

JOINING HANDS IN HEALTH

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14th July 2009.

‘Calling on your support to help save Zara’s Herbal Tea.

Dear friends,

RE. EMERGENCY CLOSURE (from 20th. JULY to 17th.AUGUST 2009).

Due to some very unfortunate events which took place in June (see enclosed newsletter/handout), we need to close Gramma’s for the above period. The time will be used to clear our heads, plus obtain legal advice to defend our Zara’s Herbal Tea against the tight grips of the Medical Healthcare Products Regulatory Agency (MHRA) and numerous EU directives; whom have made it illegal to imply, write or even ‘SAY’ ‘foods can heal!’ We also need time-out to revise our website, product labels and leaflets to protect our other products. In the meantime, orders will be sent out as usual, and can be placed in the usual manner (i.e. online, email, phone or post). However, our phones will not be manned therefore, we ask that you contact us only in emergencies (i.e. orders placed that are not received next day, etc). We ask also that you look to our website for any product queries you may have until our return on the 17th August.

WE NEED YOUR SUPPORT:-

Many of you may be aware that I have been spearheading ‘**traditional natural healthcare**’ for over 20 years, but only a few know that all the work carried out by the myself and the wonderful Gramma’s Team (fondly known as Team ‘G’) is done voluntarily, without pay... simply because we all believe passionately in GRAMMA’S ethos: ‘**nurture, nature and social responsibility**’. Unfortunately, *my mission to empower everyone to heal themselves by reviving the ancient principle that - ‘natural foods are meant to feed and heal’ – is now in danger of being outlawed!* Although frustrating, I am embracing this current challenge as a God-send, which is giving me this wonderful opportunity to alert you all of the terrible atrocities being done in the name of ‘**consumer protection**’, which is not only killing off fellow health businesses across the UK, but is also advancing quickly onto its main target (YOU - THE CONSUMER). But like in the battle of ‘**David & Goliath**’ - **there is HOPE!** So we urgently need your help to (a.) **save our wonderful Zara’s Herbal Tea from being banned** and (b). **help us inform yourself and others, by distributing this handout to as many people as possible in order to STOP THIS MADNESS!** For this truly mammoth task, we need everyone to commit to doing at least ‘**one thing**’ - to activate support across the country, to stop these horrendous laws being passed and taking with them many beneficial products, traditions, consumer health & free-will choice.

How You Can Help Us.

1. **PLEASE READ ENCLOSED TODAY!** – then JOIN HANDS IN HEALTH (see the 7 ways listed inside the handout).
2. **ACTIVATE SUPPORT IN OTHERS – ‘SPREAD THE WORD’** (request as many free handouts as you like and PASS THEM ON. This ‘simple’ method of sharing this life-saving information NATIONWIDE! is the key to our COLLECTIVE success.

3. **DONATIONS** – Anything you can afford will go towards financing a legal defence; plus the printing costs for handout-leaflets.
* **Unfortunately charity donations will be halted until the situation is stabilized.**
4. **YOUR TESTIMONIES** (a short letter detailing benefits or recoveries from using GRAMMA'S products) – Please send all your testimonies in by August. Even if benefits were felt five years ago, it is still important to send them to us. If you have friends who have recovered, please call them today and ask them to do the same. ***IT IS IMPORTANT THAT YOUR TESTIMONIES DO NOT REFER TO ANY OF OUR PRODUCTS AS 'MEDICINES' – as they are 'HERBAL FOODS' AND 'HERBAL SUPPLEMENTS'.**
5. **SEND HANDOUTS IN LARGER QUANTITIES - (25's, 50's or more)** - We can supply leaflets in quantities of 25's, 50's or more for your:
Workplace / church / local community groups / library / Secondary Schools/Six Form Colleges & Universities/ Exhibitions / Dinner events). Also, start informing your local stores and ask if they too will allow you to leave our handouts on their premises - (whether it be **supermarkets, local corner shops, high streets, health food stores, pet shops or charity shops**).
6. **MEDIA (Newspapers/Magazines/Television/Radio)** – **Write to your local Newspaper Editors and see if they will feature this issue to alert their readers to what is going on...** Do you work within the media? Or know someone who does? – could you be instrumental in getting this issue featured, or maybe ZARA'S story or possibly YOUR OWN story? Could they include a 'hand-tracing template' in their publication for their readers?
7. **WRITE TO YOUR LOCAL MP** and send a copy to the Prime Minister - telling them that you want to save Zara's Herbal Tea and to make changes in the food laws to protect herbal foods/supplements/traditions, businesses, consumer health and choice.

COLLECTIVELY, we must MOVE NOW!; there is no more time to lose if we want to live in a safer, more balance world we simply have to 'LOOK OUT FOR': 'LOVE' & 'CARE' for each other'. If everyone ACTIONS at least 'ONE' of the above, **you will not only safeguard Zara's Herbal Tea and other products like it, but yourself, family, children, the nation, animals, health businesses and the environment.** Please be assured that 'WE' are doing all in our power to spread our message to bring about change, but it is now up to 'YOU' to embrace the 'hero within' and take this information NATIONWIDE. *Copies of the enclosed has been sent to every Member of Parliament in the UK (House of Commons & Lords, Greater London, Scottish, Welsh & Northern Ireland Assemblies) calling for change in the law. *A copy of this letter is also on our website.

BREAKING NEWS! - The TRUTH about Viruses & Vaccinations.

I planned to include this information in our winter newsletter, but the news out this week means that winter will be too late. Over the years, we have endured continuous **pandemic scares** such as **Avian Flu, Tami Flu, Bird Flu, Noro Virus** and now the notorious **Swine Flu**. None of which have materialized and at best, have only affected a few. For those cases where deaths had occurred, it is hard to distinguish whether the cause was the actual disease or vaccinations. In our last newsletter, we reported scientists confirmed that *'the annual flu-jab was ineffective and a waste of NHS funding'*, even though several perfectly healthy cases had become chronically ill after having the jab, yet it is still being pushed onto the elderly. I was further shocked by a recent feature which revealed the vast amount of poisonous substances in vaccines and the extensive damage they actually cause to our health. I was also appalled to

learn that these vaccines damage both our DNA and immune system, which is then passed on throughout generations. The problem is much greater than even 'I' could have imagined, but sadly this information is also being deliberately hidden from the general public. Many doctors & scientists are questioning the poisonous-effects of vaccines;- fear tactics being employed to panic us into quickly vaccinating ourselves and family (i.e. Swine Flu & MMR); plus the *'profits versus health'* issue surrounding the pharmaceutical industry. Even animals are suffering this awful fate. Those of you who are members of **Canine Health Concern** would have read the fantastic interview (April'09 newsletter) by Holistic Vet - Dr. Patricia Jordan, who confirmed how Vets are purposely vaccinating animals to keep them sick for profit. Vaccines contain 'live germs' & chemicals such as diphtheria, formaldehyde, hydrochloric acid, mercury, aluminium, 'live' measles & mumps virus (from chicken embryo cells); 'live' rubella virus (grown from fetus); monkey cell tissue, calf serum and lots more. All these substances are injected directly into the blood stream - in the name of improving and protecting our health. Unfortunately, the truth is... we have become '**experimental guinea-pigs**' for the pharmaceutical industries, simply to maximize their profits. For decades, the Caribbean and other 3rd.world countries have been used in the same way as frontline scientific guinea-pigs. Coming from the Caribbean, I've witnessed and experienced vaccination abuse (especially in children), plus the medical lies told to parents who were never compensated for damage caused. Now scientists are pressing for the **compulsory vaccinations** of all school children in the UK (and overseas)...effectively taking away parents '**human rights to choose**' what they believe is best for their children. To make matters worse, parents are put on a guilt-trip as being 'irresponsible and abusive' for not protecting their children – without realizing that by vaccinating, they are actually playing Russian roulette with their lives.

LATEST REPORT ON 12TH. JULY 2009: The NHS is preparing to vaccinate the entire population (20 million this year and the remainder next year), with their new '**swine flu vaccine**'. This vaccine has not yet been tested or approved for safety, yet approval is now being fast-tracked. Unfortunately, the ugly truth behind most of today's science is that many Scientists are paid huge amounts by Pharmaceutical companies to 'create a drug', then find a disease to test it on. The media is then used to 'create public panic & fear', so that everyone volunteers themselves to be tested. Therefore, **swine flu 'could be' a deliberate hoax to encourage you to vaccinate yourself and children.** So before you offer yourself up as a 'sacrificial lamb', PLEASE, PLEASE, PLEASE question ... *'if they cannot distinguish between this and the 'common-flu' (which they have yet to find an effective vaccine); how can they be so sure that this new vaccine will work, or know its side-effects? This knowledge will only come about if they use the entire nation to conduct a mass experiment; and if anyone dies, it will be reported as 'death by swine-flu' and not from 'vaccine poisoning'. This way, they can avoid 'legal prosecution' and paying out billions in damages'. I am not telling you what to do, but simply providing important information to enable you to make an 'informed choice'. As health-providers, I have a duty to let you know the TRUTH.* However, do not just take my word, please review the evidence on our website. For those who are still worried about catching Swine Flu, '**COLLOIDAL SILVER**' is the most effective 'natural antibiotic' for any disease... and is (*not-surprisingly*) one of the products also targeted to be removed from the open market. **All in the name of 'Consumer Protection'.**

We wish you all well, and thank you for your continued support!

**With Love, Light, Gratitude & Abundant Blessings...*

Dounne Alexander MBE & TEAM 'G'.