

WEEK 04 (2022)

HOW DOES HE SLEEP AT NIGHT?

TODAY'S NEWSLETTER

Many of you have listened to my endorsement of Ivermectin which was used as part of the greatest health recovery of our time. It saved the lives and eyes of millions of people in Africa, India, and South America from many diseases inc. CV.



In India and South America, hundreds of millions of recovery packs containing Ivermectin, Vitamin C, Quercetin, and a Multivitamin including Zinc were given out.

This is why I inform you of supplies of Ivermectin at cost via [GoodHealthLive.com](https://www.GoodHealthLive.com) so everyone could prevent and treat many diseases. However, this is a story of one man who could have instigated the same in the UK and no doubt throughout Europe, Australia, and the USA, saving countless lives.

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 afterward, 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).

Extracts below from an article “I Don’t Know How You Sleep at Night”:

A nightmarish true story of how a researcher who could have saved hundreds of thousands of lives mysteriously decided not to – By Joyce Kamen

In late 2020, Dr. Andrew Hill, a researcher at the University of Liverpool, was leading a team of researchers studying Ivermectin for the prevention and treatment of CV-19. Their work was funded by UNITAID—a global health agency hosted by the World Health Organization (WHO) and supported (in large part) by the Bill and Melinda Gates Foundation. Unitaid’s main donors are France, the United Kingdom, Norway, the Bill & Melinda Gates Foundation, Brazil, Spain, the Republic of Korea, Chile, and Japan.

Dr. Hill and the research team produced their meta-analysis of Ivermectin in January 2021. The paper considered eighteen studies on the thirty-five-year-old drug—which has been safely used since 1987 to eradicate parasitic pandemics in low- and middle-income countries. The study concluded that the use of Ivermectin resulted in reduced inflammation and more rapid elimination of the Sars-Cov-2 virus from the body. Six of the eighteen trials showed that the risk of death from CV-19 was 75 percent lower in patients who had moderate to severe disease.

This was absolutely tremendous news. Hundreds of thousands of lives were about to be saved from the ravages of CV-19. Said Dr. Hill at that time to the Financial Times, “The purpose of this report is to forewarn people that this is coming: get prepared, get supplies, get ready to approve [Ivermectin]. We need to be ready.”

When Dr. Hill made that statement—to gear up for the worldwide distribution of Ivermectin—nearly 15,000 people were dying across the world every single day. Dr. Hill continued, “Vaccination is central to the response to the epidemic. But Ivermectin might help reduce infection rates by making people less infectious and it might reduce death rates by treating the viral infection.”

But just one month later, Dr. Hill’s original, positive study conclusions on Ivermectin quite literally fell off the rails. And so did the fortunes of the thousands who had no idea then that they were stuck on the tracks with a freight train barreling towards them—unable to get out of harm’s way because help had been hijacked.

FOR CLARITY

In late 2020, Dr. Andrew Hill, a researcher at the University of Liverpool, was leading a team of researchers studying the drug Ivermectin for the prevention and treatment of CV-19 and reported good results, but then, He changed his conclusions!



So! Why did he change his conclusions?

Dr. Tess Lawrie, a physician, independent WHO researcher, and Director of the Evidence-based Medicine Consultancy in Bath, England, had heard that Dr. Hill was about to change his conclusions about Ivermectin's efficacy. So, she called him on Zoom to find out why—and she recorded the entire conversation.

During that Zoom call, Dr. Hill confessed to Dr. Lawrie that he was changing his study conclusions from positive to negative—because he was under pressure from his funding sponsors to do so. Wait, what? His sponsors told him to change the study conclusions? NOT the data? What the heck was going on?



Dr. Lawrie was furious. (So am I)

We know that the studies data considered in Hill's soon-to-be-revised Ivermectin paper did not change. But now the paper was going to conclude that because most of those studies in the meta-analysis contained "low-certainty evidence," the positive results in the first iteration of the paper were now going to be characterized as being of "low certainty."

You can read the entire article and especially the Zoom conversation in the article here at [NaturallyHealthNews](#).

THIS IS NOT OVER.

The narrative is changing all over the world and the Pharma shills are now backtracking on the narrative. A few countries are still holding out such as Australia, New Zealand, and amazingly, the main EU countries.

Criminal complaints are being made all over the world regarding Dr. Hill and the damage arising from the vaccines.

UK police (Hammersmith CID) are gathering information of various crimes and so is the International Court in the Hague. In the UK you can if you have been injured with a Jag or a

family member has died unexpectedly after the Jag, attend your local police station to make a crime complaint that you were not warned this could happen.

Ask them to take a victim statement of complaint including a victim personal statement and request it is forwarded, on your behalf, to The Metropolitan Police, Hammersmith CID quoting the CRIME NUMBER; 6029679/21

This is the actual crime number allocated to this investigation.

WHAT CAN YOU DO?

We have two worlds, those treating themselves with a healthy lifestyle plus Ivermectin and nutritional supplements – and others who rely upon Pharma Jags.

It is now clear that Pharma Jags do not protect you and worse still, have many thousands of serious side effects and deaths that have been officially recorded.

Our only solution is to take responsibility for our families and to practice Personal Health Care.

WHAT'S HEALTH CARE?

What it's not is what is offered 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.

These are the prime causes of most conditions. As two examples, my parents died in their early 60's of lung disease and cancer. The doctors simply gave them drugs.

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.

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. 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 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 today.

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 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 Diseases
 - 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/cancer, etc. Even 2 days is a good start – just sipping a litre of water over the day but up to one week is recommended for a powerful 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](#) as this contains 75 minerals 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 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

Big Pharma does 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 failing Jags that weaken your immune system to make you more dependant on their drugs. Take control 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 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 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.