases, teams of two went from house to house in a direct, orchestrated effort to contain the pathogen’s transmission. Upon virus detection, early-onset treatment commenced immediately. Along with each case the Uttar Pradesh outreach teams identified at least 15 contacts per patient. In a population-wide effort, health units usually in pairs were instructed to test all household contacts and proactively treat all contacts testing positive.[4]

Uttar Pradesh introduced ivermectin early in the second wave. Since then, ivermectin become the primary treatment and prophylactic medicine in the state. In April 2021, to treat the Delta variant, the protocol comprises seven medicines: Ivermectin, azithromycin, doxycycline, paracetamol, vitamin C, Quercetin vitamin D3, aspirin and zinc.[5] By July 2021, Uttar Pradesh’s results were excellent, but they kept the program and the outstanding results progressed ongoing. When comparing Uttar Pradesh with regions or countries with similar populations, the difference is striking.

Monthly Covid cases per million people

Region	Apr 2021	May 2021	Jun 2021	Jul 2021	Aug 2021	Sep 2021	Oct 2021
United States	5,743	2,781	1,216	4,164	12,980	12,446	7,654
Brazil	8,985	8,830	9,184	6,051	3,981	2,492	1,778
India	4,633	5,736	1,304	541	332	222	146
Indonesia	604	591	1,374	4,746	2,621	483	113
Pakistan	681	434	159	340	575	370	118
Nigeria	10	6	5	29	86	63	26
Uttar Pradesh	2,616	1,809	60	10	4	2	1

Most Indian states implemented early treatment approaches, but the state of Kerala decided against such a move—perhaps due to oppositional special interests such as unfortunately the WHO itself. Until

this day, this state opts against treating asymptomatic and mild cases. Early in the pandemic, the United Nations recognized Kerala's health minister for her successful handling of the pandemic. Yet, since June 2021, the data indicates a far different outcome. Kerala has become the exception in India's overall success story. With a population of approximately 36 million, Kerala represents one of India's wealthiest, boasting the highest human development index in the nation of 1.4 billion people.

KERALA CV PROTOCOL

On April 25, 2021, Kerala's government modified their CV treatment guidelines.[6] The document recommended ivermectin to treat (late) patients with shortness of breath or comorbidities. The guide also introduced budesonide to treat patients if symptoms persist for over 5 days. Kerala's government changed the protocol again on August 6. The document dropped ivermectin and introduced monoclonal antibodies to treat high-risk patients.[7] But until now no systematic review of the results was available.

You can read the references and article [here](#)

THE MORAL OF THE STORY?

Everything the Pharma/Medical Mafia is telling you is a lie. The PCR test, the Jags, the dramatically expensive drugs such as monoclonal antibodies, Merck's Molnupiravir, Remdesivir and other pharmaceuticals such as Roche's tocilizumab. These drugs cost many thousands for a course of treatment and some have serious side effects. Compare this to a few hundred at most with this plan below. The Great news from India and other countries mainlining on Ivermectin and nutrients is that Jags are not needed and whatever diseases everyone is suffering from are easily cleared up with this plan. Over 1 billion people proved it.

THE IMMUNE BASICS FOR PREVENTION OR TREATMENT

Everyone especially if you have been jagged. You need this as your own immune system may be compromised. Take at the first sign or take occasionally preventatively.

1. Ivermectin aka Animal De-Wormer. 12mg tablet with or just after breakfast containing some fat. (It needs fat to dissolve eg Yoghurt)
2. Vitamin C with Quercetin take 3 times per day
3. Vitamin D3 4000iu x 2 times per day
4. Olive Leaf Extract + Zinc (1cap x 2 times per day only if you are not already taking a supplement with Zinc)
5. DIP Daily Immune Protection 1 cap x 2 times per day
6. Magnesium Oil ULTRA massage into mail muscle morning or night.

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. **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 the oxygenation of the body by learning to breathe from the diaphragm (tummy). I also recommend laying down instead of sitting down.
2. **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.
3. **Drink Plenty of Water (with Sodium Bicarbonate)** – 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.
4. **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.
5. **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.
6. **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.
7. **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.

IVM ANIMAL DE-WORMER

After hours of research and feedback from many of my readers, I now 100% recommend a 10 or 20-day course of IVM Animal de-Wormer twice a year and especially for those at greater risk of respiratory illness.

It clears the Spiked Protein (and any virus and parasites)

It is available from G.H.N. in India and you can go to <https://goodhealthlive.com/> to order. It is very inexpensive at £25+ shipping for a box containing 10 x 10 day 12mg tablet Courses.

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 IMMUNE 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. Protects 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.)

A unique formulation of proven ingredients to support immune health. Contains EpiCor® and eXselen Selenium with Vitamin D3 to protect against infection. Provides Immudyne Beta-Glucans 1,3 and 1,6 to boost immune response and provide extra support for healthy cell growth. Suitable for vegetarians.

Olive Leaf + 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 S.B.O. (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 M.S.M. 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.