

# Cystic Fibrosis (CF)

## What Is Cystic Fibrosis (CF)?

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. 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:

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

## 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.

## Cystic Fibrosis FAQ

### Q: How is Cystic Fibrosis treated, and how can Serrapeptase help?

A: Since CF is a genetic disease, it cannot be cured at present. A careful nutrition plan is essential. The current nutrition treatment for CF depends on the stage of the disease. Optimal nutrition management, however, is essential to optimize growth, quality of life, and survival

Serrapeptase is the most effective enzyme for clearing inflammation and mucus. By keeping mucus down in the intestines and lungs, bacteria cannot multiply so easily, keeping infections down (the cause of the damage).

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**“My daughter Holly is now 13 and was diagnosed at birth with cystic fibrosis. She has been on Serrapeptase for over a year now (Blockbuster All Clear and SerraPlus+ with trace minerals 4x per day), and I would continue this as I do believe that it contributes to her wellbeing and quality of life.**

**Three years ago, she was very poorly with pneumonia, and the subsequent annual x-rays revealed a damaged area on her top right lung that was unlikely to ever fully recover. Last July, her latest x-ray revealed that the area had cleared up completely. Also, her weight and height levels for her age are higher, and people have remarked how well she looks since being on the Serrapeptase. Family members have also stated that her skin colour is now a much healthier pink colour. She is often mistaken for a 15-year-old.**

**Holly has physiotherapy treatment every day to help clear mucus from her airways. This is very important as the mucus is a target breeding area for bacteria to grow. Serrapeptase reduces inflammation that can cause further mucus production, especially in the lungs. Although Holly still produces a small amount of mucus from physiotherapy, it is not every day, and most importantly, she has been well since taking Serrapeptase which has kept her lungs clear.”**

**- James T.**

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Follow the Health Plan as recommended for the best results:



## CYSTIC FIBROSIS HEALTH PLAN

The plan to help your cystic fibrosis 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 range of 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 nutrient 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, 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.