

Fibrosis

What Is Pulmonary Fibrosis?

Fibrosis, including IPF, is the result of thickened or scarred lung tissue. Pulmonary fibrosis, Wegener’s Granulomatosis, and Sarcoidosis all include fibrosis.

What Causes Pulmonary Fibrosis?

Pulmonary fibrosis may be the result of a number of factors, like:

- Mineral deficiency, especially Selenium and Iodine
- Infections
- Chronic inflammation
- Environmental agents, like silica, asbestos, or certain gas exposure
- Ionizing radiation exposure, including radiation therapy to treat chest tumors
- Chronic health conditions, i.e. rheumatoid arthritis and lupus
- Some medications

A condition called hypersensitivity pneumonitis causes lung fibrosis to develop after a heightened immune response when organic dust or occupational chemicals are inhaled. This condition most often occurs when contaminated dust containing fungi, bacteria, or animal products is inhaled.

Sometimes, fibrosis and chronic pulmonary inflammation can develop without any known cause. Many of these patients are diagnosed with idiopathic pulmonary fibrosis (IPF) that will not respond to medical treatment; other types of fibrosis, like non-specific interstitial pneumonitis (NSIP), may respond better to immunosuppressive therapy or immune balancing nutrients.

In either of these cases, it’s important to use the Pulmonary Rehabilitation Plan to clear up the condition completely or to manage the health issue without the use of medication.

Pulmonary Fibrosis FAQ

Q: I was diagnosed with pulmonary fibrosis 3 years ago and took steroids for 2½ years. I was weaned off them altogether at the end of June this year. Please could you tell me what dose of Serrapeptase I should take and how long before I notice any improvement?

A: To recover PF takes more than Serrapeptase on its own. The plan is found below.

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“Dear Robert Redfern, I received your miracle enzyme book from Amazon.com. What a super book! It is so informative. I have pulmonary fibrosis and on 3 Serrapeptase80,000iu 3x daily for the last month. My coughing, phlegm, mucus, and tightness in chest have decreased by 75%. I feel much better... Thank you so much for your book. It has saved my life. May God bless you now and forever.”

- Robert J., United States

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“Hi Robert, I never really got round to thanking you. In November 2010, I was diagnosed with lung fibrosis, I sent for your SerraPlus +, and I did the whole course, along with the other things. I had an x-ray in April 2012, and much to my surprise, my lung x-ray was clear. Now I am feeling fine, so once again, thank you so much for this product.”

- D. Dunning

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“Robert, I was diagnosed with pulmonary fibrosis, and from walking long distances for pleasure, I deteriorated until I could not even walk to town. I live on the second floor and had to stop for a rest half way up. The doctors wanted to put me on steroids but did not expect much improvement. I spoke to David, and he recommended Serranol, Oxysorb, and Hydrosol Silver. I have found it absolutely amazing. I can now walk to town and back (about three miles), carry some shopping, and climb all the way up the stairs without stopping. I will continue and hope before long to resume my long walks.”

- R. Turner

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Follow the Health Plan as recommended for the best results:



PULMONARY FIBROSIS HEALTH PLAN

The plan to help your pulmonary 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. 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.)**
- **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.