

# WEEK 52 (2021) POST-HOLIDAY LIVER

## TODAY'S NEWSLETTER

Today's Short Newsletter is Post-Holiday Liver Recovery Plan taken from my liver newsletter, THE BIGGEST KILLERS IN THE WORLD Series, early in 2021. That was an in-depth look at Liver Disease problems. Today is just for those who over-indulged over the holiday season with carbs, alcohol and high sugar foods and drinks. These things put huge pressure on the liver and its ability to do the essential job of keeping us healthy.



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## FOR NEW READERS

I'm Robert Redfern, and I am not a doctor, but I consider myself an educator of good health.

Until the age of 40, I was not particularly concerned about health, but then: Thirty-five years ago, my mother died of lung disease at age 62 and shortly afterwards, my 64-year-old father died of cancer.

I researched the causes of their deaths in-depth to find out what went wrong.

I soon found evidence that the majority of diseases that people prematurely die from are mainly caused by an unhealthy diet, lack of critical nutrients, and lifestyle.

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## THE 6TH BIGGEST OF ALL KILLERS – LIVER DISEASES

There are over 1.3 million deaths a year from liver diseases. While most of those conditions are caused by excess alcohol, carbs, sugars, pain killers (Paracetamol/Tylenol drugs), parasites and viral problems, the actual deaths are caused by wrong treatments by the Pharma Cartel.

I am taking you through my simple over-indulged Liver Recovery Plan today.

It's a fact that the liver is the second only to the macula in the eye for its ability to quickly regenerate when damaged, so you are assured of success.

I am amazed so many people go on to develop serious liver diseases, but I put that down to doctors' bad nutritional advice, their drugs and lack of proper dietary education at school and sufferers not taking liver health seriously.

## SYMPTOMS INCLUDE

General malaise or a feeling of lack of wellness, persistent tiredness, drowsiness, or sleepiness, confusion, disorientation, and irrational anger, fatigue, nausea/vomiting, abdominal pain or swelling, jaundice (a yellowing of the eyes or skin).

## MY LIVER RECOVERY PLAN

It is a relatively straightforward plan to help most people to recover from abuse of the liver.

I claim that like most diseases, it is lack of nutrients, healthy foods, and other lifestyle factors that are the greatest risk factor for any disease and liver disease is no exception. That is despite what the medical system will tell you.

My PLAN is to help with liver overindulgence renewal, but if parasites or virus is suspected, then a course of **Ivermectin** is essential.

As well as following a detailed nutritional supplement plan, whether preventing or reversing, consider solutions such as:

1. **Water Fasting** – Fasting has been known since records began to be a powerful preventative and treatment for any disease and especially diabetes. Even 1 or 2 days is good but up to one week is a good length of a fast. The most effective fasting involves simply drinking the water as directed in step 2 and taking the salts in step 6 below. Also, take the appropriate missing supplements.
2. **Drinking 6 x 500ml glasses of water** over the day with a ¼ teaspoon of sodium bicarbonate (baking soda) in each glass. Alternatively use **Pure Concentrated Organic Minerals™ Liquid Drops** for powerful alkalising support.
3. **Stopping all** factory processed or unnatural foods, and factory-made meals.
4. **Stopping high** sugar foods and drinks, as well as breads, pastry, biscuits, breakfast cereals, white rice, potatoes, parsnips, and pasta.
5. **Consuming mainly** vegetables, 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](http://www.reallyhealthyfoods.com).
6. **Taking 2-3 teaspoons** of Himalayan or rock salts daily in food or divided into your glasses of water.
7. **When able to;** walking and exercising can further improve oxygenation of the blood and you can strengthen the immune response by going out in the sun with as much

skin exposed, up until 1 pm. You can exercise lying down as appropriate, e.g. cycling the legs or using weights for the arms.

8. **Breathing properly;** take every opportunity when lying down to practice diaphragmatic breathing. Sitting down is unhealthy so walk, stand, or lay down rather than sitting.
9. **Getting 7-9 hours of restful sleep.** This means dealing with snoring and sleep apnoea.

## 2 WEEK NUTRITIONAL SUPPORT PLAN

### ESSENTIAL PACK.

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#### Serranol® 90 Capsules

- Take 2 capsules, 3 times per day. Take 30 minutes before or 2 hours after food
- Clears inflammation and provides strong support for healthy joints, cells, heart, blood flow, circulation, and cholesterol
- Provides 160,000 IU of SerraEnzyme Serrapeptase, 250mg of CurcuminX4000®, 50mg of Ecklonia Cava, and 1000IU of Vitamin D3
- Contains serrapeptase which is always best taken on an empty stomach where possible
- Suitable for vegetarians

#### Alpha Lipoic Acid 'R'

- Take 2 capsules 2 x per day while healing
- Supports healthy liver function
- Antioxidant and free radical neutralizer
- Supports peripheral nerve and endocrine function
- Significantly more bioavailable than the 'free acid' form of R-Lipoic Acid (RLA)
- Suitable for vegetarians and vegans

### **B4Health™ Sublingual Drops**

- Take 1 dropper full (1ml) in the mouth per day, or as directed by your healthcare professional. Swish for 30 seconds before swallowing.
- Provides a healthy boost to the immune system.
- Supports healthy homocysteine levels
- Contains B Vitamins with a superior liquid delivery system
- Suitable for vegetarians and vegans

### **SAM-e Plus+™**

- Take 2 capsules, 2-3 times daily, timed away from food
- Provides support for your liver regeneration
- Recommended for stress relief and healthy joints
- Provides support for optimal mood balancing
- 60 vegetarian delayed-release capsules
- Suitable for vegetarians and vegans

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### **ULTIMATE PACK.**

*In addition to the above, this pack also contains:*

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### **Liver Balance Plus™**

- An original Chinese herbal formula to support and maintain liver balance
- Recommended for healthy digestive cleansing and liver health
- Can be used in conjunction with the Kidney Rescue formula
- Suitable for vegetarians and vegans

- 120 tablets

#### **Active Life™**

- A Full Spectrum Multi-Vitamin/Mineral Formula
- 130 Nutrients in One Capsule
- High Antioxidant Content
- Uses the Biologically Active Quatrefolic® Folate
- Suitable for vegetarians

#### **Nascent Iodine**

- Offers an atomic form of consumable iodine as a supplement, just as natural as iodine used in the body
- Provides a huge energy release when consumed
- Supports all lung health issues, especially fibrosis
- Improves thyroid health and hormone production
- Suitable for vegetarians and vegans

#### **Prescript Biotics™**

- Take one capsule a day, 30 minutes before a meal or snack with 6-8oz of juice or purified water or more as needed. Alternatively, break them open and mix them with a small amount of food.
- Contains 8 Bio-Identical SBO (soil-based organisms) of Probiotics Consortia essential to support 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.

## **REMEMBER**

Whether you can afford everything, one thing, or no supplements, we still help and support you to get and stay healthy. We are a not-for-profit organisation