

Raising The Hemp Bar

by David Peace=One Love

Imagine you walk into a hemp bar and feel your self rising through its influence.

Here our kids are swinging from the phi-bars, like cosmic monkeys are their elders...

Asked upon entry if you have a vision, you notice the whole town hearing your opinion. Truly Listening, a resonance soothing our soul.

You notice complaints flow down the drain as entertainment dances naked in the reign, forming our high way healthy human.

Trippy you get over the idea of a hippy arrested by your conscience, it was far more than you could judge in one sentence and rescue your prosecution from embarrassment.

"They" put bars behind "them" knowing it's better, then superstring a whole lot of feelings together May king our new happy dwelling.

Reflection: we were suspended in limbo as the hemp bar evolving our imagination took turns in counselling humility.

You choose to question your establishment transcending the doubt of your authority, because you're demonstrating it in your conduct ~ or waving these twiggy thoughts in symphony with revolutionary industry.



Feeling: you are inspired by the purposeful prospect of your true seeds of life being planted realising the value able interests of our whole community.

And everyone rejoices in your choices to be honest because it is the greatest gift of our Spirit ~ trendy aligning this with our money.

You transcend my personal opinion that Nimbin is flowering the Universal

Human and walk your own talk, as you are... Accepting who you really are choosing to be, Yah better way, serving the best we have to offer.

It's just an idea. Harmless as a horse drinking water.

Yes, this is an Aquarian vision, simple in a seed of thought, a tree of possibility, fully feeling our forest of future. Bless us all in conscious love

www.OneRainbowBridge.com

Albert Hoffman's life remembered in psychedelic MardiGrass float



It was a mixed bunch of children of the psychedelic age who formed a funeral cortege to honour Albert Hoffman in this year's MardiGrass Parade.

They were united by their admiration for the Swiss chemist who first developed

LSD, and trialled it on himself.

He died on 29th April, aged 102.

The commemorative float consisted of a bizarrely decorated bicycle, borne aloft on be-ribboned bamboo poles.

The float's appearance struck a curiously sombre note in the Parade, and caused a ruffle in the crowd, as Jungle Patrol volunteers were asked who he was.

When informed of the float's meaning, none remained unmoved.

Entertain me...nt

by Jarad Antonovich

What is it that fills the gap and tickles our fancy?

Are you of the Mozart string quartet overturing a fine breezy afternoon laden with top shelf cheese, vino and conversation about famous painters set? Or do you prefer a loaded jukebox and a can of Beam? Hamburger with the lot and a couple of cones to wash it down?

The avenues of entertainment, it seems, are as endless as the levels to which you can perfect the art. Drinking a bourbon, writing an opera, watching ice skating... its all perception really. I mean you're either pro-active in your own expression and to whatever level, entertaining for other people, or you're observing the event and therefore saving yourself from any (at all) embarrassment and who-knows what from screwing it up. None of us enjoy being looked at like a dickhead.

What are we searching for? Do we not want our endocrine systems to light up with a molecular supra-charged (micro-tomic scale) electro-chemical explosion of re-connection, activating our pheromones, hormones and neural-transmitters? Is it not the physical rewards we seek in this well, centred around physical reality? We wanna feel good. We gotta feel good, feel love and feel loved in a world that can get pretty damn heavy at times. Sometimes a squirt of pituitary, even endorphin juice is what's needed to get through.

I asked a friend, "What is entertainment?" and he said, "Relief from boredom." He went on to say, "If you're sent to prison you're punished with boredom."

I guess he's right, many people's reality is solely focused on some level of entertainment or group of boredom-killing experiences. Others who live in the world of entertaining, are working not only to better their own expression and art, but kill people's boredom. Kill their own boredom?

From music and the arts and all their forms to midday soapbox TV, cigarettes and cheap hookers. I guess anything that fills some kind of void is entertainment, if not a distraction. Food can be entertainment. Doing a course on raw vegan nutrition last year, my teacher was adamant with the idea that pizza is not a food, it's entertainment. Pizzaro was Spain's No. 1 conquistador who led the destruction of the brilliant Inca civilization. Now what does that say for entertainment? What does that say for pizza? If and only if it is food.

Actually I remember a dream of a cooking class and my master chef instructed me that it was the spice that expands consciousness and it's the cheese that holds it together. With that said, pizza is at some level reborn...but that's not what I'm talking about. Cheap thrills to full spirit immersion... I guess it comes back to the difference of you as spirit, whatever you wanna call it...personality (ego?), and you in your human condition.

The animal. It takes one to know one....

Heidi says:

Ya shouldn't chuck rocks



Cartoon by Heidi Zekiel

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Koala Kolumn

by Sonya Nourse

Many of us in the Rainbow Region enjoy living and bushwalking in our gorgeous local rainforests. The koala ancestor of ancient times appears to have been a rainforest dweller – much of the continent was covered by them.

Today koalas can be found in wet sclerophyll forests and a range of other arid, temperate, sub-tropical and tropical forest and woodland communities dominated by Eucalyptus species. Their distribution is widespread in coastal and inland areas of eastern Australia from north-east Queensland to South Australia.

Koala translocation programs have extended its range west to the Eyre Peninsula (including Kangaroo Island) and also to islands off the Victoria and Queensland coasts so that it now encompasses an area of around one million square kilometers. However, distribution is not continuous and koala populations are separated by cleared land and unsuitable habitat.

For a koala to call an area 'home' it must have the koala's preferred tree species growing on suitable soil with adequate rainfall and the presence of other koalas.

If only it were that simple. Research (as well as our first hand experience) demonstrates that koalas preferentially feed on a small number of Eucalyptus species from the range available. The group of species fed on at one site may be different to what is fed on at another. There is also variation in food preference between koalas at the same location and they often show preference for particular trees within a species. Koalas change the way in which they use their habitat in relation to climate, season and time of day. They may use different trees by day and night and change food and vegetation community preferences seasonally or yearly.

Other factors contribute to the quality of 'home' for a koala: the availability of seasonal or supplementary food species, the presence of suitable shade and shelter trees, structural diversity of the vegetation and tree size. Bigger is better for a koala. Good habitat also needs to



be large enough to support the number of individual koalas feeding in the area, large enough to allow them to come into contact with each other for socialization and breeding and large enough to allow expansion of the population for maturing young koalas.

It won't have escaped your attention that on the Northern Rivers the preferred locations for healthy and socially stable koala populations coincide pretty much with where we live and work. We are fortunate and privileged to share our lives with some of the most abundant (but still vulnerable) koala populations in Australia.

Friends of the Koala believes that understanding how koalas and humans can co-exist is one of the keys to retaining healthy and abundant koala populations into the future.

Tips for promoting koala survival: decreasing koala habitat and increasing urban development means that koalas are now encountering dangers such as roads, dogs and especially fewer mature food trees. Remember to drive to the speed limit and be alert to moving koalas on the roads; keep domestic animals indoors at night; consider lopping rather than chopping; join with your friends and family for a tree planting picnic on your property or local community areas; and finally, report promptly any concern about a koala.

Friends of the Koala's 24/7 Rescue Hotline: 6622-1233.

For information about koalas and Friends of the Koala, go to: www.friendsofthekoala.org or email info@friendsofthekoala.org

Until next time, happy koala spotting!

Environment Centre camp

by Binnah Pownall

In conjunction with our Byron family, the Nimbin Environment Centre and extended community held a family get together on the weekend of 19th and 20th April at Mullabugamah, the sister community of Baryulgil.

With the presentation of two Red Cedar trees, this event signified the start of what is envisioned to be a heart link to our Bundjalung family that will continue in reality from here on and through the generations.

We wish to work together to build a unified world – starting with helping the Bundjalung families strengthen again, after so many centuries of out and out war on their family



structure. That family structure is so strong that the whole force of the western world could not make it disappear.

Despite the early invasion of a 'Lord' from England in the 1840's, and the horror that is an asbestos mine in the middle of your community, the Western Bundjalung

nations' spirit stands strong. This spirit is the same as pulses through the forest out there in the Washpool. Their land is still alive and still sings the songs of their ancestors. Their ancestors are alive through that forest.

Most of the weekend was simply to get to know each other – though on

the Sunday, informal talks were held regarding the communities' interest in re-establishing a nursery that could help to plant out Permaculture gardens around their houses.

We dreamt of mechanic sheds and 'two-way learning' Cultural Centres out in the bush. They told us of their dreams of a restaurant and an accommodation block for tours...

Meanwhile we'll keep on the Asbestos trail - looking to help them out with some completion and closure for the unspeakable pain and suffering the James Hardie mine continues to deal out to these people to this very day.

May there come a time soon when they can feel at peace in their home again.

More events and visits are planned in the future. Keep in touch at: www.nimbinenvironmentcentre.com

Woodstock Museum Film Festival Programme

Screening at Nimbin Bush Theatre

Saturday, May 10th, 9pm.

"Woodstock Downunder"

New doco about Nimbin by sister city ambassadors Nathan Koenig and Shelli Lipton, founders of the Woodstock Museum. "Nimbin is more Woodstock than Woodstock... What began in the San Francisco '67 Summer of Love and peaked at Woodstock took root downunder and is now ready to come full circle. Lessons learned about freedom from Nimbin's alternative lifestyles, intentional communities, environmental activism, aboriginal respect and ending the drug war through education and reform are now ready to be embraced worldwide by today's youth, all while having fun."

Fri May 23 - All Day Films

10am The Tibetan Book of the Dead –Leonard Cohen narrates this enlightening film explores the sacred text, boldly visualizes death and the afterlife. Rarely seen Buddhist rituals interwoven with beautifully animated spirits. (1hr30)

1:15 Dalai Lama in Woodstock Largest Woodstock Gathering in many years, Andy Lee Field was packed with enthusiastic listeners said "Hello Dalai" as he offered spiritual perspectives for people of all faiths. Filmed by Nathan Koenig with a little help from his friends. Q&A's (40 min)

2pm Green Tara Tibetan monks share sand painting ceremony and intimate thoughts on altered states, LSD, psychedelics and sex. It could only have happened in Woodstock. Q&A's with filmmakers Nathan Koenig and Shelli Lipton.

3pm Woodstock... Can't Get there from here A must to understand Nimbin's Sister City... Cool new



Longtime sunshine. At the opening of the Aquarius 08 exhibition at Lismore Regional Gallery: Shelley and Nathan (above); Benny Zable leading the spiral dance (below).

comprehensive doco on Woodstock the Art Colony with special attention to the '60s generation. David McDonald.

4:30 Hippie History. The best of Haight-Ashbury and beyond.

7pm "Woodstock Downunder"

Sun May 25

7pm Ancient Prophecies Future Visions Cultural prophecies of the Hopi, Maya, Hindu, Tibetan and Iroquois peoples. Inspires the viewer to help create a hopeful destiny. It's informative, transformative & enlightening. Q & A's with multimedia artist White Buffalo. (1 hr)

9pm 1st Rainbow Gathering, Colorado 1972 (40 min)

Digitally remastered and expanded! Manifestation of Native American prophecies...the great great grandchildren of the white conqueror, Warriors of the Rainbow who would grow their hair, rebel against society, gather for peace and love, see the White



Buffalo. Q&A's with filmmaker Nathan Koenig.

May 26-30

Woodstock Museum Film Festival continues at Bush Factory. Details to be announced.

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Electromagnetic radiation levels causing concern

by an ElectroWatch correspondent

In October 2006 Wireless Broadband was powered up in our country. This is computer communication via mobile or broadcast-through-air telephones. We are often told of the necessity of "fast modern communications", yet repeatedly the level of electromagnetic radiation (EMR) was increased by about 100 times – on that occasion.

This has resulted in people experiencing ringing in the ears, sleep disruption, lack of concentration, difficulty in meditating, and even pain. Virtually all populated places on this continent are affected by these electronic waves.

This technology is also used by the military forces of various nations: as weaponry – electronic warfare devices able to kill or disable at a distance; also mind control, crowd control and mass sedation.

An informant who declined to name his sources said that the Mt Nardi tower may be linked to international military purposes. It seems ironic that the Nightcap old growth forest was saved, only to be topped by giant structures with loud motors that seem to go 24 hours a day, despite the big power lines



that go to the mountain top.

Allegedly, inconceivably large amounts of our money have been spent on these machines, as well as monster computers equal to 100,000 computers of an earlier model. Government authorities are reluctant to take action on this threat. Military gauges and meters which can determine what is happening are unavailable to the public.

Stories heard locally include:

- a woman at the foot of the mountain who hears a loud sound like distorted blaring television in the early morning hours. She has no near neighbours.

- a man on the Tuntable Creek Road side finds himself humming a song, he turns on the radio and repeatedly, this was the song being broadcast.
- a man walking below Tuntable Falls hears a radio playing in a small side valley, but there is no-one nearby. He believes the minerals in the ground pick up the broadcast.
- a man started hearing humming at night the same week the 3G mobile telephone system was started.
- a man starts experiencing a continual headache as the NextG system is being tested and switched on in the last few weeks.

This system was supposed to start three months ago – it didn't work. Some say the technicians have been stepping up the power in the hope that the signal will get strong enough.

Spraying of chemtrails from jets, dispersing aluminium, barium and sulphur particles, enhances military and civilian communication signals.

A magazine, EMR, is being published in Sydney, phone 9501-2665. The editor has written a book on the subject. EMR-proof paint and fabrics are available from the US.

Any other local experiences?

Business ethics and the Consumer

by Warwick Fry

A few weeks ago I was staying with a friend who is the director of a large advertising and public relations firm. We discussed a Herald article about the latest government push for more regulation of the advertising industry on alcohol.

The Herald writer indicated an advertisement for a brand of beer called "Blonde" with the slogan "have a Blondie at Bondi" played through YouTube on the Internet. It shows a surfer coming out of the water and being handed a Blonde beer stubby by a bikini clad blonde.

My friend shook his head and rolled his eyes when I showed it to him. "John Singleton wanted us to do that ad," he said. "We knocked it back. I told him 'Singo, you're asking us to break the law.'" [The current law specifically states that alcohol advertising should not be associated with sport, sex, or iconic locations]. "He passed the ad campaign on to his son."

It has become acceptable practice for many businesses to cut a few corners, or do a bit of skimming, breaking



the spirit, if not the letter of the law.

Given the lack of regulation, or the inability of government to enforce legislation designed to protect the consumer, it is sometimes incumbent on the consumer him or herself to be on the lookout for business practices that are either unethical, or in some cases, careless of the simple principle, or purpose of any business, which is to provide a good or service to its customers – rather than an attitude that the customer is there to make money for them (ie: to be exploited).

There is some validity in

looking at the significance of the consumer, and markets in economic theory, but 'old fashioned' economists (as distinct from Business Management Graduates) prefer to keep it in its place, rather than central to their economic ideology.

The attitude might be associated with a concept of 'marketing' that has been promulgated in our Educational institutions during the eighties, when 'business management' courses proliferated. These courses were largely modelled on the theory and ideology of US business courses, (developed under the neo-liberal Chicago School of Economics) imported into Australian Universities during the eighties.

The economic ideology is largely based on the concept of the 'consumer' as another market, hence business 'resource'. Hence, in media courses, it was a given that the mainstream media would buy and sell 'audiences' - on stock market trade-offs or business takeovers.

An entire generation grew up with a somewhat limited educational outlook.

It all comes down to a case of 'buyer beware'. A simple example is mail order health

products, which look like absolute bargains - "Three for the price of one" offers (compared to the price of the same product in the chemist) – until one reads the fine print – if it can be found - and then discover that by weight, the contents of each container is less than one third of the standard product, and you are actually paying more for the same weight.

Even in friendly little Australian country towns there are subtle insults to customers, a tendency to take them for granted. A large local retail outlet here is well known for its unwillingness to price all items on the shelves. It makes it difficult for budget shoppers do comparative shopping, or be able to know what their final bill will be. "Hmm ... can I afford the biscuits or the dog food? – Let's check the price ... uh-oh ..." and overworked staff rush around all over the shop to find out the price for you while the queue behind you steadily grows.

Failing a report to the consumer affairs bureau, it's up to the customer to draw management's attention to this kind of sloppy business practice. Caveat emptor. Do your duty.

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Trying to Rubber the Right Way

Brazil aims to protect Amazon by using sustainably harvested rubber in condoms

Hard up for ways to preserve the Amazon rainforest, the Brazilian government has announced it's opening a condom factory that will use rubber harvested sustainably from the imperiled rainforest – no tree-chopping required. The latex will come from the Chico Mendes reserve, named for a well-known Amazon activist gunned down by ranching interests. Conservationists hope that providing locals economic incentive to leave the forest intact will help slow deforestation. The Brazilian government is also touting the program as a buy-local initiative; the new factory aims to displace about 100 million of the roughly 500 million condoms the country imports annually and distributes for free as part of its initiative to fight HIV/AIDS.

Troubles a-Brewing

Climate change affects – noooooooo! – beer

If dire warnings about the fate of global health and security don't move you to care about climate change, maybe this will: Climate change could make beer more expensive. (No! Anything but that!) Malting barley will likely be harder to grow in a warming world, especially in Australia, says climate scientist Jim Salinger. He warned at an Institute of Brewing and Distilling convention Tuesday that within the next 30 years, "either there will be pubs without beer or the cost of beer will go up." Now that's something that Foster's fear.

Pet Scan

Cats and dogs contaminated with chemicals, says study

Fido and Fluffy are contaminated with higher levels of toxic chemicals than humans are, according to a report from the Environmental Working Group. In a test of the blood and urine of dozens of cats and dogs, researchers found 48 industrial chemicals. The contamination likely comes from such actions as gnawing on plastic toys, sleeping on fire-retardant-covered furniture, frolicking on pesticide-laden lawns, eating potentially mercury-laden pet food, and, of course, all that licking. Researchers point to a recent uptick in animal cancers and hyperthyroidism. "Our animals are trying to tell us something here," says EWG's Bill Walker.

Cries on the Prize

Chevron throws hissy fit that anti-Chevron activists received award

Chevron is throwing a hissy fit over the Goldman Environmental Prize awarded to two Ecuadorian activists who want the oil company to clean up pollution in the Amazon rain forest. Texaco, which was acquired by Chevron in 2001, dumped 18.5 billion gallons of petrochemical waste in the Amazon between 1972 and 1992. Lawyer Pablo Fajardo and community organizer Luis Yanza won the Goldman Prize for spearheading a lawsuit against Chevron, saying it should be responsible for cleanup. But Chevron claims that a \$40 million cleanup by Texaco in 1992 was sufficient. Chevron says through spokesfolks that the Goldman Foundation was "misled," that Fajardo and Yanza are "nothing but con men," and that "the only thing green they are interested in is money." The Goldman Foundation says its awards are thoroughly researched and fact-checked, and it continues to commend Yanza and Fajardo for taking on Big Oil.

Faint Nicholas

Nicholas Stern says climate change worse than he thought

Nicholas Stern, the British economist known for a major report in which he declared that combating climate change would cost less than ignoring it, has announced that he was wrong -- about how bad the problem is. "We badly underestimated the degree of damages and the risks of climate change" in the Oct. 2006 report, he speechified last week. "All of the links in the chain are on average worse than we thought a couple of years ago." Thawing permafrost is releasing methane, oceans are acidifying faster than expected, and carbon sinks are becoming less effective, said Stern.

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Homeopathics and Nimbin ethics

by Tarang Bates



Another year another Mardi Grass – they just keep on coming. Festivals are fantastic – hard work for the usual suspects behind the scenes, an amazing tweak on reality for thousands of people who come to taste, life as we know it.

Many people who live in this beautiful valley, are living on communities, closely sharing land, life and everyday reality with others of all ages. We have been doing this for a few decades now, just as we have been living with solar power, hot water and low cost housing. Beautiful gardens, wildlife, funky houses, wild town, surrounded by misty mountains and the magic of the ancient ones.

It's good for people to come from far and wide to partake of our togetherness, because therein lies a special kinda magic, woven into the fabric of this society that we have created.

Every one of our communities, and there are more than 70 of them, has its own flavour. The smaller ones having around a dozen families, the larger ones, hundreds of people. Living communally has its challenges of course, offering any number of choices when it comes to 'how to respond'.

Tolerance, sharing, intimacy, friendship, honesty and up front communication, are some of the positive outcomes which we take out into our bigger Nimbin family, there are thousands of us living out in the hills each doing life in our own unique way. Mardi Grass is a chance for people to have a taste of our version of a life less ordinary.

One of the choices we make is to use Homeopathic and Herbal medicine, as our primary healing tools. In my experience, people in this area often have a really good knowledge of the remedies they need.

IMPETIGO

...or school sores.....some of the remedies for this highly contagious skin condition are: Ant Crud which is useful for blisters around the nostrils and mouth, particularly with thick yellow, spreading crusts. Rhus Tox for blistery eruptions in clusters, with burning and itching, stinging and tingling.

HIVES

.... uticaria, nettle rash, prickly heat.....Apis is useful for swelling itching and burning and redness. Urtica for small red dots, worse when touched, itchy and stinging. Rhus Tox when a rash burns and itches, with small blisters.

BOILS

Hepar Sulph to help bring the boil to a head, feels sensitive to touch. Silica to clean a boil which has burst, or to help heal a boil which has been slow to develop and slow to disperse.

These remedies are available from Nimbin Homeopathics. Contact Tarang on (02) 6689-1452 or email tarangbates@yahoo.com.au

Little town, big heart

Nimbin is famous for its 'caring nature'; stories abound of people down on their luck or in need of a helping hand finding support and assistance in this little town. And it is not from the agencies set up to do this but from the ordinary folk who live in and around this little town with a big heart.

People come to Nimbin for many reasons and because of its accepting and inclusive culture that Nimbin's residents often find themselves in a helping role. Sometimes when someone is in crisis or going through difficult times it is hard to know what to say or even know what help might be out there.

The Men and Family Centre of Lismore has recognised that often, ordinary citizens find themselves in a helping role and have created a course called Community Mates. This course is jam packed full of skills tools and strategies so that an ordinary person can effectively help someone in trouble and know where to refer them if they are out of their depth.

This low cost course will give participants the skills and knowledge to informally help someone going through a difficult patch. Starting on Monday 26th May and running 3 hours a week for 10 weeks, it is delivered in a friendly and informal way and is open to almost anyone. For more information or to register, call the Men and Family Centre on 6622-6116.

One of the facilitators Darmin Cameron will be at the Men's Health Forum on the 15th May talking about the centre and the course.

Ayurvedic Info

The term Ayurveda means the science of life and refers to the Vedas (knowledge) and Ayu (life) which is a combination of the body, sense organs, mind and soul. Together they represent the collective knowledge and practice of the world's oldest holistic medicine.

Through the use of its many protocols, prevention of disease in the future and alleviation of present conditions can be achieved. Also called the science of longevity, the nett result of continued practice of Ayurveda is the rejuvenation of the body with the benefits of increased immunity, more vitality and a general sense of well-being.

It is now being recognised that the ancient practitioners knew more about biochemistry and energetics of medicine than they have previously been given credit for. The traditional rationale of preparing herbal remedies can now be scientifically explained.

For example, the herb Brahmi (Bacopa monniera) which settles the mind, improves memory and is a tonic to the nervous system, is traditionally prepared as a decoction infused with dark sugar. This process prevents the bitterness of the herb from making the mind more scattered.

Anyone who has tried Brahmi as simply a tea or in alcohol, which is naturally

bitter, will have found it less effective than the traditional preparation. This is because the decoction process allows proper digestion and delivery of the herb more efficiently to the tissues that require it.

So, Ayurveda tends to make more use of varied delivery styles as opposed to the recent Western trend towards mainly alcoholic tinctures.

Treatment of the Month

Kati Basti is a therapy for the lower back and abdomen. After a relaxing back massage, a dam or well is made on the lower back and filled with warm medicated oil.

This oil is kept warm for about twenty minutes and allows heat to penetrate into the surrounding tissues and muscles, allowing relaxation and healing to take place. It brings blood flow to the whole pelvic area, improving nerve supply and general energy flow.

This gentle treatment is very deep-acting, with effects felt for days afterwards. It is specific for sciatica, lumbago, damaged discs, osteoporosis, constipation and congestion of the pelvis and legs.

For bookings, call the Nimbin Apothecary on 6689-1529 or John on 6689-1794 or Helen on 6689-1717. We have clinic days on Thursdays in town or are available for home visits. Namaste!!

Cancer-causing substance in shampoos

from Doug Whitley

Go home and check your shampoo. Change before it's too late...

Check the ingredients listed on your shampoo bottle, and see if they have a substance by the name of Sodium Laureth Sulfate, or simply SLS.

This substance is found in most shampoos; manufacturers use it because it produces a lot of foam and it is cheap. BUT the fact is, SLS is used to scrub garage floors, and it is very strong!!! It is also proven that it can cause cancer in the long run, and this is no joke.

Shampoos containing SLS

Many shampoos including Vo5, Palmolive, Paul Mitchell, L'Oreal, the new Hemp Shampoo from Body Shop etc. contain this substance.

The first ingredient listed (which means it is the single most prevalent ingredient) in

Clairol's Herbal Essences is Sodium Laureth Sulfate.

Therefore, I called one company, and I told them their product contains a substance that will cause people to have cancer. They said, Yeah we knew about it but there is nothing we can do about it because we need that substance to produce foam.

By the way, Colgate toothpaste also contains the same substance to produce the "bubbles". They said they are going to send me some information.

Research has shown that in the 1980s, the chance of getting cancer is 1 out of 8000 and now, in the 1990s, the chances of getting cancer is 1 out of 3, which is very serious.

Therefore, I hope that you will take this seriously and pass this on to all the people you know, and hopefully, we can stop "giving" ourselves cancer-causing agents.



Here's a musical treat.

Songbirds is a collaboration between local singer-songwriters Mish (left) and Elena B. Williams, both of whom have been doing solo gigs around the region.

At the Nimbin pub, their combination of keyboard,

guitar and percussion provide powerful backings to their sweet voices. They draw on a wide selection of material, each taking a solo turn, making for a great musical experience.

For bookings, phone Mish on 6688-6555.

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Grow a garden... in your gut

by Darmin Cameron

Ever wondered how the nutrition process works? How do our individual cells get some of that Tofu Burger you just had for lunch?

It is a fascinating process and once you know how it works, it is easier to manage and support. Your health, and your life may depend upon it.

We are afraid of sharks and take precautions, spiders make us jump, snakes scare the living daylights out of us. Combined all these creatures might kill 1 or 2 Australians per year at the very most. Something to be much more afraid of would be Heart Disease, it killed 45,670 Australians in 2006, or Cancer, it was responsible for the deaths of 39,673 Australians in the same year. A lot of those deaths could be prevented with a few simple precautions. Don't swim with the bad health sharks, don't get caught in the junk food web, avoid the snakes in the supermarket grass and; Grow a Garden in your Gut.

The Webster dictionary defines nutrition as "the science of food and the process by which an organism ingests, digests, absorbs, transports, utilises, and excretes food substance".

Food is life, but our digestive system has to process it to make it available at the cellular level. You can eat the very best Biodynamic, Organic, Spray-free, Non Toxic vegies, cultivated by Buddhist Monks living in Nirvana using Holy



water blessed by the Pope, but unless you are gaining nutrition and energy from it, what is the point? Digestion takes energy; it is essential to get nutrition out of it the food we eat.

The buzzwords are Bioactivity and Bioavailability, Bio meaning life. What is the active and available life force in your food and how do you get it to where it is needed? Turning that simple Tofu Burger into something small enough to pass through the walls of your intestine into your blood stream and then carried along by your pumping heart to a hungry cell, is quite an effort and here is basically, how it happens.

Our sense of smell or sight triggers the beginning of the process. We begin to salivate, in that saliva are enzymes that target and react with specific types of food, Carbohydrates mainly. The Chemical/Bacterial process of gaining 'life from life' begins. Our teeth masticate the burger, mixing in the enzymes. Ideally it should become a liquid,

a nice concentrated mix of enzymes and food. If it doesn't get munched in our mouth it may go all the way through and out the other end, untouched with no nutrition gained from it, Corn is famous for that.

Minutes before this mush could have been a 'chef prepared' meal, now, the mushier the better. If you're eating protein, hydrochloric acid will be released, your stomach and other organs will do the rest. It is a pretty potent brew in your stomach. The hydrochloric acid, like all acid dissolves things, it begins to break down the proteins in your burger, getting it ready for the next stage. I hope my cells like chilli sauce and mayo, this Tofu Burger is flooded in them.

Want to lose two and half kilos? Then rid your Colon of the bacteria that live there, bacteria with strange sounding names like Acidophilus and Sporogenes. These bacteria inhabit your intestine and are about to turn that humble Tofu Burger into something so small it will pass through your intestinal wall and swim in your blood stream and become food for the smallest part of you, your individual cells. It is fundamental that these bacteria do their job, it is essential for your health and wellbeing.

Comparatively speaking these tiny bacteria have to take something the size of a house and turn into something the size of a grain of sand, quickly

before it goes off and begins to, well, stink. You need a healthy amount of the right bacteria to do this essential process. These bacteria are sometimes called our Intestinal Flora (from Latin flos, flor: flower).

These bacteria are very sensitive, Antibiotics kill them, (funny about that), so does alcohol, environmental chemicals, toxins etc. other malevolent bacteria like Candida wage war against the good bacteria and try to colonise your body, but Candida doesn't give anything back to you, like, food, in fact it can make you ill. You need to maintain a good supply of the right bacteria.

So where do you get your Sintestinal Flora from?

In the good old days, we ate roots, shoots, leaves, and dirt, we received our essential bacteria from the living soil; it was on the living food we consumed.

But now we are in the bad new days and we don't eat dirt, but we still need to be replenishing and looking after the bacteria, besides Coles doesn't stock good eating dirt.

Fortunately, after 20 years of research, the guy that brought Spirulina to the world in 1979 created In-Liven. This is the best stuff other than eating dirt to get the maximum amount of these colonising bacteria into you. In-Liven is a Certified Organic Super food Probiotic with Enzymes, it supports your nutrition process in a holistic way.

To start growing flowers on the inside, contact Darmin on 0428-337-088 or visit www.darmin.miorganicfuture.com

10 Great Tips for Strong, Healthy Nails

by Cheryl Beasley



Your nails grow from the area under your cuticle (matrix), located at the base of the nail. As new cells grow, older cells become hard and compacted and are eventually pushed out toward your fingertips. Nails grow about 0.1 millimeter a day, which means that it takes a fingernail about four to six months to fully regenerate.

Your fingernails are made out of keratin which is the same kind protein that your hair is made with, and just like your hair fingernails have to be taken care of otherwise they are easily damaged. Here are ten easy tips.

1 Try adding a glass of milk and a hard-boiled egg to your daily diet. Both are high in zinc, which is great for your nails, especially if your nails are spotted with white, a sign of low zinc intake. Calcium, iron and silica are other compounds that you need to check that you are getting enough of in your diet. These too make up the fabric of your delicate nails.

Make sure that you are sticking to your daily allowance though, sometimes you can cause more harm than good by overdosing on these vitamins and minerals.

2 File your nails correctly. To keep your nails at their strongest, avoid filing in a back-and-forth motion -- only go in one direction. And never file just after you've gotten out of a shower or bath -- wet nails break more easily.

3 Massage your nails to keep them extra strong and shiny. Nail buffing increases blood supply to the nail, which stimulates the matrix of the nail to grow.

4 Try not to damage your nails by using them as tools to pry open objects, as any damage to your cuticles or nail bed can be a potential entry point for fungi and other harmful parasites. Nail biting should also be avoided at all costs, as this can potentially damage your nails with the constant wear and tear caused by biting of the nails.

5 Polish your nails, even if it's just with a clear coat. If you prefer color, use a base

coat, two thin coats of color, and a top coat. Color should last at least seven days but should be removed after 10 days. Going without polish is good so that moisturisers can penetrate the nail surface when applied.

6 Avoid polish removers with acetone or formaldehyde, they dry out nails. Use acetate-based removers instead.

7 Massage a cream containing Vitamin E into your hands and nails nightly before going to sleep. This will feed your nails overnight and help them grow strong.

8 Keep your nails short, square shaped and slightly rounded on top. Trim brittle nails after a bath or a 15-minute hand soak in massage oil. Then apply a good moisturiser especially formulated for the hands and nails.

9 Many dermatologists and nail technicians recommend wearing gloves when cleaning around the home or garden. Gloves provide a barrier that protects nail keratin from the weakening effects of water; collisions with hard surfaces; corrosive household chemicals; and more. Makes sense doesn't it?

10 Rub your nails with a cut lemon to keep them extra strong, white and shiny. Drink eight to ten glasses of water every day this will help in keeping nails from drying out and peeling. Gelatine dietary supplements, available in a drinkable form, also helps in building nail strength.

Please visit us at www.lanab.com.au for a range of skin care products containing wonderfully beneficial ingredients.

Cook's corner

by Carolyne

Recipe of the Month Osso Buco with Gremolata

Ingredients

12 pieces veal osso buco (2.5kg)
¼ cup (35g) plain flour
¼ cup (60ml) olive oil
40g butter
1 medium (150g) brown onion, chopped coarsely
2 cloves garlic, crushed
3 (300g) trimmed celery stalks, chopped coarsely
2 large (360g) carrots, chopped coarsely
4 medium (600g) tomatoes, chopped coarsely
2 tblspns tomato paste
1 cup (250ml) dry white wine
1 cup (250 ml) beef stock
400g can crushed tomatoes
3 sprigs fresh thyme
¼ cup finely chopped fresh flat-leaf parsley



Gremolata

1 tblspm finely grated lemon rind
½ cup finely chopped fresh flat-leaf parsley
2 cloves garlic, chopped finely
¼ cup (60ml) olive oil

Method

Toss veal and flour together in batches, in paper or plastic bag, remove veal from bag, shake off excess flour

Heat oil in large flameproof casserole dish, cook veal until browned, remove.

Melt butter in same dish, cook onion, garlic and celery, stirring until vegetables soften, Stir in tomato, tomato paste, wine stock, undrained crushed tomatoes and herbs.

Return veal to dish, fitting pieces upright and tightly together in a single layer, bring to boil. Cover, reduce heat, simmer 1½ hours.

Uncover, cook 30 minutes.

Gremolata

Combine ingredients in small bowl, cover with plastic wrap and refrigerate until required.

Remove veal from dish, cover to keep warm. Bring sauce to the boil. Boil uncovered 10 minutes or until sauce thickens slightly.

Divide veal among serving plates, top with sauce, sprinkle with Gremolata.

Serve with mashed potato.

For any help, please phone Carolyne at the Coffee House Nimbin, on 6689-0590.





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