

Michael Winner's Pill List

Two related articles, seven years apart! Michael Winner's article from October 2011 refers to his famous 'Pill List' on which he keeps track of all the herbal medicine he has had experience of over the years and passes on to friends who need advice. Our **Simba** made it onto the list long ago, before Barbara Windsor was diagnosed with 'Epstein Barr', hence his recommendation back in 2004 which led to the second article below - 'The Last 5 Things on my Credit Card by Barbara Windsor'. (Apologies for the terrible quality!)

REVIEW
The Mail **2**
ON SUNDAY

By
Michael Winner

I'm a healer to the stars

A few years ago, I read in a newspaper that Barbara Windsor, left, had to leave EastEnders because she was continually tired and in pain. I wrote to her and said: 'Barbara, you have ME [chronic fatigue syndrome] in my opinion. If you take the pills on this list I'm sending you, you will recover.'

I had learned a lot about

ME when a previous girlfriend, Vanessa Perry, had come down with the same condition. We had been advised to try some pills, all homeopathic or health pills, none of them medicinal. They worked and I kept the list of pills we used.

Barbara wrote back to me and said: 'Thank you. I'm going to ask my doctor.'

I wrote back saying: 'Doctor,

schmocker! Just take the pills!'

I heard no more except that Barbara remained out of operation. A year later, she rang me and said: 'Could I please have your pill list?'

I said: 'I gave it to you a year ago, Barbara, and you told me a lot of nonsense about the doctor and obviously you didn't take them.'

Barbara admitted: 'No I

- just ask Barbara

didn't, but I'm in a terrible condition and I'd like to try them.'

I said: 'I'm going to send you the list again, Barbara, but don't send me a stupid letter about seeing the doctor because they don't know what they're talking about in respect of this illness.'

Barbara then took the pills and within three months she rang me to say: 'They've absolutely cured me. I'm going back into EastEnders in a few weeks. Would

you mind if I told the press that you're the person that cured me?'

I said: 'Barbara, I rather fancy being known as a healer - of course you can tell the press.' It appeared in many papers that I had cured her. It wasn't me, it was the pills.

I will not name the stars who have taken these pills as a result of my intrusion, but they are household names. In every case they went to the best doctors but got nowhere.

THE LAST 5 THINGS ON MY CREDIT CARD



ACTRESS Barbara Windsor, 67, is best known as Peggy Mitchell from BBC1's EastEnders and from the Carry On films series. She has just released a fitness video and DVD called The Windsor Workout. Born in Shorelûch, East London, Barbara now lives in central London with her husband Scott Mitchell.

11/12/04 **Pills** £99.80



■ www.littleherbal.co.uk
'EVEN though I've had the all-clear on my illness, I still have to be careful. So I thought I'd keep on Mr Winner's recommended remedies as a preventative. I ordered a six-month supply of Simba, an African potato tuber which cleanses the system, for £99.80.

People have said that while they're sad at hearing I've had the Epstein-Barr virus, they're glad I can draw attention to the condition.'

14/12/04 **Book** £16.99

■ *Selfridges, Oxford Street, London W1.*

'BOUGHT Michael Winner's autobiography Winner Takes All: A Life Of Sorts. While I was ill over the past couple of years with the Epstein-Barr virus, he wrote me a lovely letter explaining that his friends had it.

He knew what I was going through. He recommended some tablets which really helped.'

