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The 'Miracle' Enzyme[®] Is Serrapeptase

The 2nd Gift from Silkworms

*Giving the answer to Pain, Chronic
Inflammation, and Clogged Arteries*

The amazing story of an enzyme that is set to become the most widely used health solution because of its ability to replace the majority of anti-inflammatory drugs and bypass operations.

By Robert Redfern

With studies and literature extracts
for health professionals.

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Foreword

My book is about enzymes, one of the prime ingredients for the basic biology of life and therefore health.

I am Robert Redfern, a Nutrition Researcher, and I have written this book to publicise a substance that may help you to recover from serious diseases and restore your good health. The stars of this book are called *enzymes*, also known as active proteins. The Super Star Enzyme, which is discussed in detail later, is called **Serrapeptase**.

Enzymes are proteins that are the catalyst for life. Without them life (and therefore health) would not exist as we know it. Even Oxygen needs enzymes to be released into the atmosphere. Their importance to health cannot be overestimated and you are going to learn that they are the prime tools in regaining health from the majority of health problems. Without proper and appropriate enzyme activity, there can be no return to health. This is recognised by every medical doctor and is well known to those that use them as the front line in health care.



Enzymes are used in every facet of industry: making beer, cheese, leather, sauerkraut, fermented soy products like miso and tempeh, food processing, and in many chemical processes. Even in the medical business, enzymes and enzyme activity are used in the analysis and manufacturing process.

- **Fact: Only enzymes, nutrition, and lifestyle provide Health Care.**
- **Fact: Drugs only ever provide Disease Management.**

The problem comes when enzymes are put forward for therapy and to replace patented drugs. Enzymes as a primary treatment are only ignored because they negate the need for the majority of expensive patented drugs and this is against the interests of the medical/pharmaceutical business (more about this later). The medical/pharmaceutical business controls what treatments doctors are allowed to prescribe, using powerful marketing and, sometimes, downright intimidation. This is not a book to 'knock doctors'; they are caught between the devil and the deep blue sea. I personally know of many doctors who prescribe enzymes and nutrients for health recovery, but they only do it quietly to avoid trouble from the medical/pharmaceutical business. The rest may succumb to the expensive marketing and also pressure from patients who are impressed by the press release promising the next 'Wonder Drug'.

In this book, we are going to look at a range of plant-derived enzymes (although animal-derived enzymes may have some lesser benefit). Plant-derived enzymes are the type that work best in humans, according to the last 100 years of studies. There are a number of enzymes found in living plants and three basic types are:

- **Protease (Proteolytic) - will digest differing types of proteins.**
- **Amylase (Amilolytic) - will digest starches.**
- **Lipase (Lipolytic) - will digest fats.**

About the Author



Robert Redfern (born January 1946) has helped hundreds of thousands of people in over 24 countries through online health support websites, books, radio/TV interviews, and his nutritional discoveries. His new series of books brings this work together in an easy-to-read format that everyone can follow to help resolve their chronic health problem - once and for all.

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health - in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne researched the benefits of acupuncture and together developed the HealthPoint™, the world's foremost electronic acupressure device. This was based upon the electronic waveform research of Dr. Julian Kenyon MD. This has become the Gold Standard Electro-Acupressure device and is now successfully used by tens of thousands of users throughout the world and in many UK hospitals by Physiotherapists.

Robert and Anne looked at the whole field of health, available treatments and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of **HealthPoint™** acupressure, the improvement to their health was remarkable.

As well as good health, they feel and look younger and more energetic than all those years ago - before they started their plan. At the time of printing, Robert, aged 68, and Anne have every intention of continuing to be well and looking younger, using their unique understanding of Natural Health.

Enzymes have been a major part of their life for nearly ten years after reading a book by Dr. Edward Howell, *Enzyme Nutrition, The Food Enzyme Concept*. This filled in some of the gaps as to why just taking nutrition did not give the full benefit for everyone.

Over the past 20 years, tens of thousands of people have followed the plans and the majority that stayed with the program have reaped tremendous benefit.

This book shows you how to resolve most of the common diseases using enzymes and other lifestyle changes. To the extent that you follow them, you will be amazed how healthy you can become.

Take good care of yourselves.

Robert Redfern

- **Nature's Miracle Herb - Curcumin**
- **Focus On Saving Eyesight**
- **Healthier Lungs in 30 Days**
- **Solving Diabetes Type 2 in 30 Days**
- **Improving Heart Disease in 30 Days**
- **Improving High Blood Pressure in 30 Days**
- **Improving Arthritis in 30 Days**
- **Alzheimer's Disease Rehabilitation in 30 Days**

And more!

Serrapeptase

The New Wonder Enzyme?

This 'rising star' enzyme is relatively new on the scene (only forty years of studies and use by doctors in Europe and Asia), but Serrapeptase is set to become the biggest star of all time, as you will soon find out.

Serrapeptase - a Protease Type Enzyme that stops inflammation and dissolves non-vital tissue.

As an anti-inflammatory, nothing surpasses the ability of Serrapeptase to safely stop inappropriate inflammation in its tracks. No matter the cause or the location (it even crosses the blood-brain barrier), Serrapeptase gets to work stopping the inflammation. If that is not enough, it has the ability to dissolve any dead or non-living tissue that may be gumming up the works, particularly mucus and inflammation associated with pain.

Over the past forty years, studies and practitioners' observations have shown benefits in a huge range of conditions, including: Arthritis; Inflammatory Migraines/Headaches; Chest Problems such as Bronchitis, Asthma, and Bronchiectasis; Blocked Arteries; Fibrocystic Breast Disease; Breast Engorgement, and Cancers. New studies show even Alzheimer's may be helped.



The book is in two sections:

1. The first part of this guide explains how enzymes, and particularly **Serrapeptase enzymes**, work and gives you the information you need to understand why it will work for your condition.
2. The second part shows you a clear action plan to purge disease from your body, prevent its return, and maintain **Health & Fitness For Life.**



Enzymes are the workers in your body - they carry out every chemical reaction. To have a healthy body, you need both workers (enzymes) and building materials. The building materials are proteins (amino acids), minerals, and vitamins. All of these are necessary to build a healthy body. Trying to function without all the necessary enzymes is the reason for most body malfunctions.

There are seven categories of food enzymes:

1. **Lipase to break down fat.**
2. **Protease to break down protein.**
3. **Cellulase to break down fibres.**
4. **Amylase to break down starch.**
5. **Lactase to break down dairy foods.**
6. **Sucrase to break down sugars.**
7. **Maltase to break down grains.**

There are two ways to preserve and replenish our enzyme levels:

1. **Eating living foods and food supplements.**
2. **Taking enzyme supplements.**

c. Where do they come from?

On a daily basis, they are ingested in unprocessed, raw or lightly cooked food (called Exogenous or Food Enzymes); they are also produced or converted by other enzymes inside the body (endogenous, meaning inside-created). Some have a long life (weeks), and some have a short life (minutes). This explains the obvious need for a daily intake of enzymes that are alive (meaning, not microwaved, cooked, or processed until enzyme death, as in pasteurised milk) and foods such as vegetables, fruits, raw or lightly cooked fish, meats, and sprouted seeds and beans. **Studies show that a 70-year-old has only 20% of the enzymes found in the body of a 20-year-old.** This is a major part of the cause of age-related diseases and is easy to correct with better food and supplementation.

d. Have they any scientific studies?

Enzymes have been studied probably more than any other facet of life and health over the past 100 years. In 1930, only 80 enzymes were known. By 2000, 3,000 enzymes had been researched and discovered. There are literally thousands of studies on enzymes' contribution to life and health. Rheumatoid Arthritis, Cancer, and Lung diseases all have studies showing enzyme therapy to be the most successful prime treatment. See the appendix for lists of studies.

e. Are they safe?

In studies equivalent to a human taking thousands of tablets, no side effects were shown. Only Haemophilia patients would need to take enzymes under supervision.

f. Why do doctors not prescribe them?

Many do. There are many doctors who have changed completely and now practise health care (Lifestyle and Nutrition) as opposed to disease management (drugs and surgery). They are unfortunately a tiny minority; the majority of doctors will only practise 'health care' when the system is taken out from the control of the medical/pharmaceutical business that only can see profit in disease management.



2. Serrapeptase - A Powerful Proteolytic Enzyme

a. Overview

“Serrapeptase may become the most widely used nutritional supplement of all time because of its effectiveness with such a wide range of conditions.”

- Robert Redfern

The 2nd Gift from Silkworms – Serrapeptase.

Serrapeptase has had wide clinical use, spanning over forty years throughout Europe and Asia, as a viable alternative to aspirin (salicylates), Ibuprofen, and the more potent NSAIDs. Unlike these drugs, Serrapeptase is a naturally occurring protease enzyme agent with no inhibitory effects on prostaglandins and is devoid of gastrointestinal side effects.

What type of enzyme is it?

Serrapeptase is a natural, anti-inflammatory enzyme that is produced commercially by growing the microorganism *Serriata E15* on plant material. This enzyme is special because it has widespread clinical use, spanning more than 25 years throughout Europe and Asia. Many reputable physicians consider Serrapeptase to be a viable alternative to harsher salicylates, ibuprofen, and NSAIDs.

This enzyme is produced commercially today through fermentation but was originally found in the silkworm intestine. The Silkworm uses it for instantly dissolving the hard cocoon to allow the moth to escape and fly away. It also uses it to help digest the tough mulberry leaves that it feeds on. This truly is the second gift from the Silkworm.

b. The Uses

Serrapeptase dissolves non-living tissue, blood clots, cysts, arterial plaque, and inflammation as part of a lifestyle plan. The uses are wide-ranging and cover just about every condition that is affected by inflammation and or non-living tissue. Every few months or so, another story is related by a doctor/practitioner/user of another condition it has helped.

c. The Science and the Studies

This can be quite tedious for the average reader, who just really wants to know what it can do for their health problem. We have relegated this section to the appendix on **page 356**.

d. The Reports from Users and Practitioners

Dennis Gore, Pharmacist and Broadcaster.

Dennis is a regular broadcaster on BBC GMR, Radio Merseyside, and Radio Lancashire. He has a very busy pharmacy practice in Prestwich and is in great demand throughout the UK and Ireland as a speaker on health issues.

When did you first come across Serrapeptase?

“I basically met Serrapeptase in about March 2002 as a result of the publicity surrounding the good results people were getting and the fact that it was available on prescription from Doctors in Germany and other European countries.

I researched it and found out that it was an enzyme made by a bacterium and was originally found in the Silkworm.

The Silkworm uses the enzymes to help digest the tough Mulberry leaves it lives on, and spectacularly, it uses it to instantly dissolve a large hole in the super hard wall of the cocoon it lives in. The silkworm moth then emerges quickly and escapes before predators can devour it. I found out that scientists in about 1970 started to culture this enzyme in the laboratory by feeding it a protein. The results were a dry white, tasteless powder that contains the Serrapeptase Enzymes. They then did some exploration research by giving it to animals and eventually humans. They found it was perfectly safe, with no side effects and so they set up properly conducted double blind studies. These showed that as well as getting rid of chronic inflammation, they would also dissolve non-vital protein material. I read about Dr. Hans Napier's results with cleared blocked arteries and preventing the need for by-pass operations. I read studies from around the world where mucus and catarrh could be cleared very easily, swelling and trauma recovery and even non-cancerous breast cysts. In fact, after mentioning this on my radio program, a lady telephoned me from Southport and reported that after using this for breast cysts, her doctors had given her the all clear.”



“The first dramatic effect that I experienced was with a man in his 60’s who had been a heavy smoker for many years. His wife wheeled him from a special van and into my pharmacy. He was very breathless in his voice and was difficult to understand because he has emphysema and chronic obstructive pulmonary disease (COPD).

These are considered to be irreversible damage to the linings of the lungs usually caused by smoking or toxic environments. Whereas, asthma may be considered reversible, COPD is an irreversible disease. Normally with this, the only thing we can do is to relieve or help, with say an oxygen tank or sprays to open the airways, or steroid sprays that help to stop inflammation. This man said he had heard me on the BBC Radio Program talking about the studies, saying that it had helped to maintain the airways of people with breathing problems by helping to break down the damaged tissue that had built up over their lifetime, whether due to smoking or things like working with chemicals. He told me he was on sprays, on oxygen, and on antibiotics every two weeks as he was always getting bad infections; breathlessly, he told me he wanted to try Serrapeptase. To begin with, he took two tablets on an empty stomach, four times per day. Later, he reduced to four capsules per day, and finally, as maintenance, he reduced to a couple per day.

“He started to feel so much better and he was no longer on antibiotics, no longer on oxygen cylinders and he was no longer using his spray.”

- Dennis Gore

Three weeks later the door opened, and this man, who I had only met once sitting in a wheelchair (just one of the daily faces in my practice), walked in and said in a completely clear voice, with no breathlessness, “Do you remember me? I was in three weeks ago with my wife.” I had to apologise that I see so many people and could he remind me. He then reminded me that he was the person with emphysema, and this six foot tall person who had been in a wheelchair previously, had marched out of his van, no wife with him, no wheelchair with him, and spoke to me in a clear voice. He told me that in the early days so much rubbish was coming up that he thought his lungs might be disintegrating, but he soon realised that it was a big clearout underway. He started to feel so much better, and he was no longer on antibiotics, no longer on oxygen cylinders, and he was no longer using his sprays. He was still smoking, and he had booked a holiday to go to Benidorm, in Spain in March 2002. He is still a regular visitor to the shop to get supplies; he brings other people along, he buttonholes other people in the

shop and praises Serrapeptase if he hears them ask about it. He is still so thrilled after two years of feeling good.

This story related on the radio has given many people encouragement, who have gone onto the programme themselves and been given a much better quality of life than they thought possible. Many of these who are smokers, and at that point have only a chesty cough, do not realise how it can easily develop into COPD and by taking the Serrapeptase are keeping it at bay. There are many chemicals and toxins in the smoke. Their quality of life, and possibly their life, is in the balance (40% of all deaths are from lung diseases). Support from your pharmacist with nicotine patches and Serrapeptase may change those outcomes.

I mentioned before the world famous heart surgeon, Dr. Hans Napier from Germany who died in 1998. He presented to a press conference in Germany the results of his work treating people who had blocked arteries using the enzyme Serrapeptase. He reported that he was able to cancel the operations for double, triple, and even quadruple bypasses. He presented two former gymnasts who in their 70s were scheduled for bypass operations, suffering from cardiovascular disease, as they could ‘hardly walk across the room’.

He reported that he was able to cancel, because their arteries were now clear. To make the point, the gymnasts proceeded to do cartwheels across the floor in front of the journalist.

I have no doubt this was a success because of combining Serrapeptase with lifestyle changes.”



Adhesions

The saying 'physician heal thyself' couldn't be truer in Dr. Norton's case. He has used the enzyme for himself and members of his family with excellent results. "My son had to undergo major surgery for leg lengthening that resulted in painful adhesions. I used chiropractic techniques to work on his legs for eight years, but the condition remained. Then we tried Serrapeptase. I was amazed when, after a few months, these adhesions vanished."

"It has greatly improved the quality of many of my patients' lives. I've prescribed Serrapeptase for those with varicose veins on their legs which looked like a bunch of grapes. After a few months, they've returned with scarcely any sign of disfigurement."

- Dr. Simon Norton

Tennis Elbow

Chiropractics is a physically demanding profession; practitioners often develop 'tennis elbow'. It is a very painful condition, as Dr. Norton knows, but, again, Serrapeptase came to the rescue. Rheumatoid arthritis also responds to this therapy, keeping pain under control. Dr. Norton is also surprised by the speed with which the enzyme appears to work. "Chelation therapy time has been reduced from three years to one, and I've had patients who were huffing and puffing, playing bowls in a remarkably short time." The clinic's approach is a holistic one. It aims to encourage people to build their health by making life style changes and using appropriate supplements. The silkworm's secret has yielded a very useful one.

"I used it for 20 days, and I have no back pain left from arthritis and am very impressed."

- Christine, 2009

Nurse Tranter Practice

Since Nurse Linda Tranter opened her own Natural Health Practice in Gateshead, she has never looked back. Helping people back to health is what she always felt was her calling. At a recent conference, a colleague recommended an enzyme that has been getting much publicity recently, called Serrapeptase.

This enzyme was found being used by the Silkworm to dissolve its way out of the rock hard cocoon in seconds. Scientists took this enzyme, and after growing it in vegetable matter, have found it to be the perfect anti-inflammatory and to get rid of dead tissue in the body. The colleague who recommended it had great success and, although Linda was initially sceptical, she has now tried it both on herself and on a great number of patients. She and they find the results are quite astounding.

"It is so good. Everyone should be taking Serrapeptase," says Linda. "I prescribe it for a number of health problems, and the results I see speak for themselves. One woman had suffered all her life from lumpy breasts. After taking Serrapeptase for three months, her latest mammogram revealed the cystic lumps had reduced from nine to one."

Linda, a qualified hospital nurse, wishes consultants would be less non-committal. "Its not all in the mind," agreed a young woman solicitor who stopped practising because of chronic fatigue syndrome.

"I feel a different woman," she told Linda, after 10 weeks on the enzyme. "I'm taking it on honeymoon with me," another client who suffered from candida announced. "I can't live without it now."

"After taking Serrapeptase for three months, her latest mammogram revealed the cystic lumps had reduced from nine to one."

- Nurse Linda Tranter

An advocate of a clean, healthy colon, Linda believes many of our ills are due to clogging our systems with sticky carbohydrates. Serrapeptase acts as a detoxing agent and reduces pain. "Clients with IBS suddenly realize they haven't grumbled for weeks," Linda confirms. "It's uphill work convincing people," says the bubbly therapist. She regrets clients are developing health problems at a younger age, often due to diet. "People find talk about enzymes difficult to accept. They're used to the instant fix of antibiotics. I tell them they'll need two tubs of Serrapeptase before they see results." And Linda has great news for men who are concerned with developing prostate trouble. "I had one client who was distressed because it took him ages to pass the smallest amount of urine," she said. "I suggested he took Serrapeptase, and he agreed to give the enzyme a try. He called me recently, delighted with the results. 'I've only taken two tubs and... well.... its working!'"

“I put her onto Serrapeptase and other anti coagulants. Her GP is happy for us to be doing this as there is no other drug he can use.”

- Janet Spence, Naturopath

Ms. Spence is enthusiastic about the role of Serrapeptase in treating venous conditions. The problem of blood clots after air travel has been in the news over past months. “I’m prescribing Serrapeptase to patients who are planning a long haul flight. They take it two months before departure and another two months on their return. Some of my elderly patients like to stay on a low dose all the time, rather like those who take a continual low aspirin dose.

“The anti coagulant drug Warfarin is not well supported by some people. That presents a dilemma, as they may be suffering from high blood pressure and run the risk of thrombosis.” Ms. Spence is pleased with the progress of one such patient. “Warfarin was killing her when she came to consult me. I put her onto Serrapeptase and other anti coagulants. Her GP is happy for us to be doing this, as there is no other drug he can use. I find this very encouraging and am now monitoring its use in the treatment of varicose veins. “

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“I took two courses of Serrapeptase two years ago. Recently, I visited the heart specialist for my three-yearly (cycle machine) test.

He was astounded at the improvement. My heart pressure was 111/68 (down from over 130). I am 30% fitter than three years ago and 20% fitter than men of my age (70 years).”

- John M., 2007

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Anthony Edwards, Doctor of Acupuncture and Chelation/Ozone Specialist, Newport Clinic of Alternative Medicine, Shropshire

“I have been getting good overall results with Serrapeptase on my patients and even myself, but one patient has exceeded expectations. He had suffered severe agonising gout for the past nine years and just about tried everything. Within three weeks of taking Serrapeptase, it has completely gone and created a very happy patient.”

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“I ordered Serrapeptase after it was recommended by a relative; my husband has suffered with extreme pain for 18 months with gallstones and severe pain after eating.

It was recommended that he have his gallbladder removed, but we were so reluctant to go down this route. I browsed the Internet for alternative remedies and decided to search natural remedies; well, when my relative suggested Serrapeptase, I decided to research this product. I was so impressed with the testimonials, I decided to order some and give it a go as we were really desperate, and my husband was in so much pain.

Although it is early days, only three days taking the Serrapeptase, he has had two completely pain-free days and is feeling so much better - and no longer scared to eat. We are excited and hopeful.”

- Lynette, 2012

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“I have just received my order of serrapeptase, thank you. It has come so quickly I would like to tell you of my experience. Having been diagnosed with angina, I decided to take Serrapeptase, which I discovered by looking on line for alternative treatment and found it worked very well for me from being breathless and suffering pain when doing the smallest thing.

I now hardly notice my problem. I am 75 years old and still ride my bike, go swimming, and exercise in the gym. Recently, due to finance and probably not considering myself because my husband has been ill with cancer, I stopped taking the serrapeptase for about 9 months. I have gradually noticed a return of symptoms, so I was very relieved to see my package arrive this morning and am looking forward to a return to my good health.”

- Hilda P., UK, 2011

SERRAPEPTASE USERS' CASE STUDIES

The following users of Serrapeptase are very happy to share their success with others.

Interviewed by Jenny Pulling.

MS Multiple Sclerosis - Maureen Rooney

Not so long ago, Mrs. Maureen Rooney threaded a needle and sewed on a button. "So what?" I hear you say. In fact, this was a huge achievement in her 16-year battle against MS. It has involved years of dedication to a health regime. Every week, Mrs. Rooney undergoes hyperbaric oxygen treatment; she uses a Chi machine daily. But it was her discovery of Serrapeptase that has made a dramatic difference to her life.

"I now feel brilliant. Everything has improved. Since last June, I have had no relapses. The tightness in my spine that indicates the presence of MS has gone, as have the constant pins and needles in my fingers. My balance has improved and, what is perhaps best of all, the old confident pre-MS me has returned."

- Maureen Rooney

Says Mrs. Rooney: "My MS follows a pattern of relapses and remissions. During the relapses, I suffered double vision, stiffness, numbness, loss of balance, loss of bladder control, impaired use of my arms and legs, fatigue, poor concentration, loss of memory, and depression. During one of the relapses, in June 2003, I started to take Serrapeptase.

At that time, I was concerned about one of my little fingers. It had turned white and was curling backward. I was terrified believing it was on its way out. When you have a terrible disease like this, you will try anything. I started taking Serrapeptase, nine tablets a day. It has been a Godsend. Within five days, my finger was back to normal.

I now feel brilliant. Everything has improved. Since last June, I have had no relapses; the tightness in my spine that indicates

the presence of MS has gone, as have the constant pins and needles in my fingers. My balance has improved, and what is perhaps best of all, the old confident pre-MS me has returned. Of course, I get tired, but this is because I stretch myself, relying on my newfound energy. I know I am not cured, but the condition is hardly noticeable, so much so that I consider I have not got MS at present. I no longer need the hyperbaric treatments and have given up my slot in favour of someone who needs it. Recently, I went out for a social evening, and where normally I would have to leave within 30-60 minutes, this time my son had to drag me away hours later as I was enjoying myself so much.

My faith is the backbone of my recovery, and I thank God for the little silkworm."

"I have to say thanks for giving me some advice with the Serrapeptase [for multiple sclerosis]. I do want to say love the changes we have been noticing since we have been taking it. Anyhow, thank you again."

- Raechel, 2012

Arthritis and Cholesterol - Mrs. Eileen Malon

Walking was agony for Mrs. Malone. The arthritis in her knee was so severe, and none of the many prescribed medicines she tried had any lasting benefit. By chance, she tuned into Dennis the Chemist on her local radio station and heard the name Serrapeptase for the first time. "Worth a try," she told herself.

"I'm so glad I heard that programme. I bought myself a tub, and after two weeks, the pain lessened. Then I ran out of it, and the pain returned. I've been on it ever since. I take two in the morning and two in the evening, and it has definitely helped me.

Recently, I went for blood tests because I am anaemic, and it appears that both my blood count and cholesterol levels have improved, so maybe Serrapeptase has given me other benefits. I tell everyone about it, and I just know I'll go on taking it forever."

"I'm so glad I heard that programme. I bought myself a tub, and after two weeks the pain lessened."

- Eileen Malone



"I have been using Serrapeptase for about 1 month with excellent results. I have purchased it for my adult children, 3, all with arthritic pain."

- Linda P., 2010

Cysts and Cardiovascular Disease - Mr. and Mrs. Jones, North Wales

The couple are spiritual healers and have helped many people with health problems in the course of their work. One of their clients is over 80 years old, who suffered a stroke some time ago. The Joneses suggested she try Serrapeptase as an aid to clearing the arteries, and sure enough, her walking ability improved.

Mrs. Jones adds: "We were amazed by its power in dispersing two cysts, one on her back and one on her breast After only three bottles of Serrapeptase, the one on her back has completely disappeared, while the one on her breast is shrinking. She says she feels wonderful!"

The Joneses have had their own positive experience with the silkworm's secret. About three years ago, Mr. Jones had a bad fall. Conscious of his recent hip replacement, he took the full impact on his left shoulder, which left him in terrible pain.

Mrs. Jones takes up the story: "We were going on a coach holiday to Slovenia when this pain really flared up. The doctor prescribed an anti inflammatory, but the side effects were disastrous and my husband stopped taking them."

Returning to another doctor for a cortisone injection, Mr. Jones was told that the problem was not in his shoulder but his arm. At that point, the couple read about Serrapeptase.

"We were amazed by its power in dispersing two cysts, one on her back and one on her breast."

- Mr. and Mrs. Jones

"I said to my husband, I'm going to send off for those; I'd rather have £60 less holiday money if you can be pain free. He started taking them 3 weeks before our holiday, and the happy ending is that the pain went away and never came back. Now he can swing his arms above his head!"

Having proved for themselves the efficacy of Serrapeptase, Mr. and Mrs. Jones often suggest it to their clients. And Mrs. Jones is an advocate of the low carbohydrate diet prescribed by Robert Redfern. "It's brought my diabetic sugar levels back to normal," she smiles. "It's amazing!"

"I have been successfully using Serrapeptase since my heart bypass operation in 2005. Regularly, I undergo check ups, and so far, my arteries are perfectly clean to such a point that the Cardiologist has reduced my medication! THANK YOU so much!"

- Antonio D., 2011

Chronic Cough - S.T., Doncaster

Mrs. T's persistent cough and colds made her life a misery. She just couldn't shake them off. Preferring 'natural' medicines wherever possible, she favours homeopathy and bio salts.

"It also helped another friend with severe cystitis. It is amazing that such a simple remedy should be so effective."

- S. T.

"Orthodox drugs often have unwanted side effects," she says. "That's why I was interested when someone told me about Serrapeptase. To be honest, I am delighted with it. If I have a cold or a chesty cough, I find it's completely gone in a couple of days."

"I was interested to learn about its action in dissolving scar tissue and recommended it to a friend who had been suffering with the dreadful pain of sciatica for a long time. It also helped another friend with severe cystitis. It is amazing that such a simple remedy should be so effective."

"I am a previous smoker and also diabetic. Serrapeptase is wonderful stuff! My chest no longer feels tight, and my lungs feel better."

- Mr. Turnbull, 2009



Asthma Breathing - Mrs. Donnelly

When I called, Mr. Donnelly answered the telephone and told me he would have to fetch his wife from the garden where she was watering her plants. I was surprised, as I'd been told that she suffers badly from shortness of breath and asthma.

“Serrapeptase has made me feel 200% better... My husband and I love dancing, and now I can enjoy it again.”

- Mrs. Donnelly

“Serrapeptase has made me feel 200% better,” she declares. “My local health shop told me about them. They didn’t make big claims - just said they might be helpful. And they are. I started taking them straightaway, and everybody saw the difference in me. It is amazing. My husband and I love dancing, and now I can enjoy it again. You should see me on the dance floor doing ballroom and modern. I recommend Serrapeptase to lots of people, these days.”

“Since the realization that my Asthma and Allergies were directly tied to the lack of an all important enzyme, namely Serrapeptase, I have been Asthma and Allergy free ever since. It has been several months now on the Serrapeptase, and I have noticed a huge difference in my health. By the way, I am also a Habitual Smoker and Drinker. Take it from me, Serrapeptase works like magic.”

- Jeremy, 2009

Back and Knee Pain - Ralph Owen

Severe pain in his back and knees was affecting Mr. Owen’s life badly. He walked sideways ‘like a crab,’ as he puts it. That was until he heard about Serrapeptase on the Dennis the Chemist Radio programme.

“I made up my mind I’d give it a try,” he says. “I’d just like to say that it has worked wonders for both my back and knees. I have very little pain these days. I also recommended it to one of my sisters, and it has cleared up her chest problems.”



“Having had back problems since I was about 17 (I am now 49), I had reached a point of being in continuous low grade pain with frequent acute attacks of pain. I was unable to sleep for more than 3 to 4 hours per night, then tossing and turning until it was time to (literally) crawl out of bed.

I started taking Serrapeptase at the end of June 2009, and by the end of August, I was sleeping all night, every night. I have also noticed a huge improvement in my asthma. I now take a maintenance dose of 2 caplets per day and have recommended it to so many people. THANK YOU.”

- Kelly P., 2010



“Robert, This is a story about Serrapeptase and Oscar, my 14-year-old Bichon Frise dog. Since he was a pup, Oscar has had a skin allergy; and now that he is a bit long in the tooth, the condition seems to have worsened. We sent Oscar to a groomer the other day for a bath and groom, and I suspect the groomer used the wrong type of shampoo and/or allowed the hot clipper to irritate his skin.

The following day, he showed signs of a strong allergic reaction: irritated bright pink skin and itching all over. Oscar was obviously in misery, trying to stop the itch by rubbing himself on the carpet and furniture; he was in a state of complete discomfort. And this was the worst attack of this nature that he has ever experienced.

In past occurrences, we would take him to a vet to get an injection of antihistamine, and the problem would be solved. But, being late Saturday afternoon, no local vet was available. Then Ngareta came up with the idea to try Serrapeptase on him since it works so well for us. Knowing that we would have a struggle on our hands trying to send a tablet down his throat, we cut an 80,000 IU Serrapeptase in half and mixed the contents with some food. Almost immediately, he calmed down and the itching had obviously stopped. His skin was still pink, so we knew that he wasn’t completely cured.

Several hours later, the itch returned - but not as violently as before. We gave him the remaining half of the tablet, and there is definite, but not yet permanent, improvement. But we’re confident that the Serrapeptase was the perfect solution to Oscar’s misery. He slept very soundly that night. We will immediately order some SerraPet.”

- Ngareta and Joe Ring





This poetic description of Mike Tawse's regained sight marked a significant chapter and perhaps the most astonishing in his Serrapeptase Adventure. He describes a visit to the Lake District as a day 'full of visual surprises.'

"The idea of texture being visible, as well as tactile, has never made much sense to me before. Not only was I seeing the beauty of England, but everyday objects, which I used to know only by touch, in completely new ways. It was the first time I have been able to use my fresh new eyesight for pure pleasure."

Mike's Serrapeptase Adventure has now entered its eighth year, relating his incredible journey, one that has taken him from a purgatory of illness to the joy of health. "I feel like two different people," he says. "I can now talk about that person who was ill from the point of view of the person who is positively not ill."

This is an inspiring story of one man's determination to beat the odds and of those who helped him achieve what once seemed impossible goals. Mike Tawse's victory over his life-limiting health condition even persuaded Robert Redfern to rename his book *The 'Miracle' Enzyme is Serrapeptase*.

Robert at Naturally Healthy Publications is responsible for the Serrapeptase formulations marketed by Good Health Naturally. In the 2006 summer edition of Serrapeptase News, he wrote:

"I have renamed my book *The 'Miracle' Enzyme is Serrapeptase*. I did not do this lightly, as I think the word 'miracle' is generally misused and too easily thrown around, especially in the nutritional field. If you have read my book and followed my newsletters, you may realise why I am so enthusiastic about this enzyme. I was finally convinced not only to change the name of the book, but also to create the website www.themiracleenzyme.info to go with it, when the story of the then 36-year-old Mike Tawse first surfaced.

Mike, a cerebral palsy sufferer since birth, revealed that life was so bad at the end of 2005 he felt he could not endure another year on a multitude of prescription drugs that hardly made a difference. I thought I had heard it all, but his story impressed me so much I knew that Serrapeptase was deserving of the name, The 'Miracle' Enzyme."

Mike's adventure story begins in December 2005. The scene is a small ground floor flat near Manchester University. The 36-year-old sits in his wheelchair - as he has for the previous ten years - and wonders if he will have (or wants) another year of life. He has had several transient ischaemic attacks (mini strokes), asthma, sinus tachycardia, and various digestive problems so severe that surgery had even been considered, despite the potential risks.

He is now hardly able to speak, the fluid from his lungs nearly choking him, his heart and lungs failing. His concerned friends are so anxious they have discussed what arrangements he wants for his funeral.

"Friends used to shout at me because I wouldn't make a will. Did I know something they didn't? I'm not sure. Perhaps I was just bloody-minded or scared."

- Mike Tawse

Even at this low peak, Mike refuses to go along with this. He is not one to settle for bad news. "Friends used to shout at me because I wouldn't make a will? Did I know something they didn't? I'm not sure. Perhaps I was just bloody minded or scared."

Mike was born with Cerebral Palsy (CP) and although he had battled to live a normal life, went to school, and went to college, the problems that accompany this condition had overtaken his will. The medical professionals had gradually increased his medication in a last-ditch attempt to keep him alive, and all were failing. It appeared that he would have only a few years before his body gave way under the strain.

The turning point came on January 3, 2006, when Mike was persuaded by one of his friends to start taking two Serrapeptase tablets twice a day. This friend met a local pharmacist, Dennis Gore ('Dennis the Chemist'), who described the dramatic results his clients were getting with an amazing product called Serrapeptase from Good Health Naturally (GHN). He told how an enzyme called Serrapeptase was achieving a reputation for its power as an anti-inflammatory, pain reliever, and for clearing inflamed tissue in the body. What really impressed Mike's friend was the passionate way 'Dennis the Chemist' spoke of Serrapeptase, pointing out there were no side effects.

Moved by the pain Mike was suffering, his friend suggested he give it a try. They had no proof, but after much research decided there was nothing to lose. What happened next shook Mike. In just a few days, the pain diminished, his breathing became easier, and his lung capacity measurably improved by 300%.

He started a blog, which was to become an ongoing message of inspiration. As he says: "The reason for putting my story out there was not so much for myself, but it was worth it if just one person read it and was persuaded to try this route."

Feb. 24, 2006, Mike wrote:

"For the last seven days, my lung function has been great. It has been no lower than 500 litres per minute, and usually around 530 litres. It seems to me that it may well be settling. My heart rate remains normal, and even the condition of my skin seems improved.

I have now completely stopped all my prescription medication and continue to feel stronger, eating and sleeping better."



pressure and lung function, which have ALL been confirmed as NORMAL, it has been agreed that I am very unlikely to need them ever again and even less to want them. Finally, it seems, the medics have accepted that, at best, my health may continue to improve and, at worst, it can be expected to remain stable.

The significance of this is hard to overestimate. Although the content has changed many times, I have had some form of repeat prescription for as long as I can remember. Although I have been enjoying the benefits of Serrapeptase since January, I still continue to be amazed by the speed and stability of my progress.”

“Although I have been enjoying the benefits of Serrapeptase, since January, I still continue to be amazed by the speed and stability of my progress.”

- Mike Tawse

Thursday, July 13, 2006. Mike received a phone call confirming he would start a formal program of physiotherapy at the beginning of August:

“It will involve both supervised and independent exercise, aimed first at general fitness, then specifically at ‘functional walking’. Although this is a somewhat unusual phrase, I was thrilled to hear it. This is the first time I have been thought well enough for functional walking for many years! It is true that I have had physiotherapy more recently than 1987, but on these previous occasions, the treatment was intended to be short term and to assist with recovery from specific medical incidents.

At these times, the aim was not to improve my general level of mobility. In fact, the last time I received physiotherapy, in 2002, the treatment was stopped almost as soon as I tried to walk, because my heart could not cope with the effort needed.

I am confident that now my heart and lungs are stable, without medication, I will have much more success and that any improvements will be much better maintained than they were the last time I tried physiotherapy.”

Many people would have been bitter that life had handed them such a difficult condition to bear. In Mike’s case, he is disarmingly modest in his expectations. “When I first began to be well my attitude was, ‘If this fixes my lungs and gets me off my nebulizer, I’ll be happy.’”

He might be constricted in comparison with many people, but he is full of appreciation and gratitude and goes to great lengths to give hope to others facing health challenges. Reading Robert’s article, he was ‘amazed to receive such an incredible complement.’

July 23, 2006:

“I have known for some time about the new website www.themiracleenzyme.info known as The Serrapeptase Forum, but I had no idea that I had played such a significant role in inspiring Robert to set it up or to make changes to his book.”

Writes Robert: “Mike is not quite up to doing cartwheels, but this IS a WONDERFUL metaphor for the giant strides he has made and, no matter how much he tries to give the credit to others, there is no doubt the main credit belongs to him with his quiet determination and readiness to try.”

That same evening, Mike records how he was able to go out for a meal with one of his friends who, a year earlier, had wondered if he would actually survive until then.

“It was hard for me to tell which one of us was more excited.”

“My local pharmacy finally collected all my old, unused medication. So now I suppose it is official. It is a small step, but a great psychological boost.”

- Mike Tawse

Monday, July 24, the following day:

“My local pharmacy finally collected all my old, unused medication. So now I suppose it is official: a small step, but a great psychological boost.”

In October 2006, Robert and David visited Mike and recommended MaxiFocus™ for his failing eyesight, Curcumin98™ (now CurcuminX4000™) for his whole system, D-Ribose™, and a new nutrient, Glyco8+™, to help regenerate his body. They spent most of the time talking about the amazing impact that Serrapeptase continued to have on Mike.

Wednesday, November 1, 2006:

“Although the changes in my health are less dramatic now, the improvement continues to build steadily. My muscles are stronger and more reliable, so I can get from sitting to standing without using my hands; this is something, which I have not been able to do since I was a young child, but I DO still have to hold on once standing. The thing to remember is that this has all happened without physiotherapy, which I am still waiting for.

My lung capacity is still good and my heart rate is stable. I was even able to visit one of my friends a couple of weeks ago, which meant having to handle a flight of stairs, on my hands and knees. Of course, this raised my heart and breathing rate, but they recovered in minutes with no adverse effect. In the



This was quite a momentous day for Mike because he also discovered he could harness the power of HealthPoint™, alone. "I am able to do this by means of the ear clips, which come with the machine, allowing me to overcome the limitations of normal dexterity, which are signatures of cerebral palsy."

Mike notes the 'amazing level of relaxation' comparable with that experienced earlier in the expert hands of the Good Health Naturally team. "If it continues to work as well, despite my lack of expertise, then I will be thrilled."

On March 5th, Mike is musing on what has led to the remarkable improvement in his eyesight, developed since November 2006. "I will be fascinated if a definitive medical opinion ever emerges. I believe that the improvements in my eyesight and visual perception are perhaps among the most remarkable elements of My Serrapeptase Adventure."

Mike did a photo shoot in April, something which can present difficulties for many people with spastic forms of cerebral palsy, he tells us. Because of sufferers' tendency to flinch and blink in response to the camera flash, it is hard to obtain good quality photographs. Mike thanks his photographer, Matt, for his persistence and ingenuity. The results speak for themselves.

"I would like to thank Robert Redfern for his inspiring work with Serrapeptase, and I am sure that he will continue to bring hope to people around the world!"

- Mike Tawse

It was 'Keep Fit' time in June 2008 when Mike renewed his gym membership. A month later, there is a happy blog when, on 24 July, he is allowed to use the abdominal toning machine without supervision. This proves his core muscle strength had improved immensely.

In August 2008, when the Great Britain Olympic team emerged with flying colours, Mike blogged of his own triumph. As he watches the BBC's coverage of the sporting events, he notices something very exciting. For the first time, he can recognise individual athletes and follow them as they move. Mike had been commenting on his improved eyesight since November 2006, noting how it had moved to 'within normal range' since 2007. But even he was surprised by this alteration. As he says: "It is a real pleasure to be able to understand what everyone around me is talking about when they try to convince me how exciting their chosen sport can be."

In late autumn, Mike was looking forward to the exciting challenges he felt certain 2009 would hold. Then in November, Joyce Riley of the Power Hour recorded her personal view of his Serrapeptase Adventure, spanning the early days to the present

day. As Mike writes: "It reminded me of how My Serrapeptase Adventure started. It was Joyce's interview with Robert Redfern that gave me the information I needed and the confidence to try Serrapeptase for the first time. This was long before my eyesight became good enough to read the information for myself."

They say life begins at forty. However, when you have been born with a condition that has involved a multitude of drugs in an attempt to treat its symptoms, attaining that age seems tenuous. When Mike woke up to his birthday in 2009, he realised he had made it. He was reminded once again that the truest measure of good and improving health is not expressed in moments of personal drama. Perhaps it is the ability to enjoy those pleasures of life, which many people take for granted.

This is the beginning of another bright new decade in his life and marks yet another milestone in his inspiring journey. The next stage is when he 'takes wing' and flies back to his country of birth, the USA, and to Canada where he was lovingly fostered. It is a trip he never thought would be possible in the poorly condition he suffered until 2006.

Mike concludes, "I would like to thank Robert Redfern for his inspiring work with Serrapeptase, and I am sure that he will continue to bring hope to people around the world!"

Interview by Jenny Pulling





Serrapeptase News



2015: You Will Not Hear This In The News!

In The News!

The media is full of bad news about the epidemic of Alzheimer's and other forms of dementia. Unlike their flu scare stories and bird flu horror stories, this time it is very relevant and very true. The number of people who will succumb to dementia in the next 10 years is horrendous: for those people, for their family and society as a whole.

What you are hearing in the news about Alzheimer's is Pharma companies who are asking governments and charities to dig deep and give them billions so they can find a drug that you will need to take for the rest of your life, that will make the Pharma cabal even more wealthy than they already are now. You have read my newsletters' claims that they have never researched a cure for major disease. They would be out of business.

Not In The News!

Serrapeptase and Nattokinase intervention for relieving Alzheimer's disease

What you will not hear in the news is a new study published last year that showed that serrapeptase and Nattokinase administered daily for 45 days resulted in a significant decrease in the chemical activity in the brain that causes Alzheimer's. Treatment with these enzymes also produced a significant increase in the chemical activity in the brain that helps to protect against Alzheimer's.



You will never hear about this in the media because it threatens the billions Pharma make from drugs that never cure anything in a meaningful way. This study now adds to the list of studies I used when I made my Alzheimer's recovery plan.

Regards, good health...

Robert Redfern
Nutritionalist, Author & Broadcaster

New SUPER STRENGTH Serrapeptase

Previously, I told you about an Australian customer who under the supervision of his naturopath and a really healthy Vitamin K2 diet, took 21 x 80,000iu serrapeptase tablets a day, to try and clear his blocked arteries.

And they cleared up in around three weeks.

Do you remember this story? At the time I received hundreds of questions asking how this was possible.

The main point I made was that, in this example, the Vitamin K2 diet was as critical as the serrapeptase. Why? K2 also helps to clear the calcium content of the blockages. (I have since formulated the Vitamin D3/ K2 Spray).

Back to the story...

Another question that came up was, 'Is it possible to put more in a capsule so that less capsules need to be consumed?' (This is a common point, as most people do not like taking lots of capsules, certainly not x 21 a day!).

At the time the answer was no!

However, this got me thinking and I have now

developed a 250,000iu capsule, which is 3x stronger than the 80,000iu capsules. The reason? In some situations it appears that the more serrapeptase taken, the bigger the results (the Australian testimonial wasn't the only time there had been success with a higher dose).

I had never suggested for the Australian customer to take x21 tablets, he had decided to, after the consultation with his naturopath. He just told me the story afterwards.

Note - how serious a condition is normally determines how much serrapeptase I recommend. Serrapeptase is 100% safe and can be taken in higher dosages when required, hence why I have developed the new 'super strength' capsule.

Sometimes a condition will not be getting enough serrapeptase to help clear it, that is when more would be needed. The worst case scenario is that the condition didn't need as much serrapeptase as was taken, but it will still have been cleared!

What do I say? Better for the serrapeptase to do its job than not! The worst case scenario is actually pretty good because you could then drop down a dose to a maintenance level (once the inflammation has been cleared).



As with my other serrapeptase formulations, SerraEnzyme 250,000iu is manufactured under GMP strict guidelines (set by the U.S. Food & Drug Administration's 'Good Manufacturing Practices') and is in a delayed release capsule. This means that the serrapeptase is protected from stomach acid so it can go on to do its work. The capsules allow for optimum

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performance, are phthalate free (another question I sometimes get) and are suitable for vegetarians.

It is now possible to get 2.25 million iu of serrapeptase from just taking 9 capsules a day (eg. X 3 on waking and 2 x 3 over the rest of the day)! And because of this I am expecting some even better results.

It is a lot of serrapeptase and a lot of inflammation relief!

When and why would you do this?

Only in very rare cases when it is critical to achieve a goal in a short time, such as clearing an arterial blockage, chronic inflammation problems (such as Rheumatoid Arthritis) or any of the other immune diseases such as Lupus, MS, etc.

Basically any problem which is still existing or troubling you.

What if I wanted to take it for a long time?

At this point I don't recommend taking serrapeptase 250,000iu at high doses for more than 3 - 6 weeks. In fact I suggest you start to taper down. Start reducing at around week 3 to 1 capsule x 3 times per day. You can then review your progress with me. One month of serrapeptase at a max strength dosage should clear most chronic inflammation problems (certainly if you follow other advice on diet, etc).

So those of you who take 3 x 80,000iu a day at the moment would only need to take x 1 of these (and so on).

So, what does serrapeptase do?

Serrapeptase has two main actions: (1) it helps to regulate inflammation and (2) it dissolves any dead proteins.

Serrapeptase CLEARS Inflammation:

Remember, inflammation comes in two forms.

Firstly, normal, acute inflammation - this supports the immune system to clear damaged tissue and remove infected cells, as this is part of the daily maintenance system. Once its 'job' is complete, it reduces, whilst waiting for its 'next job'. To have none of this inflammation would be a health problem in itself. An example of this is if you get a knock, or hit your thumb with a hammer.

Serrapeptase does not heavily impact upon this process (unlike drugs) and the inflammation will reduce over time. The serrapeptase may help the level of inflammation but will not stop it. Therefore it can be safely used in these situations.

Secondly, the other type of inflammation is abnormal chronic inflammation. This never goes away and continually causes damage around the body, wherever it is at its highest level. The cause of this is of constant discussion, but scientific opinion is coming around to it being an infection (virus, bacteria, fungus, etc), being continually fed by a sugar diet (starchy carbs and other high sugar foods, drinks and fruits).

This can start a chain of health problems that may exist throughout the whole body - head, heart, lungs, colon, digestive system, veins, arteries, pain in general and so on.

Serrapeptase helps to clear this type of inflammation.

As you will have read in some of my books, once the inflammation is cleared, it is really important to try and work out what caused it (and then to stop it from happening again). But let's take it one step at a time!

You could make a start by consuming only raw vegetable smoothies, if you are extra keen - for a couple of months though, not just a couple of days!

Quite often when this inflammation is reduced there are noticeable benefits and health improvements. Sometimes this can happen quickly and sometimes it will take longer. See some of the testimonials I get on my Facebook page or at www.Serrapeptase.Info.

The Other Great Thing about Serrapeptase:

The really great thing about serrapeptase is its ability to digest 'dead proteins'. These include: cysts, fibrosis, scars (both internal and external), lesions, and some clots.

One of the more famous 'dead proteins' that can be cleared is found in blocked arteries. The results on this can vary, as there can be a large component of calcium, which will need a diet change and is also the reason for the Vitamin D3-K2 recommendation above. Hence why it was so important for the Australian customer.

I am really excited about SerraEnzyme 250,000iu and hope that you share my enthusiasm!

Take good care of yourselves and your family,

Robert Redfern
Nutritionalist, Author & Broadcaster

They are all a pain

Headaches and Migraines are a real pain for sufferers. For those of us who are free of them, the only way we know how bad others are suffering is when we see how debilitating it is for them and how they sometimes simply cannot function.

Even though I do not suffer from them (particularly since I changed my diet), I feel I can claim to have become an expert at least in preventing and clearing them with 23 years of doing just this.

What are headaches/migraines?

There are nearly as many types of headaches/migraines as there are opinions!

Here are a few:

Toxin or weekend headaches/migraines come about through a high level of stress that constricts the blood capillaries in those who feel stressed about their daily jobs. Somehow they manage to hold it in all week, then along comes Friday evening/Saturday morning and as soon as they relax, toxins in the capillaries that would normally detox every day suddenly rush into the system and bring about pain. The bad news is that it can last a few hours, or in the worst cases, 2 days and then clear just before going back to their jobs on Monday morning. This may be a factor in other types as well of course.

Tension headaches/migraines include:

Frontal Headaches/Migraines

- These occur over the frontal region of the head (forehead). Migraine is a particular type of headache, often lasting many hours and accompanied by sensations of flashing lights, nausea and vomiting.

Occipital (Neck) Headaches/Migraine

- This is a headache occurring over the back of the head. Many of those with occipital headaches suffer accompanying neck problems and both need to be addressed.

Temporal Headaches/Migraines

- This is a headache/migraine occurring on the side of the head.

Vertex Headaches/Migraines

- This is a headache/migraine occurring on the top of the head.

Cluster Headaches/Migraines

- These are repeated very painful temporal headaches/migraines.

Sinusitis Headaches/Migraines

- Frontal headaches/migraines caused by inflamed sinuses usually caused by infection, allergy or viral autoimmune diseases.

What are the solutions for these Headaches/Migraines?

Following my plan will always result in preventing and stopping these problems, but I cannot promise they will never come back. The more of the following points you deal with the better chance of long-term help.

Some common causes:

TMJ (jaw pain/tension), not drinking 6-8 x 500ml (16fl. oz) glasses of water per day, poor breathing patterns, tension/anxiety/stress/depression, allergies, excess unnatural foods (grains, cereals, sugar, processed foods in the diet), chemicals in foods, dairy, fluorescent lighting/bright lights, emotional issues, hormonal imbalances, lack of sleep and of course alcohol (for some people, just 1 glass). Even if you use my solutions below I still strongly recommend you deal with all of these common causes in your life. Not just for headache/migraines, but for your health and quality of life.

The best solutions :

With or without dealing with these causes above, I recommend: **HealthPoint™**. This is the fastest and most effective treatment for all headaches/migraines. I can say this from experience both in treating many thousands of people over the last 23 years, including my own family. All of the various types listed above respond instantly by treating to prevent the attack, treating just as you feel it starting, or repeated treatments over a few hours if it has already started. It also quickly deals with other causes including neck pain, shoulder pain and TMJ (jaw pain).



SerraEnzyme 80,000iu is very good at clearing some types and can be used alongside HealthPoint™. Inflammation is always a factor in headaches/migraines and SerraEnzyme is essential for support. There may be scarring in the brain contributing to these problems and serrapeptase is the better solution for this.



Relaxwell can help to dramatically reduce many of the prime causes of headaches/migraines including, tension/anxiety/stress/depression. This helps you keep life in balance, and although your challenges are still there, you will find you can deal with them much better and nothing helps as much as being headache/migraine free.



Headaches and migraines can make many lives a misery, but I promise the majority can get them under control to a point when they may never come back, with my help.

With kind regards,

Robert Redfern
Nutritionalist, Author & Broadcaster

