



Dounne:Alexander; MBE

A Woman on a 'DIVINE' MISSION

... to revolutionize 21st.Century healthcare and create a 'Sick Free' Nation.

Dounne was **honoured as 'a true pioneer & visionary'** for her groundbreaking work, dedication, determination and vision in natural healthcare and business development... providing real insight, motivation and inspiration to people from all walks of life.



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- **1988: ESTABLISHED THE 'FIRST' 'Nationwide Health Education campaign on Hot Peppers:**
Prior to Dounne's work, British Doctors & Medical Professors were unaware of these '*ancient health benefits*' and therefore believed '**Hot Peppers**' were dangerous for health and discouraged its use in food. Hence, the **Department of Health (Chief Executives)** not only attempted to discredit, ridicule and deny her '*health claims*', but also demanded the removal of her products from the shelves of the Department stores... which would have destroyed her business; future potential and security for herself & children. However, to their astonishment and embarrassment, after a gruelling 2 hour meeting, Dounne proved their lack of knowledge, experience & qualification in this field, as well as, the absence of Spirituality... forcing them to back down and immediately authorized her to continue the '**educational health awareness**' campaign. This resulted in her producing the '*first*' detailed literature on the '**ancient folklore medicinal history**' of the **true Hot Pepper** (namely the Caribbean Scotch Bonnet); triggering global interest from scientific / medical institutions and international media networks. As a result – it changed the traditionally bland British palate into fiery food lovers – making **Hot-Peppers** the essential ingredient used today. And her name was recorded in the **American Chilli Institute's 'Hall of Fame'**.
- **1987 - 2007: BECAME THE HIGHEST PROFILED ENTREPRENEUR:**
With over **400 features** in **mainstream television, newspapers, magazines** and **radio**. She was regularly invited to review the national newspapers on BBC television breakfast show... plus, featured in several television series such as '**Women Mean Business**' - accompanied by a '**book & promotional poster**' prominently displayed in every **Job Centre** throughout the country - as an inspiration to others, especially women and people of colour.
- **1988: TRADE MARK (LEGAL) CHALLENGE:**
At the peak of her business, Dounne faced her second major legal challenge – this time with the giant Food Corporation (HEINZ), who opposed her business name GRAMMA'S, which they believed conflicted with one of their products (Heinz Grandma's soup). Fortunately, her Trade-Mark Attorney challenged them on the issue which forced them to immediately withdraw. At that time, most small businesses were not aware of these legal protections.
- **1988 - 2000: KEY NOTE SPEAKER:**
Dounne was invited to be a 'key note speaker' for various Government, business and health 'conferences' - one in particular (in 1991) for the top London hospital (St. Mary's), to launch their important initiative called '**Look After Your Heart Work Place Charter - incorporating FOOD GUIDELINES**': which was introduced by Dr. Leila Less (Director of Public Health): signed by Sir William Doughty (chairman of the Regional Health Authority) and Michael Hatfield (chairman of Parkside Health Authority). The topic for her thought provoking speech '*Food For Health*', breaks down the problems faced today, tomorrow and the future. She ended the speech stating - '**The Recipe for Good Health & Harmony is EDUCATION**'.
- ***FEATURED IN: 22 EDUCATIONAL & INSPIRATIONAL MAINSTREAM BOOKS:**
including **BBC's Woman's Hour** '50th anniversary book', celebrating the most influential British women since 1945, in the chapter '**Women - Who Led The Way**'. Dounne was also featured in '**By Faith and Daring**' (interviews with remarkable women) authored by Glenys Kinnock (Former Member of the European Parliament and the wife of former-Labour Party Leader Neil Kinnock).
- **1991 - UK 'FLU' epidemic:**
As doctors were fast running out of Pharmaceutical Medication, the popular daytime television show '**This Morning**' invited Dounne to demonstrate to the nation, how to prepare her special 'Caribbean Hot Toddy' drink using her Herbal Pepper Sauce to help combat the condition. Having never tasted anything quite like it before, presenters Richard Madeley, Judy Finnegan and Dr. Chris Steele were keen to try it 'live on air' and confirmed that it was both delicious and effective.
- **1992 - SELF-PUBLISHED HER FIRST AUTOBIOGRAPHY - 'THE BLACK CINDERELLA':**
detailing her extraordinary business success; behind the scenes obstacles; lack of Government & Bank support. In fact, three British Bank Managers attempted to destroy her business; one going as far as to engage the

services of international accountancy firm 'Price Waterhouse' which back-fired - whereby the Bank was forced to withdraw. Followed by many unscrupulous financial charlatans (posing as professional Consultants) - who attempted to 'steal' her business. One in particular, offered to be her 'sugar-daddy' explaining (*'this was how British Business-women made it to the top'*). Although naive to business, she quickly became aware of the extreme levels of corruption operating within these Institutions and chose to remain independent. However, through her own research, she discovered the Government had a financial scheme called '**The Loan Guarantee Scheme**' where businesses with 'real' financial potential could receive up to **£100,000** for business development. Nonetheless, Bank Managers were unaware of this vital '**business life-line**' available to disadvantaged entrepreneurs. She took it upon herself to introduce the scheme to her new Bank Manager; taught him how to make the application and was rewarded with the full **£100,000 (75% guaranteed by the Government)**. She was then invited to speak at a major '**Business Conference for Bank Managers**' and threatened to expose their negligence to the media, if they did not make the scheme available to others in the same position. This opened the 'flood gates', enabling many 'small businesses' to thrive.

The book was a riveting account of what '**achieving against the odds**' really means and a proven historical testament of how aspiring British Entrepreneurs were being mistreated, abused, trapped and left unprotected, with no legal redress. Moreover, the book exposed **20 years of Government Enterprise Hype & Conspiracy**; the truth behind the failure of 'small businesses'; institutionalized racism & discrimination; and Banks insensitivity towards single-parents, women & black businesses. Copies of **The Black Cinderella** were sent to every Member-of-Parliament and the mainstream media. This was during the '**General Election**' and Dounne was told (privately) that her book had taken precedent as the main topic in Parliament. The then Prime Minister and leader of the Labour Party both vied for her attention and support. She was then invited to become a '**Government Business Adviser (at Cabinet level)**'. Her recommendations for change brought about the creation of –

- **a 'Bank Ombudsman' for Small Business;**
- **increased the Government Loan Guarantee Scheme from £100,000 to £250,000;**
- **established 'Enterprise Agencies' to improve business training standards & facilities; recognition of the untapped potential & aspirations of disadvantaged working-class Entrepreneurs... just to mention a few.**

She was invited to dinner by the governor of the **Bank of England** to discuss how to eliminate discrimination within the Bank Institutions.

Prior to this, coupled with Dounne having no writing or publishing experience, as well as, the book's content; every publishing company rejected the manuscript. However, as luck would have it, Dounne happened to meet **Ken Follett** (the renowned, best-selling international British author) and later sent him a copy. After reading it, he confirmed it was extremely well written – also citing that it was 'phenomenal' – 'a real bomb-shell'; and 'first-hand insightful account of the true plight of disadvantaged working-class entrepreneurs'. Mr Follett went on to encourage her to publish it herself. With heartfelt praise and re-assurance of her authentic writing talent - Dounne immediately set up her own publishing company '**Unity Books**'. Mr. Follett endorsed the book with the inscription below –

***“This book is like Dounne herself: inspiring: controversial, shrewd,
likable and quite unique.”***

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• **1994 - 2010: DEDICATED 16 YEARS TO REBUILD HER HUSBAND'S CAREER:**

In 1994, while still recovering from her beloved mother's passing a year earlier from 'ovarian cancer' - Dounne

fell in love 'for the first time' (since leaving her former husband in 1986) and remarried in 1998. However, to revive her husband's career, it was agreed that she would put her business on hold to focus on rebuilding his - and in return, he would support her business thereafter. Within 16 years, she surpassed herself by not only successfully rebuilding his career; providing him with the highest income; longest ever employment; plus nomination for the OBE honours award; which took him to the top of his profession.

Sadly, due to betrayal of trust, fraud, deception, mental abuse and more, she was forced to end the marriage in 2010, and was hopeful they could still part as friends. But in reality, with her husband now a well known, respected 'public figure', she found herself embroiled in an 8 year legal battle - facing unbelievable corruption within the Family Courts. The experience not only left heart broken; but destitute; facing potential homelessness and business closure. Thankfully through faith, forgiveness, acceptance and sheer determination – she dusted herself off and was able to rebuild both her life & business; embracing a new chapter; and the continuation of an even greater journey - towards the fulfilment of her mission.

- **1998 – Doune was invited to launch the BBC's 'Diversity Data-Base':**
An initiative to open the doors and create greater opportunities for minorities in the television and radio industry.

2000 - 2010:



Recipient of 11 National Awards including...

- **2000 (*Millennium):** voted one of the 100 greatest & most influential 'black people' in British history... with her contribution recorded by the BBC and is stored in the **British National Library 'Millennium History Archives'** for posterity.
- **2000: THE FACE OF THE MILLENNIUM -**
Chosen by the cosmetic brand '**Oil of Olay**' to represent their international face for women over 50.
- **2001: SELF-PUBLISHED 2ND. PUBLICATION 'A MISSION OF LOVE':**
Autobiography '**A Mission of Love**' was launched in the House-of-Lords... detailing her life's journey; ultimate Divine mission to establish a universal (annual) day of love; and God's messages to the world for the

21st.Century. Inscribed by God as '**Inspiration, Enlightenment & Controversy - fused to create 'a Book of Conscience'**...' and reveals her Spirit-name '**ORISHUA**' (which means 'The Power of the 7th.Star' - spiritual messenger, teacher & communicator).

- **2003: CREATED HEALTH AWARENESS CAMPAIGN - 'Joining Hands In Health (JHIH)'**: **Joining Hands In Health** is an independent, voluntary, not for profit 'Health Awareness Campaign'... the '*first*' of its kind to embrace all cultures, animals and the environment. Its goal is to expose policies or agendas likely to endanger, threaten, harm or violate - the lives, health, freedom or sovereignty of men, women; animals and the environment. It is also the campaigning arm of GRAMMA'S. Dounne is the '*first*' to challenge the Laws against the protection and preservation of 'Traditional Natural Healthcare' - taking her case not only to the Queen, but also the European Union, United Nations, UK Law Commission and Regional Assemblies of 'Greater London, Scotland, Wales & Northern Ireland'.
- **2007: Presented by the late Queen Elizabeth II with the MBE** for outstanding service to the British Food Industry.
- **2009: LAUNCHED NATIONWIDE PETITION: 'The Nation Speaks 'NO!' Not In My Name'-**
www.joininghandsinhealth.com/petition/global/

This petition challenged and exposed the '**European Food Supplements Directive**' and '**Codex Alimentarius**' - which banned hundreds of '**natural herbs, supplements & traditional herbal remedies** produced in the Caribbean, Africa, Asia & elsewhere - from being sold in the UK and European markets. Moreover, both the Directive and Guidelines violated **people's 'Unalienable' Rights; Democratic / Religious & Spiritual Freedoms; Health Choice; Natural Foods, (including indigenous Herbs, Remedies & Nutritional Supplements); Traditional Practices; Cultural Heritage; Animal Welfare** and the **Natural Environment**... plus threatened the loss of ancient traditional knowledge. Moreover, the role of '**Codex Alimentarius**' is to control global food, medicine and energy. Dounne also wrote and produced the accompanying short film '**Why Are We Dying To Be Healthy**'.
<https://www.youtube.com/watch?v=zB0YDkT5N-g>

- **2009: Wrote an 'OPEN LETTER' CALLING ON EUROPEAN MEPs TO 'OPT OUT' OF EU FOOD SUPPLEMENTS DIRECTIVE AND CODEX ALIMENTARIUS...** and was invited to personally deliver the letter to all 700 MEPs in the European Parliament.

THE 'OPT OUT - OPEN LETTER':

was also sent to the UK Prime Minister (Gordon Brown), Opposition Leaders, and 4 members of the House of Lords. Furthermore, her petition created public awareness and made people realize they had the **POWER** to make the Government 'opt out', amend or abolish these Directives and Guidelines. The UK public immediately took up the challenge and started to SIGN the petition and spread-the-word (achieving **over 100,000 signatures**). What Dounne exposed at that time is now being realised today (2023) through the **World Health Organization and World Economic Forum 2030** agendas.

- **Baroness Howells of St. David** tabled a question in the 'House of Lords' on Dounne's behalf. This was recorded in Hansard.
- **CALLED ON THE UK LAW COMMISSION: TO AMEND OR REFORM THE 1939 CANCER ACT:** In October 2010, she then made an application to the Law Commission to amend or abolish the 1939 Cancer Act, which prohibits the use of 'natural cancer treatments' or research into the prevention of the disease. This ACT was passed solely for the use of experimental cancer-drugs. **In it she states:**

*"Seventy two years ago, before this Act was passed, we lived mainly on natural foods and cancer was then '**a rare condition**' affecting only 1 in 40 to 50 people. Today, cancer has reached pandemic levels, affecting 1 in 2 to 3...using artificial foods and experimental cancer drugs. This is one of the worst medical failures in recorded*

history. Furthermore, seventy two years ago, the UK's population comprised mainly of Caucasian born UK citizens. In comparison, today's population consist of a large and growing number of 'foreign' UK citizens - 1 in 10 (i.e. Chinese, Indians, Caribbean's, Africans, Europeans and others), whose cultural traditions recognize the effective use of more natural therapies. These incorporate 'natural foods, herbal remedies, holistic practices, intuition and spirituality, as part of their healing process. The Act does not recognize, consider or take these ancient traditions into account, despite their proven veracity. Therefore, the Act is out-of-date, bias, discriminatory and unjust". **This must read document** exposes the cancer business; violation of human rights and pharmaceutical control.

- **APPEALED TO QUEEN ELIZABETH II to intercede on the Nation's behalf:**

In December 2010, Dounne sent a powerful (41 page) document appealing to the Queen to honour her Coronation Oath; to defend and protect her citizens and country from these draconian Laws. **In it she states:**

"Although Your Majesty does not normally intercede in Legislative affairs, I believe where any Government puts the lives, health and welfare of your people at risk of imminent danger, it is then the duty of the nation's highest power (the Crown) to intercede. I fear if Your Majesty does not do something at this late stage, the natural health industry, traditional remedies and consumer choice could be destroyed; paving the way for a pharmaceutical drug dependent culture. As per Your Majesty's Oath, I pray that you will save your people from a life of perpetual ill-health, extreme censorship and enslavement".

2011:



- **UNITED NATIONS PROPOSAL - 'Call to put our HEALTH before Corporate Wealth':**

In September 2011, Dounne finally submitted a controversial proposal to the United Nations 'General Secretary' (Ban-Ki Moon); 'Human Rights Commissioner' (Ms. Navi Pillay) and 181 UN Ambassadors - **calling for the extension of 'The 2011 - International Year for People of African Descent to 2012; plus the abolition of the EU Food Supplements Directive and Codex Alimentarius... to avert Corporate Global Slavery.**

In it she states: *"Whilst the United Nations is openly apologizing for slavery (i.e. The Transatlantic Slave Trade & 500 years of African suffering), they are about to repeat the same gruesome mistake, introducing a new type of '21st century' slavery which could prove the worst form imaginable in our civilized history. The results on humans, animals and the 'natural' environment could be catastrophic and irreversible. Affecting the entire global population; deceived into a false sense of security believing they are FREE - as the chains and shackles will not be*

visible but the torturous pain and suffering will be far reaching and everlasting. Therefore, as a descendant of slaves, I am utilizing my freedom & power, plus the privilege afforded to me under the UN Declaration...to bring global citizens together in peaceful opposition to stop corporate slavery".

- **DECLARATION OF TRUTH:**

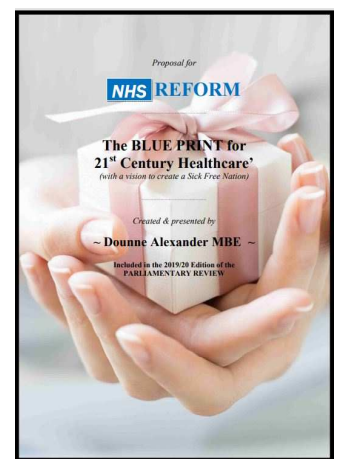
Through Spiritual guidance, Doune was instructed to produce this unique document, to enable everyone to understand and exercise their '**Unalienable (God-given) Sovereign Rights**' – giving them the freedom to take complete 'control & responsibility' for their health, wellbeing and lives.

CANCER – WHAT IS YOUR LIFE WORTH?

Doune produced this insightful booklet, deep diving into the cancer industry and never ending promises of a cure; knowing that nature's healers and practices are being deliberately kept from the people. The booklet also contains customer testimonials confirming the benefits of her extraordinary Herbal Tea (*see The Gift of Life on pages 13 - 14), plus provides concrete evidence of why it should be given special recognition and recommendation as an essential daily drink.

- **2011 – RECEIVED AWARD :** for outstanding contribution to '**Complementary & Natural Medicine**'.

2012- 2019:



- **2012 – LAUNCHED 'WINTER WARMING INITIATIVE' for the elderly:**

In the UK, every winter **over 20,000 pensioners** die during the cold winter months from hypothermia, circulatory, respiratory & heart conditions. Doune repeatedly highlighted warnings from the '**Chief Medical Officer**' (Professor Sally Davies) against the over-use & abuse of '**synthetic antibiotics**' causing one of the biggest threats to health and should put be on the '**national at risk Register**'. Plus, warnings from the '**Centre for Infectious Disease** confirming that the '**seasonal Flu vaccines**' was ineffective for people over 65... with pensioners being forced to choose between heating their homes or eating; and the Government struggling to find a resolution. Doune sent an '**Open Letter**' introducing the Initiative to the **Queen, Prime Minister and MPs** offering **GRAMMA'S Herbal Pepper Sauce** and **Caribbean Hot Toddy recipe** for every pensioner in the country, as a safe, effective; affordable, long-term solution. The initiative was supported by British Medical Professor 'Irwin Ziment' (Head of the American UCLA School of Medicine), and an expert in **respiratory & pulmonary**

conditions. He confirmed that the entire Western industry of 'cough medicines and expectorant drugs' was established because of the ancient folklore medicinal history of the Hot Pepper... and forwarded a 'personal letter' (in 1989) for the Government and Medical profession to understand its importance in the British daily diet – further recommending that - **“everyone should eat a 'hot spicy meal' once a day or at least 3 times a week as a preventative measure.”** This initiative could be beneficial for everyone throughout the year, but especially during the winter months.

- **2015 - PROVEN TO BE OVER 60 YEARS AHEAD OF 'CORPORATE' MEDICAL SCIENCE:**

Twenty seven years, after her 'Health Education Campaign' on the benefits of 'Hot Peppers & Spicy Foods', research conducted by the **Chinese Medical Academy** (supported by the **British Medical Journal**) confirmed that **‘eating a 'hot spicy meal' 7 times a week could prolong life and reduce deaths from cancer, heart disease and diabetes by 10 - 14%.** Their research not only confirmed Professor Ziment’s recommendations (above), but was also only a fraction of Doune’s extensive evidence presented in her '1988' document on the ancient folklore medicinal history of the 'true' Hot Pepper.

- **2017 - OPEN LETTER TO QUEEN ELIZABETH II:**

REVEALING THE FACE of 21st. Century Healthcare and Blue-Print to Revolutionize the HealthCare System - with a vision to create a SICK FREE nation. <https://www.youtube.com/watch?v=ClBrtTwo1bc>

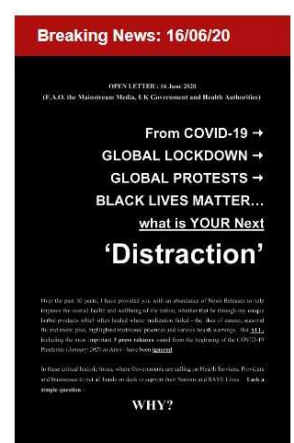
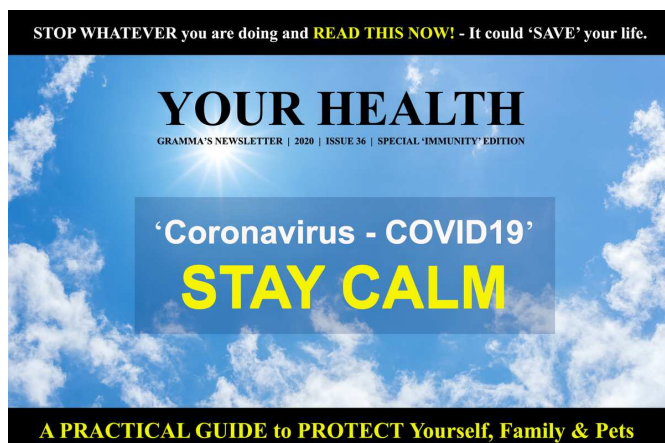
Doune penned this powerful 'Open Letter' exposing the corrupt history of the Medical Establishment; The Medicines and Healthcare products Regulatory Agency (MHRA); Government Ministers and Pharmaceutical Industry... offering 'the missing link in the food chain' - her extraordinary **Zara's Herbal Tea ('The Gift of Life')** as the 'first' British product with the potential to heal the nation - *See pages 13-14

- **2019: SUBMITTED PROPOSAL FOR NHS REFORM:**

Doune was invited by members of the House-of-Lords to submit her proposal for **NHS Reform** for inclusion in the Parliamentary Review 2019/20 edition - calling for the '**Integration of Natural Treatments & Holistic Practices** in the NHS'; to widen the scope of treatments available; to offer greater consumer choice from which to meet the healthcare needs of our diverse / multicultural population in order to establish a '**Fair & Balanced' Healthcare service.** The Review Editor commented:

“It delivers a compelling, hard-hitting, unprecedented, authoritative review, addressing the root causes of why the NHS continues to fail. It offers the 'Blue-Print' that paves the way for 21st.century healthcare and would be the 'first' true reform of its kind in the 71-year history of the NHS”.

2020 - 2023:



- **2020 - 2023: COVID-19 PANDEMIC.**

Doune's was one of the '*first*' Activists to accurately expose the hidden agenda behind this 'experimental' depopulation plan. Questioning - ***Are we being 'protected or infected'?*** Her newsletter entitled 'YOUR HEALTH - Special Immunity Edition - issue January 2020'; offered solutions for optimum health to effectively combat the 'implanted' disease. At the time of the Pandemic, she was preparing to launch a new book and campaign called 'Break Their Silence', revealing the depth of deception, but was then guided to put it on hold and direct her energy on the deception of 'Artificial Fluoride' with a new campaign called 'STOP POISONING OUR DRINKING WATER' (below).

- **2022: LAUNCHED CAMPAIGN: 'STOP POISONING OUR DRINKING WATER':**
takeaction.joininghandsinhealth.com/

This campaign was launched in 2022, however, due to multiple resignations of Government Cabinet Ministers - it's on hold until April 2024. The campaign delivers a '**Notice of Liability**' (in the form of an Affidavit) - to Ministers and their Associates responsible for approving '**The Health and Care Act 2022**' for '**Artificial Fluoride**' to be added to the 'tap water' supply throughout England. The campaign not only exposes the deception behind 'Artificial Fluoride'; its detrimental impact on our health & lives including animals and the environment, but also provides the tools to clean, re-mineralize & alkalize 'tap water'.

- **OPEN LETTER TO KING CHARLES III - TO PROTECT THE PEOPLE FROM FLUORIDE POISONING:**

In 2023, this '**Open Letter**' calls on the King to protect the people by using his Royal prerogative to abolish the **Health and Care Act 2022** before his coronation. It also reveals that the Government Ministers responsible for approving this Act may have deceived the late Queen to grant 'Royal Assent'.

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Background History



Born (1949) in the beautiful Caribbean Island of Trinidad as a severely premature baby with a life expectancy of only one month, but it was thanks to her late grandmother's strong faith, intuition, tender loving care, and incredible knowledge of the health enhancing benefits of natural foods, traditional herbal remedies & ancient holistic practices... which enabled Dounne to survive against the odds. This left her with an abiding 'respect & love' for God, spirituality, as well as, the healing power and potential of 'nature'...

This is the 'Blue Print' that has shaped her life.

In 1964, Dounne moved to England alongside her parents (James and Beryl Alexander) and 2 sisters. Attended Canon Palmer Roman Catholic School (*re-named The Palmer Catholic Academy*); and went on to become a Chemical & Bacteriological Laboratory Technician. She later joined her father's Housing Association '**Trinity**' (*the first Association to be established by a "black-man"*); and eventually, became the 'first' black / female Housing Manager in the UK. **Trinity Housing Association** later amalgamated with three other Housing Associations to become one of the largest in London. Being a resident of the London Borough of Redbridge for 41 years, as well as, the birth place of Trinity - in 2023, he was posthumously honoured by **Redbridge Council** with their first '**LEGACY WARD**'. Documentary film '**THE HOMEMAKER**' was produced by his youngest daughter – in recognition of his remarkable life's journey and extraordinary humanitarian work.

TRAILBLAZER:

In 1986, after the breakdown of her first marriage (16 years), Dounne took up martial-arts to escape marital abuse - taking her children (aged 10 and 15 years), their dog & 2 cats; and moved into a Council flat (in East London) where she started life as a single-parent. Dounne then set about planning how to build a secure life for herself and children. It was then her business dreams came to life. Being aware that she lacked business experience, training, finance or collateral, whilst still working full-time as an Accounts Assistant... she spent every night learning the rudiments of running a business; including regulatory & legal requirements. Remarkably, within 6 months, she started her business GRAMMA'S (named in loving memory of her late grandmother); and through Spiritual guidance - developed '**GRAMMA'S Herbal Pepper Sauces**' (*the original ancient 'hot' herbal sauces, never before commercialized – and hence the 'first' of its kind; and considered the finest in the world*).

With her children's assistance; working from her tiny kitchen - she produced, bottled & labelled her sauces; designed the packaging; worked out retail pricing; planned the marketing strategy, promotions & publicity; alongside office administration. Six months later, her sauces took pride of place on the shelves of **Britain's most prestigious Department Stores (Harrods and Fortnum & Mason)** - and Dounne was instantly hailed a '**national role-model**'. She became highly sort after as a 'Motivational Speaker' in schools, colleges, universities, businesses and women's network groups. Within 2 years, she went on to negotiate her now '*famous Herbal Pepper Sauces*' onto the shelves of **every department store** throughout the UK including Bentalls, Harvey Nichols, Selfridges, Army & Navy, Rackhans, Dingles, Kendal-Milne, Howells, Neals Yard - as well as, the **7 top Supermarket chains** (Tesco, Sainsburys, Asda, Safeways / Morrisons, Waitrose, CO-Op, Wm Low).

**“ Dounne was the 'first' to be recognized as 'a British Entrepreneur & Business';
and not an ethnic minority.**



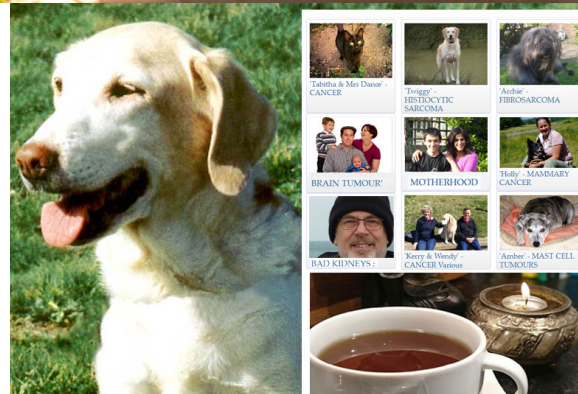
HER MAJESTY THE QUEEN

Open Letter

"Unveiling the FACE of 21st Century Healthcare"

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Gramma's® Nourishing the nation
'ONE JAR' at a time



REVOLUTIONIZING 21st. CENTURY HEALTHCARE with a vision to 'Create a Sick-Free Nation'.

Holding the 'KEYS' to the future of HEALTH:

Doune is a passionate believer in Divine Purpose, Spiritual Consciousness and a strong Advocate for Traditional Self Healing - based on the ancient principle that **'Natural Foods are meant to Feed & Heal'**. Working with the universal Creator (God); her intuitive Divine Higher-Self; Ancestors and Spirit Guides - she has been spearheading 'Traditional Natural Healthcare' for over 35 years; emphasizing the importance of healing *'mind, body & spirit'* through the provisions of nature, home cooking and the essential role these play in maintaining overall 'whole body health'. She explains :

NATURE 'knows' BEST

*"I believe my **life's purpose and mission** is to provide people with the **'tools'** to heal themselves through **'nature'**. This is not about religion or science, but the **'ancient wisdom'** that with the **'right tools'** the body can repair, restore & heal itself **'NATURALLY'**. Therefore, we need to understand that as we come from **nature** – **NATURE** has the answer for all our ills. My life's journey, first-hand experiences, spiritual guidance and instructions have equipped me with some of these **'essential tools'** and I have been CALLED to pass them on for the benefit of humanity, animals and the environment".*

'The Gift of Life'

In 1994, through Spiritual guidance, Dounne was given '**The Missing Link**' in the food chain, which healed her daughter's dog (ZARA) from terminal cancer - given only a few weeks to live. However, after the Vet explained that Zara had '**no hope of survival**' as nothing on earth could possibly save her – she advised euthanasia as the 'best & only' option. So with nothing to lose and no one else to turn to, Dounne turned to God for help and after 3 days of prayer, fasting and meditation, she was instructed to take Zara off 'commercial dog food' and was given 16 specific herbs to brew.

From a dog close to death's door with a weak heart, damaged lungs, kidney & liver; incontinent, unable to walk and in excruciating pain... after drinking the tea 3 times daily, Zara recovered in less than 6 weeks - all of her organs were restored and had so much energy – she was running around like a puppy again. Zara lived for an additional 5 years (which is the equivalent of **35 years in humans**) - no secondary tumours ever developed and she eventually passed away peacefully from old age at 15. At that time, the average life-span for Labradors was only 12.

Upon writing to the Prime Minister (Gordon Brown) for his support, the **Public Health Minister** approved '**Zara's Herbal Tea**' for use in palliative care in hospitals and hospices. However, this Tea is extraordinary because it is not specifically for 'cancer' or any other illness, but for the restoration of overall '**whole body health & balance**' and is therefore beneficial for everyone (including animals) to drink on a daily basis.

It is superior in every way and one of the greatest threats to the Pharmaceutical Industry - hence, shortly after gaining approval the **UK Medicines Regulator (MHRA)** (who are funded by the Pharmaceutical Industry), '**unlawfully**' banned the tea, and stifled the business thereafter, to safeguard Pharmaceutical profits, instead of people's lives, health and wellbeing. It was only after investigating the **MHRA**; their history and treatment of Natural Health Practitioners and businesses – did Dounne come to understand the root cause and how the Medical Institutions had been hijacked by the wealthy American oil magnate (John D Rockefeller) in his quest to establish global Pharmaceutical control and domination. Not one to shy away from speaking the truth and realising that this was affecting both businesses, people and animals alike - plus, having lost both parents to Cancer and herself previously diagnosed with tumours in both breasts which she successfully healed 'naturally'... Dounne wrote an '**Open Letter**' to the **Queen** asking her to safeguard the people; exposing deep-seated corruption; collusion and serious conflicts of interest within the Pharmaceutical Industry, Medical Establishment, Regulatory Agencies, Government Ministers, Mainstream & Social Media Networks. However, as with all who dare to speak (or share) truths – she faced relentless opposition namely - harassment, intimidation, entrapment, threats of heavy fines, business closure and imprisonment... coupled with excessive censorship and suppression from these Corporations – who work 'hand in glove' to maintain the status quo – regardless of the cost to (human, animal or environmental) health, wellbeing or life, by eradicating 'ancient traditional wisdom & holistic practices'. Being aware of the ruthlessness of the Regulator and Pharmaceutical Industry to destroy any competition which poses a threat to their profits, Dounne declared her Sovereignty and with her daughter; also co-created '**a Private Members Alliance**', to remain independent and operate '*privately*' (outside the jurisdiction of the Authorities); coupled with the **Declaration of Truth** to ensure her products remain available to those who wish to use them. With more than **26 extraordinarily unique products** to her name (some containing '**a sacred ingredient**') - all of which are vital, especially during the challenging times ahead. She continues to produce '**immune boosting, energy-rich, nutritious foods & herbal supplements**' to help support people and their pets achieve the best quality of life.

*Dounne says: "Following in my ancestors footsteps, at 75 - I am not on any Pharmaceutical Medication and prefer to use 'natural foods; GRAMMA'S traditional herbal products and other 'organic produce'; as well as, fasting; regular exercise and meditation, 'all of which' has kept me physically fit, mentally agile, healthy and aging gracefully. On the other hand, the majority of people today are taking at least 6 to 10 (or more) Pharmaceutical drugs (Medication) - scientifically proven to destroy the immune system - and is also the **NO1** cause of premature deaths, addiction,*

permanent injury; disabilities; brain damage and lots more. Therefore, we need to understand that our declining health today, is due to the deliberate poisoning of the natural environment (i.e. Mother Earth and scientific interference”.

She feels extremely blessed to have lived, witnessed and experienced ‘the best & worst’ of both worlds and hope that everyone will also take personal responsibility and control of your own life using God’s healing foods; and enjoy the benefits of truly living life to the full.

Dounne continues to work diligently and quietly behind the scenes - confronting and challenging the status quo; raising awareness and awakening people to their divinity and what is ‘secretly’ going on behind their backs. She reminds us to -

“Put our ‘trust’ in the universal Creator (God); your natural instincts, intuition and Divine Higher-self”.

2024:

In December 2023, Dounne was spiritually instructed to focus on her Divine mission to ‘**create a Sick-Free Nation**’. Commencing **January 2024** – ‘the beginning of the **golden age of Aquarius**’ (which coincides with her 75th.birthday). She intends to make it a year long celebration ‘extending to and counteracting’ the **World Economic Forum’s (7 year) Depopulation 2030 Agenda** (*purposely designed to kill 2/3rds of the global population*). Her mission is to educate, serve & optimize the health of our global family; especially important as the future of ‘**real food**’ (*in all of its forms*) is in serious jeopardy; and as such, poses an existential threat to humanity, animals and the environment.

“With my arms wide open and heart filled love – I fully embrace my Divine Mission and look forward to creating a healthy, happy & peaceful future for ALL ”.

For more information on Dounne’s life journey, health & spiritual teachings; and Divine mission, please visit ([HERE](#)) to order a copy of her Autobiography ‘**A Mission of Love**’ - described as

‘Inspiration, Enlightenment and Controversy - fused to create a Book-of-conscience’.

