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Helping Lung Health, By The Book

Pulmonary Rehabilitation Plan for COPD, Emphysema, Fibrosis, Bronchiectasis, and More

Edition 3.01

By Robert Redfern

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

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About Robert Redfern

Your Personal Health Coach
www.MyGoodHealthClub.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 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 1980s. 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 sixties 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, 74, 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 LUNG DISEASE WITH SCIENTIFICALLY PROVEN PULMONARY REHABILITATION TO SUPPORT LUNG HEALTH

PUBLISHED BY

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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.

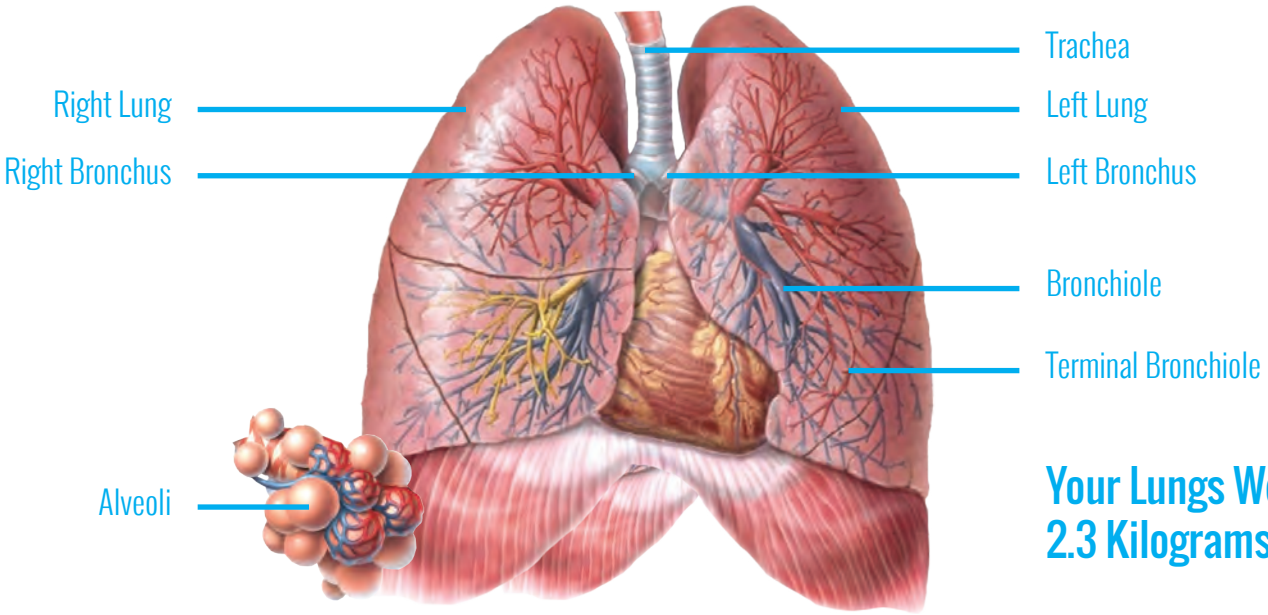
Disclaimer: Product recommendations may change as current research is updated. Products and packages offered on websites may have some adjustments not yet reflected in this book but still have my recommendation.

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

CONTENTS

YOUR COMMITMENT PLAN FOR IMPROVED LUNG HEALTH

	ACTION	DATE
Commit	To a non-inflammatory 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	*Improving Lung Health in 30 Days*	
Order	Supplements to support my healing action plan	
Plan	Create a menu plan through **ReallyHealthyFoods.com**	
Start	Breathing rehabilitation exercises	
Start	Lung rehabilitation exercises	
Start	Acupressure point massage	
Reread	*Improving Lung Health in 30 Days*	
Review	Supplements to support my healing action plan	
Review	Water intake commitment	
Review	Menu plan commitment	
Review	Breathing exercise commitment	
Review	Lung rehabilitation exercises	
Review	Sun exposure commitment, except when contraindicated	
Review	Acupressure massage commitment	
Recommit	To a non-inflammatory lifestyle of healthy choices	
Recommit	To *Improving Lung Health in 30 Days*	
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 lung rehabilitation exercises	
Recommit	To healthy sun exposure, except when contraindicated	
Recommit	To acupressure point massage	



Your Lungs Weigh 2.3 Kilograms

Understanding 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.

In 2017, American researchers from the University of California San Francisco learned that our lungs do more than we previously thought. Lungs not only help us breathe, but they help our bodies make blood. Scientists used video microscopy to examine living mouse lungs, where they discovered for the first time that lungs produce more than half of the platelets, or blood clotting components, needed for circulation. Scientists were also surprised to find an untapped resource of blood stem cells in the lungs -- an estimated 1 million blood stem cells per mouse lung -- that could be used to help restore depleted bone marrow.

"This finding definitely suggests a more sophisticated view of the lungs - that they're not just for respiration but also a key partner in formation of crucial aspects of the blood," Dr. Mark R. Looney, senior study author, pulmonologist, and professor of medicine and laboratory medicine at UCSF, said. [1]

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 are the only organs in the human body to float on water."

- Lung Institute, U.S.

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 33** 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. As the British Lung Foundation reports, someone in the UK dies from lung disease every five minutes. [2] And approximately one in five people has developed asthma, COPD, or another serious respiratory illness. Half of these people are currently receiving treatment, i.e., inhalers for asthma.

Given how prevalent lung disease has become in our modern world, it's 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. Anxiety, especially, can aggravate asthma. [3]
- 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.

"Early discovery of a breathing problem and appropriate treatment can prevent the disease from progressing to the point that it seriously affects the way you live and work... Morning cough, for example, is not normal. It is usually a result of smoking and indicates that there is irritation and swellin within the lung. Shortness of breath while exercising, climbing stairs, or walking can also be a sign of a breathing problem."

- National Lung Health Education Program, U.S.

Understanding Lung Diseases and 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. [4, 5]

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.

Spotlight on Serrapeptase

Research on serrapeptase's effect on inflammation, and especially on lung disease, is far-reaching. But one of the most fascinating studies was conducted in Japan in 2003. In Japan, the proteolytic enzyme serrapeptase is commonly used in clinical settings. It's not abnormal for a patient to be prescribed serrapeptase instead of a prescription drug to treat a cough, a cold, or lung disease.

What happened when researchers collected sputum samples from patients with chronic airway disease who started taking serrapeptase? After just four weeks of using serrapeptase, the patients with chronic airway disease saw benefits in mucus clearance, a major cause of airway obstruction for those with the disease. Serrapeptase also altered the viscoelasticity of the patients' sputum, helping to make it easier to breathe. [6]

"I basically met serrapeptase in about March 2002 as a result of the publicity surrounding the good results people were getting and the fact that it was available on prescription from doctors in Germany and other European countries... The first dramatic effect that I experienced was with a man in his 60s who had been a heavy smoker for many years. His wife wheeled him from a special van into my pharmacy.

To begin with, he took two 20,000 IU [serrapeptase] tablets (equivalent to 5 mg tablets) on an empty stomach, four times per day. Later, he reduced it to four per day of the tablets and, finally, as maintenance, he reduced it to a couple per day. Three weeks later... He started to feel so much better, and he was no longer on antibiotics, no longer on oxygen cylinders, and he was no longer using his sprays. He is still so thrilled after two years of feeling good."

- Dennis Gore, Pharmacist and BBC Radio Broadcaster, UK

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. Among African-Americans especially, asthma can be particularly dangerous. African-Americans suffer from a unique form of airway irritation in cases of asthma, making them less responsive to medication and more likely to die from an asthma attack. [7]

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, including depression, aggression, and frequent nightmares in children. [8]**

What Causes Bronchial Asthma?

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, as University of Illinois at Chicago researchers in the U.S. learned when researching the lung microbiome in 2017. [9] Taking vitamin D, Queen Mary University of London researchers discovered the same year, can cut the risk of severe asthma attacks requiring a hospital visit by 50 percent, even when taken alongside standard asthma medications. [10]

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:

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

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

Use Cleaning Products or Smoke 20 Cigarettes a Day?

The results from a shocking study released in 2018 have people questioning their use of household cleaners. As I've stated in previous publications -- like my *Improving Fertility in 30 Days* book -- household chemicals are not fit for human use. Not only do these cleaning products contain synthetic chemicals that can affect unborn babies and developing children well into adulthood by causing irreversible changes to organs like the brain and the liver, but according to a Norwegian study conducted on 6,000 people of an average age of 34, the long-term use of chemical cleaning products can damage lung function **as much as smoking 20 cigarettes a day.** [11] The women in the study worked as cleaners, with similar results seen in studies conducted on nurses who regularly use disinfectants.

For those with lung disease, avoiding household chemical use is critically important.

Washing hands frequently with un-fragranced soap and water, dusting and vacuuming often, reading product labels to avoid fragranced and other chemical ingredients, switching to green cleaning products, and reducing plastic food storage, plastic bag, plastic cling wrap, and canned food use can help. As recommended in this book, eating organic foods as much as possible and drinking pure, filtered water can also limit chemical exposure in the home that decreases lung function.

"Current treatments for severe asthma, such as steroids, are very broad-based and can have significant side effects."

- Professor Gabrielle Belz, Melbourne's Walter and Eliza Hall Institute, AU

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 Bronchiectasis?

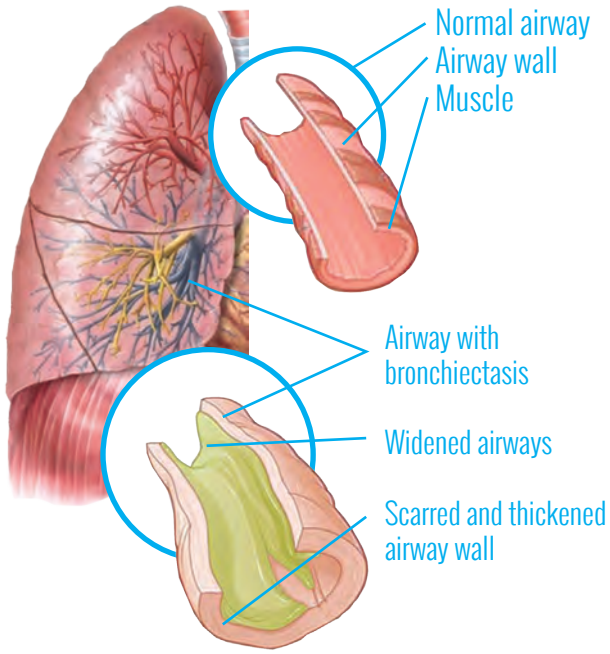
Bronchiectasis may be the result of:

- **A number of infections that cause damage to the bronchial walls and cilia.**
- **A predisposition due to inherited or congenital deficiencies, including cystic fibrosis and immunological deficiency, in some people.**
- **Pneumonias, caused by whooping cough and childhood measl A es, that may break down the walls of the bronchial tubes to allow pockets of infection to form.**
- **A genetic abnormality of the cilia that may increase susceptibility, in rare cases**

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.

Getting bronchiectasis under control and managing the condition is imperative, especially for small children. Living close to a busy road is enough to aggravate lung function and increase the risk of death in people with bronchiectasis, the European Respiratory Society found in 2013. [12] This was the first study to link air pollution with a higher risk of death for people with bronchiectasis.

For those with severe bronchiectasis, moving away from high-traffic areas may be necessary alongside nutritional recovery.



"We know that severe pneumonia in early life is a [bronchiectasis] risk factor... Some adults diagnosed with the disease have had symptoms since childhood."

- Dr. Robyn Marsh,
molecular microbiologist
at Menzies School of Health Research, AU

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.

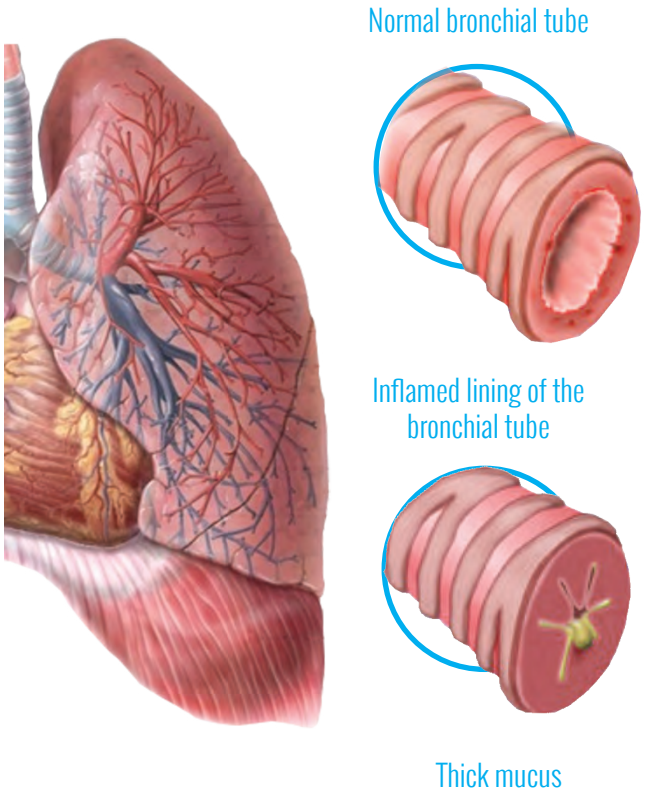
Acute bronchitis can start out as a cough and may be related to an acute, viral illness, like influenza or the common cold. Viruses are responsible for roughly 90 percent of acute bronchitis cases, compared to bacteria at less than 10 percent.

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.

"Chronic bronchitis symptoms are often the first tip that a patient will go on to develop COPD."

- Dr. Richard Boucher, director of the University of North Carolina at Chapel Hill's UNC Marsico Lung Institute, U.S.



What Causes Bronchitis?

The main cause of bronchitis is chronic inflammation related to:

- **Eating too many starchy foods.**
- **Eating too many dairy foods.**
- **Having a weak immune system.**
- **Exposure to air pollution.**
- **Smoking.**

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

A poor diet creates inflammation in the lungs, and the anti-inflammatory serrapeptase enzyme I spoke of on **page 9** can counter it. Along with providing relief for whole-body inflammation, taking serrapeptase can help to reduce mucus, improve sinusitis, and, notably, alleviate chronic bronchitis by reducing cough frequency and expectoration far better than a placebo. [13-16] I'll discuss the most effective daily serrapeptase dose to take on **page 35.**

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.

A cough is the single most common medical complaint for patients visiting a doctor. Not finding treatment — and not addressing the root cause — can quickly start to affect quality of life. More than half of the people who suffer from a chronic cough may also have symptoms of depression. [17]

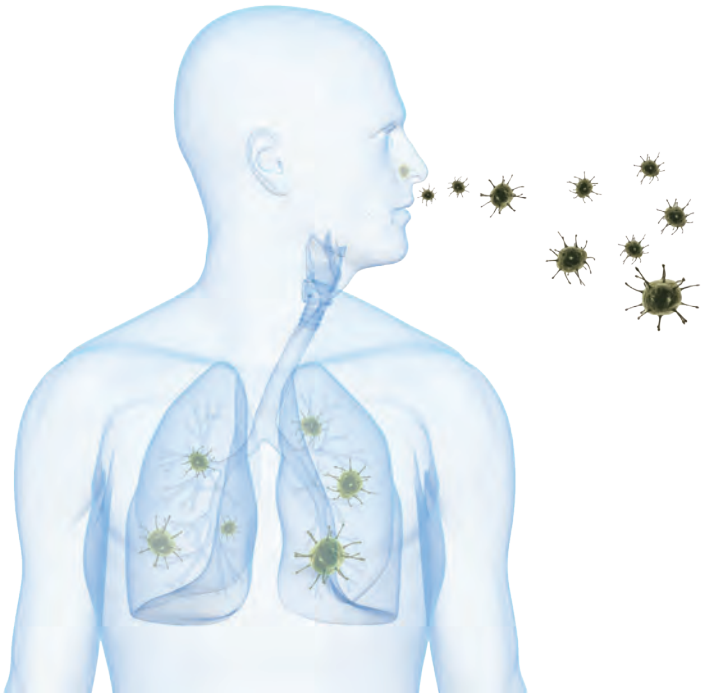
Ask yourself:

- **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 Chronic Cough?

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:

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

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

Smoking has been inexplicably linked to death, cancer, diabetes, and heart and lung disease, but if it were that easy to quit, more smokers would be doing it. Smoking is physically damaging and even deadly, and it's also a physical addiction not unlike alcohol and drugs. For those who are able to quit, you may be able to regain much, if not all, of your health and lung function by using my 10-step Pulmonary Rehabilitation Plan in this book — even if you have already developed lung disease.

An estimated half of smokers will die from their habit, and yet, nutrients like vitamin D, recommended in my plan through daily supplements and daily sun exposure, can help to improve long-term lung health. [18] Vitamin D is a powerful antioxidant and anti-inflammatory that may restore lung function in smokers. A 20-year study performed by Channing Laboratory in the U.S also noted that those who have poor lung function often have low levels of vitamin D. [19]

And because of vitamin D's impact on the brain — as the *only* hormone vitamin and one that is frequently prescribed for seasonal depression — many researchers believe low levels of vitamin D can further feed the cycle of addiction. So, it's possible that vitamin D's neuroprotective effects can assist in addiction recovery and help smokers to quit, making this ultra-important daily vitamin even more critical for smokers or those who have recently quit smoking. [20] You can read more about which vitamin D supplement I recommend for daily use on **page 35** of this book.

"For some people, chronic coughing can be annoying and uncomfortable, but for others, it can be distressing and can have a severe impact on their quality of life."

- Professor Maria Belvisi,
National Heart and Lung Institute at Imperial College London, UK

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 worldwide. With rates rapidly increasing, the 2017 *Global Initiative for Chronic Obstructive Lung Disease* report predicts COPD will rise to the third leading cause of death by 2020. COPD now accounts for about 6 percent of all deaths globally. [21] 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 COPD?

In many cases, COPD occurs secondary to chronic inflammation from:

- **Eating too many starchy foods.**
- **Eating too many dairy foods.**
- **Having a weak immune system.**
- **Exposure to air pollution.**
- **Smoking.**

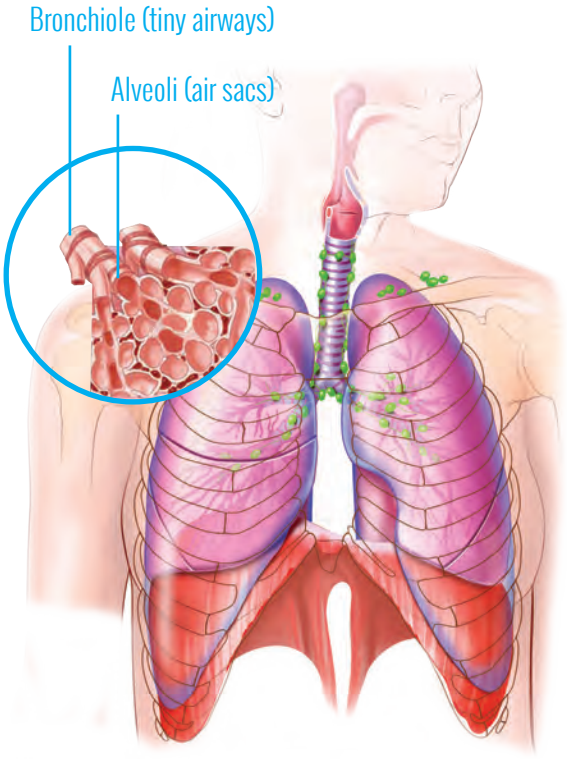
Though COPD can result from an alpha-1 antitrypsin deficiency, some rare types of bullous lung disease and bronchiectasis may also be contributing factors.

No matter what causes or contributes to COPD, outside triggers, also considered potential causes of the condition, can make COPD worse. And the relationship goes both ways. In 2017, Johns Hopkins Bloomberg School of Public Health researchers in the U.S. found that eating a diet rich in fruits and vegetables, especially one rich in tomatoes and apples, over 10 years helped to slow the natural decline of lung function among former smokers. The protective compounds in these foods may help to reverse the lung damage caused by smoking, even reducing risk of COPD. [22]

"Diet is a potentially modifiable risk factor in the development and progression of many diseases, and there is evidence that diet plays a role in both the development and clinical features of COPD."

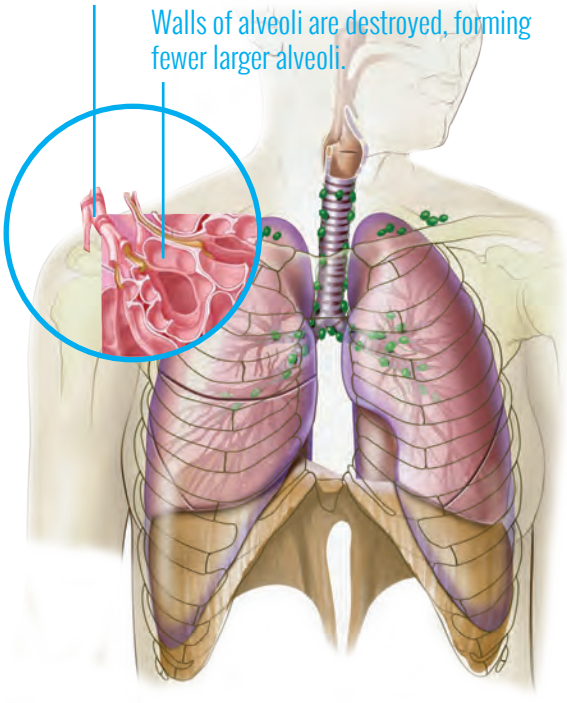
- Corinne Hanson, Ph.D., American Thoracic Society, U.S.

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. Over 70,000 people live with cystic fibrosis around the world, and approximately 1,000 new cases are diagnosed each year. More than 75 percent of those diagnosed with cystic fibrosis receive a diagnosis by age 2. More than half of the current cystic fibrosis population is over the age of 18. [23] 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:

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

What Causes Cystic Fibrosis?

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

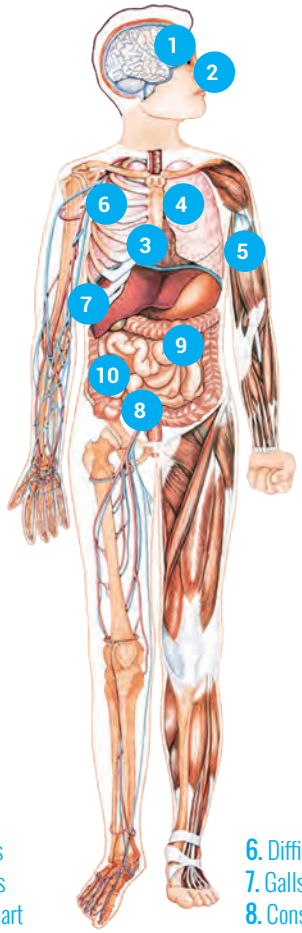
How Is Cystic Fibrosis Treated?

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.

Exceptional nutritional support may help to improve treatment outcomes of the condition, Irish researchers found in 2017. As researchers investigated why antibiotics are becoming unable to kill the harmful bacteria that cause severe lung infections for those with CF, they discovered that taking fat-soluble vitamins alongside antibiotics could help to make them more effective. [24] In the study, the fat-soluble vitamin E helped to improve antibiotic treatment for CF by "freeing" the antibiotics to better fight infectious bacteria. Researchers called the discovery "exciting and potentially life-changing" for anyone who struggles with chronic CF lung infections.

You can learn more about taking daily vitamin E to fight chronic CF infection on **page 40.**

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

"Treating a complex disease like CF requires therapies that address problems in different parts of the body, especially the lungs and the digestive system."

- The Boomer Esiason Foundation, U.S.

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 Emphysema?

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.**
- **Eating too many dairy foods.**
- **Having a weak immune system.**
- **Exposure to air pollution.**
- **Smoking.**

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

For smokers especially, the findings from the Johns Hopkins 2017 study are vitally important. Eat more fruits and vegetables over a long period of time, and you could restore your lungs back to health, fully or with partial improvements. Even for non-smokers, these findings are valuable. "This study... suggests that a diet rich in fruits [and vegetables] can slow down the lung's natural aging process even if you have never smoked," Vanessa Garcia-Larsen, lead study author and Bloomberg School's Department of International Health assistant professor, said. [22] Lung function starts to decline at about age 30, researchers explained, and diet can help to mitigate this decline that comes with age, potentially combating the global epidemic of emphysema and COPD.

"Inflammation is like a fire in the body... When you eat something that causes inflammation, your body has to tend to the inflammation and will have less energy to work on the lungs."

- Alina Zhukovskaya, AADP, CHHP, NDS, health coach; 22nd Annual Alpa-1 National Education Conference, U.S.

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 Pneumoconiosis?

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.

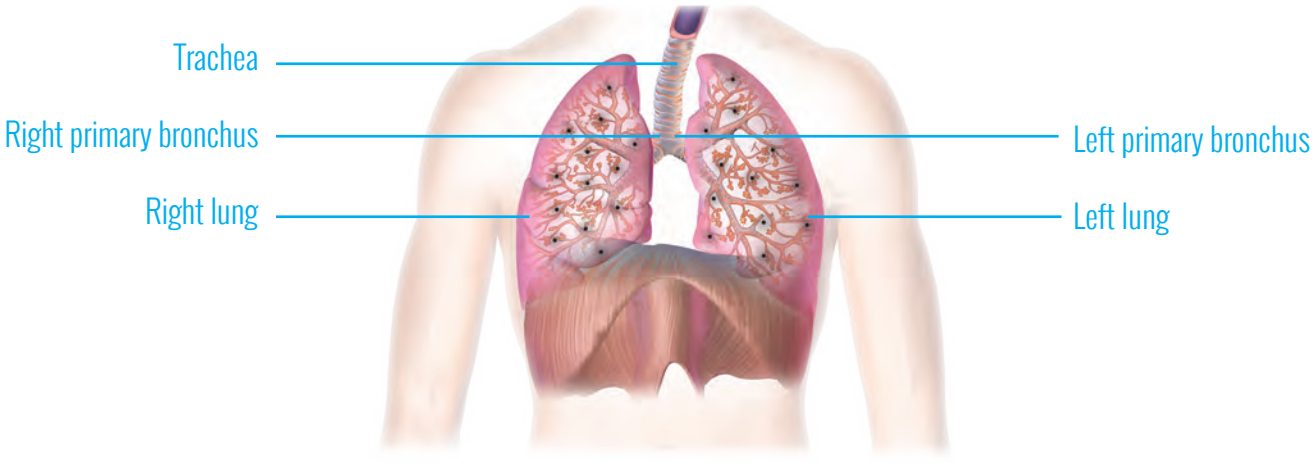
- The *2016 Report on Carcinogens, Fourteenth Edition,* from the U.S. Department of Health and Human Services found that lung cancer risk increases up to sixfold among asbestos workers. An asbestos worker who smokes has a synergistic increase in their lung cancer risk. [25]

In 2014, the European Lung Foundation also found that some cases of idiopathic pulmonary fibrosis (IPF), discussed on **page 18**, may be linked to asbestos exposure. Particularly high rates of IPF deaths were seen in areas of northwest and southwest England, regions with more shipyard workers and potential asbestos exposure. [26]

Other dust diseases may include:

- **Baritosis, Siderosis, and Stannosis: After inhaling barium sulphate, iron oxide (arc-welding fumes), and tin oxide respectively.**
- **Berylliosis: After inhaling beryllium dust.**
- **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.



"The National Cancer Institute first confirmed that asbestos causes lung cancer in 1942."

- The Mesothelioma Center, U.S.

What Is Pulmonary Fibrosis?

Fibrosis, including IPF, is the result of thickened or scarred lung tissue. Pulmonary fibrosis, Wegener's Granulomatosis, and Sarcoidosis all include fibrosis.

What Causes Pulmonary Fibrosis?

Pulmonary fibrosis may be the result of a number of factors, like:

- **Chronic inflammation.**
- **Mineral deficiency, especially selenium and iodine.**
- **Infections.**
- **Chronic health conditions, i.e., rheumatoid arthritis and lupus.**
- **Environmental agent exposure, like silica, asbestos, or certain gas exposure.**
- **Ionizing radiation exposure, including radiation therapy to treat chest tumors.**
- **Some medications.**

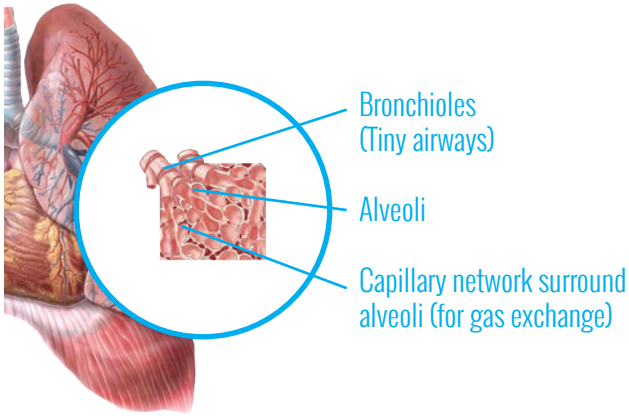
A 2016 review published in the *Experimental and Clinical Sciences* journal confirmed that idiopathic pulmonary fibrosis is a chronic oxido-inflammatory lung disorder. This simply means IPF is caused or triggered by oxidative stress, which can come outside factors like mineral deficiencies and exposure to pollutants. Antioxidant therapy, gained from a nutrient-rich diet and by taking the missing nutrients as supplements, could prove beneficial and effective. [27]

The use of antioxidant therapy for IPF includes correcting imbalances in the critical antioxidant minerals selenium and iodine, which work as partners to maintain lung function. The review results showed that, while more research may be needed, using combined antioxidant therapy may work better to improve IPF compared to treating the condition with a single drug or nutrient.

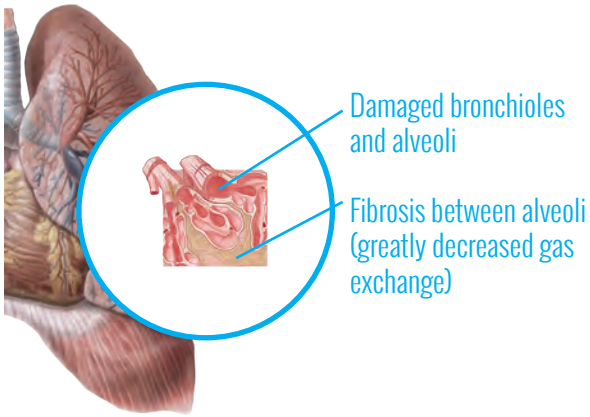
You can read more about which forms of iodine and selenium to take to support IPF recovery on **pages 35 and 37.**

With either case, it's important to use the Pulmonary Rehabilitation Plan to clear up the condition completely or manage the health issue without the use of medication.

A. Normal Lungs



B. Lungs with Idiopathic Pulmonary Fibrosis (IPF)



A condition called hypersensitivity pneumonitis causes lung fibrosis to develop after a heightened immune response when organic dust or occupational chemicals are inhaled. This condition most often occurs when contaminated dust containing fungi, bacteria, or animal products is inhaled.

Sometimes, fibrosis and chronic pulmonary inflammation can develop without any known cause. Many of these patients are diagnosed with idiopathic pulmonary fibrosis (IPF) that will not respond to medical treatment; other types of fibrosis, like non-specific interstitial pneumonitis (NSIP), may respond better to immunosuppressive therapy or immune-balancing nutrients.

"Idiopathic pulmonary fibrosis is a poorly understood disease, and its effects are devastating. Individuals with idiopathic pulmonary fibrosis express difficulty completing routine activities. There are currently no effective treatment options, and the disease leads to a dramatic decrease in health span and life span, with life expectancy after diagnosis between three to five years."

- Nathan LeBrasseur, Ph.D., director of the Mayo Clinic Robert and Arlene Kogod Center on Aging's Healthy Aging and Independent Living program, U.S.

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.

TB affects about 25 percent of people around the world, and while many stay healthy, up to 15 percent of these people may develop the active, deadly form of the disease, called pulmonary tuberculosis. It was only as recently as 2017 that South African researchers constructed a clinical timeline of how tuberculosis develops from infection to disease. [28]

What Causes Pulmonary Tuberculosis?

There is a difference between contracting a TB infection and having TB disease:

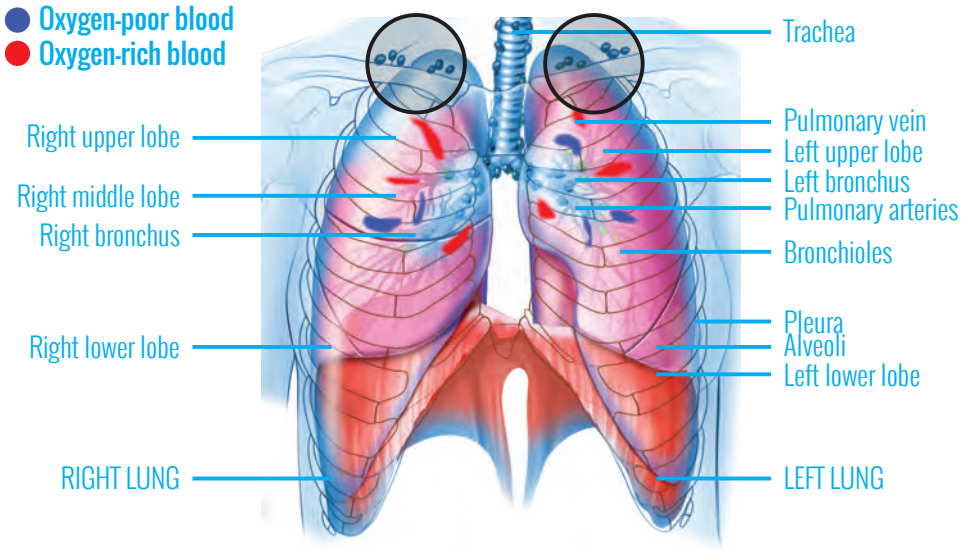
- A person with a healthy immune system that is infected with TB has TB bacteria living in their body. A healthy immune system will protect against these germs to prevent sickness.
- If someone has TB disease and a weakened immune system, the disease can easily spread to other people. A person with tuberculosis 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.

In 2013, American researchers discovered that immune-boosting vitamin C, which I'll discuss more about on **page 37**, can kill tuberculosis bacteria that has become drug-resistant. The research indicated that taking more vitamin C alongside TB drugs could reduce the time of TB treatment. [29] Taking vitamin D, another immune-strengthening nutrient, can also speed up tuberculosis recovery when taking antibiotics. [30]

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.



"Research identified a clear connection between lung function and vitamin D levels in the blood. The link remained in place, regardless of age, gender, weight or lifestyle."

- Chan-Jin Choi, MD, PhD,
Catholic University of Korea's College of Medicine, SKR

Is It Possible to 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.

Bronchial Asthma, Bronchiectasis, Bronchitis, Chronic Cough, COPD, Emphysema, Pulmonary Fibrosis, and Pulmonary Tuberculosis Causes

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

- **Eating too many starchy foods.**
- **Eating too many dairy foods.**
- **Exposure to pollution.**
- **Lacking certain nutrients.**
- **Infection.**
- **Improper breathing.**
- **Smoking.**

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.**
- **Eating too many dairy foods.**
- **Exposure to pollution.**
- **Lacking certain nutrients.**
- **Infection.**
- **Improper breathing.**
- **Smoking.**

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:

- **Eating too many starchy foods.**
- **Eating too many dairy foods.**
- **Exposure to pollution.**
- **Lacking certain nutrients.**
- **Infection.**
- **Improper breathing.**
- **Smoking.**

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 . . .

"The 'Western' dietary pattern, prevalent in developed countries, is characterised by high consumption of refined grains, cured and red meats, desserts and sweets, french fries, and high-fat dairy products. This pattern of intake has been associated with increased risk of asthma in children."

- Nutrition and Respiratory Health —Feature Review. Nutrients, 2015.

Essential Nutrients

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

Curcumin - Used to clear inflammation, support tissue healing, and inhibit lung cancer progression. [31]

Digestive Enzymes - Essential pancreatic support, especially after eating cooked foods. [32]

Ecklonia Cava - Seaweed extract supports lung healing. [33]
EpiCor - Yeast extract used to balance the body's immune response. [34]

Essential Fatty Acids - EFAs from krill or hemp oil are essential for all people. [35]

Food State Iodine Drops - Critical mineral to support all lung health issues, especially cystic fibrosis. [36]

Ionic Selenium - Critical co-factor of iodine to support cellular regeneration and immune protection. [37]

Magnesium - Correcting a common deficiency can benefit immune health and improve respiratory muscle strength. [38]

Multivitamin and Mineral Complex - To supplement any missing nutrients. [39-41]

Oxygen Promoting Enzymes - Used to enhance the lungs' ability to clear CO2 and intake more oxygen. [42]

Probiotics - Friendly bacteria will support beneficial gut flora, especially after taking antibiotics. [43]

Serrapeptase - Used to clear inflammation and scarring. [44]

Vitamin D3 - Supported by numerous studies to enhance lung and immune health and aid in recovery. [10, 39, 45]

Vitamin E (Mixed Tocotrienols) - Essential for all lung health conditions, especially cystic fibrosis. [46]

"Approximately 85 to 90 percent of people with cystic fibrosis do not produce enough enzymes in their pancreas and are not able to absorb fat when digesting food. These individuals are also likely to have problems absorbing the fat-soluble vitamins A, D, E and K. If levels of vitamin E are too low, this may cause problems with the nervous system, blood disorders, and memory and thinking skills."

- The Cochrane Collaboration, UK

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 U.S., 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. [47] 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.

I say, "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."

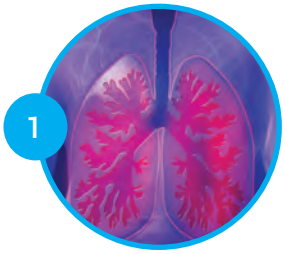
"Numerous peer-reviewed studies have been published focusing on the multiple aspects related to pulmonary rehabilitation. Most of these studies confirm the clinical importance of pulmonary rehabilitation as part of the integrated care of patients with chronic respiratory diseases."

- European Respiratory Review, 2014

Your Pulmonary Rehabilitation Plan for Lung Health

10 Steps for Long-Term Health Recovery

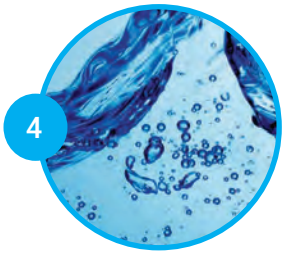
This self-recovery protocol can be used for any lung health issue, in most cases.



Clear inflammation and facilitate healing.

Supplement missing nutrients.

Boost the immune system.



Drink more water.

Cut out un-natural foods.

Eat really healthy foods.

Stay active daily.

Learn proper breathing.

Stimulate acupressure points.

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 35.**

1 . Clear Inflammation and Facilitate Healing.

Helping Lung Pack - Essential

Serranol™ - Provides 160,000 IU of SerraEnzyme Serrapeptase, 250mg of CurcuminX4000, 50mg of Ecklonia Cava, and 1000 IU of Vitamin D3 to clear inflammation and scarring, balance the body's immune response, and support lung healing.

CureC™ - Acts as a potent antioxidant and protects healthy cells from damage. Take 6ml (just over 1 teaspoon daily).

Magnesium OIL Spray ULTRA - Correcting a common deficiency can benefit immune health and improve respiratory muscle strength. Magnesium Oil now formulated with OptiMSM® to enhance absorption.

Active Life™ Capsules - 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.

Click for more details

2. Boost the Immune System.

Helping Lung Pack - Ultimate

Serranol™ - Provides 160,000 IU of SerraEnzyme Serrapeptase, 250mg of CurcuminX4000, 50mg of Ecklonia Cava, and 1000 IU of Vitamin D3 to clear inflammation and scarring, balance the body's immune response, and support lung healing.

CureC™ - Acts as a potent antioxidant and protects healthy cells from damage. Take 6ml (just over 1 teaspoon daily).

Magnesium OIL Spray ULTRA - Correcting a common deficiency can benefit immune health and improve respiratory muscle strength. Magnesium Oil now formulated with OptiMSM® to enhance absorption.

Active Life™ Capsules - 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.

D.I.P. 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 CO_2 in the body.

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. Prescript Probiotics' powerful, soil-based microflora may benefit lung health, mood, and energy levels.

Nascent Iodine Drops - Offers an atomic form of consumable iodine as a supplement, just as natural as iodine used in the body; supports all lung health issues, especially fibrosis. Note that iodine needs a supplement containing selenium to activate it, such as Ionic Selenium or Daily Immune Protection.

Click for more details

3. Supplement Missing Nutrients.

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

A. Ultimate Immune Support Kit

1st Line (Thiocyanate) Immune System Support Kit

Click for more details

B. Digestive Enzymes

Essential Digestive Plus™

Click for more details

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

Naturally Better Vitamin E

Click for more details

D. Krill Oil

The Krill Miracle

Click for more details

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 Un-Natural 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.

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 portions of fresh or frozen veggies daily (in soups, juiced, stir-fried, steamed, etc.); 50 percent 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 superfood 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 health 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, Millet Seeds, and healthy pasta made from pulses and stocked in many good grocery stores. Cous Cous can be used, except for those who are allergic to gluten proteins (celiacs, 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.

Recommended Vegetables

Note: Vegetables may not be available in all countries.

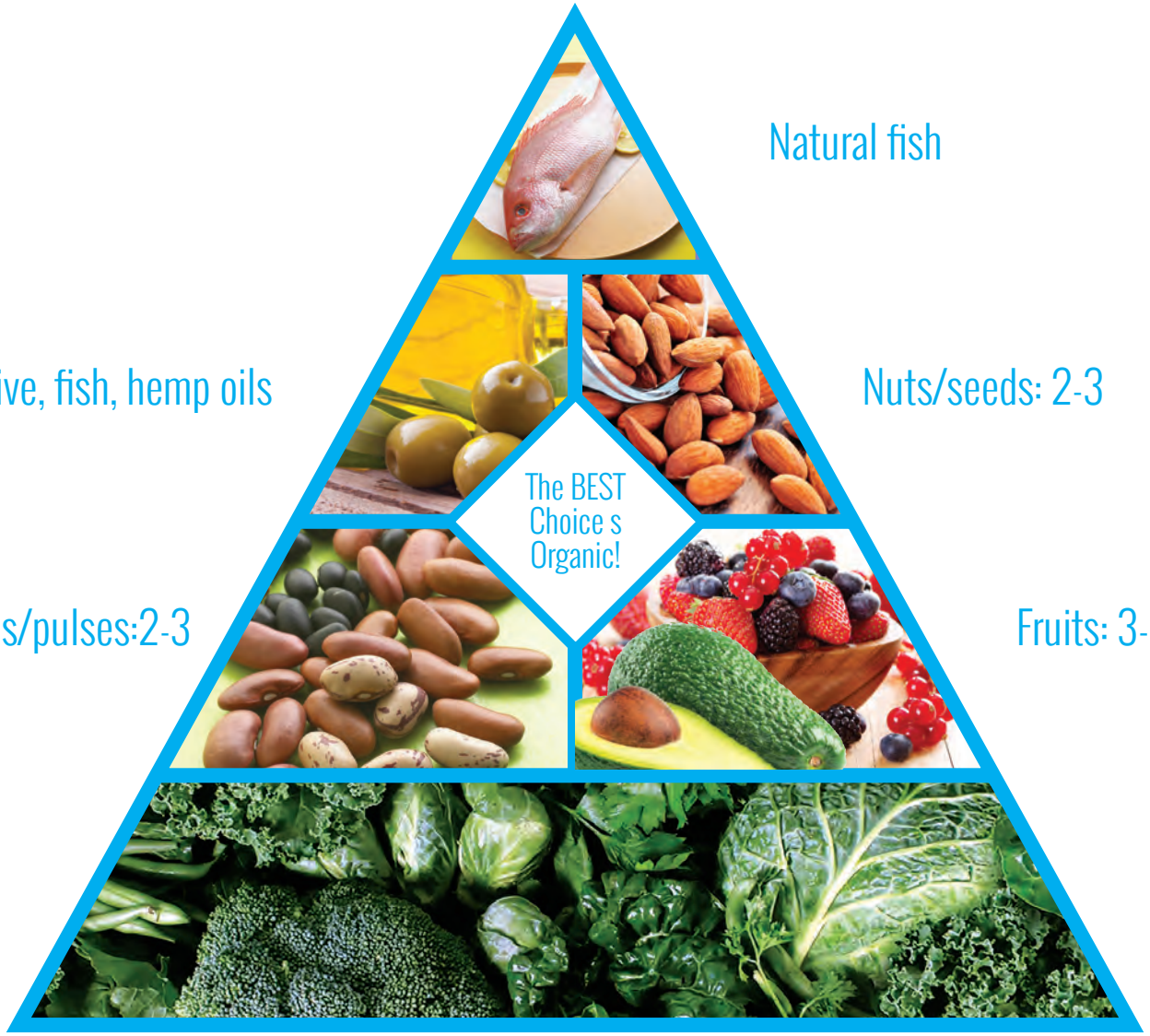
- Artichoke
- Asian Vegetable Sprouts (Wheat, Barley, Alfalfa, etc.)
- Asparagus
- Avocado
- Beetroot
- Broad Beans
- Broccoli
- Brussel Sprouts
- Cabbage (Various Types)
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Choko
- Cucumber
- Dandelion Leaves
- Dried Peas
- Eggplant (Aubergine)
- Fennel
- 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)

Recommended Fruits

Note: Fruits may not be available in all countries.

- 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)

The Garden of Eden Pyramid



Vegetables (excluding root): 9-14 servings a day

1/2 raw veggies: salads, etc.

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.

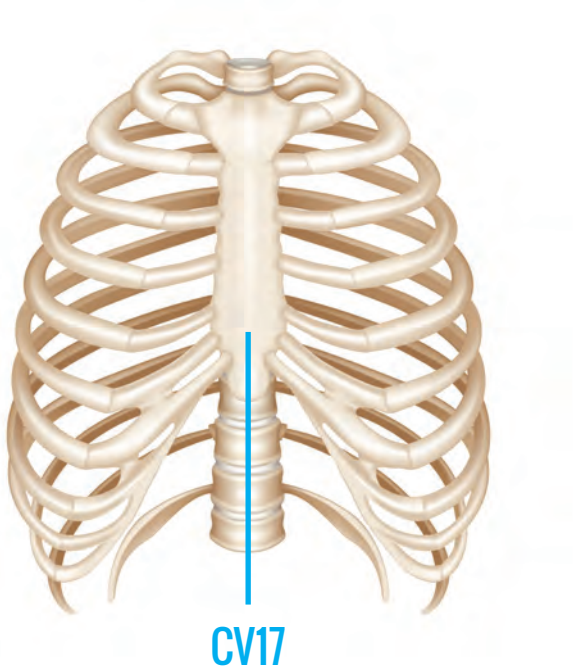
How to Breathe Correctly

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. Utilizing Cv17 opens the chest to clear congestion and has also been shown to promote heart attack recovery. [48] 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 41** in this book and on pages 6.1 through 6.4 of the ***Mastering Acupuncture*** manual.



CV17

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 35**, 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.

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!*

How to Clear Inflammation and Facilitate Healing

A Formula to Clear Inflammation, Mucus, and Scarring

Super Nutrient Serranol™

Serrapeptidase (technically serrapeptase or 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® - 160,000IU
- 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 good relief.

CureC™

CureC acts as a potent antioxidant and protects healthy cells from damage. Cooked and processed foods lose up to 90 percent of their vitamin C, but readily-absorbed CureC supplies 1000mg of liposomal vitamin C and 400mg of PC (natural/non-hydrogenated phosphatidylcholine) per serving.

Compared with tablet or powdered vitamin C, liposomal vitamin C goes straight to the source, using its expedited delivery system to reach cells up to 10 hours faster than over-the-counter tablets. Liposomal vitamin C rapidly raises blood concentrations without any side effects that are often associated with high doses of Vitamin C.

Ingredients:

- Vitamin C - 1000 mg
- Sodium (as sodium ascorbate) - 125 mg
- Phosphatidylcholine - 400 mg

Dosage:

Take 6ml (just over 1 teaspoon daily).

Ancient Magnesium Oil Ultra

Ancient 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 Magnesium Oil Ultra will provide enhanced magnesium ion uptake and improve cell membrane permeability. It offers benefits to calm inflammation, ease pain, and improve immune health and respiratory muscle strength.

MSM, an organic sulfur-containing compound naturally found in vegetables, fruits, grains, animals, and humans, may help to improve inflammation in cases of lung injury and has been associated with a decreased lung and colorectal cancer risk. [49] OptiMSM is the premium trademarked form of MSM manufactured to meet stringent safety, quality, and consistency standards.

Ingredients:

Click for more details

- Purified water
- Genuine Zechstein™ Magnesium Chloride
- Methylsulfonylmethane (OptiMSM® from Bergstrom)
- **Other Ingredients:** Other naturally ocurring trace minerals.

Dosage:

Apply liberally onto the chest and arms to cover a wide area for absorption.

Caution: Avoid direct contact with eyes and other sensitive areas.

Recommended

Pour 25ml (1 ounce) of Ancient Magnesium Oil Ultra into a small dish and add 6 drops of Pine Oil.* Massage this into the chest and back between the shoulder blades morning and night until improved and then once per day.

*100 percent Pine Oil is available from any artist's shop or hardware shop. Only use 100 percent Pine Oil, also called Turpentine. Dr. Jennifer Daniels, a leading alternative healing physician and graduate of Harvard University in the U.S., popularized the use of turpentine as a therapy to treat Candida yeast overgrowth. Turpentine is produced from the distilled oil extract of pine resin. Historically, turpentine was introduced as a potent herbal remedy by Africans into America in the early 1800s. It was considered a "miracle cure" at that time.

Turpentine, according to Dr. Daniels' research, attracts and kills sugar in the body; when used regularly, turpentine can support dietary and lifestyle changes to cleanse the body and strengthen the immune system. [50] Research supports Pine Oil's effect on cleansing pathogens, bacteria, and yeast; improving air quality to relieve allergies; reducing inflammation; easing aches and pain; and providing antioxidant protection. [51, 52]

Active Life™ Capsules

Active Life™ Capsules have been formulated with only your wellbeing in mind. Just as the name suggests, Active Life™ Capsules can help to support a busy, modern life where stress, high demands, and a poor diet are often a reality. Active Life™ Capsules are a complete all-in-one nutritional supplement to complement any Active Life™-style, offering an all-natural source of 130 vitamins, minerals, and other essential nutrients.

Ingredients:

	Amount per Serving	% Daily Value
• Vit A (Palmitate / 10% Natural Beta-Carotene)	5000IU	100%
• Vit C	500mg	833%
• Calcium (from DiCalcium Phosphate and Calcium Citrate)	152mg	15%
• Magnesium (from Magnesium Citrate)	76mg	19%
• Vit D3 (from Cholecalciferol)	400IU	100%
• Vit E (as Natural d-Alpha Tocopherol Acetate + Mixed Tocopherols)	400IU	1,333%
• Vit K2 (K2 - Menaquinone)	80mcg	100%
• Vit B1 (Thiamin)	10mg	666%
• Vit B2 (Riboflavin)	10mg	588%
• Niacin - Vitamin B3 (from Niacinamide)	80mg	400%
• Vit B6 (from Pyridoxine Hydrochloride)	10mg	500%
• Folate (as (6S)-5-methyltetra hydrofolic acid) (equivalent to 1600 mcg of (6S)-5-methyltetrahydrofolic acid, glucosamine salt***)	800mcg	200%
• Vit B12 (from Methylcobalamin)	100mcg	1,666%
• Biotin	300mcg	100%
• Vit B5 (from Pantothenic Acid)	20mg	200%
• Phosphorus (from DiCalcium Phosphate & DiPotassium Phosphate)	128mg	12%
• Iodine (from Potassium Iodide)	150mcg	100%
• Zinc (from L-OptiZinc®)**	25mg	166%
• Selenium (from Selenomethionine)	200mcg	285%
• Copper (from Copper Gluconate)	2mg	100%
• Manganese (from Manganese Gluconate)	4mg	200%
• Chromium (from Chromium Polynicotinate)	120mcg	100%
• Molybdenum (from Molybdenum Citrate)	75mcg	100%
• Chloride (from Fulvic Trace Minerals)	16mcg	<1%
• Potassium (from Potassium Malate and DiPotassium Phosphate)	250mg	7%
• Boron (from Boron Citrate)	1mg	*
• Aloe Vera Powder (200:1)	2mg	*
• Bilberry Extract 5:1	300mg	*
• Choline Bitartrate	25mg	*
• Fulvic Trace Minerals (77 trace minerals and elements, electrolytes and 18 amino acids)	200mg	*
• Inositol	40mg	*
• Lutein (from the Marigold flower- ZanMax®)	20mg	*
• Zeaxanthin (from Marigold flower - ZanMax®)	4mg	*
• L-Cysteine	10mg	*
• L-Glycine	10mg	*
• L-Taurine	400mg	*

Click for more details

Dosage:

Take 1 capsule, 3 times per day.

How to Boost Your Immune System

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.

We have improved our formula again! This time by increasing the content of OptiZinc, Larch Arabinogalactan, and Beta 1,3 1,6 Glucan to give even greater support for the immune system:

- **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. **Taking vitamin D may have special benefits for sufferers of chronic lung diseases like asthma, pulmonary tuberculosis, and COPD. [10, 39, 45]**

Ingredients:

- EpiCor® - 500mg
- ExSelen (2% Selenium) – 100mcg
- Vitamin D3 (Cholecalciferol) - 500IU
- Vitamin C (Ascorbic Acid) – 60mg
- OptiZinc 20% - 21mg
- Dimethylglycine HCL – 250mg
- Immune Assist – Micron Powder – 250mg
- Larch Arabinogalactan Poweder – 600mg
- Beta Glucan 1,3 1,6 (Glucan 85%) 90mg
- Elderberry Fruit Extract 4:1 – 200mg
- **Other Ingredients:** Vegetable cellulose (capsule), Microcrystalline cellulose and Medium Chain Fatty Acids.

Dosage:

Take 1 capsule, 30 minutes before a meal. Take 2 daily.

Click for more details

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 Flavor
- **Other Ingredients:** Purified water, natural coloring, alcohol, potassium sorbate.

Dosage:

Take 10 drops under the tongue, twice daily, swish around for at least 30 seconds, and then swallow. Use as needed.

Click for more details

PrescriptBiotics™

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 lung health, immunity, mood, and energy levels.

Ingredients

• *Bifidobacterium Bifidum, B. Lichenformis, 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 longlasting efficacy.)

• **Other Ingredients:** Hypromellose (Veggie Cap).

Dosage:

Take 1 x 3 capsules a day, or as directed on the bottle. For best results, take 30 minutes before a meal or snack with 6-8 ounces of juice or purified water.

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 in its atomic form -- consumable and paramagnetic -- is highly preferable to its molecular form. This is the form of iodine that is well-recognized by the thyroid and easily used.

Lungs are organs with high iodine uptake. Health conditions like ADHD, autism, learning disabilities, autoimmune thyroid disorders, and chronic lung diseases can often be caused by iodine deficiency. All cells in the body, even brain cells, utilize the critical mineral iodine and rely on it for daily function.

Ingredients:

- Iodine (in its atomic form) - 315 mcg

Dosage:

Take 1-3 drops x 3 times per day in 20ml of water; swish around the mouth for 30 seconds before swallowing. Take first dose on waking, second mid-morning, and third mid-afternoon. Remember, iodine as a supplement must be taken with selenium to activate, such as Ionic Selenium or Daily Immune Protection.

How to Supplement Missing/Optional Nutrients

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:

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.

Click for more details

"Good morning, Mr. Redfern,
I continue to follow the regimen you provided (Nascent Iodine, Blockbuster, Serranol™, Krill, probiotic, Active Life™) every day. Because of the health program you recommended, I was able to survive the long walks up and down and roundabout the Masada mountain in Israel and down 180 steps in the Megiddo and all the other trips for eight days. Some young friends of mine were surprised how I managed to walk down the same mountain they visited (and they took the cable car up and down -- both ways to reach the place). Today, I don't pant as I used to when doing my walks."

- Lourdes A.

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 like **Essential Digestive Plus™** 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. Inflammatory lung diseases, like COPD, have also been linked to digestive problems. Some researchers believe, based on recent studies, that inflammatory organs can "cross-talk," which may explain why sufferers of lung disease may have gut troubles and vice versa. [53]

Proper absorption in the small intestine depends directly on beneficial digestive enzymes and highly absorbent surfaces. You can improve the function of the small intestine by addressing the underlying issues that could contribute to digestive imbalances and, ultimately, disease. Taking digestive enzymes can help to ease allergies and food intolerances. It will offer the support that the body needs while suffering from a lack of enzymes, low immunity, and excess sugar in the diet.

Ingredients:

- Frutsfit IQ Inulin – 300mg
- Protease 3.0 – 16,360 HUT
- Protease SP Blend – 170,000 HUT
- Amylase - 16,000 DU
- Peptidase - 250 DPPIV
- Glucoamylase – 40 AGU
- Lactase – 2,000 ALU
- Alpha Galactosidase – 600 GaLU
- Invertase – 3,206 SU
- Pectinase – 110 endo PGU
- Lipase – 2,700 FIP
- Cellulase – 1,200 CU
- **Other Ingredients:**
- Hypromellose and Water (Vegetable Capsule), Medium Chain Triglycerides.

Click for more details

Dosage:

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

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
- Phytosterol - 1.72 mg
- **Other Ingredients:** RicSolubles Powder, Vegetable Cellulose, Rice Bran and Medium Chain Triglycerides.

Dosage:

Take 1 capsule, 2 times a day.

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.

If vegetarian, consider using hemp seed oil instead.

100 percent natural Neptune-sourced 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.

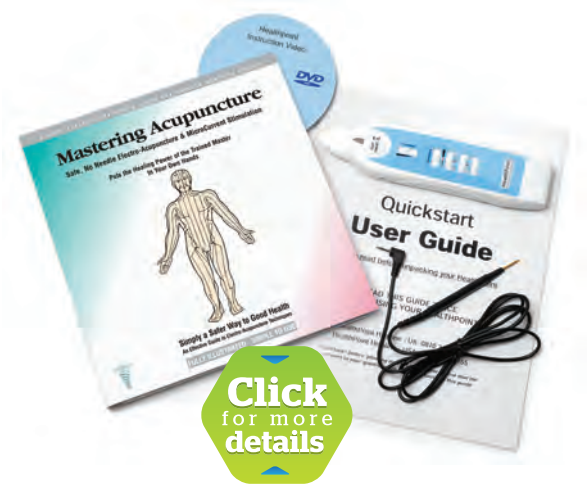
Understanding Acupressure

Stimulating an acupressure point located in the center of the chest will promote relaxation and improve breathing. (Find Cv17 on **page 34.**) 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.

As Japanese researchers discovered in a clinical trial conducted in 2012, this ancient practice of acupuncture can prove useful in modern-day medicine. In the study, the use of acupuncture helped to improve labored breathing in patients with COPD. [54] Electroacupuncture specifically, American researchers learned in 2017, releases stem cells that help to relieve pain and encourage the repair of damaged tissue in the body. Stem cell release after an electroacupuncture treatment may begin in as little as two hours. [55]

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, 25 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? [56]

1. **Cancer**
1. **Heart disease**
2. **Stroke**
3. **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 Rehabilitation Plan

OPTIONAL ITEMS

TIME	ACTION	AMOUNT
Any time in the day	CureC™	Take 6mls daily (just over one teaspoon). Mix into one ounce of juice as a palatable way to ingest.
Any time during the day	Ancient Minerals Oil Ultra	Take 20 sprays per day. Rub gently into the skin.

BREAKFAST

30 minutes before breakfast	Serranol™®	Take 2 capsules.
30 minutes before breakfast	PrescriptBiotics™	Take 1 capsule.
Just before eating	Nascent Iodine	Take 1-3 drops in 15ml (1/2 ounce) of water.
With breakfast	D.I.P. Daily Immune Protection™	Take 1 capsule.
After breakfast	Active Life™ Capsules	Take 3 capsules.

LUNCH

30 minutes before lunch	Serranol™®	Take 2 capsules.
Just before eating	Nascent Iodine	Take 1-3 drops in 15ml (1/2 ounce) of water.
With lunch	D.I.P. Daily Immune Protection™	Take 1 capsule.
Any time after evening meal	OxySorb™ drops	Take 10 drops under the tongue.

EVENING MEAL

30 minutes before evening meal	Serranol™®	Take 2 capsules.
30 minutes before evening meal	PrescriptBiotics™	Take 1 capsule.
With the evening meal	D.I.P. Daily Immune Protection™	Take 1 capsule.
Before eating	Nascent Iodine	Take 1-3 drops in 15ml (1/2 ounce) of water.
With the evening meal	Active Life™ Capsules	Take 3 capsules.
Any time after evening meal	OxySorb™ drops	Take 10 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

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"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."

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- Mrs. Hardman

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