



Naturally Healthy Publications
www.NaturallyHealthyPublications.com

BRONCHIECTASIS REHABILITATION IN 30 DAYS

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

By Robert Redfern

Discover Pulmonary Rehabilitation, not a cure but a plan to clear symptoms as much as possible, so you no longer have them or no longer notice them.

**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

All the suggestions in this book can be found on special offer at

www.ReallyHealthyLungs.com

Robert Redfern (born January 1946) has helped hundreds of thousands of people in over 24 countries through online health support websites, books, radio/TV interviews and his nutritional discoveries. His new series of books, of which [Healthier Lungs](#) is the first, brings this work together in an easy-to-follow format that everyone can follow to help resolve their lung health problem – once and for all.



Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health – in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

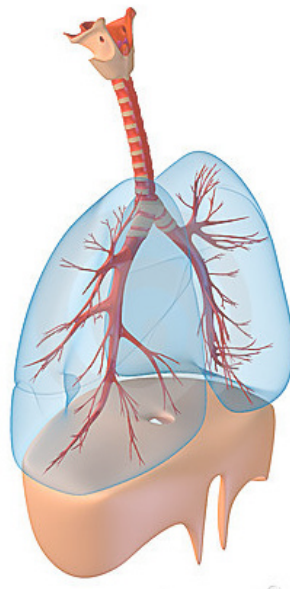
Robert and Anne looked at the whole field of health, available treatments and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of [HealthPoint™](#) acupressure, the improvement to their health was remarkable.

As well as good health, they feel and look younger and more energetic than all those years ago - before they started their plan. At the time of printing, Robert, aged 65, and Anne, have every intention of continuing to be well and looking younger, using their unique understanding of Natural Health.

This book is dedicated to my mother, Marjorie Redfern, whose premature death from COPD and Bronchiectasis, has led me to help thousands of people to beat their lung disease.

ROBERT REDFERN – YOUR PERSONAL HEALTH COACH
tells you everything you need to know about:

LUNG DISEASES AND USING THE SCIENCE OF PULMONARY REHABILITATION TO ACHIEVE GOOD LUNG HEALTH



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:

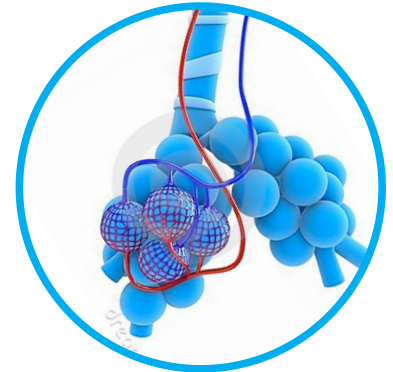
This book does not intend to diagnose disease nor provide medical advice. Its intention is solely to inform and educate the reader in changing to and living a healthy lifestyle.

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
COPD	9
Emphysema	10
Bronchitis	11
Pulmonary Fibrosis	12
Bronchiectasis	13
Pneumoconiosis, Asbestosis, and other Dust Conditions	15
Cystic Fibrosis	16
Chronic Cough	17
Bronchial Asthma	18
Pulmonary Tuberculosis	19
Can I reverse lung disease?	21
Why does my doctor tell me I cannot get better?	23
The Pulmonary Rehabilitation Plan:	24
Clearing inflammation, Immune recovery, and Missing nutrients	25
Optional nutrients, drinking water, and Cutting out junk foods	27
Eating real foods	29
Walking and moving	33
Breathing properly	35
The Acupressure points and Getting out into the sun	36
More about Clearing Inflammation and Promoting Healing	37
More about Missing Nutrients	38
More about Immune Strengthening Formulations	39
More about Optional Nutrients	40
More about Acupressure	42
In Conclusion	43
Your Daily Plan example	44
My Good Health Club	48



YOUR PLAN TO COMMIT TO BETTER LUNG HEALTH

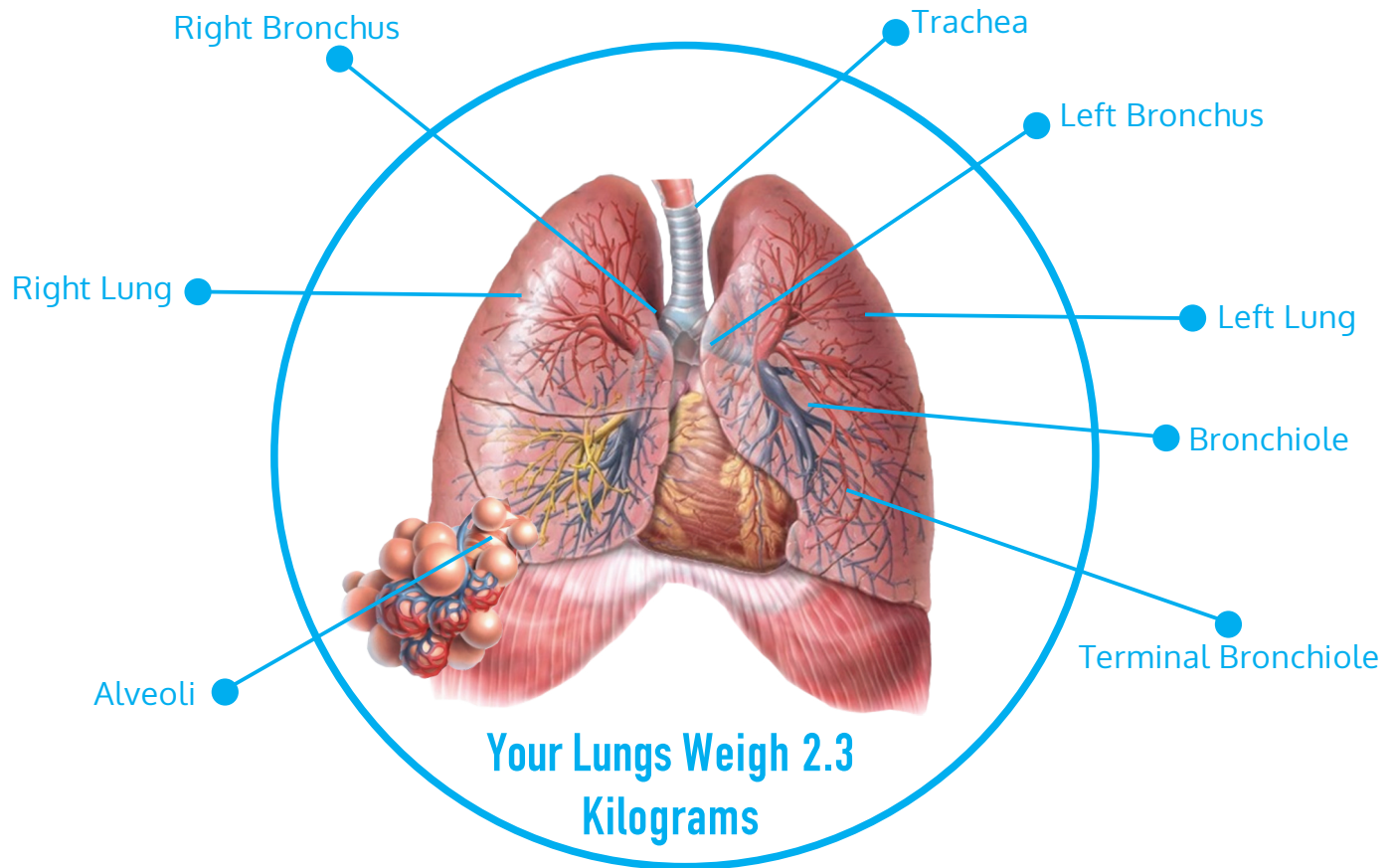
TODAY

I DID THIS

Signed

Date

I Committed	To getting healthy for the rest of my life		
I Committed	To drinking 6-8 glasses of water + bicarb		
I Committed	To getting out in the sun every time it shines		
I Read	Robert's Healthier Lungs Book		
I Ordered	The supplements to help my plan		
I Planned	My Daily Menu with ReallyHealthyFoods.com		
I Started	Breathing exercises		
I Started	Lung building exercises		
I Started	Massaging the acupressure points		
I Reread	Robert's Healthier Lungs Book		
I Reviewed	The supplements to help my plan		
I Reviewed	My water and bicarb intake		
I Reviewed	My menu		
I Reviewed	My breathing exercises		
I Reviewed	My lung building exercises		
I Reviewed	My life-giving sun exposure		
I Reviewed	Massaging the acupressure points		
I Recommitted	To living healthy the rest of my life		
I Recommitted	To Robert's Healthier Lungs Book		
I Recommitted	To taking the supplements to help my lungs		
I Recommitted	To my water and bicarb intake		
I Recommitted	To doing my menu		
I Recommitted	To doing my breathing exercises		
I Recommitted	To doing my lung building exercises		
I Recommitted	To life-giving sun exposure		
I Recommitted	To massaging the acupressure points		



WHAT ARE THE LUNGS?

Your lungs are the organs of respiration, providing oxygen for life and health and expelling carbon dioxide as waste. Part of the lungs also warms the incoming air and cleans it of any dust particles.

You have two lungs: The left one is divided into two lobes, and the right one is divided into three lobes.

Your lungs contain approximately **2400km (1500 miles) of airways**; 300 to 500 million alveoli.

The alveoli have a total surface area of roughly **one side of a grass tennis court**. And if all of the capillaries that surround the alveoli were unwound and laid end to end, they would extend for about 992km (620 miles).

Each lung **weighs 1.1 kilograms** (2.5 pounds), so the entire organ weighs about 2.3 kilograms (5 pounds).



The respiratory part of your lungs is responsible for exchanging air, so oxygen is absorbed into and waste gases extracted from the bloodstream. This is done by breathing. Please read the important section on page 35 on correct breathing techniques as this is essential for good lung health.

The nervous system, via various hormones, is in control of the breathing patterns, including increasing airflow to the lungs, constricting airflow to the lungs (in the case of mucus, for example), or changing the breathing pattern from relaxed to stressed/anxious, etc., and back to relaxed again.

Your lung capacity can vary depending on your height, sex, whether or not you smoke, and even the altitude you live at.

As we age, our lungs shrink. Mainly from lack of use, poor nutrition, inflammation, and poor breathing patterns. Since 30% of all deaths are due to lung dysfunction, it is vital that we keep the lungs in good condition.

The volume of an **average breath is approximately 500ml** or 1 US pint. Typical resting adult respiratory rates are 10-20 breaths per minute with one third of the breath time in inhalation.

This can vary depending upon the degree of relaxation and anxiety. Most people with lung disease end up breathing continually in an anxious state, thereby compounding the problem.

Even a small amount of high intensive interval exercises can dramatically improve the lung capacity.

The goal is to significantly reduce your breaths to around **6 breaths per minute** when you are relaxed.

An average human breathes around **11,000 litres of air** (21% of which consists of oxygen) per day. If you have a lung condition, your goal is to get better than that average, through the recovery plan.

Lung function tests include:

Spirometry – measures the amount (volume) and/or speed (flow) of air that can be inhaled and exhaled.

Peak Flow Meter – measures the maximum speed of expiration.

OxyMeter – measures the oxygen content of the blood.

The success of your recovery plan detailed in this book can be measured with these lung function tests.

The Goal:
6 breaths
per minute.

What are the different lung diseases and their causes?

Lung and chest ailments can be devastating to sufferers and to their families. Many are life-threatening, often resulting in lifetime prescriptions and doctors' visits but still ending up in a slow decline in health.

The Miracle Enzyme

A change in lifestyle, a simple enzyme called Serrapeptase discovered in the silkworm, and other important nutrients may spare such people from a lifetime of illness. Serrapeptase, when combined with other nutrients, can clear out lung inflammation, mucus, and dead or scarred tissue. The body's own healing system can then repair the damage with healthy tissue and create improved lung function.

Serrapeptase, when combined with these well-researched nutrients and lifestyle changes, can be used to help:

- COPD
- Emphysema
- Bronchitis
- Pulmonary fibrosis
- Bronchiectasis
- Pneumoconiosis (asbestosis and other dust diseases)
- Cystic fibrosis
- Coughs (chronic)
- Bronchial asthma
- Pulmonary tuberculosis
- To live a better life.



**A Healthy Life is a Happy Life.
The Miracle Enzyme Helps.**

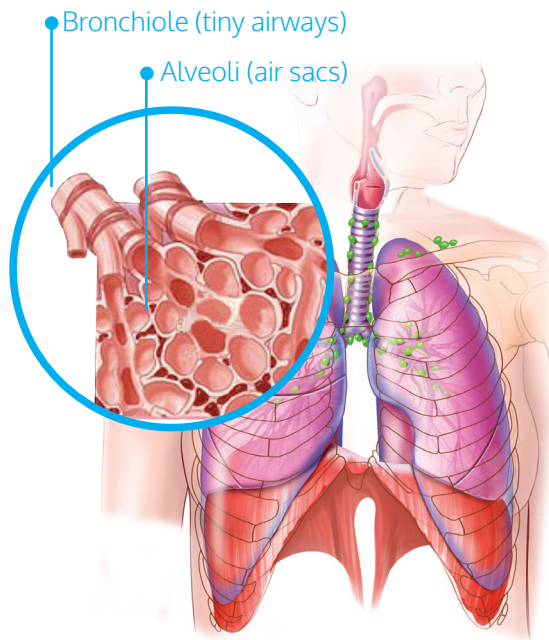
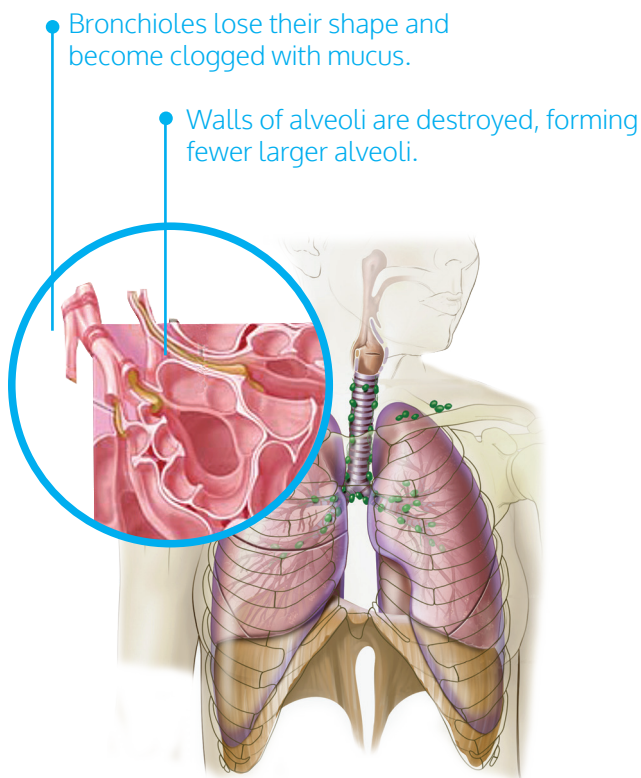
Chronic obstructive pulmonary disease (COPD)

What is it?

This affects millions of people in the West and is the fourth leading cause of death. Sufferers typically have symptoms of both chronic bronchitis and emphysema, and may include bronchial asthma, although asthma has other factors and should be dealt with separately.

What causes it?

Most of the time, COPD is secondary to chronic inflammation caused by high glycaemic foods (high starch/sugar), poor nutrient foods, pollution, and tobacco abuse. Although cystic fibrosis is a gene problem with alpha-1 antitrypsin deficiency, bronchiectasis and some rare forms of bullous lung diseases may be factors as well.

A Normal lungs**B** Lungs with COPD

Emphysema

What is it?

Emphysema begins with the destruction of air sacs (alveoli) in the lungs, where oxygen from the air is exchanged for carbon dioxide in the blood. The walls of the air sacs are thin and fragile. Damage to the air sacs results in permanent 'holes' in the tissues of the lower lungs. As air sacs are destroyed, the lungs are able to transfer less and less oxygen to the bloodstream, causing shortness of breath. The lungs also lose their elasticity. The person experiences great difficulty breathing correctly, and especially exhaling, which, in itself, exacerbates the problem.

What causes it?

Emphysema doesn't develop suddenly – it comes on very gradually after constant exposure to inflammation. The first indication is shortness of breath during activity or exercise. As the disease progresses, a brief walk can be enough to bring on difficulty in breathing. Some people may have chronic bronchitis before developing emphysema.

The main cause is chronic inflammation due to a number of possible factors, including:

- Overeating of starchy foods
- Dairy foods
- Smoking
- Immune deficiency
- Breathing polluted air.

A deficiency of enzymes and vegetables are major factors. Infections are more likely in these circumstances.

The first indication of emphysema is shortness of breath during activity.

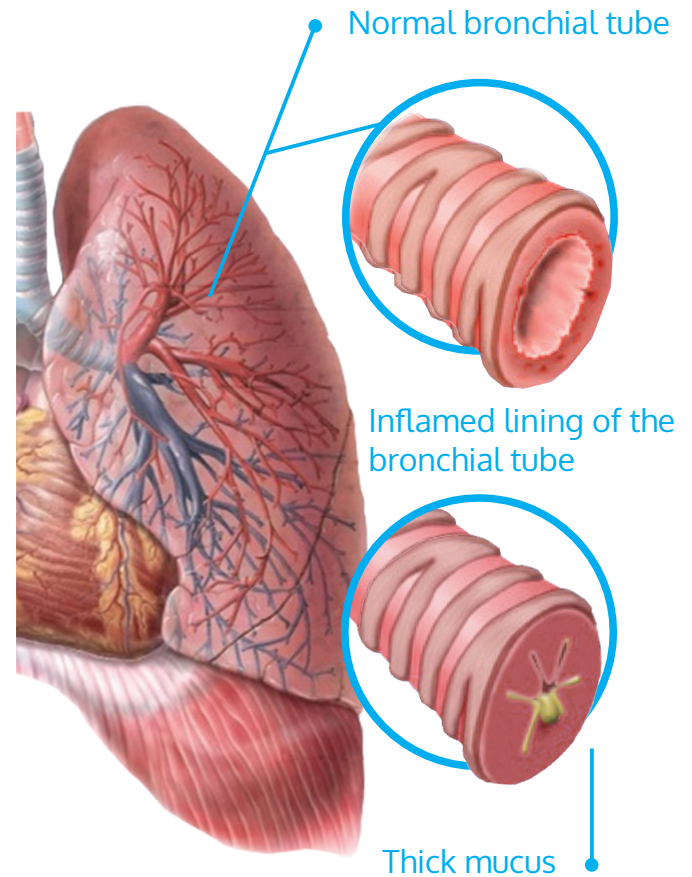
Bronchitis

What is it?

Bronchitis is inflammation of the mucous membranes of the airways that carry airflow into the lungs. Bronchitis can be acute or chronic.

Acute bronchitis can be a cough. It often occurs during the course of an acute, viral illness such as the common cold or influenza. Viruses cause about 90% of cases of acute bronchitis, whereas bacteria account for less than 10%.

Chronic bronchitis, a type of COPD (chronic obstructive pulmonary disease), is a cough that lasts for three months or more per year for at least two years. Chronic bronchitis most often develops due to recurrent injury to the airways caused by inhaled irritants. Cigarette smoking is the most common cause, followed by air pollution and occupational exposure to irritants.



What causes it?

The main cause is chronic inflammation due to a number of possible factors, including:

- **Overeating of starchy foods**
- **Dairy foods**
- **Smoking**
- **Breathing polluted air**

A deficiency of enzymes, nutrients, and vegetables are major factors. Infections are more likely in these circumstances.



Pulmonary Fibrosis (including IPF)

What is it?

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

What causes it?

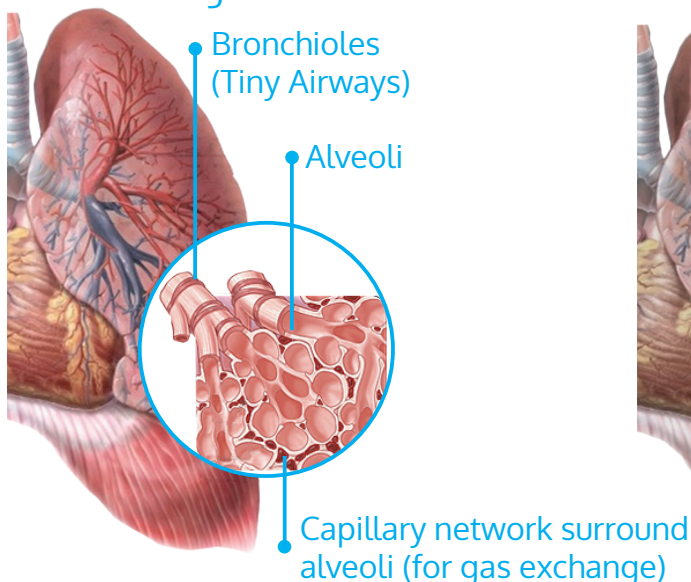
Pulmonary fibrosis can be caused by many conditions including:

- 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

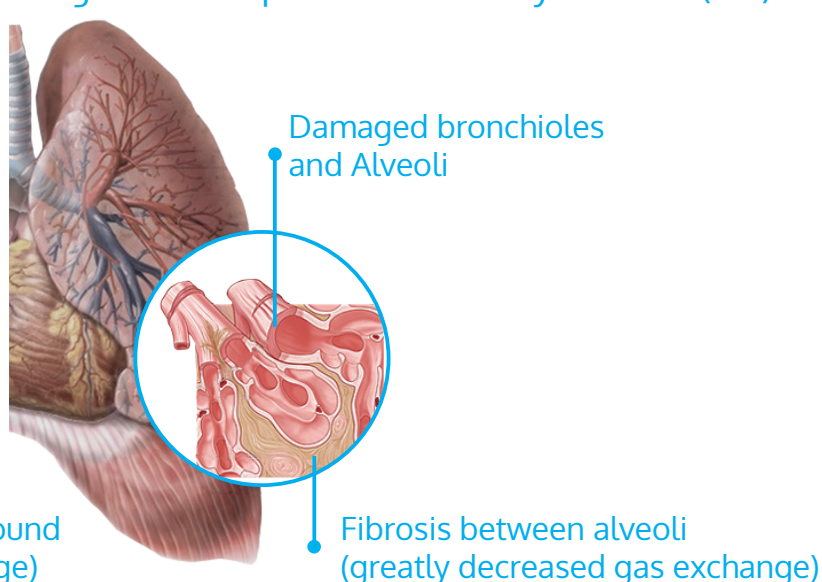
In a condition known as hypersensitivity pneumonitis, fibrosis of the lung can develop following a heightened immune reaction to inhaled organic dusts or occupational chemicals. This condition most often results from inhaling dust contaminated with bacterial, fungal, or animal products.

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.

Normal Lungs



Lungs with Idiopathic Pulmonary Fibrosis (IPF)



Bronchiectasis

What is it?

Bronchiectasis (pronounced brong-kee-ECK-tah-sis) is a relatively rare condition that affects the lungs. Infants and older children get it more often than adults, but adults do get it. Unless there are complications, it is not serious, but it can be a lifestyle problem, especially when combined with other health issues.

Bronchiectasis is incurable and can stop people from living a “normal” life, unless the right treatment plan is used.

In bronchiectasis the bronchial tubes become enlarged and distended, forming pockets where infection may gather. The walls themselves are damaged, which results in impairment to the lungs’ complex cleaning system. The tiny hairs, which line the bronchial tubes and sweep them free of dust, germs and excess mucus, are destroyed. When this cleaning system is not working effectively, dust, mucus, and bacteria accumulate. Infection develops and is difficult to remove.



What causes it?

Bronchiectasis is caused by various types of infections that damage and weaken the bronchial walls and interfere with the action of the cilia. People can be predisposed to get this condition if they have various congenital or inherited deficiencies, such as immunological deficiency or cystic fibrosis.

Rarely, people inherit a primary abnormality of the hair cells or cilia that renders them more prone to developing bronchiectasis. Pneumonias that may be associated with childhood measles and whooping cough may predispose to this condition too by weakening the walls of the bronchial tubes and causing pockets of infection to form.

An obstruction of some sort – anything that presses on the bronchial tubes from the outside or blocks them from the inside – may also cause bronchiectasis. In childhood, this most commonly results from choking on food such as a peanut that is small enough to go down the windpipe and large enough to block off one of the air tubes. When this happens, the wall of the tube is injured, and air is prevented from passing beyond the obstruction. The bronchial tube, below the obstruction, balloons out to form a perfect hiding place for infection and pus.



Signs and Symptoms of Bronchiectasis

- Coughing, especially when lying down
- Shortness of breath
- Abnormal chest sounds
- Producing and expelling large amounts of bloody mucous daily
- Pain in the chest
- Clubbing of hands and feet
- Wheezing
- Fatigue

To sum it up, bronchiectasis can develop due to:

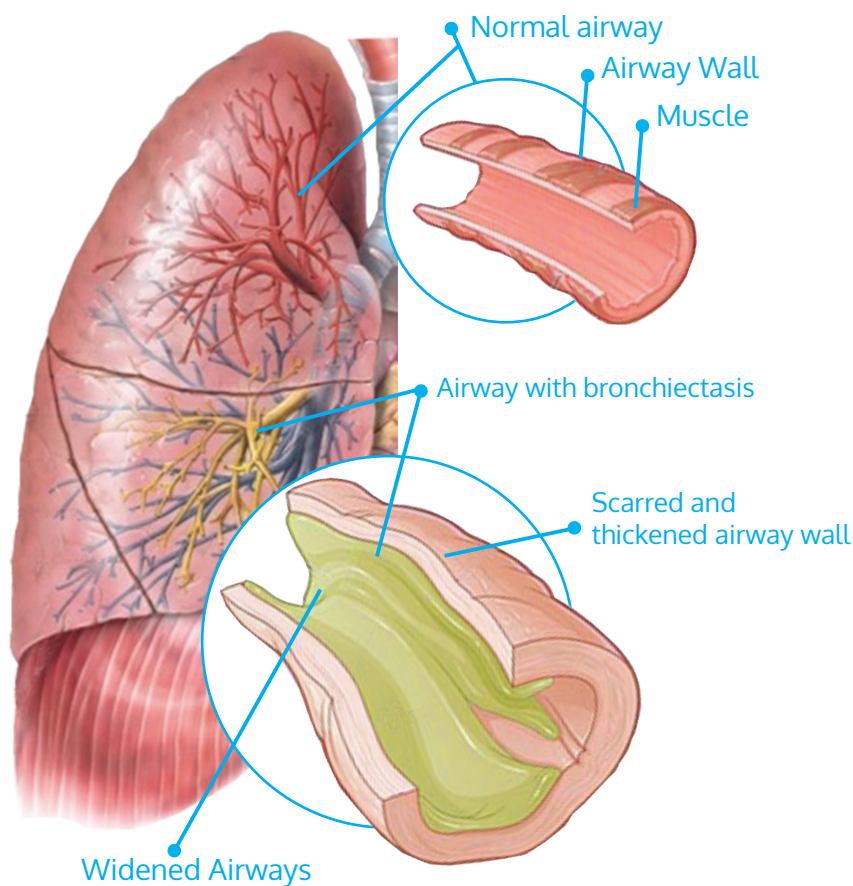
- Congenital or genetic conditions
- Abnormal cilia (rare)
- Pneumonia, tuberculosis, or influenza
- Injury
- Growth in the airways
- Inhaled substance (peanut or toy)

Is bronchiectasis preventable?

Since lung infection and lung damage can trigger bronchiectasis, there are steps you can take to help prevent the condition in the first place.

Starting with:

- Get vaccinated for measles and pertussis.
- Avoid situations where air-borne irritants are present that can affect lung health, e.g., toxic fumes and smoke.
- Seek proper medical attention for children with lung infections or that have inhaled an object.



Pneumoconiosis (e.g., Miner's

What is it?

Asbestosis and other dust/industrial conditions, such as Farmer's Lung, Berylliosis, Miner's Lung, Baritosis, Siderosis, and Stannosis.

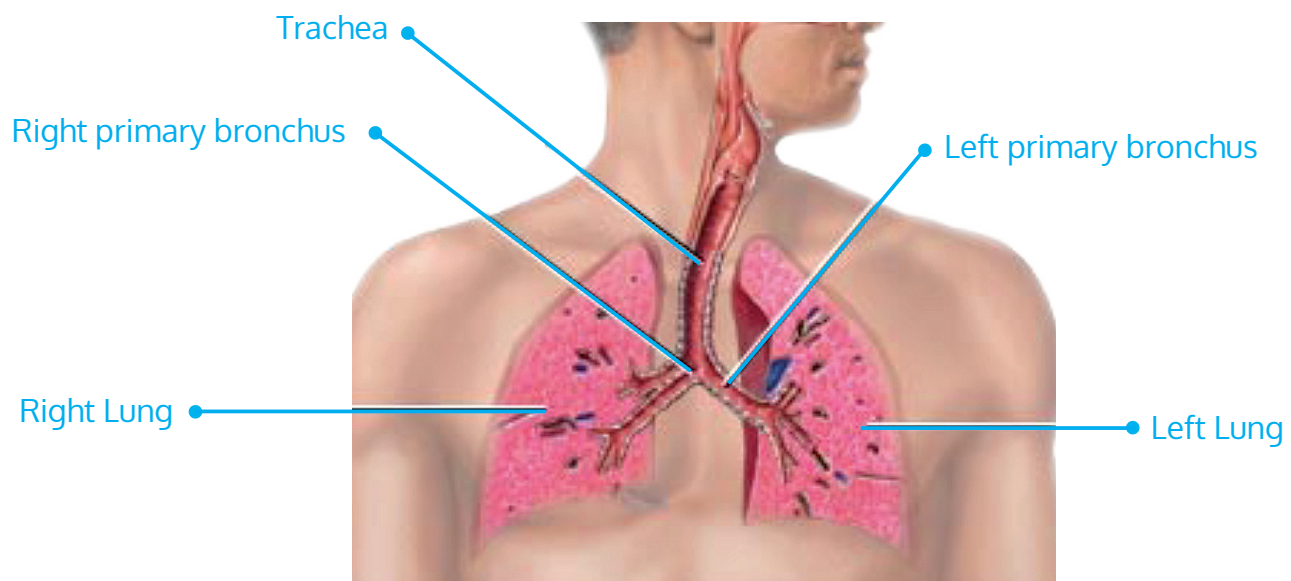
What causes it?

Damage to the lungs from dust and other industrial related exposures. Asbestos dust and fiber can cause asbestosis, a scarring of the lungs that leads to breathing problems and heart failure (from lack of oxygen). One of the diseases associated with asbestosis is lung cancer, and this usually occurs in the asbestos worker who smokes cigarettes. In fact, the risk to the asbestos worker who smokes is 90 times more likely than the non-asbestos, non-smoking worker.

Other Dust Diseases:

- Berylliosis caused by inhaling beryllium dust
- Baritosis, Siderosis, and Stannosis, caused by inhaling dusts of barium sulphate, iron oxide (arc-welding fumes) or tin oxide respectively
- Coal Worker's Pneumoconiosis caused by inhaling coal dust
- Farmer's Lung caused by exposure to grain, cereal, and other dust

Another rare but serious malignant disease, mesothelioma of the pleura, is often an asbestos related disease. In contrast to asbestosis, which depends on the dosage of exposure to asbestos fibers, the malignant pleural tumour mesothelioma is not necessarily related to heavy exposure to asbestos fiber.



Cystic Fibrosis

What is it?

A gene disorder of the cells that line the lungs, small intestines, sweat glands, and pancreas. Mucus that houses infection contributes to the destruction of lung tissue and impedes gas exchange in the lungs. It also prevents the absorption of nutrients in the small intestines by blocking ducts from the pancreas that release digestive enzymes. It is the most common life-threatening genetic disease among Caucasian groups, although it affects all races and ethnic groups. Chronic under-nutrition, along with weight loss and growth failure, are the precursors of premature death. It is imperative to prevent, with perfect nutrition, the symptoms of this chronic under-nutrition, such as:

- Underweight
- Pancreatic insufficiency
- Fat mal-absorption
- Abdominal pains
- Gut obstruction
- Rectal prolapse
- Gastro-oesophageal
- Reflux (heartburn)
- Respiratory infections
- Peptic ulcers
- Pancreatitis
- Crohn's disease
- Liver disease

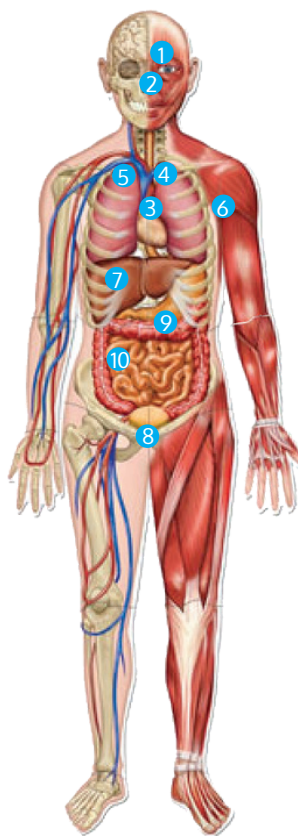
What causes it?

It is the most common hereditary genetic disease that may be caused by a mineral deficiency. It is made worse with a less than perfect diet.

How is Cystic Fibrosis (CF) treated?

Since CF is a genetic disease, it cannot be cured at present so a careful nutritional plan is essential to maintain good health. The current nutritional treatment of CF depends on the stage of the disease. Optimal nutritional management, however, is essential to optimise growth, quality of life, and survival.

Health Problems with Cystic Fibrosis



1. Sinus problems
2. Nose polyps
3. Enlarge heart
4. Frequent lung infection
5. Trouble breathing
6. Salty sweat
7. Gallstones
8. Fatty BM's
9. Abnormal pancreas function
10. Trouble digesting food

Chronic Cough

What is it?

If you have had a cough for more than three weeks, it may be chronic. When something is chronic, it means it can last for a long time.

- Are you coughing up thick yellow or green phlegm?
- Are you wheezing (making a whistling sound when you breathe in)?

If you answered yes to either of these questions, you may want to see your doctor.

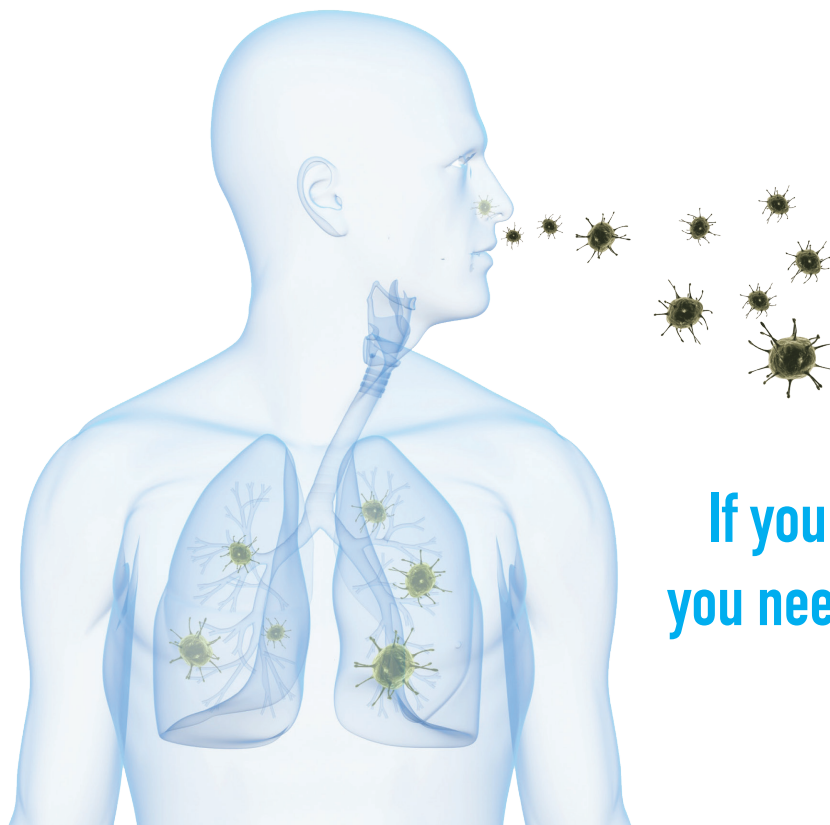
What causes it?

A virus is often the cause. Smoking can also cause a cough that doesn't go away. If you smoke, you need to stop.

Allergies

Postnasal drip caused by allergies can make you cough. Postnasal drip is mucus that runs down your throat from the back of your nose. If you have postnasal drip from allergies, try to avoid the things you are allergic to, such as:

- Dust
- Smoke
- Pollen
- Mould
- Freshly cut grass
- Pets
- Certain plants
- Cleaning agents
- Room deodorizers
- Chemical fumes



**If you smoke,
you need to STOP.**

Bronchial Asthma

What is it?

Asthma is a range of similar diseases that can have a variety of causes. Asthma can be life-threatening if left to simply taking drugs and so has to be taken very seriously.

When you have asthma, it's important to:

1. Take your asthma seriously.
2. Take your asthma medicines for asthma initially.
3. When asthma symptoms don't stop, get help.
4. Know your asthma symptoms.
5. Work out a plan to get off the drugs and completely control asthma without using drugs. Drugs all have short and long term side-effects and will shorten your life.

What causes it?

The medical/pharmaceutical business would have you believe it is genetic/dust mites/pollution, etc. that causes asthma, and that you have no other solution than to stay with the drugs. The alternative view is that diet and panic attacks can cause allergic triggers, and friendly bacteria deficiency and anxiety are mainly to blame. Although it may be that some people have a genetic predisposition to getting asthma, it is not a life sentence and proper corrective actions will keep it clear even in those people.

Common asthma triggers:

- Allergic reactions
- Vigorous exercise
- Infections
- Emotional stress/anxiety and excitement
- Cold air
- Occupational dusts and vapours
- Air pollution
- Household products
- Drugs

The common theme with all of these triggers is inflammation. This is borne out by the fact that the drug of choice, steroids, is an anti-inflammatory.



Pulmonary Tuberculosis

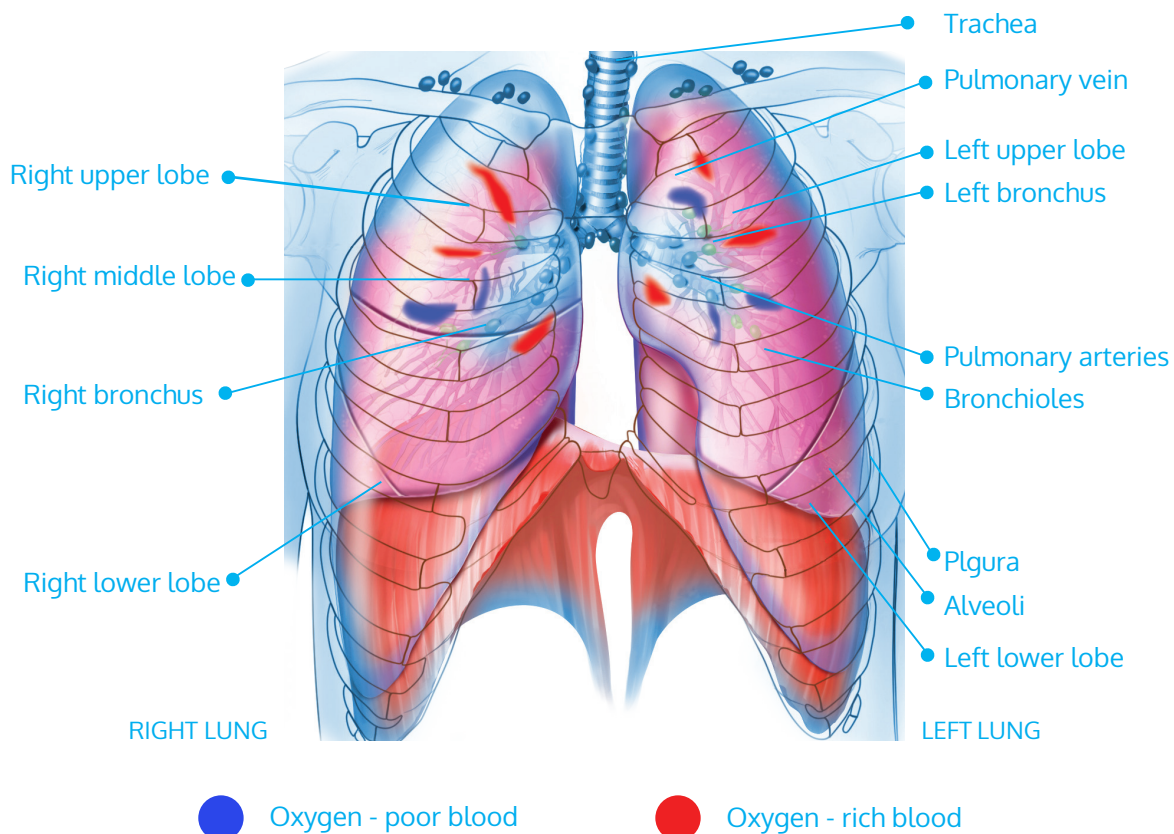
What is it?

A contagious bacterial infection caused by *Mycobacterium tuberculosis* (TB). The lungs are primarily involved, but the infection can spread to other organs. Tuberculosis is spread from person to person through the air. When people with TB in their lungs or throat cough, laugh, sneeze, sing, or even talk, the germs that cause TB may be spread into the air. If an unhealthy person or someone with a weak immune system breathes in these germs, there is a chance that they will become infected with tuberculosis.

What causes it?

It is important to understand that there is a difference between being infected with TB and having TB disease. A healthy person with a strong immune system who is infected with TB has the TB germs, or bacteria, in their body. The body's defences are protecting them from the germs, and they are not sick. Someone with TB disease and whose body is malnourished and sick can spread the disease to other people. A person with TB disease needs to see a doctor as soon as possible.

It is not easy to become infected with tuberculosis. Usually, a person has to be close to someone with TB disease for a long period of time. TB is usually spread between family members, close friends, and people who work or live together. TB is spread most easily in closed spaces over a long period of time. The TB bacteria have to become pathogenic to make a person sick, which will need a poor diet or a very stressed lifestyle. Healthy people, although infected, do not become sick. Your goal is to get and stay healthy.



[illegible]

Can I reverse lung disease?

I do not believe there is such a thing as a 'cure' since most lung diseases are lifestyle problems (except maybe in the case of a gene dysfunction.) Cure is a medical term, and medicine does not have any cures (some would say on purpose as they would then be out of business).

Everything has a cause; take away the cause, apply the science of Pulmonary Rehabilitation, and your body is normally able to repair itself with a little help.

Take the cause away and then support the tissue to regenerate with healthy lifestyle and nutrients, and your lungs can become healthy again in the majority of cases. If you call that a cure, that's up to you; I call it living a sensible, healthy lifestyle.

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

Causes: The main cause is chronic inflammation due to a number of possible factors including:

- Infection
- Over-eating of starchy foods
- Dairy foods
- Lack of specific nutrients
- Smoking
- Poor breathing
- Pollution

By eliminating the causes, these symptoms will be cleared in the majority of cases.

Pneumoconiosis, Asbestosis, and other Dust Conditions

Causes: The main cause is chronic inflammation due to a number of possible factors, including:

- Industrial
- Pollution
- Infections
- Over-eating of starchy foods
- Dairy foods,
- Lack of specific nutrients
- Smoking
- Poor breathing

By eliminating the causes, these symptoms will be cleared in the majority of cases or at least contained so as not to be a problem.

Cystic Fibrosis

Causes: The main cause is chronic inflammation due to a number of possible factors including:

- Genetic dysfunction
- Infection
- Over-eating of starchy foods
- Dairy foods
- Lack of specific nutrients
- Smoking
- Poor breathing
- Pollution

By eliminating the causes, these symptoms will be cleared in the majority of cases or at least contained.

...regenerate with healthy
lifestyle and nutrients...

Studies show the following nutrients improve lung health in most conditions:

Serrapeptase - Clears inflammation and scarring. Serranol contains 80,000 IU of SerraEnzyme Serrapeptase. Take 2 Serranol, 3 times a day, 30 minutes before eating a meal with a glass of water. Reduce to 1 x 3 times a day after one month.

Curcumin - Clears inflammation, protects, and supports tissue healing. Serranol contains 250mg of CurcuminX4000. Take 2 Serranol, 3 times a day, 30 minutes before eating a meal with a glass of water. Reduce to 1 x 3 times a day after one month.

Ecklonia Cava - Seaweed extract, helps heal the lungs. Serranol contains 50mg of Ecklonia Cava Extract. Take 2 Serranol, 3 times a day, 30 minutes before eating a meal with a glass of water. Reduce to 1 x 3 times a day after one month.

Vitamin D3 - Numerous studies show it is critical for lung and immune health and recovery. Serranol contains 1000IU of Vitamin D3. Take 2 Serranol, 3 times a day, 30 minutes before eating a meal with a glass of water. Reduce to 1 x 3 times a day after one month.

Oxygen Promoting Enzymes - Improve lungs' ability to clear CO2 and take in more oxygen. OxySorb™ supports oxygen absorption and clears CO2 throughout the body. Take 20 drops under the tongue for at least 30 seconds and swallow; use as needed.

Sodium Thiocyanate/Sodium Hypothiocyanite - Part of the body's essential defense against infections. 1st Line (Thiocyanate) Immune System Support Kit clears infection that may reside in the cells. Take 1 kit a day for 3 days (3 total). 1st Line must be taken 90 minutes before and after food. 3 kits are the recommended minimum; 10 kits are preferred for serious cases, if finances allow.

Food State Iodine Drops - Important mineral, for all lung problems and particularly fibrosis. Take 4 x 4 Nascent Iodine™ Drops a day in water. Increase to 10 x 4 a day over 2 weeks until healthy; reduce to 4 x 4 for maintenance. Take without food.

EpiCor - Yeast extract, helps to balance the body's own immune response. D.I.P. offers a proven formula to fight infection, protect against allergens, and balance immune health. Take 1 capsule x 2 times per day, 30 minutes before eating.

Selenium - Important co-factor of iodine for cell regeneration and protection. D.I.P. offers a proven formula to fight infection, protect against allergens, and balance immune health. Take 1 capsule x 2 times per day, 30 minutes before eating.

Essential Fatty Acids - Krill, Fish, or Hemp Oil - simply essential for everyone. The Krill Miracle is a potent antioxidant to boost immunity and protect cell membranes. Take 1 capsule x 2 times a day with food.

Multi Vitamin and Mineral Complex - To ensure any missing nutrients are covered. Active Life™ Capsules offers a potent multi vitamin and mineral formula. Take up to 3 x 2 times per day, with breakfast, lunch and evening meal.

Digestive Enzymes - Important when eating cooked foods. Essential Digestive Plus enhances nutrient absorption and remedies digestive issues that can affect lung health. Take 1 capsule at the beginning of each meal x 3 times a day.

Probiotics - PrescriptBiotics™ "Bio-Identical" SBO Probiotics Consortia™ is a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good guys and bad guys among your gut bacteria. Take as many as 4 capsules a day.

Vitamin E (Mixed Tocotrienols) - Important for all lung disease and particularly Cystic Fibrosis. Naturally Better Vitamin E protects healthy fats against oxidation and resulting free radical damage. Take Naturally Better Vitamin E, 1 capsule x 2 times a day.

All the suggestions in this book can be found on special offer at
www.ReallyHealthyLungs.com

Why does my doctor tell me I cannot get better?

Doctors are obliged to conform to the drug model that is designed to maintain the monopoly that the pharmaceutical industry, the GMC in the UK, and the AMA in the USA have over all things connected with the health of individuals. These organisations make profit by caring for sickness and do not have a business model that caters for real healthcare and recovery. They pursue a patented drug model, where they can charge exorbitant prices for a lifetime of drugs that at best help individuals feel better and at worst speed up their death. They are not designed to ever get anyone healthy. In the USA, they are shielded by the FDA and in the UK by the MHRA. The political parties and the most powerful politicians all receive money from these organisations and make laws to perpetuate the disease management monopoly.



Pulmonary Rehabilitation

This has over 30 years of research and is defined on the web as:

- Pulmonary rehabilitation (a.k.a. pulmonary rehab) is a rehabilitation treatment structured for ill patients with chronic respiratory problems whose pulmonary function has decreased, even after other medical treatment.
- A program that can help you learn how to breathe easier and improve your quality of life. It includes treatment, exercise training, education, and coaching.
- A personalized program which incorporates therapy, support, and education in attempting to assist the person to achieve the maximum obtainable functional capacity allowed by his/her handicap.

**When carefully followed,
the Pulmonary Rehabilitation
program will show results
within weeks.**

Charles Denison first documented Pulmonary Rehabilitation improvements in 1895, and hundreds of studies have been published since then. Of course, the pharmaceutical business would prefer they did not exist, and everyone was stuck with taking their drugs, but you are now learning there is a better way.

The Pulmonary Rehabilitation program is detailed over the following pages and, when carefully followed, will show results within weeks.

"It will be a good day when drug companies are totally banned from contacting or influencing doctors both directly and indirectly. 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."

The Bronchiectasis Rehabilitation Plan to Gain Healthy Lungs by Simply Changing Your Lifestyle

Your 10 Steps to a Healthy Future

The following protocol works for any lung problem, to some extent.



1 Clearing inflammation and promoting healing.



6 Eating real foods.



2 Taking nutrients missing from food in supplement form.



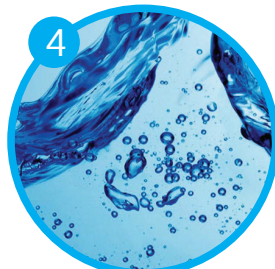
7 Walking and moving daily.



3 Strengthening your immune system.



8 Breathing properly.



4 Drinking enough water.



9 Stimulating acupressure points.



5 Avoiding unnatural/junk foods.



10 Getting out into the sun as much as possible.

It is almost unheard of for a person applying a good percentage of these lifestyle changes to their daily life to not clear their lung symptoms to some extent, and in many cases completely.

For details of the following suggested formulas, turn to **page 37**.

All the suggestions in this book can be found on special offer at
www.ReallyHealthyLungs.com



1. Clearing Inflammation and Promoting Healing.

#1 Lung Health – Basic Plan

- **Serranol™** - Delivers 160,000iu SerraEnzyme Serrapeptase, 250mg of CurcuminX4000, 50mg Ecklonia Cava, and 1000iu of Vitamin-D3. Take 2 Serranol, 3 times a day 30 minutes before eating a meal with a glass of water. Reduce to 1 x 3 times a day after one month.
- **Nascent Iodine™ Drops** - Atomic Form of Consumable Iodine for supplementation as natural as the Iodine used by the body. Take 4 x 4 Nascent Iodine™ Drops a day in water. Increase to 10 x 4 a day over 2 weeks until healthy; reduce to 4 x 4 for maintenance. Take without food.
- **Magnesium OIL Spray ULTRA** - Magnesium Oil now with OptiMSM® to further help any absorption. Spray liberally onto the skin, especially the arms and the legs, for maximum absorption.

2. Taking the Missing Nutrients.

#2 Lung Health – Advanced Plan

- **Serranol™** - Delivers 160,000iu SerraEnzyme Serrapeptase, 250mg of CurcuminX4000, 50mg Ecklonia Cava, and 1000iu of Vitamin-D3. Take 2 Serranol, 3 times a day 30 minutes before eating a meal with a glass of water. Reduce to 1 x 3 times a day after one month.
- **Nascent Iodine™ Drops** - Atomic Form of Consumable Iodine for supplementation as natural as the Iodine used by the body. Take 4 x 4 Nascent Iodine™ Drops a day in water. Increase to 10 x 4 a day over 2 weeks until healthy; reduce to 4 x 4 for maintenance. Take without food.
- **Magnesium OIL Spray ULTRA** - Magnesium Oil now with OptiMSM® to further help any absorption. Spray liberally onto the skin, especially the arms and the legs, for maximum absorption.
- **DIP Daily Immune System™** - Proven ingredients for Immune Health and protection against infections, immune response against allergens. Take 1 capsule x 2 times per day, 30 minutes before eating.
- **OxySorb™** - Liquid Enzyme to Improve Oxygen Absorption in the Body (By helping clear CO2). Take 20 drops under the tongue for at least 30 seconds and swallow; use as needed.



3. Immune Recovery and Strengthening.

#3 Lung Health – Ultimate Plan



- **Serranol™** - Delivers 160,000iu SerraEnzyme Serrapeptase, 250mg of CurcuminX4000, 50mg Ecklonia Cava, and 1000iu of Vitamin-D3. Take 2 Serranol, 3 times a day 30 minutes before eating a meal with a glass of water. Reduce to 1 x 3 times a day after one month.
- **Nascent Iodine™ Drops** - Atomic Form of Consumable Iodine for supplementation as natural as the Iodine used by the body. Take 4 x 4 Nascent Iodine™ Drops a day in water. Increase to 10 x 4 a day over 2 weeks until healthy; reduce to 4 x 4 for maintenance. Take without food.
- **Magnesium OIL Spray ULTRA** - Magnesium Oil now with OptiMSM® to further help any absorption. Spray liberally onto the skin, especially the arms and the legs, for maximum absorption.
- **DIP Daily Immune System™** - Proven ingredients for Immune Health and protection against infections, immune response against allergens. Take 1 capsule x 2 times per day, 30 minutes before eating.
- **OxySorb™** - Liquid Enzyme to Improve Oxygen Absorption in the Body (By helping clear CO2). Take 20 drops under the tongue for at least 30 seconds and swallow; use as needed.
- **Prescript Biotic™** - Contains essential vitamins, a natural and highly absorbable form of folate, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in the body that are depleted each day. Take 3 capsules, twice daily.
- **Active Life™** - Capsules are based around the Active Life Liquid formula. This tried and tested multivitamin formula has now been extended to 130 nutrients packed into a capsule.



Optional - but Suggested for the First 1-2 Months At Least

- A. Ultimate Immune Support Kit
Suggested Formulation
1st Line (Thiocyanate) Immune System Support Kit



Clears infection that may reside in the cells. Take 1 kit a day for 3 days (3 total). 1st Line must be taken 90 minutes before and after food. 3 kits are the recommended minimum; 10 kits are preferred for serious cases, if finances allow.

- B. Digestive Enzymes
Suggested Formulation
Essential Digestive Plus™



Enhances nutrient absorption and remedies digestive issues that can affect lung health. Take 1 capsule at the beginning of each meal x 3 times a day.

- C. Vitamin E Mixed Tocotrienols
(especially for Cystic Fibrosis)
Suggested Formulation
Naturally Better Vitamin E



Protects healthy fats against oxidation and resulting free radical damage. Take 1 capsule x 2 times a day.

- D. Krill Oil
Suggested Formulation
The Krill Miracle



Potent antioxidant to boost immunity and protect cell membranes. Take 1 capsule x 2 times per day with food.

4. Drinking Enough Water.

Drink 6-8 glasses of distilled or RO filtered water per day, with a large pinch of bicarbonate of soda (baking soda).



5. Avoiding Eating Unnatural Junk Foods.

Until completely recovered, stop eating all starchy carbohydrates (breads, pastry, cookies, breakfast cereals, potatoes, and pasta), processed foods, and milk products.

Note: Do not eat: potatoes, parsnips, turnips, and rice (except for small amount of wild or brown rice and yams/sweet potatoes).



All the suggestions in this book can be found on special offer at www.ReallyHealthyLungs.com

Bronchiectasis Diet Help

The “Standard Western Diet” (a.k.a., the Western Junk Food Diet) is the #1 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 Junk 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 bronchiectasis, like:

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



Free Radicals, Oxidative Stress, and the Bronchiectasis 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 bronchiectasis.



6. Eating Real Foods - include some of the following foods every 2 hours for the first few months:



Eat 9-14 portions of fresh or frozen veggies daily (in soups, juiced, stir-fries, steamed, etc.); 50% raw juiced (use the pulp in soups) and organic if possible. Blended makes for better digestion.



Eat 5 portions of antioxidant rich, dark skinned fruits (blueberries, cherries, red grapes, etc.) daily.



Avocados are the all-time super food with nearly a full spectrum of nutrients. If they are available where you live, make sure you have at least 2 per day for good health recovery. All lung issues (as well as cancer and heart disease) are helped by these.



Eat 5 portions of beans, nuts, and seeds (soaked and mashed for the nuts and seeds).



If you want to eat meat, then choose pasture-fed meats or chicken and eat only a small amount weekly. Grass-fed is healthier than grain or corn-fed animals.



If you eat fish, then eat at least 3-4 portions per week of oily fish and vary it by choosing fish such as salmon, sardines, mackerel, etc. Even canned fish is very nutritious, and wild caught fish is best.



Include Hemp, Omega 3, or Krill oil and other healthy oils like Olive oil and Coconut oil.



As healthy alternatives to carbs, consider Quinoa, Chia Seeds, Amaranth, Buckwheat, and Millet Seeds. Cous Cous can be used, except for those who are allergic to gluten proteins (coeliacs, etc.).



Take 3-5 (depending upon your body mass and the heat) teaspoons of Sea or Rock Salt daily in food or a little water. Sea or Rock Salt does not contain the critical mineral iodine so add Nascent Iodine™ to your daily dose.

Which vegetables to eat

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

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

Which fruits to eat

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

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

See my really healthy foods pyramid on the next page. All the suggestions in this book can be found on special offer at www.ReallyHealthyLungs.com

The Garden of Eden Pyramid



7. Walking and Moving Daily.

Contrary to the opinion of fitness fanatics, there are two simple ways to get your lungs working better and stronger. And no, they do not include swimming and cycling, although you can add these later if you want to.

One of the two simple ways to exercise is to build up to walking 3-5 miles per day, in a fast, purposely strong way with as long a stride as you can. Keep your hands moving from chest level to belt level as you move with each stride. Use weights or wrist weights as you improve.

If this is difficult for you at the start, and your lungs are weak, then lie down to exercise to make it easier.



Lie down in a comfortable place. On your bed, (if it's firm enough), when you first wake up is a great time and place for this. Bring a knee up to your chest as high as you can get it and then alternate with the other knee. Do as many of these as you can while keeping count. Do this every day and set yourself targets to increase the speed and the number as the weeks go by. You should be doing enough to make your lungs and heart beat faster. At the same time, as you improve your count on your back you need to be starting your walking and building this up.

The second great exercise for strengthening your lungs is to build up slowly where you can exercise at maximum rate for 2 minutes, 6 times per day. It does not matter what exercise you do, e.g. skipping, star jumps, running on the spot; just about anything, as long as your heart and lungs are working at maximum capacity. By working at maximum rate, your lungs and muscles connected with your heart and lungs will get stronger.



Movement is a vital part of your recovery plan.



8. Breathing Properly.

It is critical to breathe properly, especially when you have unhealthy lungs. There are two ways to breathe. The first one is an anxious breath in the chest, and the second is a relaxed breath in the diaphragm, or more precisely, in the tummy area.

The first breath in the chest is part of the stress response and involves hormones such as cortisol. This type of breathing should last no longer that it takes to deal with a problem in life and then another hormone kicks in to create relaxed breathing. If this stress type of breathing becomes chronic or habitual, then the cortisol and retained carbon dioxide become part of the problem, and the body's natural healthy systems cannot function properly. It also weakens the immune system and opens you up to infections, which is the last thing you need with unhealthy lungs.

Your goal is to relearn relaxed, healthy breathing, where you clear cortisol and carbon dioxide. Too much carbon dioxide in your bloodstream destroys something called haemoglobin, which is the blood's method of carrying oxygen around the body. So it's critical to be able to breathe in a relaxed way from the diaphragm.



HOW TO BREATHE PROPERLY

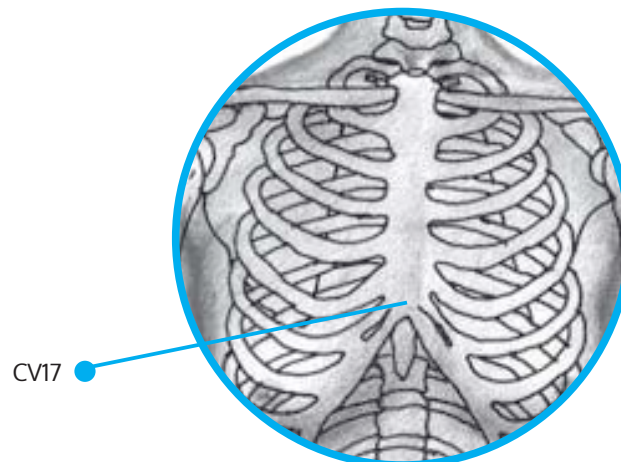
The simple way to learn is to lie on your back in a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count of 4 and then breathe out through your nose and feel your tummy deflating. Let go of any tension you may have with the out-breath. Then repeat. Your upper chest should not move at all, which shows you are relaxed and not stress breathing.

Practice over and over again while lying down, and once you have really got the long, slow rhythm of relaxed breathing, then try it standing up. You may feel dizzy to begin with getting all this fresh oxygen, but you must practise this every spare minute you have. You can access more resources on breathing lessons [here](#).

9. Stimulating the Acupressure Points.

The fastest way to relax your breathing is to stimulate acupressure points on the chest. The main point is called Cv17 in Chinese acupuncture. It is the dead centre of the chest in a hollow in the sternum. If you trace a line from nipple to nipple on the chest, you should find it in the centre.

You can massage this hollow gently with your finger or stimulate it with an electronic stimulator that mimics the action of acupuncture. The recommended device is HealthPoint™, and you can read more about this on **page 42**.



10. Getting Out into the Sun As Much As Possible.

A critical vitamin for healthy lungs is Vitamin D3. There is a large dose of this in the important supplement I recommend on **page 37**, but it is still important to still get some Vitamin D from the sun.

The sun is the bringer of all life, and a silly myth has developed that the sun is our enemy and we should keep out of it, or worse still, put some toxic chemicals all over us so we can go out in it.

I am not saying that we can go out on a really hot sunny day and lie in the sun for 6 hours for the first time. We are supposed to build the skin's tolerance to the sun over many weeks in the spring to stimulate protection from it, so that by the time the hot summer sun comes along we can tolerate much more.



Recommendations:

- A. Get as much skin exposed to the sun as you can every day, e.g., on your daily walk.
- B. Build up slowly from the spring to summer time.
- C. Try not to stay out in the middle of the day without covering up, and cover up rather than use a barrier cream.
- D. If you do use a sun cream, get an organic one rather than chemical ones with well known names.
- E. Remember, the sun is your friend, and as with friends, try not to get too much in one go!

More About Clearing Inflammation and Promoting Healing

Clear Inflammation, Mucus, and Scarring Formula

Super Nutrient Serranol™

Serrapeptidase (technically Serriatia Peptidase) is a multi-functional proteolytic enzyme that dissolves non-living tissues, such as scarring, fibrin, plaque, blood clots, cysts, and inflammation in all forms – without harming living tissue. Serrapeptidase helps promote better well-being for your inflammatory system and supports your whole body, not only the lungs but also arteries, digestive tract, colon, joints, and anywhere blockages/inflammation needs resolving.

Curcumin (CurcuminX4000) is one of the best natural anti-inflammatory herbs to stimulate glutathione to protect lung cells and tissue from inflammation and help modulate the immune system. Curcumin has also been studied for its anti-bacterial, anti-viral, and anti-fungal properties.

Ecklonia Cava (Seanol®) –For centuries, people throughout Asia have consumed Ecklonia Cava Extract, a species of edible brown algae. Harvested from the coastal waters off Japan, Korea, and China, all studies indicate ECE offers outstanding health benefits.

Vitamin D3 is critical to keep your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is increasingly common in people of all ages because we spend less time outdoors in the sun, but this vital vitamin cannot be stored in the body. So replenishment through daily supplementation is vital to immune health.

Ingredients:

- SerraEnzyme Serrapeptase® 160,000iu
- Curcumin X4000 250mg
- Ecklonia Cava Extract (Seanol®) 50mg
- Vitamin D3 1000iu

Dosage:

Take 2 capsules, 3 times per day. Take 30 minutes before or 2 hours after eating. Reduce to 1 x 3 after a good relief.

- **Nascent Iodine™** is totally different from the typical iodine in its denser state sold as an antiseptic, or as iodine tri-chloride (claiming to be atomized), or as added to potassium iodide to make it soluble in liquid. Nascent Iodine™ is a consumable iodine in its atomic form rather than its molecular form. It can provide benefits in thyroid and immune support, detoxification, metabolism, improved energy, and more.

Dosage:

Take 4 x 4 drops per day in water. Increase over 2 weeks to 10 x 4 per day until recovered. Then reduce to 4 x 4 for maintenance. Take away from food.

- **Ancient Minerals Magnesium Oil Ultra** is a next generation formula incorporating the unique synergistic benefits of MSM and magnesium. Ancient Minerals Magnesium Oil Ultra offers improved uptake of magnesium ions and enhanced cell membrane permeability; it can be used for pain management, joint mobility, and calming inflammation.

Ingredients:

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

Dosage:

Take approximately 3-4 mg per pound of body weight. Apply liberally onto skin such as arms and legs to cover a wide area of absorption. Use with intensity during the first 3-4 months to restore cellular magnesium levels.



Oxygen Promoting Enzyme Formula (for breathing difficulties)

A side-effect of poor lung health is poor breathing, which perpetuates the problem because proper oxygen/carbon dioxide exchange is so important. This is further exacerbated as the haemoglobin, which the body uses to transport this vital oxygen around the body, is destroyed if there is too much carbon dioxide in the bloodstream. A formulation exists made from Seaweed extract that improves the body's ability to clear this carbon dioxide and promotes oxygen transport to help the body heal and recover.

Ingredients:

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

Dosage:

Take 20 drops under the tongue and then swish around the mouth for 30 seconds and then swallow. Do this at least 2 times per day and any time you need extra respiration power.

Daily Immune Formulation (D.I.P.)

An alternative way to help keep infections away is to take a formulation designed to keep your immune system in balance. This formulation does not kill an existing infection but does help to prevent a new infection and allergen responses.

• **EpiCor®** is a powerful antioxidant with an ORAC (Oxygen Radical Absorption Capacity) value of 52,500/100g, so it has huge health benefits as a free radical scavenger. Supported by years of research and development, EpiCor® is a unique product and is a valuable supplement for your immune health.

• **ExSelen®** – Selenium is an essential trace mineral that the human body is dependent on, but can't produce on its own. Selenium must be ingested through foods in our diet or by supplementation. ExSelen® is a highly bio-available organic selenium that guarantees consistently high levels of selenomethionine – the preferred

preferred form for efficient absorption by the body. This high quality raw material is backed by 15 years of research and by 60 years of proprietary fermentation technology. It is also a natural antioxidant that helps protect healthy cells from free radical damage and helps balance immune functions. Selenium supports the body's normal inflammatory response in the lungs and may protect breast, prostate, and thyroid health.

• **Vitamin D3** is critical to keeping your immune system strong. The cells that make up the immune system contain vitamin D3 receptors. If there is an insufficient amount of vitamin D3 present to bind receptors, immune cells become weak and cannot protect the body from infections. Vitamin D3 deficiency is quite common in individuals because it cannot be stored in the body, making replenishment through daily supplementation vital to immune health.

Ingredients:

- Epicor® 500mg
- ExSelen® selenomethionine 100mcg
- Vitamin D3 1000iu

Formulated with other powerful ingredients like:

- Vitamin C (from Ascorbic Acid) 120 mg
- Zinc Glycinate Chelate 20% 5 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 per day, 30 minutes before a meal. If you feel you need more, take 2 or 3 during the day, before meals.



Immune Strengthening Formulations

PrescriptBiotics™ "Bio-Identical" SBO Probiotics Consortia™ is a group of natural, friendly microorganisms that help to renew the gut and create a healthy balance between the good guys and bad guys among your gut bacteria. "Bio-Identical" SBO Probiotics Consortia™ means life-giving and identical; PrescriptBiotics' soil-based bacteria are nearly the same as the life-force bacteria naturally found in your gut. The soil-based bacteria found in PrescriptBiotics have been called a "biological miracle." These SBOs are an organic food source and are meant to be ingested every day. Like the soil brings you food to eat, PrescriptBiotics' soil-based organisms give your gut life, just as Nature intended.

Dosage:

WEEK 1: Take one capsule a day
WEEK 2: Take one capsule twice a day
WEEK 3: Take one capsule three times a day
WEEK 4: Take four capsules a day

For best results, take 30 minutes before a meal or snack with 6-8 oz of juice or purified water.

Active Life™ Capsules Vitamins & Minerals Formula

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)	200mcg
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

All the suggestions in this book can be found on special offer at www.ReallyHealthyLungs.com

Optional Nutrients – but Recommended for At Least the First 1–2 Months

1st Line (Thiocyanate) Immune System Support Kit

1st Line is a new, all-natural product to fight against many types of infections including viruses. It is a patented formula by a British Chemist containing Thiocyanate Ions. When added to water 1st Line provides a drink which forms the same molecules that make up our body's first line of defence against all types of bacteria, yeast, fungi, flu, germs and viruses. 1st Line offers the aggressive attack to these unwanted infections without doing harm to healthy bacteria in the body, a common side-effect when using antibiotic drugs. 1st line is safe and easy to use.

Ingredients:

- Sodium Thiocyanate 100ppm
- Sodium Hypothiocyanate 60ppm

Dosage:

The moment you feel a cold or virus coming on, mix up a 1st Line Immune Support Kit. Take 1 kit daily for 3 days (total of 3). For most people, this regimen will be enough to restore health. 1st Line should always be taken at least 90 minutes before food and 90 minutes after food. 3 kits are the minimum and, in serious conditions, 10 kits are better if finances allow.



Antarctic Pure Krill Oil

Krill are tiny shrimp-like crustaceans found in the Southern Oceans. The Southern Oceans are the only oceans in the world that remain unpolluted by the heavy toxic metals that are now found in many fish oils. Krill are a super rich source of Omega 3, 6, and 9, and their antioxidant levels are 300 times greater than Vitamins A and E and 48 times greater than Omega 3 found in standard fish oils. (Please note: People with seafood allergies should notify their physician prior to taking a Krill or fish dietary supplement.)

The unique combination of antioxidants, Omega 3, 6, and 9 oils and other potent ingredients in 100% natural Neptune-source Antarctic Pure Krill Oil offers support for:

- A reduction in lung/heart-damaging inflammation
- Improved concentration, memory, and learning
- Improvement in cholesterol and other blood lipid levels
- Stabilization of blood sugar levels
- Healthy joints, with a decrease in pain and symptoms associated with arthritis
- Fighting the damaging effects of aging
- Protecting cell membranes
- Healthy liver function
- Bolstering the immune system
- Healthy mood regulation
- Optimal skin health
- Improved quality of life

Ingredients:

- Total Omega 3 250mg
- EPA 120mg
- DHA 70mg

Dosage:

Take 1 capsule twice per day with food.

All the suggestions in this book can be found on special offer at www.ReallyHealthyLungs.com

Naturally Better Vitamin E

Offers a self-emulsifying delivery system that provides a consistent oral absorption of Tocotrienols. It can provide support for hair growth, Alzheimer's disease, stroke-induced injuries, non-alcoholic fatty liver disease, cardio-protection, cholesterol reduction, immune function, and especially cystic fibrosis.

Dosage:

Take 1 capsule, 2 times per day.



Dosage:

Take 1 capsule, 3 times daily before meals to improve lung health.

All the suggestions in this book can be found on special offer at www.ReallyHealthyLungs.com

Essential Digestive Plus™ - The Need for Digestive Enzymes

The digestive system is a truly integrated system – the function of one aspect usually affects the other. Because of this interrelationship among the components of the digestive system, it is often difficult to determine the exact cause of any digestive disturbance. However, using the proper digestive enzymes can eliminate most of the problems.

Incomplete digestion and yeast can be the main contributors to the development of many diseases. Ingesting foods and nutritional supplements are of little benefit if their break down and assimilation are inadequate, but supplementing with enzymes helps allow for better absorption.

Proper small intestine absorption requires effective digestive enzymes coupled with fully functional absorptive surfaces. Improving small intestine function includes addressing the underlying issues that cause the discomfort and disease. Digestive enzymes can help bring relief to food intolerance and allergies, and provide support when the body is suffering from a lack of enzymes, low immune status, and too much sugar in the diet.



Ingredients

Amount/ Serving

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

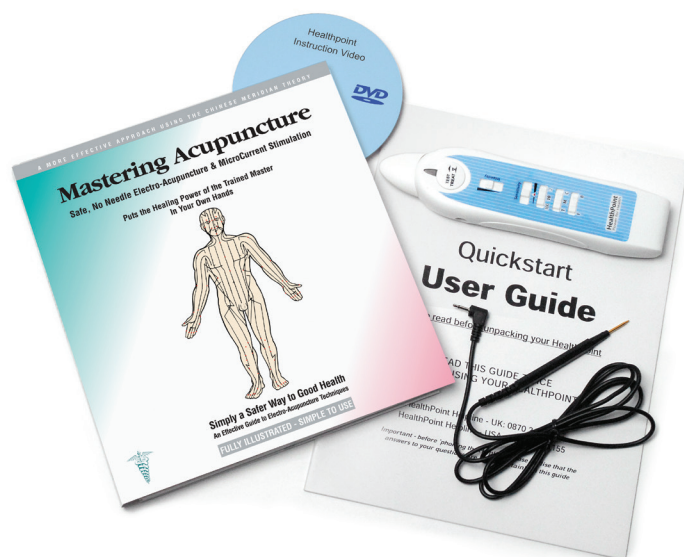
Other Ingredients: Vegetable capsule (hypromellose and water), Microcrystalline cellulose, Medium chain triglyceride powder (50% MCT)

Acupressure Stimulation

Stimulating a certain point in the centre of the chest helps to relax and improve breathing. This point can be effectively and safely stimulated using the HealthPoint™ electro-acupressure kit. The advantage of the kit is it gives you the power to precisely locate the acupuncture point, and indeed other points, so you can enjoy the benefits of acupuncture at home and without any needles.

[HealthPoint™](#) is easy to use, painless, and effective, and includes an instructional DVD and book covering over 150 pain and non-pain conditions that can be helped, such as headaches, back, neck, and joint problems.

The gentle and systematic stimulation of the body's natural healing system can speed recovery in many cases. HealthPoint™ breakthrough technology was developed by leading pain control specialist Dr Julian Kenyon 19 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the centre chest point Cv17 for better breathing.



In Conclusion:

The fourth leading cause of death is lung disease.

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

Lung disease is essentially a lifestyle disease, meaning if the lifestyle is changed, there is every likelihood of some recovery. With the changes in this 10 Step Plan put into effect, the body is perfectly capable of healing and recovering good health.

Drugs don't make you healthy.

Drugs do not work in that they do not make you healthy. At best, drugs will help you feel better; at worst, they will speed up degeneration and contribute to premature death.

You will always end up healthier with this plan.

The worse thing that can happen with this plan is that you will get healthier but still need to take drugs if they or the disease have damaged you to the extent that you are reliant on them.

Take it all slowly and step by step.

Unless you are already used to making changes in your life, you will find adopting these habits of healthy living can be difficult to sustain. Persist. Because...

Make no mistake...Your life is worth it.

Robert Redfern, Your Health Coach

Email Robert@goodhealth.nu

www.MyGoodHealthClub.com for step by step coaching and support.

Sample Daily Bronchiectasis Rehabilitation Plan

	Time	Action	Amount
OPTIONAL ITEMS	Any time in the day on an empty stomach	Take 1st Line Immune System Support. Mix as per instructions.	Take 1 kit daily for 3 days (total of 3). Take at least 90 min before and 90 min after food.
	Before any cooked meal	Take Essential Digestive Plus™	Take 1 capsule, 3 times daily
	With any meal	Take Naturally Better Vitamin E	Take 1 capsule, 2 times daily
	With any meal	Take The Krill Miracle	Take 1 capsule, 2 times daily
	After shower	Take Magnesium Oil Ultra with OptiMSM®	Apply liberally onto skin such as arms and legs
	For daily use alongside supplements	HealthPoint Kit	Use as appropriate on MicroCurrent stimulation points
BREAKFAST	30 minutes before breakfast	Take Serranol®	2 capsules, with water
	With the Serranol®	Take D.I.P	1 capsule
	Just before eating	Take Nascent Iodine Drops	4 drops in a little water
	With breakfast	Take Active Life™ Capsules	Take 2 Capsules
	With breakfast	Take PrescriptBiotics™	1 capsule
	Any time after breakfast	Take OxySorb™ drops	6 drops under the tongue
	Any time after breakfast	Take Nascent Iodine Drops	4 drops in a little water
LUNCH	30 minutes before lunch	Take Serranol®	2 capsules, with water
	Just before eating	Take Nascent Iodine Drops	4 drops in a little water
	With breakfast	Take Active Life™ Capsules	Take 2 Capsules
	With breakfast	Take PrescriptBiotics™	1 capsule
	Any time after lunch	Take OxySorb™ drops	6 drops under the tongue
EVENING MEAL	30 minutes before evening meal	Take Serranol®	2 capsules, with water
	With the Serranol®	Take D.I.P	1 capsule
	Just before eating	Take Nascent Iodine Drops	4 drops in a little water
	With the evening meal	Take Active Life™ Capsules	Take 2 Capsules.
	With the evening meal	Take PrescriptBiotics™	1 capsule
	Any time after evening meal	Take OxySorb™ drops	8 drops under the tongue

**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

[illegible]

This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Left blank intentionally for your notes.

[illegible]

My Good Health Club

Robert Redfern — Your Personal Health Coach

www.MyGoodHealthClub.com



Robert Redfern is passionate about providing you with the right tools and information to help you become an expert in natural health so that you and your family can achieve great health. This book brings Robert's research and work on heart health into an easy-to-follow Heart Disease Rehabilitation Plan that everyone can use for improved health.

To help you further, Naturally Healthy Publications has built a website for dedicated Good Health Coaching based on Robert's books.

Visit www.MyGoodHealthClub.com today for more support for health problems related to:

- Prostate
- Liver
- Kidney
- Digestive Problems
- Colitis
- Crohn's Disease
- IBS
- Gallbladder
- Constipation
- Thyroid
- Heart and Lungs

Hi Robert:

Many thanks for the valuable advice that you give to your subscribers, of which I am one. For your reference, I had a massive heart attack just over 7 years ago at the age of 64 at which time just under 30% of my heart muscle was lost. For six years I was taking 40mg/day of Lipitor until I discovered through my belated research, the dangerous potential side effects of this statin drug. I also discovered (thanks to your good advice) that by changing my eating habits, losing excess weight and doing regular exercise, I would be able to progressively distance myself from taking this particular drug. I have now been off Lipitor completely for seven months and just recently received the results of a full comprehensive blood test. These results "stunned" my doctor and of course gave me a great feeling of personal satisfaction and relief I have also found that by cutting out grains and processed foods and by reducing my sugar intake, has greatly assisted me in maintaining my health.

Best regards, Paul, AUSTRALIA



ISBN 978-1-910521-74-8



9 781910 521748