

Emphysema

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
- Dairy foods
- Weak immune system
- Air pollution
- Smoking

A diet that is deficient in vegetables and enzymes will also contribute to emphysema and increase the likelihood of infection. Remember, the first sign of emphysema is shortness of breath in physical activity.

Emphysema FAQ

Q: Hi Robert, I recently read your book, The Miracle Enzyme, and have since bought Serrapeptase 80,000iu for my illness emphysema. I have been taking MSM and seemed to be getting on okay. Is it ok to take both?

A: Yes, take both together by all means. I have a new action plan to clear Emphysema below.

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“In January, I lost my oldest brother to cancer. My other brother was upset that he couldn't help him, so this became my mission. For several years, I have had asthma and emphysema, along with chronic fatigue and fibromyalgia, as well as nerve damage in the top part of my right leg for 27 years. My brother sent me the book about the SerraEnzyme plus 4 bottles. I started taking 4 capsules, three times a day.

My first experience: Two weeks later, I was out with my husband when all of a sudden I started holding onto my husband. It was like huge electrodes going off in my leg; I was holding on to him because the pain was so intense, and I was scared. My husband wanted to call the emergency crew. The pain lasted for 10 minutes or so, and then it was gone. I put my hand on the 'dead' portion of my leg, and I could feel my leg. It hurt to touch, but I didn't care. I just started tapping my fingers on my leg. That was an awesome experience. I can now go for walks without limping, but I do get a bit tired sometimes.

My second experience: One and a half months later, at 3am, I woke up in bed, and I realized I could actually breathe. I was taking deep breaths, so I woke my husband up and asked him if he wanted to hear me breathe. He patted my head. At 5am, I woke him up again and asked him if he wanted to hear me breathe through my nose. Again, he patted my head, but I was so excited. I have now put my nebulizer in the closet and have since only used each of my inhalers once.”

- Lore L.

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Follow the Health Plan as recommended for the best results:



EMPHYSEMA HEALTH PLAN

The Emphysema plan intends to help your lungs in 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. Spray liberally onto skin such as 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. Provides greater oxygen absorption and supports the entire respiratory system. Take around 20 drops in the mouth 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 x 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.