

PURPLE HOUSE NATURAL THERAPIES

Firsthandnews

We specialize in:

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Blood Analysis
Saliva/Urine Analysis
NLP
Time Line Therapy
Kinergetics
Allergy Testing
Bowen Therapy
Reflexology
Pranic Healing
Reiki
Lymphatic Drainage
Stress relief/TFT
Cranio-Sacral
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Health products

**Gift Vouchers
available**



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**Do you suffer from asthma,
bronchitis, excess mucus,
congested sinuses and other
respiratory problems?**



We have the solution!

Salt miners rarely suffered from colds, flu and respiratory diseases. This has been known for centuries. During World War 2 the people who sheltered from bombing raids in a salt cave in Germany found that their health improved, especially their airways. Old respiratory conditions cleared up. This was noted by a Dr Karl Hermann Spannagel. After the war this Dr and his colleagues conducted studies and opened Salt caves to treat people with asthma and other respiratory conditions. This popular treatment became known as Halotherapy, after the Greek word 'halon' or salt.

The Salitair Inhaler is designed to recreate the micro environment of the salt mine, using Himalayan Crystal Rock Salt Granules. It is a 'medical device included in the Australian Register of Therapeutic Goods' as an aid for

respiratory conditions. The dry aerosol micro particles of Himalayan Crystal Rock Salt replicate the climate of the healing salt mines. You can now enjoy the benefits of the salt mines in your own home!

The device comes with complete instructions and is super easy to use. It is a very effective, affordable and healthy way to overcome your colds and flues, open your airways and strengthen your respiratory system.

RRP: \$45.00

Himalayan Salt Granules 500 grams: \$7.

I asked Peter to write an article for this newsletter so we get to look inside his brain and experience what he does and how he works. Peter is without a doubt the most versatile and knowledgeable person on the block and he forms the backbone of our business. He used to be a nurse and midwife for 2 decades and knows the ins and outs of medical conditions. On top of that his in-depth knowledge and experience in the field of live blood research, urine, saliva and metabolic testing as well as recognizing disease patterns is equal to none in Australia.

At home he is also very practical. He is one of those enviable people who can pull a lawnmower apart by putting all the bits and pieces in an empty container and putting it back together after doing the repairs without having any bits left over at the end!

He shows the same approach and dedication when it comes to his clients: he will leave no stone unturned to find the right answer. There will be no 'loose bits' at the end! I think the NW Coast is very privileged to have somebody of his capacity around!

Here is Peter's story: "John walked into my room clutching his chest. His wife

June was by his side. I guessed he was about 70 but when I glanced at his history sheet I realized he was closer to my age. John and his wife had come for a full health analysis/ Biomedx session as a last resort.

Johns family was riddled with cardiovascular disease and he himself had been hospitalized several times during the last couple of years with severe angina. His weight was normal, if not on the light side and his blood pressure was good and so was his diet. His father and his brother had died from a heart attack so it was important to get to the bottom of John's problems and give him his life back.

He seemed very stiff in the hips, I noticed as he walked over to the treatment table where he had to lie down so I could test his resting Blood pressures and breath rates. Apparently his hamstrings cramped up that often that he couldn't go for walks much, which in turn didn't help his overall fitness or heart health.

John reminded me of an archeological dig. There didn't seem to be anything drastically wrong with him but something was definitely going on below the surface. It would have to take some patient digging, sifting and sorting of the facts to find the 'nuggets' that would restore his health.

In a former life (yes I did have one of those!) I used to work for the National Parks and Wildlife. Part of that involved participating in archeological digs. One was at Bowens Landing, which was the first white settlement in Tasmania, along the Derwent River. (They have now erected a copper pyramid near this site but I could never see the connection to Egypt myself). Then I flew from Hobart to Smithton to join an archeological dig near the Arthur River. This one was under the auspices of the University of Canberra. The site was a sacred

Aboriginal site called a midden. The Derwent site involved digging around old foundations of the first settlement. Sifting through the dust separating old pieces of crockery, hand made nails and tools, analyzing and cataloging these was a tedious job but it gave us glimpses of a past that at one stage was only too real!

The second dig was a doughnut shaped hollow in the dunes where the aborigines would have had to have a campfire. We had to be a lot more delicate here. The whole site was mapped out in a grid and we had to scoop out small portions, like 20cm by 10 cm and deposit these in plastic bags. These were taken to the river and sifted. Whatever remained was put in a plastic bag with a reference number to the grid and then everything was taken back to Canberra for further investigation.

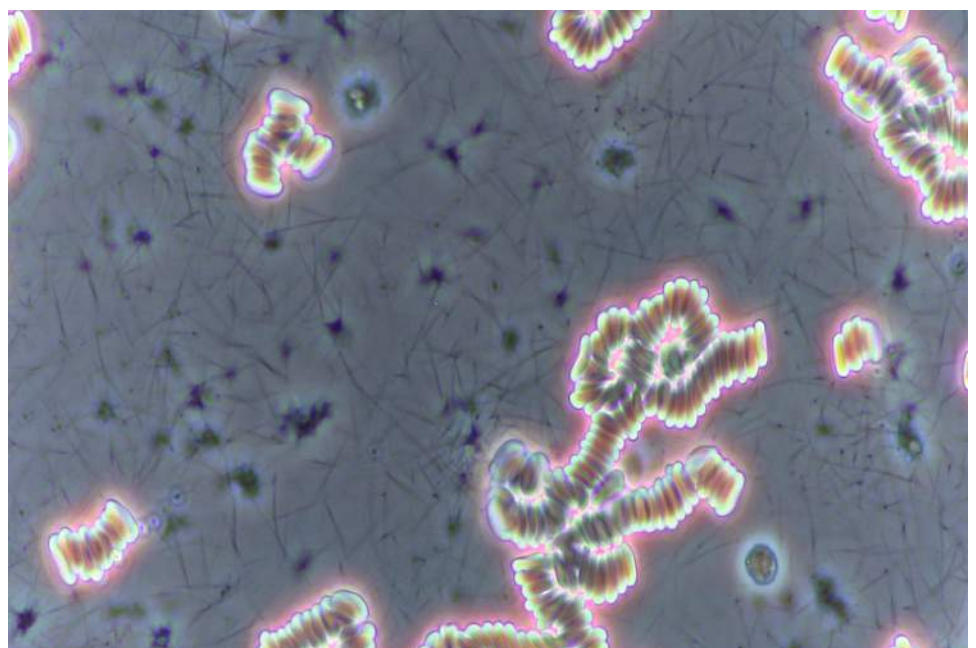
I spent my 21st birthday there. I caught eels out of the creek, skinned them and cooked them over the campfire for all the volunteers who had come over from the mainland to work at the dig. It was a real novelty for them.

Back in my treatment room it was still too early for celebrations. Things on the surface didn't make much sense and I was glad I was able to do careful testing of Johns

numbers. When I say numbers, I mean that I do about 20 or so chemical tests on Johns (fresh) urine and saliva, not unlike you would test the soil of your garden.

Just like the soil in your patch would be different to mine, so it is with the tissues of the body. This is what keeps me excited: as I do the numbers the picture becomes clear. Each person's unique strengths and weaknesses are clarified. The reason why John would develop heart disease for instance would be for a completely different reason to June, his wife.

Caleb had taken a drop of blood and was examining it under a powerful microscope. John and his wife were able to watch it on the computer screen. The initial pictures were startling, I mean that they verified that John was in real danger of having a heart attack. His plasma, the watery fluid that surrounds the red blood cells was very clogged up. If you look at the photo you can see the black lines. This is fibrinogen which isn't meant to be there. Its undigested proteins and causes stiffness, pain and hardening of the arteries. His red blood cells were sticking together as well. His heart was pumping 'tomato sauce' around instead of red wine. When I asked June if he was always cold she said 'yes, he could never get warm'. Now



we were able to show her the reason: the red blood cells were clumped. These clumps couldn't pass through the tiny capillaries of the bodies fingers and toes hence his feet were always cold.

I turned back to my test tubes. This is a bit like carefully digging around the foundations of the building (your body) to see where it is crumbling. Crumbling alright! The first numbers showed that Johns kidneys were about to give up the ghost. You might ask 'why has nobody ever picked this up before, after all the tests John has had to endure?' Well, it is actually not uncommon for somebody to have lost 90% of their kidney function before trouble starts to become obvious.

Even the medical profession knows that **heart disease always starts as kidney disease**. The kidneys filter 1600 liters of blood every day. The cleaner and thinner the blood is, the easier it is for the pump (heart) to pump the blood through the fine filtration capillaries of the kidneys. The kidneys are highly intelligent organs. Every second of the day they decide whether to hold onto some compounds or minerals or whether to dispose of others. They also filter out toxins and other hazardous substances.



The kidneys are the foundation cornerstone of your health and the most crucial thing for John was to drink more water immediately. I meant good quality filtered water. He tried to convince me that he drank plenty, but the next set of numbers showed that he was at least 50% dehydrated. I have a

formula to work out how much to drink every day and it goes like this: for every 30 kilo's of body weight you need to drink 1 liter of water. This meant that John would have to drink at least 3 liters of water per day, which is twice as much as he was used to.

I suspected that Johns body was losing minerals faster than they were going in, a bit like an old car battery that you have to recharge every day. Fortunately our bodies are more intelligent than cars and I suggested a kinergetic session to reprogram and recharge his kidneys. This would help his body to start utilizing the minerals from his food and then he would be able to use the large muscle groups in his legs without cramping up. He and June would be able to enjoy their walks again.

I could tell from the blood photo that he wasn't digesting his proteins. Carnitine and Taurine are amino acids that we get from proteins and these are needed to keep our hearts strong and healthy. I suggested he take the supplement Activator which would help strengthen the heart muscle, while in the meantime we had to find ways to improve his digestion. Carnitine is good to fuel the liver, kidneys and heart and John was in desperate need of fuel to boost his vital organs.

Protein digestion was another crumbling foundation post. He already knew he had a hard time digesting proteins, they made him burp and caused a lot of gas, so he had started to lean more and more towards light snacks and carbohydrates. I suggested to eat lots of free range eggs, the more the better. For instance, a breakfast of 2 or 3 scrambled eggs, with butter and Himalayan Salt. Or a full cream yoghurt smoothie with a couple of raw eggs, or a protein shake for breakfast, to fortify him for the day. He was to avoid snacking. If he felt

the urge to snack between meals, it meant he hadn't had enough proteins in his previous meal, it was as simple as that. He also had to have proteins for lunch and tea. The next set of numbers showed me the reason why John couldn't digest proteins very well: he was suffering from alkalosis. That means that his stomach wasn't producing enough acids. The environment in the stomach needs to be at a pH of 3 or less to digest proteins and I suspected Johns was hovering around a pH of 4. At that point you can still digest your carbohydrates but nothing else. His undigested foods turned into a toxic sludge, which is caused his blood to thicken.

John had to take Betaine HCL with every meal. We would start with a small dose and he had to build up till he developed a warm sensation in his body after a meal That way we would know his digestion was kicking in. Once that happened we would be on a roll and we would be able to celebrate the outcome of a 'successful dig' with cooked fish over a campfire!

There were a lot more things that I checked and found to be OK. There was no threat of diabetes for John, at least not in the next 5 years or so. His urine tests told me that, so that was a part of his foundation that we could rely on. It wasn't going to collapse. His Autonomic Nervous System was also in good shape so there was every chance that he was going to make it!

John came back to me after 3 weeks for a quick follow up session. He had really developed a taste for eggs, protein smoothies, avocados and was also eating more meat and organic vegetables with every meal. His body was handling it fine. His numbers showed that he was properly hydrated.

Another couple of months went by and John was a different man. He looked as if he had shed two

decades of his age and said he had never felt better. He was going to continue his newfound regime and avoid the fate of his father and brother.

Caleb, John and I had another look at his blood and we were pleased to see the difference. There was still a little bit of stickiness. I would have preferred it if all his red blood cells had been separated but thankfully his fibrinogen was gone. He had gone from being a walking heart attack to being fit and healthy. His kidneys showed that they were in recovery mode and it had only been two months. Now there was just a bit of fine tuning to do, and that is the reality of life, because we don't live in a perfect world. We can't expect to go through life without a bit of wear and tear. That is why I encourage everybody to book in regularly, so we are able to make sure the pressures of life don't destroy your metabolic processes and turn you into a crumbling archeological site long before your time.

Everybody needs a life long nutritional plan. The exact quantity and the exact proportions are different for each person. A full health analysis/Biomedx session is about empowerment, prevention and protection so that ultimately you can enjoy a rich rewarding life. We were born to thrive, not merely

survive! When I asked John about his kinergetic session he explained that there had been a few surprises. The first session had included some allergy testing and it had shown that he had been intolerant to gluten. So all these years Johns body had suffered a double whammy: he couldn't digest proteins, and when he relied on carbohydrates the gluten had put a huge burden on his system. He would never have guessed.

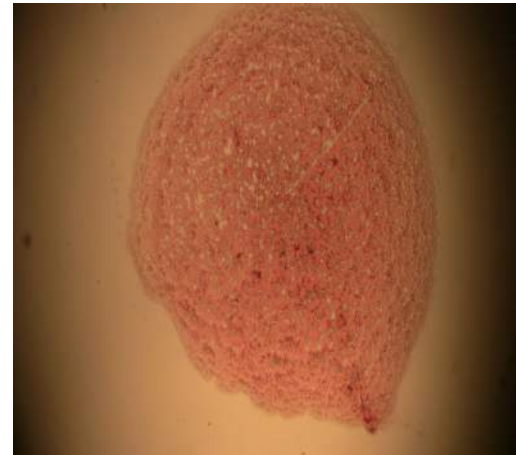
However the second kinesiology session revealed that his intolerance wasn't anywhere near as bad as it had been. Even if he were to eat some gluten, he would just have to take extra enzymes. And best of all, John hadn't experienced one episode of angina. This of course is the proof of the pudding and the most reassuring part of all.

We ended up looking at Johns dried blood pictures. This one revealed two sets of lines and this usually means scar tissue. One line from the centre to the top/right was to do with his (emotional) heart and the shock of suddenly losing his father and his brother, as well as the subsequent angina.

The line from the centre to the right/bottom was to do with a work related injury from 20 years ago, when John had a nasty fall on his coccyx/tailbone. It shows that these

three incidences had had a traumatic effect on John. John told me all three issues had been dealt with in the kinesiology session.

The very last thing I had to point out were parasites, as evidenced by the small black dots in the photo. There had been no sign of these before and it tells me that the body deals with healing one step at the time.

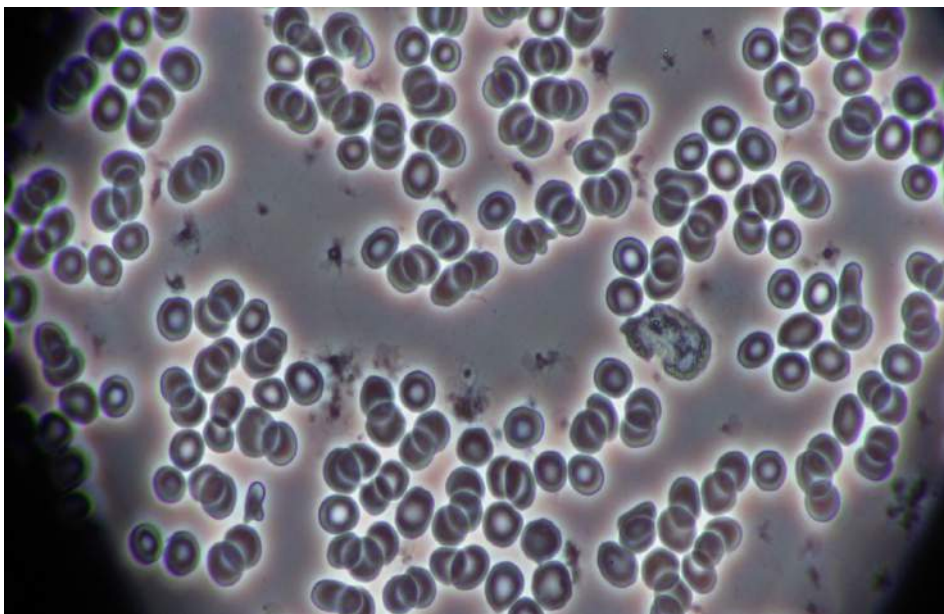


Only now that he was in better shape did his body want to tackle the extra burden of parasites. I will leave the rest to Grada because I am going to catch some eels for a celebratory campfire!" *Peter*

Ok Pete, you catch your eels while I explain about parasites. A lot of people think parasites only occur in second and third world countries but nothing could be further from the truth. In Australia for instance pinworms are found in most primary school kids. And adults are not spared either.

Parasites extract nutrition from their host (you) and expel their wastes into your bloodstream as a way of saying thank you. To make matters worse people can be allergic to the parasite wastes and this manifests as chronic unexplained tiredness.

Parasites can set up a comfy home in your body for years without any evidence. However they can affect your entire body-mind complex. So how do you know if you have parasites? You can find out by doing the following **Self Test For Parasites**.



Do you suffer from the following symptoms:

- Abdominal pain (off and on)
- Enlarged or extended belly
- Fatigue, depression, mental confusion or disorientation
- Excessive yet unrefreshed sleep
- Lactose intolerance
- Gluten intolerance
- Sugar Cravings
- General ill health
- Vague unexplained symptoms
- Digestive disturbance, including colitis, diarrhoea, gas, bloating, constipation, poor absorption, irritable bowel syndrome
- History of arthritis or any 'itis'
- Inflammatory conditions
- Immune system disorder
- Itchy nose
- Itchy or burning anus
- Skin rashes
- Weight loss
- Dark circles under the eyes

If you checked 7 or more there is almost certain parasite involvement. If you checked 5 or 6: likely and 3 or 4: possibly.

If you suspect that you are carrying whole generations of parasitic life forms in your body, now is the best time to take action.

The simplest solution is to take a course of Wormwood. Wormwood is a broad based anti parasitic, anti fungal, antibacterial herbal supplement and completely capable of wiping out a host of bad bugs. Fermented olive leaf extract also has some of these qualities and is a good choice for small children.

Another way to protect yourself is by keeping the bowel acidic. Creating a healthy acidic environment in the bowel can be achieved by eating fermented foods like sauerkraut and kefir and

kombucha drinks. You can learn how to make fermented foods and become the proud owner of a kombucha plant in our fermenting workshops. **(The next one is on Friday the 5th June 6.30 till 9.30 at Forth. Phone 64283007 to find out more).**

Betaine HCL with meals also help to boost stomach acid levels. 80% of people over 50 are said to be low in Hydrochloric Acid levels and this is another cause of parasites getting a foothold in your body.

Wormwood is an affordable effective option and clients find that by taking wormwood they can empty their bowels more often. One bottle is \$31 and I often recommend that people do a wormwood course once or twice per year. Betaine HCL is very affordable as well at \$27.40 per bottle of 180 tablets.



We also recommend Immunosynbiotics and 2012 which are super effective in controlling and preventing re-infestation of parasites and bad bugs. Again these products are easy to use and affordable at \$35 for a bottle of 180. Once the gut wall is healed all the foods you eat will be yours and yours alone. You will finally get the full benefit of all those hard earned nutrients. As a result your physical and psychological stamina will improve dramatically. Parasitic stresses in the body can also be detected by Kinergetics. There are specific corrections that can be done

to strengthen the energy field of the body to help it get rid of parasites, Candida, fungi and toxins. Clients often feel immediate relief. Kinergetic sessions are \$100 / hour.

Do you want an idea of how truly healthy you are? Look at your own blood. We now have four sets of microscopes at the clinic and these sessions are very popular. We only need one droplet of blood from your fingertip and then we examine your life blood under the microscope while it is still active and alive.

We also view the blood under 'darkfield', which means that the blood sample being viewed is actually in front of a dark background and light is being angled onto the blood sample from the sides. This allows nearly invisible micro organisms within the blood to be lit up and seen. It is a good way to see if you harbour any creepy crawlies that shouldn't be there.

Full blood microscopy session is \$150. If you truly want to get to the bottom of your issues a Complete Health Analysis/Biomedx session is the best way to go. No stone will remain unturned during the one and a half hours that we are busy with you, your blood, urine and saliva. It is

like taking your car to the garage for the best service it has ever had!

Biomedx/Complete Health analysis are \$300 per session. After all the hard work is done it is important to recheck every now and then and so repeat sessions are only \$150. It is worth doing a fine tuning session every 3 to 6 months so you can enjoy your body and make the most of your life till well into your 100's and that is what we are all about!

Till next time, Grada
Order your products online at www.purplehousenaturaltherapies.com.au from our product section.