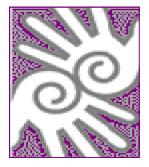
## PURPLE HOUSE NATURAL THERAPIES

## Firsthandnews

We specialize in:

Massage **Complete Health Live Blood Analysis** 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
Caleb Robertson
Cassie Tyson
Arthit Barnes
Hannah Vermeulen
Melanie Beswick
Tarley Mc Kenna
Krijntje Robertson
Penny Newton

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

Autumn is here and we are starting off with a list of events that will give you a reason to jump out of bed on cold mornings. Note these dates in your diary:

Friday 27th March: 6.30—9 pm. Free introduction session on Young Living Essential Oils. These magical oils enhance your immune system, rejuvenate your cells, give you mental clarity and relieve stress. Essential oils are a gift from the plant kingdom to the human kingdom. Learn how to make the most of them. This evening will be filled with stories and hands on experiences. RSVP 64283007. Places are limited.



Saturday 28th March: Raw Easter Desserts and Chocolate workshop.

9.30 -1 p.m. @ 47 Wilmot Rd Forth

\$110 per person. P: 64283007 to book.

Have you always dreamt of making your own mouth watering raw chocolate Easter desserts but never knew where to start? Make the most of this crash course. In just a few hours you will gain the confidence and skills you need to make your own raw and healthy cakes, chocolates and desserts to drool over and you will be the envy of your friends. Come hungry because you will be eating all morning!



As one happy student wrote: " I was very impressed with the raw cake class. I had planned to spend a considerable amount of \$\$\$ to attend a workshop like this in Melbourne when I noticed there was one advertised by the Purple House. It was the ultimate raw cooking class! Lisanne made it easy and fun to transition from standard unhealthy sweets to raw and healthy cakes. She shared many trade secrets you won't pick up anywhere else. Now I can't imagine my life without raw desserts. I feel younger and slimmer and I never feel hungry. I will never go back to my old style of baking!"



Sunday 29th March: 12-3 pm Live Music by Sheyana Wijesingha and Scott Mainwaring @ Alchemy Café.

Wine and dine while you relax to the sound of Shey's velvety voice. Enjoy your favourite Alchemy dishes. Soak up the ambience and sample our organic wines, coffees or teas. Check out the selection of books and giftware and finish the day with some raw chocolate desserts. To avoid disappointment book your table now! Phone Alchemy on 64282013



Saturday 18 April 9.30 –1pm Food Fermentation Class at 47 Wilmot Rd, Forth \$110 per person P: 64283007 to reserve your place



Caleb is a frequent spokesperson for food fermenting in Tasmania. And no wonder since his passions in life are health, people and food. Fermented foods happen to be the great 'cure all' for our modern day afflictions. Warning: don't come if you don't want to get younger, healthier, slimmer than ever. In this class you will drink, taste and learn all about cultured pro— and prebiotic foods and how they support your body and mind.

You will be set up for life with your own infallible recipe book, Kombucha starter and jar of sauerkraut made by you. Here is what a recent participant had to say:

"Thank you for your website and information, which led me to your fermenting classes. I did one with Caleb last year and was so impressed that I implemented everything from his booklet as soon as I came home.

I had been struggling with chronic health problems for years before I discovered your website, including acne and low libido. The chiropractor diagnosed me with adrenal exhaustion and put me on a supplement with B vitamins and liver extract.

I did this for 6 months as well as weekly visits to the chiropractor. During that time I kept on having skin eruptions, especially around my chin. After reading your blogs I became convinced that I had a gut related problem, which probably

affected my hormones, because my skin was always worse before my period.

The class confirmed my suspicions that the source of all my problems was really in my gut, especially when Caleb told me that the good bacteria are responsible for Vitamin B production as well as a host of other vitamins. Good bacteria in the gut also keep the mineral levels stable in the body. I obviously didn't have any good bacteria.!

Now I feel like a new person. My skin is clear, my hormones are balanced according to my latest blood tests and I am feeling fully alive for the first time in years. I love fermenting my own foods and have created my own recipes which I hand out to my friends and family. Thank you so much for what you do!



To enquire about the possibility of a fermenting workshop in your area **Phone 64283007**.

A fermenting workshop is scheduled for Hobart on Saturday the 25th April. Please share this info with your friends and family so they can also enjoy better health.

Coconut oil is a major ingredient in our raw cakes. Here are 10 reasons why:



- 1. Coconut oil is slimming. Just one spoonful per day helps to speed your metabolism. It kills your hunger so you eat less without trying.
- Coconut oil contains fatty acids of medium length, which are easy to digest. The liver converts this oil easily and quickly into energy.
- 3. Studies have shown that a daily dose of coconut oils supports thyroid health and this is good news for Tasmania, where 80% of the population have wobbly thyroids
- 4. Our brain loves it too. Coconut oil helps to reduce seizures and prevent Alzheimers
- 5. It eases digestive issues and is helpful for IBS
- 6. It kills viruses and bacteria
- 7. It kills parasites and Candida
- 8. It stays stable even when cooked at high temperatures
- 9. Coconut oil helps to manage type 2 Diabetes
- 10. It reduces fine lines and wrinkles and you can use it as a base for essential oil blends!

