

## CREATING A SICK-FREE NATION:

50 years ago **'home cooking'** was the norm, which gave parents personal responsibility as the caretakers of their families and pets health. It encouraged self-awareness, observation and stimulated health education. They were knowledgeable about the benefits of **'natural foods'** and many **'safe herbal-remedies'**, which they expertly prepared and successfully treated all forms of ailments. In those days, cancer and other chronic illnesses were **'rare'** conditions...making 'drug medication' the last resort. However, nowadays the balance of control has shifted and people have become totally reliant on **'commercial ready-made meals, junk-foods & synthetic drugs'**, causing what is being witnessed today (i.e. escalating chronic illnesses, mental & physical breakdown with aggression, crime and anti-social behaviour spiralling out of control). Hence, the reasons I believe that we need to revive these 'basic life-skills' and put the control back into peoples' hands.

Statistics confirmed that both the nation's health and the National Health Service (NHS) are in serious crisis. The exceedingly high ratio of chronic illnesses such as 'heart-disease, cancer, diabetes, HIV/Aids, high blood pressure, high cholesterol, obesity', etc – affecting **1 in 3** of the population (over 20 million people), means that the likelihood of one member in every family falling prey to a terminal condition is extremely high. Although most people have lost confidence in their doctors, but having also lost the knowledge of these simple 'self healing' practices, leaves them helpless and at the mercy of a 'Health Service' which can no longer cope or afford to adequately take care of them. Like the ten-of-thousands who die prematurely, I too could have been just another annual death statistic, if left solely in the hands of the current healthcare system.

**The Director of Public Health annual report for my district entitled 'Saving Lives 2007' confirmed that Newham is the eleventh most deprived borough in the country - with the worse female life expectancy in London, highest infant mortality and the highest death rates from heart disease, which kills over 500 people each year... with plans to improve healthcare by 2020'. Newham is one of 5 London boroughs (with similar poor health reports) hosting the 2012 Olympic games** The average cost of current cancer-drugs alone is £20,000 per person annually (subjected to postcode rationing) – whereas 3 cups of Zara's Herbal Tea daily cost only £500 per person annually. This works out less than the retail price of a normal cup of tea or coffee. Consider the possibilities of giving the tea to pregnant mothers and their babies throughout life; it could potentially prevent the development of most (if not all minor or major illnesses), which simply means that we could be looking at a **'sick-free'** nation within the next decade. Hence, **one 'cup-of-tea' could literally heal the nation, and also save the NHS and the national economy billions.**

## HISTORY IN THE MAKING:

Confident that this promises to be one of the biggest breakthroughs in overall healthcare for both humans and animals, I plan to submit the research findings to the Government and cross-party leaders, asking them not only to 'JOIN HANDS' but to also 'partner' ongoing research trials to ascertain the tea's full potential. Once proven, I will like it officially accredited and made available in hospitals, healthcare centres and doctors surgeries throughout the country. This will (for the first time) give the British public greater / affordable choice and control over their own healthcare. I believe this will also pave the way for other effective herbal foods / remedies to gain access into the mainstream healthcare arena. Thereby, heralding a new 'conscious' era that offers HOPE and will leave a positive, lasting legacy.

I have been approached to trial the tea in hospitals in Finland and Sweden. These European countries are more interested in 'natural remedies' (80% of the population) than in 'synthetic drug medication'. So I'm hopeful that this might encourage the British Government to take my work seriously and follow suit.