

# COPD

## What Is COPD?

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



**“Hello Robert, just wanted to tell you the Serrapeptase has been a great help for me. My breathing has improved and the tiredness is much less now. I have been so impressed with the results.”**

**- Maureen G.**



## What Causes COPD?

In many cases, COPD occurs secondary to chronic inflammation from high glycemic foods (high in sugar and starch), a nutritionally deficient diet, tobacco use, and pollution. Though cystic fibrosis results from an alpha-1 antitrypsin deficiency, some rare types of bullous lung disease and bronchiectasis may also be contributing factors.

## COPD FAQ

**Q: Hi, I was very excited to discover your website. My mum is 64 and is very poorly with COPD. She has almost every puffer and tablets in the doctor’s surgery and is getting worse. I would love a copy of your book—could you email it or post it? I’m not very good with computers so not quite sure how the eBooks work. I will try anything to get my mum better; she deserves so much more than she has now. I would like to buy some of the Serrapeptase and am trying to work out how to do this on the computer. Thank you for your advice and information.**

A: Follow the COPD Health Plan, as well as the eBook. Email everyday if needed.

Follow the Health Plan as recommended for the best results:



## COPD HEALTH PLAN

The plan to help your COPD includes: Resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

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

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. 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.
- **Ancient Minerals Magnesium Oil Ultra** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as the chest, arms and leg muscles to cover a wide area for absorption.
- **D.I.P. Daily Immune Protection** - Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.
- **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**

- **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.
- **Essential Digestive Plus** - For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.
- **Naturally Better Vitamin E** - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **The Krill Miracle** - Krill oil replaces missing essential nutrients. Take 1 capsule per day, 2 times per day with food.

### **As A Vegetarian Alternative To Krill Oil...**

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.