

F.A.O : The Prime Minister; Deputy Prime Minister.

Opposition Leaders, Health Ministers, Ministers for Care Services & Pensioners, Shadow Ministers (UK, Northern Ireland, Wales & Scotland), London Mayor, Greater London Assembly members, AGE UK, Health Associations, Pensioners Charities & Groups and National Media.

WARNING

'Pensioners deaths set to rise this winter'.

- **2010/11 = 24,430 pensioners died.**
- **2012/13 = forecast to be the **coldest, plus increasing household fuel & food bills, could set a new record this winter.****

There are approximately 10 million pensioners (over the age of 65) in the UK and each year over 20,000 die during the winter months - December to March. According to AGE UK, there were 24,430 excess deaths in 2010/11. For the past 5 years, the number dying from hypothermia, circulatory, respiratory & heart conditions has doubled, but this year's winter forecast to be **'the coldest'**, plus increasing **'household fuel & food bills'** could set a new record, as poverty stricken pensioners will be forced to continue to choose between eating and heating their homes. Moreover, respiratory and circulation problems are made worse in cold, damp conditions; which without food to provide the body with essential fuel, heat and energy to keep warm, will simply add to the death toll. And although the Government provides 'cold weather payments', it is not sufficient to prevent, reduce or bring an end to this devastating problem.

To make matters worse, in November 2012 - the **Chief Medical Officer** warned that *"patients should not request **antibiotics** for coughs and colds due to increasing resistance to treatments. Common infections may become impossible to cure, if antibiotics are not used responsibly. Drug resistance is one of the biggest threats to modern health."*

The Centre for Infectious Disease Research and Policy, also warned that the **'Flu Jab vaccine'** promotions have been over-hyped and over-exaggerated, with no decent studies conducted to prove its effectiveness for the over 65s. One expert suggested, the Government should be held to account for wasting tax-payers money on the annual £120 million national campaign waged to encourage public uptake of the vaccination. Plus, a survey by the **General**

Medical Council discovered that **doctors misdiagnose 10% of chronic ailments** such as heart problems, arthritis and cancer, which means people could be taking powerful drugs (with serious side effects) for no good reason. More than 40% of the elderly given a prescription have an error in it – and sometimes the mistake is fatal. The over 75s are at the greatest risk because they are given the most prescriptions.

- **Dr. Donald Light's** research findings in 2010 revealed that **85% of new drugs offered few, if any benefits at all.**
- Statistics confirm that **'prescription medications'** are not only extremely toxic and addictive but also the **NO1** cause of deaths in America and **NO3** in the UK.
- Coupled with the recent rise in **'hospital deaths'**, due to over-crowding, poor hygiene and bacterial infections.

Collectively, this puts the 'health & life' of the elderly at even greater risk.

**In 2012, it is an absolute disgrace that
UK 'senior' citizens are dying for lack of heat,
food-and effective medical-care.**



GRAMMA'S WINTER WARMING INITIATIVE:
(Aims & Objectives)

- Since 1990, hundreds of thousands of lives could have been saved, if only successive Governments heeded my call. Being a pensioner myself at 64, I fear these deaths will continue to escalate and be ignored, therefore I hope the Government will finally adopt the above initiative for pensioners over 65, (during the coldest winter months - December to March); commencing **December 2013.**
- The initiative aims to create a level playing field within the National Health Service (NHS), by **integrating 'Traditional Natural Healthcare'**: to offer greater consumer choice which could potentially improve health, quality of life, prevent unnecessary suffering, reduce the annual death toll of UK Pensioners during the winter; and make a significant reduction to the NHS annual healthcare budget.

- To demonstrate the tremendous potential of **'Traditional Food Supplements'** to enhance health, I am offering **GRAMMA'S Herbal Pepper Sauce**; proven (for over 20 years) as a 'safe & effective' solution. Supported by renowned British Medical Professor – Irwin Ziment (the background history and evidence is detailed in feature **'The Spice of LIFE'**) http://issuu.com/yourhealth.news/docs/the_spice_of_life
- To reduce the over-use and abuse of **'Prescription Medications'**.

This 'open letter' has also been sent to everyone who has a duty of care for the 'health, welfare & well-being' of the elderly; and the general public, in the hope of gaining support to encourage the Government to adopt this vital initiative.

INVITATION TO THE GOVERNMENT:

I am therefore inviting the Government, Opposition Leaders & associated Ministers to consider adopting **GRAMMA'S Winter Warming Initiative**, as an effective solution to improve the overall healthcare of UK pensioners. Being of national concern, I would also welcome cross-party involvement. If you would like to arrange a meeting to discuss further, please contact Ms India Moore on 0208 470 8751

I look forward to hearing from you.

Yours sincerely

By: Doune Alexander MBE

Founder of GRAMMA'S Specialist Herbal Foods
and the Joining Hands In Health awareness campaign.