


SPECIAL FEATURE



# CANCER-

**What is YOUR LIFE worth?**

**A MUST READ FOR EVERYONE (especially CANCER sufferers).**



When founder Dounne Alexander was told she had tumours in both breasts, the first thing she thought was, *"my children are too young to lose their mother; I still have so much to teach them"*. Fortunately for Dounne, she had a wealth of knowledge on the healing benefits of herbs and natural foods. A year later, she developed Zara's Herbal Tea.

# CANCER-

## What's your LIFE worth?

- In April 2014, a new '**Cancer Drug**' costing **£90,000** per patient, (extending life for 6 months), was turned down by NICE (the National Institute for Health and Care Excellence) as being too expensive for the NHS. In 2012, another cancer drug 'Zelboraf' (manufactured by Roche UK), cost the NHS £7000 for one month's treatment. The minimum cost of approved Cancer Drugs is **£30,000** per person annually.
- Due to the enormous cost of '**Cancer Drugs**', doctors have to choose who should be given treatment . With the best treatment not available in poorer areas, many sufferers are left with no hope.
- **A Natural Herbal Tea** (approved in 2008 by the Public Health Minister for use in hospitals & hospices), costing **£700 to £1300** per patient (for one year's supply); which extended life for many years; was banned by UK Regulator **MHRA** ('Medicines and Healthcare products Regulatory Agency'), enforcing the 1939 **CANCER ACT** and **EU FOOD SUPPLEMENTS DIRECTIVE**.
- Statistics confirmed that **1 in 3 of us will get cancer** at some time during our life. This equates to 30% of the population or 20 million people. This actually means at least one family member in every household is likely to fall prey to this dreadful disease. It is well known within the medical community that most deaths are caused from the **Cancer Drugs** and not the disease itself. In 2011, **331,500 people** were diagnosed and **159,000** died that year. Therefore, approximately half of cancer sufferers in the UK die each year. Yet 75 years ago, before the 1939 Cancer Act, '**cancer**' was a rare condition affecting **only 1 in 50 people**. *So what has gone wrong?*

## BRIEF HISTORY:

A herbal tea was developed by British Natural Health advocate and Specialist Producer, Dounne Alexander (65), whose daughter's dog (Zara) was diagnosed with terminal cancer in 1994; and advised by the Vet that the cancer was inoperable, too aggressive and too advanced, therefore, nothing could possibly save her. Zara was given 3 weeks to live with Euthanasia as the only option. However, being raised in the Caribbean, Dounne who has witnessed the restorative potential of nature, decided to go back to her roots in search of answers. Within 2 weeks, she'd developed the tea and gave it to Zara 3 times daily. Zara recovered completely (in less than 3 weeks); her damaged heart, liver, kidneys & lungs were also restored. Upon Zara's speedy recovery, the Vet wrote a full report and advised Dounne to send it to the **British Medical Association** for research... but surprisingly, they were not interested. Thankfully, Zara went on to live happily for an additional 5 years (the equivalent of 35 years in humans) and passed away peacefully from old age at 15. The tea was named '**Zara's Herbal Tea**' in her loving memory. Dounne then approached the **Department of Health** with the vet's report, who sadly sent her on a 14 year 'wild goose chase', and was left to find her own way and means to research it. Fortunately, being a trained Chemical & Bacteriological Laboratory Technician, she was advised to conduct her own in-house research using herself, family, friends, customers (& their pets), where the results proved even more astonishing in both humans & animals (suffering *heart disease, strokes, seizures, incontinence, diabetes, arthritis, infections, hypertension, food poisoning, indigestion, irregular & painful periods, menopause, allergies, skin problems; even pregnant women & their babies had no negative side-effects; it stopped morning sickness; increased their breast milk; and in animals their fur was completely reconditioned, thick & glossy, kept gums and teeth healthy... increased energy, improved overall health and lots more*). For these reasons, 14 years later it was finally approved, but was banned within 6 months because of the Law & Regulations highlighted on page 3.

Dounne then conducted further research into the Cancer Act & EU Regulations which proved they not only violate our Human Rights, but that her tea was also banned unlawfully. The MHRA's classification officer was in-experienced, insufficiently qualified and lacked the necessary expertise to either assess or determine it as '**a medicine**'; which Dounne argued was '**a Traditional Herbal Tea**' that people brew, make & drink in their own homes. However, by classifying it '**a medicine**' means it would need to undergo '**scientific clinical trials**' (by scientists equally in-experienced

in traditional practices, remedies & nutrition), costing **over £1million**; plus **‘toxicology tests’ costing over £100,000**, then purchase **‘a medical license’** which is controlled by the MHRA. Yet, Dounne already had hundreds of tried and tested testimonial evidence proving it to be ‘safe, effective, non toxic’ and does not interact with medication. In addition, the MHRA also tried to reformulate her recipe and take control of the tea. She later learnt of the close association between the MHRA and the Pharmaceutical Industry; with many of its employees directly linked or previously employed in key positions within the industry... showing a serious conflict of interest. Dounne who took her case to the Queen, Prime Minister, every member of both Houses-of-Parliament; the Regional Assemblies (of Scotland, Greater London, Northern Ireland & Wales); Members of the European Parliament; UK Law Commission and the United Nations... is now seeking compensation from the Government.

## **PREVENTION IS BETTER THAN CURE:**

The escalating health crisis; overloaded hospitals and doctors (claiming they can no longer cope or guarantee proper healthcare for their patients); NHS financial bankruptcy; coupled with the Government encouraging us to start taking care of ourselves at home... makes this tea invaluable. Dounne, herself was diagnosed with benign tumours in both breasts and having lost her parents to cancer; knows the pain, suffering and trauma exerted on sufferers and loved-ones alike. She is determined to let everyone (*particularly the poor & disadvantaged*) know that there are effective options they could try, especially after all else has failed. However, Dounne tries to calm those who fear death with this simple philosophy; ***“Life is terminal, because we will all eventually die... what's more important is your 'quality of life', whilst you are ALIVE!”*** Her work has earned her the MBE Medal from the Queen (for service to the British Food Industry); **Awards for Human Rights and for outstanding contribution to Complementary & Natural Medicine**. Dounne has now created a special document called **‘Declaration of Truth’**, which upon signing enables everyone to exercise their **‘Rights, Independence & Freedoms’** (i.e. **Sovereign Rights, Human Rights & Right of Autonomy**) in order to purchase her herbal products without interference from the UK or EU Regulators. Through her campaign **‘Joining Hands In Health’**, she has also set up a petition to create public awareness about these laws & regulations, with an aim to either amend or abolish them. She is asking the nation to support her efforts by signing it online... to safeguard our **Human Rights, Health Choice, Natural Foods, Cultural Heritage and the Environment** for generations to come, (\*See page 35).





## UPDATE ON ZARA'S HERBAL TEA (2014):

### ‘Scientific evidence proves ZARA'S HERBAL TEA was unlawfully banned’.

Latest scientific breakthrough proves that Zara's Herbal Tea was unlawfully banned by UK Regulator MHRA in 2009, simply because it healed cancer 'naturally'.

Although the MHRA denied any knowledge that UK & US scientists have been conducting research on the **African Bush Willow (Combretastatin)**, in an attempt to create 'synthetic cancer-drugs' to cure the disease... at least three Daily Mail newspaper articles (see page 7) confirms the research was well known within the medical community. Dounne says *“I therefore remain confident that **Zara's Herbal Tea** was unlawfully banned because it is the only commercial product in the UK (and possibly the world) to contain **African Bush Willow (Combretastatin)**, and therefore could threaten the profits of the Pharmaceutical companies. The beauty of this tea is that it offers a **non-toxic, safe & effective 'natural solution'**; and unlike 'synthetic cancer drugs' it does not destroy the immune system, vital cells, organs or cause terrible side-effects. Therefore it concerns me that at a time when people are suffering and dying that the media continues to proclaim Pharmaceutical drugs as the '**only great hope**' and potential cure for cancer, when the drugs continue to fail year after year; and most importantly 'do a great deal of harm'. The*

*media's refusal to also acknowledge natures known healers (especially one as powerful as Zara's Herbal Tea which has shown far greater potential for 20 years) should send shivers down our spine.”* Although the tea has been approved for use in Hospitals and Hospices, the ban also prevents it from being trialled by the NHS. However, the public can swiftly bring an end to this ongoing madness by signing online petition **'THE NATION SPEAKS - NO! Not In My Name'**. With your help we can easily achieve **1 million signatures** before the 2015 General Election, which will compel the Government to safeguard our health choices. So please remember to encourage family, friends and work colleagues to sign the petition and spread the word.

To remind you why this petition is so important, please visit **[www.joininghandsinhealth.com](http://www.joininghandsinhealth.com)** to watch our 5 minute video **'WHY ARE WE DYING TO BE HEALTHY?'** or to sign the petition.

## IN THE NEWS -

- Daily Mail feature - (14 Oct.'14):  
**'Is this the ovarian cancer breakthrough women have prayed for?'**



After eight rounds of gruelling chemotherapy over seven years, ovarian cancer patient Maria Cull is still holding out for a cure. Maria, 58, a former sales administrator, was first diagnosed with ovarian cancer in 2007 but the cancer has since spread to her lungs, liver, kidneys and bowel. Two weeks ago, she was told that the last type of chemotherapy available to her had stopped working. *"I'm running out of options,"* says Maria, who lives in Hemel Hempstead, Herts, with her husband, Ian, 56, a civil engineer. *"The gaps between treatment cycles were getting shorter and shorter as the cancer keeps returning."* Her hopes are pinned on a groundbreaking new trial combining two cancer-drugs to target blood supply to tumours, destroying them, then stopping them from re-growing. The two drugs, which have not been used together before, are Fosbretabulin and Pazopanib. Fosbretabulin is one of a class of drugs known as a vascular disruptive agent (VDA) and destroys the blood cells supplying existing cancer cells. Pazopanib, which is licensed for kidney cancer, prevents the development of new blood vessels.

**Fosbretabulin** has been around since 1998 and was developed from chemicals extracted from **African Bush Willow Bark**. We know it is highly effective at destroying the blood supply to tumours.

- Daily Mail feature - (17 June 2001):  
**'CANCER: IS THIS DRUG THE CURE?'**

A drug made from tree bark is being combined with radiation therapy to cure cancer, experts revealed yesterday. The 'double whammy' has proved 85 per cent effective in laboratory trials. Last night the treatment was being hailed as a breakthrough in the battle against the disease which kills 133,000 Britons every year. British experts who made the discovery are already talking of a 'long-term cure' for many common types of cancer after seeing astonishing results in a laboratory experiment involving human tumours grown in mice. The dual treatment could be available to patients within five years.

- Daily Mail feature - (23 May 1997):  
**'Bark Breakthrough'.**

A drug from the bark of an African tree could revolutionize cancer treatment, scientists said yesterday. The chemical - found in the **African Bush Willow** - attacks cells in the walls of the blood vessels which supply tumours with oxygen and nutrients. In tests a dose of the drug, **Combretastatin**, killed up to 95 per cent of the cells in a solid tumour.

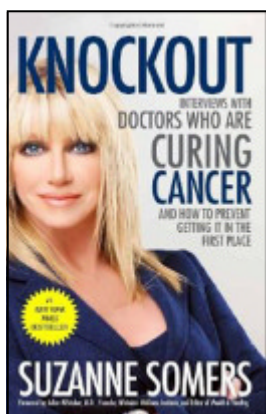
# MAKING AN INFORMED CHOICE.

In the fight against cancer it is neither ethical nor lawful to deny the public their right to life. In order to truly find a cure for cancer, the Government, scientists, media and cancer charities must open the doors to safe and effective natural remedies & practices.

*"One cannot make an informed decision on any health condition, if information on Natural Treatments is deliberately being withheld from the general public. My work is to ensure 'Synthetic drugs & Natural Treatments' are on a level playing field... given equal access; equal promotions and available to everyone throughout the UK."*

**Dounne Alexander MBE.FRSA.**

## Informative Books and DVD's.



**'KNOCKOUT'-**  
*Interviews with Doctors Who Are Curing Cancer-And How to Prevent Getting it in the First Place.*

This amazing book by American actress Suzanne Somers highlights successful natural cancer treatments. Suzanne says...

"It is a very brave choice to go against conventional medicine and embrace the alternative route. It's easier to try the conventional route and then, if it fails, go to the alternatives, but often it can be too late. I know that for myself, after having interviewed all of these incredible doctors, scientists, professionals and patients, my choice overwhelmingly would be to use only alternative treatments regardless of what kind of cancer I contracted. I am not a doctor

or a scientist, but merely a passionate lay-person, a filter, a messenger. I spoke with so many patients who are living normal, happy, fulfilled lives, and their enthusiasm and great quality of life convinced me that indeed you can live with cancer. You can manage cancer. You don't have to be degraded by humiliating treatments and protocols".



**THE PROMISE (DVD):**

***'Seeing is truly Believing':***

***Every woman should empower themselves by ordering a copy of The Promise today!***

The Gramma's team were truly blown away when we attended the press launch of THE PROMISE (hosted by charity 'Yes To Life') and unanimously agreed that every woman, man &



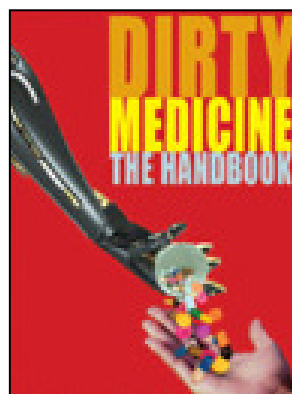
teenager should see it to understand the potential harm of 'mammography and annual 'breast screening'. This jaw dropping Documentary film is a powerful eye-opener, featuring medical experts whose warnings could not be clearer. THE PROMISE could potentially save lives and prevent unnecessary suffering (especially for women with breast cancer). A customer who recently watched the DVD commented -

*"Wow, what an eye opener the DVD was. I watched it with my husband tonight, can't believe over 23 years, since I was 40, I have had at least 30 mammograms!!! Have had loads of different biopsies, as in the DVD. I had 6 weeks of Radiotherapy, two lots each time, which made my cough worse. Numerous body scans, bone scans, bone density scans, CT scans, etc. plus the cancer drugs and HRT. It is amazing that I am still here!!! But obviously the Zara's Herbal Tea has helped me, I wonder why we were not invited to use the Thermal scan ? I will also show this to my Daughter, who has to go yearly for Mammograms as she is on the Family History programme".*

**Ms Waygood, Hampshire.**

Narrated by journalist Carol Malone and bravely produced by Rosa Hughes (who healed herself from breast cancer) and husband Phil. Both are natural health advocates and owners of 'The Medical Thermal Imaging' company. Rosa and Phil are passionate about educating women and young girls on the potential dangers of mammography and are therefore keen to get their message across. **Breast Thermography** is a medically recognized, non invasive, accurate screening method which has many valuable functions including detecting disease at an early stage. THE PROMISE can

be ordered directly from our online store [www.grammaseshop.com](http://www.grammaseshop.com), price (£19.99 + p&p). If you would like to learn more about Thermography or find a clinic in your area, please visit [www.medscans.co.uk](http://www.medscans.co.uk) or contact 0333 8003003 : email [info@medscans.co.uk](mailto:info@medscans.co.uk).

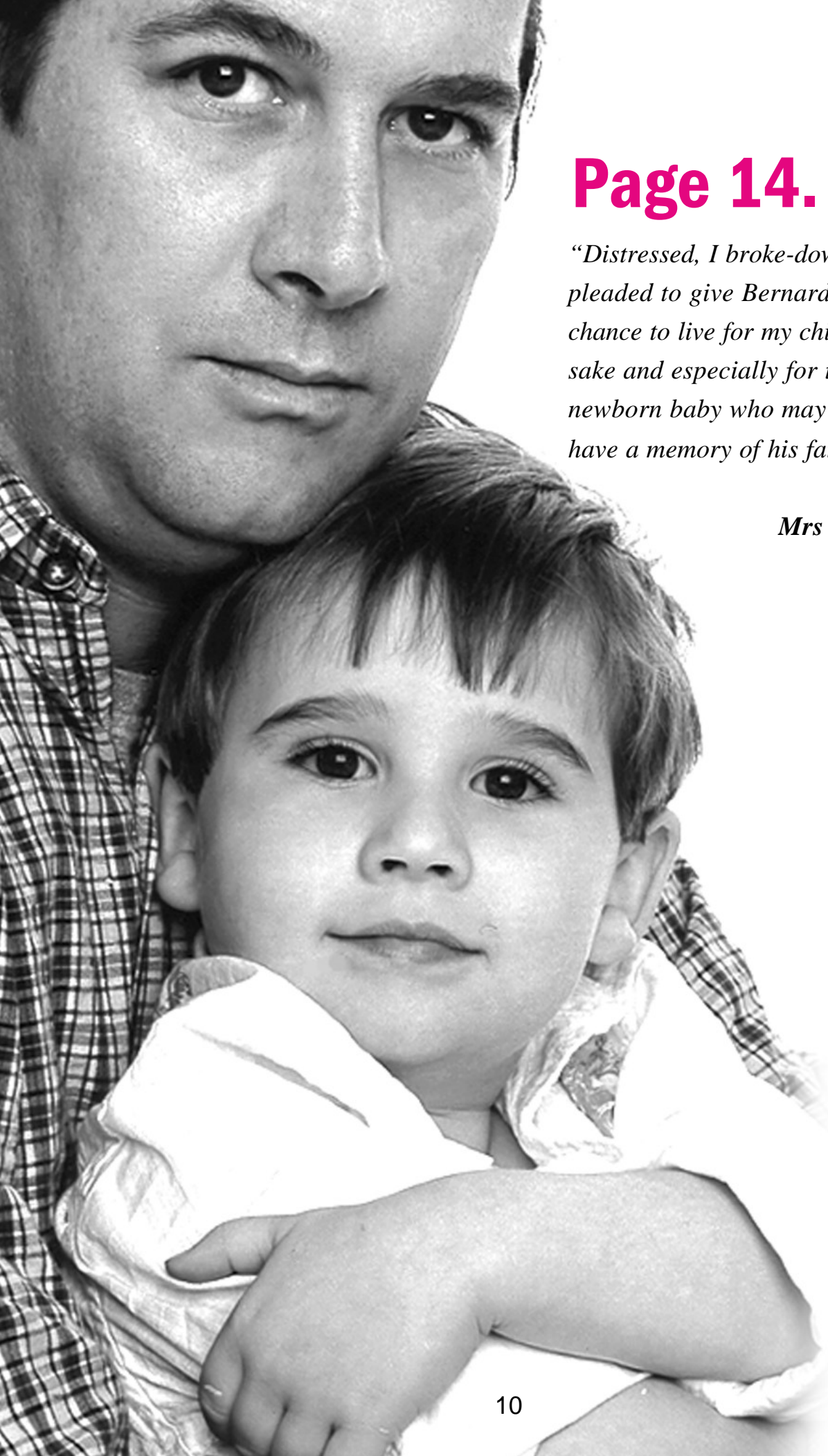


## **DIRTY MEDICINE:**

A handbook by Martin J. Walker - a British investigative journalist, author and activist.

His book 'Dirty Medicine' is considered ground breaking by many who have followed the growth of pro-pharmaceutical anti-alternative health lobbies: the growing censorship of treatment choices and the murky side of medicine. The handbook is a follow up in which he gives a full and detailed picture of the vested interests, their personalities, organizations and ideas that have shaped the present attack on alternatives in the field of health. He says: **"Alternatives and complementary medicine is under attack on all fronts"**. Martin's research offers a thought-provoking expose' of the politics of medicine, which is to be highly recommended to any reader who cares about the future of medical treatment. The handbook is also available from our online store price **£14.00 +p&p**.

**To receive information on other natural cancer treatments**, not available to the general public, plus health news, product updates and special offers - Sign up to GRAMMA'S online newsletter. Visit [www.grammasintl.com/signup](http://www.grammasintl.com/signup).



## Page 14.

*“Distressed, I broke-down and pleaded to give Bernard a chance to live for my children’s sake and especially for the newborn baby who may never have a memory of his father.”*

***Mrs Shannon***

# Customer Testimonials...

Putting **Cancer** & other common health concerns in the frame.

Overleaf is a selection of cancer and general health cases on both human and animals, using Zara's Herbal Tea. We start with where it all began; and the reason why this amazing tea exists today - **ZARA**.





- **'For the Love of Zara'**  
Read Zara's incredible story online  
[www.grammasintl.com/fortheloveofzara](http://www.grammasintl.com/fortheloveofzara)



## ZARA.

### THE VET'S REPORT

Caroline E. Nicholson (BVCA, MRCVS)

I examined Zara on 21 October 1994 and identified the presence of **mammary tumours**. I examined her again on 2nd November'94, at this stage the tumours had grown rapidly. 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 all but one of the liver parameters had returned to normal. The one enzyme that was still elevated had decreased by 50%. During the period October'94 to January'95, Zara received no treatment from me. I believe she was given only a herbal remedy made by my client's mother and placed on a special diet. I have started another client on this herbal remedy. **Again the dog was given a poor prognosis** with a very large tumour present on the spleen and small tumours in the lung. She has been on it for four weeks and reports so far show the dog is much brighter, with a glossy coat and certainly not deteriorated. Rapid deterioration is the normal scenario in a case such as this.



## Mr. Mrs. Shannon.

Southern Ireland, (January 2011) - **‘Gliosarcoma Brain Tumour’**

*“I cannot understand how doctors could even consider putting a price on a person’s life, as the joy of having Bernard for those extra months... were PRICELESS.”*

I am a young mother of 2 boys (2 & 5 years old) living in Ireland. In 2010, my husband (Bernard) was diagnosed with terminal cancer and given little hope of survival. I believe his story will give hope to others suffering the same fate; especially with the new threat to withdraw essential cancer drugs from those with a short life expectancy. I feel strongly that life is extremely precious and no one (not even doctors) have the right to determine or decide when it should end. If a person wants to live, they should be given every chance, instead of taking away all sense of **HOPE**.

In September 2010, whilst I was expecting our second child, Bernard was diagnosed with bleeding on the brain. He was admitted to Ireland’s main brain injury hospital and spent 10 days in the high dependency unit. In October, he was re-admitted after a CT scan showed a pea sized tumour. One week later, he had surgery to remove a ‘ping-pong ball size’ tumour located in the cerebrum at the back of the head, (one of the hardest places to reach). A month later, he was discharged but after a few days was admitted to the main cancer treatment center, as it was suspected a second tumour had grown back prior to starting radiation. Radiation continued for 2 months over Christmas and New Year. Two days before Christmas, we received the devastating news that **his tumour had been re-analyzed and was classified as a ‘gliosarcoma brain tumour’ (Phase IV Cancer)**. This is one of the rarest and most aggressive forms of cancer with an extremely poor survival rate. The Radiologist wanted to increase Bernard’s dosage to above 60gy, which ran the risk of damaging his spinal-cord and could leave him wheelchair bound within 1 to 2 years. During the last 7 days of radiation, he was given chemotherapy (140mg Temadol) which nearly killed him. Every last ounce of his energy was eaten up by the chemo, so he refused to take the last 2 days treatment. Further, chemo-treatments were scheduled to start in February 2011. However, in January 2011, I was fortunate to learn from a friend about an extraordinary Herbal Tea made by British entrepreneur Dounne Alexander. I researched the ingredients on the internet and knew I was onto something; so I called her in desperation. To my dismay, she explained that the tea was banned by the MHRA. Distressed, I broke-down and pleaded to give Bernard a chance to live for my children’s sake and especially for the newborn baby who may never have a memory of his father.

To my complete surprise, 3 days later, a parcel arrived in the post containing sachets (with brewing instructions). Ms Alexander explained that as a spiritually conscious person and mother

herself, she could no longer carry the burden of unlawful EU legislations, and therefore, made a conscious decision to risk her liberty and business for the sake of giving Bernard a fighting chance and sent the tea from her own personal stocks. In excitement, I immediately started brewing the tea. Remarkably, within 2 weeks (drinking 2 tablespoons 6 times daily), Bernard started showing positive signs of improvement. He was due for an MRI (brain scan) on 22nd February 2011. However on 28th February (only one month after drinking the tea), the scan results showed that all the cancer had completely disappeared. Everyone (including the doctors) were delighted, shocked, astonished and overjoyed all at once. The scheduled chemo-treatment was postponed for 2 weeks for further monitoring and because Bernard was still too weak to take it. By July, although Bernard had other health conditions to overcome due to the chronic side-effects of the various cancer drugs (including the long term use of steroids); such as permanent damage to the nerves in his eyes, severe headaches and depression... he remained hopeful and continued to enjoy his daily cups of Zara's tea coupled with 'super greens' provided by Ms. Alexander. The doctors too, were still amazed with his complete recovery and continued to monitor him every 3 months.

By August, he was still cancer free, so I decided to reduce the tea to 3 tablespoons (twice daily) for maintenance. Unfortunately in October, he suffered a relapse as CT scan confirmed that the cancer had returned with a vengeance. This time the doctors thought it was too extensive and decided that chemo or radiotherapy would only serve to shorten what little life he had left. The tumours were inoperable and having refused chemo, he was sent home to die. Naturally, words cannot express my depth of pain, but at the same time, I felt extremely blessed that I had Zara's tea (which had already saved him from 9 months of dreaded chemotherapy); coupled with prayers, I hoped he will again overcome this next major hurdle. So I immediately increased the tea back to drinking 6 times daily and within 2 weeks, the headaches had finally gone; he was not only looking and feeling much better but to my complete surprise, he suddenly started baking cakes and pies for the family. This time last year, we didn't believe Bernard would live to experience our son's first birthday, let alone be baking. Nevertheless, we anxiously awaited the results of his MRI scan taken on 9 November. To our relief and joy, it showed that the 'small tumour' remained stable and had not grown; and the 'large tumour' had only grown very slightly. Despite this, Bernard was still clinically depressed from the Chemo and from losing his sight, so he stopped taking the tea at the end of November and passed away in January 2012. I believe he would still possibly be with us today, if he'd continued drinking the tea, but the extended time together, strengthened our love and allowed him to leave in peace.

I cannot understand how doctors could even consider putting a price on a person's life, as the joy of having Bernard for those extra months... were **PRICELESS**.



**Ms R. Swift.**

Wiltshire, (September 2007) - **‘Cancer & Anaemia’**

Claudia, my 11 year old German Shepherd who was given a few days to live is now doing well, plus **the tumours are disappearing**. She has been taking the tea since December, and it was also the only thing that sorted out her **Anaemia**. Plus, I had originally recommended the tea for a friend whose Cocker Spaniel dog was also on its last legs and is now happily running around.

.....

**Ms P. Hales.**

Kent, (February 2011) - **‘Lung Cancer’**

Dear Dounne.

In August 2009, my husband Ken was **diagnosed with inoperable cancer of the lung**. He was told there would be no treatment as the cancer had already spread, although they were unsure of the site of the primary tumour. We both thought he would not come home from hospital. He did eventually come home, but the shock of the diagnosis and loss of weight had taken its toll on his body, these were very difficult and dark days. A friend of my daughter sent a link to your site and she forwarded it to me. I spent time reading about the products and the tributes and felt very hopeful that this could work for Ken. I ordered a bottle of Zara's tea, plus sachets of the herbs to brew it myself. This was in October 2009, so I had to produce some evidence of his illness to obtain the products. Since this time, Ken's been having the tea three times daily with a spoonful of Colloidal Silver added each time. I have now become very proficient with the monthly task of brewing the tea. Ken is doing fine, he still has the cancer but he enjoys a quality of life – has a good appetite and is pain free. The medical team who he sees much less frequently now have told us that he has outlived their expectations and they always remark on how well he looks. I believe this is all down to your herbal remedies, but more to the point, so does he and he is not easily convinced. I thank God for each day we have and strongly believe we have the right to use whatever methods we choose in our daily lives.

Thank you .

## Robert & Sarah Anderson and Foo.

Derbyshire, (August 2009) - ‘Cancerous tumours in the Womb’

*“I believe our story shows that there is a place for health products such as yours which can in combination with modern medicine help and aid recovery.”*

Dear Dounne

I write to you in response to the extremely disappointing news contained within your July '09 newsletter. I find it just typical that at a time when our Government has been preaching the message of ‘healthy living’ and ‘back to nature’ that they allow a regulatory body like the MHRA to restrict small businesses, run by good people with good intentions who produce natural herbal remedies which have a proven track record. With our inclusion into Europe, there appears to be a pre-occupation with categorising everything and sometimes when you have a product like yours it's not possible to do so. We were introduced to Gramma's products and Zara's Herbal Tea particularly, by a reiki healer who was recommended to us by a veterinary nurse, who had recently treated our then 5 year old pet rabbit, Foo. This story really pays testimony to the role a product such as Zara's can play in conjunction with modern medical/surgical techniques and alternative therapy.

In August 2006, we noticed that our usually bubbly and playful Foo seemed a little under the weather. We took her to the vets to be **given the distressing news that she had a cancerous tumour in her womb**, our vet informed us that whilst it was possible to remove the tumour, there would be no guarantees as to whether Foo would make it through the operation, or that the cancer may have spread to other areas. All she could say for certain was that without the operation, she would probably only live for a few more months. As with all pet lovers, we did not want to see her in distress or pain and whilst we knew the procedure would be risky and that there was a chance it would not work, we consented to the operation. A tumour the size of a golf ball was removed from Foo on the 17th August 2006. Whilst she was in recovery at the vets, we enquired as to how best to aid the recovery process, one of the practice nurses told us of a reiki healer who specialized in pet care. Willing to try anything to help our pet recover from a demanding operation and with one eye on future care, we took the nurses advice and sought out some holistic after care. During this process your product was recommended and despite some reluctance from my husband (the words mumbo jumbo looney juice were used!) we gave it a try. To cut a long story short, nearly 3 years on and our beloved Foo is still with us, livelier than ever and all thanks to a combination of modern surgical techniques/medicines, good luck and in no small part two doses a day of your ‘**miracle in a bottle**’.

I believe our story shows that there is a place for health products such as yours, which can in combination with modern medicine help and aid recovery. I would like to wish you all the best in your fight with the short sighted pen pushers at the MHRA and if we can help in any way, please do not hesitate to contact us.

## Mrs T. M. Patterson.

Chester, (November 2009) - ‘**Lipoma, Cushings Disease, Laminitis**’

***I was absolutely amazed last week - my lump had complete disappeared! Your Zara's Tea really works!***

To all at Gramma's

I have only been a customer of yours for just over a month, however, I have already seen some amazing results from using your products.

My husband and I have been drinking Zara's Tea for about four weeks and both of us feel healthier. We have **much more energy**, and despite November being so dark, mild, wet and windy, none of my family had a cough or cold – we usually do at this time of year!

There is more! I used to have a **Lipoma** on my back (which I had for 7 years). This **benign lump** steadily grew over the years and my GP said I would have to go to hospital sometime to have it cut out. Just over a month ago, the lump was the size of a hen's egg but much flatter. It was very annoying and I knew it was still growing. I was absolutely amazed last week - my lump had completely disappeared! Your Zara's Tea really works!

We also have a little pony on your tea, she has **Cushings Disease** and **Laminitis**. She has been on the tea twice a day for four weeks and her thick curly coat is starting to disappear, her sweating has stopped and she looks so much brighter. I have taken several photos of her and will take more when she has recovered. I know she will recover. I shall send you another testimonial then, together with the before and after photographs.

Keep up the good work and all the very best with the Joining Hands In Health campaign – I just wish that everyone could get to hear about this fabulous campaign. I shall keep spreading the word. God bless you all.

Yours sincerely and very gratefully.





## **Mrs. Waygood.**

Hampshire, (2006 to 2013) - **‘Cancer’**

### **UPDATE SEPTEMBER 2012:**

“I have been drinking Zara’s Herbal Tea for the last 9 years, having bought it initially for my Golden Retriever ‘Kerry’ in September 2006, when **he developed a cancerous lump in his leg.** It was surgically removed however I was told it would probably return after 6 months. Kerry lived for a further 5 years having Zara’s tea morning and evening and died peacefully at age 15.

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 tried every cough mixture and many herbal products, which had no effect. I was told I had a ‘very low immune’ system caused by the cancer-drugs, radiotherapy, bones scans, full body scans, bone density scans etc. After drinking Zara’s Tea with Blackstrap Molasses in the morning and with Manuka Live Honey at night, within two weeks, the cough started to disappear; stopped shortly afterwards and has never returned. I continued drinking the tea twice a day and after 22 years of going to the hospital for 6 monthly check-ups, tumour markers tests, mammograms etc... I have finally been released from the hospital **who confirmed that I do not need any more check-ups.** It has seemed like a lifetime, after 7 operations (including a Hysterectomy), cancer drugs and HRT. I really believe that Zara’s Herbal Tea has stopped the cancer recurring (the last 2 operations were in 2002), and is something I could not do without. I am now 64 years old, I do 3 walks a day with my rescue dog ‘Ossie’ who is also taking the tea to keep him fit and healthy. If I go away, I always take the tea with me .

## Mrs. J. Dance.

Wolverhampton, (2005) - '**Cancer, Heart Health**'

*Pictured on the right: Tabitha.*

I have been giving your Zara's Herbal Tea to my cat (Tabitha) and her condition has improved tremendously. The vet could find **no sign of cancer in a recent examination**. Recently, I have been drinking 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.



## Mr & Mrs Anderson.

Buckinghamshire, (2002) - '**Melanoma, Itchy Skin, Infection, Food Poisoning**'

*Pictured above: Mrs. Anderson & family with her dad; and Mulder.*

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 started 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 drinking the tea for maintenance, convinced that it will probably help to stop the spread of this awful illness.

## Mrs Vickers.

Warrington, (2008) - **‘Stem-Cell Tumour’**

Three years ago (2005), my boxer dog (George) was diagnosed with a **large stem-cell tumour** on his front leg. It was surgically removed but I was told it would come back, so the vet advised amputation, as well as, to put him on steroids to slow down the re-growth. I rejected the advice and instead gave him Zara’s Herbal Tea. **Three years on and there has been no re-growth, secondary tumours or cysts.** George is still healthy, eats well and plays happily with more energy than ever. I sometimes also give him ‘molasses with lemon juice’ as advised in your booklet. I am now working in a ‘dog grooming shop’ and many of the customers pets have skin and other health problems.

## Mrs. Murdoch.

West Midlands, (2005) - **‘Cancer of the Lungs, Liver & Spleen’**

Mrs. Murdoch’s dog (Lotty) has **cancer of the lungs, liver & spleen**; suffered **muscle wastage** and could not walk very well. Lotty also had an **intestinal condition**, so had to be very careful with what she ate. She was taking 8 steroids and other medication daily. In Sept. ’05, the vet gave Lotty only 2 weeks to live. Mrs. Murdoch started her on Zara’s Herbal Tea and one month later, reduced the steroids to 1 a day; her appetite came back and Lotty was actively playing with their new puppy. Mrs. Murdoch was also able to give her a couple of treats which she previously could not eat. Lotty was still doing well in May 2006.

## Ms Sarah Allen.

Warwickshire, (30 August 2014) - **‘Mammary Tumours’**



Re. Using Zara’s Herbal Tea.

I’m sure it gave my beloved Holly (a border collie) an extra 9 1/2 years of her life, she died 2 years ago at an old age of 17 1/2, the mammary tumours she had from the age of 8 never got her! I religiously brewed the tea for her for 9 1/2 years. She now rests in some fields we bought especially for Holly under a rock over looking Abersoch Bay north Wales. I wish you every success in the future, I shall be eternally grateful to you that Zara’s herbal gave me so many extra precious years with my dog xxx.





*Pictures:  
Lewis's condition prior  
to drinking Zara's Herbal  
Tea.*

*Mrs Harmsworth also  
took pictures of Lewis's  
medication to prove to her  
Vet that it was the tea that  
had brought about his  
recovery, and not the  
medication.*

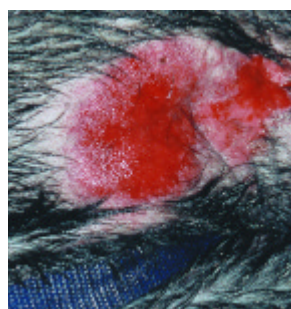
## **Mrs Valerie Harmsworth.**

### **Basingstoke - 'Acute Itchy Skin Condition'**

Lewis was a healthy, beautiful Labrador but after his first bout of vaccinations, he developed an acute **skin condition** causing all his fur to fall out, **severe itching, depression** and a variety of other distressing ailments.

The following 4 years, his Vet prescribed a range of medication in stronger doses, but nothing worked and his condition worsened. Skin tests showed an allergy to house dust mites, pollen and sarcoptic mange, which meant undergoing a course of desensitizing injections, which also proved unsuccessful. He was later referred to a Homeopathic Vet who diagnosed considerable damage to his immune system due to booster vaccines and steroids. He was also referred to a Dermatologist. After years of experimental drugs and suggestions of Euthanasia, Mrs. Harmsworth at her wits end, decided to follow her own instincts and immediately took him off all conventional treatments and gave him Zara's Herbal Tea and changed his diet to home cooked meals.

Having a sceptical Vet, she thought it best not to tell him and continued to purchase the medication, but did not use them. Every time Lewis returned for his check up, the Vet was amazed with his improvement, believing the drugs were working, until Mrs. Harmsworth confessed and promptly returned all the un-used drugs (5 months supply) to prove her case. Lewis's incredible story was featured in Dog's Today magazine (April 2000), headlined '**Miracles Do Happen!**' To our astonishment, we received hundreds of letters from other dog owners, whose pets were suffering the same condition, caused from the same drugs, given the same diagnosis and unsuccessful treatments. Their pets also made remarkable recoveries once using the tea.



## Ms A. Bridges.

East Sussex, (December 2007) - **‘Spleen removed with a Large Tumour’**

Dear Dounne,

I thought you might like an update on my wonderful yellow labrador Murphy now aged 13 ½ who had his spleen removed with a large tumour on it in April. He has been taking Zara’s tea along with Molasses since then and the improvement in him has been remarkable. He seems fighting fit, with no obvious aches and pains, he looks forward to his walks and has plenty of energy. One of the highlights of his day apart from food that is, is his twice daily dose of Zara’s tea and a spoonful of molasses. Mind you, there is considerable competition for the molasses from our other two labradors.

Many thanks for all that you do.

.....

## Mr J. Cooling.

Essex, (1995) - **‘Strange growth on index finger’**

A strange growth appeared on the inside of my index finger in October 1994. I went to my GP and he decided to burn it out with 'Silver Nitrate' which had no effect and it turned septic. Once again, I went to the GP and he prescribed antibiotics which again had no effect. In Feb'95, I went back again, as it was really sore and growing; it would bleed profusely if knocked and was constantly weeping and at times even had a nasty smell. My GP decided I should have surgery which was arranged for 18th.April'95 (6 six weeks later). I had bought Zara Herbal Tea for my wife, who has ovarian cancer but she did not drink it. So two weeks ago, I decided I would take it myself. I have taken nearly half a bottle and my growth has almost healed. The growth seems to be starved of whatever it was feeding on and in a few days it will just drop away from my finger. It is no longer painful and the open flesh wound that it seemed to grow out of has completely healed over and is now connected to my finger by a small line of skin. I would swear that it is all down to this Herbal Drink.

Also for years, I have gone to bed and after four to five hours sleep, I have been woken by pains in my back, not excruciating pain, but just enough that I couldn't get comfortable again. So I would get up and sit in a chair and rest. I get 7 - 7 ½ hours sleep now, no longer have any pains at all and feel fresher and not always tired. The only thing I do different now is take Zara's Herbal Drink daily and I am convinced it is the effects of tea on my body that is responsible.



## Mr Terry Wallis.

Essex, (6 July 2009 ) - ‘**Mast Cell Tumours**’

A few months ago, I bought Zaras herbal tea and then the sachet and made it up. I did this as one of my dogs, Amber, has been diagnosed with Mast Cell Tumours and I promised to update you on her development.

She had xrays in Jan 09 and this showed a spread to the lungs, 4 tumours. I have now found this is unusual with the cancer. The second xray in April showed a slow progress in the 4 cancers in her lungs. An xray today shows no growth but a hardening of the tumours. Not sure what this means but it is not growing. I have been giving her Zara’s for the last 2 1/2 months and the vet has said he did think the cancer is not progressing as he thought it would. He was being diplomatic. Internet checks on MCT has indicated that if the tumour has spread prognosis is bad and life is reduced to 7- 18 months. It does not usually go to the lung. She is happy, mobile and having a quality of life not expected from diagnosis. I have spoken to the veterinary surgeon today and he said that if this is working then go with it. I have said I will supply the details of your products and he will investigate and approve if he agrees it is working. I have also contacted my pet insurers and they have also agreed to pay for alternative medication, if the vets approve it’s accepted in the treatment. Amber is also suffering from arthritis and she is being supplemented with herbs to treat this.

Mast cell tumours kill quickly if spread to other organs. Zara’s Herbal Tea is hopefully restricting the spread and Amber will live her normal life span without this disease spreading. I also take the product for my own reasons but I will cover this at a later date.

**UPDATE (2014):** Amber survived a further 5 years, but sadly passed away in 2014.

## Mr Medland.

(2007) - ‘**Skin Cancer**’

After a consultation last week, my skin cancer appears to be clearing up. This I believe is a direct result of drinking Zara’s Herbal Tea ‘neat’. I am astounded by these results as this is after only 1 month.



## Mr & Mrs Burrows.

Cheshire, (2007) - 'Rota Virus'

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 drinking 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 was affected by the recent Noro-virus outbreak**.

.....

## Mrs Rosemary Hall.

Berkshire, (2005) - 'Mascatory Muscle Myostitis'

Four years ago, my long haired German Shepherd dog called 'Ben' was diagnosed with **Mascatory Muscle Myostitis** (an auto immune disease), for which there is no treatment or cure. He was put on a massive dose of steroids which nearly killed him and all his hair fell out. This was when I was told about Zara's Tea. He was on it for 3 years, his coat grew back beautifully and he was well. I stopped the tea to see how he would get on. He then came up with a skin problem, which he has had ever since, so he's now back on the tea again.



## Mrs. Sewell.

Surrey, (1995) - **'Insufficient Breast Milk, Menstrual-Cycle'**

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 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 bottle-feeding; 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 **my thinning hair has re-grown beautifully**. I am still very energised and sleep well at night. David is now a healthy 13year old.

## Ms Harris.

Liverpool, (8 January 2009) - **'Painless Child Birth, Tonsil Infection'**

Dear Grammas

I mixed the 'Zara's Herbal Tea & Willow Herbal Tea' together and drank **7 or 8 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!

I also gave a bottle of Zara's Herbal Tea to my brother who didn't have much faith in it, but been troubled with a problem for the last month. Doctor said it was from a **tonsil infection** he had a month or two earlier. He came out with big red spots on legs and arm - the pain and stiffness was terrible. He couldn't believe the difference over night and even rang up to thank me, but it should have been you! He is now very interested.

## Mrs. J. McCarthy.

Staffordshire, (2009) - ‘Painful Warts, Osteo-Arthritis, Psoriasis’

*“Whoever has the power to enable Zara’s Herbal Tea to remain available to people like me, I beg of you to please let us continue to take this harmless and wonderful tea.”*

I write in support of the health food ‘Zara’s Herbal Tea’. I have been drinking the tea for over 2 years now. My general health and well being has greatly improved in that time. I suffer with what the skin specialist call ‘Seborrhoea’ something or other (horrible painful warts in both my groin areas). Then **I was told it was just old age and that I must learn to live with it as there was no cure.** I was 61 at the time, and I am now 71! I heard about Zara’s Herbal Tea from a friend who was treating her Border Collie with the tea and who had had marvellous results. Within a few months of drinking Zara’s Herbal Tea, **my skin condition had cleared completely.** It was like a miracle after all those years of discomfort and pain! I also suffer with **Osteo-Arthritis of the cervical and lumbar regions of the spine** with degenerative changes. Since I have been drinking the tea, I no longer have to take my strong pain-killers, and I am a lot more mobile than I have been in over eighteen years. I started my husband on the tea for his **Psoriasis**. Within two months, he was also cleared of his skin complaint.

Whoever has the power to enable Zara’s herbal tea to remain available to people like me, I beg of you to please let us continue to take this harmless and wonderful tea. I don’t know what I would do without it. On the odd occasion when I have run out of the tea I certainly felt quite poorly again. So I know that it would be a great loss to everybody concerned if we were to lose this wonderful tea because of officials who do not understand how helpful it is to us folks. After all, the tea will save the NHS a lot of money as it is helping people so much they will not be a drain on the NHS resources.

Again I beg of everybody to please, please, please let us keep our wonderful tea.

Very many thanks in advance.

## Mr. R. Branch.

(2012) - ‘Arthritis, Fluid Retention’

The effects of drinking Zara’s Herbal Tea has been wonderful, my **arthritic shoulder** has completely healed; my wife’s **fluid retention** in her legs and feet is completely restored to normal; my thinking and sleeping are clearer.



**Mrs A. Booth.**

Lincolnshire, (July 2009) - ‘**Health Maintenance, Menopause**’

To whom it may concern

I have drunk Zara’s Herbal Tea on a regular basis for at least the last five years and in this time I have never been seriously ill, nor have I had many colds. I think I can count how many colds I have had over that period on one hand, therefore I’ve not had to take any time off work.

I drink Zara’s as a tonic and have on occasions run out before getting a replacement; and I can tell that I am not taking it. My hair is usually nice, shiny and silky but goes like straw and I can just tell the difference to my whole wellbeing. **As I am fair skinned, I used to burn** when I was in the sun, but I find I no longer burn and I feel that this is also due to drinking Zara’s. I am in my mid fifties and I am not a person who is conned by what I read, but this product did **help me sail through the menopause** without the likes of HRT or any other products. Zara’s keeps me well by giving me what I need through all the herbs that are in it, and I feel it should be my choice what I put into my body and not the MHRA. Surely it is better to keep people healthy with natural products, than by all the rubbish that is put into our food products today.

How can the MHRA say this is not a herbal food when all that goes in it is herbs and if this product helps to keep people healthy, then surely all well and good, especially for the people concerned and for the health service, as this keeps their resources for people that need it. Is the MHRA scarred of having the competition of Zara’s; or is it that the fat-cats from the big drugs companies; and the fat-cats from the Government are frightened of losing all of their perks. What has happened to freedom in this country – freedom to choose – is that not what the wars were all about? At least there is no Government health warning on Zara’s, but there is on tobacco and it is still for sale!

I feel the MHRA should leave Zara’s alone, let people choose what food products they wish to put into their body and not one’s that they do not know are there because they cannot understand the labelling.

I feel very strongly about this and would like to hope that you will leave Zara’s alone to carry on the good that it is already doing.

Yours faithfully.

.....

**P. Stevens.**

West Sussex - ‘**Menopause**’

I would like to tell you that I was saved from a dreadful existence with Zara’s Herbal Tea. For 10 years, I had spent a miserable life due to **hot menopause sweats**. I had spent a fortune on various treatments and none had done the trick. HRT had even worse side-effects. I drank the tea and have not had a sweat since. I feel a miracle has occurred in my life, I am free at last thanks to Dounne and her wonder brew. As I work with women all day I intend to spread this news!



## Mr J. Clarke.

London - 'Cushings Disease'

Our dog (Tiny) was diagnosed with **Cushing's 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 test 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 herbal tea and started giving it to our dog, he appears to have been given a new lease of life. He is no longer lethargic in any way; in fact he is now like a puppy again. 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 best good and would recommend it to anyone with a sick animal.

## Rita Jones.

Mid-Glamorgan, (2008) - 'Kidney Failure'

Rita's corgi dog 'Frisbie' was diagnosed with **complete kidney failure** in 2005 and the Vet gave him a 50/50 chance of survival. She started him on Zara's Herbal tea (which he loved and happily drank) and saw improvements within one week. Frisbie went on to survive a further 3 years, maintaining a good quality of life and passed away at 15.



## J. Saas.

Ireland - (June 2000).

Dear Dounne,



Thank you very much for sending Zara's Herbal Tea so quickly. The whole family drinks it now, even the budgies. One of them was very sick and I thought he would die, but he is getting better and can even sit on the perch again. Our dog Otto has improved too, but he is still scratching a lot. I guess it will take a long time before he is right again.

**UPDATE (30 October 2000):** Otto is almost totally recovered.

**Ms K. Proctor.**

East Kilbride, (September 2005) - **‘Stroke’**

Dear Dounne,

Almost a year ago I wrote to you asking for advice about giving Zara’s tea to my dog, Lucky, following her **stroke**. I am happy to say that Lucky made an excellent recovery and is still doing well today at nearly 15. We have been giving Zara’s tea ever since.

Thanks you once again for your help.

**Ms P. A. Miller.**

Essex, (July 2011) - **‘Bloodshot Eye’**

Just had to let you know, even though others I’ve told think it must be coincidental. I completed brewing your herbal tea yesterday.

I have two whippets Millie aged 4 and Bella 1 year - the younger one is always into mischief. I don’t know what she had done, but on Sunday evening her **eye became bloodshot**. Yesterday morning it was obviously infected, by lunchtime it appeared sunken into the socket and she couldn’t open it and just wanted to sleep. (I would usually take them to the vet but due to the fees I wasn’t able to). Around 2pm, I was straining the herbs and I thought, nothing to lose I’ll bathe Bella’s eye with some. **An hour later her eye was open and by evening completely cleared up**. She even licked up the drops I spilt on the floor and was bounding around full of life! Amazing! I don’t take things at face value and always research and question before I except anything - but it must be the herbs.

Yours with thanks.

## Mr R. Maciocia.

Scotland, (April 2014) - 'Bad Liver Function'

Dear Dounne,

I would like to thank you and your team at Gramma's.

I have suffered from a **bad liver function** count for some nine years now. No matter what vitamins and supplements I've taken over the years, I have never had my tests return back to normal levels. However I took your wonderful Zara's Herbal Tea for three weeks and the results are truly staggering! **My liver function is now almost back to normal levels**, I feel great and my energy levels are way up to normal again. I wish to continue drinking the tea and look forward to what I am sure will now be a full recovery. I will be placing an order for more of Zara's tea today.

Your Grandmother certainly knew about how to use nature to help heal people.

God bless her for sharing this knowledge and God bless you for continuing in this great field of work.

Health and Happiness!

## Mrs E. M. Williamson.

Leicester, (August 2009) - 'Skin Condition'

Dear Dounne Alexander

In 2002-2003 I sent for packs of Zara's Herbal Tea. I used it to treat my lovely white haired 10 year old dog Susie. She had developed a **skin complaint which left her with large bald and raw patches on her legs and backside**. She had the tea to drink and I bathed her poor skin with it as well. It was almost miraculous the way she healed up. Susie was like a new dog as her fur grew back.

I also am suffering **hair loss** through ill health and was hoping to get some Zara's tea and Willow tea as well. Please let me know if and when they will be available again.

Good luck in your campaign.

Yours in hope and love.

# GRAMMA'S®



**GRAMMA'S®** is the first to integrate **‘natural foods with medicinal & culinary herbs/spices’**, as a complete unit for optimum & sustainable health. Prior to becoming an exclusive mail-order business, GRAMMA'S unique herbal products were supplied to the UK's most prestigious department stores including Harrods, Fortnum & Mason, Harvey Nichols and the top 7 supermarket chains.







# A TRUE PIONEER-

## Dounne Alexander MBE.FRSA.



Dounne (65), has been spearheading Traditional Natural Healthcare for over 25 years, educating the nation on the ancient holistic principles of healing mind, body & spirit through the provisions of nature... with a particular emphasis on the importance of home-cooking. Dounne says; *“Long before the invention of synthetic-medication and artificial foods, my Afro-Caribbean ancestors relied solely on NATURE for food, cosmetics & medicine to maintain life long health and beauty. In those days, sickness was rare. For example, my great-grandmother lived to 113 years, looked 70; was fit, had fabulous skin, all her teeth, hair, and an impeccable memory. This was ‘the norm’ in those days, until the introduction of Western medicine.”* These traditional principles were also respected and practiced by ancient physician Hippocrates (known as the ancient father of medicine) who famously quoted - *“Let thy Food be thy Medicine and thy Medicine be thy Food.”* And Paracelsus (known as the ancient father of Pharmacology) 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 given only one month to live, it came as no surprise that her grandmother’s strong faith and incredible knowledge of ‘natural foods & herbal remedies’, that she survived against the odds... leaving Dounne with an enduring respect for ‘nature & ancient self-healing’ traditions. Years later (1987), Dounne created ethical business **GRAMMA’S®** (named in her grandmother’s loving memory), based on the ancient principle that **‘Natural Foods are meant to Feed & Heal’**. A belief that was put to the test in 1994, when her daughter’s dog & beloved family pet (Zara) was diagnosed with terminal cancer, and again was given no hope of survival. However, using these same principles, Zara also survived against the odds.

As an extremely busy working mum, businesswoman and health campaigner, Dounne also understood the plight and concerns of parents and therefore wanted to make life simpler and guilt-free when caring for families (and their pets). So by combining natural foods with medicinal herbs & spices, she specifically developed products with all the essential ingredients required to prepare quick, delicious ‘healthy’ meals to help maintain optimum health all year round. To Dounne’s delight, her products were not only extraordinarily unique, but customers soon started to report amazing life changing health benefits.

Dounne says *“healthy eating should begin at home - with cooking as an enjoyable, health enhancing, shared experience. I believe NATURE holds the keys to ‘LIFE’ and the restoration of our ‘HEALTH’.* Therefore it is my hope that **GRAMMA’S®** products will breathe life into every meal, plus encourage and empower you to take ‘health’ back into your own hands.”

• **ACCOLADES INCLUDE:** 11 National Awards; Featured in 21 inspirational books; Voted amongst 100 greatest and most influential black people in British History for 2000 Millennium Archives; Name recorded in the **Hall of Fame** of the American Chilli Institute; plus recognised amongst the most influential British women since 1945 for **‘Women Who Led The Way’**.

## Integrating 'Natural Healthcare', to safeguard the Nation's health.



*A personal message to you from the Founder,*

**Dounne Alexander MBE. FRSA.**

Dear Reader,

Over £400 million is raised every year for Cancer Research UK, but sadly none of the funding goes into the research or promotion of effective Natural Treatments. WHY? because the Medical Establishment supports the exclusive use of Pharmaceutical drug-medication. I'd like to change the status quo, in the hope of giving **Natural Foods & Remedies equal footing with Pharmaceutical drugs** in the fight against Cancer, other conditions and to support optimum health. In fact, it is well known in the medical industry that when we limit the use of drug-medication, our 'immune system' becomes stronger, which then enables our body to fight off disease and infections 'naturally'... therefore this should be the starting point for improving overall health, wellbeing and general quality-of-life.

For example, let's take the common use of antibiotics. In 2013, the Chief Medical Officer (Professor-Dame Sally Davies) warned the Government, NHS & Doctors; *'to stop prescribing antibiotics for common infections (such as coughs, colds, flu, etc) because it's destroying our 'immune system' and is now the most dangerous threat to the nation's health; as common infections could once again become killers.'* However, the same is true for the majority (if not all) drug-medication being used today... instead of restoring health, they are putting our lives at risk. A **global health report** (published in the Lancet), ranked the UK 14th out of the 19 wealthiest countries for poor health and short life expectancy.

In 2014, a group of leading doctors wrote a strongly worded letter, warning the Government about the new proposal to extend the use of 'Statin drugs' to the over 50's, stating ... *'there is a conflict of interest with NICE; as 2/3rd's of its panel of experts (i.e. 8 of the 12 members) has direct financial interest in the Pharmaceutical companies making these drugs. Non-disclosure of hidden data, plus under-estimating adverse side-effects could effectively condemn millions to lifelong medications of questionable value, as the balance of risk is greater than the benefits. It could do more harm than good.'* Currently, 7 million people are on Statins (costing the NHS £450 million annually); the proposed extension will increase the number of people to 12 million. Yet, by just eating a healthy diet and doing regular exercise can lower cholesterol, plus reduce the risk of heart attacks and strokes. **The National Institute for Health & Clinical Excellence (NICE)**; is the approved body who recommends which drugs the Government should purchase.



## “Each ONE; Reach ONE; Teach ONE.”

I am therefore seeking the support of everyone who is inspired by this 'little booklet', to help me spread the word by passing it on to everyone you know. Plus make a donation, which will enable me to produce and give it to others for '**FREE**'.

The bottom line is, Cancer and our deteriorating health have reached critical point. However, I believe by working together with people who truly care and understand the serious risks we all face; will help to re-educate others... and in doing so, will safeguard the

nation's health; animals and the 'natural' environment. To make a donation, please visit [www.joininghandsinhealth.com](http://www.joininghandsinhealth.com); alternatively you can donate by '**credit card**' (please call 0208 470 8751) or by '**cheque**' (made payable to **Joining Hands In Health** and post to C/o GRAMMA'S, P O. Box 218, East Ham, London E6 6BG, United Kingdom).

### THANK YOU for CARING & SHARING!

With Love, Light, Gratitude & Abundant Blessings

Dounne.



## TIME FOR CHANGE? PLEASE SIGN PETITION TO SAFEGUARD YOUR HEALTH CHOICE!

Since 2002, numerous 'safe & effective' natural products (like Zara's Herbal Tea), as well as herbs, remedies and supplements have been unlawfully removed from health stores and banned from consumers without their knowledge. For this reason, people are suffering and dying needlessly for lack of access to effective natural healthcare solutions. In order to address this imbalance, we need to change the Government's mindset by showing the importance of integrating 'natural healthcare', which would not only improve health and save lives, but also reduce NHS costs. To do this, the majority of people living in the UK need to SIGN petition '**The Nation Speaks - NO! Not In My Name**'. This will compel the Government to hear your voice and ACT according to your wishes. So if your **HEALTH** and **RIGHT TO CHOOSE** are important to you, please visit: [www.joininghandsinhealth.com](http://www.joininghandsinhealth.com) and SIGN TODAY. You can also subscribe to receive the latest campaign news; health features and product updates from GRAMMA'S... plus join us on Facebook and twitter.

### NEED MORE REASONS TO SIGN?

Then please 'Watch & Share' my thought provoking and inspiring 5 minute video "**WHY ARE WE DYING TO BE HEALTHY?**"

## **Mr & Mrs Russell.**

Wiltshire, (April 2011) - **‘Brain Tumour’**

On the 15th Oct. 2010, I was diagnosed with **High Grade Astrocytoma: an aggressive Brain tumour**. I was given the maximum amount of radiotherapy allowed in one lifetime which stopped in December 2010 and chemotherapy in tablet form which stopped in March 2011.

.....

### **UPDATE : 23 November 2011**

Dear Dounne,

Today we went to the Royal United Hospital in bath to meet his new consultant and get the results of his last MRI scan which was taken on November 3rd 2011. We were both delighted when we were told that **the tumour had shrunk even more than the last time** and he has not had any chemotherapy or radiotherapy since May. He is now down to 6 monthly MRI scans; and will continue drinking the current amount of Zara's tea, unless you advise otherwise in the hope that it will shrink even more over the next 6 months. Obviously, if there is any change I will let you know.

Thank you all so much. We both believe the further shrinkage is due to the tea he has been drinking and we cannot thank you enough for helping to save his life. God bless you all at GRAMMA'S.

Love and gratitude.

Mrs Russell.

### **UPDATE : APRIL 2014 :**

Mr. Russell is still doing well.



GRAMMA'S  
P.O. Box 218  
East Ham  
London , E6 6BG

Tel. 0208 470 8751  
[www.grammasintl.com](http://www.grammasintl.com)  
[www.grammasehop.com](http://www.grammasehop.com)  
[info@grammasintl.com](mailto:info@grammasintl.com)