

## **WEEK 09 (2022)**

### **THANK YOU**

#### **TODAY'S NEWSLETTER**

Firstly, I want to give a special Thank You to those clever people who found me on Facebook and wished both myself and my wife Anne, a Happy 52nd Anniversary.

The weather wasn't as bad for us after all, and we had some wonderful walks through the woods and farms in Herefordshire.

I have put some health news items together below.

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#### **FOR NEW READERS**

I'm Robert Redfern, and I am not a doctor, but I am 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 Pharma Drugs).

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#### **THE FIRST NEWS COMES FROM NUMEROUS REQUESTS FOR MORE EVIDENCE ON IVERMECTIN**

The demand for more information and orders from GoodHealthLive.com in India indicates my messages are getting through. However, for those who want more information on Ivermectin, please go directly to [www.NaturallyHealthNews.info](http://www.NaturallyHealthNews.info) and search for Ivermectin rather than email me.

We are just posting this new compilation of studies and information from amazing doctors from the USA and UK with a link to the pdf for those who want more details. You can [find the PDF here](#).

URGENT CV-19 information:

Ivermectin reduces the risk of death from CV-19 – this was found by a rapid review and meta-analysis in support of the recommendation of the Front Line CV-19 Critical Care Alliance. The review was supplied by The Evidence-Based Medicine Consultancy.

Recently, a group of expert critical care physicians, called the Front Line CV-19 Critical Care Alliance (FLCCC), reviewed the evidence on the effects of Ivermectin on SARS-CoV-2 virus and CV-19 infections.

They concluded that the evidence on Ivermectin “demonstrates a strong signal of therapeutic efficacy” and recommended that Ivermectin be adopted globally and systematically for the prophylaxis and treatment of CV-19.

Ivermectin is an anti-parasitic medication widely used in low and middle-income countries to treat parasitic worm infections in adults and children. [1,2] Having been used for decades for this purpose, it is considered extremely safe and effective [2,3] and has an increasing list of indications due to its antiviral and anti-inflammatory properties. [4] On the WHO’s Model List of Essential Medicines, it is retained in the form of a 3 mg tablet. [5] For parasitic infections in adults, Ivermectin is commonly administered as a single 12mg oral dose (0.2mg/kg).

The FLCCC review summarizes the findings of 27 studies evaluating Ivermectin for prophylaxis and treatment of CV-19 infection; however, it does not include meta-analyses for the majority of outcomes. The FLCCC has called upon national and international health care agencies to devote the necessary resources to checking and confirming this ground-breaking evidence.

Given the urgency of the situation, I, Dr. Tess Lawrie, undertook this rapid systematic review and meta-analysis of studies included in the FLCCC paper to validate the FLCCC’s conclusions.

You can read the 21 Pages of evidence and conclusions by [downloading the PDF here](#).

## **THE SECOND NEWS IS ABOUT SLEEP**

Step number nine on my Health Fundamentals section below is sleep. That’s not to say it’s the least important, and in fact, many researchers say it may even be number one for all ages, for different reasons.

On Tuesday 15th March at 7 pm GMT/11 am PST, I am hosting a webinar on Zoom to explain how critical a good night’s sleep is for all ages.

I will go into detail about why it is essential and how to achieve a good sleep with very little help. I may have mentioned before – this is my personal challenge as I have a very active mind which is difficult to switch off. I will be giving you tips for every type of sleep challenge.

[Click here](#) to get added to the guest list but if you cannot make it do not worry as it will be recorded and available 24 hours later at [www.NaturallyHealthyNews.info/webinars](http://www.NaturallyHealthyNews.info/webinars)

## **THE THIRD IS – GOOD VITAMIN D NEWS**

OMNS (Feb. 17, 2022) The Harvard-led Vitamin D and Omega 3 trial (VITAL), recently published findings showing a meaningful (22%) reduction in the incidence of autoimmune disease in older adults taking 2000 IU of Vitamin D3.

This was a large nationwide study involving 12,786 men 50 years or older and 13,085 women 55 years or older. It was a randomized double-blind, placebo-controlled trial.

The British Medical Journal notes, “The clinical importance of this trial is high because these are well tolerated, non-toxic supplements, and other effective treatments to reduce the incidence of autoimmune diseases are lacking”.

Of course, as good as 22% is, far superior results come from 10,000iu of Vitamin D3 per day (or the 20,000iu per day we have taken for 20 years).

## **THE FOURTH IS: NOT JUST WITH FOOD**

While I was on vacation, I came across an article about the benefits of taking Essential Digestive Enzyme complex on an empty stomach.

I have always taken Digestive Enzymes with cooked foods but this article explained why there are even more benefits, such as:

- Digesting excess proteins
- Stimulates the immune system
- Assimilating fats flowing around the bloodstream
- Breaking-up cholesterol deposits
- Reducing bacteria
- Increasing the white blood cell size and activity
- Eliminating toxins
- Increasing the surface area of the red blood cell
- Eliminating yeast

- Breaking-up and dissolving uric acid crystals
- Raising T-cell activity and production

I was reminded about the Training Course I attended for Dark Field Microscope Diagnosis in Oregon around 1998. The trainer gave a demonstration displaying a blood sample from one of the attendees on the video screen which showed his blood to be very sticky and clumpy. He then gave this person two Digestive Enzyme Complex capsules and then waited 20 minutes before re-testing.

The next results showed on the screen that his blood was completely clear and had nice round red blood cells floating freely. That gives you an idea about how fast enzymes get to work when taken on an empty stomach.

## THE FIFTH IS: LIPOSOMALS ARE COMING

You may have heard the term 'Liposomal Delivery' while shopping for your favourite supplements... but what does 'Liposomal Delivery' really mean? Our team of dedicated Health Coaches is always here to shed some light on the matter. In a nutshell...

'Liposomal Delivery' is a mechanism used in medicine and health supplements that improves absorbability in the body. Liposomal supplements are liquid-form, containing tiny, healthy fat-like bubbles that can sustain the harsh conditions in the digestive system to ensure the nutrients pass absorption barriers and are delivered effectively into the cells where they are needed most. An example is my MaxiFocus® supplement which has been delivering fast absorption in the mouth to get into the retina within minutes.

Most liposomal supplements are intended for fast delivery via the mouth to any area where they are most needed such as the Eyes, Brain, and with my PureC™ Liposomal Vitamin C supplement – it provides benefits all over the body.

Good Health Naturally are proud to be a pioneer in providing cutting-edge natural health solutions, using formulas backed by extensive research...

[Click Here to see the whole range of Liposomal.](#)

## HEALTH CARE FUNDAMENTAL RULES

**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. 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 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 Drops](#) 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,** – 5. Consuming mainly vegetables, leafy greens, and other salad foods such as 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 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.

## **IVERMECTIN**

More than ever, I 100% recommend taking a 10-day course of Ivermectin for everyone twice a year – and especially for those at greater risk. It is available for GHN in India and you can contact me to order. It is very inexpensive at £25 for a box containing 10 x 10-day Courses. Of course, you can also share it with your dog or cat.

## 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.