

WEEK 14 (2022) LUNG PROBLEMS?

TODAY'S NEWSLETTER

I am getting a high level of readers suffering from unexplained lung problems that they do not normally suffer from. In fact, a very good friend was rushed to the hospital recently with such problems, again unusual for him. Luckily, he realised the hospital had no idea what his problem was and he discharged himself (at 2.30 am) before they started serious interventions.



He had previously purchased a nebulizer on my recommendation but after reading the warnings on the bottle of hydrogen peroxide, he had not used it **(but not told me)**.

FYI, this kit below is sold on Amazon exactly for the purpose of nebulizing but they place that warning simply to absolve themselves if a member of the public does not understand how to mix it.

Anyway, the good news is my friend started recovering within 24 hours of nebulizing, 3 times over the day. I and many others are convinced the Jag is leading to more illnesses both for themselves and others. The increase of people who do not normally get lung problems is a convincing factor.

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).

NEBULIZERS FOR LUNG HEALTH

I have used a Nebulizer (Omron) with hydrogen peroxide for nearly 20 years with family members anytime coughs, colds, or serious lung infections came around. It is very successful for quickly clearing lung infections no matter how serious. Nothing works as fast as Hydrogen Peroxide since this is what your immune cells use to kill infection instantly.

These are the things you need below, although you can simply use saline for benefit, Hydrosol Silver, or even iodine drops.



These are the things you need and I purchased mine at Amazon:

Instructions:

If you are good at following instructions, then fine but if not get someone to check the mix.

If the Food Grade H2O2 purchased is 3% then 6 parts of distilled water to 1part H2O2 will make it a 0.5% mix

If the Food Grade H2O2 purchased is 6% then 12 parts distilled water to 1part H2O2 will make a 0.5% mix

If the Food Grade H2O2 purchased is 15% then 30 parts water, added to 1part H2O2 will make it 0.5% mix

It is a simple ratio. I mix mine in a small glass 1/2-litre bottle (16 fl. oz) with a stopper which then lasts for many months. (Simply top up the Nebulizer mask reservoir as needed).

Then add 3% Hypertonic Saline (also on Amazon) to the Nebulizer mix every few days to help clear excess mucus.

You can use the saline first just to get used to it.

I recommend the full mask to get you started:

Do 5 minutes of breathing in through the nose and out through the mouth and then 5 minutes of breathing in through the mouth and out through the nose. Saline is good but not as powerful as the hydrogen peroxide mix.

Once you have gained confidence, then try the mouth breathing spout and the nose irrigation as this is especially good for spring hay fever.

It is perfectly safe if used correctly

WHAT CAN MORE CAN YOU DO?

Many people for all sorts of reasons have had the inoculations or multiple PCR tests and asked about detoxing. This will apply to everyone who is having unexplained problems...

You can find Ivermectin at www.GoodHealthLive.com

Part 1: Detox Plan

IN ORDER OF PRIORITY for those who have had inoculations or have had to take multiple PCR tests. You would need to do this for 30 days after each subsequent injection:

1. [Zeolite Spray](#) – Take as per the bottle label
2. [Glutathione Spray](#) – Take as per the bottle label
3. [BlockBuster® AllClear](#) – Take as per the bottle label
4. [Pure Concentrated Organic Minerals Liquid](#) – Take as per the bottle label in 6 x 500ml glasses of water over the day, 30 mins before eating and 30 mins after eating each meal
5. [NAC 600mg capsules](#) – Take 1 capsule with breakfast and 1 with your evening meal
6. [Ivermectin \(AKA Animal De-Wormer\)](#) – Take 1 x 12mg tablet (up to 60kg) or 2 x 12mg tablets (over 60kg) tablets with a breakfast that has fat in it such as yoghurt or avocado etc, for 20 days

NAC is N-Acetyl Cysteine which is a precursor to the powerful antioxidant Glutathione. It is available now in the UK store but I also recommend checking the GHN store in your country to see if it has arrived.

Part 2: Immune Supplements and General Health Plan:

1. [Vitamin D3 4000IU](#) – An essential combination of Vitamin D3 and Calcium to help support and maintain bone health. Vitamin D3 influences over 200 genes in the body and plays a powerful role in supporting the immune system. Benefits overall health when sunlight is scarce. 100 veg capsules.

2. **Super K** – Provides two forms of Vitamin K2 plus K1 for up to 10x more bioavailability. Vitamin K plays a vital role in bone health by reducing calcium deposition along with protecting bone mineral density and strength. Supports cardiovascular health. 90 soft gels.
3. **PureC™ Liposomal Vitamin C** – High-Quality Liposomal Vitamin C 1000mg, along with 175mg of Quercetin and 1000mg Phosphatidylcholine (PC) per serving. Provides anti-inflammatory benefits that protect healthy cells and have various properties to support optimal health. Suitable for vegetarians and vegans. Gluten-free, non-GMO, and non-soy. 180ml/6 fl. oz.
4. **Ancient Magnesium OIL ULTRA**– Topical Magnesium spray with OptiMSM, the world’s purest MSM for enhanced cellular absorption. Provides 100% natural Zechstein Magnesium Oil for improved deep absorbability into skin and tissue. Delivers an improved immune response and optimal health support. Suitable for vegetarians and vegans.
5. **ActiveLife™** – A full-spectrum multivitamin/mineral formula that provides 130 nutrients in each capsule, offering a solid foundation for all your nutritional needs. Contains a wide range of antioxidants, vitamins/minerals, A, C, E, Zinc, and Selenium alongside the carotenoids Lutein, Zeaxanthin, and Bilberry. Includes a full Vitamin-B Complex and the active form of Folate, 5-methyltetrahydrofolate (5-MTHF) making it ideal for the entire population, especially those who cannot metabolise synthetic folic acid. Ideal for the whole family and suitable for adults and children. Suitable for vegetarians. 180 vegetable capsules.

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, – This includes 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.

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.

YOUR ESSENTIAL IMMUNE SUPPORT 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.

NAC 600mg Capsules

N-Acetyl Cysteine (NAC) is a supplement form of cysteine. NAC bonds with glutamine and glycine to form glutathione, a powerful antioxidant. Glutathione performs many functions throughout the body, including helping to maintain your immune system. Take as a food supplement. For adults, 1 capsule daily, preferably at mealtimes is recommended. Available in a refill bag. 600mg.

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.