

# 7 SIMPLE WAYS TO JOIN H<sup>ANDS</sup> IN HEALTH.

[www.joininghandsinhealth.com](http://www.joininghandsinhealth.com)

**1. USE THE TEMPLATE (overleaf) to trace your hand.**  
Please follow the steps below...

- TRACE** - use a pen to draw around your hand.
- ADD** - a special health message in the palm.  
(i.e. *'I believe in the power of nature!' - 'I support natural health and informed consumer choice'*).
- FILL OUT BOX** - with your details, date & sign.
- POST** - back to us (see address below).
- PHOTOCOPY THIS TEMPLATE** - pass onto family and friends, encouraging them to do the same. Hand-tracings are also great fun for kids.

## 2. EMAIL - WORDS OF SUPPORT.

Please email your words of support to [myview@joininghandsinhealth.com](mailto:myview@joininghandsinhealth.com).

## 3. SEND US YOUR TESTIMONIALS.

If you have used Gramma's products, especially Zara's Herbal Tea and have obtained health benefits, it is important to inform us in writing.

## 4. WEAR YOUR SUPPORT.

Wear our beautiful Crystal-Gemstone Bracelets on your wrists and ankles, or try our necklaces, available in two distinctive styles (spiral and donut). Traditionally known to enhance overall well-being. These intriguing items will definitely prompt conversation - *ideal for spreading the word about the campaign!*

## 5. DONATE - £1.00.

If you could submit £1.00 with each hand-tracing (optional), it will go towards the running and legal costs of the campaign. Donations can be made by cheque, postal order or credit card. For further details please call 0208 470 8751 or visit the website.

## 6. SHOW OF H<sup>ANDS</sup> EXHIBITION.

We plan to show-case both public and celebrity hand-tracings at this event (celebrity tracings & memorabilia will be auctioned). The Prime Minister, senior government officials and MP's will also be invited in the hope that they will take the nations' views on health seriously.

## 7. ORDER FREE CAMPAIGN HANDOUTS.

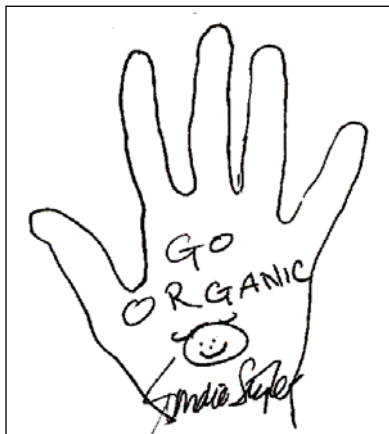
Whether you are an individual, shop, school, church, or business, please order as many handouts as you wish to get everyone joining hands. Order online or call 0208 470 8751. To learn more about the campaigns origins, aims and objectives, please request a Campaign Brochure.

Kindly send all hand-tracings, donations & testimonials to - **JOINING H<sup>ANDS</sup> IN HEALTH**, P.O. Box 218, East Ham, London E6 6BG, United Kingdom. Tel no. 0208 470 8751

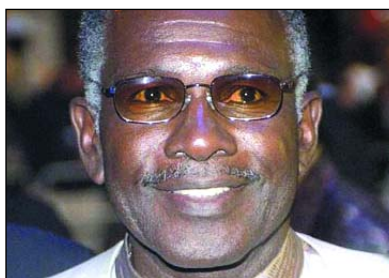
Opposite are a few examples of public and celebrities views on health. ➡

**"United as ONE, we can make a change"**

Children at Bonnydown Assc. (East London).



Trudie Styler (Film Producer).



**"Your Health is Your Wealth"**

Rudolph Walker. OBE - (Actor).

- ERIC CLAPTON (Artist)
- TIGGY LAWSON (Model/Presenter)
- JOSEPH FIENNES (Actor)
- BARRY GIBB & ROBIN GIBB (Artist)
- ADRIAN LESTER (Actor)
- GEORGE MICHAEL (Artist)
- ROLPH HARRIS (Artist)
- JAMIE OLIVER (Chef)
- SIR. TREVOR MACDONALD (Pres.)
- COURTNEY PINE (Artist)
- SIR. NORMAN WISDOM OBE.
- EAMONN WALKER (Actor)
- JOHN ALTMAN (Composer)
- JEREMY IRONS (Actor)
- GAIL PORTER (Presenter)

## Celebrities Joining H<sup>ANDS</sup> In Health

- MADONNA (Artist)
- MICHELLE RYAN (Actress)
- SIR VIV RICHARDS (Athlete/Cricket)
- GRAHAM NORTON (Presenter)
- MARK OWEN (Artist)
- NIGEL HARMAN (Actor)
- TAMZIN OUTHWAITE (Actress)
- COLIN SALMON (Actor)
- SIR. STEVE REDGRAVE (Athlete)
- MIQUITA OLIVER (Presenter)
- LAURENCE LLEWELYN-BOWEN
- MICHAELA STRACHAN (Presenter)
- LINFORD CHRISTIE (Athlete/Sprinter)
- PENNY SMITH (Presenter)
- CHRIS TARRANT (Presenter)
- NELL MCANDREW (Model)
- SHANE RICHIE (Actor)
- CHARLOTTE CHURCH (Artist/Presenter)
- PRUNELLA SCALES (Actress)
- JANE TORVILL (Athlete/Ice Skater)



**Please Note:** As this is a **non-committal request**, all celebrities have submitted because of their **health beliefs**, safe in the knowledge that their contributions will go towards helping raise funds and awareness for the causes 'WE' support.



Lewis Harmsworth (Basingstoke)



**"Health, Wealth & Happiness"**

Gok Wan (Fashion Style Guru).

**F.A.O. To the Prime Minister and all Parliamentary Members.**

(please tick box if you agree).

I strongly **AGREE** that the Government should establish a 'new legal framework', to protect my 'consumer-rights' to freely choose & consume 100% natural foods, herbs, vitamins & supplements. For this reason I will not vote for any 'Party' that does not protect my health.

HAND SUBMISSION FOR : **JOINING HANDS IN HEALTH<sup>®</sup>**

NAME : \_\_\_\_\_

AGE : \_\_\_\_\_ DATE: \_\_\_\_\_

RESIDENTIAL AREA (i.e. City) \_\_\_\_\_

SIGNATURE \_\_\_\_\_

I HAVE INCLUDED A £1.00 DONATION / OTHER £ .....

I HAVE PASSED ONTO FAMILY AND FRIENDS.



**Thank you for Joining Hands In Health.<sup>®</sup>**

*With Love, Light, Gratitude & Abundant Blessings - Doune Alexander MBE.*