



Keeping up with changes!

We live in exciting times. New information, products and treatments that offer real change are being discovered every day. Interest in the natural way of doing things is on the rise and the Purple House has nearly doubled in size in the last couple of years. Most of our clients today are keen to see the natural potential in themselves and each other, and prefer to focus on health maintenance rather than cure illness. It has

been encouraging seeing how many young parents bring their babies and children to us for a regular energy balancing treatment and how they soak up all the information and advice, take it home, persist and share the good results. I am so proud of this younger generation of parents and it makes me feel hopeful that eventually health care will head in the right direction.

This growth in the Purple House family was mirrored by our family at home, with the arrival of babies Eli in March, Wilbur in June and Fia in November. As if this wasn't enough, our eldest son and family (Johan, Alana, Ethan and Ahlia) moved from S.A to Forth, where Joh took over the local Veterinary clinic in July. Now our round the table stories are about animal healing.



Somewhere in the midst of this Caleb and Tarley moved back from NSW and settled into their own home in Forth. Their house is blessed with a huge country garden/kitchen/pantry. All they had to do was move in and organize their own cooking classes, which continue to be popular. Their kitchen/pantry froths, bubbles and fizzes with Caleb's fermented foods and drinks. During quieter moments they work in the Purple House as therapists in demand.

Eve and Arthit moved from Queenstown to live next to us for 5 months and then to Devonport. Tom and Lucie settled into town as well, after their round the world trip got interrupted as a result of morning sickness. Instead of travelling round the globe without a care in the world they now have a mortgage, a Malamut puppy and a 5 months old son. Mieke and Paul moved back to Toronto to form their own little island of domestic happiness away from the noisy Robertsons. Lianne, who is normally the gypsy in the family, actually managed to stay put for one year.



Even the actual Purple House building underwent some much needed changes. First of all the roof was stripped back, decades of rust removed, old screws were tightened, a weather proof coating applied as well as many layers of paint. Then suddenly we were informed by the electrician we hired to check over our implements that we were drawing in far too much electricity. We were in danger of catching on fire! Unbeknownst to us the wall around the fuse box was overheating. There was only one solution and it was expensive: a new hydro pole and 3 phase power. Because we had the whole building rewired in 2007 we only had to replace the fuse box and some other improvements, but the young electricians did find that rats had nibbled through some electrical cables which they immediately replaced. (Forth is notorious for rats)

We were only just recovering from those interruptions, when the stretch of road in front of the Purple House had to be re-sealed. In my opinion it seemed perfectly unnecessary, but the end result is pleasing. Only



yesterday we got proper disabled parking outside the Café and clearly marked parking spots across the road. Now when I drive into Forth I see fresh black bitumen, a clean grey roof and a new silver power pole just outside Alchemy. It's great to see ongoing progress in a small town like Forth.

Humans are creatures of habit and I am no different. In the year 2015 we experienced so many changes that it almost made me dizzy at times. My nervous system struggled to keep up with the new babies, kids coming and going, staff changes, new products, new systems, different working hours, menu changes, study in Sydney, then a conference in Texas and a flying visit to Europe. The grand finale of this year of change was our move into the little cottage next to our house, while our home is partly demolished, to be resurrected bigger and better. I have been clinging to the idea that the year 2016 will be dull and predictable, but already the entire summer is booked up with new events.

Life is a fine balancing act between old and new, feeling full of energy and feeling drained, being inspired and lacking confidence, being surrounded by too many people followed by times of loneliness. But one thing is for sure: we all need consistency and predictability. We like to know that the sun comes up every morning and it's reassuring to collapse on the same couch in the same corner of our home after a busy day. When we look in the mirror we expect to see the same familiar face and body shape every time. Yet we forget that everything

we see is actually an illusion of stability because on a cellular level nothing ever stays the same. The person you are today is not the person you were a month ago or even yesterday.



Deepak Chopra says in his book "Quantum Healing": *If you could see your body as it really is, you would never see it the same way twice. 99% of the atoms in your body were not there a year ago. The skeleton that seems so solid was not there 3 months ago... you acquire a new skeleton every 3 months. The skin is new every month and you have new stomach lining every 4 days, with some of your stomach cells being replaced every 5 minutes! Your liver is*

new every 6 weeks... it is as if you lived in a house whose bricks were systematically taken out and replaced every year... Our body is constantly and ever in exchange with the rest of the world.

Even if the rate of change may vary in different body parts (your white blood cells are replaced every 30 days for instance whereas your red blood cells can live for a 110 days) but change is always there. In fact change is the one real constant in our lives. Luckily for us, our subconscious mind which is in charge of our health is a genius at change. While trillions of physiological, electrical and invisible processes all happen simultaneously it is perfectly capable of keeping order and maintaining optimum health.

If you stripped reality right down to basics, you'd see that we are nothing more than particles of cosmic dust, perfectly held together by information. Information is just another word for energy or 'intelligence'. Intelligence is so fast and quick to move that we can't figure it out, and therefore it has no place in the medical textbooks. Yet your health is in the hands of this force of 'intelligence' which is very much alive and changing all the time, even when you are asleep or awake.

I often assure my clients that 'It is more natural for your body to be healthy than sick. Your body is like an ocean of health dotted with a few islands of ill health, not the other way around!' At the Purple House we don't subscribe that 'nothing can be done' or that we are meant to 'live with' pain and suffering. Ongoing pain and symptoms are joy-killers which interfere with our wellness. There is always Hope. The fact that a solution hasn't been found yet doesn't mean that all hope is lost. It just requires a different approach to what you may

have used before. Pain is a message that something is out of balance, and if we shoot the messenger with painkillers, anti-depressants, cholesterol lowering drugs, blood pressure pills and ant-acids we invite disaster. We might eventually blow a fuse (stroke) or worse, set the house on fire (cancer).

A kinesiologist is like an electrician who finds where your body is shorting out or where you are using up too much energy. Kinesiology is a very fast method of getting information from the body through muscle testing, which is a reliable biofeedback mechanism. Stresses are found and cleared, blocked meridians open up again, muscle tension and spasms disappear, and your mineral levels are restored all in one session. Often miracles happen under our eyes and this makes it one of our most popular treatments.

In our clinic we also specialize in metabolic testing and live and dried blood microscopy. These modalities open up new horizons and give us clues as to what is out of balance. In a sense it's like stripping back the layers of dust and rust and looking at the 'real damage' underneath. Once we get a clear picture we can then tighten the screws (strengthen the weakened parts with diet, specific supplements and energy balancing) and apply as many layers of paint as it takes for you to weather the storms of life and look as good as new again.

Whereas it cost Peter and me thousands of dollars to repair the electricity supply to the Purple House and fix our roof, a Biomedx session/Complete health analysis is only \$300 and a kinergetics session \$100. The beauty about these therapies is that they enable us figure out what is best for you right now, at this particular time in life, rather than looking at old medical histories. (Your body lives in the NOW and to your body even yesterday's events can be old news).

Some doctors claim that we enter geriatrics at age 40 because at 40 your immune system is old and you have to activate it every day to prevent disease. **That means that after you turn 40 you are like a car that has run out of warranty** and you have to start maintaining your health by taking extra care. Actually health starts to decline after age 28, which is the time we reach our peak. From then on our bodies produce less and less enzymes and our stomach acid levels drop. Without good levels of stomach acid and enzymes it is harder to assimilate our foods and to protect ourselves from viruses, bacteria and parasites. At the same time our stress levels rise because of the demands of our family and work commitments. No wonder we are experiencing epidemics of cancer, diabetes, heart disease, auto immune disorders and sickness caused by drugs and medication. **Prevention is the best way forward.** It is not only easy; it is priceless!

Here is a 10 step program to keep your immune system strong:

1. 9 hours of sleep per night to restore yourself from wear and tear during the day
2. Hydrate your body daily. You need 1 litre of water for every 30 kg of bodyweight, with a pinch of Himalayan Salt added to each litre.
3. Increase your good fats to at least 3 tablespoons per day. Good fats are butter, meat fats, coconut oil, sesame seed oil, avocado oil and olive oil. Only cook in coconut oil. Always full cream yoghurts and milk. Cut out all margarines and polyunsaturated oils which are toxic and only 1 molecule away from plastic.
4. Cut down on carbohydrates like pasta, bread, potatoes and fruit because they can cause arterial plague. Cut out as much sugar as possible. High starch carbs and sugars cause inflammation in every cell of your body.
5. Have 5 drops of iodine every day to keep your hormones ticking over. Have a pinch of Boron while you are at it. Iodine keeps the thyroid gland happy and boron looks after your parathyroid. Between the two they start to de-calcify your hormone producing glands so you regain youthfulness.
6. Eat a portion of fermented foods every day, whether it is sauerkraut, kimchi, kombucha, kefir or yoghurt. If you fail to do this, supplement daily with immunosynbiotic, detoxicator or 2012 to restore



your gut flora. Our gut flora is under constant attack from heavy metals, toxins, parasites, antibiotics, fertilizers and GMO foods. **Your gut bacteria/ Microbiome are your immune system.**

7. Men: supplement with 'prostate health' after the age of thirty and keep doing so for the rest of your life. After age 40 your testosterone levels start to drop while environmental oestrogens rise. This lethal combination causes widespread prostate cancer, infertility and other male reproductive system issues. Women: keep detoxifying your liver from chemical and hormonal overload, e.g. with Beetflow and Omnizyme/Detoxicator as well as Swedish Bitters. Drink fresh lemon juice daily.
8. **Eat real food.** Most people eat dead food and expect to feel alive. What you eat today becomes your cells tomorrow and your tissues, muscles and bones the next day.
9. De-stress regularly. Toxic emotions are like the rats that nibble through your electrical circuits. Have regular treatments to de-frag your computer. Have a massage at least once a month. Experiment with other therapies, like reflexology, cranio sacral and kinergetics to remove obstacles to health and to help you make sense of life. Once you hit the forties, you need a Biomedx session at least every 12 months to make sure all your systems keep working the way they should. Consistency is much more beneficial than stops and starts. Regular treatments are like depositing money in your bank account. You are depositing vital energy so you can live longer stronger. You are extending your warranty.
10. Use therapeutic grade essential oils on a daily basis. Inhale them, diffuse the oils at work or next to your bed at night and massage them on your feet, back and neck. Bath in them. We are so fortunate

that after many centuries of obscurity essential oils have made a comeback, and not one minute too soon. These oils raise our frequency so negativity doesn't stick to us even when we watch the news. They have a direct relationship with our glands and keep our hormones balanced. They increase the oxygen supply to our cells which makes it easy for our immune systems to keep an eye on our cells.

When you combine these 10 steps for life you have something to look forward to. Your most productive years can be between the age of 60 and 95 which is what you deserve. Retirement offers the exciting possibility of living life to the full, starting a new venture, travelling,

exploring and focusing on things you have always wanted to do, with all your faculties intact. At 65 you will be the new forty! In fact you will be the envy of every 40 year old going through midlife crisis. You are as young as your thoughts and your thoughts will be centred and positive when you follow the 10 step program.

Nothing matters more than your health. Health is something that needs to be honoured, cultivated and maintained and the greatest potential for health lies within the home environment, with friends and family caring for each other. At the Purple House we are your partners in health. Together we can make a stand for the survival and betterment of the human race. **Grada.** Ps: The holidays are the ideal time to check out www.purplehousenaturaltherapies.com.au for products, health information and easy reading.



Alchemy Café is open normal trading hours (Monday to Saturday 8-4.30) and closed Public Holidays. P: 64282013. The Purple House is closed from Christmas Day and re-opens on the 4th of January. P: 64283007.

Wishing you a prosperous, stable and joyful 2016! Peter, Grada, Krijntje, Tania, Alana, Melanie, Ebony, Shey, Lila, Lianne, Caleb, Tarley, Cassie, Hannah, Sarah-Anne, Eve, Arthit, Amy, Leanne and Wayne.