

Alchemy

www.purplehousenaturaltherapies.com

**Don't panic,
its organic !**

Coffee/Teas

Smoothies

Ciders/Wines

Soups

Breakfasts

Lunches

Vegan ice creams

Take aways

Raw Cakes and
more cakes

**One stop organic
shop!**

Coconut, flax seed oil,
chia and hemp seeds,
raw cocoa, green pow-
ders, quinoa, Himalayan
Salt, Maca, chocolates,
goji berries, soaps ,
books and cool gear.



**OPENING
HOURS
MONDAY-
SATURDAY
9AM-4PM**

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or 6428 3007**

Are you looking for something that will dissolve your aches and pains and inject your body with energy? Do you want to help a friend with cancer? Are you feeling depressed or anxious and searching for a solution outside the box?

Look no further than the **Cancer Busting Smoothie**. Every morning the Universe gives you a chance to forget the miseries of yesterday and start AFRESH. Whatever barriers blocked your road to health and happiness will be swept away when you drink this **powerful ELECTRON RICH ENERGY SMOOTHIE**.

Breakfast is the perfect start to regain your health and vitality so go to your pantry now and toss out your cereals, breads and margarines, jams, wheat bix, cornflakes, rice bubbles, skinny milks and fruit yoghurts. Yes, I know you are in a hurry every morning, but eating glug and glue for breakfast is only hastening your suicide by diet which is certainly no what Mother Nature had intended for your life! **50% of deaths are due to diet and Breakfast is often the poorest nutritional choice.**

But what else can I eat, I hear you say.... Well, there are scrambled eggs and bacon, but that takes time so let me introduce you to the cancer busting breakfast smoothie.

As the basis we have Dr Budwig's protein-oil mixture which is 2 tablespoons of cold pressed organic flax seed oil mixed with 4 tablespoons of cottage cheese. If you don't have cottage cheese you can use 6 tablespoons of organic full fat Greek yoghurt.

Dr Budwig had 90% success rate with all her cancer patients by just using this electron rich mixture which penetrates deeply into your cells, cleans them out, repairs them and opens them up to oxygen.



Breakfast for two

1. 2 tablespoons of organic cold pressed flax seed oil
2. 6 tablespoons of plain Greek full fat yoghurt
3. 2 dessert spoons of organic coconut oil
4. 2 dessert spoons of Chia seeds
5. 2 scoops of Bioraculous
6. 2 sachets of Percy's Powders
7. 2 dessert spoons of Digest Easy
8. 2 dessert spoons of Maca powder
9. 10 drops of iodine
10. Optional: a few drops of YL Essential oils like Cloves, Thieves, Lemon, Frankincense or Peppermint

You may need to add some water to create a consistency that suits your taste buds. You can add some cinnamon or vanilla, a small hand full of Goji Berries or half a green apple. Mix in a food processor and start enjoying your life because you will be surprised how quickly your energy levels return. Don't be tempted to turn this into a fruit smoothie, because too much fructose

from fruits transforms into bad oils by your cells and causes pain, inflammation, a fatty liver and a sluggish thyroid. (If this surprises you check out Dr Gary Fettke's work www.nofructose.com.au)

Dr Budwig found that if her mixture was taken over a 3 month period tumours shrivelled up, healthy red blood cells reappeared and weakness and anaemia disappeared as life energy was restored. Symptoms of cancer, liver dysfunction and diabetes were completely alleviated.

It only works when the flax seed oil and the cottage cheese are blended in a food processor and not when they are eaten separate or mixed up by hand! They must be eaten together to be effective since one triggers the properties of the other to be released. In the absence of cottage cheese use organic yoghurt and triple the amount of yoghurt.

Dr Budwig's Oil-Protein therapy also works to heal:

- strokes
- arteriosclerosis
- cardiac infarction
- irregular heartbeat
- fatty liver
- bronchial spasms
- IBS
- stomach ulcers
- arthritis
- eczema

- **immune deficiency syndrome**
- **multiple sclerosis**
- **auto immune diseases**
- **prostate troubles**

This smoothie will help you be cheerful first thing in the morning. When we wake up, not only are our blood sugars very low, our proteins are in our boots as well. Proteins turn into amino acids, which are the building blocks of the body, and they only last for 4 hours before our levels become depleted so it is a good idea to have proteins regularly. When you compare this to carbohydrates, which linger in the body for 13 hours, water for 4 days and fats for 20 to 40 days, it is easy to see that you need proteins each and every meal!



Serotonin is an important happy hormone and so is Dopamine. Both of these are derived from proteins. Apparently 30% of the population is dopamine deficient which means that they always feel flat and nothing gives them a thrill. In order to feel something they need drugs, alcohol, danger or antidepressants. You don't need to be a rocket scientist to connect dopamine/serotonin deficiency to the abysmal breakfast choices of the last 70 years!

This simple smoothie will not only help you stay healthy, it will massively improve your happy department seeing it is full of good proteins, fats, minerals and friendly bacteria! Your brain will be in fat heaven and that is exactly where it needed to be all along, seeing that your brain and nerve cells are coated by a protective layer of fats!

We add Chia because it is a good protein and it helps our cells to stay hydrated. It is also the perfect cure for a hangover as it contains high levels of Vitamin A, B complex, C and E as well as phytonutrients, all of which help the body get rid of unwanted toxins.

Bioraculous is a powerful mixture of proteins, antioxidants, enzymes and good bacteria. Coconut oil stimulates your metabolism, improves digestion, boosts your immune system, kills parasites and Candida, powers up your brain and protects your heart and arteries!

It only takes 11 months to build a healthy new body! Scientists used to believe that it took 7 years for the body to completely regenerate itself but Deepak Chopra has revised that estimate downward to roughly one year. **ONE YEAR! What are we waiting for! Our bodies are awesome!**

- every 4 days you have brand new stomach lining
- the stomach cells that come into contact with digesting food are replaced every 5 minutes.
- you have new skin every 30 days
- a new liver every 6 to 12 weeks
- your skeleton is replaced every 6 months

- Your brain replaces itself every 2 months
- Parts of our lungs are new every 6 weeks which is a great incentive to stop smoking!
- the trillions of red blood cells have an allotted time span of 110 days before they are removed and replaced by new ones.
- your millions of white cells, which are an important part of your immune system are complete replaced every 32 days.

Our body is the most powerful healing machine in the entire Universe. When we give it what it needs miracles happen. Did you know that it is much more natural to be healthy than to be sick? HEALING is what our body knows best. It is always looking for the fastest and easiest route to perfect health.

Even the American Cancer Society admitted that untreated cancers often go away naturally. "we are finding that about 25 to 30% of cancers stop growing at some point. That can make some treatments look good that aren't doing anything..."

As the success rate for orthodox treatment is 4% these figures suddenly become very impressive. Improve the odds even more with your own Cancer Busting Smoothie. You are a miracle and deserve the best!

Now let me share with you another one of the worlds best kept health secrets, this time from a humble farmer who cured himself and his wife several times from cancer. It took place very close to home in the Ovens Valley near the Victorian Alps.

Percy Weston , a well educated, intelligent and resourceful farmer 'sought to unravel the secrets of nature, that might allow us to live in harmony with it, free from pain and disease.'

Percy was born in 1903. When he was 5 he nearly became paralysed from the phosphorus fumes of striking a few matches to light a candle. Later on he discovered that the phosphorus in rabbit bait gave him terrible nausea and headaches if he accidentally caught a whiff of it.

Eventually Percy studied science and was preparing himself to go to University to become a Doctor when cattle thieves robbed his father's farm and the money dried up. Percy went back to take over the farm and he used his keenly developed eye for cause and effect on the family property. Nature is our best teacher and in Percy's case it became his laboratory.

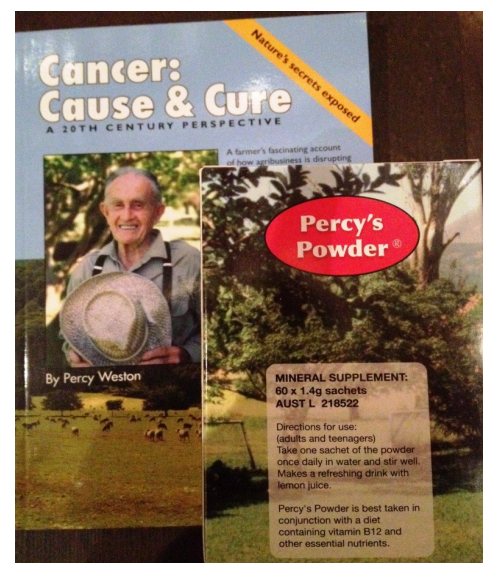
Percy could see a direct correlation between the rise of cancer and the use of superphosphates on the land.

With the use of artificial fertilizers and chemicals his animals started to develop cancers and other diseases previously unheard of. By offering his sheep different pasture and minerals he worked out how to cure their cancers.

He then modified this knowledge and came up with Percy's Powders. These powders cure cancer as well as arthritis. According to Percy these two afflictions have the same origin. He says that everybody can beat cancer and arthritis without expensive drugs,

hospitalization and doctors, just as he did in 1934 when he cured himself from leukemia and again in 1942 when he had a cancerous welt on his hand which was common from so much manual work. (During the WW2 there was a real shortage of men to work the farms) The Doctor who wanted to treat him with radiation died from cancer himself whereas Percy once again by observing his sheep, plants and cattle was able to come up with his own cure.

A few years later he married and then discovered that his wife was infertile. Not long after she was diagnosed with uterine cancer which was usually fatal. She had no interest in Percy's ideas about healthy foods but was willing to give his powders a try. She soon recovered from her cancer and was able to have 2 healthy children.



Well before Percy retired from farm work at the age of 98, the farm had become a magnet for people seeking his advice on health matters. Percy was happy to explain that it all came down to minerals and having the right balance in the food supply and he published a book to explain it all, which is available in its fourth imprint at the Purple House, along with Percy's powders.

Percy's Powders is fortified with two extra minerals: potassium iodide and selenium which are usually deficient in Australian soils. Iodine is essential for the healthy functioning of the thyroid gland, the body's energy regulator. An inefficient thyroid can produce a host of ailments, including fatigue, sluggish metabolism, dry skin, mental illness and cancer! Selenium is an essential trace mineral to keep the immune system strong and to fight cancer. A box of Percy's Powder contains 60 sachets of free flowing alkaline mineral powders which will help prevent or cure cancer, give you boundless energy, lustrous hair and nails, a sharp mind and a strong heart.

Does this mean that you can quit your iodine drops?



Definitely not. **Iodine is not optional, it is an absolute necessity.** Without iodine drops you will fail to reach your potential

because your IQ shrinks, your energy levels fall, you will be prone to cancer, hormonal upsets and chronic aches and pains.

Every 17 minutes your entire blood volume is filtered through the thyroid gland which is meant to be rich in iodine.

When iodine levels are too low blood borne bacteria, viruses and cancer cells can't be killed off

up as blood flushes through the thyroid. Iodine is a massive boost to your immune system so remember to have your daily 5 drops in water or on the skin. (This is just as important for babies and children!)



When Pete and I were in Europe we realized for the millionth time how great our lifestyle is in Australia. It's not just the space, level of freedom and climate, it is also the fact that lots of good therapies and products that we Australians take for granted are not available to Europeans. In Europe Iodine and Boron are banned (because they are so good for you!) and you can't buy magnesium or other minerals and supplements in therapeutic doses.

So I feel extra proud of another brilliant product that was also developed on home soils: the Biohawk ginger products. Hay fever? Gluten allergy? Mood swings? Autism? Autoimmune disorders? Cancer? Suffer no longer! One client with inoperable cancer found that her tumour markers in her blood tests went right down after taking Relief powder which is ginger/turmeric based. Another client is now almost symptom free.

Children with autism improve from the Relief Powder or Digest easy (which is the liquid form) and their development often picks up where it had been interrupted.

There is also a 'skin rejuvenator', that works well for eczema, skin cancers, infections, acne and other skin conditions.

The genius behind this ginger medicine is Dr Cliff Hawkins, who has been researching and developing this product for decades. He first became interested in ginger because of allergies and food intolerances in his own family, leading him to investigate foods which could break down indigestible proteins that sensitize the immune system.

Once the immune system becomes over-sensitized it causes autoimmune disease where it sets up inflammation or attacks its own tissue. This leads to food intolerances, MS, Rheumatoid Arthritis, diabetes, cancer and even autism. In other words when your immune system becomes impaired life doesn't feel that its worth living! Dr Hawkins uses his own secret methods to make the ginger rhizomes active. (you won't get the same effect by simply eating raw ginger or turmeric).

Check out all these unique products for yourself at Alchemy Café or the Purple House. If you haven't been for a while you will be in for a pleasant surprise: we have opened up the rooms so there is more space to relax with a coffee, book or a wine. **P:64283007 to do a phone order or book a treatment.** All products are available at our new website: www.purplehousenaturaltherapies.com.au. which is very easy to navigate and a amazing source of information. **Till next time! Grada**