



SUP000409



## Can Food really Heal? **YES! it can.**

**DOUNNE ALEXANDER MBE:** health campaigner, pioneering businesswoman, mum and wife of renown actor Rudolph Walker - talks openly about the amazing tea that saved herself and family pet from **cancer**. Now approved by the Public Health Minister for use in hospitals and hospices, it could also help you take better care of yourself and family **'safely'** at home.

● Dounne (above) honoured by the Queen with the MBE for her outstanding services to the British Food industry. Her beloved - Zara (below).



### FOR THE LOVE OF ZARA.

Zara was a huge part of our family and treated as such rather than just a pet, and being a Labrador Retriever made her naturally a very loyal and loving companion. So in 1994, when at the tender age of 10, she was diagnosed with terminal **breast cancer** and given only two weeks to live, we were all devastated.

To make matters worse, Zara's health was rapidly deteriorating - her liver, lungs and kidneys were damaged; heart weak; breathing erratic; had a terrible fever; incontinent; in excruciating pain and unable to walk. Our Vet confirmed that there was *no hope of survival*; as the cancer was just too advanced, aggressive and inoperable, therefore no medication or treatment could possibly save her. She explained, the kindest thing we could do, was to have her put down. Then my daughter asked an innocent but thought provoking question *"Mum! If I became terminally ill like Zara - could you have me killed?"* This heartbreaking question, made me determined to do everything in my power to save Zara. But little did I know that through this beautiful Angel would come a wonderful gift-of-life which would later save my life and many others.

My family has always had a strong spiritual faith and believed that God has provided everything we need in nature. Being raised in the Caribbean I also witnessed first-hand the true healing powers of herbs and natural foods, therefore understood their restorative potential. So with nothing to lose and no one else to turn to, **I turned to God for help** and whilst in meditative prayer, I was told to put her on a special **vegan/vegetarian diet** and to also brew a special 'herbal tea' using 15 specific herbs (including the rare **African Bush Willow**), for Zara to drink three times a day. Due to its pleasant taste, she quickly lapped it up. One week later, (from a dog close to death's door), Zara was now alert, wide-eyed, wagging tailed and with so much energy she was running about like a puppy again. After six weeks, our Vet confirmed that all but one of the

**"Let thy food be thy medicine and thy medicine be thy food."**

**Comments and testimonials included inside...**





## story continued...

(For the Love of Zara).

tumours had disappeared; her damaged organs were restored; heart strong; fur completely reconditioned (thick & glossy) - and to her amazement, Zara was in excellent health. She promptly asked my permission to try the tea on another cancer stricken dog. When the same results occurred, she wrote a detailed report and advised me to inform the British Medical Association of her findings. To our delight, Zara lived for an additional five years bringing our family much joy and treasured memories. Remarkably, no secondary cancers ever developed and she enjoyed a good quality of life, until passing away peacefully and pain-free from old age (at 15). We decided to name this incredible tea - **Zara's Herbal Tea™** in her loving memory.

### THE VET'S REPORT

Caroline R. Nicholson (BVCX, MRCVS).

"I examined Zara on 21 October 1994. At this stage her masses had grown rapidly and had the typical clinical appearance of mammary tumours. Zara was also drinking a lot, losing weight and her breathing was rapid and shallow. This suggested other major organs were involved which was confirmed by blood tests showing elevated liver and kidney enzymes. I gave Zara a very poor prognosis and suggested she was taken home until her quality of life deteriorated to the point that euthanasia was our only option. I examined Zara again on 9 January 1995 and was amazed to find her in such good condition. Her lumps had almost diminished completely, her drinking and breathing were normal and she was a good weight. Repeated blood test confirmed that the kidney was no longer functioning abnormally and one of the liver parameters had returned to normal. During the period the 2nd.November 1994 to 9th. January 2005, Zara received no treatment from me. I believe she was given only a herbal tea made by my client and placed on a special diet. I have started another client on this tea. Again the dog was given a very poor prognosis with a very large mass present on the spleen and small tumours in the lung. She has been on it for four weeks and the reports so far show the dog is much brighter, with a very glossy coat and has certainly not deteriorated any further- rapid deterioration is the normal scenario in a case such as this."



**"Zara's Herbal Tea™**  
(suitable for both  
humans and animals)"



## RESEARCH FINDINGS.

After 14 years independent research, the tea has exceeded my expectations, not solely on cancer sufferers but also on a wide range of other conditions, including heart disease, seizures, fatty blood (i.e. high cholesterol), pain, food poisoning, hyperactivity, coughs, hair/fur loss, skin disorders, viral infections, lethargy, improved general well-being and lots more. It proved so **non-toxic** that even pregnant mums and babies had no side-effects, plus increased their breast milk. **In fact, it often healed where medication failed.** It also helped regulate both my daughters menstrual cycle; they no longer get heavy bleeding, severe pain or blood clots. In 1992, at age 43, I was diagnosed with spondylitis, sciatica plus **benign breast tumours** and warned it could become malignant. Thankfully, all disappeared after drinking the tea daily. Now at the glorious age of 60, I feel great, (no incontinence problems; never get vaginal infections and sailed through the menopause without the need for HRT). Likewise, at 70 my husband has no age related conditions, aches or pains, plus it helps him to maintain a healthy prostate. Furthermore, the research uncovered devastating evidence of wide spread cancer and other chronic illnesses in the animal population, mirroring those found in humans.



The tea's **blood cleansing & immune boosting** properties have shown great promise, when drunk daily as part of a balanced nutritious diet - by people and animals alike in good, poor or chronic states of health.



"I recently learnt (2008), that for over 25 years, British & American Scientists have been privately researching one of its key ingredients (the **African Bush Willow**) and have proven it to be **85% effective on cancer tumours.** They are now hailing it as one of the biggest cancer breakthroughs and have already developed a new 'synthetic cancer-drug', currently undergoing American FDA approval - now being trialled in hospitals throughout the UK. To my knowledge Zara's Herbal Tea™ and my Willow Herbal Tea are the only products in the world containing the African Bush Willow. I believe Zara's Herbal Tea™ is the **MISSING LINK** in the food chain, providing the balance between what we eat and drink. This will hopefully encourage self-awareness and personal responsibility; stimulate health education, plus offer greater consumer choice and real **HOPE** for future generations."

## TRAILBLAZER:

Long before the invention of synthetic-drugs & artificial foods, Dounne's Afro-Caribbean ancestors relied solely on nature for their 'food, cosmetics & medicine' to maintain health, based on universal laws-of-life (i.e. LOVE).



This was also used by ancient physicians like Hippocrates, (known as the father of medicine) who famously quoted **"Let thy Food be thy Medicine and thy Medicine be thy Food"**. Paracelsus (known as the father of Pharmacology 1493 -1541), who stated **"All that man needs for health and healing has been provided by God in nature, the challenge of science is to find it"**. So in 1949, when Dounne was born severely premature and doctors gave her only one month to live (with little hope of survival), it came as no surprise that with her late grandmother's strong faith, tender loving care and incredible knowledge of the health benefits of 'natural foods and home-made (folklore) herbal remedies'... she survived against the odds. Thus leaving Dounne with an abiding respect for ancient self-healing traditions. Many years later, in 1987, it also came as no surprise when Dounne decided to start her ethical business; she named it **GRAMMA'S®** (in her loving memory).



So Dounne has been spearheading 'traditional natural healthcare' for over 20 years, emphasising the importance of healing mind, body & spirit through the provisions of nature. **Winner of 8 national awards**, in 2000, she was honoured as a true pioneer and voted amongst the 100 greatest and most influential black people in British history for the millennium archives. She was honoured again in 2007, by the Queen with the **MBE** for outstanding service to the British Food Industry. **Dounne says:- "My ultimate dream is to revolutionize 21st. century healthcare by taking 'food & medicine' to the next level;-** join forces with the National Health Service, Doctors, Health Practitioners & Carers to provide cost-effective healthcare solutions, as well as integrate animal health

& welfare. It is for these reasons, I am asking everyone to **JOIN HANDS** with me and help spread this beautiful story throughout the country (pass-on this leaflet) to family, friends, doctors, vets, chefs and ask them to do the same. I sincerely believe that **together we can** improve our own, as well as, the nation's health." Dounne's passion comes from losing both parents to ovarian and prostate cancer.

**2006 - Statistics shows that over 50% of the population are already terminally ill:-**

**Cancer - 1 in 2 (24million).**

**High Blood pressure - 1 in 3, (18million).**

**Obesity- 54% women / 68% men / 1/3 children.**

**Allergies - highest rate in Europe.**

**Asthma - highest rate in the world!**

- Coupled with chronic heart and kidney disease, diabetes, HIV/Aids, arthritis, thrombosis, alzheimers etc - the list grows longer every year and there seems to be no real solutions or cures in sight. Therefore the likelihood of one member in every family falling prey to a terminal condition is extremely high.

## Prevention is better than cure -

Below are some customer testimonies chosen from the thousands received over the years.



“ Last September, my Golden Retriever (Kerry) was diagnosed with **spindle cell cancer** on the inside of his back leg. He was operated on and the cancerous lump removed. A friend told me about Zara's Herbal Tea. Kerry has been taking it for almost a year and is doing very well. I decided to take it as well, as I have had **cancer** several times and developed a **bad cough** for almost six years, which was sometimes very annoying. Over the years, I have had CT Scans, X-Rays, etc, but they could not find what was causing it. I had tried every 'cough mixture' and many 'herbal products', which had no effect. I was told that I had a very **low immune system** caused by the cancer-drugs, radiotherapy, etc. After taking Zara's Herbal Tea' with Blackstrap Molasses twice daily for two weeks, the cough started to disappear and I no longer cough. I still take the tea twice a day (first thing in the morning and last thing at night) and Kerry has it in his food twice daily. **UPDATE 2009:-** My cough has never returned and Kerry is still doing well - now 13 years old. ”

**Mrs. Waygood** - from Hampshire (2006).

“ A friend of ours has **prostate cancer** which has spread into his bones, so we started him on Zara's and Willow Herbal teas in July. He now has no need for morphine and his 'PSA Count' has gone from 2000 to 1400! Although, still extremely high, but he says he feels much better than he did 4 months ago, so now he takes both teas everyday and swears by them. Also my mum takes 'Tramadol' for **pain in her joints**, so I decided to put her on Willow tea and now she doesn't take 'Tramadol' anymore. I also take both the Zara's and Willow Teas for my **knee pain and general well being!** Fantastic I have to say! I have given out numerous photocopies of your booklet over here, everyone we tell about your products wants to know more. ”

**Mrs. S. Wormald** - from Tenerife (2008).

## DISCLAIMER



I am compelled by law to disclaim any health claims made about Gramma's Herbal Foods. Therefore I am not claiming that these products will either **heal, cure, treat or prevent** any of the conditions mentioned, but is simply reporting the true findings to date. All claims made by individuals are based upon his or her personal belief and or experience after using our products. Gramma's products are 'traditional natural foods' used as part of a nutritious diet to improve, manage and maintain overall health, rather than for the treatment of any specific disease or condition. For Best Results - combine Gramma's products with a healthy lifestyle, including a balanced diet, fresh produce, regular exercise and plenty of rest. In the case of serious illness or if taking medication you should always consult a qualified Doctor, Health Practitioner or Vet. Plus inform them about our products in case any ingredients may react with drugs being prescribed. Gramma's or I do not accept any liability for damage of any nature resulting directly or indirectly from the application or use of the information in this supplement. ”



**Mr & Mrs Anderson** - Buckinghamshire, (2002).  
First picture : Mulder. Second picture : Mrs. Anderson & family with her dad.

“ My dog (Mulder) suffered from an acute **itchy skin** which was constantly red hot, covered in a rash, 'oozing sebaceous cysts' and generally **hyperactive**. In January 2002, I read about 'Zara's Herbal Tea' and decided to try it. By April, Mulder was a different dog. His coat became glossy; skin looked so clean; fur start to grow back and all the cysts dried up. His temperament has changed so much that I recommended the tea to my local dog trainer for aggressive and hyperactive dogs. • My husband caught an acute **chest infection** for about a month which medication could not clear. He then got acute **food poisoning** and was laid out in bed for nearly a week with severe vomiting and diarrhoea- again medication failed to clear. He drank a cup of Zara's Herbal Tea and was fully recovered (from the food poisoning) in 24 hours. To my complete surprise, his chest infection also cleared in 48 hours. • Then in 2006, my 85 year old dad was diagnosed with a **malignant melanoma-cancer** on his ear, but as he suffers with 'emphysema' his chest had to be clear in order to operate. After two lots of antibiotics and 4 days to the operation, the chest infection was still lingering. I dosed him up with Zara's tea. The x-rays confirmed that his chest had cleared completely. However, having now had his operation to remove the cancer, he is religiously carrying on with a maintenance dose of the tea, convinced that it will probably help to stop the spread of this awful illness. ”



“ I found **breast-feeding** very difficult and painful with my first three children, because I could not produce enough milk - which would also dry up after 3 months. In 1995, upon having my fourth child (David), I started **breast-feeding** but had to also include bottle-feed due to insufficient milk. As I didn't want to give up breast-feeding, I remembered seeing an article about Zara's Herbal Tea and decided to try it. I immediately started producing more milk - was able to stop the bottle-feed and happily breast-fed until he was 8 months old. **UPDATE (2008)**: Thirteen years on, I still drink the tea daily and it has also effectively controlled my **menstrual-cycle**. I no longer suffer **heavy bleeding, severe pains or blood-clots**; plus **thinning hair** has re-grown beautifully. I am still very energized and sleeps well at night. David is now a healthy 13year old. ”

**Mrs. Sewell** - Surrey (1994) .

“ I mixed the 'Zara's Herbal Tea & Willow Herbal Tea' together and drank 7 cups during **labour** and didn't need any other pain relief. It was amazing - after birth and for the after pains; even my mid-wife was astonished with its effectiveness. I kept a flask of hot water and a bottle of tea next to me. This is my fourth child and the best labour I've ever experienced. Incredible stuff! ”

**Mrs H. Harris** - Liverpool (2007).

“ For 2 ½ years my wife suffered from a rare condition called **Rota-virus** which caused constant severe **vomiting and diarrhoea**. It left her with a complete intolerance to fats, gluten, wheat and lactose and lost a lot of weight. As no medication worked, she became progressively more ill and extremely weak, to the point where she expressed a desire to end her life. In less than one month of taking Zara's Herbal Tea with Colloidal Silver, she has recovered - her diet is improving; gaining weight and feeling great again. Her doctor was amazed with the results of recent blood test (May'08), which showed that she's in excellent health, **blood-count and calcium levels** were fantastic. A close friend suffering from similar symptoms has also made a complete recovery, plus neither of us were affected by the recent **Noro-virus** outbreak. ”

**Mr & Mrs Burrows** - Cheshire (2007).



“ I have been giving your Zara's Herbal Tea to my cat and her condition has improved tremendously. The vet could find no sign of **cancer** in a recent examination. Recently, I have been taking the tea myself and have noticed a great improvement in energy and well-being. Above all, in my recent **annual heart check** up at our local hospital, I was told that there was great improvement (not really expected) and the consultant reduced my medication to minimum and hope to be able to stop it altogether when I am examined again in a few weeks time. I am now 79. ”

**Mrs. J. Dance** - Wolverhampton (2005).



“ Our dog (Tiny) was diagnosed with **Cushings Disease** almost 18 months ago and we were told he had to be on medication for the rest of his life. He had to have regular blood tests whilst on medication to see if the disease was being kept under control, but on each occasion of these tests his **blood was always so fatty** that the vet had to give him a special injection to clear his blood, to enable them to get some decent test results. Even whilst on the medication, our little fellow used to get regular **seizures** and collapse for no reason and was very **lethargic**. Since my wife discovered your Zara's Herbal Tea and started giving it to our dog, he appears to have been given a new lease of life. He has not had a single seizure and when he had his last blood test in Feb 2005, his blood was completely clear (on the first test) without any need for the special injection. We informed our vet about your tea. We have now cut his medication in half and continued with the tea, as we are 100% certain that it is the tea that is doing Tiny the most good and would recommend it to anyone with a sick animal. ”

**Mr. Clarke** - (2005).

“ During the winter of last year, I fell prey to my very first bout of **bronchitis**. After two courses of antibiotics, my cough had not improved and my general health worsened. Then I read about your products and decided to try it. Every night I made a hot-toddy drink with the Herbal Pepper Sauce and started adding it to almost everything I ate. Within 3 finds days my bronchial cough had gone! My daughter who is **asthmatic** also finds relief by drinking the toddy when her chest is tight. I believe 100% that your product achieved what modern medicine couldn't and also cost less than prescription. ”

**Mrs Hughes** - Surrey (2005).



**GRAMMA'S HERBAL FOODS** are original recipes unique to the world markets - based on ancient holistic principles of eating natural foods, as part of a balanced nutritious diet to improve, manage and maintain overall health. **HIGHLY CONCENTRATED** and hand-made in small batches, each product is specifically blended with all the essential ingredients required to make cooking easier, convenient and more economical for the whole family, (including your pets).

- To receive more information or a **FREE sample pack**, please visit [www.grammasintl.com](http://www.grammasintl.com) or call **0208 470 8751**.

**GRAMMA'S** - for every **dish**,  
for every **taste**, for **EVERYONE!**

**PLEASE PASS IT ON...**

