



Naturally Healthy Publications
www.naturallyhealthypublications.com

FIBROSIS REHABILITATION IN 30 DAYS

Noticeable Relief in 30 Days, Improved Monthly
Staying with the Plan

By Robert Redfern

Learn more about Pulmonary Rehabilitation, a plan that will improve symptoms noticeably with the potential for long-term relief.

**Edition
2.0**

All the books in this series:

Asbestosis Rehabilitation in 30 Days
Bronchiectasis Rehabilitation in 30 Days
Bronchitis Rehabilitation in 30 Days
Chronic Cough Rehabilitation in 30 Days
COPD Rehabilitation in 30 Days
Cystic Fibrosis Rehabilitation in 30 Days
Emphysema Rehabilitation in 30 Days
Fibrosis Rehabilitation in 30 Days
Improving Lung Health in 30 Days
Pneumoconiosis Rehabilitation in 30 Days
Pulmonary Tuberculosis Rehabilitation in 30 Days
Cancer Cell Rehabilitation in 30 Days
Curcumin: Nature's Miracle Spice
Improving Acne, Eczema, and Psoriasis in 30 Days
Improving Alzheimer's Disease in 30 Days
Improving Arthritis in 30 Days
Improving Arterial-Vascular Disease in 30 Days
Improving Autoimmune Disease in 30 Days
Improving Candida in 30 Days
Improving Endometriosis and Fibroids in 30 Days
Improving Eye Disease in 30 Days
Improving Fertility in 30 Days
Improving Fibromyalgia/Chronic Fatigue in 30 Days
Improving Heart Disease in 30 Days
Improving High Blood Pressure in 30 Days
Improving Kidney Health in 30 Days
Improving Lupus in 30 Days
Improving Men's Health in 30 Days
Improving Multiple Sclerosis in 30 Days

Improving Rheumatoid Arthritis and Juvenile Arthritis in 30 Days
Improving Stroke in 30 Days
One Missing Mineral Can Transform Your Health: Iodine
Solving Diabetes Type 2 in 27 Days
The HealthPoint™ Facelift: The Ancient Anti-Aging Secret
The Magnesium Manual: The Forgotten Mineral Every Body Needs

Other Books by Robert Redfern:

The 'Miracle Enzyme' is Serrapeptase

Turning A Blind Eye

Mastering Acupuncture

EquiHealth Equine Acupressure



ABOUT THE AUTHOR

Robert Redfern - Your Personal Health Coach
www.goodhealthhelpdesk.com



Robert Redfern was born in January 1946. He has helped thousands of people to date in more than 24 countries by providing online health guidance and resources in books, radio interviews, and TV interviews to share his nutritional discoveries. His new book series starts with the Healthier Heart e-book and is designed to bring all of his health knowledge into one user-friendly format that anyone can understand when pursuing health recovery.

Robert became interested in health when he and his wife Anne began to take charge of their lifestyle in the late 80s. Robert had not paid much attention to his health until 1986, despite Anne's loving influence. It wasn't until Robert's parents Alfred and Marjorie died prematurely in their 60s that he was forced to re-examine his lifestyle choices. Robert and Anne embraced a new health philosophy as they examined the health community, medical treatments, and common health issues.

After researching the root cause of disease, they discovered that diet and lifestyle choices were the two most pivotal factors that contribute to overall health and well-being. Robert and Anne decided to make major changes in their diet and lifestyle, while utilizing **HealthPoint™** acupressure. The changes that they saw were exceptional.

In addition to improved health, Robert and Anne both look and feel like they have more vitality than they did decades before they started their new health plan. Currently, Robert, 72, and Anne continue to make healthy choices to live energetically and youthfully, based on a foundation of Natural Health.

Dedication:

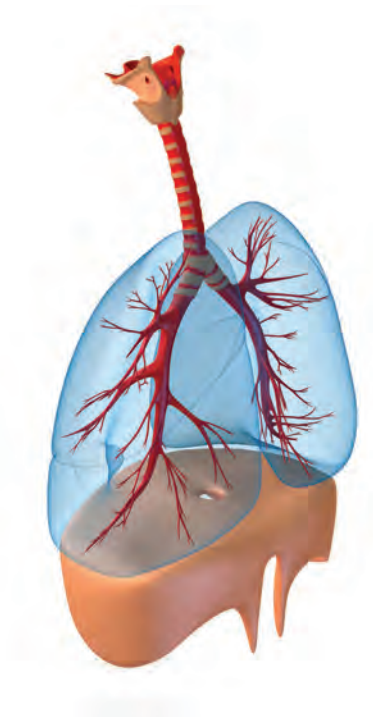
For Marjorie Redfern, my mother, who died prematurely from Bronchiectasis and COPD. Her story has helped me to guide thousands of people in the rehabilitation of lung disease.



ROBERT REDFERN – YOUR PERSONAL HEALTH COACH

Provides step-by-step guidance on:

IMPROVING FIBROSIS WITH SCIENTIFICALLY PROVEN PULMONARY REHABILITATION TO SUPPORT LUNG HEALTH



All content anywhere in a Naturally Healthy Publications communication is commentary or opinion and is protected under Free Speech. Naturally Healthy Publications takes sole responsibility for all content. Naturally Healthy Publications sells no hard products and earns no money from the recommendation of products. Naturally Healthy Publications material is presented for educational and commentary purposes only and should not be construed as professional advice from any licensed practitioner. Naturally Healthy Publications assumes no responsibility for the use or misuse of this material.

This book is not for resale and cannot be printed for commercial use.

PUBLISHED BY

NATURALLY HEALTHY PUBLICATIONS

All rights reserved. No part of this book may be reproduced in any form, or by any means, without the written permission from the author.
To contact: robert@naturallyhealthypublications.com

From the Publisher:

This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

Warning: Some information may be contrary to the opinion of your medical adviser. It is not contrary to the science of good health.



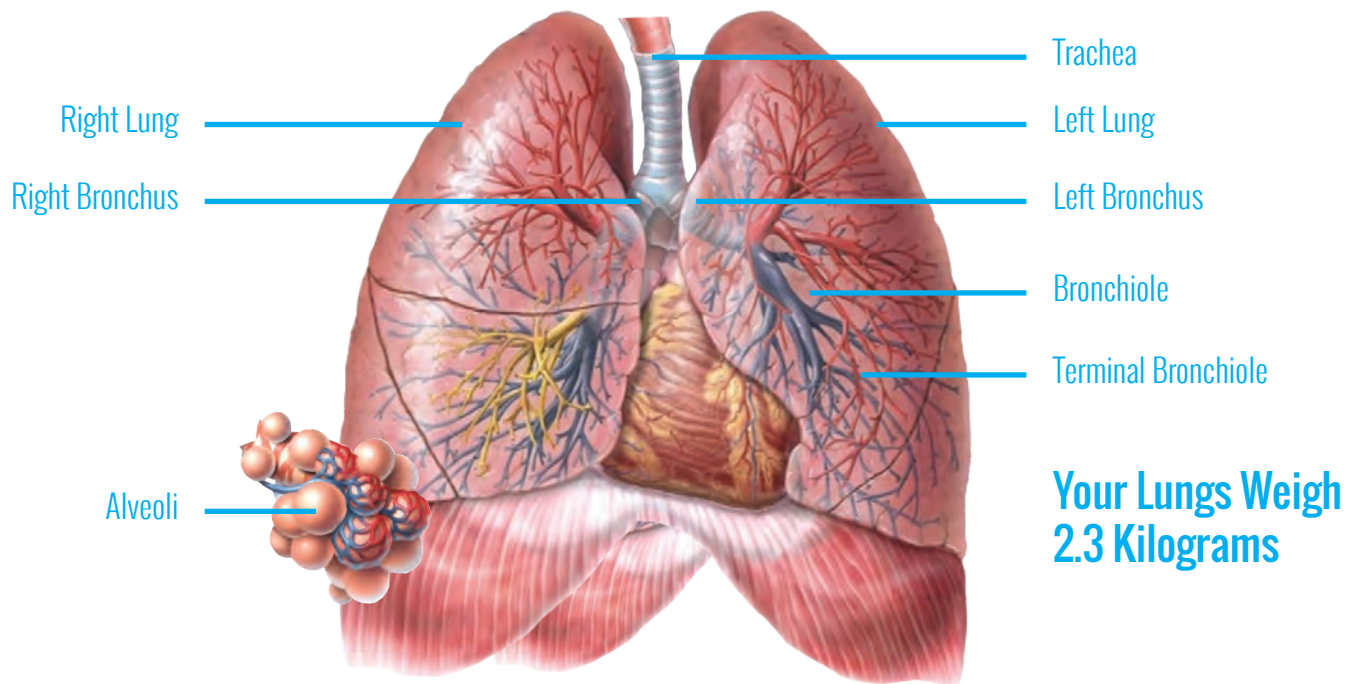
CONTENTS

What Are the Lungs?	7
What Are the Different Lung Diseases and Their Causes?	9
What Is Bronchial Asthma?	10
What Is Bronchiectasis?	11
What Is Bronchitis?	12
What Is Chronic Cough?	13
What Is COPD?	14
What Is Cystic Fibrosis?	15
What Is Emphysema?	16
What Is Pneumoconiosis?	17
What Is Pulmonary Fibrosis? (Including IPF)	18
What Causes Pulmonary Fibrosis?	19
Who Does Pulmonary Fibrosis Affect?	20
Glutathione May Have Everything to Do with Your Lung Health	21
What Is Pulmonary Tuberculosis?	22
Can I Reverse Lung Disease?	23
Essential Nutrients	24
What If the Medical Industry Doesn't Support My Recovery?	25
What Research Says About Pulmonary Rehabilitation	26
Your Pulmonary Rehabilitation Plan for Lung Health	27
1. Clear Inflammation and Facilitate Healing.	28
2. Supplement Missing Nutrients.	28
3. Boost the Immune System.	29
Optional - But Highly Recommended for At Least 1 to 2 Months	30
4. Drink More Water.	30
5. Cut Out Unnatural Foods.	30
How Your Eating Habits Affect Your Lungs	31
Pulmonary Fibrosis Diet Help	32
6. Eat Really Healthy Foods.	33
7. Stay Active Daily.	37
8. Learn Proper Breathing.	39
9. Stimulate Acupressure Points.	40
10. Get More Sun Exposure.	40
More About Clearing Inflammation and Facilitating Healing	41
More About Missing Nutrients	42
More About Immune Strengthening Formulations	43
Optional Nutrients - But Recommended for At Least the First 1-2 Months	44
Conclusion	46
Daily Pulmonary Rehabilitation Plan	47

YOUR COMMITMENT PLAN FOR IMPROVED LUNG HEALTH

	ACTION	DATE
Commit	To a lifestyle of healthy choices	
Commit	To drinking more water: 8-10 glasses per day	
Commit	To spending more time in the sun: 20 minutes per day, except when contraindicated	
Read	<i>Fibrosis Rehabilitation in 30 Days</i>	
Order	Supplements to support my healing action plan	
Plan	Create a menu plan through ReallyHealthyFoods.com	
Start	Breathing rehabilitation exercises	
Start	Acupressure point massage	
Reread	<i>Fibrosis Rehabilitation in 30 Days</i>	
Review	Supplements to support my healing action plan	
Review	Water intake commitment	
Review	Menu plan commitment	
Review	Breathing exercise commitment	
Review	Sun exposure commitment, except when contraindicated	
Review	Acupressure massage commitment	
Recommit	To a lifestyle of healthy choices	
Recommit	To <i>Fibrosis Rehabilitation in 30 Days</i>	
Recommit	To taking supplements to support my healing action plan	
Recommit	To drinking more water	
Recommit	To my menu plan	
Recommit	To breathing rehabilitation exercises	
Recommit	To healthy sun exposure, except when contraindicated	
Recommit	To acupressure point massage	





What Are the Lungs?

The lungs are respiratory organs that offer life and health in the form of oxygen. They also expel carbon dioxide as a waste byproduct. Portions of the lungs will warm air as it is inhaled and purify it of dust particles. In your body, there are two lungs:

1. **Left Lung:** Divided in two different lobes.
2. **Right Lung:** Divided in three different lobes.

- ▶ **The lungs hold approximately 1500 miles (2400 km) of airways, containing 300-500 million alveoli (air sacs).**

Alveoli in the lungs have a total surface area equal to half a tennis court. If you were to unwind all of the capillaries surrounding the alveoli, laying them end to end, they would measure at 620 miles long (992 km).

- ▶ **The lungs as an organ weigh 5 pounds (2.3 kg), or 2.5 pounds each (1.1 kg each).**

The lungs control respiration by exchanging air, allowing oxygen to be absorbed and waste gases to be pulled from the bloodstream. This process is called breathing. I recommend reading the breathing section on **page 39** to learn essential breathing exercises to support proper lung health.

The nervous system is regulated by hormones to control breathing patterns by:

- **Increasing lung airflow**
- **Constricting lung airflow (mucus)**
- **Changing breathing patterns (related to stress or anxiety)**
- **Relaxing breathing patterns**

Lung capacity will depend on a number of factors, including:

- **Height**
- **Gender**
- **Altitude**
- **Smoking**



With age, the lungs shrink, often related to inflammation, poor nutrition, lack of use, and improper breathing patterns. Roughly 30 percent of all deaths are related to dysfunctional lungs, making it more important than ever to keep these organs in good health.

An average breath has a volume of 1 pint (500 mL). A typical respiratory rate for a resting adult is 10-20 breaths per minute with one third of each breath time used for inhalation.

Breathing patterns can be influenced by relaxation and anxiety. A person with lung disease may often breathe in an anxious pattern, further adding to their lung dysfunction.

Even a small amount of high-intensity exercise can noticeably improve lung capacity. The goal is to reduce breaths to roughly 6 breaths per minute in a relaxed state. The average person will breathe in 11,000 L of air, made up of 21 percent oxygen, each day.

► **If you are suffering with a lung condition, make it your goal to beat this average using the Pulmonary Rehabilitation Plan.**

Examples of lung function tests:

- **Spirometry:** Will measure the volume and flow of inhaled and exhaled air.
- **Peak Flow Meter:** Will measure maximum expiration speed.
- **OxyMeter:** Will measure blood oxygen content.

You can use these lung function tests to measure the success of your Rehabilitation Plan based on this book.

6 **Your Goal:**
breaths
per minute.



What Are the Different Lung Diseases and Their Causes?

Suffering from a lung or chest condition can be detrimental to the patient and their family. Many of these conditions are considered life-threatening and may require a lifetime of medications and doctors' visits without any improvement in health.

The Miracle Enzyme

Making lifestyle changes and taking an enzyme known as Serrapeptase (derived from the silkworm), along with other critical nutrients, can make a major difference in supporting lung rehabilitation. When the enzyme Serrapeptase is combined with other nutrients, it can help to clear scar tissue, mucus, and lung inflammation. The body can then begin to heal itself to repair damaged lung tissue and improve lung function.

When Serrapeptase is combined with other essential nutrients and healthy lifestyle choices, it can alleviate:

- **Bronchial Asthma**
- **Bronchiectasis**
- **Bronchitis**
- **Chronic Cough**
- **COPD**
- **Cystic Fibrosis**
- **Emphysema**
- **Pneumoconiosis**
(Asbestosis and related dust diseases)
- **Pulmonary Fibrosis**
- **Pulmonary Tuberculosis**

- **You can rely on this Miracle Enzyme to support lung health.**
A healthy life is a happy life.



What Is Bronchial Asthma?

Asthma is a range of several related diseases with a number of causes. It is possible for asthma to be life threatening if it is only medicated, and the condition should be taken seriously.

If you have asthma, it's critical to:

1. Take asthma seriously.
2. Start taking asthma medications.
3. Get help if asthma symptoms don't clear up.
4. Pay attention to asthma symptoms.
5. Come up with a plan to wean yourself off asthma medication and control the condition without the use of drugs; drugs have short and long-term side effects that can shorten your life.

What Causes It?

The pharmaceutical industry would love for you to believe that asthma is triggered by dust mites, pollution, genetics, and more. This leaves you without any answers, forced to continue using asthma medication. The alternative viewpoint is that panic attacks and diet can trigger allergies; anxiety and the absence of friendly bacteria are contributing factors.

► **Some people may be genetically predisposed to asthma, but this is not a life sentence. Proper rehabilitation can help to clear up asthma, even in these cases.**

Common triggers of asthma include:

- Allergies
- Infections
- Intense exercise
- Stress/anxiety/excitement
- Cold air
- Occupational dust/vapor
- Air pollution
- Cleaning products
- Drugs

All of these asthma triggers cause inflammation. As a result, the asthma drug of choice is an anti-inflammatory steroid.



What Is Bronchiectasis?

Bronchiectasis (brong-kee-ECK-tah-sis) is a rare lung condition that often occurs in infants and older children; adults can get bronchiectasis in some cases. Without any related complications, bronchiectasis isn't considered serious, but it can become a lifestyle issue when other health problems are present.

- ▶ **Bronchiectasis does not have a cure and can inhibit a normal lifestyle without the proper treatment.**

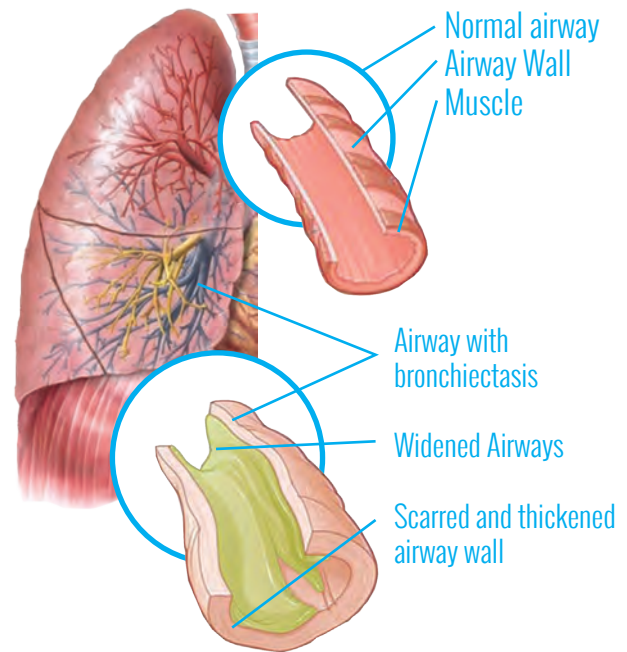
In bronchiectasis, bronchial tubes will become distended and enlarged to form pockets of infection. When the walls become damaged, it will impair the lungs' cleaning system. Tiny hairs (cilia) that line the bronchial tubes and filter germs, dust, and excess mucus are affected. When the cleaning system of the lungs is compromised, bacteria, mucus, and dust will build up. This breeds infection that is difficult to treat.

What Causes It?

Bronchiectasis is the result of a number of infections that cause damage to the bronchial walls and cilia. Some people may be predisposed to the health condition due to a number of inherited or congenital deficiencies, including cystic fibrosis and immunological deficiency.

In rare cases, a genetic abnormality of the cilia may make a person more susceptible to bronchiectasis. Pneumonias caused by whooping cough and childhood measles may also trigger a predisposition to the condition by breaking down the walls of the bronchial tubes to allow pockets of infection to form.

If an obstruction presses on the inner bronchial tubes or blocks the outside of the bronchial tubes, it can also trigger bronchiectasis. In children, choking on a small object like a nut that gets lodged in the windpipe may block off an air tube. If this occurs, it will injure the wall of the tube and prevent air from passing. The bronchial tube below the obstruction will balloon out and collect infection and pus.



What Is Bronchitis?

Bronchitis occurs when the mucous membranes that transport air to the lungs become inflamed. Cases of bronchitis may be acute or chronic.

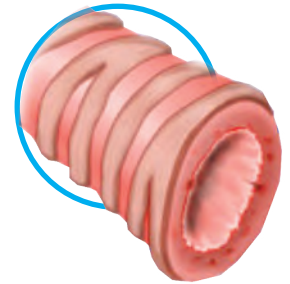
Acute bronchitis can start out as a cough and may be related to an acute, viral illness, like influenza or the common cold. Viruses are responsible for roughly 90 percent of acute bronchitis cases, compared to bacteria at less than 10 percent.

- ▶ **Chronic bronchitis is a type of COPD, characterized by a cough that lasts for three months or more a year for at least two years.**

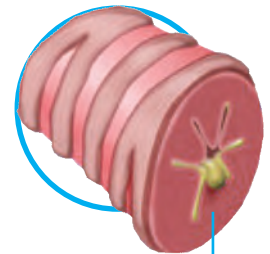
Chronic bronchitis may be the result of recurrent airway injury related to inhaled irritants. For example, cigarette smoking is a common cause of chronic bronchitis, next to occupational exposure and air pollution.



Normal bronchial tube



Inflamed lining of the bronchial tube



Thick mucus

What Causes It?

The main cause of bronchitis is chronic inflammation related to:

- Eating too many starchy foods
- Dairy foods
- Weak immune system
- Air pollution
- Smoking

A diet that is deficient in vegetables and enzymes will also contribute to bronchitis and increase the likelihood of infection.



What Is Chronic Cough?

If you have a cough that has lasted for over three weeks, it could be chronic. A health condition that is chronic means that it lasts for quite some time.

Ask yourself:

- Am I coughing up thick green or yellow phlegm?
- Am I wheezing or whistling when I breathe in?

► **Answering yes to either of those questions could mean that you need to see your doctor right away.**

What Causes It?

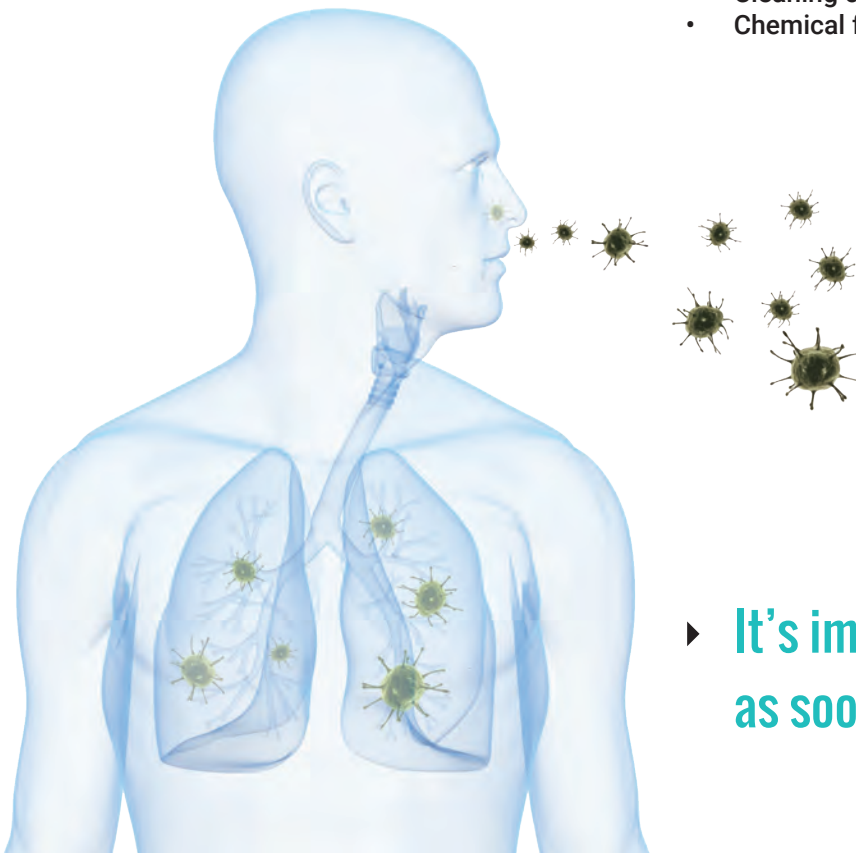
A virus is the main cause of chronic cough, in most cases. Smoking can also contribute to a cough that won't go away.

Chronic Cough and Allergies

Postnasal drip related to allergies can trigger a cough.

Postnasal drip means that mucus will run down the throat from the back of the nose. Postnasal drip related to allergies may be triggered by certain allergens that must be avoided, like:

- Smoke
- Dust
- Mold
- Pollen
- Freshly cut grass
- Pets
- Some plants
- Room deodorizers
- Cleaning chemicals
- Chemical fumes



► **It's important to stop smoking as soon as possible.**

What Is COPD?

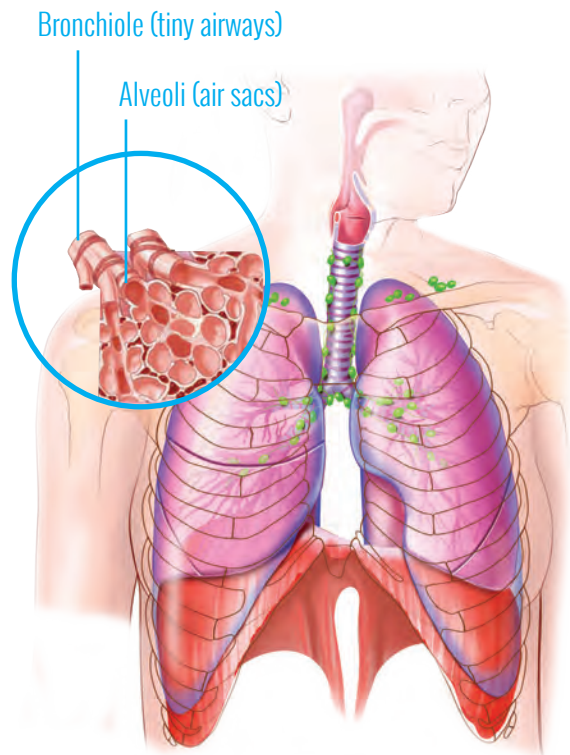
COPD (Chronic Obstructive Pulmonary Disease) affects millions of people in the Western world and is considered to be the fourth leading cause of death. COPD sufferers may have symptoms of emphysema and chronic bronchitis, as well as bronchial asthma. However, asthma is a condition that should be treated separately.

What Causes It?

In many cases, COPD occurs secondary to chronic inflammation from high glycemic foods (high in sugar and starch), a nutritionally deficient diet, tobacco use, and pollution.

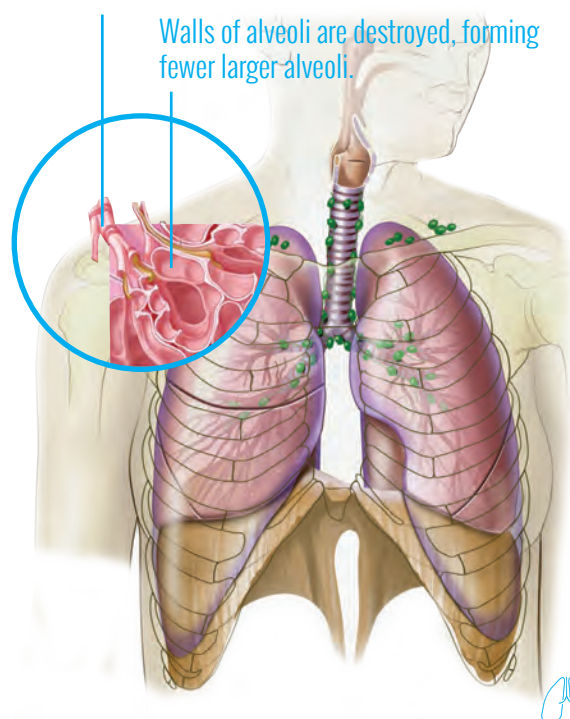
Though cystic fibrosis results from an alpha-1 antitrypsin deficiency, some rare types of bullous lung disease and bronchiectasis may also be contributing factors.

A. Normal lungs



B. Lungs with COPD

Bronchioles lose their shape and become clogged with mucus.



What Is Cystic Fibrosis?

Cystic fibrosis (CF) is a genetic disorder that occurs in cells lining the pancreas, sweat glands, small intestine, and lungs. Mucus houses infection and leads to the destruction of lung tissue; it also interferes with gas exchange in the lungs. Mucus will prevent nutrient absorption in the small intestine by blocking pancreatic ducts that normally release digestive enzymes.

Cystic fibrosis is the most prevalent life-threatening genetic disease among Caucasians, though it can occur in all races and ethnicities. Cystic fibrosis will lead to malnutrition, weight loss, growth failure, and eventually, premature death.

With this condition, it's critical to improve nutrition and prevent chronic malnutrition symptoms like:

- **Being underweight**
- **Fat malabsorption**
- **Insufficient pancreatic function**
- **Abdominal pain**
- **Rectal prolapse**
- **Gut obstruction**
- **Heartburn**
- **Respiratory infection**
- **Pancreatitis**
- **Peptic ulcers**
- **Crohn's disease**
- **Liver disease**
- **Excessive mucus**

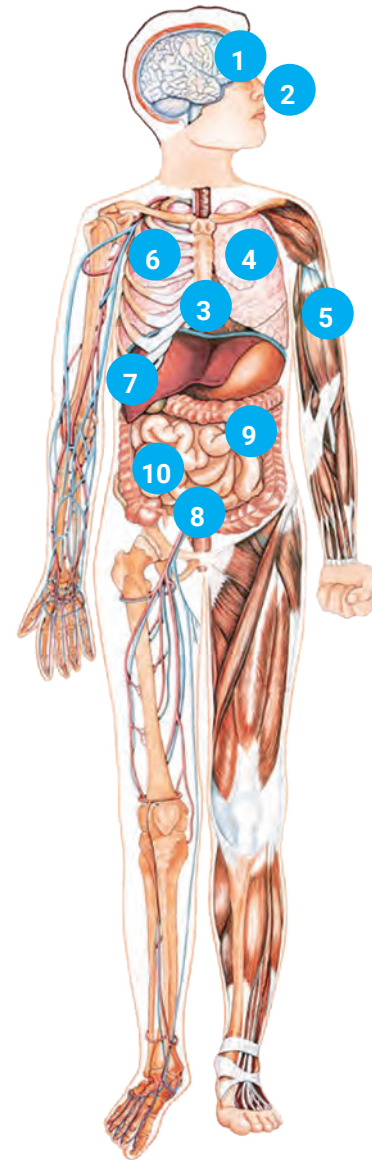
What Causes It?

Cystic fibrosis is considered the most common hereditary genetic disease, possibly caused by a mineral deficiency. Cystic fibrosis worsens with a poor diet.

How Is It Treated?

CF is a genetic disease that does not currently have a cure. This is why it's critical to follow a strict nutritional plan to improve health. The appropriate nutritional regimen for cystic fibrosis will depend on the progression of the disease; optimal nutrition is essential to support healthy growth and quality of life.

Health problems associated with **cystic fibrosis** may include:



1. Sinus issues
2. Nose polyps
3. Enlarged heart
4. Recurring lung infections
5. Salty sweat

6. Difficulty breathing
7. Gallstones
8. Constipation
9. Abnormal pancreas function
10. Difficulty digesting food

What Is Emphysema?

Emphysema occurs when the alveoli, or air sacs, in the lungs are destroyed; this is where oxygen in the air is replaced with carbon dioxide in the bloodstream. The walls of these air sacs are delicate and thin. When they are damaged, permanent holes are created in lower lung tissue. As air sacs are damaged, the lungs lose their ability to transfer as much oxygen to the blood, resulting in shortness of breath. The lungs will also have less elasticity. This may cause difficulty breathing, especially when exhaling, triggering even more breathing problems.

What Causes It?

Emphysema isn't a condition that develops suddenly; it will occur gradually after long-term exposure to inflammation. The first indication comes with shortness of breath in physical activity. As the condition progresses, even a short walk can cause a bout of breathing issues. Chronic bronchitis may develop before emphysema occurs.

The main cause of emphysema is chronic inflammation related to:

- **Eating too many starchy foods**
- **Dairy foods**
- **Weak immune system**
- **Air pollution**
- **Smoking**

A diet that is deficient in vegetables and enzymes will also contribute to emphysema and increase the likelihood of infection.

► **Remember, the first sign of emphysema is shortness of breath in physical activity.**



What Is Pneumoconiosis?

(Miner's Lung)

Pneumoconiosis includes asbestosis and other industrial/dust lung conditions, like Farmer's Lung, Berylliosis, Miner's Lung, Aritosis, Siderosis, and Stannosis.

What Causes It?

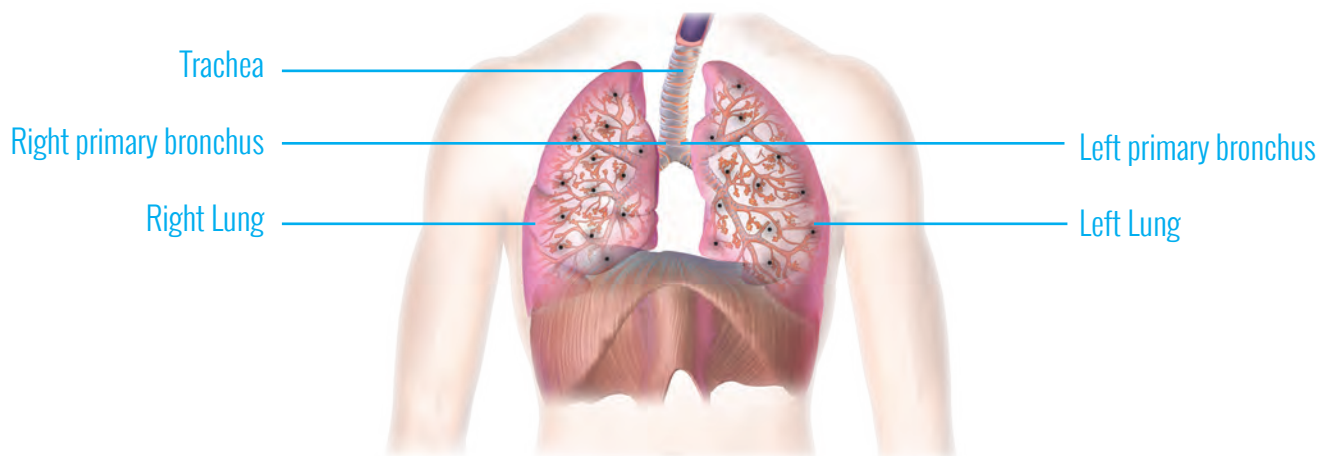
Pneumoconiosis occurs when the lungs are damaged from dust and other industrial materials. Fiber and asbestos dust can trigger asbestosis as the lungs scar to cause breathing issues and eventual heart failure due to lack of oxygen. Asbestosis is often associated with lung cancer, which may develop in an asbestos worker that also smokes cigarettes.

- ▶ **Risk increases 90 times in an asbestos worker that smokes compared to a non-smoker that works in an asbestos-free environment.**

Other dust diseases may include:

- **Berylliosis:** After inhaling beryllium dust.
- **Baritosis, Siderosis, and Stannosis:** After inhaling barium sulphate, iron oxide (arc-welding fumes), and tin oxide respectively.
- **Coal Worker's Pneumoconiosis:** After inhaling coal dust.
- **Farmer's Lung:** After exposure to cereal, grain, or other industrial dust.

Mesothelioma of the pleura is an asbestos related condition that is both serious and malignant, albeit rare. Compared to asbestosis, malignant pleural tumor mesothelioma may not be related to heavy asbestos fiber exposure.



What Is Pulmonary Fibrosis? (Including IPF)

Fibrosis refers to scarring or thickening of the tissue throughout the lungs. Pulmonary fibrosis, sarcoidosis, and Wegener's Granulomatosis all have fibrosis.

According to the American Lung Association, "Pulmonary fibrosis is the formation or development of excess fibrous connective tissue in the lungs," or, "scarring of the lungs." Tissue deep in the lungs becomes thick, stiff, and scarred (with the scarring referred to as fibrosis). This scarring interferes with a person's ability to breathe, making it more and more difficult for oxygen to make its way into the bloodstream.

In some cases, the cause of pulmonary fibrosis can be determined; however, most cases have no known cause. This is known as idiopathic pulmonary fibrosis (IPF). This form of pulmonary fibrosis does not respond to medical therapy.

Pulmonary fibrosis is classified as an interstitial lung disease. This type of lung disease includes somewhere between 100 and 200 chronic lung conditions with several things in common.



All of these diseases:

- Can result in lung scarring.
- Affect the interstitium – the tissue located between the air sacs of the lungs.
- Stem from some sort of inflammation.

Regardless of the type of inflammation you may have, this recovery plan is designed to clear it up completely, or at the very minimum get your condition under control *without the use of drugs.*

Genetics

Dr. Caldwell B. Esselstyn Jr., a former surgeon at the Cleveland Clinic, President of the Cleveland Clinic staff, author, and researcher, is famous for saying, "Genes load the gun, but lifestyle pulls the trigger." This may be applicable when it comes to pulmonary fibrosis, especially idiopathic pulmonary fibrosis. Dr. Esselstyn's quote illustrates that your lifestyle choices will greatly dictate whether or not your genes will be expressed or activated.

The telomeres (protective caps at the end of each DNA strand) in patients with idiopathic pulmonary fibrosis and no close family relatives with the disease were shorter than in those without the disease. Shortened telomeres have been shown to increase the aging process, as well as susceptibility to disease.

Are these shortened telomeres merely genetic, a result of lifestyle, or a combination of both?

What leads to telomere shortening?

Smoking! And certain foods in the diet.

Which foods? The number one food that leads to telomere shortening is processed meat, e.g., bologna and bacon. The Western Un-Natural Food Diet is associated with shortened telomeres, while a noninflammatory diet consisting of whole foods has been shown to lengthen telomeres and increase health.

The point here is that health can be improved through the lifestyle choices we make, whether we're genetically predisposed to a condition or not. Genetics combined with a poor lifestyle exacerbates the majority of health concerns.



What Causes Pulmonary Fibrosis?

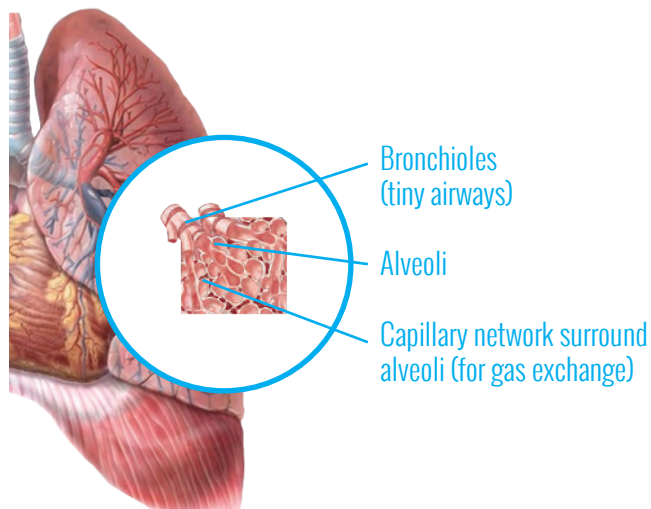
Pulmonary fibrosis can be caused by many conditions, including:

- **Chronic inflammatory processes**
- **Mineral deficiency (iodine and selenium)**
- **Infections**
- **Environmental agents (asbestos, silica, exposure to certain gases)**
- **Exposure to ionizing radiation (such as radiation therapy to treat tumours of the chest)**
- **Chronic conditions (such as lupus, rheumatoid arthritis)**
- **Certain medications**
- **Smoking**
- **Gastroesophageal reflux disease (GERD)**

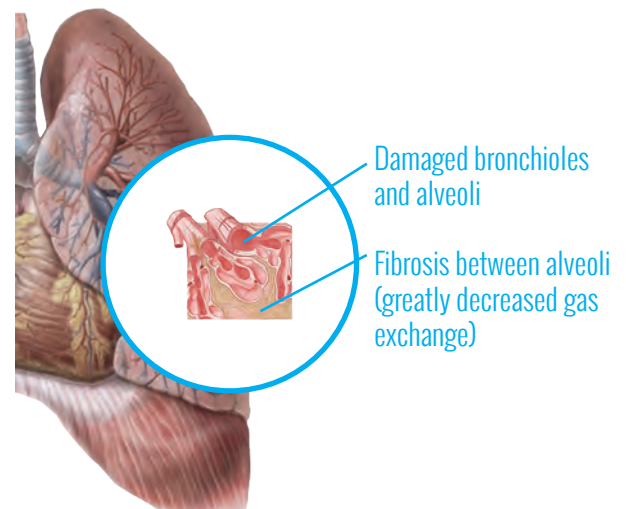
In a condition known as hypersensitivity pneumonitis, fibrosis of the lung can develop following a heightened immune reaction to inhaled organic dusts or occupational chemicals. This condition most often results from inhaling dust contaminated with bacterial, fungal, or animal products.

In some people, chronic pulmonary inflammation and fibrosis develop without an identifiable cause. Most of these people have a condition called idiopathic pulmonary fibrosis (IPF) that does not respond to medical therapy, while some of the other types of fibrosis, such as non-specific interstitial pneumonitis (NSIP), may respond to immune suppressive therapy or better still immune balancing nutrients. Either way, the plan here is designed to clear it completely or at least get the condition under control without drugs.

A. Normal Lungs



B. Lungs with Idiopathic Pulmonary Fibrosis (IPF)



Who Does Pulmonary Fibrosis Affect?

More than 5 million people around the world suffer from idiopathic pulmonary fibrosis. Men are twice as likely to have the condition as women. Up to 50 percent of sufferers will die within just three years of diagnosis. Two thirds of patients are likely to die within five years.

Though the condition is five times more common than cystic fibrosis and Lou Gehrig's disease (ALS), pulmonary fibrosis remains relatively unknown. Idiopathic pulmonary fibrosis is sorely lacking in research funding and may have fewer medical treatment options available.

Signs and Symptoms of Pulmonary Fibrosis

- **Shortness of breath, especially when physically active**
- **Cough**
- **Fast, shallow breathing**
- **Slow, unintentional weight loss**
- **Fatigue**
- **Aches/pains**
- **Clubbing of the fingers or toes**



Side Effects of Pulmonary Fibrosis

Pulmonary fibrosis can take time to develop or manifest very quickly. It can easily progress and result in a multitude of other health concerns, like:

- **Collapsed lung**
- **Lung infections**
- **Blood clots in the lungs**
- **Lung cancer**
- **Respiratory failure**
- **Pulmonary hypertension**
- **Heart failure**
- **Use of an oxygen tank**

Remember, the factors responsible for pulmonary fibrosis are inflammatory in nature and, therefore, will benefit from an anti-inflammatory approach. By hydrating the body (8-10 glasses a day) with pure, clean water and replenishing it with the proper nutrients and antioxidants in vitamins, minerals, essential fatty acids, healthy carbohydrates, and amino acids, repair and healing can start to take place from inside the body.

An anti-inflammatory approach to diet, in addition to making other healthy lifestyle choices, will at a minimum lead to a greater chance of relieving symptoms, if not completely eliminating pulmonary fibrosis in many cases.

This approach includes the following foods:

- **Any kind of vegetables - focusing on nonstarchy vegetables, especially dark leafy greens. (Yams/ sweet potatoes are fine in moderation.)**
- **Legumes (beans, peas, lentils of all kinds).**
- **Alternatives to grains and cereals (quinoa, millet, buckwheat, and other seeds).**
- **Low-sugar, dark-skinned fruits like avocados, blueberries, blackberries, black currants, etc.**
- **Hemp seeds daily.**

Optimal nutritional management is essential to:

- **Enhance repair of damaged tissue**
- **Increase quality and length of life**

We will discuss a complete diet plan for pulmonary fibrosis on page 27.



Glutathione May Have Everything to Do with Your Lung Health

Have you heard of glutathione before? Glutathione is the most potent antioxidant, and it is naturally produced by the body. Besides playing the role of an antioxidant that neutralizes damaging free radicals which can cause chronic disease, glutathione works hard in the body to regulate all other antioxidants.

But glutathione levels in your body may be under attack. Dietary and environmental toxins, emotional stressors, and a number of health conditions can deplete glutathione and weaken immunity. Once this happens, your body is left vulnerable to inflammation and illness. Low glutathione levels may even inhibit your body's natural ability to repair damaged cells.

In a study published in the journal *American Review of Respiratory Disease*, glutathione was called an "efficient scavenger of toxic oxidants."

Most interestingly, glutathione has the ability to scavenge toxic oxidants like hydrogen peroxide, an oxidant that burdens the epithelial surface of the lower respiratory tract in times of chronic inflammation. In short, glutathione found in the epithelial lining fluid of a normal lower respiratory tract can protect. It guards epithelial cells as a potent antioxidant.

What does this have to do with pulmonary fibrosis? In a word, *everything*. Researchers believe that the lower respiratory tract of patients with idiopathic pulmonary fibrosis (IPF) may be severely deficient in the glutathione antioxidant. This makes epithelial cells in the lungs even more vulnerable to oxidant injury.

Researchers compared glutathione concentrations in the epithelial lining fluid of the lower respiratory tract in 15 IPF patients and 19 normal patients. Glutathione concentrations were considered high in normal patients. However, a shocking *fourfold glutathione decrease* was detected in patients with IPF. This type of oxidant-antioxidant imbalance could explain the severe epithelial cell damage found in patients with idiopathic pulmonary fibrosis.

To correct this harmful imbalance, glutathione can be best absorbed through an oral spray. When absorbed orally, intracellular glutathione levels may increase by up to 10 percent in just seven hours. This submucosal absorption offers instant bioavailability. When consumed with alpha lipoic acid, milk thistle, and other supporting nutrients, glutathione absorption and action in the body increase dramatically.

Your body needs glutathione as a protective antioxidant. Your body—and especially your lungs—need glutathione even more if you suffer from pulmonary fibrosis.

Recommended Product

Advanced Cellular Glutathione

- **A Leading Glutathione Supplement Spray**
- **Aims to Increase Intracellular Glutathione by Over 10% in 7 Hours**
- **Sub Mucosal Absorption for Instant Bioavailability**



Sources: André M. Cantin, Richard C. Hubbard, and Ronald G. Crystal "Glutathione Deficiency in the Epithelial Lining Fluid of the Lower Respiratory Tract in Idiopathic Pulmonary Fibrosis", *American Review of Respiratory Disease*, Vol. 139, No. 2 (1989), pp. 370-372. doi: 10.1164/ajrccm/139.2.370

What Is Pulmonary Tuberculosis?

Pulmonary Tuberculosis is a contagious bacterial infection caused by TB, or *Mycobacterium tuberculosis*. Tuberculosis can easily spread from one person to another in the air. When a person has TB in their lungs or throat and laughs, coughs, sneezes, or talks, TB germs can spread into the air. If someone with a weak immune system inhales these germs, they could contract a tuberculosis infection.

What Causes It?

There is a difference between contracting a TB infection and having TB disease. A person with a healthy immune system that is infected with TB has TB bacteria living in their body. A healthy immune system will protect against these germs to prevent sickness.

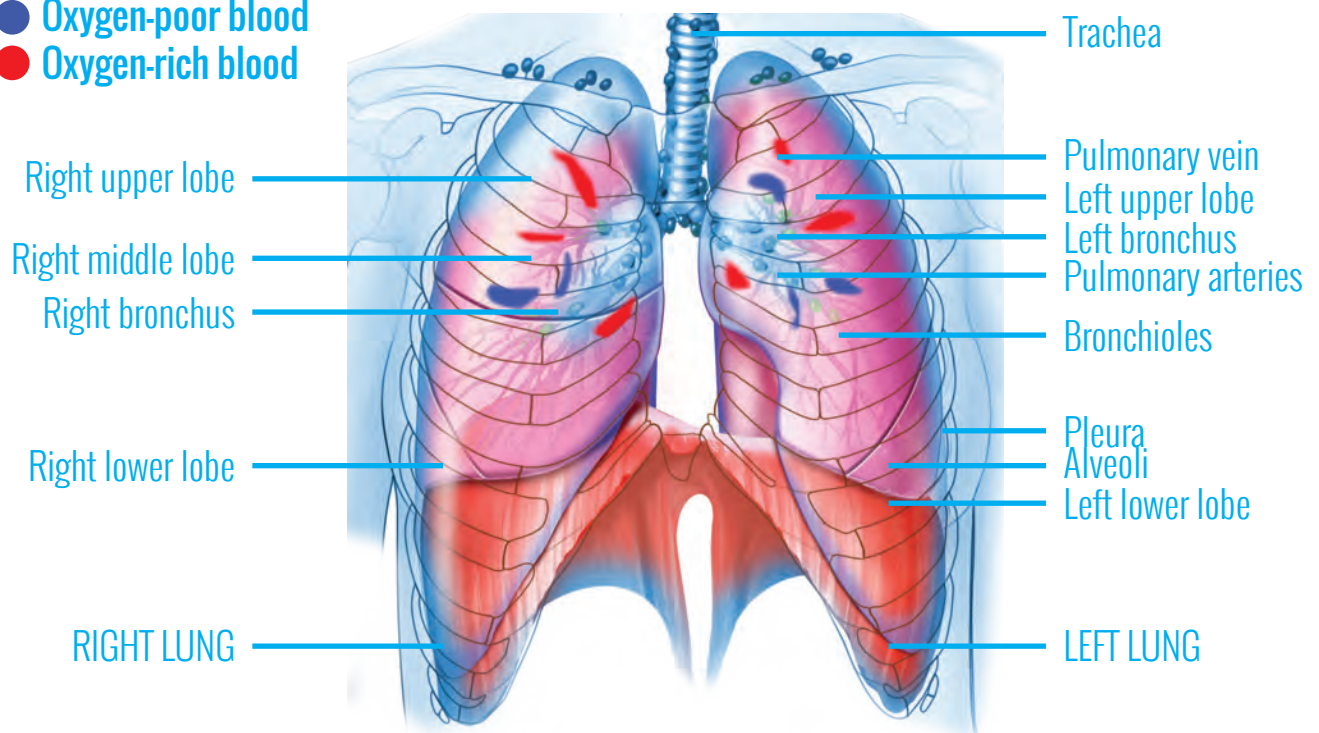
If someone has TB disease and a weakened immune system, the disease can easily spread to other people. A person with tuberculosis needs to see a doctor as quickly as possible.

- ▶ **Fortunately, it is fairly difficult to become infected with TB.**

In most cases, you would have to spend a large amount of time with a person that has TB disease. TB may spread more easily between friends, family members, and coworkers. TB is spread in enclosed spaces over prolonged periods of time. In order for the disease to develop, tuberculosis bacteria must become pathogenic; a person under stress, eating a poor diet, or with a weakened immune system is more susceptible.

- ▶ **Healthy people can become infected with TB, but they are less likely to get sick. It should be your number one goal to get and stay healthy.**

- Oxygen-poor blood
- Oxygen-rich blood



Can I Reverse Lung Disease?

I prefer not to use the word “cure” when talking about lung disease since many are related to lifestyle problems, unless they are the result of a gene dysfunction. Cure is a popular medical buzzword, although the medical field cannot provide cures. (Many people argue that this is on purpose since it would put Big Pharma out of business.)

Every health condition has a cause. When you take away the underlying cause and follow the Pulmonary Rehabilitation Plan, your body will have the support it needs to repair itself, in many cases.

When you remove the cause and support your body with healthy lifestyle choices and nutrients, your lungs will often grow healthy again. You may call this a cure, but I believe it to be making healthy lifestyle choices.

Bronchitis, Bronchiectasis, Chronic Cough, Fibrosis, Emphysema, and Bronchial Asthma Causes

These conditions are caused by chronic inflammation related to factors like:

- Eating too many starchy foods
- Dairy foods
- Infection
- Lacking certain nutrients
- Smoking
- Improper breathing
- Pollution

In most cases, when you eliminate the cause, symptoms will clear up right away.

Pneumoconiosis, Asbestosis, and Related Dust Conditions Causes

These conditions are caused by chronic inflammation related to factors like:

- Industrial contaminants
- Eating too many starchy foods
- Dairy foods
- Infection
- Lacking certain nutrients
- Smoking
- Improper breathing
- Pollution

In most cases, when you eliminate the cause, symptoms will clear up right away. At the very least, they will be managed so that they are no longer a problem.

Cystic Fibrosis Causes

This condition is caused by chronic inflammation related to factors like:

- Genetic dysfunction
- Eating too many starchy foods
- Dairy foods
- Infection
- Lacking certain nutrients
- Smoking
- Improper breathing
- Pollution

In most cases, when you eliminate the cause, symptoms will clear up right away. At the very least, they will be managed so that they are no longer a problem.

► ... transform your health
with a balanced lifestyle and
essential nutrients ...

Essential Nutrients

According to research, these nutrients can manage or improve lung conditions in most cases:

Serrapeptase - Used to clear inflammation and scarring.

Curcumin - Used to clear inflammation and support tissue healing.

Ecklonia Cava - Seaweed extract supports lung healing.

Vitamin D3 - Supported by numerous studies to enhance lung and immune health and aid in recovery.

Oxygen Promoting Enzymes - Used to enhance the lungs' ability to clear CO2 and intake more oxygen.

Sodium Thiocyanate/Sodium Hypothiocyanite - Essential to support the body's defense against infection.

Food State Iodine Drops - Critical mineral to support all lung health issues, especially fibrosis.

EpiCor - Yeast extract used to balance the body's immune response.

Selenium - Critical co-factor of iodine to support cellular regeneration and protection.

Essential Fatty Acids - Krill, Fish, or Hemp Oil, essential for all people.

Multi Vitamin and Mineral Complex - To supplement any missing nutrients.

Digestive Enzymes - Essential pancreatic support, especially after eating cooked foods.

Probiotics - Friendly bacteria will support beneficial gut flora, especially after taking antibiotics.

Vitamin E (Mixed Tocotrienols) - Essential for all lung health conditions, especially Cystic Fibrosis.



What If the Medical Industry Doesn't Support My Recovery?

The drug model in the medical industry supports the monopoly of the pharmaceutical industry: the GMC in the UK and the AMA in the USA, which affect the health of all people. These organizations turn a profit in treating sickness, although they don't support long-term health and recovery.

Instead, they work with a patented drug model that allows them to charge unreasonable prices for a lifetime of medications that may provide some relief but often speed up death. These drugs aren't designed to improve health. In the US, the monopoly is protected by the FDA and in the UK, by the MHRA. Powerful politicians are paid by these organizations to create laws that continue the vicious cycle of disease management monopoly.

- ▶ **Yet when you follow the Pulmonary Rehabilitation Program to the letter, you can see results within weeks.**



What Is Pulmonary Rehabilitation?

Pulmonary Rehabilitation has more than 30 years of research behind it and is defined as:

- Pulmonary Rehabilitation (or pulmonary rehab) is a type of rehabilitation treatment geared toward sick patients with chronic respiratory issues and decreased pulmonary function, despite medical treatment.
- This program will teach you how to breathe easier to improve quality of life through treatment, physical activity, information, and coaching.
- This is a personalized program that integrates education, support, and therapy to help you reach the maximum function permitted by your condition.

Pulmonary Rehabilitation was first documented by Charles Denison in 1895. Since that time, hundreds of supporting studies have been published. Granted, the pharmaceutical industry chooses to overlook these studies and prefers that patients stay stuck in their rut, dependent on medication.

- ▶ **Now you have learned there is a better way.**

In the following pages, we will detail the Pulmonary Rehabilitation Program that can provide results in weeks, when it is followed carefully.

"It will be a good day when the information doctors need to prescribe is made available from an independent body that has a legal responsibility to ensure the efficacy and safety of drugs."

Antioxidant Therapy for Pulmonary Fibrosis

Several studies have shown that oxidative stress may be associated with a number of interstitial lung diseases. These chronic lung disorders may be characterized by excessive tissue remodeling, scarring, and fibrosis. While oxidation is a fact of life, lung fibrosis observed in animals *showed an overproduction of oxidants*. Fibrosis was seen in antioxidant-deficient animals.

Researchers confirmed that a number of drugs can produce lung fibrosis in both humans and animals, including chemotherapy agents and ionizing radiation. Environmental exposure may also increase lung oxidative stress and fibrosis, including silica and asbestos exposure. Because of this oxidative stress, researchers believe that antioxidant therapy used to treat lung fibrosis may be promising. Antioxidants neutralize harmful free radicals and may protect the lungs from fibrosis.

Source: *Antioxid Redox Signal. Feb 2008; 10(2): 355–370*.doi: 10.1089/ars.2007.1916

What Research Says About Pulmonary Rehabilitation

Pulmonary rehabilitation isn't just a trend—it is a clinically researched therapy option for patients with idiopathic pulmonary fibrosis. Pulmonary rehabilitation has long been observed as effective for patients with COPD, but its application for IPF patients has required more evidence.

In a 2008 study published in *Respirology*, researchers concluded that pulmonary rehabilitation can be used to increase both exercise capacity and quality of life in patients with IPF. In a 2010 study conducted on 17 IPF patients and published in the journal *Multidisciplinary Respiratory Medicine*, researchers observed that home-based pulmonary rehabilitation can be used to decrease fatigue and dyspnea, while again improving both exercise capacity and quality of life. In this particular study, researchers recommended home-based pulmonary rehabilitation for IPF patients along with other routine medical treatments.

Sources:
Respirology. 2008 May;13(3):394-9. doi: 10.1111/j.1440-1843.2007.01205.x.

Multidisciplinary Respiratory Medicine 2010, 5:31-37.doi:10.1186/2049-6958-5-1-31



Your Pulmonary Rehabilitation Plan for Lung Health

10 Steps for Long-Term Health Recovery

This self-recovery protocol can be used for any lung health issue, in most cases.



Clear inflammation
and facilitate healing.

Eat really
healthy foods.



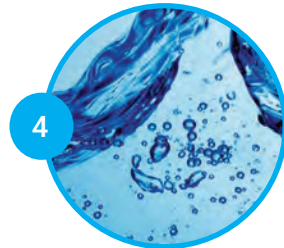
Supplement missing
nutrients.

Stay active
daily.



Boost the immune
system.

Learn proper
breathing.



Drink
more water.

Stimulate
acupressure points.



Cut out
unnatural foods.

Get more
sun exposure.



It's almost impossible not to see significant lung health changes after applying many of the points in this 10 Step Plan. You can clear up numerous symptoms and may see a full recovery, in many cases.

To find out more about the suggested formulas, please see **page 41**.

1. Clear Inflammation and Facilitate Healing.

#1 Lung Health - Basic Plan

Serranol™ - Provides 160,000 IU of SerraEnzyme Serrapeptase, 250mg of CurcuminX4000, 50mg of Ecklonia Cava, and 1000 IU of Vitamin D3.

Nascent Iodine Drops - Offers an atomic form of consumable iodine as a supplement, just as natural as iodine used in the body.

Magnesium OIL Spray ULTRA - Magnesium Oil now formulated with OptiMSM® to enhance absorption.



2. Supplement Missing Nutrients.

#2 Lung Health - Advanced Plan

Serranol™ - Provides 160,000 IU of SerraEnzyme Serrapeptase, 250mg of CurcuminX4000, 50mg of Ecklonia Cava, and 1000 IU of Vitamin D3.

Nascent Iodine Drops - Offers an atomic form of consumable iodine as a supplement, just as natural as iodine used in the body.

Magnesium OIL Spray ULTRA - Magnesium Oil now formulated with OptiMSM® to enhance absorption.

DIP Daily Immune System - Formulated with proven ingredients to fight infection, protect against immune responses to allergens, and support immune health.

OxySorb - Liquid enzyme aids in oxygen absorption and clears CO2 in the body.



3. Boost the Immune System.

#3 Lung Health - Ultimate Plan

Serranol™ - Provides 160,000 IU of SerraEnzyme Serrapeptase, 250mg of CurcuminX4000, 50mg of Ecklonia Cava, and 1000 IU of Vitamin D3.

Nascent Iodine Drops - Offers an atomic form of consumable iodine as a supplement, just as natural as iodine used in the body.

Magnesium OIL Spray ULTRA - Magnesium Oil now formulated with OptiMSM® to enhance absorption.

DIP Daily Immune System - Formulated with proven ingredients to fight infection, protect against immune responses to allergens, and support immune health.

OxySorb - Liquid enzyme aids in oxygen absorption and clears CO2 in the body.

PrescriptBiotics™ - World Leading Soil Based Probiotic, the only formula available with scientifically proven studies.

Active Life™ Capsules - Potent Multi-vitamins and minerals formula.



Optional - But Highly Recommended for At Least 1 to 2 Months

A. Ultimate Immune Support Kit

1st Line (Thiocyanate) Immune System Support Kit



B. Digestive Enzymes

Essential Digestive Plus™



C. Vitamin E Mixed Tocotrienols (especially for Cystic Fibrosis)

Naturally Better Vitamin E



D. Krill Oil

The Krill Miracle



4. Drink More Water.

Drink at least 6-8 glasses of RO filtered or distilled water each day; add a generous pinch of baking soda to each glass.



5. Cut Out Unnatural Foods.

Cut out starchy carbohydrates altogether, i.e. pastries, cookies, breads, breakfast cereals, pasta, and potatoes, as well as processed foods and milk products.



Note: Don't eat turnips, parsnips, and rice, except for small portions of wild rice, brown rice, and sweet potatoes/yams.



How Your Eating Habits Affect Your Lungs

Just like in the tale of Goldilocks, the best way to eat for a chronic lung condition like pulmonary fibrosis should be “just right.” Under-eating can deprive the lungs of much-needed nutrients. Over-eating can make digestion difficult and place a burden on the respiratory system.

How do you eat “just right?”

As you will discover in this book, the best diet for pulmonary fibrosis is fresh, balanced, and rich in nutrients. While it is important to take the necessary supplements to replace nutrients missing in the diet, it's also important to remember that the right supplements complement the right foods at each meal.

Under-eating because of poor health will leave the lungs starving for nutrients.

Over-eating is an even greater danger for those with pulmonary fibrosis. One of the most common pulmonary fibrosis symptoms is what is known as dyspnea, or “air hunger.” Air hunger occurs when the body is starved for oxygen. Lung scarring caused by pulmonary fibrosis makes it even harder to replace oxygen that has been used. When this occurs, you may be more likely to reach for extra food to feed your oxygen-hungry body.

This air hunger is important to address. When your body is hungry for oxygen, you may believe it to be physical hunger. You may eat when you are not hungry and place a burden on already-poor health.

If you notice this over-eating pattern time and again, recognize that your body is hungry for oxygen, not food. You can use the breathing exercises listed on **page 39** of this book to replace anxious breathing patterns with a relaxed, calm breath cycle. Proper breathing will replenish your body with oxygen and strengthen the immune system. It will relieve air hunger so that you can focus on nutritious, moderate eating once again.

The first step is to face the problem head-on: Improve breathing patterns to supply your body with the oxygen it craves. Then, feed your body the right foods and nutrients when it is hungry to feed your lungs.

Your lung health will begin to recover when breathing and eating are “just right.”

Source: CaringVoice.org



Pulmonary Fibrosis Diet Help

The “Standard Western Diet” (a.k.a., the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It’s consumed more and more every day. This highly inflammatory diet consists of sugary foods like breads, pastas, cereals, and potatoes.

The Western Un-Natural Food Diet is way too high in unhealthy fats and lacks critical antioxidants and phytochemicals to eliminate free radicals. This all-too-common diet is missing high-fiber, nutrient-rich foods that can offer relief from pulmonary fibrosis, like:

- **Vegetables**
- **Dark-skinned fruits**
- **Nuts**
- **Seeds**
- **Beans**



Free Radicals, Oxidative Stress, and the Pulmonary Fibrosis Connection

A healthier diet is higher in antioxidants, the substances that fight off and neutralize free radicals. Free radicals are an atom or group of atoms that have at least one unpaired electron, making them unstable and highly reactive. Oxidative stress occurs when the body is exposed to an excessive number of free radicals. Oxidative stress damages the cells and their DNA, proteins, and membranes.

Simply living creates free radicals, as does exercise and eating and digestion. We do need some free radicals to function, but because of our excessive lifestyles of drinking, smoking, and eating toxic foods, our bodies are in overload.

The good news is that antioxidants, available in high quality foods and supplements, can fight off these free radicals and the damage they do to the body. This includes the inflammation associated with pulmonary fibrosis.



6. Eat Really Healthy Foods.

Make sure to eat some of these foods every two hours for the first few months of recovery:



Eat 9-14 servings of fresh or frozen vegetables each day: try them in soups, steamed, stir-fried, juiced, etc. Eat 50 percent raw, juiced vegetables (preferably organic) and use the pulp to make soup. Blended veggies promote easier digestion.



Eat 5 servings of dark-skinned fruits (like cherries, red grapes, blueberries, etc.) that are rich in antioxidants each day.



Remember that avocados are a number one superfood with almost a complete spectrum of nutrients. If they are readily available in your area, try to eat at least two a day to promote health recovery. Avocados support all lung health issues, heart disease, and even cancer recovery.



Eat 5 servings of nuts, beans, and seeds (soaked, mashed nuts and seeds).



Eat pasture-fed chicken and other meats, only a few servings per week. Grass-fed meat is recommended above corn or grain-fed meat sources.



Eat a minimum of 3-4 servings of oily fish each week, if you eat fish. Choose a variety of healthy fish like mackerel, sardines, salmon, etc. Canned fish is a nutritious option, although wild caught fish is recommended.



Add healthy oils to your favorite foods, like krill, omega 3, hemp, coconut, and olive oils.



Pair with healthy carbohydrate alternatives, like amaranth, quinoa, buckwheat, and chai and millet seeds. You can also try couscous, if you aren't allergic to gluten protein (celiac disease).



Add 3-5 teaspoons of sea or rock salt, depending on the heat and your body mass, to water or food each day. Remember that sea or rock salt does not contain the important mineral iodine, which is why it is recommended to use Nascent Iodine in your Rehabilitation Plan.



Which vegetables to eat

Note: Not all vegetables listed are available in every country.

- Artichoke
- Asian Vegetable Sprouts (Wheat, Barley, Alfalfa, etc.)
- Asparagus
- Beetroot
- Broad Beans
- Broccoli
- Brussel Sprouts
- Cabbage (various types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion Leaves
- Dried Peas
- Eggplant (Aubergine)
- Fennel
- Garden Peas
- Garlic
- Kale
- Kohlrabi
- Kumara
- Lettuce (Kos and various types)
- Mangetout Peas
- Mushrooms
- Okra
- Onions (Red and White)
- Petit Pois Peas
- Radishes
- Runner Beans
- Seaweed - all types (Kelp, Wakame, Noni, etc.)
- Silver Beet
- Spinach
- Squash
- Sugar Snap Peas
- Zucchini (Courgettes)

Which fruits to eat

Note: Not all fruits listed are available in every country.

- Apple
- Apricot
- Avocado
- Bilberries
- Blackberries
- Blackcurrants
- Blueberries
- Cherimoya
- Cherries
- Damsons
- Dates
- Durian
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Kiwi fruit
- Limes
- Lychees
- Mango
- Nectarine
- Orange
- Pear
- Pineapple
- Plum/Prune (Dried Plum)
- Pomegranate
- Rambutan
- Raspberries
- Salal berry
- Satsuma
- Strawberries
- Tangerine
- Western raspberry (Blackcap)

Really Healthy Food Pyramid: *Garden of Eden*



7. Stay Active Daily.

There are two recommended ways to get your body back into shape, beyond rigorous activities like swimming and cycling recommended by exercise enthusiasts. You are welcome to include these activities later on in your Rehabilitation Plan, if desired.



Walking is one simple way to build up your activity level at 3-5 miles per day. Walk with a brisk, purposeful gait in a long stride that is comfortable for you. Pump your hands from chest to waist level with each stride you take.

As your fitness level improves, feel free to incorporate weights, like wrist weights. It may be difficult for you to use weights as you begin if your lungs are weak; if exercise proves difficult, you can lie down to make exercise easier.

Start by lying down in a comfortable place, like a firm bed after waking up in the morning. Bring your knee to chest level and alternate with the other knee. Continue this motion as many times as possible as you keep count. Perform this exercise every day and set goals to increase the number of repetitions and the speed each week. This exercise should be performed with enough intensity to increase your heart rate and work your lungs. As you improve your count and speed, you can begin walking and building fitness from there.

The second recommended way to strengthen your lungs is to build up exercise to a maximum of two minutes, six times a day. You can choose any cardiovascular exercise you prefer, like running in place, jumping jacks, or skipping, as long as it works your lungs and heart at maximum capacity. When you exercise at maximum exertion, your heart, lungs, and connected muscles will naturally grow stronger to improve lung health.



Physical activity is essential to your Pulmonary Rehabilitation Plan.



8. Learn Proper Breathing.

Breathing properly is critical since oxygen is the foundation of overall health. There are two types of breathing:

1. **Anxious Breathing: In the chest.**
2. **Relaxed Breathing: In the diaphragm or stomach area.**



The first type of breathing in the chest is related to a stress response and includes hormones like cortisol. This stressful breathing should only be temporary since it is related to a fight-or-flight response that causes hormones to release to relax breathing. If stressful breathing grows chronic, the body will retain carbon dioxide and cortisol to affect healthy functioning systems. Stress breathing will also cause the immune system to weaken, leaving it susceptible to infection.

Make it your number one goal to retrain your body to breathe in a relaxed, healthy manner. This will clear out carbon dioxide and cortisol. When carbon dioxide builds up in your bloodstream, it will destroy a substance called hemoglobin that the blood uses to transport oxygen throughout the body. This is why it's especially important to focus on relaxed breathing that comes from the diaphragm.

How to Breathe Correctly

The easiest way to relearn correct breathing is to lie flat on your back on the floor on a mat or blanket or on a firm bed. Place a small weighted object on your belly button, like a heavy book. Take a deep breath in through your nose so that the book rises as your stomach, or diaphragm, fills with air. Hold this deep breath for a count of 4 and then release through your nose so that your stomach deflates. Use this process to release any tension as you exhale and repeat. In the exercise, your chest should not move to indicate relaxed, stress-free breathing.

Practice this low-stress breathing exercise again and again as you lie down. Once you have mastered the rhythm of the calming breath, you can start to try the exercise while standing. Initially, you may feel dizzy as you intake more and more fresh oxygen, but it's still important to practice the exercise whenever you can. You can access more resources on breathing lessons [here](#).



9. Stimulate Acupressure Points.

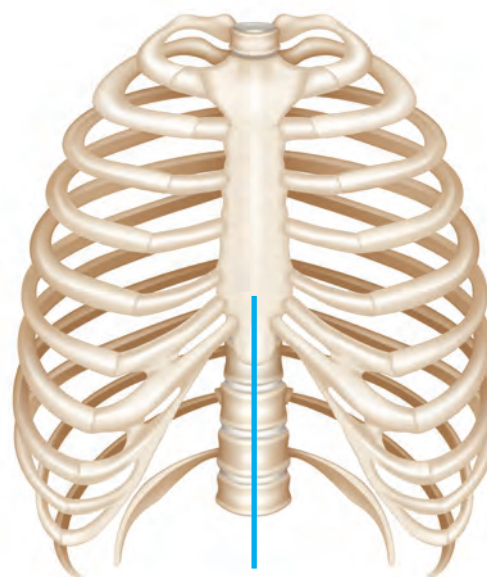
Another critical component in your Pulmonary Rehabilitation Plan is to relax breathing by stimulating the main acupressure point, known as Cv17 in Chinese acupuncture. It is located in a hollow in the sternum in the center of the chest; it falls in the center of the line traced from nipple to nipple across the chest. Massage this hollow with your finger gently or stimulate it with an electronic stimulator that will simulate actual acupuncture. I recommend the **HealthPoint™** device for this purpose. You can find more information on **page 45**.

10. Get More Sun Exposure.

An essential vitamin to support your overall health is vitamin D3. You can find a large dose of vitamin D3 in the recommended supplement on **page 41**, but it's still critical to get some natural vitamin D from sun exposure

The sun is the source of life. Unfortunately, myths have been circulated in the health community that the sun is an enemy that we must stay away from at all costs. Even worse, many health professionals recommend slathering your body in toxic chemicals every time you go out in the sun.

Of course, I'm not recommending lying in the sun for 6 hours at once on the first hot day of the year. It's essential to build up the skin's tolerance to sun exposure over several weeks for natural protection. By the time that hot summer days come around, you will be able to tolerate a greater amount of natural sun exposure.



CV17

Recommendations for sun exposure:

A: *Expose as much skin as you can to the sun each day, such as on your morning walk.*

-

B: *Build up your sun exposure gradually from spring to summer seasons.*

-

C: *Try to stay out of the sun in midday without a cover-up; a cover-up is preferred to sunscreen.*

-

D: *If you do use sunscreen or sun cream, purchase organic products instead of chemical-based, name-brand creams.*

-

E: *It's important to remember that the sun is your friend and sunshine can be enjoyed in moderation!*



More About Clearing Inflammation and Facilitating Healing

A Formula to Clear Inflammation, Mucus, and Scarring

Super Nutrient Serranol™

- **Serrapeptidase** (technically Serriatia Peptidase) is a diverse proteolytic enzyme that will dissolve non-living tissue, including blood clots, cysts, scarring, plaque, fibrin, and all types of inflammation, without causing harm to living tissue in the body. Serrapeptidase can be used to enhance your overall well-being, ease inflammation, and support health to benefit the lungs, joints, digestive tract, colon, arteries, and any other areas of blockage/inflammation.
- **Curcumin** is praised as one of the best natural, anti-inflammatory herbs. It can stimulate glutathione in the body to guard healthy cells and tissues against inflammation, while moderating the immune system. Curcumin is also known for its antiviral, antifungal, and antibacterial properties.
- **Ecklonia** has been used by the Asian population for centuries as a type of edible brown algae called Ecklonia Cava Extract. It is harvested off the coast of China, Korea, and Japan; studies support that ECE offers a wide range of health benefits.
- **Vitamin D3** is an essential vitamin to support immune health. Cells in the immune system are made up of vitamin D3 receptors. If there is a deficiency in vitamin D3, it will weaken the immune system and leave the body susceptible to infection. Unfortunately, vitamin D3 deficiency is becoming far too common amongst all age groups since our culture spends far less time in the sun. This valuable vitamin cannot be stored by the body, so daily supplementation is necessary for immune health.

Ingredients:

- SerraEnzyme Serrapeptase® - 80,000iu
- Curcumin X4000 - 250mg
- Ecklonia Cava Extract (Seanol®) - 50mg
- Vitamin D3 - 1000iu

Dosage:

Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water, and reduce to 1 x 3 after a good relief.

Nascent Iodine

Nascent Iodine is entirely different from typical iodine found in a denser state, often sold over-the-counter as an antiseptic, labeled as atomized iodine tri-chloride, or added to potassium iodide so that it is liquid-soluble. Nascent Iodine is easily consumable iodine found in the atomic rather than the molecular form. It offers noticeable benefits in immune and thyroid support, as well as improved metabolism, detoxification, energy, and more.

Ingredients:

- Iodine (in its atomic form) 400 mcg

Dosage:

Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning, and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life 90, D.I.P. Daily Immune Protection, or B4Health Spray.

Ancient Minerals Magnesium Oil Ultra

Ancient Minerals Magnesium Oil Ultra is a cutting-edge formulation that maximizes the one-of-a-kind benefits of magnesium and MSM working in synergy together. Ancient Minerals Magnesium Oil Ultra will provide enhanced magnesium ion uptake and improve cell membrane permeability. It offers benefits to calm inflammation, improve joint mobility, and ease pain.

Ingredients:

- 1.6g elemental magnesium per fl oz.
- 3.6g of MSM (OptiMSM®) per fl oz.

Dosage:

Apply liberally onto skin such as the chest, arms, and leg muscles to cover a wide range of absorption.



More About Missing Nutrients

Enzyme Formula to Promote Oxygen Absorption, Best for Breathing Difficulties

OxySorb

Lung health issues often cause the side effect of poor breathing, which can create even more problems by compromising oxygen/carbon dioxide exchange. This will worsen as the hemoglobin used in the body to transport essential oxygen is destroyed when carbon dioxide levels rise in the bloodstream. OxySorb offers a formulation made from seaweed extract to support the body's ability to clear carbon dioxide and transport oxygen more efficiently for overall health and recovery.

Ingredients:

Proprietary blend - 16.6 mg:

- Tris Amino
- Norwegian Seaweed Extract
- Citric Acid
- Natural Kiwi Flavour

Dosage:

Take about 20 drops in the mouth, swish around for at least 30 seconds, and then swallow. Use as needed.



Daily Immune Protection (D.I.P.)

One way to fight infection is by taking a formula created to balance immune health. D.I.P. will not kill existing infection, but it can help to prevent new infection from developing and reduce allergic reactions.

- **EpiCor®** - Potent antioxidant with an ORAC (Oxygen Radical Absorption Capacity) value at 52,500/100g, making it a highly beneficial free radical scavenger. EpiCor® has years of research and development to back it; it is considered an essential supplement to boost immune health.
- **ExSelen®** - The body depends on the essential trace mineral selenium, although it can't produce it on its own. Selenium must be ingested in the diet or through a supplement. ExSelen® offers powerful, bio-available organic selenium with consistently high levels of selenomethionine guaranteed (the ideal form to provide the best absorption in the body). ExSelen® is a superior raw material with 15 years of research and 60 years of proprietary fermentation technology behind it. It works as a natural antioxidant to guard healthy cells from free radical damage and support balanced immune health. Selenium enhances the normal inflammatory response in the lungs and may offer benefits in thyroid, prostate, and breast health.
- **Vitamin D3** is indispensable to a healthy immune system. Cells within the immune system contain vitamin D3 receptors; if there is not enough vitamin D3 to bind to the receptors, the body's immune defense against infection will weaken. Vitamin D3 deficiency is unfortunately common as the body does not store it. Vitamin D3 must be replenished by taking a daily supplement, critical for robust immune health.

Ingredients:

- Vitamin C (from Ascorbic Acid) - 120 mg
- Vitamin D3 (from Cholecalciferol) - 1000 IU
- ExSelen (2% Selenium) - 100 mcg
- Zinc Glycinate Chelate - 5 mg
- Epicor (dried yeast fermentate) - 500 mg
- Dimethylglycine HCL - 250 mg
- Elderberry Fruit Extract 4:1 - 200 mg
- Larch Arabinogalactan Powder - 200 mg
- Immune Assist - Micron Powder - 80 mg
- Beta Glucan 1,3 (Glucan 85%) - 60 mg

Dosage:

Take 1 capsule twice daily with food.



More About Immune Strengthening Formulations

Active Life™ Capsules

Active Life™ is an all-natural source of vitamins, minerals, and other nutrients designed to support a modern lifestyle. Active Life™ can maintain the health of the immune system and has all of the essential vitamins and minerals, including selenium and chromium.

Ingredients: Amount per Serving

Vitamin A (Palmitate/10% Beta-Carotene)	5000IU
Vitamin C	500mg
Calcium (from Calcium Citrate)	120mg
Vitamin D3 (from Cholecalciferol)	400IU
Vitamin E (as Natural D-Alpha Tocopherol Acetate + Mixed Tocopherols)	400IU
Vitamin K2 (K2 - Menaquinone)	80mcg
Vitamin B1 (Thiamin)	10mg
Vitamin B2 (Riboflavin)	10mg
Niacin - Vitamin B3 (from Niacinamide)	80 mg
Vitamin B6 (Pyridoxine Hydrochloride)	10mg
Folate (as (6S)-5-methyltetrahydrofolic acid) (equivalent to 1600mcg of (6S)-5-methyltetrahydrofolic acid glucosamine salt***)	800mcg
Vitamin B12 (Methylcobalamin)	100mcg
Biotin	300mcg
Vitamin B5 (from Pantothenic Acid)	20mg
Iodine (from Potassium Iodide)	150mcg
Magnesium (from Magnesium Citrate)	60mg
Zinc (from L-OptiZinc®)	25mg
Selenium (from Selenomethionine)	200mg
Copper (from Copper Gluconate)	2mg
Manganese (from Manganese Gluconate)	4mg
Chromium (from Chromium Polynicotinate)	120mcg
Molybdenum (from Molybdenum Citrate)	75mcg
Chloride (from Fulvic Trace Minerals)	16mcg
Potassium (from Potassium Malate)	216mg
Boron (from Boron Citrate)	1mg
Strontium (from strontium Citrate)	60mg
Aloe Vera Powder (200:1)	2mg
Bilberry Extract 5:1	300mg
Choline Bitartrate	25mg
Fulvic Trace Minerals	200mg
Inositol	40mg
Lutein (from Marigold flower - ZanMax®)	20mg
Zeaxanthin (from Marigold flower - ZanMax®)	4mg
L-Cysteine	10mg
L-Glycine	10mg
L-L-Taurine	400mg

* Daily Value not established

** L-OptiZinc® brand of zinc mono-L-methionine sulfate.

*** This product uses Gnosis SpA's (6s)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis SpA.

OTHER INGREDIENTS: Vegetable Cellulose (capsule), microcrystalline cellulose and medium chain triglycerides.

Dosage:

Adults and children over age 12 - take up to 3 capsules twice per day after meal. Children under age 12 - take 1-2 capsules per day or as directed by a healthcare professional. If taking thyroid or iron medication, wait 2 hours before using Active Life™ capsules

PrescriptBiotics™

contains "Bio-Identical" SBO Probiotics Consortia™, a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good and bad gut bacteria. Every day, this delicate balance of good bacteria in the gut is at risk: poor diet, lack of fibre, excess alcohol, smoking, antibiotic use, little exercise and sleep, stress, and even environmental toxins can burden the gut.

The body relies on these healthy "bugs" to digest food, absorb nutrients, and produce the B vitamins and enzymes needed to ensure daily health. Prescript Probiotics' powerful, soil-based microflora may benefit brain health, mood, and energy levels.

Ingredients

- *Bifidobacterium Bifidum*, *B. Licheniformis*, *L. Acidophilus*, *L. Lactis*, *L. Casei*, *B. Subtilis*, *L. Rhamnosus*, and *L. Plantarum*, a superior formula of SBOs (Soil Born Organisms), symbiotically blended in a proprietary, nutrient-rich host medium of Humic & Fulvic Acids. (Naturally dehydrated and encapsulated in its nutrient-rich food source for long-lasting efficacy.)
- Other ingredients: Hypromellose (Veggie Cap).

Dosage:

Take 1 x 4 capsules a day, or as directed on the bottle. Can be increased to 6-8 capsules a day. For best results, take 30 minutes before a meal or snack with 6-8 ounces of juice or purified water.



Optional Nutrients - But Recommended for At Least the First 1-2 Months

1st Line (Thiocyanate) Immune System Support Kit

1st Line (Thiocyanate) Immune System Support Kit offers an all-natural formulation that can equip the body to fight against a number of infections, as well as viruses. The patented formula was created by a British chemist and is made up of Thiocyanate Ions. When you add the formula to water, it creates a handy drink that forms the same molecules your body uses as its first line of defense to fight off yeast, fungi, germs, flu, viruses, and bacteria. 1st Line provides powerful protection against unwanted infection without harming the delicate balance of healthy bacteria in the body, an unfortunate side effect of using antibiotics. Even better, 1st Line is perfectly safe and convenient to use.

Ingredients:

- Sodium Thiocyanate - 100ppm
- Sodium Hypothiocyanate - 60ppm

Dosage:

This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line Kit should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.



Antarctic Pure Krill Oil

Krill, tiny crustaceans that resemble shrimp, can be found in the Southern Oceans. These are the only oceans around the world that are still unpolluted by heavy metal toxins that can now be found in many marketed fish oils. As a result, Krill are a supreme source of Omega 3, 6, and 9 fatty acids; they also provide protective antioxidant levels at three times higher than Vitamins A and E and 48 times greater than Omega 3 used in commercial fish oils. As a note, please consult with your physician before taking Krill or another fish dietary supplement if you have seafood allergies.

100 percent natural Neptune-source Antarctic Pure Krill Oil is made with a specialized formulation of Omega 3, 6, and 9 fatty acids, antioxidants, and other powerful ingredients to provide benefits like:

- Reduced heart/lung-damaging inflammation
- Better memory, concentration, and learning
- Balanced blood lipid and cholesterol levels
- Regulated blood sugar levels
- Improved joint health with decreased arthritic symptoms and associated pain
- Reduced effects of premature aging
- Protected cell membranes
- Healthier liver function
- Strengthened immune system
- Balanced moods
- Radiant skin health

Now Available as Vegetable Licap: Suitable for Vegetarians!

Ingredients:

• Superba™ Krill Oil	1000mg	☒
• Phospholipids	450mg	
• Total Omega 3	250mg	
• EPA	120mg	
• DHA	70mg	
• Omega 6	15mg	
• Omega 9	80mg	
• Astaxanthin	110µg	

Dosage:

Take 1 capsule, 2 times a day with food.



Naturally Better Vitamin E

Naturally Better Vitamin E is made with a self-emulsifying delivery system to offer consistent oral Tocotrienol absorption. It can provide benefits to support Alzheimer's disease, non-alcoholic fatty liver disease, cardiovascular health, stroke-related injuries, cholesterol reduction, immunity, hair growth, and especially cystic fibrosis.

Ingredients:

- Total d-Mixed-Tocotrienols (Tocomin*) - 20.00 mg
- d-Alpha-Tocotrienol - 6.15 mg
- d-Beta-Tocotrienol - 1.15 mg
- d-Gamma-Tocotrienol - 9.18 mg
- d-Delta-Tocotrienol - 3.52 mg
- Vitamin E Activity, IU (d-Alpha-Tocopherol) - 8.06 IU
- Plant Squalene - 4.92 mg

Dosage:

Take 1 capsule, 2 times a day.

Essential Digestive Plus™

The digestive system is an integrated system that affects all other systems throughout the body. Due to this unique interrelationship, it can be difficult to pinpoint the root cause of a digestive issue. Nonetheless, taking supportive digestive enzymes can help to alleviate a number of digestive problems.

The primary contributing factors to a number of diseases are yeast growth and incomplete digestion. Eating the right foods and taking the right nutritional supplements will provide little help if the digestive tract isn't fully equipped to break down and assimilate them. Supplementing with the right digestive enzymes is necessary to provide better absorption.

Ingredients:

Total Carbohydrate.....<1 g

Enzyme Blend.....608 mg

Protease 4.5 (170,000 HUT), Amylase (16,000 DU), Pectinase (110 endo-PGU), Peptidase (250 DPP-IV), Alpha-galactosidase (600 GalU), Glucoamylase (40 AGU), Invertase (3,206 SU), Protease 3.0 (50 SAPU), Lactase (2,000 ALU), Lipase (2,700 FIP), Cellulase (1,200 CU)

Inulin.....200 mg

Other Ingredients: Vegetable capsule (hypromellose and water), Microcrystalline cellulose, Medium chain triglyceride powder (50% MCT)

Dosage:

Take 1 capsule as you start your meals, 3 times per day.

More About Acupressure

Stimulating an acupressure point located in the center of the chest will promote relaxation and improve breathing. You can safely and effectively stimulate the point with the **HealthPoint™** electro-acupressure kit. This kit is advantageous because it allows you to precisely locate the right acupuncture point and a number of other points to receive acupuncture benefits at home without using needles.

HealthPoint™ is painless, user-friendly, and entirely effective. The kit comes with an instructional DVD and book that provides information on more than 150 pain and non-pain health conditions that can be alleviated, including neck, back, joint, and headache issues.

Using systematic and gentle stimulation to target the body's natural healing system can expedite recovery in most cases. **HealthPoint™** offers a revolutionary technology developed by a leading pain control specialist, Dr. Julian Kenyon, 21 years ago. Today, you can use this innovative microchip technology to quickly and accurately target acupuncture points related to specific health issues, like the center chest point Cv17 to improve breathing.



Conclusion

Did you know that lung disease is the fourth leading cause of death?

1. Heart disease
2. Cancer
3. Stroke
4. Lung disease

Lung disease can better be understood as a lifestyle disease. This means that if you change your lifestyle, there is a great chance of partial or full recovery. When you implement the changes found in the 10 Step Plan, your body can naturally begin the healing process to recover your health.

► Drugs won't improve your health.

Drugs aren't effective since they can't make you healthy again. In a best case scenario, drugs may provide some relief. In a worst-case scenario, they will further damage your health and can even cause untimely death.

► This rehabilitation plan will always offer health improvements.

The worst outcome when using this plan will be that your health improves, but you still need to take some drugs if your health has been damaged irreparably by medication or a lung condition.

► Start slowly and begin rehabilitation step-by-step.

If you're not used to making major changes in your life, it may be difficult to adopt new healthy habits at first. But stick with it because...

► Your health is invaluable.

Robert Redfern, Your Health Coach

Let us know how you are doing
by emailing feedback to:
robert@goodhealth.nu



Daily Pulmonary Fibrosis Rehabilitation Plan

TIME	ACTION	AMOUNT
OPTIONAL ITEMS		
Any time in the day on an empty stomach	1st Line Immune System Support Kit	Take 1 kit daily for 3 days (a total of 3). It should be taken 90 minutes before and 90 minutes after food, approximately.
Before any cooked meal	Essential Digestive Plus™	Take 1 capsule, 3 times daily.
With any meal	Naturally Better Vitamin E	Take 1 capsule, 2 times daily.
With any meal	The Krill Miracle®	Take 1 capsule, 2 times daily.
For daily use alongside supplements	HealthPoint Kit	Use as appropriate on MicroCurrent stimulation points.

BREAKFAST

After shower	Magnesium Oil Spray Ultra with OptiMSM	Apply liberally onto skin such as the chest, arms, and leg muscles to cover a wide range of absorption.
Before breakfast	Serranol	Take 2 capsules, with water.
With the Serranol®	D.I.P.	Take 1 capsule.
Just before eating	Nascent Iodine Drops	Take 5 drops in 20ml of water.
With breakfast	Active Life	Take 2 capsules with water.
With breakfast	PrescriptBiotics™	Take 1 capsule.
Any time after breakfast	OxySorb	Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.

LUNCH

Before lunch	Serranol	Take 2 capsules, with water.
With lunch	Active Life	Take 2 capsules with water.
With lunch	PrescriptBiotics™	Take 1 capsule.
With the Serranol®	D.I.P.	Take 1 capsule.
Just before eating	Nascent Iodine Drops	Take 5 drops in 20ml of water.

EVENING MEAL

30 minutes before evening meal	Serranol	Take 2 capsules, with water.
Just before eating	Nascent Iodine Drops	Take 5 drops in 20ml of water.
With the evening meal	Active Life	Take 2 capsules with water.
With the evening meal	PrescriptBiotics™	Take 1 capsule.
Any time after the evening meal	OxySorb	Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.

**All of the products you see in this book
can be obtained from the following links:**

Good Health Naturally UK (and Europe)

www.goodhealthnaturally.com

Tel: 03337 777 333

(Open Mon-Fri 9am-5pm)

Good Health USA

www.goodhealthusa.com

Tel: 1800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

Good Health Canada

www.goodhealthcanada.com

Tel: 1 800 455 9155

(Open Mon-Fri 7am-3pm Pacific)

Good Health Australia

www.goodhealthoz.com

Tel: + 61 (0)7-3088-3201

From 9am to 5pm AEST

Good Health India

www.goodhealthnaturally.in

Tel: +91 9640428251

From 10am-6pm IST

ABOUT THIS BOOK

Robert Redfern – Your Personal Health Coach



Robert Redfern is a passionate health coach. He strives to offer you the best information and tools so that you can become a natural health expert to support you and your family's health.

This book combines all of Robert's work and research on lung health into a user-friendly Pulmonary

Rehabilitation Plan that can be used for naturally improved health.

For more information, you can consult the Naturally Healthy Publications website for dedicated Good Health Coaching from Robert Redfern.

Please visit www.NaturallyHealthyPublications.com today to find more information on lung health conditions related to:

- Asbestosis
- Bronchiectasis
- Bronchitis
- Chronic Cough
- COPD
- Cystic Fibrosis
- Emphysema
- Pneumoconiosis
- Pulmonary Tuberculosis

If you need help, please visit www.GoodHealthHelpDesk.com and ask questions there.

Let us know how you are doing by emailing feedback to: robert@goodhealthh.nu

"I could hardly believe the improvement in his health. We were on a 3 week cruise and met one of the other passengers, obviously in poor health. His lips were blue and his breathing laboured. When we got off to visit places he could hardly walk. He was 72 years old and told us he suffered from asbestosis, emphysema and heart problems.

Having used your formulation for all my family and friends, I just had to tell him about it. I happened to have a spare bottle with me, so I gave it to him. He took 3 per day for the rest of the cruise, and even I could hardly believe the improvement in his health. By the end of the cruise, his lips were pink and he was able to do the full excursions. I have spoken to him since and he has bought some himself and is now able to drive for the first time in a long time."

Mrs. Hardman

