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IMPROVING LUPUS IN 30 DAYS

*Lupus Relief within 30 Days, Recovery Plan
for Long-Term Health*

By Robert Redfern

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**Edition
2.0**

All the books in this series:

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

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

Other Books by Robert Redfern:

The 'Miracle Enzyme' is Serrapeptase

Turning A Blind Eye

Mastering Acupuncture

EquiHealth Equine Acupressure



About the Author

Robert Redfern – Your Personal Health Coach

www.MyGoodHealthClub.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 brings this work together in an easy-to-read format that everyone can follow to help resolve their chronic 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 72, and Anne have every intention of continuing to be well and looking younger, using their unique understanding of Natural Health.

ROBERT REDFERN
YOUR PERSONAL HEALTH COACH

tells you everything you
need to know about:

• Lupus:
• Using the Science of
• Immune System Rehabilitation to
• Achieve a Healthy Immune System



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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.

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YOUR ACTION PLAN TO COMMIT TO A HEALTHIER IMMUNE SYSTEM

TODAY	I DID THIS	Signed	Date
I Committed	To regaining and maintaining a healthy immune system for the rest of my life		
I Committed	To drinking 8-10 glasses of water a day		
I Committed	To getting out in the sun for 20 minutes a day (except when contraindicated)		
I Read	Robert's Lupus Recovery Book		
I Ordered	The necessary supplements to facilitate my plan and my healing		
I Planned	My Daily Menu with ReallyHealthyFoods.com		
I Started	My breathing exercises		
I Started	Massaging the acupressure points		
I Reread	Robert's Lupus Recovery Book		
I Reviewed	The necessary supplements to facilitate my plan and my healing		
I Reviewed	My water intake		
I Reviewed	My menu		
I Reviewed	My breathing exercises		
I Reviewed	My life-giving sun exposure (except when contraindicated)		
I Reviewed	Massaging the acupressure points		
I Recommited	To regaining and maintaining a healthy immune system for the rest of my life		
I Recommited	To Robert's Lupus Recovery Book		
I Recommited	To the necessary supplements to facilitate my plan and my healing		
I Recommited	To my water intake		
I Recommited	To following my menu		
I Recommited	To doing my breathing exercises		
I Recommited	To life-giving sun exposure (except when contraindicated)		
I Recommited	To massaging the acupressure points		

What Is Lupus?

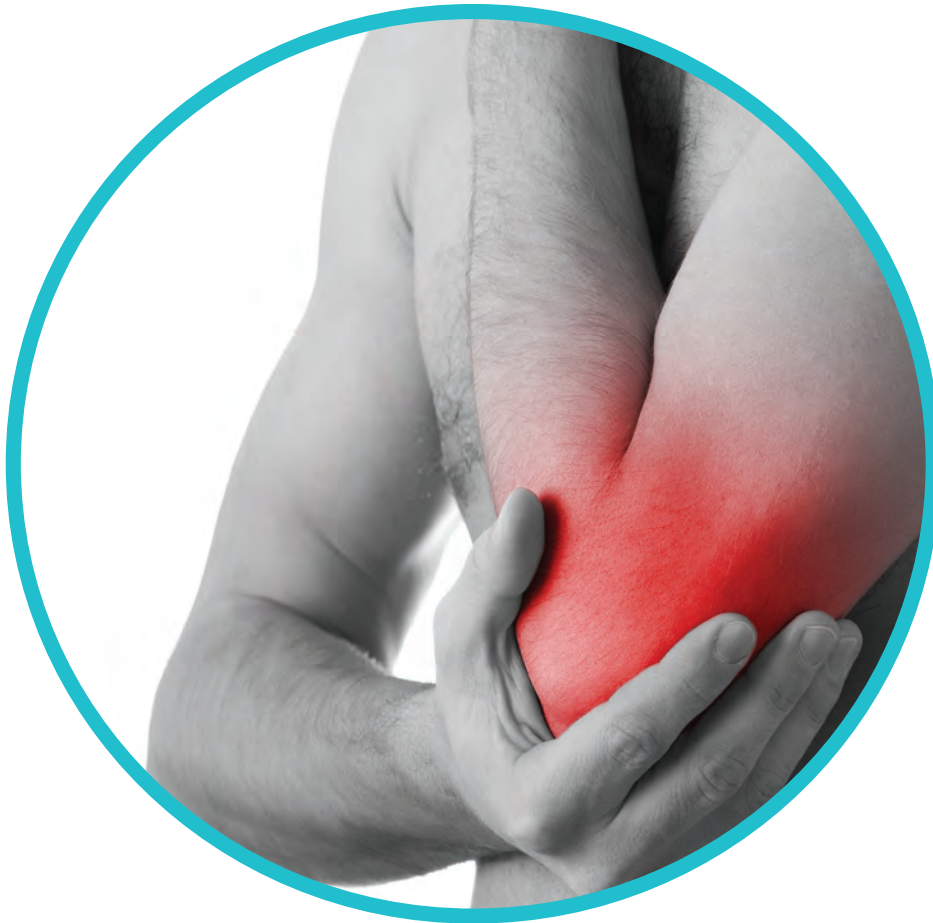
Estimated cases of lupus vary widely. The Office of Minority Health estimates over 5 million cases of lupus worldwide, with 90% of diagnoses occurring in women.

Lupus is when inflammation occurs in a variety of organ systems.

There are three types of lupus:

1. Systemic Lupus Erythematosus (SLE)
2. Discoid Lupus
3. Drug-Induced Lupus

Systemic Lupus Erythematosus is by far the most common, and we will focus on the condition in this book. SLE affects many more women than men. It's most likely to occur in individuals from ages 10-50 and of Black and Asian ancestry.



What Is the Immune System?

The immune system is an intricate system of interconnected cells, glands, and organs found throughout the entire body.

What Does the Immune System Do?

The job of the immune system is to protect the body from foreign invaders like bacteria, viruses, parasites, and fungi. The immune system also protects against external forces, including stress, environmental pollutants (smoke and chemicals), and preservatives and additives in our food.

How Does the Immune System Protect Us?

The immune system protects us by activating an immune response.

An immune response happens when the body recognizes foreign invaders and their antigens (proteins on the invader cell's surface) and attacks them. Substances that contain these antigens are destroyed. We actually have our own antigens that a healthy immune system sees as normal and therefore will usually not respond to or attack..

5 Fundamental Functions for Proper Immune Function:

1. Identify foreign invaders.
2. Arrange a stronghold.
3. Manufacture cytokines (similar to hormones) to relay messages and exchange information with other immune cells.
4. Send out immune cells to destroy foreign invaders.
5. When mission is complete, execute a stop order to immune cells.



What Is an Autoimmune Disease?

Approximately one in 12 (over 300 million) people worldwide have one or more autoimmune disease.

When one autoimmune disease is present, it is much more likely a second one will develop.

An autoimmune disease is when the body is in a never-ending battle against ongoing resident viruses or bacteria and/or a reaction to unnatural foods, such as grains and cereals. It occurs when the body's own immune cells are constantly creating inflammation to battle our enemies while damaging healthy cells in the process. This residual damage can affect almost every part of the body resulting in a multitude of symptoms, some of them life-threatening.

What Causes an Autoimmune Disease?

- **Gender:** Autoimmune diseases seem to favor women. As many as three quarters of those afflicted are women, particularly those in their reproductive years. *Gender may load the gun, but lifestyle pulls the trigger.*
- **Family History:** Those with relatives with an autoimmune disease are genetically predisposed to the condition, though not necessarily the same exact autoimmune disease. *Again, genes may load the gun, but lifestyle pulls the trigger.*
- **Environmental Triggers:** These include chemicals, certain metals, bacteria, and viruses.



Autoimmune Disease and Inflammation

Inflammation is an entirely normal process used by the body to heal itself.

Examples of when the body uses inflammation for healing include exposure to toxins and the presence of unwanted microorganisms. The inflammation process starts with increased blood flow to the affected area, calling in various members of the immune system. The inflammation process ends when the members of the immune system have done their job by removing and killing pathogens and healing any damaged tissue.

An autoimmune problem occurs when the immune system is continually attacking the enemy and damages the body's own healthy cells in the process.

Symptoms vary for each autoimmune disease; however, they all cause inflammation and put the body into an inflammatory state.

The process of an attack:

1. The body's immune cells are called upon to attack a resident infection and/or unnatural food proteins.
2. Acute inflammation is created as part of this attack.
3. This inflammation becomes chronic and does not switch off.
4. The body's immune system is then said to be attacking itself, but in reality, it is the chronic condition caused by continually being called on to defend the body that creates the damage.

Depending on how symptoms manifest, a specific autoimmune disease may be diagnosable.



What Causes Lupus?

As with any other autoimmune disease, factors like gender, family history, environmental triggers, and more are involved.

Lupus Signs and Symptoms

Lupus symptoms are many and varied. The majority of people with SLE experience swelling and joint pain.

Other symptoms include:

- Inability to take a deep breath without chest pain
- Fatigue
- Unexplained fever
- General uneasy feeling
- Alopecia
- Mouth sores
- Sensitivity to sun exposure (one out of three sufferers)
- Butterfly skin rash
- Swollen lymph nodes
- Headaches
- GI distress
- Heart arrhythmias
- Raynaud's phenomenon
- Coughing up blood



Lupus Tests

A physical and nervous system exam are recommended. Tests for lupus may include:

- Antibody tests
- Chest x-ray
- Urinalysis
- Kidney biopsy
- Complete blood count

Lupus Drugs and Side Effects

Non-steroidal anti-inflammatory drugs (NSAIDs) are usually prescribed for inflammation, along with muscle and joint pain. NSAIDs may damage the kidneys in those with lupus.

Corticosteroids (steroids) are taken to decrease inflammation and suppress the immune system.

Side effects include:

- Weight gain
- Increased blood sugar levels
- Infection
- Moon face
- Cataracts
- Acne
- High blood pressure
- Weak bones

Antimalarials are given to help the skin and joints, also resulting in GI distress, rashes, muscle weakness, and hearing and vision loss.

Immunomodulating drugs decrease inflammation and suppress the immune system, as well as cause anemia, alopecia, infection, a low white blood cell count, infertility, DNA damage, and an increased risk of cancer later in life.



Alternative Approaches to Lupus

- Chiropractic care, acupuncture, relaxation techniques, massage
- Tai Chi (controlled breathing)
- Biofeedback
- Nutritional therapy

The Western Un-Natural Food Diet

In addition to non-adherence to the specific food guidelines laid out in this book, a diet which will definitely hinder one's recovery from Lupus is the Western Un-Natural Food Diet.

Nothing affects us more than what we choose to eat at least three to four times a day, every day.

Most of us lack the essential nutrients in our diet needed for good health, triggering inflammation. This absence of nutrients combined with one or several other unhealthy lifestyle factors can perpetuate lupus.

The "Balanced Western Diet" (now better described as the Western Un-Natural Food Diet) is the number one disease-promoting and inflammation-producing diet in modern society. It is consumed more and more on a daily basis.

This highly inflammatory diet is made up of sugary foods in the form of breads, pastas, cereals, and potatoes. The Western Un-Natural Food Diet is far too high in unhealthy fats and lacks the antioxidants and phytochemicals that are crucial for eliminating free radicals. This all-too-common diet is lacking in high fiber foods and the foods that provide essential nutrients necessary to find relief from lupus.

These missing foods include:

- Vegetables
- Dark-skinned fruits*
- Nuts
- Seeds
- Beans (except when temporarily contraindicated for recovery)

** Except the nightshade family (tomatoes, peppers, etc.) for those intolerant to these.*



A Healthy Defense

Consuming a healthy diet enables the immune system to recover and do its job of finding and destroying harmful antigens, while leaving its own antigens alone.

This function can be impaired when certain foods are consumed. High-fat foods, namely vegetable oils, have been found to inhibit the immune system. While we know the immune system is overactive in an autoimmune disease, suppressing it in this way also inhibits it from doing what it's actually supposed to do: *remove foreign invaders in the form of antigens.*

Another solution? A lower-fat diet.

Studies on lower-fat diets have exhibited the ability of healthy lower-fat foods to slow down the progression of autoimmune disease. A healthier lower-fat diet is also a source of antioxidants and other health-promoting nutrients that keep all areas of the body strong and able to function at an optimal level.



Increased Intestinal Permeability or “Leaky Gut”

Increased intestinal permeability, which may sound more familiar as a leaky gut, refers to the small bowel or small intestine, not the stomach.

A leaky gut occurs when cells that make up the lining of the gut have abnormally large spaces between them.

This leaves openings and opportunities for undigested food particles, along with various other substances (like microorganisms and chemicals), to enter the blood. When the intestinal lining is damaged, its ability to protect the body from these substances is hindered. These particles can leak out of the gut (the intestine) into the bloodstream and ultimately affect other body systems, including the organs, in a negative way. *This sets the stage for an autoimmune reaction.*

The vast majority of those with an autoimmune disease have a leaky gut.

What damages the gut? A multitude of substances can damage the intestinal lining, including:

- Grains, cereals, and sugar
- Exposure to environmental toxins
- Drinking too much alcohol
- Taking NSAIDs and antibiotics
- Western Un-Natural Food Diet

The gut must be healed, or the leaky gut process will continue - exacerbating the symptoms of autoimmune disease.



Steps to heal leaky gut include:

1. **Taking probiotics.** It is difficult for those with an autoimmune disease or leaky gut to keep a healthy balance of flora in the intestines. Probiotics encourage good bacteria to grow to outnumber bad bacteria and their overgrowth.
2. **Cutting out dairy.** Studies show the removal of dairy products from the diet is beneficial for healing the gut; when reintroduced, the gut becomes leakier, and inflammation returns.
3. **Cutting out grains, cereals, and other high-sugar foods and drinks.**

The irony of taking many of the drugs prescribed for autoimmune disease is that they irritate the intestinal barrier and increase the risk for leaky gut.

5 Eating Tips for Autoimmune Disease

What you put into your body, especially when you have one or more autoimmune diseases, can dictate how you feel and impact your future health.

Following some simple eating tips can support lupus rehabilitation:

1. **Don't overeat.** Digestion requires a lot of energy the body can otherwise use for healing.
2. **Consume a high-vegetable fiber, healthy-fat diet.** Vegetable oils create an inflammatory state. Avoid trans-fats, hydrogenated oils, and fats in processed foods. Essential fatty acids, however, are crucial to a strong immune system, as well as to maintaining the integrity of the blood vessels. Consume monounsaturated fats in the form of moderate amounts of nuts (walnuts), seeds, and avocados.
3. **Simplify your diet.** Additives, hormones, and drugs run rampant in our food supply, especially in processed foods and animal products. Avoid them by eating whole foods and organic foods whenever possible.
4. **Take essential digestive enzymes.** Digestive enzymes supply enzymes for the small intestine and help with regular digestion, facilitating the breakdown of food to minimize chances of the leaky gut effect.
5. **Avoid sugar, alcohol, caffeine, and dairy.**



Can I Reverse Lupus?

I do not believe it is appropriate to use the term “cure” for lupus since most cases are brought on (or made worse) by lifestyle choices.

Cure is a medical term, and medicine does not offer any cures. However, everything has a cause. Take away the cause, apply the science of a non-inflammatory lifestyle, and your body will be able to reverse the lupus itself with a little bit of help. Support tissue regeneration with a healthy lifestyle and the proper nutrients, and in the majority of cases you can become healthy again. If you call that a cure, that's up to you. I prefer to call it living a sensible, healthy lifestyle that produces a healthy body.

Remember, these conditions are inflammatory in nature and, therefore, will benefit from an anti-inflammatory approach. By hydrating the body with pure, clean water {6-8 x 500 ml (16 oz.) glasses a day} and replenishing it with the proper nutrients and antioxidants in the form of vitamins, minerals, essential fatty acids, healthy carbohydrates (from vegetables and fruits), and amino acids, the repair and healing of the body can start to take place.

Nutritional therapy supports healing.

The initial detox can be uncomfortable but only temporarily.

Eating right can minimize the effects.

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



The Nutrients You Need

Studies show the following nutrients will help prevent or control lupus in most people:

- **Sodium Thiocyanate and Sodium Hypothiocyanite** are naturally produced in the body and help to fight unwanted bacteria, viruses, yeasts, and fungi which aren't responsive to antibiotics.
- **Serrapeptase, Curcuminx4000, Ecklonia Cava Extract, and Vitamin D3** can help to relieve the pain and inflammation associated with lupus.
- **Nascent Iodine™** can benefit all cells in the body. It supports the thyroid, immune system, energy levels, metabolism, and detoxification.
- **L-Glutamine** can provide support for the growth of beneficial, healthy gut bacteria and promote healing in the digestive tract.
- **Vitamin C, Vitamin D3, Selenium, Zinc, Epicor, Elderberry Fruit Extract, Larch, Beta Glucan 1,3** protect against infection and help to maintain a balanced immune system.
- **Multi Vitamins and Minerals** deliver a full spectrum of liquid, highly absorbable multivitamins and minerals that can benefit the health of the entire body.
- **D-Ribose and Magnesium** are essential to restore cell energy in those completely lacking in energy.
- **UB8Q10 Ubiquinol™** is designed to restore cell energy; *eight times more effective than CoQ10 at restoring energy.*
- **L-Tryptophan and L-Theanine** give powerful relaxation support and are beneficial to those suffering from anxiety and depression.



Why Doesn't My Doctor Tell Me I Can Get Better?

The Immune System Rehabilitation Program can help you get better! Your doctor is 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 organizations make profits by caring for sick people and do not have a business model that caters to 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 worse, speed up their death.

These industries are not designed to get anyone healthy, ever!

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 organizations and are responsible for making the laws that perpetuate this disease management monopoly.

When carefully followed, the Immune System Rehabilitation Program will show results within 30 days.



The Immune System Rehabilitation Plan

Your 10 Steps to a Healthy Future

The following protocol works for any lupus condition, to some extent.



1
Clearing inflammation and promoting healing.



6
Eating really healthy foods.



2
Taking nutrients missing from food in supplement form.



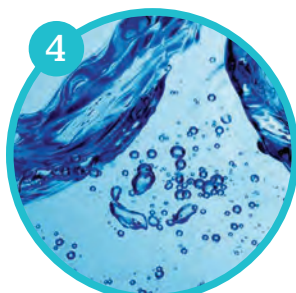
7
Walking and moving daily.



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 lupus symptoms to some extent, and in many cases completely.

For details of the following suggested formulas, turn **page 32**.

1. Clearing Inflammation and Promoting Healing

Basic Plan

- **1st Line Kit** - Always take at least 90 minutes after food and 90 minutes before food, approximately. Clears any infections that may reside in the cells. Take 1 kit daily for 3 days (total of 3). 3 kits should be taken as a minimum; in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol™** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine™ Colloidal Drops** - Helps balance hormones and metabolism as per the instructions. Take 4 x 4 drops per day in water. Build over 2 weeks up to 10 x 4 until well and then slowly reduce back to 4 x 4. Note that Iodine needs a supplement containing selenium to activate it, such as ActiveLife 90 or Daily Immune Protection.



2. Taking the Missing Nutrients

Advanced Plan

- **1st Line Kit** - Always take at least 90 minutes after food and 90 minutes before food, approximately. Clears any infections that may reside in the cells. Take 1 kit daily for 3 days (total of 3). 3 kits should be taken as a minimum; in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol™** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine™ Colloidal Drops** - Helps balance hormones and metabolism as per the instructions. Take 4 x 4 drops per day in water. Build over 2 weeks up to 10 x 4 until well and then slowly reduce back to 4 x 4. Note that Iodine needs a supplement containing selenium to activate it, such as ActiveLife 90 or Daily Immune Protection.
- **GlycoBoost™** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial, healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons daily.
- **D.I.P Daily Immune Protection™** - Protects against infection and maintains a balanced immune system. Take 2 capsules, twice daily.



3. Immune Recovery and Strengthening

Ultimate Plan

- **1st Line Kit** - Always take at least 90 minutes after food and 90 minutes before food, approximately. Clears any infections that may reside in the cells. Take 1 kit daily for 3 days (total of 3). 3 kits should be taken as a minimum; in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol™** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol), and Vitamin D3. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine™ Colloidal Drops** - Helps balance hormones and metabolism as per the instructions. Take 4 x 4 drops per day in water. Build over 2 weeks up to 10 x 4 until well and then slowly reduce back to 4 x 4. Note that Iodine needs a supplement containing selenium to activate it, such as ActiveLife 90 or Daily Immune Protection.
- **GlycoBoost™** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial, healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons daily.
- **D.I.P Daily Immune Protection™** - Protects against infection and maintains a balanced immune system. Take 2 capsules, twice daily.
- **PrescriptBiotics™** - 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** - 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 Nutrients - but Suggested for the First 1 to 2 Months At Least

- **D-Ribose Plus™** - Essential to restore energy in those completely lacking in energy. Take 5 teaspoons x 3 drops per day in water.
- **UB8Q10 Ubiquinol™** - 8x more effective than CoQ10 at restoring energy. Take 2 capsules x 3 times per day with food, for up to 1 month.
- **Relaxwell™** - Gives powerful relaxation support for those suffering from anxiety and depression. Take 1 capsule, 3 times daily.



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) for internal organ support.



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 a small amount of wild or brown rice and yams/sweet potatoes).



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-fried, 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 lupus 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 (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.

Which Vegetables to Eat

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

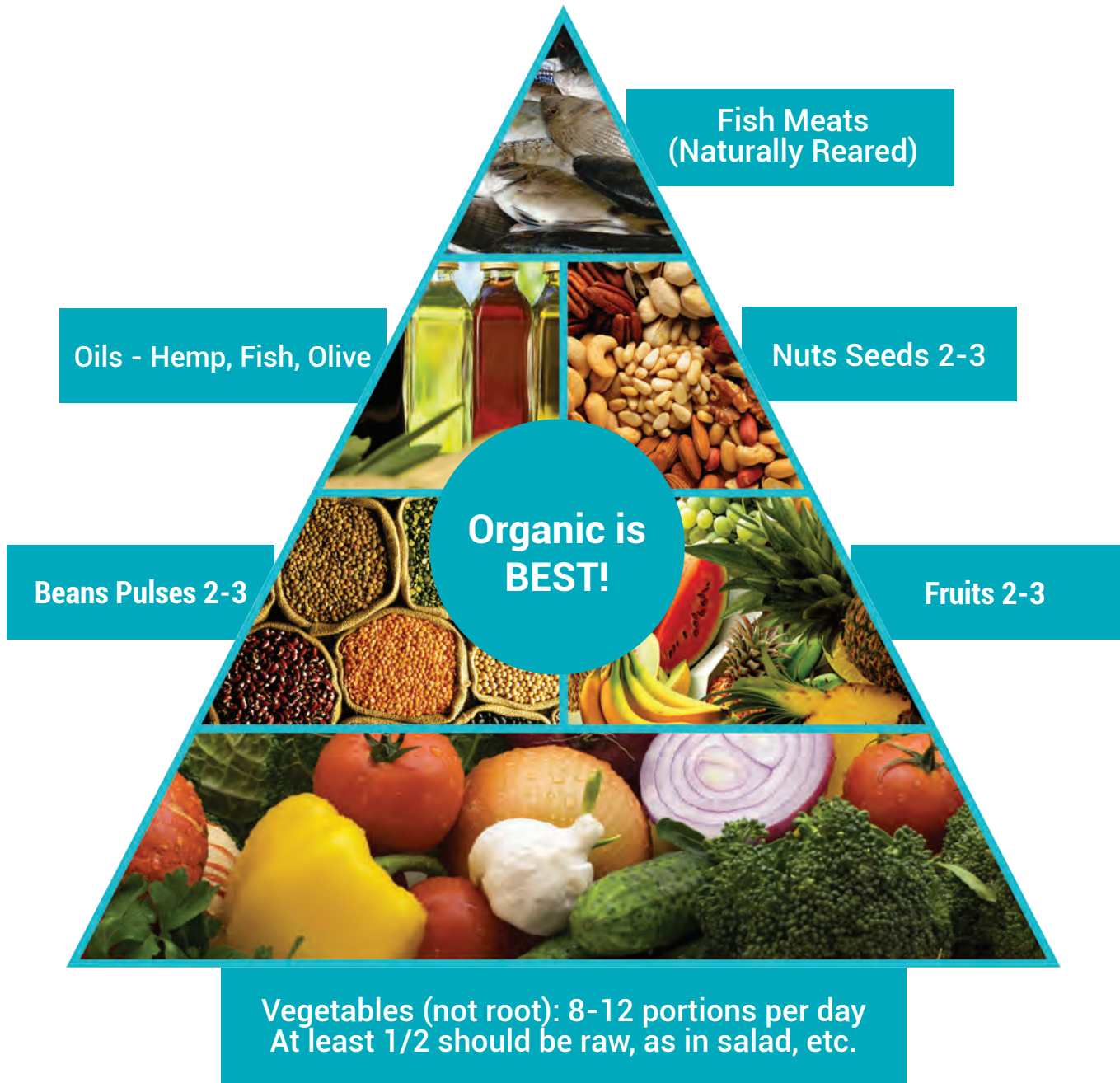
- Artichoke
- Asian Vegetables Sprouts (Wheat, Barley, Alfalfa, etc.)
- Asparagus
- Avocado
- Broad Beans
- Cabbage (various types)
- Dandelion Leaves
- Dried Peas
- Fennel
- Garden Peas
- Garlic
- Kale
- Lettuce (Kos and various types)
- Mangetout Peas
- Mushrooms
- Petit Pois Peas
- Runner Beans
- Seaweed all types (Kelp, Wakame, Noni, etc.)
- Sugar Snap Peas
- Beetroot
- Broccoli
- Brussels 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

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 body 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 muscles connected with your heart and lungs will get stronger, and health will balance perfectly.

Movement is a vital part of your recovery plan.

We all know how beneficial exercise is; however, when you are in chronic pain, exercise is probably the last thing you want to do. As inflammation subsides and the body strengthens, gentle exercise can be incorporated into the treatment plan.



8. Breathing Properly

It is critical to breathe properly for a healthy body. Oxygen is the prime source of health.

There are two ways to breathe:

1. **The first way is an anxious breath in the chest.**
2. **The second way 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 than 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 lupus.

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 hemoglobin, 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

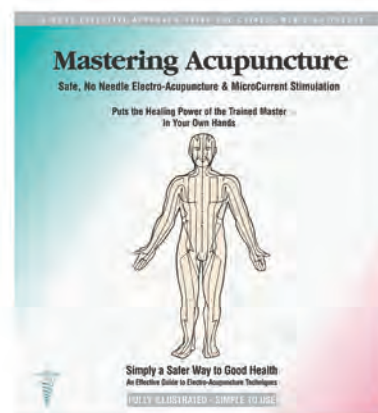
The simple way to learn is to lie on your back in a firm bed or on the floor on a blanket or mat. Put a bit of weight over your belly button, such as a heavy book. Take a breath into your nose so that the book rises as you fill your diaphragm (tummy) with air. Hold the breath in your tummy for the count 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 practice this every spare minute you have. You can access more resources on [breathing lessons here](#).



9. Stimulating the Acupressure Points

Another part of your recovery plan is to stimulate acupressure points connected to your health recovery system. There are various points that you can massage gently with your finger or stimulate with an electronic stimulator that mimics the action of acupuncture. The recommended device is **HealthPoint™**, and you can read more about this on **page 43**.



10. Getting Out into the Sun As Much As Possible

A critical vitamin for a healthy body is Vitamin D3. There is a large dose of this in the important supplement I recommend on **page 33**. but it is still essential to 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.

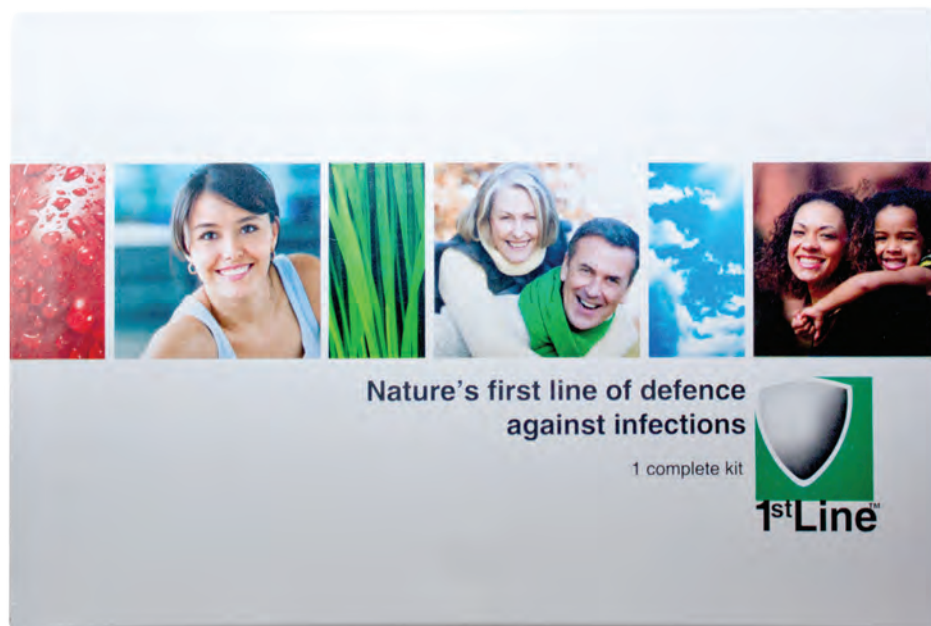
Recommendations:

- 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

1st Line (Thiocyanate) Immune System Support Kit 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 defense 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 Hypothiocyanite - 60ppm

Dosage:

Always take at least 90 minutes after food and 90 minutes before food, approximately. Take 1 kit daily for 3 days (total of 3). 3 kits should be taken as a minimum. In serious conditions, 10 kits over 10 days are better if finances allow.

Super Nutrient Serranol™ offers professional strength support for healthy joints, cells, heart, blood flow, circulation, and cholesterol with ingredients like:

- **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 wellbeing 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 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:

2 capsules x 3 times per day, 30 minutes before eating a meal with water; 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 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.

Ingredients:

Iodine (in its atomic form) - 400 µg

Dosage:

Take 4 x 4 drops per day in water. Build over 2 weeks up to 10 x 4 until well and then slowly reduce back to 4 x 4. Note that iodine needs a supplement containing selenium to activate it such as ActiveLife 90 or D.I.P. Daily Immune Protection.



More About Missing Nutrients

GlycoBoost™ Nutrient Formula

This potent and concentrated formula is brimming with a full range of polysaccharides, natural plant sugars that store energy within your cells and release it as you need it. **GlycoBoost™** is for the whole family, from children to grandparents and everybody in between. **GlycoBoost™** can even benefit your pets.

GlycoBoost™ is designed to improve:

- Joint health and mobility
- Mood
- Cognitive senses
- Sleep
- Skin
- Memory
- Digestion
- Muscle movement
- Chemotherapy side effects

Ingredients:

Proprietary Blend - 3.56g

L-Glutamine Powder

Aloe Vera Whole Leaf Powder Extract

Dosage:

Take 2 teaspoons daily.



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 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 2 capsules per day.



More About Immune Strengthening Formulations

PrescriptBiotics™

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; Prescript Probiotics' soil-based bacteria are nearly the same as the life-force bacteria naturally found in your gut.

Ingredients:

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

PURE & NATURAL:

No Dairy, No Salt, No Artificial Color, No Flavoring, No Sugar, No Preservatives and No Fillers have been added to this product.

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 Advanced Wellne: can be increased to 6 or 8 capsules a day. Simply continue to add 1 more capsule each week up to the desired amount; thereafter, reduce to 1 - 3 daily for life.



Active Life™ Capsules

Active Life™ Capsules is 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 nutrients.

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	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	800mcg
Vitamin B12 (Methylcobalamin)	100mcg
Biotin	300mcg
Vitamin B5 (from Pantothenic Acid)	20mg
Iodine (from Potassium Iodide)	150mcg
Zinc (from L-OptiZinc®)	25mg
Selenium (from Selenomethionine)	200mg
Copper (from Copper Gluconate)	2mg
Manganese (from Manganese Gluconate)	4mg
Chromium (from Chromium Polynicotinate)	120mcg
Molybdenum (from Molybdenum Citrate)	75mcg
Chloride (from Fulvic Trace Minerals)	16mcg
Potassium (from Potassium Malate)	216mg
Boron (from Boron Citrate)	1mg
Strontium (from strontium Citrate)	1mg
Aloe Vera Powder (200:1)	2mg
Bilberry Extract 5:1	300mg
Choline Bitartrate	25mg
Inositol	40mcg
Fulvic Trace Minerals	200mg
Lutein (from the Marigold flower - ZanMax®)	20mg
Zeaxanthin (from the Marigold flower)	4mg
L-Cysteine	10mg
L-Glycine	10mg
L-L-Taurine	400mg



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

More About Optional Nutrients

D-Ribose Plus™

D-Ribose Plus™ offers cellular energy that is critical for healthy recovery. D-Ribose (a 5-carbon sugar) is a critical part of ATP production; it is essential for cellular regeneration and cellular energy and can be deficient for many reasons. It has been found that when D-Ribose is combined with malic acid and magnesium, there is a synergy that results in greater noticeable energy.

Malic acid is both derived from food sources and synthesized in the body through the citric acid (Krebs) cycle. Its importance to the production of energy in the body during both aerobic and anaerobic conditions is well-established. Magnesium is a mineral that provides never-ending benefits.

Ingredients:

Magnesium (from Magnesium Malate) – 60mg
D-Ribose Powder – 5000mg
Malic Acid – 240mg

Dosage:

5 teaspoons x 3 drops per day in water.



More About Optional Nutrients

UB8Q10 - Ubiquinol

CoQ10 or coenzyme Q10 is a greatly beneficial vitamin-like enzyme that is present in almost all plant, animal, and human cells. Coenzyme Q10 is considered as your body's POWERHOUSE ENHANCER and ANTIOXIDANT. UB8Q10, also known as Ubiquinol, is a Coenzyme Q10 that is 8 times better absorbed compared to ordinary Coq10!

The highest amounts of CoQ10 are found in your heart, kidneys, liver, and pancreas. However, although Coenzyme Q10 can be made in the body, the amount may not be enough, and deficiency can occur. The body might not be able to replenish the difference needed, as many people do not get enough of the vitamins and elements required to synthesize CoQ10 for optimal health. This means that you may not be getting enough for your optimal health. And as you grow older, you are not replenishing the CoQ10 you need to carry on with your daily functions.

Ingredients:

Ubiquinol CoQH - 100mg

Dosage:

Take 2 capsules, 2 times a day
for 1 month.



Relaxwell™™

Relaxwell™™ is a special formula created from tried and true quality ingredients known to support more restful and healthy sleep patterns. It utilizes a combination of B-vitamins to act as powerful aids against high stress and unwieldy cortisol levels.

Relaxwell™™ combines L-Tryptophan, L-Theanine, Vitamin B6, and Vitamin B3 to make for a much better, rested YOU!

L-Tryptophan is an essential amino acid and the precursor to serotonin. Serotonin is a neurotransmitter responsible for transmitting nerve impulses in the brain, inducing sleep and tranquility, and stabilizing function of the central nervous system. Serotonin deficiencies, which are related to L-Tryptophan deficiencies, are well-documented in cases of depression and insomnia.

L-Theanine is a natural phytochemical found in Japanese green tea. L-Theanine is a non-essential amino acid that is present in the brain and is a close relative of Glutamate. Studies indicate that L-Theanine interacts with the neurotransmitter GABA (gamma-aminobutyrate). GABA, known for its importance in nervous system functioning, works with the mood centers of the brain.

Relaxwell™™ - Suitable for Vegetarians and Vegans

Active Ingredients:

L-TRYPTOPHAN - 500mg
 L-THEANINE - 100mg
 50% of your daily value of VITAMIN B3 - NICOTINIC ACID - 10mg
 50% of your daily value of VITAMIN B3 - NIACINAMIDE - 10mg
 500% of your daily value of VITAMIN B6 - PYRIDOXINE HCl - 10mg

Other Ingredients:

Vegetable cellulose (capsule)
 Rice bran
 Medium chain triglycerides

Dosage:

Take 1 capsule, 3 times a day.



More About Acupressure

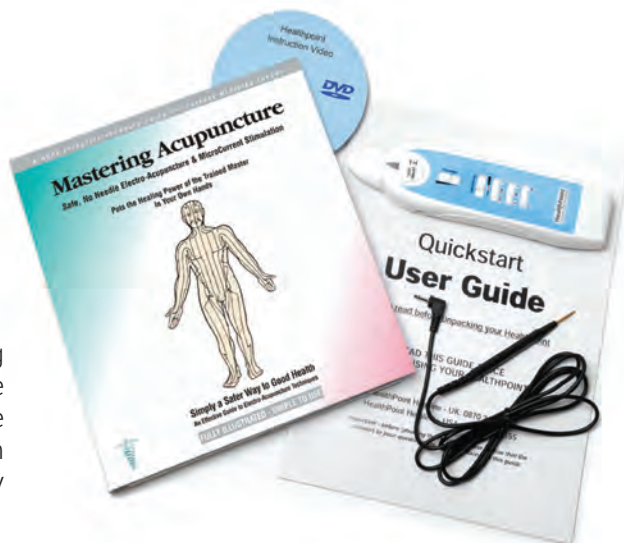
Stimulating the following points from the book **Mastering Acupuncture** will help to balance your health:

- Stimulating the Cranial Electrotherapy Stimulation (CES) ear points for anxiety shown in the ear clip instructions.
- Stimulating the General Health Points on page 0.2.
- Stimulating acu-points for each painful joint shown in "Painful Disorders" points on pages 1.1-1.28.

These points can be effectively and safely stimulated using the **HealthPoint™** electro-acupressure kit. The advantage of the kit is that 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. It 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 MD 21 years ago, and today features the latest microchip technology to quickly locate acupuncture points key to specific health conditions, such as the points for lupus.



In Conclusion:

The Immune System Rehabilitation Program is a complete program, one designed to address all aspects of what is required to prevent or control your lupus.

Lupus 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.

The pharmaceutical business would prefer you continue your present, ineffective treatment plan, only utilizing toxic pills in the form of immune-suppressing drugs and avoiding the true path to prevention and healing.

You are now learning there is a better way.

The Immune System Rehabilitation Program is structured for those patients struggling to prevent or control their lupus, even after other medical treatments have failed:

- A program that can help you learn how to love your health and improve your quality of life. The Immune System Rehabilitation Program includes treatment in the form of exercise, education, and coaching.
- A personalized program that incorporates therapy and support, assisting the person in achieving the maximum results possible.

The Immune System Rehabilitation Program is detailed within this book and, when carefully followed, will show results within weeks.

You will always end up healthier with this plan.

The worst 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.

Lupus Recovery Rehabilitation Plan

Time	Action	Amount
BREAKFAST		
90 min before breakfast and 90 min after breakfast	1st Line Kit	Take 1 kit (serving) as a drink
30 min before Breakfast	Serranol™	Take 2 capsules with water
Breakfast	Nascent Iodine™	Take 4 drops in water
Breakfast	GlycoBoost™	Take 1 teaspoon
Breakfast	D.I.P	Take 2 capsules
Breakfast	Active Life™ Capsules	Take 2 capsules
Breakfast	PrescriptBiotics™	Take 1 capsule
LUNCH		
30 min before Lunch	Serranol™	Take 2 capsules with water
Lunch	Nascent Iodine™	Take 4 drops in water
Lunch	GlycoBoost™	Take 1 teaspoon
Lunch	D.I.P	Take 2 capsules
Lunch	Active Life™ Capsules	Take 2 capsules
Lunch	D-Ribose Plus+™	Take 1 scoop (5.3g or 7.55c) in water
Lunch	UB8Q10 Ubiquinol™	Take 2 capsules
Lunch	Relaxwell™	Take 1 capsule
Lunch	PrescriptBiotics™	Take 1 capsule
BREAK		
With a Healthy Snack	Nascent Iodine™	Take 4 drops in water
With a Healthy Snack	Relaxwell™	Take 1 capsule
EVENING MEAL		
30 min before Dinner	Serranol™	Take 2 capsules with water
Dinner	Nascent Iodine™	Take 4 drops in water
Dinner	PrescriptBiotics™	Take 1 capsule
Dinner	Active Life™ Capsules	Take 2 capsules
Dinner	UB8Q10 Ubiquinol™	Take 2 capsules
Dinner	Relaxwell™	Take 1 capsule
Dinner	UB8Q10	Take 2 capsules with food for 1 month

**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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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.

ABOUT THIS BOOK

Robert Redfern – Your Personal Health Coach



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

This book combines all of Robert's work and research on lung health into a user-friendly Pulmonary Rehabilitation Plan that can be used for naturally improved health.

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

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

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

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

