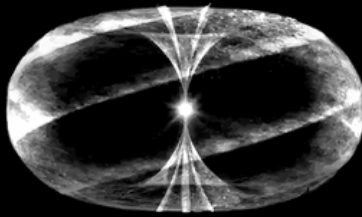

WWW.THEVORTEXUK.CO.UK



THE VORTEX

RICHARD KAY

BREATHE

I am going to share something with you now that changed my life: going from having very severe allergies and asthma as a child to where I am today. I won't go into all the details, but my childhood was horrific. As it came to light, I had been exposed to mold, which in turn caused severe breathing issues, allergies, and I would also say brain damage—all of which I have corrected myself.

I don't know why, but at a young age, I rebelled against being told to take both the blue and brown inhalers and only took the blue one when I absolutely needed to.

I will now explain what worked for me, and you can take this as you will and it just may work for you or a close one.

One main component to all this is drinking good and pure water. Normal tap water is "dead"; it has no structure, is full of toxins and heavy metals, and it will not hydrate you. Hydration is key here for detoxing and simultaneously strengthening the lungs. Now, I'll explain why good water is crucial for this to work and why it should be something you change for yourself and your family moving forward.

Water is a key component in regulating histamine levels in the body. When histamine levels are high, that's when a lot of problems arise. So to regulate histamine, you want to be drinking good, clean, and pure water. Many things dehydrate the body: caffeine, alcohol, sugar, and basically a poor diet. These factors dehydrate the body, and most people do not drink the amount of water they need. When they do, they drink tap water, which is a total NO and should be avoided.

The major turning point for me was detoxing with zeolite, and I'll explain why. I started to detox as part of a lifestyle change and was not targeting allergies or asthma specifically. Over time, I noticed that all my allergies and asthma had vanished; it was just crazy. One thing led to another, and then all I had to do was strengthen the lungs, which I'll explain shortly. I must point out that my life up to this stage had been a struggle, and I think I had brain damage along with all the other illnesses involved.

I had just started to study joinery at the time but couldn't learn or retain information at all.

Upon taking zeolite, I went from not being able to learn to getting nearly 100% marks all the time, and my level of work was outstanding. The growth in my journey from then on has been extraordinary, and I have not looked back. I want to help people with the knowledge I have gained along the way.

Zeolite removes all heavy metals, molds, toxins, microplastics and so on in the body. But not only does it do that, because of how deep it cleans the cells of toxins it then rehydrates them when drinking enough good and pure water. And guess what else it does ?

It removes histamine from the body, so you now have two things that are going to drastically remove histamine from the body so imagine the effect this is going to have on the body. If you do not know already, high histamine is very bad for breathing and allergies. I will just explain how good the zeolite is for this.

I am in Mauritius at the moment, the other week I was walking through the garden and got stung by about 3 huge wasps. Within seconds the bites had gone down to nothing and it was gone, this was down to taking zeolite because of what it does with histamine and also what it does on a cellular level.

I have seen other people get bitten over here including the Mauritian people and they swell up and bad too. This did not effect me because I take zeolite daily, I take it every day due to environmental factors what I will touch on in a second.

At the moment there is science and studies to show that we are exposed to 80'000 airborne toxins every day and there the ones we know of, we are breathing this in and it has such a negative impact on respiratory issues and loads of other illness. We do not address this enough.

The rise in the case of respiratory issues and asthma over the years is just not normal at all and once you start taking inhalers you are a customer for life and taking inhalers is going to have such a negative impact on your health and wellbeing in the future.

It is very hard to get exact stats but it is saying that in the last 10 year there has been a 33% increase in asthmatic deaths alone. I will not go into all the side effects of inhalers, refer to the internet or you will know these already.

Now I am going to explain how I strengthened my lungs and got my health up to optimum levels, I took Astragalus Tincture, Mullein, Trikatu, along with a high dose of vitamin c.

One of the best sources of vitamin C I know is Triphala and it is a Ayurvedic medicine that is used for many cases. I am going to add some links and suggestions below for you.

I won't explain all the benefits here and I am going to keep it simple for people and not over complicate things, all the above all help strengthen the lungs and immune system while clearing all the crap out of the lungs at the same time. If you have a look online you will soon see exactly what I mean.

I cannot stress the importance of doing some exercise or breathwork, now if this is for kids. The chance of getting a kid to do some breathwork is very minimal I guess.

You just need to be doing something to get the lungs working so that they are not stuck in a stagnant condition. Inhaling and exhaling eliminates toxins.

I can probably say that If you do this for 6 month you will see a massive improvement in your breathing, I now have no asthma or allergies what so ever. I have nearly died numerous times just been around cats alone so imagine how bad things where for me.

If this helped me then I am sure it will help some other people, some people do not know this knowledge and I just want to share what worked for me. I am going to share my suggestions as to where to get certain things you will need.

Water- If you already have good water then do not worry, if you do not then you have various options depending on your budget.

Reverse osmosis installed to the mains seems to be the best bet for water but can be pretty expensive.

The next would be to use a distiller, you can get one for about £80 but remember before buying this that it runs on electric and can be costly if you are drinking a lot of water.

This is what I am currently using out here in Mauritius and I add my shungite stones to restructure the water. The distiller I purchased before I came away has served me well for months now and the link is below.

The other cheaper option is to use elite shungite in a water dispenser, you can get a glass water dispenser for about £20 on ebay and just add the shungite. This will help structure and cleanse the water and has antiviral and antibacterial properties also.

[Link to distiller](#)

[Link to a dispenser](#)

[Link to shungite](#)

Regards to the zeolite, I will only advise Touchstone PBX because of what it did for me and the amount of testing this has had. Some zeolite can be very toxic as it drags toxins from the atmosphere like it does the body. The PBX has been treated and also has all the test analysis papers.

PBX nano spray goes around 2000 times deeper in the cells and this is why non verbal children are starting to speak again. Won't go into to much detail but it cleanses all organs including the brain of very nasty toxins, will let you use your mind on source of origin.

If you want the zeolite, follow the link below and you will also save over 60% off your first order, you are not tied to anything and can cancel this at any time.

It explains a whole lot more on the benefits of zeolite on link below

[Link to zeolite](#)

Now regards to Tinctures I would advise Dave Sovereign Rowne, he is on my facebook and has a page called ' Chi Herbal Tinctures '. When it comes to stuff like this I am very fussy with quality.

I have taken supplements and tinctures for years. Dave's tinctures are not only cheaper than most I know of but they are better quality too. Message him or visit his page and just tell him I advised to contact you and he will look after you !

The two he has what you need are Astragalus and Mullein, he has some others for lungs also but I will leave that with you.

Trikatu - this can be a bit tricky to find but you will find it online. Make sure you get organic and that will do.

Triphala - You will find this online but make sure to get organic.

How I suggest to take the protocol

- **On waking I would try to drink a litre of good water, I know this seems a lot for some but we are over 80% water. And remember what I said about the regulation of histamine via water intake.**
- **And at this time if you opt to take the zeolite then have your first dose of zeolite at this stage and then every 6 hours 3 times per day.**
- **Triaktu- first thing on a morning, if you want to add honey for the taste then you can do. This herb is known as the ‘ 3 peppers’ and can taste a bit funny for some but its benefits are outstanding. Also amazing for anyone who has digestive issue as it stimulates the digestion and inner fire. This can be taken in capsule form or powder, I used to add it to warm water with honey to get maximum effects.**
- **Astragalus and Mullein tinctures - Take through out the day as you wish, these will help repair the lungs, clear the crap from the lungs while also helping repair the lungs.**
- **Thiphala - probably get this in capsule form and take two before bed, if you are ok with this then take another 2 throughout the day.**

While taking this protocol, not only are you going to be on a journey to better breathing and better health but you will start to reverse aging. You will not only feel this but you will see this over time.

The zeolite and the herbs I mention have profoundly changed my life and played a massive part on getting me where I am in life today.

Remember the first thing you do when you are born is gasp for breathe, lets get that breath back because it is not right for so many to struggle just down to lack of knowledge and a corrupt healthcare system.

If you need any help ever then please reach out to me, if I do not get back right away, I will at sometime.

Good luck and share this with who ever you think this will help !