

A unique range of health products and advice on health



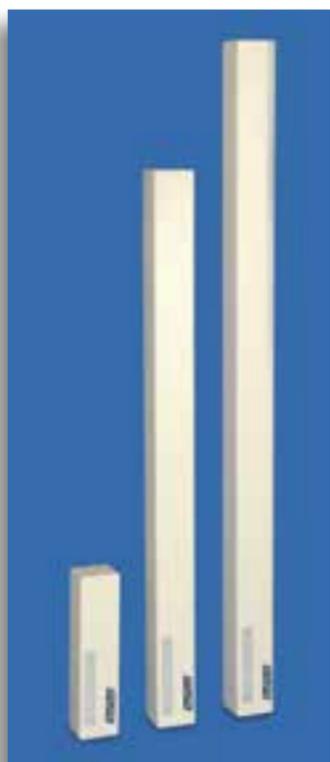
GoodHEART  

LoSterol

Seagreens



 **Pharma Nord**




**dulwich
health**

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July 2019

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Dear friends

Welcome to what I believe is the most powerful range of natural health products, helping you to deal with and prevent most health problems. All the products work on their own or in conjunction with both complementary and orthodox treatments.

This unique range of products have all been field tested on humans for at least 10 years and shown to have no side-effects. The first thing you must take into account is **Geopathic Stress**, discovered about 85 years ago and which millions of people worldwide, including thousands of doctors, now recognise **is the only common factor in most cases of serious and long-term illness both physically, mentally and when babies are born with defects.**

Not only will you feel far more healthy when free of **Geopathic Stress**, but if you are having any treatment this will work much better. Gradually many doctors and nurses now realise orthodox and complementary medicines must work in tandem to obtain the best results.

Our products are very successful in treating pets and farm animals. We endeavour to dispatch 95% of all your orders within 24 hrs for next day delivery (UK); Europe: 2-5 days. Over the last 28 years our products have been exported to more than 45 countries worldwide. You can also buy our products through your health practitioner/therapist.

In the meantime keep healthy and fit by staying free from the effects of **Geopathic Stress** and **Electro Pollution**. Prevent **dangerous micro parasites**, take the **extra minerals and vitamins** modern food no longer provides and **exercise** each day on a **Rebounder**, and take **OxyTech** to give you a healthy gut and a happy you.



Best wishes

Rolf Gordon

P.S. We always encourage anybody feeling ill to contact their doctor first.

P.P.S. See our new product **TryptoN*AT** Which can help to aid sleep.

Don't forget to ask for my **FREE** booklet **'THE BIG FOUR'** see back cover for details.

Dulwich Health Ltd. is a social enterprise operated for over 28 years and which exists to help people, rather than to maximise profits. Confidential information is not kept on computers, neither are Credit/Debit Card details and our mailing lists will never be rented or sold.

Dulwich Health Ltd. 2 Grecian Crescent, London SE19 3HH
Tel: 0208 670 5883 9am to 5pm weekdays
www.dulwichhealth.co.uk email: **info@dulwichhealth.co.uk**

RadiTech Neutralisers

for Geopathic Stress and Electro Pollution

Geopathic Stress has been found to be the only common factor in most serious and long term illnesses, psychological conditions, and when babies are born with defects. This was confirmed by the medical profession over 80 years ago.



For over 20 years, tens of thousands of RadiTechs have been sold all over the world to and recommended by medical practitioners and individuals.

The RadiTech has continuously been improved to cope with the increase in Geopathic Stress, as the sun's effect on earth has become more powerful due to the continuing weaker ozone layer. RadiTechs now also deal with the electro pollution and rock formation under buildings with GS.

GEOPATHIC STRESS

Thousands of medical doctors and therapists now confirm that any Geopathic Stress (GS), must be cleared before any treatment can be 100% successful.

The most common indications of GS are:

Resistance to medical treatment, a feeling of being run-down and exhausted, depression, nervousness, loss of appetite, pallor and allergies to food, affected by electricity and not absorbing the necessary vitamins and minerals. Not wanting to go to bed and when in bed: insomnia, restless sleep, feeling cold, cramps, tingling in arms and legs, sleep walking, grinding of teeth, nightmares and fatigue and muzzy head in the morning. Children are often bed wetting and babies continuously crying.

What is Geopathic Stress?

Geopathic Stress is the earth's natural vibrations which rise up through the earth and are distorted by weak electro-magnetic fields created by subterranean running water, certain mineral concentrations, fault lines and underground cavities. The vibrations disturbed in this way become harmful to living organisms.

Psychological conditions

GS is present in the majority of people who are depressed, suicidal and about 80% of people who get divorced (one or both spouses).

Answer to sceptics

Many feel the effect of GS is purely psychological and due to suggestion, but then you cannot influence the behaviour of animals,

plants and babies.

Most animals will seek to sleep in a good place and will become ill if forced to live in a GS home, stable, etc.

Most types of trees will have stunted growth and not bear fruit in GS places.

The majority of babies who cry continuously during the night, sleep peacefully immediately their cot is moved into a GS-free place.

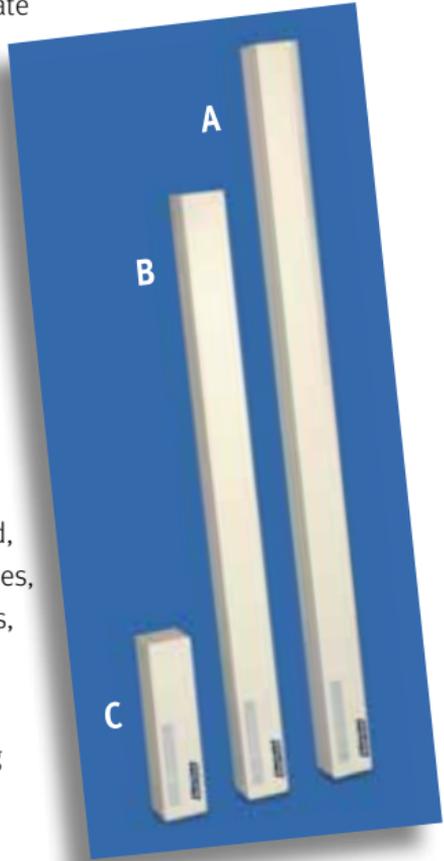
Sick Building Syndrome

Many stressful jobs are mainly caused by Geopathic Stressed and Electro Polluted buildings, cause a high rate of absenteeism and in farm buildings a higher death rate among animals.

ELECTRO POLLUTION

Electro Pollution has been called the silent killer of the modern age. Not only do we have to deal with more electrical underground cables, overhead pylons and transformers to cope with our increased use of electricity, but our bodies now have to endure increased Electro Magnetic Fields (EMF) from computers, Broadband, mobile phones, cordless telephones, wireless laptops, microwave ovens, televisions, mobile phone masts, vehicle navigation systems, etc.

Contact us direct regarding having units on one month trial against a refundable deposit. UK only.



Prices of RadiTech neutralisers

- | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| A E9004 (W75 x D100 x H745 mm) 4.5 kg | £416 |
| For ground floor area up to 200 m ² (2,000 sq.ft) and most buildings with strong Geopathic Stress. | |
| Post up to 2 units £15 (UK) (Except Channel Islands) | |
| B E4004 (W50 x D66 x H697 mm) 2.6 kg | £299 |
| For ground floor area up to 100 m ² (1,000 sq.ft) Used together with E9004 if the building is badly affected by Geopathic Stress and/or Electro Pollution. | |
| Post up to 2 units £15 (UK) (Except Channel Islands) | |
| C E704 Portable (W50 x D50 x H240 mm) 0.8 kg | £150 |
| Protects inside 3 m (10 ft) diameter For office desk and car. | |
| Post £3.50 (UK) | |

G-Oyster

Pocket size Raditech/Geomack G-Oyster

To shield yourself against Geopathic Stress and Electro Pollution at home, at work or on the move, you can wear a G-Oyster all the time. The G-Oyster is a powerful energy detoxer which will make you:

- ✓ **Feel more energetic**
- ✓ **Sleep better**
- ✓ **Feel stress-free**
- ✓ **Not stressed by other people**

The G-Oyster will protect you - including children - where you sit, rest or sleep; at home, in the office, supermarkets, public buildings including schools and hospitals; in cars, on public transport and aeroplanes (prevent jet lag) - wherever you are 24 hours a day.

The G-Oyster can be carried in your pocket or hung inside your trousers or skirt, in the pouch the G-Oyster comes in, from your belt, buttons or on a cord across your body from your shoulder. Put it in your handbag or rucksack, if they are next to you all the time. You can also have it with you in bed, under your pillow.

Take the G-Oyster with you on holiday and business trips, in your car to be more refreshed on your journey. Protect yourself against stress and people you meet.

Placing the G-Oyster against a painful part of your body will often relieve the pain.

If your bed is Geopathically Stressed, you would need a RadiTech on a permanent basis.



Specification:

Thickness: 2.4 cm - (Just under 1 inch)

Diameter: 8.5 cm - (3 $\frac{1}{3}$ inches)

Weight: 152 g

Coverage: In close vicinity of you the carrier

Price:

G-Oyster

£90

Post £3.50 (UK)

CANCER - the full menu

by Rolf Gordon

If you have been told you have cancer (50% now get cancer) you have most likely forgotten some of the information your doctor has told you by the time you get home. This book reminds you what your cancer specialist told you and the book describes the most suitable orthodox treatment is available to you. Also to let you know 'the full menu' regarding complementary remedies, to make sure your treatment is more successful and your cancer is less likely to return, or to minimise the chances of you getting cancer in the first place.

Each of the 25 main types of cancer plus children's and animal cancer can be read on their own.

Rolf Gordon has found by being involved with thousands of cancer cases during the last 25 years that the individuals were all badly affected by the **BIG FOUR** which very few doctors investigate.

All four can easily be put right quickly with very good results.

The book is written in an easy to read language in great detail about symptoms, research, latest orthodox treatment and how to ensure a higher success rate. There are also chapters on chemotherapy, radiotherapy, surgery, lasers, nutrition and how your immune system works. Also what to take to hospital, eliminate MRSA and other super bugs quickly, about finance, insurance and how to help friends with cancer etc.

"This is the most comprehensive and informative book written on cancer.

I strongly recommend it to anybody, whether or not they have cancer".

Dr Patrick Kingsley who has dealt with thousands of cancer patients during 30 years in practice.



CANCER - the full menu by Rolf Gordon

Price: £14.77 each Post Free (UK)

OxyTech - *Healthy Gut Happy You!*

Advanced Oxygen Technology

For candida, bloated stomach, irritable bowel, leaky-gut, skin disorder, continuous constipation or diarrhoea and lack of oxygen and energy.



This is a uniquely formulated colon conditioner which is fast acting and is scientifically designed to work gently, safely and effectively without bulky fibre, chalky taste or harsh side-effects.

OxyTech breaks debris in the colon into very small pieces that can be easily and gently eliminated. A clean and healthy colon can lead to more effective absorption of vitamins, minerals and nutrients.

Oxygen levels increase in your blood within 30 minutes of taking OxyTech.

Questions often asked:

How long can I take OxyTech? “One should never advise people to take any supplement forever. I have taken on average 4 OxyTech capsules per day for about 20 years and could not do without them to regulate my digestive system and give me more energy”. **Rolf Gordon**

Could the Magnesium in the OxyTech be too much for me?

Magnesium is vital to enable your body to function properly and is very good for you. The majority of the Magnesium is used up creating the oxygen. OxyTech is perfect for getting a good “flow” through your colon and in the process releases any debris in the colon collected over the years.

Can I take OxyTech with such and such medicine, antibiotics, steroids, homeopathic remedies etc.? I jokingly say ‘can you breathe when you take these medicines etc.?’ OxyTech can be taken with everything and is particularly good if you take antibiotics, which may damage some good digestive bacteria that love OxyTech.

How does OxyTech compare with a Colonic Irrigation and Coffee Enemas? OxyTech will not only benefit your complete digestive system, but will also give the whole of your body more oxygen on a continuous basis. A Colonic Irrigation will only clean out your colon. Coffee Enemas are suppose to clean out your whole digestion system, but both methods are cumbersome to carry out and need to be administered on a regular basis.

Is OxyTech a Laxative? Laxatives irritate your bowels to make them forcefully expel. They are habit forming and they stretch and expand your colon unnecessarily. On the contrary, OxyTech regenerates your colon lining, so that it functions normally.

Do I need to re-colonise my Intestines? You need to reintroduce

beneficial friendly bacteria into your intestinal system now that you have revitalised and cleansed your colon. I would therefore highly recommend you take a course of Bio-Culture capsules, which contain 4 billion beneficial bacteria in each capsule. This is particularly important if you have taken antibiotics, as they may have killed off many of your friendly bacteria.

Can children take OxyTech? OxyTech is ideal for any age children who are constipated or are taking antibiotics. If the child is too small to swallow capsules, the contents from a capsule can be spread on food, mixed in a smoothie etc.

What time of day shall I take OxyTech? Take last thing at night, a few hours after your last main meal. Also try taking an OxyTech capsule with your main meal, to ensure your calories burn better, so your body gets the maximum benefit from your food.

If I get food poisoning? Take a large dose of OxyTech (say up to 10 capsules) as soon as possible.

How do I deal with constipation? Increase the nightly dose of OxyTech until constipation has been solved, then bring dosage back to a maintenance dose after 7 days. This keeps your system regular.

Will OxyTech help with my candida and/or other digestive problems? One of the main causes of candida is the frequent and prolonged intake of antibiotics, both direct and indirect through the food chain from antibiotics given to farm animals or from you taking steroids such as cortisone and the contraceptive pill.

My baby has colic? If you are breast feeding, you take OxyTech to regulate your body.

If bottle feeding give baby powder by teaspoon mixed in a smoothie etc.



Guarantee:

If you feel that you have not benefited from taking 150 OxyTech capsules, you can return the balance for a full refund.

Price:

OxyTech 180 capsules

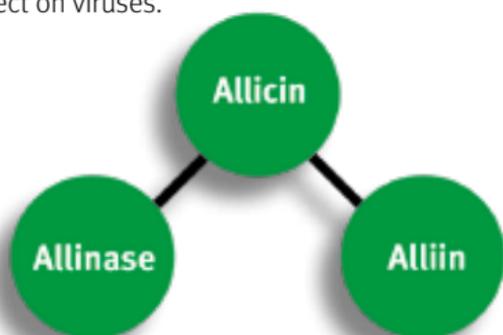
£44.40

AlliTech

Nature's very powerful antibiotic, anti-parasitic, anti-viral, anti-fungal and immune booster.



AlliTech is a patented product, Allisure®, containing 100% stabilised Allicin created from extracts of Allinase and Alliin in garlic. This has proved for over the last 18 years to be very successful in treating 90% of viruses, which are mainly caused by micro parasites. Antibiotics have little affect on viruses.



Micro Parasites

Diseases caused by micro parasites have now reached epidemic proportions and are one of the most under diagnosed and under appreciated health threats in the world. Doctors do not, as a general rule, check for micro parasites, as you mainly need a dark field microscope, of which there are very few in the UK.

Antibiotics have become less and less effective due to their over prescription for many years, thereby giving bacteria the chance to grow stronger and resist treatment, so more powerful antibiotics are used, often resulting in many side-effects. Antibiotics are also sometimes given for viruses on which they can seldom destroy.

The Government's Chief Medical Officer, Professor Dame Sally Davies, said "The resistance to antibiotics is a ticking time bomb. Routine operations such as hip replacements, could become fatal in just 20 years time, if we lose the ability to fight infections with antibiotics".

No new type of antibiotics have been developed for over 25 years.

It is very important to take AlliTech if you are being treated for serious illnesses such as AIDS, Cancer, Hepatitis, MRSA Infection, Tuberculosis etc., to ensure that your immune system is not damaged by any treatment.

In my opinion, AlliTech is the most powerful immune booster when you are seriously ill.

AlliTech works very quickly on domestic and farm animals.

See some AlliTech case histories on page 29.

AlliTech can be used to treat:

Acne	Leg Ulcers
Animal Bites	Lupus
Asthma	Lyme Disease
Athlete's Foot	Micro Parasites
Bed Sores	Mouth Ulcers
Bladder Infection	MRSA
Blood Pressure	Nappy Rash
Boils	Peptic Ulcers
Candidiasis	Pneumonia
Canker Sores	Psoriasis
Cellulitis	Ringworms
Cholesterol	Rosacea
Cold Sores	Sepsis
Colds & Influenza (Flu)	Sexually Transmitted Infection
Coughs	Shingles
Cystitis	Sore Throat
Dandruff	Stomach Ulcers
Diarrhoea	Thrush
Ear Infections	Toothache
Eczema	Ulcerative colitis
Eye Infections	Urinary Tract Infection
E-Coli	Verrucae
Fungal Nails	Vagina infection
Head Lice	Warts
Insect Bites	Wounds

It is now believed Alzheimer's, MS, Parkinson's Disease are partly due to micro parasites in the brain.

For open wounds, use AlliTech gel.

AlliTech capsules are odourless.

AlliTech liquid is many times stronger than capsules.

**Prices:**

AlliTech - 60 Capsules 450 mg	£34.20
AlliTech - 90 Capsules 180 mg	£19.90
AlliTech - 30 ml Spray	£10.20
AlliTech - 50 g Gel	£28.60
AlliTech - 250 ml Liquid	£48.00

PT Rebounder

Most effective, safe and easy way to exercise.

Those who think they have no time for bodily exercise, will sooner or later have to find time for illness. Earl of Derby (1873)

The most efficient means of exercise is on a Rebounder, which is smaller and stiffer than a trampoline. You can rebound even if you are confined to a wheelchair. It is also very good if you have had **injuries, or suffer from arthritis, rheumatism, asthma, ME, diabetes, Multiple Sclerosis, cystic fibrosis, Parkinson's disease, heart complaints and depression.** By rebounding you increase gravity by 25% both on the down and the up movement, revitalising your thymus (so you produce more T-cells to protect your body), lymph system, (which has no pump) and help to dispose of toxins from your body.

- ✓ A Rebounder helps circulation
- ✓ Increases mobility
- ✓ Aids weight loss
- ✓ Relieves pain
- ✓ Reduces stress and tension
- ✓ Stimulates metabolism
- ✓ Boosts the lymphatic immune system
- ✓ Improves eye-sight
- ✓ Helps build new energy
- ✓ Revitalises your life



It takes only minutes a day. It's easy. It's fun. It's safe and it works.

Six minutes on a Rebounder is equivalent to walking 3 miles. 10 minutes is equal to jogging for 30 minutes and you do not have to change into running gear, put up with bad weather and a 40% chance of damaging your knees.

Many fit people over 90 rebound 10 minutes every day. You can lose 300 calories in 6 minutes. It is the exercise you are most likely to keep up as it is fun and you can enjoy the exercises to music or watch TV.

Heart diseases

Research in USA on men aged between 71 and 93 showed for each mile they walked, they reduced the risk of heart disease by 30%. So 6 minutes exercise on a Rebounder per day should greatly reduce risk of heart disease.

Excellent for increasing your heartbeat on a regular basis.

Cycling, Running & Rowing Machines

How long did you keep it up on such expensive machines? Got bored? A Rebounder is much cheaper, so you can have one at home for the whole family to enjoy - a far more efficient and quicker way to exercise the whole body.

Right Equipment

Even fit people can end up with aches and pains from using the wrong equipment. The PT Rebounder, is the only Rebounder, recommended by BBC Watchdog Health check and AFTA. Built to professional specification and is the very best Rebounder, available. The PT is not springy. It has a firm self-centering mat which will give you a feeling of security. With 9" legs the PT will stand on its side when not in use and its special rubber feet protect your carpet.

Most efficient and effective form of exercise yet devised by man (NASA).



Specifications:

Diameter:	120 cm (40")
Net weight:	8.5 kg
Max. load	140 kg (22 stones)

Prices:

PT Rebounder	£124.99
Carriage (UK)	£18.00



Pharma Nord

High quality food supplement products manufactured under pharmaceutical control

Pharma Nord is one of the leaders in the field of developing highly effective food supplements ensuring their Bio-Series has turned into a worldwide success. Each product is specially formulated to ensure they are easier for your body to digest than most other products.

“Nature looks after your body until you are 30. From then on you have to look after it yourself”.

Bio-Selenium & Zinc

British soils are low in selenium. As a result the average daily intake from food is only 31 mcg, whereas W.H.O. recommends 50-200 mcg. Selenium is a very important antioxidant, being the body's natural defence against free radicals, which are believed to contribute to the development of heart conditions, cancer, arthritis, allergies and the ageing process. Initial clinical trials have shown selenium can reduce the chance of getting cancer by 50%. The selenium in Pharma Nord's tablets are the most easily absorbed L-Seleno-methionine. Bio-Selenium comes in tablets containing 100 mcg Selenium, 15 mg Zinc, 750 mcg Vitamin A, 2 mg B6, 90 mg C & 15 mg E.

Bio-Magnesium

Is vital to enable your body to function properly. Deficiency, due to modern processing, refining and additives in our food, can cause heart problems, migraines, PMS, fatigue, IBS, high blood pressure, asthma, back pains etc. Magnesium enables the body to absorb calcium.

Bio-Vitamin E

Contains d-alpha - tocopherol, nature's own type of Vitamin E, the most powerful and active variety. Vitamin E is a powerful antioxidant forming a protective shield around the cell and protects against free radical attacks. Vitamin E regulates the function of Co-enzyme Q10, both of which are very good for all heart problems.

Bio-Pycnogenol

Is a natural chemical extracted from the Pinus Pinaster tree. This biologically active compound helps to keep the skin young and supple. The active flavonoids in Pycnogenol work as a very powerful anti-oxidant, this enables the body to absorb 20 and 50 times more Vitamins C and E respectively.

Bio-Culture

Antibiotics, smoking, drinking alcohol and pathogenic bacteria

(from food, drinks and airborne) reduce your friendly bacteria in your small intestines and colon. Bio-Culture contain 4 billion friendly live bacteria per capsules, protected within a stomach-acid resistant gel, to ensure maximum probiotic release into the intestines. Bio-Culture does not require refrigeration to maintain stability. Many probiotic products need the inconvenience of refrigeration, contain relatively few viable bacteria, or are inactivated by stomach acid before reaching the intestines.

Bio-Fish Oil

For a healthy heart, circulation and joints. Fish oil is a rich source of Omega 3 essential fatty acids, including DHA and EPA. Omega 3 essential fatty acids play important roles in the normal functioning of the cardiovascular and immune system; they are also required for the normal development and functioning of the brain.

Bio-Vitamin D₃ - The Sunshine Vitamin

90% of the population are deficient of vitamin D in the UK during the winter. Lack of vitamin D show link with most illnesses, affects mental agility and is essential for bone and tooth growth.



See over for details on Co-enzyme Q10.

Prices:

Bio-Vitamin D3 400iu - 80 Capsules	£6.95
Bio-Selenium & Zinc, Vit.A, B6, C & E - 90 Tablets	£11.95
Bio-Magnesium - 60 Tablets x 200 mg	£6.95
Bio-Vitamin E 200iu - 150 Capsules x 134 mg	£16.95
Bio-Pycnogenol - 60 Tablets x 40 mg	£23.96
Bio-Culture - 60 Capsules	£12.25
Bio-Fish Oil - Lemon Flavour - 80 Capsules x 1000 mg	£7.95
Co-enzyme Q10 - 60 Capsules x 30 mg	£17.55
Co-enzyme Q10 - 150 Capsules x 30 mg	£31.95
Co-enzyme Q10 Gold - 60 Capsules x 100 mg	£37.95

Co-Enzyme Q10 (Bio-Quinone Q10)

At 80 your heart, lungs and spleen contain 45% less Q10 than at birth. Our liver converts Q10 from our food, but as we get older our liver becomes less efficient. The heart's the hardest working muscle in your body and therefore requires huge amounts of Q10 for its energy turnover. CoQ10 has shown in hospitals to be an effective treatment of cardiomyopathy and congestive heart failure. Q10 stimulates the liver. Also for high blood pressure and immune system stimulation.

High Cholesterol

By taking statins for lowering cholesterol you are depleting your body of Q10, as they share the same biosynthetic pathway in the liver, therefore increasing the risk of coronary heart failure. It is therefore vital you take Q10 if you are taking statins.

Dental Problems

Extra Q10 can prevent periodontal diseases, which affects the tissues that support the teeth and gums, accounting for more lost teeth in adulthood than any other dental problems. Recommend 100 mg/day.

Muscular Dystrophy

Patients in scientific tests, treated with 100 mg/day Q10, showed a 50% significant improvement in increased exercise tolerance, reduced leg pain, better control of leg function and less fatigue.

Cancer

Nearly all patients, who are diagnosed with cancer, are found to have only half the recommended amount of Q10 in their body.

Athletes

Scientific studies conducted on top athletes, clearly show that Q10 supplements improve energy and endurance, while helping the athletes recuperate considerably faster after bouts of competition or hard training.

Alzheimer's Disease

Healthy people in their 90's have shown naturally to have a high quantity of Q10, whereas people with Alzheimer's disease are very low in Q10.

Contra-indication

There are no known interaction or contra-indication with Q10 and is vital to take when in hospital with all illnesses.

Pharma Nord's Bio-quinone are in soya oil capsules, which have been clinically proven to be the quickest way for the body to absorb CoQ10.

Prices:

Co-enzyme Q10 - 60 Capsules x 30 mg	£17.55
Co-enzyme Q10 - 150 Capsules x 30 mg	£31.95
Co-enzyme Q10 Gold - 60 Capsules x 100 mg	£37.95

Venustorn

- detoxify your body

Known for over 4,000 years as one of nature's most powerful product to remove impurities and toxins from your body including kidneys, without any side effects.

Venustorn is a scientifically tested medical product from the root of wild South African Devil Claw manufactured in Denmark, and is registered in many European countries as a medical herb.

Venustorn revitalises the kidneys so they can better eliminate the toxins in the body which causes the pain in arteries, rheumatism etc.



Price:

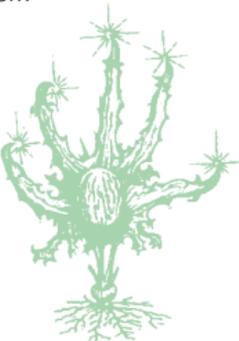
Venustorn 90 Tables

£16.70

Venustorn Tea

- **more powerful than above capsules as it is absorbed easier by your body.**
- **ideal for arthritis, rheumatism, osteoarthritis, gout, detox kidneys & liver and ulcerative colitis**

Many people in Germany believe it is the best product to help relieve Arthritis and Rheumatism



Price:

Venustorn Tea

£15.95

LoSterol

Help to maintain a healthy cholesterol level

Tests have shown that all volunteers taking the Lo-Sterol products for less than two months, lowered their cholesterol ratio by an average of 15% with no side effects. Some also recorded increased energy levels.

How does Lo-Sterol work?

Both the beta-sitosterol and Allisure® allicin in Lo-Sterol are thought to work by blocking the absorption of dietary and biliary cholesterol (cholesterol produced in the body) during the normal digestive process in the small intestine.

Allicin is also capable of inhibiting the oxidation of cholesterol, which causes it to become 'sticky' and form plaque in artery walls. Being an antioxidant, allicin prevents the oxidation and free radical damage, reducing the amount of deposited cholesterol and making it easier for it to be excreted from your body.

What is beta-sitosterol?

Beta-sitosterol is one of a number of plant-derived sterol compounds that alone and in combination with similar plant sterols, reduces blood cholesterol. Its close chemical resemblance to cholesterol enables it to block the absorption of cholesterol by competitive inhibition.

Numerous studies have documented the beneficial actions of phytosterols on cholesterol and LDL (bad cholesterol) concentrations, in daily doses of 250 mg to 600 mg. Lo-Sterol contains 250 mg of beta-sitosterol per capsule.

What is Allisure® allicin?

See full details under AlliTech - Page 10 & 11.

Daily dose of Lo-Sterol

For people with moderately raised cholesterol the recommended dose is one capsule per day with meals. In those with a cholesterol level above 7.5 mmol/l, two or three capsules should be taken daily in divided doses. Lo-Sterol is unlikely to interfere with pharmaceutical medications, although if you are on existing prescription drugs, you may wish to check with your GP before use. Lo-Sterol may take a little longer to work than conventional medication, so a minimal three-month course is recommended before its effectiveness is assessed. Pregnant and breast feeding women should consult their doctor before taking.

Other benefits of Lo-Sterol

The active ingredients have other benefits too. They help modulate immune function, inflammation and pain levels through their effects on controlling cytokine production - substances involved in the inflammatory process. This modulation may also reduce the risk of being affected by microbes and help reduce allergic reactions and prostate enlargement.

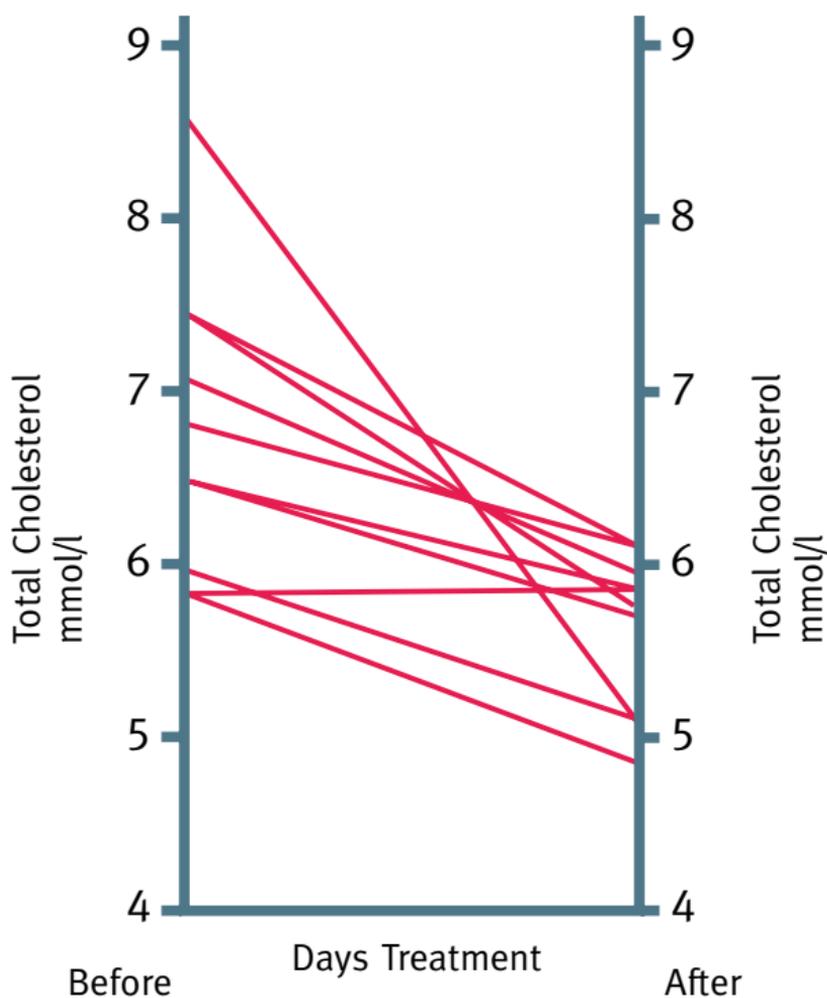
Case study showing how the Lo-sterol product reduced cholesterol levels by an average 15%.

Volunteers were recruited from all over the UK to take part in an open diet controlled study to show how effective the Lo-sterol product was at reducing cholesterol naturally. All maintained their normal diet and exercise level throughout the study. Everyone had a raised cholesterol and had been advised to try and reduce the levels of their potential harmful blood fat.

Volunteers were asked to take up to 3 capsules every day for 42 days, when they were retested.

All volunteers who had a full fasting cholesterol test by their local GP showed a significant drop in LDL (bad) cholesterol.

Lo-Sterol capsules are suitable for vegetarians and vegans.



Results of all volunteers

Price:

Lo-Sterol - 90 Capsules (3 months supply)

£26.00

GoodHEART

Protect your heart

Cardiovascular disease (CVD) - disorder of the heart, blood vessels and blood circulation - is the main cause of death in the UK.

Increasingly over the last 100 years it has become a larger and larger problem due to :

- ✓ High Blood Pressure
- ✓ Increased Cholesterol
- ✓ Smoking
- ✓ Obesity
- ✓ Lack of exercise
- ✓ Diabetes
- ✓ Poor circulation
- ✓ Stress
- ✓ Lack of nutrition

"I really was not expecting such a fast result. This combination is amazing in what it can do for your heart and cardiovascular system. I have never seen anything like this in all my years of practice - Probably even more importantly this incredible effect was maintained after 1 months treatment on just 2 capsules each day." Dr John Ogden.

CVD is something EVERYONE needs to address.

GoodHEART has been formulated to assist your body in keeping your heart and blood healthy and operating at an optimum level.

GoodHEART contains some very powerful and effective ingredients that work together to help accomplish this.

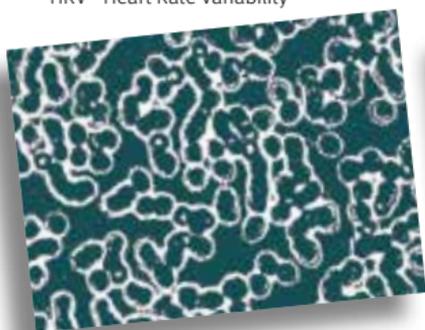
Test Results

HRV⁽¹⁾ and live blood analysis conducted by Dr John Ogden of Harley Street, London showed that just 10 minutes after taking the GoodHEART product capsules orally that:

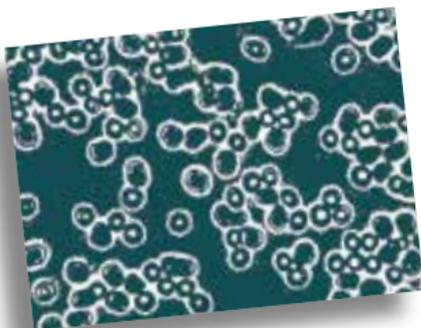
Blood far more fluid - plasma toxins disappearing - Red cells much better defined - Good quality red blood cells.

After 30 days maintenance dose taking 2 capsules of GoodHEART a day, full blood analysis showed further excellent results.

⁽¹⁾ HRV - Heart Rate Variability



Before taking GoodHEART



10 minutes after taking GoodHEART

What is in GoodHEART that makes it so effective?

180 mg Allisure® allicin powder

Modest Vasodilator
 Immune Booster
 Cholesterol and Blood Pressure Reducer
 Blood Cleanser
 Circulation Stimulator
 Virtually NO side effects

150 mg Omega 3, 6 powder

Reduce Risk of Coronary Heart Disease (FDA September 2004)
 Stimulates Blood Circulation
 Reduces Blood Pressure
 Reduces Triglycerides
 Reduces Risk of Heart Attack (Primary and Secondary)
 Reduced Risk of Stroke
 No Major Side Effects on Massive Doses
 Virtually NO Side Effects

100 mg L-Arginine base

Reduces risk of heart disease
 Improves immune function
 Decreases blood pressure
 Improves blood supply to peripheral circulation
 Improves healing time of internal organs
 Small dose reduces side effect profile and interaction risk

20 mg Cayenne Pepper

Reduces Cardiovascular Disease
 Reduces Platelet Aggregation
 Increases Fibrinolytic Activity
 Improves Circulation Significantly
 Reduces Blood Fats and Cleans Arteries
 Low Dose Minimizes Side Effect Profile

Co-Enzyme Q10

Taking Bio-Quinone Q10 (Page 16) and Selenium (Page 14) with **GoodHEART** will produce even better results.



Daily dose of GoodHEART

Normal daily dose is 1-2 capsules with your food or added to food.
 Maximum daily dose 6 capsules.

Many report they are less likely to get flu when taking 2 capsules a day, as they contain 360 mg AlliTech in total.

Price:

GoodHEART - 60 vegetables capsules 450 mg

£17.80

Seagreens®

Arctic Fresh Seaweed

Seaweed is the Most Nutritious Plant in the World

This unique wild wrack seaweed grows in the crystal clear Arctic water among remote conservation islands over 60 miles from the coast of northern Norway. It is hand-harvested, air dried and immediately milled.

They grow short, thick and exceptionally nutritious due to the continuous turbulence of the ocean. The seaweed continues to grow so the marine environment is unharmed. Seagreens is Europe's only Soil Association certified product. Seagreens is pure seaweed and contains 3 different varieties of wrack, not found in any other seaweed product.

Seagreens highlights:

- ♥ contains all the micro-nutrients missing from processed food and depleted soil. It contains over 100 vitamins, minerals, trace elements and amino acids and valuable compounds.
- ♥ just enough iodine to regulate the thyroid and metabolism. Lack of iodine often cause a feeling of fatigue.
- ♥ virtually fat-free and low in calories.
- ♥ not an instant therapy to treat symptoms. Rather it prevents them by taking it over a long period.
- ♥ strengthening immunity, resistance and recovery.
- ♥ improves skin, hair, nails and circulation.

"2 Capsules equate to a large plateful of broccoli"



Seagreens Food Capsules

Seagreens Capsules are Nature's richer source of organic iodine, which is of special interest to vegans and vegetarians who may intake less than half the RDA. Seagreens' capsules contain special wrack that has less iodine than kelp, so the daily intake at 1000 mg can be sustained indefinitely. Providing significant amounts of all the other nutrients as well. Up to 6 kelp tablets would be needed to equal 2 capsules of Seagreens.



Prices:

Food capsules 500 mg suitable for Vegans
 Seagreens Food 60 capsules (1 month) **£19.95**
 Seagreens Food 180 capsules (3 months) **SAVE £2.90 £56.95**

VigorTech

Arctic fresh seaweed for animals giving them the nutrients missing in processed food, both wet and dry. Added to their food helps to prevent and solve many health problems.

VigorTech is the perfect conditioner and energy enhancer for animals of all sizes and ages, makes them more healthy, positive and co-operative.

It can make the difference between a greyhound winning or not. A working dog working all day or half the day. Gives your cat more energy and makes their fur more shiny. Horses become more positive and body weight and condition is maintained, even under the stress of competition or breeding.

The seaweed is specially prepared for animals.



Price:

VigorTech 500 g **£12.80**

Vortex Water Energiser

bringing water back to life

When attached to the domestic water inlet pipe, the **Vortex Energiser** energises all the water in the building constantly. Ordinary lifeless tap water becomes charged and healthy again, with a vitality much better than bottled water and regains a remarkable natural quality and taste.

The **Vortex Energiser** contains highly energised water which has been prepared using an innovative process called implosion, involving spinning the water very fast. The effect lasts for many years, due to the spiral shape. Many people experience a reduction in the taste of chlorine and hardness after fitting a **Vortex Energiser**, suggesting chemicals are transformed into a state less harmful to humans. Drinking the energised water strengthens the body's own defences and makes the body cope much better with the detrimental outside effects stemming from pollution, chemicals and electro-magnetic radiation, which normal water treatment processes cannot eliminate.

The **Vortex Energiser** will energise your central heating system, fridge and freezer (improving taste and prolonging the life of food and drinks). Also for car cooling systems, garden ponds and swimming pools (only need to be 24 hrs in each case before connecting the **Vortex Energiser** to your water supply permanently).

The **Vortex Energiser** is also very good for office, industrial and farm applications. Many scientific tests and testimonials have proven the positive effect the Vortex Energiser has on water.

Greenhouse plants have shown to require less food, become healthier and increase in yield.

We humans consist of over 70% water. It is therefore vital to have healthy 'living' water to sustain us.

Dogs and cats who previously would not drink tap water, will suddenly drink it.



Specifications:

20 cm high, 18 cm greatest diameter.

Price:

Copper Vortex Energiser

£144

Personal Harmoniser

Counteracts dangerous electro-magnetic radiation from mobile phones, computers, microwave ovens, cordless phones, televisions, supermarket checkouts etc.

The **Personal Harmoniser** contains highly energised imploded water which together with its spiral shape, retains its effect for many years. Its small size (5 cm x 3 cm), makes it easy to carry anywhere on your person.

The Personal Harmoniser will also make food, milk, fruit and cut flowers last longer.

It can be worn as an ornament round your neck.

Also encased in a leather case for your pocket. Ideal for men.

People suffering from M.E. and people feeling below par, often get a feeling of well being indoors and out.



The **Personal Harmoniser**, when placed on affected parts of your body, will stimulate healing and often relieve pain. It will energise water when placed next to it, often showing small bubbles against inside glass containers after a few minutes.



Prices:

Bound and Sealed in leather	£25.20
Personal Harmoniser Silver plated*	£33.00
Personal Harmoniser Gold plated*	£42.84

*Boxed and with a cord if one wishes to hang it around your neck.

Combination Therapy to Combat Fungus, Yeast & Parasitic infections

Doctors are now discovering that whilst Olive Leaf Extract and Wild Oregano Oil are, in their own right, amongst the most potent natural herbal remedies available for a broad spectrum of illnesses, using them together gives an extremely powerful weapon in their capability to eradicate severe and persistent fungal, yeast and parasitic infection.

Eden Extract from Olive Leaves

The olive tree has provided us with food and medicine for thousands of years. It is now getting a new lease of life as a natural antibiotic.

Eden Extract is the only olive leaf extract to deliver d-elenolic acid into the blood system. It is a powerful blood 'broad spectrum killer of yeast, fungi, parasites and viruses.



Price:

Eden Extract 60 Capsules

£30.00

Oil of Wild Oregano

A Medical Chest in a bottle

Oregano contains phenol-carvacrol, a potent antiseptic which eradicates fungi, parasites and viruses.

Together with Eden Extract it delivers a knock out punch of pathogens.



Prices:

Oregano Oil Regular 13.5 ml

£27.50

Oregano Oil Super Strength, 300% stronger than regular

Small bottle

£38.50

Large bottle

£67.40

Oregano Gel 60 Capsules

£30.00

Germ-a-Clenz

- 100% natural germicidal spray

Use the incredible germ killing power of wild Oregano to protect yourself in your home, workplace, hospitals etc. from the dangers of airborne and surface bacteria, mould and fungal spores.

Completely edible. Use Germ-a-Clenz in the air, on food, counter tops, and cutting boards, in offices (on keyboards, telephones and desk tops), in hospitals, on aeroplane headrests and even around infants and pets.

Kind to skin and it fits in a pocket or bag for travel. Contains no chemicals, alcohol or preservatives.



Price:

Germ-a-Clenz 60 ml Spray

£9.50

Germ-a-Clenz 120 ml Spray

£18.00

TOP by Rolf Gordon

The three main 'vitamins' you need when you are eating:

T is for time. Give yourself time to eat. Keep your food in your mouth as long as possible before swallowing, as your saliva is a major part of your digestive system.

If you eat under stress, your stomach can close down for up to two hours, so you do not benefit from your food.

O is for oxygen. Eat slowly so you can breathe more during eating and more oxygen enters your stomach, making calories burn better and thereby your body gets the maximum benefit from your food. If you do not burn calories properly, they will be stored as fat in your body.

If you eat too quickly and wish to burn calories better, take one OxyTech capsule with your main meal. This will give you plenty of extra oxygen.

P is for pleasure. Take pleasure in everything you eat, then your stomach will digest it better; even if you are eating something you know is a little bit 'naughty'! If you are on a diet, have that cream cake or what you long for, now and again. Then you are much more likely to keep to a strict diet.

You must feed your soul.

It is not what you eat; it is mainly how you eat it.

Salt of the Earth

Natural Body Deodorant

Your body releases a lot of toxins through your armpits. You need to kill the bacteria without blocking the glands, otherwise the toxins go back into your lymph system.

Most traditional antiseptic deodorant sticks or spray will block your sweat glands. Instead use a Salt of the Earth Deodorant stick, a total natural antiseptic deodorant which neutralizes bacteria and therefore helps to control body odour. It costs less than £5.00, protects you for 24 hours and lasts about 18 months.



Prices:

Salt of the Earth Deodorant 90 g	£4.95
Salt of the Earth Deodorant 50 g Travel size	£3.29

Detoxology Footpads

DIY detox during your sleep

These small sachets placed under the soles of your feet, during the night, absorb the toxins from your lymphatic fluid through the many acupuncture points on the soles of your feet.

Unpleasant dark fluid in pads in the morning will become lighter and dry when used continuously over a week or two, indicating the toxin in the body has been reduced.



Price:

Detoxology Footpads 14 Pad	£25.50
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Pendulums

If you wish to take dowsing seriously, you need more than a ring on a string. The best we have come across at any price, is this heavy nickel plated brass pendulum. Which can contain a 'witness'. Instead you may prefer the crystal pendulum.



Prices:

Crystal on silver chain 35 mm long 13 g	£13.80
Nickel plated Brass 29 mm long 27 g	£19.90

Some Case Histories using AlliTech Liquid, capsules & gel

Lyme Disease Angela W in Wales, was stung twice by ticks living on sheep and was violently ill from Lyme disease a few months afterwards. No amount of antibiotics from her doctor helped, but within about six weeks of taking AlliTech Liquid daily, the parasites had gone and Angela's health had much improved. Horse Cello cleared Lyme Disease in 3 weeks.

E.Coli badly affected Alison on a sailing holiday. After taking four 450mg AlliTech capsules per day, she recovered enough to go back to work after 3 days. Her doctor was amazed.

Multiple Sclerosis Mette H, North London started to get severe MS attacks at regular intervals after giving birth to Jesse. Mette had no feeling in her legs. As soon as she started taking AlliTech Liquid twice a day, she had no more attacks and was no longer on steroids. Six months later, Mette can walk without support, and now drives her children to school by car

MRSA The Sun newspaper reported on 12 June, 2008 that more than 50 people with MRSA had been successfully treated with AlliTech preparation. Many of the patients had wounds which had refused to heal for several years, despite prolonged treatment with antibiotics. Dr Ron Cutler confirmed that he had patients who were due to have surgery to remove MRSA infected tissues, but after using AlliTech, their wounds had healed. Four week old Karen contracted MRSA as soon as she was born. She was treated with large quantities of antibiotics, which had no effect on the MRSA. Karen was then given half a teaspoon of AlliTech Liquid with honey four times a day. Within two weeks she was clear of MRSA.

Diverticulitis Alison N. Surrey had a lot of pain from an infection and inflammation in the inner lining of her colon and no drugs had helped. Within two weeks of taking AlliTech Liquid, Alison's pain had gone.

Pneumonia and Upper Respiratory Infection (URI) Dr Tom Ballard, Seattle, USA reported in November 2007 "I treated eight patients with severe URI and one with pneumonia by inhaling 2 to 1 of saline and AlliTech Liquid in a nebuliser. All felt relief from the nebuliser and none returned for further treatment".

Hospitals are now buying AlliTech gel to put on tubes etc. inserted into the body to prevent infections, which present disinfectants are not coping with.

Vagina and Vulva Infection made Anne H Brighton very uncomfortable after chemotherapy and radiotherapy. She had tried strong creams with no affect. Anne applied AlliTech Gel direct. All the discomfort disappeared very quickly.

Cough Rolf had a persistent strong cough for about two months. The cough stopped completely within one week of taking AlliTech Liquid.

Cattle John H. "I have two dairy cows who had mastitis and had not responded to antibiotics. I treated their udders and drenched with AlliTech Liquid and the mastitis cleared in under a week. The cell count reduced by 50%. No taint. No down time. No withholding of milk". Allan R. "4 out of 5 of my calves with scours, were successfully treated in days with AlliTech. Gordon D. "Two of my cows were cleared of BVD within a week of using AlliTech and the cell count became normal". Christopher D. "I treated 4 young stock successfully for ringworms, with AlliTech, within 10 days". **Honey Bees** John had 200 beehives and found 20 of them were attacked by the European Foulbrood bacteria. John sprayed the affected trays daily with 1 part AlliTech Liquid and 4 parts water. Within five days the bacteria had been destroyed.

Ipe Roxo™ (Pau D'arco)

High quality inner pink bark from the Tabebuia Tree containing Lapachol

Pau D'Arco has been known by the natives of South America for over 1,000 years. It contains the very rare ingredient Lapachol which has shown to have a very strong healing effect on various cancers, due to its molecular composition.



Pau D'Arco has proved very successful in treating many other illnesses including the following:

- ✓ Adenoids
- ✓ Anaemia
- ✓ Asthma
- ✓ Bleeding
- ✓ Bronchitis
- ✓ Cystitis
- ✓ Diabetes
- ✓ Eczema
- ✓ Gastric Catarrh
- ✓ Lupus
- ✓ Open Wounds
- ✓ Parkinson's
- ✓ Rheumatism
- ✓ Psoriasis
- ✓ Ringworms
- ✓ Scabies
- ✓ Skin Problems
- ✓ STDs
- ✓ Stomach Ulcers
- ✓ Ulcerative Colitis
- ✓ And others.

Pau D'Arco has scientifically shown to be 10 times less toxic than coffee.

Ingredients:

Capsules are suitable for Vegetarians and each contain 400 mg cold/dry pulverised inner bark from the Tahebria Tree found in the Brazilian and Argentinean Rain Forest.



Price:

Ipe Roxo™ (Pau D'arco) 90 Caps. (400 mg)

£20.30

Are You Sleeping In A Safe Place?

Book by Rolf Gordon Updated Sept. 2014

Rolf Gordon's son was one of over 150,000 people in the UK to die of cancer in 1985. This led him to thoroughly investigate the claim that Geopathic Stress is a major factor contributing to cancer. "Are You Sleeping In A Safe Place?" was the first publication in English to present the evidence and substantiate the claim first made over 85 years ago:

"One is unlikely to develop cancer unless one has slept or stayed for long periods in Geopathic Stress places"

This book fully explains how to detect the symptoms associated with exposure to Geopathic Stress and describes how to locate the stress with a simple home-made device made in minutes and costing nothing - AND shows you how to find the best possible places to sleep.

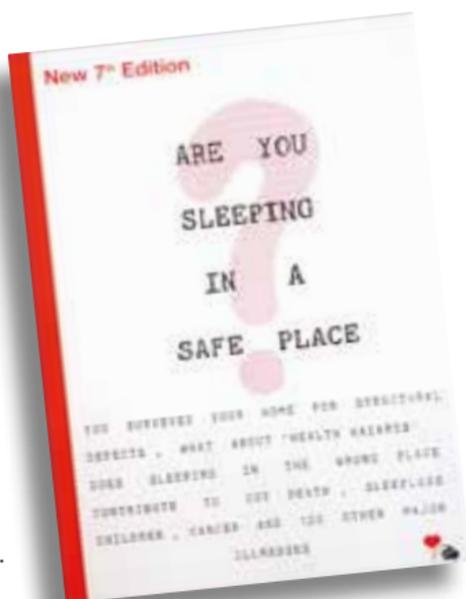
Rolf tells of his experiences after having dowsed tens of thousands of people, and buildings for Geopathic Stress.

The book also explains the Muscle Test and the very effective yet simple method of dowsing from dials.

Now in its 7th Edition, the book tells you how you can quickly check the state of every part of your body. A large pull-out showing where all your organs, glands and other parts of your body are.

You and your family and friends could be affected by Geopathic Stress, so you owe it to yourself to read this book.

Over 40,000 sold.



"Are You Sleeping In A Safe Place" by Rolf Gordon

£6.95 Post FREE (UK)

35% discount on 5 or more books. **Post FREE (UK)**

(So 5 books are cheaper than 3)

Suggestions on how to prevent or deal with health problems and make other treatments (including Orthodox) much more effective.

In all cases, ensure you are not Geopathic Stressed to enable any therapy is going to work 100%.

Acid Alkaline Balance (pH)

See *THE BIG FOUR*.

Arthritis

Venustorn Tea.

Asthma

Use nebuliser and AlliTech Liquid.

Autism

All affected children are Geopathic Stressed. Several children are not autistic after moving beds into a good place.

Bladder Infection

Take AlliTech Liquid.

Car sickness

Portable RadiTech or wear G-Oyster.

Colic

Breast feeding mother take OxyTech. If bottle feeding put a little pulverised OxyTech in bottle.

Crohn's Disease

OxyTech, Bio-Culture and AlliTech.

Dental Problems

Q10 for Periodontal disease (soft gums).

Digestive Problems

Use OxyTech and Bio-Culture for Candida, bloated stomach, irritable bowel, leaky gut, continuous constipation or diarrhoea.

Ear Inflammation

AlliTech.

Food Poisoning

Large quantity of OxyTech as soon as possible.

Gout

Venustorn Tea.

Headaches & Migraine

Often due to lack of Magnesium.

Head Lice

Wash hair with AlliTech Liquid.

Infertility

Ensure sleeping in Geopathic Stress-free bed.

Injuries of all types

AlliTech spray and gel on open wounds. Exercise on a Rebounder.

Insect Bites

AlliTech Liquid.

Jet Lag & DVT

Wear a G-Oyster. Wear elasticated stockings. Get up and move about often during flight. No alcohol.

Kidneys

Venustorn Tea to revitalise kidneys.

Leg Ulcers

AlliTech gel direct on ulcer.

Lupus

AlliTech. Rebounder. Wear G-Oyster.

Lyme Disease

AlliTech. Really works or money back.

M.E. (Post Viral Syndrome) (Chronic Fatigue Syndrome)

Must be Geopathic Stress-free.

MRSA

AlliTech.

Parasites, Fungi, Bacteria and Virus

AlliTech

Pneumonia

Breathe in AlliTech Liquid through a nebuliser. Also take AlliTech orally.

Rheumatoid Arthritis, Osteoarthritis & Swollen Joints

AlliTech. Venustorn Tea.

Scars, including operational Scars and Wound Healing

AlliTech Gel direct.

Sepsis

Take AlliTech Liquid immediately.

Sexually transmitted infection

AlliTech

Shingles & Sciatica

AlliTech orally and Gel externally.

Skin Problems

Eczema, cellulitis, sores etc. OxyTech for a healthy colon. AlliTech Gel direct on problem area.

Stress & Insomnia

RadiTech for rapid and completely neutralising Geopathic Stress.

Thrush

AlliTech Liquid internally and Gel externally.

Thyroid

Under active or over active, take Seagreens.

Wounds, including Bed Sores

AlliTech Gel direct.

Healthy Dogs, Cats & Horses

AlliTech directly on food when ill.

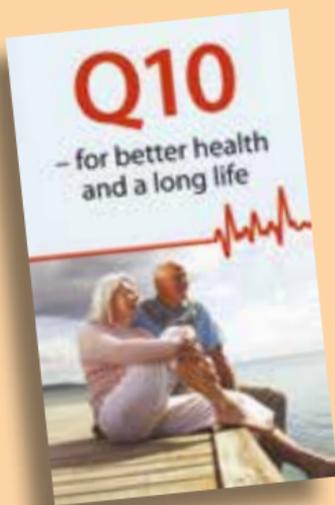
All animals must sleep in a Geopathic Stress-free place.

We always encourage anybody feeling ill to contact their doctor first.



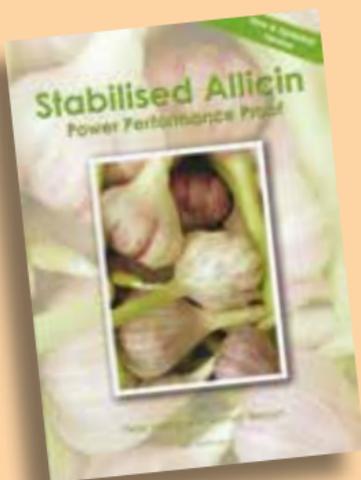
Books We Recommend

THE BIG FOUR
Affecting seriously ill people
by Rolf Gordon **FREE**



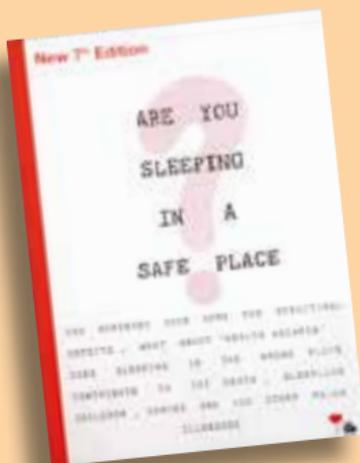
Q10 Body Fuel
by Dr. Knut Flytlie **£3.70**

Pychnogenol
for Superior Health
by Richard A Passwater, Ph.D **£3.70**



Alliecin The Heart of Garlic
by Peter Josling **£12.95**

Are You Sleeping In A Safe Place?
by Rolf Gordon **£6.95**



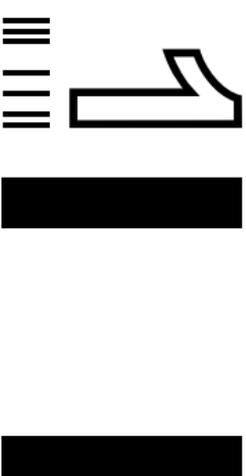
CANCER - the full menu
Rolf Gordon **£14.77**

All Post Free (UK)

Business Reply
Licence Number
RTGX-JCCX-YKBR



DULWICH HEALTH
2 Grecian Crescent
LONDON
SE19 3HH



THE BIG FOUR

are the health problems found affecting all people seriously ill with Cancer, MS, Lupus, Parkinson's, Alzheimer's, Lyme disease, etc. which very few doctors investigate. All **four** can easily be put right with very good results. This is common sense not alternative medicine.

By **Rolf Gordon**



Make sure you get a FREE copy!

Please send me **copies of 'THE BIG FOUR'**

Please send me more information on: (Please tick box)

- RadiTech** (six page coloured leaflet)
- OxyTech** - unique Oxygen therapy for digestive problems
- AlliTech** - antibiotic, anti-parasites, anti-fungal & immune booster
- Co-Enzyme Q10** - for healthy heart and energy
- Trypton*AT** - Which can help to aid sleep..

Other products you would like more information on:

Also details on how to:

- Deal with Asthma.
- Safely eliminate Gall Bladder Stones in days without pain.
- Lower your acid alkaline blood balance.
- Test what you are allergic to?

Name

Address

Postcode

Phone

Email
