



KEMPE

Natural Therapies

Balancing for Better Living

- Post Traumatic Stress Disorders
- Arthritis
- Natural Cancer Therapies
- Integrated cranial & neuro Organisation Techniques
- natural Realignment
- Atlas Correction
- Preventative Heart Treatments
- Integrated Natural Analyses
- Integrated Natural Treatment
- Proactive Treatment
- Dislexia
- Post Operative Traumas
- Post Operative Stress Disorders
- Post-Organisational Stress Disorders

Flu Remedy

Over many years of success and satisfied reports please take this secret to safeguard the health of our fellow citizens and their parents and children.

Ingredients

- 5 Tablespoons of Olive Oil
- 5 Brown Onions
- 2 Cloves of Garlic
- 1/5 Teaspoon of Chili Flakes Dry (yellow and red)
- 1 kg Honey

Method

Peel and cut onions and garlic to 5 mm.
Simmer all ingredients except the honey until the onions turn from white to clear.

Take pan off heat.
Add honey.
Simmer for 30 seconds.
Leave off heat until cooled to 18°C or less.
Remove any uncooked part of garlic or onion- all ingredients should be soft otherwise reheat for 1 minute and cool again.
Eat and have three litres of cooled previously boiled water ready to drink, as when you are eating you will become very thirsty.
The body will flush out, and you may run to the toilet and become tired.
After 4- 8 hours of sleep you will be feeling better again.

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