

Ayurvedic Info

According to Ayurvedic principles, the world in which we live is comprised of the five elements. This includes our bodies, the food we eat, the environment we inhabit and the medicines we take. These elements are ether, air, fire, water and earth. In Sanskrit, they are known as the panchamahabhoutas which basically translates as the intelligence inherent in the five elements. In the body, they are expressed as the three doshas, the seven dhatus and the three malas. The doshas are the intangible intelligence that control the body's seven tissues which are the dhatus. The malas are the waste products- urine, sweat and faeces. This relates all to humans, animals and plants.

Everyone has the three doshas within them in varying quantities which creates their individual constitution. This is determined at conception and remains essentially the same until just before death. Disease is basically an imbalance of the doshas, meaning an excess or depletion in them.

The three doshas are: Vata, made up of ether and air; Pitta, made up of fire and water; and Kapha, made up of water and earth. Each rules functions and organs of the body: for example Kapha rules the lungs and upper respiratory organs. It governs stability (mental, emotional and physical), endurance, flexibility and lubrication. Pitta rules the lower 2/3 of the stomach and the small intestine. It governs transformation and digestion through the actions of enzymes and hormones. It rules the eyes, the blood and the skin. Vata rules the large intestine. It governs all movement and communication, including the nervous system and the brain, the cardiovascular system, bones and coordinates the senses.

Next month we'll talk more about the doshas, how their imbalance leads to disease, and what you can do about it.

Treatment of the Month

Shirodhara is a lubricating therapy involving warm oil poured over the third eye (on the forehead). It benefits all diseases and can be given all year round. It soothes the nervous system, balances the pituitary and pineal gland (and consequently, hormones) treats depression, sinus problems and a host of other ailments. It settles the mind and improves the ability to meditate.

After a brief consultation and head massage, the client lies on the table and the special oil urn is positioned above the forehead. The copper urn is designed to pull in extra prana or life force as the oil pours through, creating a vortex that energises the brain. The oil is poured continuously for about 45 minutes. A deep state of relaxation is achieved, leaving the client with a sense of peacefulness and well being. The whole procedure takes about an hour and a half, and bookings are essential.

Medicine of the Month

Triphala, or three fruits, is a classic Ayurvedic medicine. It cleans everything it touches, tones tissues and membranes, rejuvenates and balances all of the doshas. It is safe for all ages, acting as a tonic when taken in the morning and a mild laxative when taken after meals. Amalaki, one of the three berries, has the highest content of Vitamin C of any fruit. Bibhitaki cleanses excess mucous and parasites. Haritaki is a nerve tonic and excellent gargle for a sore throat.

For further information, contact John on 6689-1794 or Helen on 6689-1717. Book for our Thursday clinic by contacting the Nimbin Apothecary on 6689-1529.

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Shopping in Beijing – your guide

Off to the Olympics this year?

Well, just in time for the Olympic Games, *The Nimbin GoodTimes* presents a preview of everything you need to know for an enjoyable visit to Beijing – where to shop.

Our extensive research (*at right*) has revealed just how well advanced are the Chinese preparations for the influx of big-spending English-speaking capitalist consumers.

All establishments featured have been patronised by our investigative team, who were delighted to find so many options for that unusual gift or souvenir. All are highly recommended for that quick shop between stadium events.

Surprisingly for some, the Chinese have shown they are certainly up to the task of catering to Western shoppers, with innovative marketing pitches and eye-catching promotions that would be the envy of advertising agencies in the West.

If this level of attention to detail is maintained throughout their Olympics make-over, there's no doubt these Games will be China's most successful ever!

Photos courtesy www.english.com and thanks to harris59 for the research.



Homeopathics etc

by Tarang Bates



This month it seems as though I'm going to write about arrogance. The homeopathic remedies don't have anything to do with arrogance but.....

I was watching an SBS program last night on Ayurvedic healing. An amazing method of healing, used for thousands of years in India. When the British, in all their "Christian, cultural" arrogance invaded India, they decided Ayurvedic healing was far too weird and out there - so they banned its use and practice. People were jailed for daring to disobey and practitioners even had their hands chopped off, to stop them using their healing art.

Homeopathy has been banned in various countries over time, and now of course we have big multi-national drug companies controlling various natural remedies, under the guise of health, safety and scientific proof. Not burning people - it's a bit more subtle these days but they have their ways!

Then there are the missionaries who invade the hearts, homes and minds of people, who have been living their ancient spiritual practices for thousands of years. How on earth do humans become so blinkered in their narrow realities, that they believe they have the right to impose and enforce their beliefs, above all others?

There are many other forms of arrogance relating

to domination of women and cultural practices and on it goes. I had better stop there.

The remedies for this month are:-

KALI PHOS: used for worry, nervousness, sensitivity and anxiety. Nervous asthma, and insomnia. Nervous diarrhoea, exam time and periods of stress. Also useful for people who suffer from herpes/cold sores, particularly in the early stages of an outbreak.

GELSEMIUM: is included in the cold and flu mix, AAGE, and covers those times when the body is aching, heavy weak and sore. Exhaustion and drowsiness, spine and joints ache and the body feels chilly.

MERCURIUS: is used for swollen glands, tonsillitis, ulcers in the mouth, nose and throat. Sinus with pain into the ears. Bleeding gums with a metallic taste in the mouth with lots of saliva.

For more information on these and other first aid remedies - contact Tarang at Nimbin Homeopathics on 02 6689-1452, or tarangbates@yahoo.com.au.

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10 Easy Steps to Clearer Skin

by Cheryl Beasley

At some stage in all our lives we want clearer, fresher, younger looking skin. Well it can be achieved without spending a lot of money and it can happen naturally! What you must do is persevere and over the course of three weeks your skin will begin to look fresher and clearer. Here's how:

1. Keeping your skin clean is your first priority! You must cleanse your face morning and night with a gentle, natural cleanser that not only rids the skin of dirt and grime but then treats it with an antibacterial ingredient like tea tree oil.

2. After cleansing the skin pat dry and then spray a fine toning mist over the face to cool and help close the pores while they are clean. Let this mist dry on the face.

3. When the toner has dried apply a very small amount of moisturiser over the entire face and neck. Look for a moisturiser that is made for problem skin types and contains antibacterial ingredients like tea tree oil and lavender essential oil. These ingredients are gentle but very effective at clearing the skin from blemishes and pimples.

4. Getting the right amount of restful sleep your body needs nightly will reflect in the state of your



skin. Seven hours is generally adequate. Not enough sleep over a period of time will result in problems that are hard to cure such as loose skin under the eyes and dark circles.

5. The food you eat is of the utmost importance for healthy, clear skin! Make sure you are getting a good amount of fresh fruits and vegetables and limit your red meat intake to three or four times a week. Foods that are easily digested will help your system keep your skin nourished and promote fresh, new cell growth. Drink lots and lots of water too!

6. Cleanse the skin on your body and face with a weekly scrub. When using a body scrub start at your feet and work towards the heart, this helps eliminate toxins. Doing it the opposite direction will push the toxins back

into your system. Use a very gentle facial scrub on your face and neck as these areas can be easily damaged.

7. Try an Aspirin face mask! This mask is having fantastic results on those people with open pores, pimples and acne. Crush about 15 aspirin tablets to a powder mix to a paste with a little water, less than 1 teaspoon and then apply to a cleansed face. Leave for twenty minutes to work its way into the skin and then rinse off and apply a light moisturiser. Try this weekly, after a face scrub.

8. Once a month use a home steam treatment to thoroughly draw out impurities from the face. Add boiling water to a basin or bowl and add two drops of tea tree oil. Place your face over this with a towel covering and gently let the steam open and cleanse the pores. Be careful not to let the steam burn your face. Finish with a tepid face wash.

9. Get out into the fresh air and take a walk, swim in the sea, ride a bike and have



fun! The exercise will boost your system and your skin will love it.

10. Take a fish oil supplement daily. Cultures that eat a lot of fish have clearer skin and the fish oil helps eliminate toxins from the body and by now you know that is fantastic for your skin!

These ten easy tips will help you get that clear skin you so desperately want, remember to make the lifestyle changes you need to and enjoy the benefits that will come with it! A fresher, clearer more youthful looking complexion.

Please visit us at www.lanab.com.au for further advice and a healing range of natural skin care products.



Bowen and crook knees

Third in a series
by Tonia Haynes

Bowen therapist and Pranic healer Phone 02 6689-9284

Hello all. Well it's winter in paradise. Doesn't get too stark here though. Already the blossoms are forming on rebellious trees that ain't waiting for no frost.

Blossoms or not, this is the time when cold and damp send the blood rushing inward to keep the organs warm and cosy. Unfortunately leaving the extremities, our arms and legs a tad neglected, to be kept warm by outer clothing.

How are the knees, aching more than usual? There is little pain worse than chronic or severe knee pain and one needs to have suffered from it to know. Knees are one of the weight bearing parts of the body and when they aren't right, life can be pretty crook.

Sports' injuries, accidents and old age can play havoc with the poor old knees, but if the leg muscles that support them are switched on and strong the discomfort will be far less. Non-weight bearing exercises such as swimming (brr), reclining leg exercises (minus partner), or an exercise bike do really help to keep the knees' support muscles switched on and lubricated.

Exercise bikes are probably the best form of exercise for wonky knees. I know, boring! Watch television while you are pedalling, or try reading a book. Now there's a challenge! You will be getting the brain to do two opposite things at once.

Perhaps you have a knee problem that has a mysterious, undisclosed source. It may be coming from your back.

Nerves, which start in the brain, run all the way down the spine and enter most parts of the body, including the legs. If a nerve is impinged because the back is out of wack, the pain may register somewhere else along the nerve.



In this case, if the third lumbar vertebrae in the lower back is compromised, it may cause pain or stiffness in the knees.

Conversely, if you are walking off balance because the back is out, the knees will be receiving uneven weight, which also may cause knee pain.

So if you have knee pain and aren't sure why, have your back checked by a Bowen Therapist, Osteopath or Chiropractor.

Bowen Therapy will also relieve the pain of most knee problems by switching on the supporting leg muscles and taking nutrition to the knee area, assisting it to heal.

There are some oral preparations that will help. Biocetical Ultra Muscle Ease will decrease the pain by relaxing the muscles, also good for constipation.

Glucosamine Chondritin will, over a period of months ease the problem. Go for the powder, it absorbs more efficiently than the capsules.

If a knee replacement is the only cure, remember you are doing a great service to Nim-FM by carrying an extra aerial in your knee.

Next month I will share some information about minerals and how they can keep us healthy. Minerals, including trace elements, are an integral part of our good health.

Love light and laughter.

Cook's corner

by Carolyne

Recipe of the Month

Flourless Chocolate Truffle Cake

This recipe is chocolate lovers' Heaven! Enjoy.

225g brown sugar
6 egg whites
300g dark chocolate
60g caster sugar
337g softened unsalted butter
6 egg yolks
345g almond meal fine ground

Melt the chocolate over a bowl of boiling water or microwave, leave to cool. Cream butter and brown sugar, add egg yolks while beating on medium speed, change to low speed and add chocolate to egg mixture, then add almond meal. Make a meringue with egg whites and castor sugar, fold into chocolate mixture. Line base of 25cm spring form tin, bake at 150° for 80 min. Slide knife around edge of cake to



loosen, leave in tin, set aside and make truffle topping.

Truffle Mousse Topping

233g dark or milk chocolate
100g honey
167g sugar
280ml cream
67g softened butter
4 eggs

20ml Cointreau optional
3 tspns gelatin

Melt chocolate over boiling water or gently in microwave, add butter and stir until combined, add honey, combine. Whisk eggs and sugar until light and pale yellow, add chocolate, butter and honey to egg mixture; set aside. Whisk cream to a thick pouring consistency, combine with chocolate mixture, add gelatin stir gently.

Cut the chocolate cake and place into dessert dishes, gently pour the truffle mousse topping over the cake to 1/2" from the top, place in fridge to set, take out of fridge 15 min. before serving.

To serve, top with strawberries, a dollop of whipped cream and curls of dark chocolate.

You may substitute 3 leaves of gelatin in place of the powder.

For any information call Carolyne at the Coffee House Nimbin 6689-0590.

Until next month, Happy cooking!




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LOOK TO THE STARS

A MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

BY BEV MURRAY

July 2008

July should look a little brighter and easier to most of us than the somewhat taxing June in which a plethora of retrograde planets held most plans and projects at bay. Mercury is moving forward once again, we are not plagued by any eclipses until August and with Mars and Saturn, and then Mars and Jupiter as the only outer planets that will be aspecting one another this month, we can expect an increase to our stamina, energy, and willpower along with improved communication and understanding. Of course we also have the Sun and later Mercury in Cancer this month which aids our nurturing and compassionate natures. If we don't make some progress in personal relationships and find things to smile about during July then I for one will be very surprised! The new Moon on the 2nd is also in Cancer, setting the stage for some lovely family time. On the 18th the Full Moon in Capricorn aids work and career decisions, along with our ability to focus and get things done! Once the Sun moves into Leo on the 22nd the social pace picks up and there are lots of opportunities for making new friends and having a fun, creative time. Towards the month's close though, we may start to feel the energy of the early August eclipses...this can be challenging but the key is to be prepared to accept change and be mindful of your moments!

Aries This month is about new beginnings both at home in your personal life and in your work arena. Things that may have seemed frustrating up until this point will most likely turn around and offer some very positive opportunities. Mars and Pluto in the 1st half of the month encourage hard working energy particularly if this involves travel or study.

Taurus Communicating, negotiating deals and planning projects are all favoured this month. Unfortunately however Venus and Jupiter clash quite unpleasantly for the 1st week of this month and this does not auger well for education, travel or communication in general. Just sit it out as it all gets better with the month's progression.

Gemini You are thinking about solvency and fiscal matters this month. Decisions about the future need to be made and the direction may seem a bit unclear at the moment. Be aware of an argumentative tendency from the 4th-8th of the month. You can learn a lot if you allow others to have a different view point. Listening gives insights.

Cancer You can have some trouble around intimate relationships this month but it is wise to let an issue go and not get too hot under the collar about it. At work a partner can be on a different wave length but remember it is not personal. Travel and vacationing are favoured but serious business can be

difficult. Plan on having some fun instead.

Leo There are opportunities for earning more money this month but you need to keep an eye on your health. Too much stress or mental stimulation can deplete you physically. The New Moon on the 2nd offers you an opportunity for spiritual growth and new beginnings. Anything begun during this phase will have a beneficial effect on your life.

Virgo Net working and social activity will nicely benefit your work arena this month. You are encouraged to have more fun and laugh more this month and this includes letting work take a back seat for a change. The new moon encourages new outlets for creativity particularly if they involve technology, try the net!

Libra Many changes around your home and family will have you feeling quite busy early on this month. Your professional life is also looking busy and proactive. Juggling it all can be quite taxing. Meditate to replenish energies and try to keep a reasonable balance. The 2nd's New Moon offers you a great opportunity, go for it.

Scorpio A maxing out kind of month, especially where your social life is concerned. Education is looking positive and networking comes naturally! You seem to be in the right place at the right time to make things happen, you just need to know what it is you want to make

happen!! The first week is your most exciting!

Sagittarius This is a positive month to work on the budget and finances in general will be looking up! Foreign individuals will figure prominently in your circle this month and they have some very interesting wisdom to impart. Be listening! For some of you your partner or intimate other will be receiving a bonus financially and this will help you too!

Capricorn Some differences of opinion are likely this month. Luckily this month increases your negotiating skills and ability to win others over! Stay positive and watch what you say for the best results though! If you keep your profile low until the final week of the month you will have an opportunity to affix things!

Aquarius Money can be tight which makes it hard for you to do all the fun things you are offered this month. Be discerning and balance things for optimum results. Working hard will benefit in the long term and there is gain to be had! Do be careful until the 8th however as it is too easy to overwork and become stressed.

Pisces Socially an exciting and rewarding month. It is perfect to have a holiday during this month but it may not be possible for all of you! Try to get away for a weekend at least. Finances are looking good; Mars still favours you here so there seems little to worry about. The New Moon favours visualization.

Bev can be contacted on 0401-800-210 or insightbevmurray@yahoo.com
Check out her blog <http://fffemale.blogspot.com> Bev would love to hear from you and your comments on her blogspot would be appreciated.

Sex surrogacy issues

by Laura Myer

This month I am talking more on the issue of domestic violence and my theory as to why this happens.

Many of us have been so conditioned to believe that a 'good, rich man' will come our way and provide everything for us. This mentality has remained in place, particularly from the 1950s.

When we as women do not remain independent, we are susceptible to giving our power away. We create a 'neediness' for ourselves, rather than a strong independence. This makes us vulnerable! We have come to rely on a man for our food and shelter, and in return make a commitment to him, during a relationship because we need him.

When a woman gives her power away to a man, and loses the ability to remain independent and separate from him, he begins to lose respect for her. If a woman caves in and allows herself to be dominated in a way (for the sake of 'peace'), then he will start abusing her. This is a form of control over her.

He begins to try to shape her into what he is expecting of her. If he is unsure of what he wants and is not happy within himself, he seeks it from the woman in his life. She can only do so much and usually whatever she does, is never good enough for him!

If she surrenders and caves in to him, rather than standing up for herself – which means risking the food and shelter and being independent – she will accept abuse in her life in order to keep her security. I believe this is the crux of why domestic abuse happens.

It is not a smart thing to fall pregnant to a man who has shown signs of abuse early in the relationship. A baby does not necessarily guarantee that he will 'soften' and 'commit'. In fact a baby can provide more stress. You will create terrible circumstances for yourself where you become ensnared.

It will be hard to escape as



well as difficult to remain in contact if you have to. It is a double-edged sword for yourself! You must take responsibility for a poor choice that only you made!

No one makes you stay with an abusive man! You create circumstances for yourself. Think carefully about a full term pregnancy to an abusive man. (Termination services are available in Tweed Heads. Also enquire in the Happy High Herbs shop about special herbs to help with an unwanted pregnancy).

I have just read a website on domestic abuse <http://www.dvirc.org.au/HelpHub/Stories/Stories.htm> and can see clearly a real pattern from the very start. Many of these women fall pregnant to these men, then need the man as the father of their child.

He becomes full of promises to not drink or hit her again, maybe attends 'anger management' classes which do little if he has felt that he is at liberty to abuse the woman who has failed to protect herself emotionally. The only answer is to leave. Having his baby means you are tied to him for many

years.

I do not believe in the phrase 'meant to be'. I believe you CHOOSE your destiny in life, and make a choice for a nice partner or to go it alone (which is not the end of the world if you DO find yourself alone). I, in fact, find I enjoy living alone. I can think clearly and have found my life passion – which is a desire to bring healing to the world.

I believe women need to keep a sense of independence, in case the relationship does not work out. Life offers us no guarantees, even if a couple get married.

We all go into marriage hopeful that everything will work out. However in reality, only a small percentage of married couples are actually happy. Many people find they have sexual differences within marriage, even though people marrying expect that they will find sexual fulfilment.

I believe abuse may also happen if there is so much expectation that one person fulfils all of our wishes and desires. This is too unrealistic!

It is vital that women keep up their work skills. By not doing so, they remain vulnerable to giving away their power. 30% of Australian women have faced domestic abuse or violence. Any percentage is too much and is not acceptable in my view!

Laura Myer has work available anywhere in Australia. Being a sexual surrogate has given me immense freedom as well as security. With good strong boundaries, I have been able to set myself good business transactions. It is not an industry for 'bad girls'.

In fact if you read your history books, prostitution was once a sacred religion and the women who did the work, were the most revered in society.

Please contact me if you are needing support from an abusive relationship where you can start again and find a new life for yourself. Phone 02 9654-2601.

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Dr Free Love, Nimbin's own Sexpert's

Advice for the Lovelorn

Please send all your sexual etiquette questions to dirtylaundrygirl@hotmail.com and they will be answered in strictest confidence in this column each month. No time-wasters, please.

Dear Dr Free Love

How do I know the guy I am with truly loves me instead of it just being lust? Also, how do I really know I love him and it is not just a frivolous sexual encounter?

Answer

Firstly, if the guy is willing to not only steal your car but follow up by helping you to fill out the complicated paper work to cash in the insurance policy, know there is a good chance he may not have any depth of devotion to you. If he takes you on a long drive and somewhere far from home gives you the option to 'fork it or walk it'; translated, a man who refuses to drive you home simply because you choose not to get dirty with him may not be "the real deal". From your side, if you find yourself accompanying him to visit his elderly relatives in nursing homes and are not just pretending to enjoy it, there is the trouble and danger of actually being afflicted by the state of true love. Further a man not willing to commit crime, defend your honor (even though you clearly don't have any) and cater to your every self indulgent whim is not worth a second glance (or twentieth screw, whatever may be appropriate at the time). Be wary! There are many reasons to avoid true love and stick to a few meaningless sexual encounters. Most of your friends will find you a complete bore to be around so you must apply the one very important golden rule: avoid talking about the person altogether. This way, you will not end up socially isolated when the love inevitably dries up and boredom sets in.

Dear Dr Free Love

I began a relationship with a riot squad officer who was involved in the recent April fools day raids in Nimbin. I knew there was chemistry between us when the idea of him conducting a full body search was more of a turn on than an intrusion. We have been seeing each other privately and secretly and I have been indulging in very kinky sex which involves spanking and degrading him in very extreme ways. He tells me not to expose our relationship in public but I don't want to be with a man I am not proud of, what should I do?

Answer

Honey lets face it-sounds like you have intense sexual chemistry and that is certainly nothing to do with anyone else. Keep the kinky stories to yourself as most people wouldn't like to admit they would get off on spanking and degrading a police officer of the law as this would be dishonoring and abusing those gracious knights who make our town safe at night (at least one night of the year) and are



Dr. Free Love
Divorce Celebrant

so loved and appreciated by everyone. It is simply not politically correct to want to even bed a cop let alone sexually dominate him (or her). Keep your mouth closed, this way the town can continue to believe that those sent to protect us are well adjusted and 'normal' instead of extremely warped and in need of sexual degradation.

Dear Dr Free Love

I am an older woman and people always tell me I need to go out and find sex for sex's sake and not for the sake of a relationship. I have had bad luck in relationships and have developed an intense hatred of men despite being still, ashamedly sexually attracted by them. I have never had casual sex and would like to try it. How do I reprogram my mind to think that it is ok and acceptable?

Answer

Do not think for a moment that casual sex is socially acceptable for a woman. It is merely the inevitable result of being used and abused by the men she has invested trust and love in, only to have them constantly play 'peeping tom' with her best friends and refusing to take the garbage out or chop fire wood in the name of trying to encourage her to 'be strong' (the truth is he is simply lazy). It is a good idea to surrender to heartlessness when it has developed in a very natural and unforced way. Sounds like you have arrived. A Giveaway sign of love burnout can be permanent scowling on your face that does not seem to remove itself no matter how many people you are rude to on the street. Some woman in the severe and irreversible stages of love burnout can take action by either becoming a middle aged prostitute or joining lots of committees so they can get legitimate chances to verbally abuse men. Joining exclusive woman's groups and finding a safe place to express contempt and loathing toward the inferior sex is also a good idea. If you still can not shake your sexual attraction toward men despite hating everything else about them, it would be a good idea occasionally to simply ask them if they would help carry your groceries to the car and then offer to reciprocate with sex over the car bonnet. Then just carry on your day as though nothing has

happened but a little private 'therapy' session.

Dear Dr Free Love

I am desperately unhappy. I had a girl tell me she would love me forever and now she has gone the extreme opposite way. She said I wasn't attentive enough and for this reason she left me heartbroken. Now when I see other people in happy relationships and kissing in public I have turned into a bitter kill joy and make angry gestures toward them compulsively. I have had to resort to an internet romance but this is no substitute for the real thing. Please help!

Answer

When the girl told you she would love you forever don't automatically think that she didn't mean it (obviously sincere in the heat of the moment). Woman are like the wild wind darling and sometimes the wind simply needs to change and blow without profound cause or reason other than the fact it wants to ruin someone else's perfect hair style.

It is no surprise you are so miserable! Though it can be tempting to sit in front of the computer for hours looking at pictures quite often taken ten years earlier and photoshopped to look perfect, you need to untie the twisted knots that keep you deprived of the affection of a real woman. Having an internet romance is like artificial sweetener instead of good, wholesome molasses. An overdose of artificial sugar can cause major health problems. You need to sit in front of the mirror naked and repeat the following affirmation "I am happy when I go for a drink and am surrounded by couples pashing on madly at the back of the pub". Hopefully before long you will develop a lighthearted persona enough to snare and totally imprison a lovely lady to your mutual benefit and pleasure.

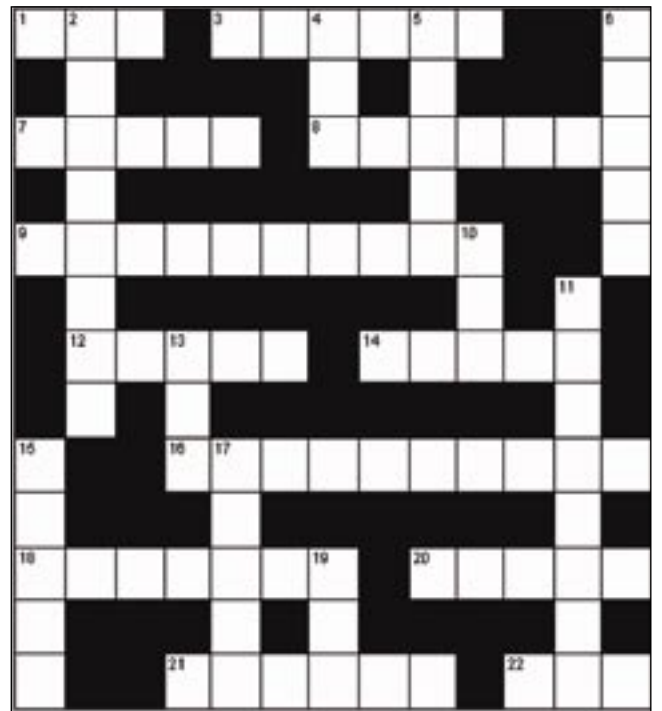
Dear Dr Free Love

I am really attracted to this girl who everyone else thinks is a bitch, especially all my female friends. I think she is extremely sweet, funny, vibrant and affectionate even though by modern standards she is obese, her hair is cut like a boy in the army and she wears clothes with very little natural fibre content. Despite what most people think are flaws, I think she is perfect. Should I make a move anyway???

Answer

Absolutely. People probably just hate her because she is not aware or bothered about the things that they perceive as flaws. A person who is confident and comfortable with themselves can be much more exciting than a stereotypically attractive one. In this vein, quite often woman with generous breasts can turn out to be bitches and woman with horrible, unsightly tiny ones (also referred to as 'smartie tits') can turn out to be good cooks and make nice girlfriends. So dive in darling.

Best of Nimbin Crossword 2007-02 by 5ynic



Across

- Burnt Offering? Often put in a tray
- (and 5 down) Discordian prime number. Number of chromosomes in a sperm or egg (6,5)
- Not sensible
- Hopeless, miserable
- Sauce you'd make from granny smith
- National Organisation for the Reform of Marijuana Laws (NZ, USA)
- Wash soap out
- An Egyptian riddler in Northern Rivers? Must be stoned (6,4)
- What you open at a bank
- Airborne infant with bow and arrow
- At sixes and _____
- Raced in a spoon?

Down

- (and 15 down) (Hair-) Cutting...off the parts with most THC (8,5)
- Pixie
- See 3 across
- Hand-percussion instrument
- Fourteenth letter
- Trying to touch something by stretching out an arm
- Medieval kingdom - capital Kiev, then Moscow
- See 2 down
- Cut back a tree or hedge
- Body-part furthest from the heart

Solution p. 23

Ed's note: 5ynic is Sick this month, but we're hopeful of a speedy recovery and a new crossword in August.

102.3 **102.3**

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