

PURPLE HOUSE NATURAL THERAPIES

Firsthandnews

We specialize in:

Massage
Complete Health Check
Live Blood Research
Saliva/Urine Analysis
Reflexology
Time Line Therapy
Kinergetics
Allergy Testing
Bowen Therapy
Pranic Healing
Reiki
Lymphatic Drainage
Stress relief/TFT
Cranio-Sacral
Aura Soma
Colour Therapy
Voice Analysis
Metabolic testing

**Gift Vouchers
available**



Peter & Grada
Robertson
Sarah Anne Barker
Rhoda Richardson
Melanie Beswick
Cassie Tyson
Hannah Vermeulen
Caleb Robertson
Penny Newton
Krijntje Robertson

640 Forth Rd, Forth
Tasmania 7310
Ph/fax: **03 64283007**

Feeling Stressed and in need of res- cuing? Look no further than a bottle of Magnesium and Zinc!

This story begins in a shoe store in Devonport. Shoe shops never fail to trigger a flush of feel good hormones in my body and today is no different. I am just starting to soak up the atmosphere when I am rudely jolted out of my happy trance by the disruptive energy of two women who appear by my side out of nowhere. The older lady picks up a pair of shoes and says: 'These are nice. I like them. Do you want to try them on?' I turn around to be met by a grumpy look from the younger companion.

"No" is the short answer. I don't blame her. In a split second I conclude that the shoe in question belongs on the foot of a 60 plusser, not an 16 year old teenager. The older lady must be delusional about the triple generation gap between her and the young girl.

"There is a shoe shop just round the corner?" the young girl suggests carefully as she moves towards the shop exit.

"That shop is soo expensive" I hear her grandma sigh. By now I have made up my mind that they are probably grandmother and granddaughter.

Before I can make any more deductions I hear the grandmothers voice rise to an ugly high pitch where it stays as the following accusations roll off her tongue: "You ungrateful little #\$\$%&+!!! You are just like your mum! Always !!#\$\$%&!@#@!##**!! etc. The noise fades as she exits the shop clutching her wallet. My hearing isn't as good as it used to be, but I can easily fill in the blanks.

I slowly sit down with the three pairs that I have chosen to try on. Yes, the female brain is capable of eavesdropping, piecing together a complete

history of disastrous mother-daughter-granddaughter relationships as well as being capable of making snap decisions on the latest shoe fashion and how it fits in an existing wardrobe. A few minutes later I am walking outside wearing my latest purchase musing over the ugly scene I had just witnessed..

This little episode was just a warm up to the next leg of my shopping journey: Toy world! The only time you find me there is just before Christmas. Everybody in Devonport must have had the same idea. 'People milling around' isn't usually how you would describe the inner city of Devonport, but today is obviously a day with a difference! I wonder if there is more excitement in store for me.

I don't have to wonder for long when I bump into a Thomas the Tank Engine table similar to the one I put a 20 dollar lay-by on a few weeks ago. I intended to buy it for my grandchildren for Christmas. When our children were little Peter always dreamt of lying on the floor with a complete train set playing for hours with the kids. However the only thing he ever got was a trail of more babies and sadly the train dream never eventuated. You either have children, which means no spare cash ever, or train sets, which are so expensive that you can't afford children. At least that is how it was for us. Somehow the twain never met. Not till my recent lay-by of a Thomas the Tank engine train table, similar to the one Elijah played with in the new eye hospital. (Now I come to think about it, that is probably one good thing that came out of our encounter with his eye specialist: how Peter and Elijah played with the train set while we waited, which instigated a shopping spree for train sets)

However my blood pressure rises when I see that the Item is now on special.

Whereas it normally costs \$300 it is now 'only' \$200. Trust me to buy it at the wrong time, I chide myself. Oh well, what's done is done, I just have to pay off the remaining \$280 I still owe. But hang on a minute, couldn't I just forego my \$20 lay-by and purchase today's special for \$200? That is still a saving of \$80. I feel my blood pressure drop down to normal and decide to spend the money that I just saved plus a few extra dollars on a train set to go with the fancy table as well as Christmas items for the granddaughters and Mackiah, the baby grandson.

Armed with boxes and my lay-by docket I approach the ladies behind the counter.

"How can I help you?", a middle aged woman says with a smile, which fades when she hears my story.

"I want to forego my lay-by of the Thomas the tank engine table and buy the one for \$200 which is on special today, as well as pay for all these items," I say as I make a sweeping gesture over the boxes of presents I have just plonked on the desk.

She eyes me warily and then tells me I can't do that. As always I become conscious of my Dutch accent so I start all over again slowly. I explain in more detail how I paid \$20 a couple of weeks ago to lay-by the same table which is now on special. I show her the docket. Then I explain that I still want the table, just not the lay-by. I will buy it today and take it home. Simple as that. I don't have a hidden agenda and I am not worried about losing \$20. I will never pester her again.

It makes no difference. Every time I open my mouth I see her eyes glaze over and by the time I finish she is so deeply confused that she is accusing me of trying to do an illegal transaction. I am starting to feel like a criminal too as all sets of eyes in

the shop are riveted on me to see how I will react next. The shoe is now on the other foot I am thinking ruefully. It's my turn to be a spectacle. The mouse in me wants to simply cough up the \$280 plus and slink out of the shop, but as soon as I open my wallet the resident lion in me wakes up from his slumber. He straightens up from his imaginary slouching position and opens his mouth to roar out the story one more time when a younger shop assistant jumps to our rescue. (Phew, that was lucky!)

After listening to her colleague's version of reality she immediately grasps what I am about, settles the bill and helps me carry the items to the car, keeping up a friendly banter the whole way. All is well that ends well and the Thomas the Tank engine table is now standing proudly in the middle of our lounge room, acting as a coffee table for the adults when its not in use by the grandkids.

Unfortunately for the women in this story there won't be a happy ending unless they come to the Purple House to sort out their problems. I could have fixed them there and then if I had had the resources and the courage! The grandma in the shoe shop needed a bottle of magnesium and a drink of water and the middle aged shop assistant needed a bottle of zinc as well as a couple of



liters of water. From a nutrient point of view all dysfunctional behaviour stems from

a dysfunction on the cellular level. What I witnessed in the shoe shop was a cry for the Mineral Magnesium. All minerals perform important functions in our bodies, which we take completely for granted. It is not till there is a blockage, deficiency or malabsorption that we begin to experience painful symptoms. These symptoms then become problems to be either ignored or analysed, studied and pushed around by well meaning professionals.

This often involves a lot of money and time and yet all the while the role of minerals is overlooked. At the end of the day your Doctor, Counselor, Psychologist or Psychiatrist can't help you because he/she hasn't been taught to recognize mineral deficiencies and the effects it has on the body, on your nervous system and on your relationships. How do you know if **you** are magnesium deficient? A blood test won't help you because only 1% of magnesium is in the blood. The other 99% is in the bones, muscles and tissues of the body.

The sad fact is that most of us are magnesium deficient. Some experts believe that the average person is six months magnesium deficient! This places us at higher risk of high blood pressure and heart disease. Research shows that people with cardiovascular disease, high blood pressure and diabetes usually have significantly lower body levels of magnesium. Magnesium helps to relax the muscular walls of your arteries and keeps your heart beat regular and even.

Ironically most high blood pressure medication which is meant to help you, depletes your body of magnesium so you actually feel worse than you did before. Magnesium deficiency makes you feel extremely stressed so you feel overwhelmed all the time. Every minor annoyance turns into a major grievance, causing you to explode (or implode) placing a heavy burden on your nervous system. Now you are trapped in a negative spiral The more stressed you feel the more magnesium deficient you become.

Have a look at the list of symptoms of magnesium deficiency to see if any of these symptoms ring a bell:

- irritability and agitation
- Insomnia
- depression or anxiety
- nausea
- lethargy and fatigue
- poor attention span
- memory loss
- dizziness
- cramps, spasms, eye twitching
- weak muscles
- ADD/ADHD
- allergies
- arthritis
- back aches
- blood clots
- bruxism
- chronic fatigue
- cold extremities
- constipation
- cravings for chocolate
- cystitis
- fibromyalgia
- fibrositis
- headaches or migraines
- high blood pressure
- kidney stones
- osteoporosis
- panic attacks
- accelerated ageing
- all over body tension
- bowel problems
- numbness of hands and feet
- osteoporosis
- post natal depression
- testosterone deficiency in men
- excess testosterone in women, leading to facial hair and scalp hair loss
- stroke
- MS, Parkinson's
- atherosclerosis
- heart disease

When you are stressed your adrenal glands go into overdrive and release adrenaline and cortisol into your bloodstream. These hormones cause the loss of magnesium through your urine. The longer your stress levels last the more magnesium you lose.

Magnesium is the circuit breaker that protects your Nervous System from blowing up. Imagine if the grandma in the shoe store had taken a double dose of magnesium the day she went shopping with her teenage granddaughter (highly recommended). She would have been chilled out like this: (grandma picks up an old-fashioned shoe) "Oh, look at this, I really like it! Why don't you try it on?"

(Granddaughter) "NO!" (grumpy look)

(Grandma): "Oh, silly me, I forgot that you aren't a little child any more. You have grown up so fast! (Gives her a fond smile). Here is some money (gives her a hundred dollar note). Go and look around by yourself while I sit across the road in the sun with a coffee. Send me a message when you are finished! Love you!" (She can't help embarrassing her granddaughter by blowing her a kiss as she walks out). Magnesium is your ticket to serenity!

In reality depleted mums give birth to magnesium deficient babies and so the cycle continues, each generation showing deeper stress fractures than the one before. Magnesium is extremely important for a healthy body, and for creating loving and respectful relationships. Magnesium is crucial to all stages of life, from the newborn to the aged.

In children magnesium contributes to the proper growth of bones and teeth, and promotes physical and mental development. Pregnant women at any age should supplement with magnesium so they stay strong mentally and physically and to create a healthy baby. Women need magnesium to prevent osteoporosis. Magnesium in combination with boron reverses osteoporosis! Men need more magnesium than women, which is a fact that is often overlooked.

Magnesium oil or magnesium chloride is readily absorbed through the skin. It works immediately to reduce

pain and to raise crucial magnesium levels 10 times faster than oral magnesium, without upsetting your digestion. It even helps to increase DHEA (the famed youth hormone) levels, so you start looking and feeling as young as your grandchildren. And it is super affordable at \$12 per bottle.

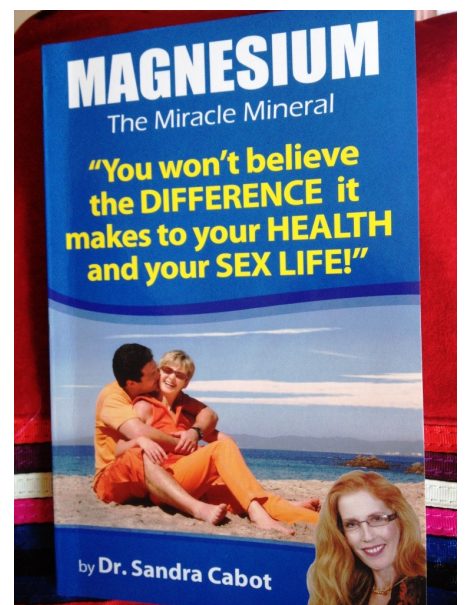
A combination of Magnesium and Calcium is **not** helpful. Calcium does the exact opposite to magnesium. It constricts the blood vessels, and can cause hardening of the arteries, kidney stones and excess calcium in your urinary tract and soft tissues.

There are many cheap and nasty versions of magnesium on today's market. It is generally best to take a complete form of magnesium that combines several different types of good magnesium all in one tablet (\$49) or powder, like the ones we sell at the Purple House. The powder is faster absorbed and quicker acting.

Children are able to supplement with Mighty MIns, (\$28.40) which covers their daily mineral and vitamin requirements.

Mag Phos Tissue Salts (\$11.95) are suitable for children as well as adults.

Last but not least are Epsom Salt baths. You need to add at least 1 kg per bath and allow your body to soak for 20 minutes. Turn this into a twice weekly ritual and you will feel as new!



Now lets move on to the lady in the toy shop who desperately needs zinc. The mineral zinc is crucial for brain function. We need it to be able to multi-task, to grasp abstract concepts, to be alert, to lift our mood and to keep our memory sharp. But wait, there is more: it is also needed for language! If my shop assistant is truly as zinc deficient as I suspect she is, no wonder she couldn't follow my story which was explained in a strong Dutch accent while she felt pressured by dozens of other customers and probably hadn't had a drink of water for days. Even the hint of aggression/suspicion could be put down to low zinc levels. I wonder if she also suffers from the following symptoms :

- allergies
- prone to frequent colds or infections
- abdominal pain, constipation, IBS
- hair loss (on scalp, eyebrows, eye lashes)
- low libido
- frequent yeast overgrowth
- cold hands and feet
- reading difficulties or dyslexia
- delusions, hallucinations, paranoia
- emotionally unstable
- pessimistic
- early greying of hair
- poor tooth enamel, cavities
- insomnia
- hypoglycaemia
- suicidal tendencies
- gluten intolerance
- craving for sweets and carbs
- age related Macular Degeneration
- thin skin
- white spots on nails
- bad breath or body odour
- easily offended
- prone to acne, eczema or psoriasis
- chronic exhaustion
- dislike of protein and meats
- poor sense of smell
- mood swings or temper outbursts

- anorexia /bulimia
- loss of appetite in the mornings
- autism
- learning problems
- memory loss
- sterility
- poor wound healing
- night blindness
- ADHD
- apathy
- argumentative
- more alert in the evening than morning
- poor ability to cope with stress
- sensitivity to bright light
- swollen glands

If she does, she is not alone. Apparently 2 billion people on the planet are zinc deficient and that is a conservative estimate. Blood tests are not accurate because the majority of zinc is stored inside the cells and not free in the blood. The best proof of zinc deficiency is the presence of some of the above mentioned symptoms, followed by an improvement or disappearance after supplementation with zinc.

Again all zinc tablets are not equal. Zinc picolinate (\$30) is readily absorbed by the body and anecdotally gives the best results. Vitamin A and D which are found in organic butter improve zinc absorption.

Is it worth supplementing with the humble zinc mineral? Let's see: zinc has 'cured' the common cold (sometimes within minutes) prevents mental stress and illness, improves dyslexia, is a potential cure for anorexia, bulimia and Alzheimer, keeps your immune system in tip top shape, keeps all the body fluids sterile, prevents auto immune diseases, improves skin conditions and helps you multi task!

In Australia the statistics on Zinc levels are particularly appalling: it is estimated that 90% of Australians are deficient in zinc and have toxic levels of copper. If you have mercury fillings you need to be extra

careful because one molecule of mercury blocks the action of 1000 zinc molecules.

Zinc is secreted into the intestinal fluid where it looks after your good bacteria. High doses of zinc can correct many cases of wind, bloating and diarrhea. Without adequate zinc we don't make enough stomach acid, and without enough stomach acid you don't absorb your zinc! Low stomach acid levels open the door to parasites, which use up your zinc. Taking Betaine HCL (\$29) along with your zinc capsules as well as eating adequate amounts of meat gives your immune system a level of resilience you may never have experienced before.

Dehydration, combined with magnesium and zinc deficiency causes your body to be in a chronic state of survival or 'fight and flight' which means that you become highly reactive and burn up excessive amounts of minerals. What makes it even worse is that your digestion will be switched off while you are in 'survival' mode, so you won't get the full benefits from the foods you eat.

The solution to this modern day problem is found in a kinergetic treatment at the Purple House. You only need one session to find and dissolve the root cause, open up the energy pathways, boost your mineral levels and clear the blockages in mineral absorption and utilisation.

The slate will be wiped squeaky clean from generations worth of mineral depletion, disrupted relationships and destructive behaviours. Peace, harmony and hydration will be restored at the cell level. If this sounds too good to be true it is time you experienced it for yourself! You (and your family) deserve it! **P: 64283007 to organize a time.**

All products are available at the Purple House or at Alchemy Café, which is open 7 days per week, or online at www.purplehousenaturaltherapies.com.au Now I just need a pill to dissolve my Dutch accent! ***Till next time, Grada***