

# Sarcoidosis

## What Is Sarcoidosis?

Sarcoidosis occurs when inflammatory cells overgrow throughout the body, most often in the lymph nodes, lungs, eyes, and skin.

## What Causes Sarcoidosis?

When the immune system fights off infection, it releases white blood cells to isolate and eradicate germs. This process creates inflammation, marked by redness and swelling, in surrounding tissue.

The inflammation reacts to any foreign substance in the blood and will calm down again after the infection clears. Medical professionals believe that sarcoidosis occurs when the immune system is in overdrive, causing the body to attack its own healthy tissue and organs. This results in inflammation and the development of granulomas on the organs.

## Sarcoidosis FAQ

**Q: I had Sarcoidosis for years that left scarring in my lungs, and I lost flexibility in my lower lungs. Since then, it went into remission, but they say I have asthma and COPD now, and I'm on oxygen 24/7. I need to know if Serrapeptase will help me get back to work and back to life. Thank you.**

A: Read my Sarcoidosis-Autoimmune Inflammatory Health Plan for more information about my recommendations for sarcoidosis.



**“Dear Robert, Serrapeptase truly is the ‘miracle enzyme.’ I have been taking Serrapeptase for about eight months and just recently I tried Blockbuster. It is also amazing. I have two auto-immune diseases - sarcoidosis and raynaud’s. The sarcoidosis is mainly in my lungs and sinuses. Serrapeptase has helped more than anything else with my breathing problem.”**

**- Hilda**



Follow the Health Plan as recommended for the best results:

## SARCOIDOSIS HEALTH PLAN

Find relief for sarcoidosis by following the health plan below, which includes both a supplement regime and a naturally healthy lifestyle for best results.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support a healthy immune system - in order of priority:*

- **[1st Line \(Thiocyanate\) Immune Support Kit](#)** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line 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.
- **[SerraEnzyme 250,000IU](#)** - SerraEnzyme Serrapeptase, clears any inflammation, mucus and scarring. Take 2 capsules x 4 times a day, 30 minutes before eating a meal with water and reduce to 1 x 3 after a good relief.
- **[Curcuminx4000](#)** - Take 2 capsules x 3 times per day, 30 mins before eating a meal with water and reduce to 1 x 3 after a good relief.
- **[Nascent Iodine](#)** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **[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](#)** - Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **[Prescript-Assist - 29 Super Strain Probiotic](#)** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See [www.Probiotic29.com/studies](http://www.Probiotic29.com/studies).)**
- **[Active Life Capsules](#)** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.

### **Other Recommended Products**

**Liposomal Vitamin C - Use Liposomal Vitamin C or its alternative:**

- **[Liposomal Vitamin C](#)** - For best results, Take 5 ml daily (1 teaspoon) or as directed by your healthcare professional.
- **[Altrient-C](#)** - Highly potent Vitamin C for maximum absorption, highly potent for cells. For best results, snip or tear the notched end off the packet, squeeze into one or more ounces of your favorite natural juice or water, drink on an empty stomach, and wait at least 15 minutes before eating.
- **[UB8Q10 Ubiquinol](#)** - Take 2 capsules x 3 times per day with food, for up to 1 month. This is 8x more effective than CoQ10 at restoring cell energy.
- **[Relaxwell](#)** - Take 1 capsule, 3 times daily. Gives powerful relaxation support for those suffering from anxiety and depression.