

Anti-Aging

What Is Aging?

Aging is a normal function of the body as we advance in years, but premature aging is not. Our view of aging is different than what could be our reality if we were to apply a naturally healthy lifestyle.

What Causes Aging?

To prevent early aging and illnesses associated with aging, we need to prevent fibrous tissue buildup, thickening of the blood, chronic inflammation, and weakening of the immune system.

These problems can be prevented with a daily dose of the enzyme Serrapeptase, which attacks dead and damaged tissue throughout the body. A poor diet that lacks the needed enzymes and nutrients, coupled with the body's weakened digestive system, will eventually lead to a weakened immune system and decreased function. Adding Serrapeptase to your daily regiment will boost your immune system and fight the damage of inflammation, therefore making it a great anti-aging remedy.

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“Dear Robert, thank you for your Serrapeptase. It got me through the New York Marathon in 4hrs 40mins (I’m 60 with painful hips).”

- Dianne

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“I have been following your plan for overall good health and taking the Serranol daily as suggested. It is making a big difference to my general wellbeing, and I know that what I feel on the inside will soon reflect on the outside... so thank you.”

- Jane, Birmingham

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“Hello Robert, I am hoping to reduce the Methotrexate by another 2.5 mg this month. I continue to feel so much better and have energy and more strength to cope with what little pain that I still have. (I have minimal swelling of my joints now... everyone comments on this with surprise.) I have been on this dose since December.”

- Clare

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Follow the Health Plan as recommended for the best results:

ANTI-AGING HEALTH PLAN

The following plan is designed to provide relief for aging, especially when followed with a naturally healthy lifestyle for long-term results.

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

- [Serranol](#) - Take 2 x 3 times per day, 30mins before eating a meal, with water and reduce to 1 x 3 after 2 weeks. Use until clear.
- [Curcuminx4000](#) - Relieves pain and inflammation. Take 2 capsules, 2 times daily.
- [Essential Digestive Plus](#) - Supports healthy digestion. Take 1 capsule before cooked meals.
- [MaxiFocus™ 24 Nutrient Sublingual Spray](#) - Contains 24 supernutrients and antioxidants. Take 12 sprays under the tongue daily.
- [Prescript-Assist - 29 Super Strain Probiotic](#) - This is the next-generation, clinically-proven vegan probiotic supplement. Prevents fungus and parasites, maintaining a healthy digestive tract. Take 1 capsule, twice daily. **(See www.Probiotic29.com/studies)**
- [Organic Colloidal Minerals](#) - Over 70 trace minerals for health. Take 1-3 caps (1-3 fl oz) per day. Just before breakfast and/or your evening meal.
- [Olive Leaf Extract](#) - Provides support against bacteria, viruses and fungal infections. Take 1 capsule, 3 times daily.
- [Healthy Flow Powder](#) - Provides support for healthy blood flow and a cardio system. Take 1 teaspoon mixed in water daily.