

WEEK 03 (2022)

REAL HEALTH CARE

TODAY'S NEWSLETTER

Today's newsletter is about the difference between Real Health Care and Disease Care. Very few people understand this since education and the media cause confusion, especially in these times.

When I receive emails asking for my help that start with this phrase 'my doctor said' it indicates they still have a belief in what I controversially call, the 'Pharma/Medical Mafia'. Why do I call it this since Mafia indicates organised crimes? It's a term I have used for over 20 years and will explain below in this newsletter.

I think it is time I have a live Webinar in the near future to answer face-to-face all of the questions you may have. Watch out for an email on this.



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 wasn't 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 (and from the Pharma Drugs).

WHAT'S DISEASE CARE?

Disease Care is basically calling any dis-ease in the body of living things a 'medical condition' caused by an outside attack such as a germ or parasite and lifestyle factors such as smoking or alcohol consumption. There can be many causes but by calling the results of the causes a disease, the Pharma/Medical Cartel has had laws changed to give them a monopoly of treating any disease. Examples of this are malnutrition.

Ask most doctors what malnutrition is and they will generally say lack of calories and maybe a few nutrients and some may say too much nutrition. They give this wrong answer because that is what they were taught at college. What Doctors will NOT say is that malnutrition is the prime cause of most of the diseases that humans and our pets suffer from.

Over the past 120 years, Disease Care has slowly become a monopoly business and the Pharma/Medical Cartel has fooled or bribed Governments to make laws that give them this monopoly. Their goal is to only offer treatments that are patented and with high-profit margins.

Curing a disease is not profitable and the bankers Goldman Sachs report over 5 years ago advised the Pharma/Medical Cartel to stop researching cures. This is what I published in this extract from my newsletter below:

Imagine my surprise to read recently that no less than the infamous Goldman Sachs, Merchant Bankers declared, and I quote that:

"Drug companies would stop being profitable if their drugs actually cured people—because they would lose their market. In fact, curing people is "an unsustainable business model".

In a report entitled "The Genome Revolution", they wrote:

"The potential to deliver 'one-shot cures' is one of the most attractive aspects of gene therapy, genetically-engineered cell therapy, and gene editing. However, such treatments offer a very different outlook with regard to recurring revenue versus chronic therapies. While this proposition carries tremendous value for patients and society, it could represent a challenge for genome medicine developers looking for sustained cash flow.

It's All About Profits and The Charities Are Part Of The Scam.

The greed of drug companies who bribe doctors, politicians and take money from those who donate to charities is breathtaking. They even put into print and intimate that it is not worth investing in real cures as fake drugs are more profitable – this is cause for a revolution.

Goldman Sachs Quoted as an Example:

Gilead Sciences' treatments for hepatitis C, achieved cure rates of more than 90 percent. The company's U.S. sales for these hepatitis C treatments peaked at \$12.5 billion in 2015, but have been falling ever since. Goldman estimates the U.S. sales for these treatments will be less than \$4 billion this year.

"GILD is a case in point, where the success of its hepatitis C franchise has gradually exhausted the available pool of treatable patients. In the case of infectious diseases such as hepatitis C, curing existing patients also decreases the number of carriers able to transmit the virus to new patients, thus the incident pool also declines (and make more profit).

Not only have they stopped researching cures but they have been introducing massively expensive fake treatments for conditions such as Alzheimer's and CV that do not even give relief.

WHAT'S HEALTH CARE?

What it's not is what is practised by the Pharma/Medical Cartel. There are individual private doctors who offer Health Care as the main treatment and a few mainstream doctors but these mainstream doctors are closed down quickly by the Pharma/Medical Cartel. Doctors who cross them are attacked and stopped as is happening presently when they offer nutrition and treatments such as Ivermectin and Hydroxychloroquine.

Healthcare is identifying the causes of a condition such as:

- Malnutrition (the lack of nutrients)
- Lifestyles (eating junk foods, lack of exercising)
- Smoking
- Excess alcohol
- Parasite infection
- Toxic environments

WHAT IS MALNUTRITION?

Most living things including humans, creatures, and plants require some or all of the main elements of the Periodic Table (about 75). These include Oxygen, Hydrogen, Carbon Dioxide, Magnesium, Selenium, Iodine, and about another 65 elements.

These used to be in all soils but they have disappeared in the last 100 years or so. Now they only exist in the large numbers we need in Ancient Forests and the sea. We know they are in the sea because seaweed growing in the sea contains most of them. Horse breeders and horticulturists growing specimen plants and vegetables (and smart Gardeners) buy these seaweeds to feed their animals and plants to produce the healthiest and strongest results. It's strange but when I ask these people if they give them to their families, they mostly say no.

Smart people all the way back to Ancient Greece over 2,500 years ago knew that nutrition is a cure for many ailments.

Hippocrates's famous quote, "Let food be thy medicine, and let medicine be thy food" has never been more applicable than.

It is worth mentioning that the original Hippocratic oath, which all doctors used to recite before graduating, states: "I will apply dietetic and lifestyle measures to help the sick to my best ability and judgment; I will protect them from harm and injustice."

It's absolutely fascinating how little of this 'testimony' is then followed on with treating patients by modern doctors at our clinics.

But Hippocrates knew that diet and lifestyle played a major role in a person's health, even in 390BC.

Conditions that can be treated with a healthy lifestyle include:

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- Diabetes Type 2
 - Heart Disease
 - Peripheral Arterial Disease
 - Macular Degeneration
 - Candida
 - Arthritis
 - Kidney Disease
 - Prostate Problems

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- Infertility (Male and Female)
 - Cancer
 - Alzheimer's
 - Lung Disease
 - High Blood Pressure
 - Osteoporosis
 - Auto-immune Diseases (e.g. MS, RA)
 - And many more...

BASIC LIFESTYLE, DIET AND SUPPLEMENTS

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™](#) as these contain 75 minerals for powerful alkalisng support.
- 3. Stopping all factory processed or unnatural foods,** – and factory-made meals.
- 4. Stopping high sugar foods and drinks** – as well as bread, 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.
- 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 the 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 sit.
- 9. Getting 7-9 hours of restful sleep.** – This means dealing with snoring and sleep apnoea.

REMEMBER

The Pharma/Medical Mafia do not care for you and your family's health, they simply care

for your disease and the profit they make from that disease. Never in history is this so apparent than with their bribing politicians to repeatedly mandate Jags to weaken your immune system and to make you more dependant on their drugs. Stop it now and get yourself healthy.

P.S. I do use private doctors for my health checks to make sure my personal health plans are working.

RECOMMENDED IMMUNE SUPPLEMENT:



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 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.