

# 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.
2. 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!