

# Homeopathics etc

by Tarang Bates

## Over the Rainbow

Rain clouds dripping  
On slippery roads  
Flanked by purple blossoms  
And soft Bunya shoots  
Over the rise  
Down the valley  
Blue Knob languishes –  
Pregnantly  
Draped in misty softness.  
Past the fields  
Of fat brown cows  
Past the grey gum ghosts  
No MacDonald's, motorways,  
Coles or Woolies  
Not today anyway –



ones". Even more of a worry is how much support she has!

However changes are afoot around Nimbin.... The rate of businesses changing hands, closing down and being created, seems to be at an all time high right now. It will be interesting to see where all this leads us - hopefully in a positive direction.

At least we have a new line up in the Lismore Council, which has the potential to oversee any major changes, in a way that is sensitive to our current cultural flavour. The new council looks promising, in terms of ethical behaviour and sustainable action – time will tell.

Then we have America that unfortunately dictates the action taken on many crucial world stages, far beyond its borders. I am hopeful that the trend of change will continue, because if not, we should be alert and very alarmed – I mean what hope is there, when one of the main presidential players, passionately espouses her stance on being "pro life" in one breath and then with the next breath, just as passionately supports war and people's right to carry guns.

Hey - this does not compute to me – please explain! Does she not realise that guns and war kill people? - or is it that she doesn't mind killing some people, but not others who may in her eyes be the "chosen

anyhow on to the business of Homeopathics, this month related to changes in breast tissue. See, it's still all about change!

**CONIUM:** Is useful when treating cysts in the breast which are hard, painful and maybe itchy. Breasts may be more uncomfortable just before and after bleeding, with stitching pain in the nipples. Also a useful remedy to use, after a blow to the breast.

**PHYTOLACCA:** For lumps in the breast that are firm and painful before or during bleeding. Very useful for mastitis, during breast feeding, combined with phytolacca (poke root) cream rubbed on the breast.

**CALC CARB:** Is a useful remedy for women with very large breasts, who experience pre-menstrual congestion.

*These remedies and available from NIMBIN HOMEOPATHICS. Please contact me for more information on using these remedies Tarang 02 6689-1452 tarangbates@yahoo.com.au. NB if contacting me via email, please include homeopathics in your subject so you don't end up, spammed with the UK lottery emails.*

# Ayurvedic Info

This month, we talk about the third dosha, Vata. Vata is made up of the elements of ether and air. It is dry, light, variable, cold, rough and subtle. Vata rules the large colon, nervous system, bones and all movement.

Vata individuals have slim, flexible bodies. They are lightly muscled with little fat, tending to be either tall or short, with flat chests and less stamina than the other doshic types. They have prominent veins and dry skin tending towards roughness, with poor circulation, often with cold hands and feet.

Their appetite and thirst are variable, as is their digestive strength. Sweet, sour and salty tastes pacify Vata but they are often attracted to tastes that will aggravate them. For example, raw fruit and vegetables in excess will aggravate them, making them spacey and vague, whereas cooked root vegetables will round them.

Vata types sleep less and more lightly than the other doshic types, especially when Vata is aggravated. They have quick, flexible minds and are very creative, excelling in innovative ideas. They talk quickly and a lot and may not think things through before they act. They can be subject to fears and worries, anxieties and resulting depression.

Hyperactivity and sleeplessness are a sign of unbalanced Vata, as is osteoporosis. Constipation, irritable bowels, excessive wind and bloating are also Vata symptoms.

Vatas should keep warm; well oiled (internally and externally); get a good night's sleep; have warm food and drinks; garden to keep grounded; avoid extremes and keep a regular routine.



John

## Herb of the month: Ashwaganda

Ashwaganda is sometimes referred to by its botanical name of Withania, or its common Western name of Indian Ginseng. It is tonic, rejuvenative, aphrodisiac, nervine and sedative.

Ashwaganda builds endurance, helps people recover from illness, tissue deficiency and chronic disease, being ideal for people with nervous exhaustion or suffering from lack of sleep or over work. It helps stabilize weak pregnant woman and their fetuses and regenerates the hormonal system. It treats many Vata imbalances including old age, emaciation, weak eyes, multiple sclerosis, rheumatism, skin afflictions and anemia. Traditionally, it is taken as a powder in warm milk at night or as an arishtam, not as a tincture.

## Treatment of the month: Basti

Basti is one of the panchakarma treatments. It literally means a bag or container.

Commonly known in the West as enemas, bastis are far more than simply warm water. There are two basic types: oil or decoction. The purpose of the oil basti is to moisten and regulate the large bowel. Decoction bastis are used to cleanse and balance the bowel, and in doing so promote health and elimination of toxins.

Bastis are one of the quickest ways to balance Vata, and can be done singularly or in special series of treatments. A brief consultation is necessary to assess the type and duration of bastis to be given.

*Bookings can be made for our Thursday clinic at the Nimbin Apothecary on 6689-1529, or by ringing John on 6689-1794, or Helen on 6689-1717. We're also happy to do home visits.*



Helen

# Nimbin Meets Dao

by Cao Xi Xia

West and East, ancient and modern, meet in the Nimbin valley.

The ancient Chinese book, Daodejing, was written by LaoZi over 2000 years ago. Some of the theory advocated in that book is very similar to Nimbin life style. The concepts are reflected in Nimbin's permaculture and alternative life-styles. Many Nimbin people prefer organic products. They do not like to add chemicals to change the original taste, which is from the earth. Of course they do not like genetically modified food, as it changes nature to fit human's greed. Nimbin people love their gardens. They choose the plants that fit in the local environment. They kneel down to the earth and are thankful from their hearts to the soil, the sunshine and the rain.

Both LaoZi and Nimbinites respect nature. This is shown in Lesson 63 of the book: "Human beings must follow the rules of the earth, The earth follows the heaven, The heaven follows The Dao, The Dao follows itself, nature."

This is a very clear description about the position of humans, as the lowest level compared with the earth, the heaven and The Dao, nature. Human beings should respect their position in this world.

Most Nimbin people may not know of the Daodejing, but they do follow nature, respect nature. By contrast, there is downside recently: some fruits are not as tasty as they were before. The fruits are changed by the motivation for more profit. This is not what most Nimbin people like to see. And this is against The Dao's teaching.

Besides being respectful to nature, both The Dao and Nimbinites treasure kindness. LaoZi said in Lesson 7: "I treasure three precepts which I always keep.. one is kindness, the second is called thrift (or living simply), the third is - no fighting."

According to The Dao: we should treat kind people kindly, and also treat people who are not kind, kindly; we should trust people who are reliable, but also trust people who are not reliable. Why? To give them some chance to become kind and reliable. If no one is kind and trusts them, they may just become worse and worse.

Kindness is everywhere in



Laozi is revered as a god in religious forms of Taoism

Nimbin. Nimbin tolerates people who are considered "bad" in many other places. Just as The Dao said: "Always try to respect people, so there is no one to chase away... and always repair so nothing needs to be thrown away."

This is LaoZi's second precept – thrift or simplicity. Nimbin people do not just throw everything away. They recycle; they leave leftover food for their pets or chickens. They re-use old cloth to knit beautiful mats. They can use solar energy for electricity.

But, Nimbinites are not always good at LaoZi's third precept: "do not fight with anyone". Yet fighting seems to be humans' nature. Why fight? Because we are selfish. One fights for a bottle of water for survival, another fights for millions of dollars, to put in his pockets, or an organisation's big pocket. There is still long way to go to stop fighting.

In 1973, Nimbin people dreamed of a new harmonious society. Thirty-five years later, the community has changed a lot, although quite a few still argue and fight, over a fence or in a court. The Dao teaches that everyone should try being calm and happy whilst being misunderstood or misjudged.

It doesn't help to argue. Why? Few people will listen to the explanations from the other side in a hot argument. If people do not fight with anyone, the family will be happier; the community will run smoothly, society will be harmonious, Nimbin valley will become a happy valley.

How do we achieve this? By sitting down and practising The Dao. At the same time, we should follow The Dao's teachings in daily life. Thus human beings will be improved, and our society will be more harmonious.



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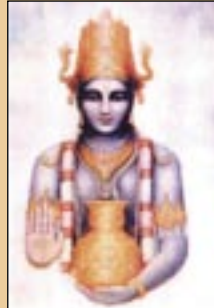
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# Cook's corner

## Recipe of the Month

by Carolyne



### French Style Nectarine Tart

I am a great lover of puff pastry but rarely take the time to make it. Instead, I make a rough puff pastry.

This method uses the same ingredients as fine puff pastry but puts them together differently and takes half the work, and has a lovely country texture.

Always reserve a little of the liquid in case all of it is not needed. I use cream rather than water when making dessert pastry. This amount makes about 500g of pastry; it doesn't seem to work as well when made in small amounts. Freeze any leftover pastry, pat it into a flat "cake", then wrap it well in plastic film the day it is made, to avoid oxidation.

If you are really short of time you can use ready-made butter puff pastry.

#### Ingredients

750g ripe nectarines  
1 tbspn sugar  
2 tbspn loquat or apricot jam  
1 tspn kirsch  
**Rough puff pastry**  
450g plain flour, plus extra for dusting  
450g chilled unsalted butter, cut into 1.5 cm cubes

1 tspn salt  
1 cup 300ml pure cream

To make the pastry, tip the flour onto a cool bench and make a well in the centre, then add the butter and salt. Using the tips of your fingers or a pastry scraper, rub or cut the butter into the flour. Add ¼ of the cream into the flour mixture, but do not knead it. Add the remaining cream if necessary; the dough should still be lumpy with small knobs of butter.

Generously flour the bench and roll the dough out a 1.5cm thick rectangle. Use your hands to even up the rectangle to make folding and rolling easier. Brush any flour from the pastry (this is very important as any extra flour will toughen the pastry).

Then fold one end of the pastry into the centre, then fold the other end into the centre, now fold the pastry in half, creating four layers of pastry.

This is your first double turn. Roll

out the pastry and repeat the process twice more. If the dough becomes too difficult to manage, refrigerate it for 20 minutes between turns. Wrap the dough in plastic and refrigerate for 20 minutes.

Roll out the chilled pastry and use it to line a 20cm tart tin with a removable base, prick the base all over with a fork. Refrigerate the base for at least 20 to 30 minutes.

Preheat the oven to 220C. Wash and dry the nectarines, the cut them in half and remove the stones. Cut each half into 3 segments and arrange in circles over the chilled pastry case, with the slices just overlapping one another. Sprinkle the sugar over the fruit and bake for 30 to 35 minutes or until fruit is cooked and the bottom of the pastry case is well browned (you may need to cover the edges of the pastry with foil during cooking to prevent burning).

Carefully remove the tart from the tin and slide it onto a wire rack to cool a little. Gently warm the jam and kirsch in a small saucepan over low heat, then brush over the fruit. Serve hot with a dollop of fresh whipped cream.

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

Nectarines are just coming into season. Enjoy!

## Tolerance

Do you remember who bombed the Hilton?

Do you remember Cedar Bay?  
Do you remember what's a NAGER  
And what the people say

Do you remember what the side bar looked like in 1983?

Its solid wooden benches engraved with history.

Well piss-holed eyes in snow still haunt the numbum street  
"Some gunga or a cookie mate?"  
the cry of those who greet

But delve a little deeper  
Look beyond the main street's tills  
And tolerance is still spelt Nimbin  
With vigour and good will.

Peter Smallwood

## Fabric

My tears just now are hot discoveries of the furrows lined in the history of my face that does and will not

Relent to the hard the dry and the harsh meaning of the hollow god and cash driven embrace of those of the neither and the nor of attributable resource

My tears are a disco spill and where the fabric lies and spreads across the Nation it does not grasp

But simply surrenders gently  
Ownership of Land

There – I will stand

Warwick Fry

## Spiced Lentil-Stuffed Capsicums

by Pixie Barrett

With capsicums being in plentiful supply and thus affordable, here is a great recipe for a yummy meal from a website called [taste.com.au](http://taste.com.au)

I use dried and soaked lentils, not tinned; no coriander and a few other variations like a little more garlic.

#### Ingredients (serves 4)

4 medium red capsicums (see note)  
20g butter  
1 stick celery, trimmed, thinly sliced  
1 leek, trimmed, thinly sliced  
2 garlic cloves, crushed  
3 teaspoons ground cumin  
1 teaspoon ground coriander  
400g can brown lentils, drained, rinsed  
400g can diced tomatoes  
1 teaspoon vegetable stock powder  
½ cup fresh flat-leaf parsley leaves, chopped  
3 teaspoons olive oil  
plain Greek-style yoghurt, to serve



#### Method

Preheat oven to 180°C. Line a roasting pan with baking paper. Slice tops from capsicums. Reserve tops. Scoop out seeds and membrane. Stand capsicums in prepared pan.

Melt butter in a non-stick frying pan over medium heat. Add celery and leek. Cook, stirring, for 3 to 5 minutes or until light golden. Add garlic, cumin and coriander. Cook for 1 to 2 minutes or until aromatic. Add lentils, tomatoes, stock powder and ½ cup cold water. Reduce heat to low and simmer for 5 to 10 minutes or until sauce thickens. Remove from heat.

Add parsley and season with salt and pepper. Spoon warm lentil mixture into capsicums. Place capsicum tops over filling. Drizzle with oil. Bake for 45 to 50 minutes or until capsicums have softened and skins begin to blister.

Place capsicums on serving plates. Gently lift tops and top each with a dollop of yoghurt. Replace tops and serve.

#### Notes & tips

Use short and wide capsicums (rather than slender), so they stand without falling over. You might also need to trim the bases so they sit flat.

Happy cooking!

Contact Pixie at [webuy4u.com](http://webuy4u.com)

# Controlling Oily Skin

by Cheryl Beasley

Many people experience an overproduction of oil on their skin, but there are natural alternatives and natural routines that can help control this over production and settle the skin.

A simple daily routine of cleansing, toning and moisturising can be beneficial for oily skin. Pure, non irritating products will give your skin the chance to balance itself out over a few weeks. Weekly gentle steam treatments will help cleanse out blocked pores and tepid water washes will cleanse gently. Adding a tablespoon of white vinegar or lemon juice to the cleansing water will also help control oil production.

These masks/treatments below can be used to also help control oil production but be cautious, you don't want to over stimulate your oil glands as they will produce even more oil and the cycle will continue.

#### Strawberry & Lemon Facial Mask

For this mask you will need:  
1 tablespoon of lemon juice (fresh squeezed or concentrated)

2 egg whites  
2 tablespoons of honey  
1 cup of mashed strawberries  
4 drops of jojoba oil (optional)

Mix the ingredients together and apply immediately to the face for around ten minutes.

This recipe will make enough to treat your face and chest effectively.



Clay



#### Plain Yogurt

Applying plain yogurt every day either as a cleanser or as an after-application can help to dry up the excess oil found in your pores and you will quickly observe improvements to the skin. Simply apply, leave for ten minutes then rinse off with cool water.

#### Tea Tree Oil & Salt

Applying tea tree oil mixed with sea salt can help ease your oily skin issue without causing excessive dryness. ¼ cup fine salt mixed with only one drop of tea tree oil and then used as a facial scrub will help control oiliness. It is important not to rub this harshly over your face rather wet your hands and then rub the mixture between your palms until almost dissolved then apply gently to the face. Rinse with cool water thoroughly.

**Bio:** Cheryl Beasley is the founder of LanaB Skin Care, an online natural skin care business that produces fresh and pure products as ordered. She produces a monthly newsletter pertaining to the industry and has over twenty years experience producing skin care products. LanaB's Skin Care range includes natural creams and lotions for all the body, delicious scrubs, balms, sulphate free bubble bath, hydrosols and more.

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# LOOK TO THE STARS

A MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

BY BEV MURRAY

## October 2008

October begins with Mars moving into Scorpio, a combination that can have us feeling the full intensity of our emotions and as a result, behaving quite rashly. The full moon on the 15th in Aries is also a feisty and intense combination. Pent up anger and spontaneous reactions are possible. It would seem that along with retrograde Mercury, the above configurations will make the early part of October quite difficult. Communication can suffer and confusion reigns supreme! To minimize this energy it would be a good idea to practise relaxation techniques and practise the art of letting go and being in the moment. From the 17th, Mercury goes direct once again and things begin to smooth out. Venus moving into Sagittarius and the Sun into Scorpio in the final week of October, herald a turning point for many of us! Linking the past with an expansive future will be on our minds. How can we learn from old lessons and create a more ideal space in which to live? This final week will also be great for intimate relationships. The stock market has certainly been unpredictable of late and this will continue to some extent throughout October. The final week of the month and into November will be significant here, but the news may be troubling. This month is about inner growth, confronting our true selves and expanding our spiritual connections. The process can be challenging but the results are gratifying! Beware of silly little accidents early on in the month...they can be avoided by paying attention to detail.

**Aries** With Mercury retrograding until mid month it is important that you pay extra attention to clear communication. This applies to your listening skills in particular...pay attention to what is being said and ask for clarification if there is any doubt! It's too easy for you to take offence wrongly and a knee jerk reaction is likely to get you into trouble!

**Taurus** Relationships are the prominent factor for you guys this month. Someone from the past can reappear and get you quite steamed up! Be really sure about this before rushing in. The 23rd is a good day for air clearing and getting your head together! Financial hassles are due to ease a little during October, paving the way for a better November.

**Gemini** The latter half of the month is healing time for Gemini, both on a physical and on an emotional level. You are still in a process of dealing with your conflicting needs for stability and adventure. Change is likely to be thrust upon anyway this month so be prepared to embrace the adventure!

**Cancer** Your best approach in October is to let go, relax and use your time to review the year already past. The first week of the month this can be more than difficult because someone is just not playing the game fairly from your point of view! Be careful of what you say however, as others are particularly touchy now!

**Leo** Try to take this month a little slowly and get organised before leaping into situations that are new for you. Home-life and career are the key areas of focus and getting a reasonable balance of the two is uppermost in your mind. Watch for the 28th as this is a star day and something fortunate should come your way.

**Virgo** Work and career related issues can seem full of pressure and tension at present. Be aware that it is your own critical nature that you are struggling to come to terms with! Health issues however seem to be getting better and the last week of October in particular is a great time to seek healing treatments of any kind.

**Libra** Finally you can breathe and watch as the obstacles that have been blocking your path for the past few years are rolled away! Embrace the change and see it as a red light for a new beginning! The 5-11 is excellent for financial dealings and there may also be some good news on these days. Be extra romantic with a loved one on the full moon.

**Scorpio** Mars in Libra makes a lovely sextile to Pluto on the 2nd, suggesting an optimum time for telling someone how you really feel! Use the energy of the first week of the month to get some extra workouts or take an extra long run. If you don't others can find you impossible to deal with! Learn to let go in the final week of the month.

**Sagittarius** Many Sagittarians will be feeling a little out of sorts as October begins and there is certainly some pressure around! Suppressing your feelings will not help; it is time to be clear and to the point in your communications! Time for you is also important now, so be sure to let yourself have it.

**Capricorn** The day to watch this month is the 23rd, set to provide an exciting opportunity. Career wise the 25th also offers you something new or better. This month is the forerunner of a new phase for you guys. It will be a time when old lessons pay off and your natural integrity finally pays off! Support comes from unusual places.

**Aquarius** Health wise the middle part of the month could be difficult. Take it easy and deal with anything as soon as it comes up. The 28th is the start of a new and better energy phase so things pick up then. The 27th is a dynamic day for clearing the air but it might not be a breezy occurrence! Being flexible really helps!

**Pisces** It's transformational time! You need to spend October reviewing the past twelve years and getting clearer about your destination! If you avoid spending time on this you will just wind up feeling confused and irritated. Keep life on the simple on the outside and do that inner work thoroughly before rushing off at a tangent!

Bev can be contacted on 0401-800-210 or [insightbevmurray@yahoo.com](mailto:insightbevmurray@yahoo.com)  
Check out her personal blog [fffemale.blogspot.com](http://fffemale.blogspot.com) or her astrological blog [www.astralinsights.blogspot.com](http://www.astralinsights.blogspot.com) Bev would love to hear from you and your comments on her blog spot would be appreciated. Astrology lessons are starting soon, also Meditation classes.

# The Nimbin Financial Times

## Lunar Phase, US Security Threats & DJIA Falls

by David McMinn



One would presume that the catastrophic World Trade Center attack on September 11, 2001 was a random event in financial trends, outside Moon Sun cycles of mass psychology.

Unexpectedly, there are indications that this may not be the case. US security threats tended to have a major impact upon the stock market, when they occurred after the 1st and 3rd quarter Moons. Because of the terrorist attack, the US stock market never opened on September 11, 2001, just after the 3rd quarter Moon. The timing aligned with other security threats in US financial history.

Some analysts forecasted the September 11, 2001 market turmoil. Robert McLaren, author of The McLaren Report newsletter, actually rang the Australian Financial Review beforehand to make sure they receive his forecast of an impending stock market collapse. However, nobody predicted why the market would fall.

**Abbreviations.**  $E^{\circ}$  has been used to denote degrees on the ecliptical circle and  $A^{\circ}$  has been used for the angular degree between the Moon and the Sun (lunar phase).

### Security Scares & Major DJIA OD Falls

Security threats have precipitated several major DJIA one day falls ( $> -4.00\%$ ) in financial history (see Table 1). The 10 security induced panics gave 12 one day falls, of which 10 had lunar phase within the ranges  $085^{\circ} - 140^{\circ} A^{\circ}$  and  $280^{\circ} - 300^{\circ} A^{\circ}$  - after the 1st and 3rd quarter Moons respectively. The expected frequency was around 2.5.

Dow Jones Indexes gave a listing of notable US security threats and compared their impact on the DJIA. Considering all 20 events recording a negative DJIA decline, 11 had lunar phase in two sectors from  $085^{\circ}$  to  $140^{\circ} A^{\circ}$  and from  $280^{\circ}$  to  $320^{\circ} A^{\circ}$  (significant  $p < .01$ ) - again after the crucial 1st and 3rd

quarter Moons.

Of the 12 events that caused a one day DJIA fall over  $-1.50\%$ , 7 had lunar phase between  $107^{\circ}$  and  $137^{\circ} A^{\circ}$  and between  $280^{\circ}$  and  $300^{\circ} A^{\circ}$ . This was in contrast to the 1.7 that could have been anticipated by chance. The more extreme DJIA one day falls seem to give better correlates than the minor falls.

NB: Three events happened in both listings assessed - the DJIA one day falls in Table 1 and the compilation by Dow Jones Indexes. Thus the listings were quite independent of each other.

### US Presidential Deaths in Office

The assassination of President McKinley was the only presidential death in office to cause a significant one day decline in the DJIA ( $> -3.00\%$ ). McKinley was shot on Friday September 6, 1901 and the DJIA recorded a major fall of  $-4.43\%$  the following day. On the day of the shooting (Sep 6), the Sun and Moon were at  $163^{\circ}$  and  $088^{\circ} E^{\circ}$  respectively, while lunar phase was at  $285^{\circ} A^{\circ}$  - very similar to the Moon Sun alignment on September 11, 2001.

The president lingered for several days and died on Sunday September 14. His imminent demise resulted in another major one day fall on Saturday September 13 ( $-4.27\%$ ). Interestingly, President Reagan was shot on March 30, 1981 with lunar phase after the 3rd quarter Moon ( $292^{\circ} A^{\circ}$ ), the same phase when McKinley was shot. However, the Reagan assassination attempt had little impact on the DJIA ( $-0.26\%$ ).

The two completely different market responses may have something to do with varying Moon Sun cycles, but that is pure speculation.

### In Summary

The limited findings showed that the combination of US security threats and major DJIA one day falls were most likely to happen after the 1st and 3rd quarter Moons. No theoretical basis can be offered to account for such an unusual outcome.

There may be some profound underlying causal link between US security events, significant DJIA falls and Moon Sun cycles, but nothing can be offered to support such a possibility.

DJIA OD Fall	US Security Threat	% Fall	Sun $E^{\circ}$	Moon $E^{\circ}$	Phase $A^{\circ}$
Sep 11, 2001	WTC terrorist attack	na	169	090	281
<b>DJIA OD Falls &gt; -4.00%</b>					
Sep 07, 1901	Alter Pres McKinley shot	-4.43	164	102	298
Jul 30, 1914	Beginning of WW I	-6.65	127	226	099
May 07, 1915	Sinking of the Lusitania	-4.54	046	322	288
Feb 01, 1917	Germany to attack neutral shipping	-7.24	312	073	181
Nov 01, 1917 (a)	Bolshevik Revolution in Russia	-4.16	219	071	212
Nov 08, 1917 (a)		-4.14	226	157	291
May 14, 1940 (a)	Fall of France	-6.76	054	142	088
May 21, 1940 (a)		-6.78	040	242	182
Jun 26, 1950	Outbreak of Korean War	-5.65	095	231	136
Sep 26, 1955	President's heart attack	-6.54	183	301	118

\* Lunar phase within the ranges  $085^{\circ} - 140^{\circ} A^{\circ}$  and  $280^{\circ} - 300^{\circ} A^{\circ}$ .  
(a) There were two one day falls of almost equal % decline in 1917 and 1940 and thus two AOD falls have been presented for each year.

**Reference**  
Dow Jones Indexes. The Dow Performance At the Onset of Major National Security Events. <http://www.djindexes.com/mdsidx/index.cfm?event=showwavevents>

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# Bowen & Pets



**Sixth in a series by Tonia Haynes**  
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Many who attended the Nimbin Show this year would have enjoyed the animal events. Pampered show dogs, high jumping canines and well trained horses were the stars of the show.

Though their performances and appearances were varied, they were all there, not only to show how clever they are, but also to show the world how well their attending humans relate to their animals.

Personally I am a lover of all critters on this planet, but especially domesticated ones. They have a mysterious essence which can soften the hardest of hearts and they obligingly surrender to all types of human personalities, often eliciting love in return with seemingly little effort. Just by being themselves.

It is true, they can seem to be expensive at times and going on holiday can be a challenge, but they play a very important part in our lives, mentally, emotionally and physically.

I have had a few pets over the years and the only complaint I have is that after making you fall in love with them, warts and all, the buggars eventually up and die on you.

As a Bowen Therapist, I have experienced the amazing ability of animals to heal very quickly from crippling injury, if they are given the right support.

One of my early experiences involved a four year old Rottweiler who had been walking on three legs since age six weeks old. Sat on by a very fat Labrador, she had never recovered the use of a back leg.

After three Bowen treatments over three weeks she began walking and running on four legs as though the three legged hobble of her first four years had never been. The owner was amazed and secretly I was pretty impressed.

Unfortunately with so much to catch up on and so many paddocks to cross she became a bit of a hunter, runner. Eventually needed to be confined to barracks in Brisbane where her running talents were confined to dog parks on

the end of a lead.

I have many amazing recovery stories about pets and their response to the Bowen. Some are from my experience, some from other Bowen therapists.

Trina Cunningham practises Bowen in the Tweed Heads area. Trina specialises in animal Bowen and she has treated everything from sheep to chooks, interspersed with dogs, cats and horses, with very successful results.

If you are in the Tweed area, Trina's number is 07 5590-9435.

Bowen treatments are well known in the horse racing world as a way of improving a horse's performance and are becoming known in the dog show world for the same reason.

There is even a guy in Sydney who specialises in doing Bowen Therapy on pet snakes. He's my hero!

Animal Bowen involves similar moves to human Bowen and like human Bowen, is gentle and non invasive. The reaction is the same. Muscles relax, the spine realigns itself, limbs drop back into their sockets and well being returns.

Old and arthritic pets receive great relief from pain with the Bowen. One can see the difference in their movement within a day.

Supported by a product called Benelox, a specialised unsaturated fatty acid supplement, created by a scientist in South Australia, your pet will appear to be young and lively once again.

Look up Benelox on the Web. I think it is fantastic! Once again because it is a natural supplement, it may take three to six weeks to make a visible difference, but I promise you, it will make a difference.

The results of a combination of Bowen and Benelox on a very senior dog I treat were truly mind blowing. Jemima is the proud companion of Sue Stock and Bob Dooley, editors of the *GoodTimes*. Sue thinks Mimes is about seventeen years old.

Apart from the fact that huge amounts of love keep Mimes wanting to stay on the planet, she responds well to the Bowen, becoming brighter in herself and more flexible in her body.

When Sue added Benelox to the recipe, Jemima not only became brighter and more flexible, she became

a young dog once again who wanted to play and run. Mind you, like all us oldies, the playing and running are limited and Mimes still sleeps a lot, but it is wonderful to observe such an old dog having good quality of life.

Benelox also helps dry skin problems in animals.

**A tip:** If your dog has bad breath, is overweight or has flea allergy, feed them chicken carcasses. If they are medium to large in size, one to one and a half carcasses per day is enough. If they are a small dog, give them chicken necks or wings.

Make sure the chicken is raw. Do not give your dog cooked chicken bones, they splinter and do not digest well. They can kill or at least cause a very expensive trip to the vet. Raw chicken bones are soft and easily digestible for dogs.

Chicken is lower in Vitamin B than red meat, so give them a multi vitamin B tablet to keep the B vitamins balanced. Big dogs: one twice a week. Little dogs: half twice a week.. Blackmore's multi B is okay.

With flea allergy particularly. Do not feed them canned food or biscuits, the additives play havoc with the allergy. Do not feed them red meat, it heats the blood and flea allergy thrives on heat. Some dogs with flea allergy react to the occasional raw beef bone, some don't.

Chicken carcasses and necks are cheap as chips. Your dog's food bill will drop somewhat.

Try it. I guarantee, after being blessed with three dogs with flea allergy, it works. Once again, takes time. Try it for two months.

For those who insist on cooking their pet's meat because it is nicer and what about the parasites in the meat. Chicken carcasses from chicken for humans don't carry parasites. As for hormones? Don't know. Chicken shops these days, make a point of telling us their product is hormone free. If you are concerned, organic carcasses and necks solve that problem.

Remember. All dogs are allergic to pork, ham, bacon, chocolate and onions. Their pancreas cannot cope with these yummys. Christmas is a busy time for vets as they are faced with pancreatitis in dogs that were given the ham bone followed by a dessert chocolate, from their loving humans.

One last food for thought: This is for those who insist on cooking their dogs' and cats' food. If your animal lived in the wild, would it feel the need to take time to light a fire to cook itself a nice casserole for dinner? Think about it!

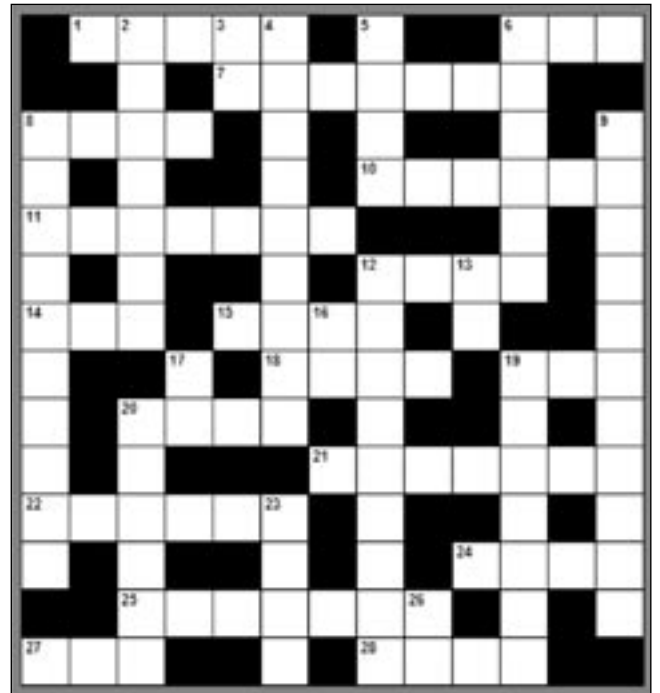
The intestine length of these animals is very short compared to ours. Raw meat digests more quickly than cooked meat and still has all its vitamins, minerals and enzymes, many which are destroyed by the heat of cooking. It's up to you but I believe raw is better. A little cooked rice is okay.

I do home visits for pets that would benefit from Bowen treatments.

See you next month. Love, light and laughter.

## Nimbin Crossword

2008-10  
by Synic



### Across

1. Not dear
6. Female (18 across)
7. See (10 across).
8. Terrible performance? Drop explosives from above
10. (and 7 across and 20 across)
12. Portuguese folk blues
14. Affirmative
15. One not speaking truth
18. Antlered mammal
19. Small bit
20. See (10 across).
21. Speak out? Demonstration
22. Spider food!
24. Stick gives humans marsupial locomotion
25. Blockade? US's illegal Cuba trade ban
27. One more than a birdie
28. See (12 down).

### Down

2. Respects or obeisances to your lord? Glowing reviews
4. Chemical for bug control (in conventional farming)
3. Open wide and say \_\_\_\_
5. Black mark? Soak up (ink, for example)
6. Generator? Kiev soccer team
8. (Rudolph Steiner's) Holistic, near-organic farming method
9. Poisonous gold extraction technique
12. (And 28 across) (4, 5, 4) Laid by birds with the right to roam
13. Doctor (innit.)
16. American Express (innit.)
17. French there?
19. Small quakes or aftershocks
20. US General defeated by the Sioux nation at Little Big Horn
23. Protected hardwood, originally from India
26. Giant, slain by Moses at Edrei

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