

## WEEK 20 (2022)

### WHAT THE MAINSTREAM MEDIA AREN'T TELLING YOU...

Here is some news that you may have missed in the Mainstream Media (especially since they hide these types of stories).

The first is one of the few truth-tellers on UK TV. In this video, Mark Dolan gives his views about Bill Gates and the World Health Organisation pandemic treaty.



### WHY ARE BABIES IN SCOTLAND SUDDENLY DYING AT A RATE THAT'S 300% HIGHER THAN NORMAL BEFORE CV?

Newborn babies in Scotland are dying at three times the normal rate according to recent news. The report by the Herald newspaper highlights the “very unusual” spike in deaths of babies, with the alarm being raised after 18 infants died within four weeks of birth in March.

In September last year, 21 neonatal deaths were reported. “The neonatal mortality rate was 5.1 per 1,000 live births in September and 4.6 per 1,000 in March, against an average of 1.49 per 1000 in 2019,” reported The Herald newspaper.

Public Health Scotland (PHS) admits that the latest death spike is not just mere chance. Although it has not provided even a suspected cause. And insists the September spike “remained a mystery”.

The report also notes that vaccination uptake increased in expectant mothers and that CV infections during pregnancy are associated with a higher chance of premature birth. However, it found no “direct link” between CV surges and deaths.

While PHS Scotland says CV infections “did not appear to have played a role” in the September spate of deaths.

The numbers are very troubling and while health experts claim they do not know the cause – no one is talking about how the CV injections may be a contributing factor behind the sudden increase in deaths.

Source: Summit News

To protect yourself from diseases and any side effects from the CV injections, it’s important to stay healthy and you can do this by building a strong immune system.

## **DO I 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.

I believe that 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.