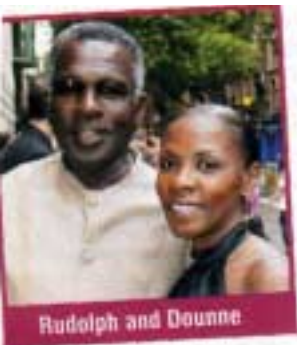


Happy endings

Tea cured our Zara's cancer



Rudolph and Doune

Doune Alexander - herbalist, health campaigner and wife of *EastEnders* star Rudolph Walker - tells **woman's own** about the miracle that saved their terminally-ill family pet

Mum, if I got ill like Zara, could you have me killed? When my young daughter, Marsha, turned to me and asked that heartbreaking question, I was determined to do everything in my power to save our dog, Zara.

Zara was such a huge part of our family. We treated her more like a baby than a pet. Everywhere we went, Zara went, too. And being a Labrador retriever, she was naturally a very loving dog.

So when she was diagnosed with terminal cancer at the age of 10, and given only two weeks to live, we were all devastated.

Even worse, poor Zara was in excruciating pain - her liver, lungs and kidneys were damaged; she was incontinent and couldn't walk; and she had a terrible fever.

Our vet confirmed that there was no hope: the cancer was just too far advanced, and no medication

or treatment could possibly save her.

We were told the kindest thing to do would be to have her put down.

That's when my daughter, Marsha, 10 at the time, asked her innocent question and made me realise how disposable animals are in our society.

I prayed to God, asking for help, and while I meditated, it came to me to make a brew from a combination of 15 herbs. My family has always had a strong spiritual faith, and, as a herbalist, I knew all about herbs and their potential healing properties.

I was 'told' through my meditation to brew a special herbal tea of red clover, burdock, sheep's sorrel, African bush willow, slippery elm, echinacea, St John's wort, white willow, Korean ginseng,

vervain, yellow dock, dandelion, violet, golden seal and rhubarb, and to give it to Zara three times a day.

It tasted very pleasant, and she just lapped it up. Within 24 hours, her breathing had improved, and after three days her incontinence had

disappeared. A week later, she was about like a puppy again. Six weeks, we took her back to Zara's cancerous lumps appeared. Amazed, the vet she could give my tea to cancer-stricken dog. When the same results, our vet immediately notified the British Medical Association.

Happily, Zara lived a further five years, bringing our family much joy, eventually dying peacefully from old age at 15. We had her cremated, and along with Marsha and my other daughter, Dee, we sent her ashes down the Thames because she'd always loved the water.

I prayed to God

THE VET'S REPORT

Caroline R. Nicholson (BVet, MRCVS)

I examined Zara on 21 October 1994. At this stage, her masses had grown rapidly and had the typical clinical appearance of mammary tumours. Zara was also drinking a lot, losing weight, and her breathing was rapid and shallow. This suggested other major organs were involved, which was confirmed by blood tests showing elevated liver and kidney enzymes. I gave Zara a very poor prognosis and suggested she was taken home until her quality of life deteriorated to the point that euthanasia was our only option. I examined Zara again on 9 January 1995 and was amazed to find her in such good condition. I believe she was given only a herbal remedy and placed on a special diet. Her lumps had almost diminished completely, her drinking and breathing were normal, and she was a good weight.

For further information about Zara's Herbal Tea, call 0208 470 8751 or email info@grammasintl.com.

Joining Hands In Health

Doune Alexander's ongoing health campaign, Joining Hands In Health, is aiming to raise £1 million this year for The Little Haven Children's Hospice in Essex.

Madonna, Twiggy, Shane Richie, George Michael and Barry Gibb are

Week (20-27 September)

If you'd like to support the campaign, you can buy a United In Health dog tag (above), available in five colours (stainless steel, green, red,



What's YOUR happy ending?

