

## WEEK 19 (2022)

### WHY ARE THEY BRINGING LOCKDOWNS BACK?

Many of you sent emails asking for this to be fully explained in light of current events. Since it is more than two years since the UK lockdown, I am clarifying my thinking and experience on CV below and although I have written about it for 24 months, I have come to the realisation that nothing has changed in that period.

### HOW MANY PEOPLE ARE DYING FROM CV?

It is claimed by Pharma that many people are dying around the world. The facts are totally different and this example below for the UK is repeated in the USA and most other countries:

- In 2018 – 540,000 UK people died from various causes
- In 2020 – 603,000 people died in the UK

The excess is accounted for by 25,000 elderly sick people discharged into care homes and left to die untreated.

#### OFFICIAL FACTS

The ONS official figures show ONLY 17,000 died from CV for the first 12 months.

\* Now we have reports in with information that the Jags are leading to excess deaths. Additionally, an extra 25,000 sick people with various conditions, died at home as they refused treatment while hospitals stood empty. There was also a huge increase in the number of suicides.

What you hear being repeated in the media are simply unsubstantiated claims.

So, why are they giving subtle warnings that lockdowns are coming back? Bill Gates has just published his new [book](#) to soften the world up to draconian lockdowns.

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## **FOR NEW READERS**

Thirty-five years ago, my mother died of lung disease at age 62 and my 64-year-old father died a short while later of cancer.

These deaths left me shocked, frustrated and confused – it drove me to research the causes of their deaths in-depth. I soon found evidence that the majority of diseases that people prematurely die from are completely preventable, and I discovered evidence that these diseases are mainly caused by an unhealthy diet, lack of critical nutrients, and lifestyle, creating unhealthy bodies.

Many of the problems are made worse with severe malnourishment – critical deficiencies in the minerals and nutrients that are crucial for maintaining good health and supporting immune health.

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## **WHAT IS CV?**

It is claimed by Pharma that there is a deadly virus going around the world. They call this virus CV but this virus has never actually been isolated and identified. What you hear being repeated in the media is simply unsubstantiated propaganda.

## **WHAT IS PHARMA'S ROLE IN THIS?**

Pharma is a group made up of the WHO (World Health Organisation), The WHF (World Economic Forum), The Gates Foundation, pharmaceutical drug companies, and medical associations that license medical professionals as well as fake public health bodies such as the CDC in the USA and the MHRA in the UK. The larger pharmaceutical companies are documented criminals and have been fined billions for various crimes over the last 30 years. The medical organisations are implicated directly or indirectly in these crimes. Pharma donates money to all of the popular political parties and ensures that the head governmental medical officers in each country also receive money from Pharma, directly or indirectly.

## **CAN WE CATCH THIS CV VIRUS?**

The claim that CV or any live virus can be inhaled to infect our body is scientifically impossible and no studies exist to prove this. The claim is used by Pharma to terrorise the

population and governments to take the experimental mRNA vaccines. Even if such a virus infection exists, a healthy immune system would deal with it.

## **WHAT IS A VIRUS?**

Our body is always full of viruses, bacteria, and fungus. In fact, over 55% of our body is made up of these microbes and only 45% is human cells. All of the viruses in our body are part of our healthy bodily system and we are mutually dependent on the microbes for our body to stay healthy. Pharma is using a PCR test that they claim can identify the CV-19 virus as being present.

## **WHAT IS THE PCR TEST?**

PCR is used for a number of scientific processes, and in general, it amplifies bits of genetic information so that they can be detected within samples. Even if the test could NOT identify a virus, this can be faked by not following the specific instructions as specified by Nobel Prize winner, Kary B Mullis. Kary B Mullis invented the PCR test that's being used as the CV-19 test. He died suddenly in August 2019 around the same time as when the plans for this pandemic were being put into operation.

## **WHAT CAUSES THESE DISEASES?**

There are multiple factors that cause disease and this includes a serious lack of Vitamin D3, other essential nutrients, poor diet, lack of walking, not drinking enough water, and a shallow breathing pattern. The lack of these nutrients and poor lifestyle choices are also the cause behind such health conditions as the Flu, the Common Cold, or in worse cases, Lung Disease. The number of people dying is approximately the same except for the deaths caused by a lack of treatments and the resultant deaths from lockdowns.

## **ARE THE VACCINES SAFE?**

The side effects are only reported on a voluntary basis rather than a legal requirement and it will take a couple of years to know when the trial period is over. Since they are voluntarily reported it is said that only 5-10% are even reported.

Here is the reported data to date:

	Type	Various mild to serious Side Effects inc. brain damage/eyesight problems and deafness.
<b>AstraZeneca</b>	mRNA	114,625
<b>Pfizer</b>	mRNA	26,823
<b>Moderna</b>	mRNA	Not Available yet
<b>Johnson&amp;Johnson</b>	Weak Virus	Not Available yet

## WHAT ARE PEOPLE REPORTED TO HAVE CV-19 REALLY DYING FROM IN THE ICU?

The excessive number of hospital deaths from many different causes is largely due to maltreatment such as being put on ventilators and trying ineffective, expensive drugs.

**However, there are proven inexpensive treatments used throughout the world including:**

- Ivermectin
- Hydroxychloroquine
- High-dose Vitamin D3 (100 to 200,000iu) (Spanish study show 69% success).
- IV including Sodium Bicarbonate, Magnesium, Vitamin C, Zinc, and others

I can only think that these effective treatments are not used by most western countries so that Pharma can justify their lucrative plans of getting worldwide populations vaccinated every year.

Is this to keep everyone subjugated and ensure a huge transfer of wealth to Pharma and the elite? I cannot think of any other reason.

## DO YOU RECOMMEND TAKING THE VACCINE?

I cannot understand why anyone would want to risk the side effects of the vaccines. Especially since I don't even believe we are at risk if we follow a healthy lifestyle.

If you are forced one day to take a vaccine to get a job or a passport then wait as long as possible (a couple of years?) to review the side effects.

Only then would I recommend even considering the Johnson & Johnson vaccine which may not interfere with your cells in the same way as the mRNA vaccines do.

I believe all premature deaths could be prevented in a much safer way – by recommending everyone to take 10-20,000IU of Vitamin D3, plus other vitamins.

Also by 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. Up to one week is a good length to do a fast for achieving good health. The most effective fasting involves simply drinking the water as directed in step 2. Also, take the appropriate missing supplements at the same time.
- 2. Drinking 6 x 500ml glasses of water** – over a day with a ¼ teaspoon of sodium bicarbonate (baking soda) in each glass. Also, use Pure Concentrated Organic Minerals™ Liquid Drops for powerful nutritional support.
- 3. Stopping all** factory processed or unnatural foods, and factory-made meals.
- 4. Stopping high sugar foods and drinks** as well as breads, pastry, biscuits, breakfast cereals, white rice, potatoes, parsnips, and pasta foods.
- 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](http://www.ReallyHealthyFoods.com)
- 6. Taking 3-4 teaspoons** of Himalayan or rock salts daily in food.
- 7. When able to;** walking and exercising can further improve critical 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.

**9. Sitting less;** sitting down for more than 3 hours in a day is unhealthy so choose to walk, stand, or lay down rather than sitting as much as possible.

**10. Getting 7-9 hours of restful sleep.** Sitting down for more than 3 hours in a day is unhealthy so walk, stand, or lay down rather than sitting as much as possible.

## IMMUNE HEALTH PRODUCT RECOMMENDATIONS



### 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.