

“Let thy Food be thy Medicine and thy Medicine be thy Food”

(Hippocrates – the ancient father of medicine).

In 1992, as a single-parent at the tender age of 43 and after 7 (arduous) years building my herbal food business (GRAMMA’S), I was diagnosed with **severe spinal damage, repetitive strain in both hands (RSI)** and suspected **‘breast cancer’** (*benign lumps in both breasts*), with a warning that they could turn cancerous. This was at the height of my ambitious career supplying my famous **‘Herbal Pepper Sauces’** to prestigious stores (Harrods, Fortnum & Mason, Harvey Nichols, Selfridges and the top 7 supermarket chains), a feat never before achieved by any small British business; won several major awards and hailed a national role-model.

To make matters worse, a year later (1993) my mother suddenly died from **‘ovarian cancer’** and the following year (1994) my daughter’s beautiful Labrador (ZARA) was diagnosed with terminal **‘mammary cancer’** and given only two weeks to live. The Vet said that there was **no hope** as the cancer was too advanced; too aggressive, inoperable and no existing medication or treatment could possibly save her and advised that the kindest thing we could do - was to put her down. Then, my daughter asked the most thought provoking question – *“Mum, if I became terminally ill like Zara - could you have me killed?”* This was the first wake-up call to make me realize how easily disposable animals are in our society today. However, Zara was a huge part of our family and was treated as such rather than just a pet. Everywhere we went, Zara went too...and being a Labrador retriever, she was naturally a very loving dog. Fortunately, being raised in the Caribbean I have witnessed first-hand the healing powers of herbs and natural foods, therefore understood their restorative potential. So with nothing to lose or no one else to turn to, **I turned to God for help**...and whilst in meditative prayer, I was instructed to take Zara off all commercial dog foods; put her on a home-made vegan / vegetarian diet and to also brew a special ‘herbal tea’ using 15 specific herbs and to give it to Zara three times daily. It tasted very pleasant and she just lapped it up. Within 24 hours, her breathing had improved; pain and fever stopped. A week later, incontinence stopped and from being unable to crawl or walk - she was now up, alert, bright eyed, wagging tailed and with so much energy that she was running about like a puppy again. After six weeks, we took her back to the Vet for examination: Zara’s cancerous lumps had all (but one) completely disappeared (the one remaining had reduced to the size of a small pea); her damaged organs (lungs, liver & kidneys) were all restored; her weak heart was now very strong; blood ‘cancer-free’ and she was generally in excellent health. Amazed, the Vet asked if she could give my tea to another cancer stricken dog. When the same results occurred, she advised us to inform the British Medical Association, who unfortunately was not interested.



- Above, Dounne’s Caribbean Hot Toddy drink, using her herbal pepper sauce, helped to combat Britain’s annual flu epidemic.



- Zara’s with cancer tumours. Side view.
- Stomach area.
- Groin area.