



Herbs That Will Help

First printed in 1988 as a Chapter in my first book *The Mysterious Powers in Man and Plants*, then *Healing the Bodies*, this little booklet has sold well over 10,000 copies. As well listing over 100 complaints with the relevant remedy, the booklet gives useful information on how to prepare herbal medicine and make basic ointments.

\$7.50

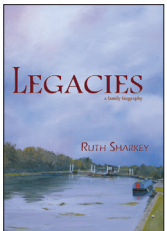


Basic Aroma, Colour and Crystal Healing

Another small volume with a wealth of information to help the uninformed understand the difference between Essential, Fragrant, Volatile and Massage Oils, Natural essences and Incense.

Suggestions for the appropriate application of each aromatic substance, is included with the simple instructions for using Colour and Crystals to Heal. The preparation and choice of flowers and spices for Pot Pourri is also included along with the Aura Mist range of sprays. These are a blend of Coloured Essential oils, Bush Flowers, Herbals and other substances especially formulated to clear negative influences from the Aura to aid in the healing process.

\$7.50



Legacies

This is Ruth's own story told by her in the straightforward, plain-spoken way that we have come to expect from her.

In *Legacies* Ruth circumnavigates the globe to uncover the keys to her family's darkest secrets.

Here she unravels the lies, mistruths and untold stories about her father's past, the 1904 incident which sent her mother at the age of 3 to London's infamous workhouses, and the effect these unrelated events had on the generations that followed; including Ruth's sudden widowhood and struggles as a single mother at the age of 24.

The path Dennis and Ruth trod together led to much heartache at the hands of local and federal governments, some members of the medical profession and their own peers within the healing industry.

These and many more questions, including those that led to Ruth's more public life, are answered in her latest book.

Due for release mid 2009. \$TBA

Book Reviews and Testimonials...

'(Natural Conception) is a must-read for any woman who wishes to conceive - and not just for those who have experienced difficulties or delays in becoming pregnant. The benefits of this book are far more widespread - it should be treated as a manual for all women to prepare properly for a healthy, successful pregnancy.'

The Good Life, July/August 1996.

'Mrs Sharkey has established an international reputation for the efficacy of her natural therapies to help people with the likes of thyroid complaints, diabetes, urinary disorders and cancer. But she is particularly renowned for her success in helping couples who had believed they were unable to conceive.'

Michael Jacobson - Gold Coast Bulletin September 1997

Today, as more of us leave our parenting role until later with contraceptive pill residues and stress rifling our reproductive skills and disillusionment mounting with IVF - **Natural Conception** could not have come sooner.

Written by well known herbalist, homoeopath, media presenter and author Ruth Sharkey (one of Queensland's Most Intriguing Women - Sunday Mail - 23/12/1997) **Natural Conception** became a best seller in 28 days of release and the proof's in the reading.

Elizabeth Walker - 'Living Up!' Magazine 2000

"It used to be the older 35 to 45 year-olds, but now they are getting younger and younger. And we are noticing it is more men with problems," (Ruth) says. "In the past the women would have the problems, their men were fine, but now their husbands are coming in too." One in four pregnancies end in a miscarriage and half of these are the result of sperm quality. Sharkey, a herbalist and homoeopath specialising in hormonal balancing, says the men not only have low sperm counts, but many have deformed sperm. Defective sperm can lead to infertility or birth defects.

The increase in men with trouble conceiving led to Sharkey writing her latest book **Fertile Fathers**, which seeks to explain the causes of male infertility and provide help. "It's a matter of getting out of the square. It's no set thing that [that] would be causing infertility. It's a range of factors. I just want them to think about what is around them, if they are having trouble conceiving, what's in their environment. There's a cause in each individual case."

While women are born with all their eggs, men have new sperm every 72 days. "So men are actually easier to fix because you have just to look at what they been in contact with in the last 72 days."

Kate Minogue - Daily Telegraph 24th March 2003

For more information on Ruth's books, seminars, courses and Garden Gallery please contact:

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All prices quoted in Australian dollars and include GST.



Herbalists Ruth & Dennis Sharkey

Ruth Sharkey is a name that is synonymous with successful natural fertility treatment.

Although the name Ruth Sharkey is synonymous with the successful treatment of infertile couples, it should be noted that she and her husband Dennis did not restrict their talents to providing herbal & homoeopathic remedies to just this one complaint.

During their twenty years in practice, the couple cared for over 20,000 patients across 35 countries with all manner of ailments and afflictions. Yet Ruth still found time to co-host a weekly radio talk-back programme and regularly appear as a guest on two others.

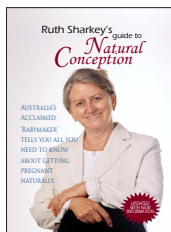
To reach more people and pass on any knowledge she'd gained, she often wrote articles for **Nature & Health, Living Up** and other popular Health/Lifestyle magazines. At the same time she somehow produced three self-help booklets and six larger books – two of the latter were listed as best sellers for many months.

As word spread of their success, Ruth was repeatedly invited to appear on **Good Morning Australia, Brisbane Extra, Today Tonight, A Current Affair** and to speak about her work in Canada, USA and New Zealand.

The couple retired from clinic work in 2004 but they are still actively involved in helping people learn and utilize the wonderful healing powers of natural medicine through seminars, and their Online Herbal Classes. Keep up to date and learn more about Ruth and Dennis Sharkey via www.sharkeys.com.au.

“Being a mum is a precious blessing from God... and although we haven't met Ruth in person, after 6 years of trying through IVF - and then so quickly having success from following Ruth's formula - we want to say to other couples trying to conceive, what have you got to lose... follow Ruth's instructions and there is a good chance you too will realise your dream.”

L&G, Queensland



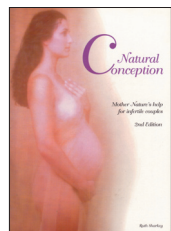
Ruth Sharkey's Guide to Natural Conception

In 'The Guide' Ruth willingly shares invaluable information to help therapists and patients understand the methods she used to help couples overcome fertility problems, so earn for herself the title of 'Australia's Babymaker'.

The following shows just some of the subjects covered with suggested remedies to help.

Overcoming the emotional aspect • Unexplained infertility • The female Hormonal cycle • The fertile times • Irregular cycle/ Amenorrhoea • Endometriosis/dysmenorrhoea • Ectopic pregnancy • Blighted ovum • Pelvic congestion • Polycystic ovary syndrome • Miscarriage • Antibodies • Older mothers • Choosing baby's sex • 22 common Infections/disease states • High/low hormone production • Individual Hormone actions • Glandular functions • Chemical/synthetic hormones • Personal hygiene products • Occupational hazards • Contact with toxic chemicals & gases • Effects of heavy metals • Recreational drugs • Coffee/cola drinks • Smoking • Over/under weight management • Excessive exercise • Genetically modified foods/ irradiation • Balanced Diet • Foods that affect PH of the body • Essential nutrients • Natural remedies & IVF procedures • Amniocentesis • Over 300 commonly used medical drugs that affect hormone production • Pre/ante-natal classes • First stages of pregnancy • Birth place choices • The birthing process/recovery

\$34.50



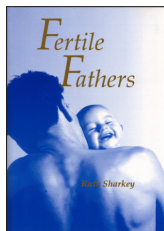
Natural Conception

In her usual easy-to-read manner Ruth has put forward her findings on why 1 in 6 couples are having difficulty starting a family, and has listed the remedies she successfully used to help couples conceive. After only 28 days of the initial release this book was on the Best Seller list. Problems discussed include:

Dietary imbalance • Stress and Emotional issues • Alcohol and Smoking • Chemicals in the environment • Medical and

Recreational drugs • Personal hygiene products • Chromosomal and Genetic malformations & Glandular malfunctions • The contraceptive Pill • Synthetic Hormones • Blocked tubes • Ovarian Cysts • Endometriosis • Fibroids • Septum uterus • Poly Cystic Ovaries • Recurrent miscarriage • Pre-menstrual tension • Post Natal Depression • Hormonal imbalance

1st Edition 25.00 2nd Edition \$27.50



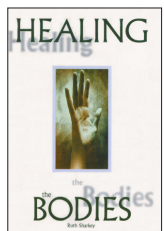
Fertile Fathers

Written as a companion book to Natural Conception and her later book Ruth Sharkey's Guide to Natural Conception, Fertile Fathers covers the male causes associated with 50% of all cases of infertility, to help men understand Ruth has brought to light possible causes which include;

Contact with heavy metals • Paint fumes and other toxic gases • Xeno-oestrogens • Pesticides, Organo chlorines/phosphates • Orthodox Medical drugs • Glandular malfunctions-thyroid or diabetes • Sexually transmitted disease • Anatomical abnormalities • Damage to testes and varicocele • Vasectomy reversal • Diet imperfections • Emotional anxieties/fears • Recreational and Anabolic Drugs • High/Low Blood pressure • PH imbalance • Stress • Antibodies • Impotency or Erectile failure

Chemicals and other occupational hazards in the workplace account for most causes of male infertility, as the seminal plasma carries the toxic material disrupting sperm production and quality. All the above male conditions and many more are listed along with the appropriate natural remedy.

\$27.50



Healing the Bodies

This most informative book was also listed on Queensland's Top sellers list for 6 months following the initial release. Inside is a wealth of information on the workings of the endocrine glands, with an explanation of how problems can occur along with the relative natural remedy to help, chapters include:

The Pituitary • The Pineal • Thyroid • Thymus • Spleen • Kidneys • Adrenals • Male & Female Reproductive System • Diets • Exercise • Meditation • Hypnotherapy

Ruth produced most of the original drawing and illustrations of over 90 herbs, listing the active ingredient of each plant, the specific action, indication and recommended application or dosage.

All the Ancient Sacred forms of Healing are covered and compared to Modern Orthodox methods of treatment to show how these can

be combined to help the patient. The 100 complaints alphabetically listed with the relevant remedy, has been reproduced as a quick reference guide entitled Herbs that will Help.

\$34.50



Safe Nourishment - A guide to Additives, Allergies, Calories and Nutrition

Conveniently sized to fit into a handbag, this booklet contains a wealth of information to help alleviate the distress for those suffering Food intolerances or Allergies to Gluten, Lactose, Yeast and Salicylates, and provides the busy mother with ideas for a healthy well balanced school lunch.

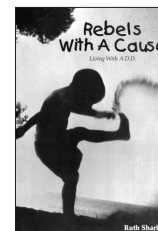
To reduce any risk that could arise Safe Nourishment lists the code number and name of food Additives under:

Colourings • Preservatives • Antioxidants • Emulsifiers • Mineral Salts • Anti-Caking Agents • Flavour Enhancers and other miscellaneous Additives

Also included is a ready reference to Natural Mineral & Vitamin Sources, along with symptoms associated with a deficiency of each substance. And to help those watching their weight there is an extensive list of everyday foods along with the number of Calories/ Kilojoules they contain.

Ruth has also given recipes for quick breads for special diets and over 100 ideas for healthy, tasty fruit and vegetable juice mixes, and almost as many ways to use sprouts. To reduce bloating after eating there is a section on how to maintain a balanced diet by combing the right foods, and understanding acid and alkaline food sources.

\$23.50



Rebels With A Cause - Living with A.D.D.

Somewhat similar to Safe Nourishment, this booklet is also designed to be carried in the handbag as a quick reference guide to food additives that have been found to exacerbate or trigger the neurotransmitters that cause ADD. All the additives concerned are listed by number and name.

Factors covered include:

Food Emulsifiers • Artificial Sugars • Organophosphate Pesticides • Agricultural / Household Chemicals

As with all Ruth's books there is ample advice on natural remedies to help over come the problem of hyperactivity in children.

\$19.50