

Purple House Natural Therapies Firsthandnews

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On the way home from work I saw a person vigorously shaking his car in an effort to get it going... then I noticed it was my own son. I am a bit obtuse when it comes to cars so I asked him what was going on. Apparently he had run out of petrol, and after refueling the car it still wouldn't start. The shaking was meant to help the fuel to get to the engine. Shaking my head at him I drove home to ring the RACT. However, before I could reach the phone I heard him roar into the driveway looking rather triumphant!

This incident got me thinking. We feel terribly stranded, powerless and inconvenienced when we lose our transport. So we look after our cars, we polish, service and insure them. We take them to the garage regularly and we listen to the mechanic. We put the right fuel in. We oil and grease the car and change the tires. We get to know our car.

Some people even treat their car as a person. They have a personal relationship with it. I knew one lady who had to go through a silent ritual every time she wanted to go somewhere. She had to tap the roof three times, knock on the steering wheel and turn the key three times and then it would start every time. One day she left the car with a friend and taught her the ritual, but it wouldn't start for her. As soon as the lady came home and hopped in the car it started without a hiccup!

We know what type of car we drive but how much do we know about our bodies other than the vintage? We are too busy to take much notice and spend the rest of the day mostly unconscious of our bodies. We don't really know we have a big toe till we stub it or a spine till our back hurts till we slip a disc or a tongue till you bite it!

Do we bother to know if we are a Mercedes or a VW? Is it a manual or automatic? Are we a six cylinder car going on two cylinders, or have we

reached our full potential and are we only a two cylinder car? Do we need to refill with gas, petrol or diesel?

When you think about it, this shocking analogy is true. We cruise along in our body without ever bothering to look under the bonnet. When it starts to falter we give it a good shakeup. We pour in some more coffee, sugar or alcohol to kick our poor old adrenal glands into action and off we go for another couple of hours. Sometime we are so exhausted we roll our poor old vehicles into bed/garage and fall asleep before we even turn the lights of. No wonder we feel like a flat battery the next day.

Imagine you are born with a really strong constitution. Your parents have good genes and passed them on to you. Let's say you are a baby Ferrari. On day one you get your first vaccine and an antibiotic, in case you have picked up something nasty from the birth canal. By the time you are four and go to school you have had your share of 30 vaccines, and you have had too much cow's milk and bread. Ferrari has quietly turned into a Holden Commodore.

At school you are bombarded by a host of super-breed bacteria and viruses' and you need repeated antibiotics. You need grommets in your ears, and you have developed allergies and get a rash when you are stressed. You already need to take some pills every day, perhaps immune suppressants or immune stimulants.

By the time you go to high school the car is not so Holden-ish anymore, it is now more like a Hyundai. You still have plenty of energy to play sport and other after school activities; you just need a puffer every now and then as well as your daily tablets.

Let's fast forward to age 35. You have worked hard and may have a house and a steady job and one or two children. You are still trying to cruise along like a Ferrari but by now you have turned

into a Volkswagen, an old one at that. Actually, they have a habit of catching on fire and you are feeling a bit burnt out if not depressed. The shine has gone off it.

So now you are fifty, working harder than ever. You still pretend that you are as good as gold, but in your heart of hearts you really feel like a Cortina. Every morning you pray that it will last another day.

You are popping more pills than ever, blood pressure tablets, cholesterol lowering and anti-inflammatory drugs amongst other things. Maybe you have to tap your head and pull your ears and rub your nose to get started every morning. You really haven't got a clue how come you fell so crappy. Could it be that you have driven the same car for fifty years and have never bothered to get to know the type of the car you are, what fuel you need and have never had a grease and oil change.

You have been driving with the handbrake on for the last ten years, with a flat tire for the last five years and for the last year every time you take off there is a black cloud coming out of your exhaust.

You also have a roof rack full of luggage that hasn't been unpacked for the last thirty years (you have had children) and now you always have to drive with the boot open because you are literally loaded to the hilt. (Perhaps you have grandchildren, a double mortgage, a dirty house and a pile of bills...)

One day you turn the key and nothing happens! All your silent mantras won't even get a shudder of response from the car. You feel shocked and betrayed and don't know what to do.

You ring the RACT. The RACT person comes and looks at the pile of rust that once used to be a red zippy little thing and declares the vehicle dead. It has a blown head casket (fatal heart attack). The RACT tells you that you are insane for never ever servicing the car and declares it a miracle that it ran on fish and chips oil for all these years! If there was such a thing in the world of cars you would immediately be charged with gross negligence!



The tow truck comes and when he tries to pull the wreck onto the truck the whole thing dissolves in a cloud of dust. That is the sum total of your life! As the tow truck takes off images of your old life zoom through your mind, like watching a movie in fast forward. If only there was a way to watch the movie in reverse and make it real!

What if I told you there is a way to watch your old car-body make full recovery from a rust bucket to the shiny Ferrari?

Because this is where the analogy stops. A car slowly starts breaking down from the minute it leaves the factory floor. Our bodies on the other hand go into full recovery mode every night when we are asleep. Every night millions of miniature mechanics and auto electricians work round the clock to repair the damage from the day before. They have the blueprint for perfect health and are comparing the state of your body to the blue print every millisecond of the day and night.

That means that if there is a way to find out what the body needs exactly, we only have to supply the goods and the body will do the rest! It will work while we are asleep. So how do we find out what the body needs?

This is where a Biomedx testing session comes in. Biomedx really stands for a complete health analysis which includes a comprehensive set of 30 different chemical and clinical tests. We check your resting and standing blood pressures and how long you can hold your breath to work out your overall pH. The urine and saliva are like soil testing and tell us what goes on with your digestion and how much nutrition is actually reaching your cells. We can also tell if you are a walking heart attack, or whether you are going to develop diabetes in the next decade.

We also look at your live and dried blood together and explain what we see. This could be compared to opening the bonnet and having a look at life on the inside at the cellular level.

Seeing your immune system and Red Blood Cells working hard for you is awe inspiring! You realize that if you cooperate with this great force of intelligence that is your body, miracles will happen. We can determine where your body is out of balance. From this information we can tell what foods and supplements are helpful and which ones are harmful.

We check five fundamental metabolic control systems which are the engines that **drive your mind and body**. When these engines are working efficiently, you move through life with zest and vitality. When only one of these control systems loses efficiency your body and mind can't function at their best.

When you have all five metabolic control systems out of balance, you are most likely feeling sick and tired. Because these control systems are not medically tested, you never know that your body is so out of kilter. You may even end up thinking it is all in your head! Here is a scenario: You and your partner have gone on a 'healthy' high carbohydrate/fibre low fat diet. She has lost ten kilos and you feel bloated and

tired. You have crumbling fingernails, fungal feet, dry skin and thinning hair, a fat waistline, and you feel depressed because you don't recognize yourself. Finally you find yourself in the Biomedx research room. After your urine and saliva is tested we take a droplet of blood and we go for a journey inside your body.

You notice that your Red Blood Cells aren't a nice uniform shape. This often indicates a thyroid imbalance. But you have had your thyroid tested! However it isn't as simple as that. The body in all its wisdom realizes that the thyroid is critical to how we function so it will get the adrenals to pump out



thyroid hormones. Hence the tests show healthy thyroid levels.

(If you have weight gain, nervousness, mood swings, mental sluggishness, allergies, depression, dry skin, cold hands and feet, insomnia, aching muscles, brittle nails, hair loss, blood pressure, menstrual or digestive problems like constipation/diarrhoea or gas, repeated infections and headaches, it's most likely connected to the mighty thyroid)

The thyroid is like the starter motor of the car. You could have a brand spanking new car sitting in your drive way and when you turn the key it just

won't start. (We even see this in babies!) Proper thyroid performance is needed for all the cells of the body to function normally. It is essential for the Nervous System, the Metabolism and the Immune System. Brain development is dependent on it.

The thyroid gland regulates all metabolic activity in the body. This means the speed and efficiency in which the body takes in nourishment and gets rid of waste products. You feel as if you are falling apart when your thyroid doesn't function and you probably are! So finally it is a relief to see real evidence that things on the inside are not as good as you were told! It isn't all in your head!

The specific tests on the urine, which is really filtered blood, and saliva which reflects the lymphatic system/waste removal system, will tell us much more than just the thyroid!

Perhaps the fungal feet are caused by a copper deficiency. The copper deficiency is actually caused by the zinc you were taking because you thought it was good for your prostate. The chloride and fluoride in the drinking water have blocked you from taking up iodine for the thyroid. Chloride and fluoride stick to the receptor sites of the cells before iodine. The poor old thyroid doesn't stand a chance and neither do you! Your Vitamin C levels were also too high.

As an example here is a list of some nutrient antagonists:

- Excess Vitamin C causes loss of copper, calcium, zinc, magnesium
- Excess vitamin D causes loss of calcium
- Too much zinc causes high cholesterol
- Iron causes copper deficiency
- Magnesium causes iron loss
- Magnesium increases potassium loss
- Excess manganese from car fumes makes you aggressive. (the government replaced lead from petrol with manganese, which contributes to road rage)

- Isoflavones from soy products block iodine and may cause thyroid problems.

The list goes on for 2 pages but by now I hope you can see the value of having a proper health analysis which may prevent some of the harm you could be doing to your body. Your body may be full of self inflicted nutrient imbalances while you are under the impression that you are giving your body gold card service.

Peter/Arthit/Caleb has by now worked all this out from the tests he did and the information you have given us and found the underlying root cause in a faulty metabolism.

He has discovered that you are a fast metabolizer and have been eating the wrong foods for your type. Because of your increasing waist line you were on a "healthy" high fiber diet, containing lots of breads, pasta and cereals and lots of fruits and vegetables. This is the exact wrong type of fuel the body needed. It is like putting diesel in a car that runs on gas.



What you need is a high protein, high fat and low carbohydrate eating plan, and to scrap the fruits. Because of the high carbohydrate/sugar levels in the diet the excess fructose is turned into acetate by the cells. This is toxic to the cells so then the cells turn this into cholesterol. Yes, you are boosting your cholesterol levels by eating fruit.

The tests have shown us which supplements are needed to bring your metabolism into harmony and the combination of the new eating plan and the supplements the Cortina will be restored into the original Ferrari in no time. It may have taken 50 years to get to the scrap pile stage, but it really only takes weeks, not months to restore the body once we correct the imbalances.

Within weeks the fungus clears up, the hair gets shiny and the skin looks radiant. The spare tires also disappear as internal organs are now getting the right fuel and burning it efficiently. The bottom line is: we all have different nutritional requirements. To make life more fun: we often attract a partner that is opposite to us in our lives. That also means opposite nutritional requirements and yet we end up sitting at the same table, eating the same meals year after year. One partner may be in radiant health and the other one is crumbling at the edges. One type of food/supplement may make you feel happy and turn your partner off!

Testing will tell you which the ideal fuel is for each person. Some people thrive on cheese and butter, while other people have terrible trouble with cheese and butter. Some people might desperately need a calcium supplement, yet there are others who will very quickly become sick and weak if they take extra calcium, or the wrong form of calcium. Our testing can tell you exactly what supplements, exactly how much and exactly in what form is ideal for your particular body chemistry.

So you have been driving the car with the hand break on for the last ten years. Everything seems to take so much more effort than it used to.... This is probably because the cells of your body are too closed. The trillions of cells of your body all have cell membranes that close down at night and open up during the day. The cell

membranes really set the pace. If they refuse to open when the sun comes up, you just can't seem to wake up all day. Your partner may have the opposite problem, while you fall asleep at the drop of the hat, he just can't get to sleep, and if he does, he gets disturbed easily. His cell membranes actually never close down properly for the night. His body is like the car going full throttle with the choke out.

He gets crabby and impatient and you have to think long and hard to remember the man you married. He actually can't help it, because his cell membranes control his life. How can we address this? By having his urine and saliva tested to confirm this problem and then we can tweak his diet and supplements to help his membranes close down for the night. While the artery is classed as the King inside the kingdom of your body, the cell membrane is the Queen! Keep the Queen happy and you will have a happy and fulfilling life.

If the artery is the King, the cell membrane the Queen, the minerals in the body are the trusty soldiers. It is one thing all human beings have in common: without minerals the kingdom is in anarchy!

Tissues of any type, like the muscles, ligaments and the structures that keep our insides together, are happiest when they are fed minerals. Although nearly everybody thinks that vitamins are the most important nutrient required by humans, it is really minerals that are the most important.

When your car starts to crumple you can pour all the vitamins in that you like, without minerals the metals and structure of the car will just get weaker. Unlike our cars, our bodies will restore themselves quickly when we supplement with minerals every day!

Minerals are the basic components of all tissue! Weak muscles, ligaments and tissues need minerals for repair and regeneration. Otherwise the body can no longer resist the force of gravity and we become stretched and our organs start to sag. You get that sinking feeling! We recommend that you use

plenty of Himalayan salt to regenerate tissue and bring the spark back into your life. You can use it liberally because it contains the exact amount of the 84 minerals that the body needs in colloidal form.

To support children reach their full potential we recommend **"Mighty Mins"**. When you think of the car, it needs oil and fuel to function, but its composition and strength are due to the steel and other structural materials. **So the body needs minerals for strength and this is especially important to build strong children, strong in mind and body!**

If you want to take a short cut and support your body in all its nutritional needs, supplement with **Activator**. This is a balanced product that contains the exact amount of minerals, vitamins and amino acids the body needs on a daily level, without causing any imbalances. It ties in with the science of Biomedx, which is also unique to our business. If you want to go from this:



To this:



Book yourself, your husband or child in for a Biomedx session for \$300. You may need to spend another \$150 to \$250 in initial supplements. All your questions will be answered. Compare this incredible value with a very conservative estimate of \$5000 per year for the last 30 years totaling \$150000 you have spent on your car!

You only have one body, how much is it worth to you? **Till next time, Grada**