

WEEK 05 (2022)

STAND UP FOR GOOD HEALTH!

TODAY'S NEWSLETTER

It's always about you and your family, but by revealing the truth about Big Pharma, you can begin to understand why you are being blocked from standing up for you and your family's good health. To understand how to stand up for our health, we need to address the fact that everything was planned to brainwash the population using what is called, 'Mass Formation Psychosis'.



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).

MASS FORMATION PSYCHOSIS?

Mass Formation Psychosis is when a large part of any society becomes anxious about a perceived problem and focuses its attention on an authority that claims it has a solution, and unthinkingly accepts their statements as fact. Followers can in effect be led anywhere, regardless of data proving otherwise.

A key aspect of the phenomena is that the authority is recognised as the only ones that can clear up the problem – and that they are the ones to follow, regardless of any new details, information, or data.

In addition, this group can be programmed to attack or ignore anyone who questions the narrative of their leaders.

How do we know if we have allowed ourselves to become a victim of Mass Formation Psychosis?

1. We are asked to give up our human rights for the promise of a better future or protecting others.
2. We are not researching a wide spectrum of science and opinion so as to come to our own conclusion.
3. When those in authority are shown to be liars and fraudsters and we ignore this. *An example is that Pharma companies have been previously fined Billions for terrible fraud and other crimes, yet this is ignored by those under the influence and the authorities they follow.*

WHAT DO I DO?

In these dark moments, I read inspirational words that come from many writers over many years. It is obvious this Mass Formation Psychosis has always been a problem and listening to an inspirational writer can help people to clear their minds and take back control.

Something I have read from time to time is called Desiderata. I took the liberty of editing it to help give a more modern understanding.

I trust it offers the same help for you as it does for me.

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly but clearly; and listen to others, all have their truth. Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be persons who are different than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own life and health plan, it is a real possession in the changing fortunes of time.

Exercise caution in your personal affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially, do not feign affection. Neither be cynical about love; for, in the face of all scepticism and disenchantment, love is as perennial as the grass.

Take kindly the counsel of elders, gracefully surrendering the things of your youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness and not asking for help when needed.

Beyond a wholesome discipline, be gentle with yourself. You are a descendent of your ancestors and a child of the universe, no less than the trees and the stars; you have a right to be here and a responsibility to be your best.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore, be at peace with your Creator, whatever your beliefs.

And whatever your labours and aspirations, in the noisy confusion of life, keep peace and love in your soul.

With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.”

Max Ehrmann, “Desiderata” 1927

WHAT CAN YOU DO?

Re-read last week’s newsletter to give you a better insight of fraud by the authorities and the information needed to help you create the plan for you and your family.

There will never be a better time to get away from Big Pharma and to get healthy.

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 then up to one week is 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. Consider also taking the appropriate missing immune supplements.

2. Drink 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.