



Madonna Bain eco-intimates

by Honey from HoneyCut

Spring is the season of wearing elegant dresses for high school formals, being hot at the racecourse in risqué Cup Day designs, and it's the time for seduction, and who could resist a sumptuous piece from the "Madonna Bain eco-intimates" range of lingerie by our talented local designer Madonna Bain whose fashion aesthetic "is about organic luxury – intimates which are soft on the earth and luxurious to wear".

Made from a selection of gorgeous, soft fabrics like organic cotton jersey, silk, hemp/silk satin and intricate cotton lace, and transformed into comfortable stylish treasures.

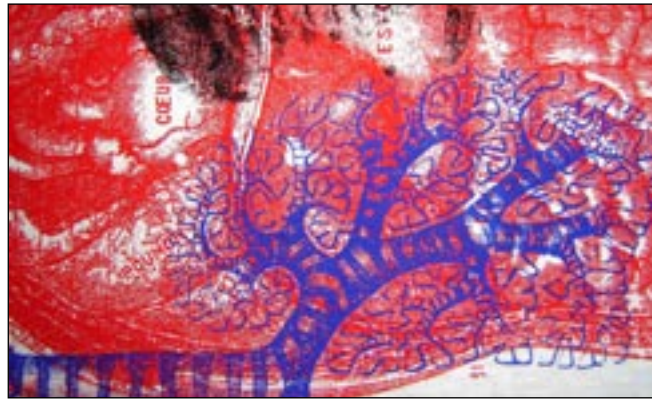


Each collection is inspired from bygone eras, inspiration coming from a combination of old classic films, Madonna's treasured collection of vintage lingerie and techniques she has found in old sewing books.

Madonna said, "I aim to create lingerie and sleepwear for those who love natural fibres yet don't want to compromise on comfort, style and beauty."

See Madonna's range at
Studio 2/18 Centennial
Circuit Byron Bay
www.madonnabain.com.au

The Fashion Guru!



by Jaz Who President, NFA

Spring!! – brings elaborate swirls, polka dots and leopard print. Begin experimenting! Simple dresses with racy cut-outs provide evening magic. Made-up eyes that flick at the sides will add some va-va-voom to the streets of Nimbin!

Exciting news!

A massive \$12,000 worth of government funding has been handed over to Nimbin Fashion Australia Inc. so far, from industry and investment, for our not-for-profit community fashion group.

This helps Nimbin Fashion Australia Inc. to be on their way to make it Big time.

'Wrapt in Nimbin' Fashion Show

With the combined use of the newly face-lifted Bush Theatre and Nimbin Fashion's flair, we will bring the magic to you, because in the boiling pot we have the Wrapt in Nimbin show.

The name comes from a show produced 17 years ago by Nimbin designers,

when the fashion show was a community event that showcased in Byron Bay (in the old Epicentre) as well as Nimbin.

We are re-igniting the creative talents with this new vision, run by a new collective group, with new members including some local musicians and performers, it will be amazing. As well as demonstrating fashion, there will be circus, performances and DJs.

Wrapt in Nimbin will be held at the Bush Theatre on Saturday 18th November, with a matinee at 2.30pm and the evening show at 7.30.

Let's show our Nimbin goods off. We have enough talent. Anyone who would like to be involved, please contact me, Jaz, on 0431-111-792.

Jesse Mackintosh

Jesse is an active part of the art community of the Northern Rivers and has had his works exhibited in many of the local galleries.

From the beginning, Jesse has been 'up cycling' and recycling almost all of the materials used in creating



Photo: Donatella Parisini

Jesse Mackintosh
screenprint, clothing
range and bag

his artworks, clothing and accessories.

Jesse showcased an all new, exciting and visually venturesome collection at the Nimbin group's first "Out of the Box" show in Byron Bay in August.

It was a feast for the eyes, and lucky for us, Jesse will be one of our local designers in Wrapt in Nimbin.

Shop Talk

All new stock in Who Cares



What You Wear with new designers, including local Nora Walters' beautiful designs. Come check it out, there is something for everyone.

Fun in the Sun



Christina with some of her wool for felting

by Christina Chester

Happy Springtime! The Nimbin Fashion Show is having a creative break this year.

Sorry to everybody looking forward to this fantastic community event, but sometimes it's better to take a step back and pause, and hopefully next year we can have the grand 2012 Nimbin Fashion Show, with refreshed new ideas.

I am using the time to come up with an extraordinary new collection, and hopefully all you designers out there are

equally inspired to create beautiful, uniquely Nimbin garments of good quality and craftsmanship.

After eight years of organizing the Shows, I am really enjoying springtime at home and in my garden. I even had time to learn about felting, in a great fun workshop with Barbara Mills, which opened a whole new creative world to me, designing my own fabrics.

For more info on Barbara's felt-making workshops, contact barbfelt@hotmail.com
Enjoy the flowers and creativity.

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Delightful Spring Arts Show

Nimbin's annual Spring Arts Exhibition has proven to be very eye-catching this year, with work by 46 of Nimbin's fine artists, designers, photographers, craft workers and installation artists on display.

The exhibition was opened by *Northern Rivers Echo* editor Rudi Maxwell, who spoke of the value of freedom of expression. "It's a brave thing, putting the products of your imagination out there, to begin a conversation," she said.

Organiser David Hallett said, "The exhibition usually



Opening night speeches, with sculptures by Franco Girardi (left) and Rob Harle

attracts over 2,000 visitors during the busy Spring holiday season, and it looks

as though this year will be no exception."

The exhibition runs in the

School of Arts Hall until 9th October, with most works for sale.

UKITOPIA FESTIVAL APPLICATIONS OPEN

The Images of Uki art exhibition is an annual celebration of creativity in the Uki community, presented during the Ukitopia Festival, which this year will be held 18-20th November.

Applications are now open for residents of Uki and surrounding districts to submit an artwork to Images of Uki. Professionals and amateurs of all ages are invited to participate in their chosen art form – for example, oil painting, decoupage, sculpture, glass, fashion.

Words of Wollumbin

applications are also now open, for poetry or prose up to 150 words in three categories – children 4-12 (free entry); youth 12-19 (free entry); and adult (\$5 entry). Deadline is 10th November, limit of one entry per person.

For more information, and application forms, go to www.ukitopiaartscollective.com or email Ukitopia@gmail.com

See the website for details of workshops in painting, digital photography and creative writing being held during October.



Images of Uki last year

Billen's got talent



The Billen Spring Fair featured a showcase of local musical talents

The organisers of Billen Cliffs recent Spring Fair are stoked to report that the inaugural fair was a raging success, raising over \$1300 towards next year's 30th anniversary celebration of the founding of Billen Cliffs Village.

Highly danceable



Matt Cleary, Trent Morgan, Cliff Fletcher and John Moodie.

Popular North Coast band Broadfoot is picking up gigs, and fans, across the region.

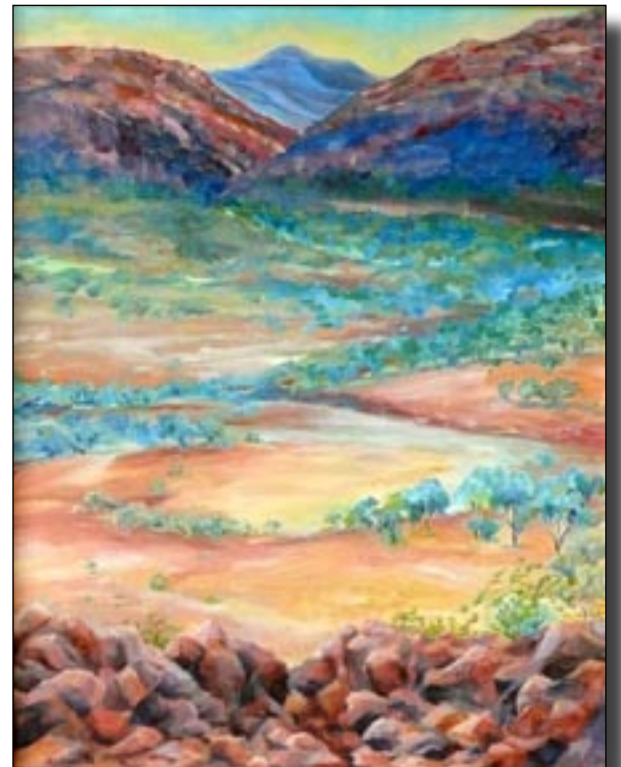
They're pictured cranking up their crowd-pleasing originals and powerful repertoire of covers at the Nimbin Hotel last month.

Ever attuned to the vibe of their diverse audiences,

the four-piece picked up two Dolphin Awards last year, have a presence on 2JJJ's *Unearthed*, and recently released their new 13-track CD, *Straight Between Us*.

Catch them performing from 10am to 2pm at The Channon Craft Market on 9th October.

Blue Knob Hall Gallery 'The Artist's Choice'



Flinders Ranges by Robin Moore

'The Artist's Choice' is the next exhibition showing at Blue Knob Hall Gallery. Members and artists of the Gallery have selected or created a work to exhibit without the usual parameter of a theme.

There is a wide group of artists exhibiting and this will make for an interesting and diverse show.

The exhibition will run from Thursday 20th October to Sunday December 4th with the Opening night on Friday 21st October.

Dinner is available

on the night at \$15 per person for main and \$4 for dessert. Please call the Gallery to book for dinner on 6689-7449 or email bkhgallery@aapt.net.au

Blue Knob Hall Gallery and Cafe is open from Thurs – Sun, 10am to 4pm.

The Blue Knob Farmers Market is back on home ground after the Nimbin Show, each Saturday from 9am – 1pm, so come and enjoy the ambience of the market with its wonderful fresh produce, a lively cafe and some great local art.



Beaded Flower work by Margy Karam (detail)

A TASTE OF ART

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Koala Kolumn

by Lorraine Vass



Spring has arrived. The days are getting longer; the weather a little warmer; the grunting and bellows much louder and prolonged; koalas are moving around. Too often in our region that means a koala spending more time than it should on the ground where they are at risk from cars, dogs and other predators.

Although we might think of koalas as solitary animals, they live in distinct social groups, each koala maintaining its own 'home range'. Within each koala's home range are a number of trees, which the koala will visit regularly. Each home range overlaps with those of other koalas. This allows for social contact and mating.

If its home range is disturbed and trees are removed, a koala loses shelter as well as food. Moving 'next door' may not be an option; rather an intrusion into the overlapping home range of another koala.

If a road, house, or other obstruction is placed between the trees in a koala's home range, the koala is really stymied - it may need to cross a road or it may wander around trying to find the trees it knows or it may attempt to find new ones.

In areas of fragmented habitat koalas may be forced to the ground to change trees in their home range, to find a new territory, if their habitat has been destroyed, to establish a home range in the case of a dispersing young koala or to search for a mate. From now and over the Summer, when koalas are breeding is the time when most activity occurs and koalas are at most risk.

Because koalas are mostly nocturnal, night-time is particularly dangerous for them. Drive slowly and carefully, keeping to the speed limits; carry a blanket or box in your car, in case you encounter an animal in need of help (but take care, a wild koala even if it is sick or injured can retaliate with a swipe of its sharp claws); most importantly have Friends of the Koala's rescue number listed in your mobile phone.

Well, the Report of the Senate Inquiry into Koalas, The koala - saving our national icon, was finally tabled in Federal Parliament on 22 September. Besides being a very readable document, its nineteen recommendations are very welcome. See: http://www.apb.gov.au/senate/committee/cc_ctte/koalas/report/index.htm

The Senate Committee expressed surprise at the complexity of the koala's situation, and at the level of commitment and passion that the Inquiry process attracted. Over 70% of submissions received were from community-based koala conservation groups like Friends of the Koala and from interested individuals. The public galleries at each of the Committee's three public hearings were full



Clarissa was a 698gm backyoung when she was brought into care, apparently separated or perhaps abandoned by her mother. She was in homecare and then the Care Centre for a total of 9 months before being released back into the wild.

and the reporting timeframe was extended on four occasions. The deep-felt concerns of the Australian community about the Koala's survival have at last had a fair hearing and have been found valid. The big test will be government preparedness to enact these important first steps in improving the koala's chances into the future.

Queensland and New South Wales are acknowledged as the genetic stronghold of the koala however they are the states where the biggest losses have occurred. Declines of 80 per cent in some areas and even localised extinctions in other areas have been documented.

In that broad context, the Northern Rivers' koala populations were identified by the Committee as requiring greater protection, noting that fifteen years of state environment protection legislation has not stemmed population decline.

The Report's recommendations include the Federal Government undertaking habitat mapping including the identification of priority areas for Koala conservation; providing more assistance for research into diseases such as Chlamydia and koala retrovirus; supporting research and action on the impact of wild dogs on koalas as well as changes to road rules, including speed limits, and overpasses or underpasses to better protect koalas. Active consideration of options for recognition and funding for private landholders for the conservation of Koala habitat is also recommended.

Minister Burke says he also welcomes the Report and that he will be working through the Committee's recommendations as well as the extensive assessment undertaken by the Threatened Species Scientific Committee and comments from the public in his own assessment of whether or not to list the Koala under the Federal Environment Protection and Biodiversity Conservation Act.

While we acknowledge the situation is complex, we believe the Act does lend itself to a vulnerable listing in areas where koala populations have declined significantly or are at risk of doing so. We call on Minister Burke to find a way to do the right thing and list.

To report a koala in trouble, or a sighting, please ring Friends of the Koala's 24/7 Rescue Hotline: (02) 6622-1233. For information about koalas, their food trees, and other ways in which you can assist the koala conservation effort on the Northern Rivers, visit: www.friendsofthekoala.org or email info@friendsofthekoala.org If you plan on attending the Lismore Show come and talk to us in Lismore City Council's stand.

Until next time, happy koala spotting.

PLANT OF THE MONTH

Finger Lime Microcitrus australasica

by Richard Burer, Project Officer, EnviTE

This unique plant is found only in north east NSW and south east Queensland, it is a hardy survivor of the ravaged forests and cleared lands. Very common in the Nimbin area the one pictured is around 100 years old and is one of a handful of trees in a paddock that have survived clearing over 100 years ago!

Finger lime is very variable in form and in fruit size and colour, Finger lime guru and enthusiast Judy Viola has propagated and budded various plants with different colours, tastes, shapes and leaf smells for over 20 years and has helped create great interest in this amazing plant. Those with an interest in native plants who love to have some flair in the kitchen, take note that this is the plant to have in orchard, bushland and in the garden as the caviar like pulp can be used for a number of dishes and drinks.

In the Nimbin area they can be found in most types of forest types including Dry Rainforest, subtropical Rainforest, Riverine and edges of wet Sclerophyll forest. Stony Chute, Mt Burrell, Terania, The Nightcap,



Upper Coopers Creek and Jiggi have strong populations.

Easy to grow from seed, but slow to grow and fruit. It will grow in most places provided it is well drained. A friend at Blue Springs and another at Sidha farm have had great success with seedlings with reasonable growth rates and good fruiters. I have found seedlings grow to waist height in about 10 years.

For the garden, keep your eye out for grafted fruit stock with the 'Alstonville' selection an all round good fruiter and for your restoration activities select seed off seedling plants that are in remnants.

Stu's view from the Loo

by Stuart McConville

The wind is howling, tree tops brushing the sky like great brooms sweeping the air clean. When I was young someone told me the trees pushed the air around. Much later, I took a lot of convincing otherwise. I can feel the air swirling inside the compost toilet chamber too, the whirly on the flu is doing a zillion miles an hour. The little aerobic microbes down there will be making the most of it, no doubt they do aerobics while they munch their way through their favourite fare.

It is very important for the toilet chamber to get the right air flow. The Australian Standard for waterless composting toilets recommends a minimum of 200L of air passing through per person per day. This is typically much less than that required to evacuate odours from the pedestal room. Fans built into toilets are predominantly there to create a negative pressure in the chamber, so evacuating odours down the chute. The downside is that they can reduce the air temperature around the compost pile and slow down the composting process. I've always felt that

fans that run continuously are a bit of a waste, given that they only need to operate whilst someone is actually using the loo. My experience also tells me that as far as compost toilet consumables go, fans are at the top of the list. I build concrete chambers with large internal volumes and high thermal mass where the temperature of the pile stays more constant than the poorly insulated plastic ones. I try not to use fans, opting instead for high painted black flues and whirlies where required. Where fans are necessary, it's not difficult to wire them to a pressure switch under the toilet seat so that they only come on when you're on.

Air flow can also be impeded on the inlet side of the toilet. Cobwebs, debris, even plants can prevent air from entering the chamber. If you have an owner built loo its worth checking to see if the air inlet represents a sizeable enough area. If you have a 100mm flue you should have at least the same area of holes on the inlet side.

Moisture levels are important too. The ideal is around 45%. A composting loo that is being used for regular urination should



be well drained and more bulking agent should be used to keep it drier. Excessive loo paper will absorb moisture and can cause an odour issue. I burn mine and throw the ash in. If your not sure what your moisture levels are, take some finished compost and weigh it, then dry it in the sun or oven completely, and weigh it again, the difference being the moisture.

I have a separate system for urine as it represents too great a resource to have to bury with compost from the loo. My urine system is simply a bucket filled with sawdust that I piss into until I can see the liquid. Then it gets emptied into my regular compost pile or under a fruit tree en masse. The sawdust prevent odours from escaping and begins to break down using the nitrogen in the urine and the carbon in the sawdust. Its worth using a bucket with a sealable lid for when you need to carry it out. Happy crapping.....!

Stuart runs Pooh Solutions Compost Toilets and Consultancy Services, for more info: www.poohsolutions.com

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10,000th tree takes root



Three generations of the Roberts family: Monica, Keisha, Linda, Hayley

A day of celebration took place on Wednesday 5th of October at Nimbin Rocks to acknowledge the ongoing achievements of the Nimbin Rocks Aboriginal ranger team. The celebrations

commenced with a community tree planting of the 10,000th 'Working on Country' tree.

The community came and met the Nimbin Rocks Rangers, enjoyed a sausage

sizzle and got their hands dirty by planting trees.

The Nimbin Rocks Rangers, employed by Ngulingah Local Aboriginal Land Council and funded under Working on Country, are in their third

year of working to protect and restore the biodiversity around this highly significant, cultural and sacred site of the Bundjalung Nation.

Eight rangers are undertaking bush regeneration activities on this 120 hectare site including weed control, nursery construction and management, tree planting, fencing, flora surveys and training including the recording of archaeological artefacts.

Over the life of the project, the rangers have gained accredited training with EnviTE in certificate II and III in Conservation and Land Management with ongoing onsite supervision also provided

by EnviTE staff.

The new plantings across the two Aboriginal owned properties at Nimbin Rocks are grown from seeds of diverse, endemic species that the ranger team has collected and then propagated in a nursery on site. The trees have been planted along degraded edges of riparian zones; in subtropical rainforest areas; and in moist and dry sclerophyll forests to support environmental restoration.

Tracey King, Ngulingah LALC Project Officer invited anyone with an interest in

natural area restoration activities to come along on the day to support and acknowledge the positive work achieved by the rangers and celebrate the planting of the 10,000th tree.

The nursery is located at the end of Morton Rd off Stoney Chute Rd, approx 3 km from the township of Nimbin.

The Restoring Biodiversity and Traditional Knowledge around the Nimbin Rocks project is a partnership with EnviTE, funded under Working on Country, a Caring for our Country program

What, and when, is a weed?

by Triny Roe

A weed is defined, in the botanical context, by yourdictionary.com as "any undesired, uncultivated plant, esp. one growing in profusion so as to crowd out a desired crop, disfigure a lawn, etc."

The freedictionary.com defines it as "a plant considered undesirable, unattractive or troublesome, especially one growing where it is not wanted, as in a garden."

Simply – any plant that grows where it's not wanted or thought ugly or problematic by a human is a weed. It is defined totally by our attitude towards it. What is a weed to someone could be to others a gift from the Goddess.

Many of the exotic plants vilified as weeds in Australia have valuable nutritional and medicinal attributes, not to mention aesthetic qualities, which is why they were brought here. Unfortunately these plants, now called weeds, have the ability to effectively compete for space, light, water and nutrients with preferred species, be they agricultural crops or native vegetation communities. Some of the introduced plants, because of their toxicity, can also be detrimental to livestock.

The vegetation of Australia has been affected over the years by human activity. First by Aboriginal burning practices and more recently, and radically, by predominately European logging and clearing for housing, agriculture and the introduction of many new species, some of which become the Weeds.

So why are weeds considered a problem?

Ecosystems operate in a delicate balance. When the natural environment is disturbed, and one or more species are removed, Nature, who we all know abhors a vacuum, quickly fills the void and attempts to repair the damage. The dormant seed in the soil germinates and new growth quickly covers the bare earth. When the seed bank also contains seeds from introduced species the trouble begins. Too often the exotic establishes in the altered landscape before



Sandpaper fig rescued from a shroud of lantana

the natives have a chance to. Originating from a harsher environment, they might germinate earlier, grow faster and bigger, effectively competing for resources. Some plants can also produce alleopathic agents - chemicals which prevent or inhibit growth and germination of other seedlings.

Many introduced plants came to Australia without the agents that keep their populations in control in their countries of origin. They might lack the grub that chews their leaves to limit growth, as in the case of the prickly pear. Or perhaps an insect which chews the seeds limiting their viability, is missing from Australia. The newcomers like the mild climate here, readily adapt to conditions and thrive in their new home.

If intervention does not happen some of the introduced species have the potential to form large stands of single species and completely replace native species.

Sometimes a native tree species can emerge through a patch of weeds such as lantana. But this crawling, climbing, spreading plant can grow 10 metres or more up trees. Once in the crown, the branches and leaves spread out and exclude light from the leaves of the host tree. No light, no life. The weight of the strangling lantana stems can bend or break limbs and even bring the tree down. Without human help, the tree cannot reach its potential. If you can keep the lantana from growing up and on the tree, the tree will eventually grow big enough to shade out the lantana. Other creepers such as Maderia Vine or Balloon Vine will

also climb large trees and smother them to death.

The Government has defined categories of weeds. There are Noxious Weeds, Environmental Weeds and Weeds of National Significance. Landholders are required by law to control noxious weeds on their properties. Government bodies such as Far North Coast Weeds deal with local weed issues. FNCW, as well as managing gazetted weed species, are watching for new threats. This includes monitoring new plants which may become problematic down the track.

One of these, Cecropia, is an aggressive, fast growing rainforest pioneer species from South America. It is popular in landscaping because of its large attractive leaves and rapid growth. If you have one in your garden please let FNCW know, as they would like to know how many specimens are in the region and where they are.

It is important to try to reduce the spread of weeds to ensure we maintain biodiversity. Be wary when you bring materials such as manure, mulch or even soil onto your property. It can very likely contain seed from species you might not already have. Keep watch for any new plants that may appear. Vehicles, machinery and even boots can also carry seed and vegetative material.

If you need help identifying plants, or worried you may have a new weed, contact Far North Coast Weeds. Act quickly. It is much easier to remove a couple of small plants at seedling stage than 200 of them with 30cm taproots, twelve months later.



by Rob Carroll, President

I am having environmental writers block this month, so all that know me will be having a good chuckle as I am not one to be lost for words. So happy reading while breathing clean air, eating clean food and a nice glass of clean water. The three healthy ingredients provided to humans but which are slowly becoming harder to maintain!

Coal Seam Gas

The Greens initiated NSW parliamentary inquiry held at Kyogle and Alstonville was a good roll-up of people who once again expressed their disapproval of CSG for the Northern Rivers region and surrounding areas of NSW.

Approximately 800 plus submissions were received in response to the inquiry. During September NEC also attended CSG meetings in the region, including one at Corndale which filled the hall and provided much needed information to people from the area who had been approached by a CSG company. The other, a Northern Rivers Guardians-organised Defend our Water meeting at Uki hall, addressed CSG and Byrrill Creek NO Dam, which proved to be an

informative afternoon.

It has been reported by a clinical psychologist and farmer at the inquiry that of the 10,000 Farmers Association members, 50% have reported mental stress in relation to CSG activities. This figure is more than previously recorded during the drought. The rising up of people against the CSG catastrophe is gaining momentum everyday.


Sunday October 16th is national day of action – defend our water against CSG and coal mining. Surrounding areas are having a day of action check the NEC for venues.

I had to laugh the other day when I read a story from the coal industry accusing CSG of giving them a bad name. Isn't that a bit like the pot calling the kettle black? I say same seam same ingredients.

We have every second Saturday available in the shop if anyone is interested please call into the shop on any Sunday for some training.

If you use a computer you can always follow The NEC on Facebook all up-to-date info on enviro issues at hand is available for you to read.

Health, peace and love to all, I am now returning to the garden.

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Guerrilla Midwife film screening



Robin Lim
(Guerrilla Midwife)

by Kirrah Holborn

As I write this article, I am waiting for a phone call. Babies are beginning their journey earthside and I am on-call to support women and their families through labourland. Spring is a popular time for babies! How many rounded bellies have you seen recently? One of my friends birthed a baby girl last night peacefully in her home. Other friends await their turn to hold their baby on the outside.

Can you believe... It has been one whole year since I breathed new energy into Birth & Beyond as a space for pregnant women and new mamas! I decided to hold weekly get-togethers to share information and inspiration. It has been amazing to see the newly pregnant blossom into well rounded confident women and traverse their rite of passage to embrace motherhood. I have enjoyed many good laughs and heart-felt moments along the way.

To celebrate, I will be screening the documentary "Guerrilla Midwife" on Friday 21st October at 10am. This movie was filmed immediately following the Indian Ocean Tsunami of 26th December, 2004.

The story follows Midwife Ibu Robin Lim. She is the founder of Bumi Sehat Bali, a non-profit organisation devoted to supporting natural childbirth at the grassroots level. It is a place where women feel safe to become mothers. In this film she discusses the importance of gentle, natural birth in order to heal our earth.

Be sure to make time to see this mesmerizing documentary that is sweeping the world to much acclaim. Entry is by donation.

Do you have a passion that is relevant to pregnant women? Maybe you could share your birth story, or hold a singing/dance/art session or provide some information relevant to pregnancy or birth. If you feel you have something to offer, please get in contact with me so you can hold a session at Birth & Beyond.

Nimbin Birth & Beyond meets every Friday 10am-11.30am. Contact Kirrah on 0429-308-851 or kirrah@traditionalwisdom.com.au

Nimbin Hospital Info

• Immunisation Clinic at Nimbin Hospital

Birth- 5 years. Clinics held on 2nd Tuesday each month. Next clinic 11th October. Phone 6620-7687 to make an appointment.

• Nimbin Womens Health Service

Every 3rd Thursday of the month at Nimbin Hospital. Next clinic 20th October. Phone 6688-1401 to make appointments.

• Physiotherapy at Nimbin Hospital

Every Monday and Thursday. Phone 6688-1401 to make an appointment.

• Nimbin Community Nurses

Phone 66891288. For assessment, treatment and referral 8.30am-4.30pm Monday-Friday. Health Clinic at NSP rooms under surgery every Wednesday morning at 9.30am-12.30pm with registered nurse. Phone 6689-1500.

DANGER! ... Calcium imbalance

by Leandrah

Similar symptoms are present in both calcium excess and deficiency. Both calcium deficiency and excess can be seriously dangerous to our health.

Serious problems can arise with **too much calcium**: fatigue, exhaustion, depression, anxiety, panic attacks, headaches, paranoid feelings, loss of memory and concentration, headaches, and insomnia. Slow metabolic types are more at risk of developing calcium toxicity rather than fast metabolic types. Too much tissue calcium accumulation makes susceptibility to viral infections, chronic fatigue syndrome, suppressing the energy producing glands of the thyroid and adrenals. Increased urinary frequency and urgency, constipation and flatulence, are associated with excess tissue calcium as well as low blood pressure.

A recent case in Nimbin presented with swollen glands and a history of bouts of pneumonia over the past 6 years and now a frozen neck from a shoulder injury compounded by nearby lymphatic inflammation. It was apparent that she was suffering from a significant zinc deficiency. This zinc deficiency was a result of the calcium tablets she had been taking for 10 years on the doctor's advice. Zinc and calcium compete for absorption, and in this case zinc lost the race to be absorbed because there was too much calcium. Zinc is very important to fight off infection and to heal tissues and reduce scarring. No doubt the bouts of pneumonia produced scarring in the lymphatic system, causing more congestion in the lungs and more susceptibility to pneumonia. I suspect that the frozen neck may even be a

symptom of calcium toxicity causing neurological effects.

Not just calcium supplementation can cause excess accumulation of calcium in the tissues. The abuse of antacids may reduce the excretion of calcium coupled with a slow metabolic type, causing a build up of calcium in the kidneys and tissues. In one case I have been treating, the calcium tissue excess was being deposited on the skin as benign tumours which would visibly grow almost overnight in very obvious places. Even though the tumours were benign they could have been life threatening if they continued to grow into vital organs. These tumours reduced with a calcium phosphate supplement, milk products, increased protein, whey and sodium, all promoting calcium excretion.

A **shortage of calcium** can cause: osteoporosis, anxiety and an increase of lactic acid production. Low calcium is related to an increased metabolic rate and hypersensitivity or irritability. Hyperactive children have low tissue calcium levels. High blood pressure often responds to calcium supplementation. People who retain too much sodium frequently have a low calcium intake. Low calcium is seen in rheumatoid arthritis, insomnia associated with an inability to fall asleep readily and muscle cramps, particularly those that occur at night without any real exertion.

A client presented with multiple fractures and a history of diverticulitis with threatened malignancies. This case clearly had a deficiency not just in calcium but many other nutrients as a result of under functioning digestion and therefore malabsorption of nutrients. The underlying cause of this was an inability to absorb fats which affects absorption of calcium in particular. This case was very

anxious and hypersensitive.

This lady needs to take bitters before meals in order to absorb the nutrients contained therein, including calcium and fats.

Another client with a long standing calcium deficiency from long standing gut problems, had malfunctioning glands that turned cancerous. These cancers further spread and proliferated with the help of the consequent copper accumulation, blowing the case right out. The case responded immediately to a calcium phosphate colloid, molybdenum to protect against further copper accumulation and to promote its excretion, filtered water and huge amounts of cod liver oil.

Foods to increase tissue calcium levels: hard cheeses, sardines with bones, soybeans, cabbage, yoghurt, whole milk, fennel, broccoli, salmon, oranges, whole-wheat bread. Use a variety of foods not just milk products to get your calcium including: seeds, legumes, grains, vegetables and calcium-rich mineral water. Cod liver oil and maca are effective superfoods to encourage healthy bones particularly post menopausal when oestrogen levels naturally drop. It is best to get your vitamin D from daily skin exposure to sunlight. Weight bearing exercise helps calcium get laid into matrix of bones.

If you are exposed to lead, calcium supplementation can be a protective measure to limit absorption of lead. Calcium supplements should not be taken with zinc or magnesium supplements. Too much zinc and magnesium supplementation can lead to calcium deficiency. Too little magnesium can lead to calcium deficiency. Vitamin D is an important aid in calcium absorption. Long term use of corticosteroids is known to deplete tissue calcium stores. Oxalates found



in spinach, phytic acid found in whole grains and legumes, sodium, coffee and black tea and alcohol can all inhibit absorption of calcium.

It is not recommended for the above reasons to self prescribe calcium supplements. It is also not recommended to stay on calcium supplements for extended periods without having your case reviewed before buying refills. Calcium can be harmful. Consult with a Naturopath, Nutritionist or your Doctor for this advice.

Leandrah (pictured) is available for appointment through the Nimbin Apothecary, Cullen Street, on Saturdays. She is a Naturopath and has been practising from the Birth & Beyond rooms in Nimbin for 8 years. Leandrah also has a country practice in Wiangaree at The Turquoise House. Wiangaree is only 10 minutes drive north of Kyogle. There is a medicine garden, colour healing studio, and well - stocked dispensary of homoeopathics, herbs, flower essences and supplements. Phone for appointments on 02 6636-2356 or book in with Nimbin Apothecary for Saturdays on 02 6689-1529.

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Remedial therapies with Krishna

Hi everyone, Just letting you all know I will be cutting my availability back at the Nimbin Apothecary to just one day a week from now on. My work days are now every Friday at the Nimbin Apothecary, where I will be mainly specialising in Remedial Therapies and Massage.

As much as I love coming into town, I've had to cut back my availability so I can cope with the volume of work of running Retreats with Karim and being hands on with some building renovations. I'm also available for Ka-Huna massage at my home clinic

on Mondays and Tuesdays at Shanti Bhavan (Barkers Vale).

To give you a quick update on some of the work I've been doing in town: the specialised Frozen Shoulder work and study is going fantastically well. I have a long list of very happy people who can now live pain free with full mobility and it is very satisfying for me as a therapist to contribute to the community in this way. Thanks to everyone who has given me such positive feedback.

If you are seeing me for a shoulder condition, please also remember to bring in any medical reports or scans

before you see me so I may know how best to care for your shoulder.

For those who don't know what Remedial Massage is, it is quite simply any massage which is focused on fixing musculoskeletal problems or pain. Hence the name "Remedial" which means taking action. This type of massage is quite different to regular relaxing massage as the primary focus is to get the mechanics of the muscular body working again by employing a range of specialised techniques such as Myofascial, soft tissue massage, cupping, trigger point, dry needling, PNF stretching etc.



I recommend a qualified, diploma level Remedial massage therapist to be the first point of call as soon as any kind of muscle ache and pain is experienced in your body. In my own practice I find it usually takes between 1 and 2 sessions of remedial work to be pain free. Also, you don't need to be in pain to receive this kind of treatment as monthly

remedial treatments are a fantastic way to keep busy bodies working in top condition.

I was reflecting the other day on what a huge journey it has been to let go of a thriving Brisbane practice which had been built up over many years and start from scratch here in the Northern Rivers. It was quite a cultural shock coming from clinic work in the Brisbane CBD, being surrounded by skyscrapers at our Anne Street clinic next to City Hall. Due to our proximity to Government buildings, most of my massage client base were lawyers, politicians and office workers inclusive of the Brisbane Lord Mayor and his staff.

To come from that world

and then start a practice at the Nimbin Apothecary was a real trip, to say the least. It didn't take long for the magic of this area to soften me into a more relaxed way of being. What I love most about working in this area is the openness to the spiritual world which I felt was really lacking and not encouraged in the more conservative "production line" style massage in the city. I have met so many amazing, grounded and conscious people in this area who have been such a joy to work with.

I'll look forward to seeing you all at Nimbin Apothecary on Fridays, phone 6689-1529, and also at Shanti Bhavan on Mondays and Tuesdays, phone 6689-7055.

I have a dream...

by Dr Elizabeth McCardell
M. Counselling, PhD

I have a dream, where going to a counsellor or psychotherapist is perceived to be as normal as going to the doctor, a massage therapist, a naturopath (many pharmacies employ these professionals), an acupuncturist, a physiotherapist, a chiropractor, and osteopath, or any number of health practitioners. Why are those who look after their mental health seen as inherently odd?

Mental healthiness makes ordinary life interesting and full of possibilities. Mental unhealthiness makes ordinary life a chore to be just got on with – but who needs that? A lifetime is an incredibly long time to be unfulfilled and irritated with the status quo.

Many public attitudes to mental health are really quite backward. There is a perception that those who see a psychotherapist have lifelong problems that are deserving of revulsion and repulsion, and if not this, then at least suspicion. How incredibly misled is this! And, coupled with these public myths, are those ideas that all psychotherapists are analysts, or babysitters for sooks, or people there to fix your problems, or paid friends. Again, not true. Most psychotherapists are not analysts, though some follow the Freudian and Jungian analytic approaches. I am not an analyst because I believe that approach diminishes the client's capacity for taking charge of his/her own life. The work of non-analytically oriented psychotherapist and client is

not easy, but it is collaborative: two people working together to an end that is mutually agreed upon. The therapist is not a "yes" person, nor there to nurse the client along; she challenges as well as supports, and challenges again.

The therapist does not fix mental health issues like a plumber fixes pipes. Her role is to provide a therapeutic environment, with directed conversation, and unique time-bound space, to bring attention to the specifics of what is creating pain and difficulty in a person's life. The therapist, though she may seem to be someone paid to be a friend, her function is quite different. There are many issues in life that cannot be shared with friends, even if they are paid to listen, and friends, generally, are not always listening to you while you talk with them. Psychotherapists are trained to set aside their own view of things, as far as this is possible, and work with what is going on for the other person. The therapist is trained to be aware of specific points in the conversation; she is trained to listen to stories and themes and recurring vocal and subvocal patterns and body gesture and skin tone and so on. She is trained to hear for accounts of life where the usual status quo isn't usual, where experience is felt to be unique and sparkly and to notice how the person sparks up, eyes alight, and to gear the conversational interchange to highlight this exception to the rule and to encourage more sparkliness in a real kind of way. Feeling stuck, having panic attacks, difficulty



with current relationships, indecision about which direction to take in life, unbearable sadness, ongoing grief over the loss of a much loved person or loss of job or way of life, recurring dreams, questions about the meaning of life - even - are all perfectly good reasons to visit someone and work together to learn strategies, find meaning, and expand your awareness of possibilities of life.

You are not required to be odd or crazy to see a counsellor/ psychotherapist; the only criteria is to desire to be fully alive and free to choose the life you wish. Seeking mental healthiness should be as much encouraged as seeking physical healthiness.

I would like to set up a tea house one day that sells tea pots from all over the world and fine beautifully blended teas. This tea shop would have therapy rooms further inside with massage therapists, physiotherapists, naturopaths, acupuncturists, and psychotherapists all working together for the healthfulness of their clients. In the backyard, there would be a secret garden with areas set up for meditation and prayer. The place would be for the integrated nurturance of people seeking balance in their life. That's my dream.

Essential Wildness

by Dave Reynolds

Inside every man and woman there is a wild self, some part of us that longs to break free from the restrictions of conformity and domesticity. Mainstream society expects us to subjugate this aspect of self, in the same way that urban living has attempted to subjugate nature. The thing is that wherever you look in the city, nature is creeping back in, there are weeds in the cracks, flowers poking out of gutters and fleas, flies and cockroaches invade city homes.

I believe that something similar happens with humans. If we attempt to deny our true nature, our wildness slips into the shadow, out of sight. Once we lose contact with this part of us, fun and games start because we are wild at the core. We are a part of the living earth organism, we interact with it with every breath. Our senses evolved to gather information about our environment and as they did, other life forms were encouraged through natural selection to appeal to our senses. We are intrinsically earthen, not in some wishy washy new age way but actually, biologically and spiritually.

In order to experience psychological well being, we need to allow our senses to soak in nature, to feel the wind on our skin and to smell the musty forest floor. So much of modern life is about sensory overload through visual and auditory stimulation, flickering screens enchant millions whilst the sun sets unseen outside the home. Plastic coatings remove the sensual pleasure of touch from our interactions with the machines we use. Little wonder our fingertips lose their loving sensitivity if we barely touch a natural surface from dawn till dusk.

Faced with this mix of sensory overload from electronic media and a lack of sensorial connection with the natural world, many people have retreated from their bodies into their minds and live as if they are looking out at the world from

a detached self rather than swimming in enriching connection with Gaia. Over time, as we become desensitised to our senses

and less in touch with our bodies, we forget about our connection with wilderness and then we forget that we forgot. We make do with television, toxic diets and withdrawal from our natural communion with the Earth.

What happens then to the wild self, caged and ignored in a body that cannot feel it's connection to the biosphere. For a while it may wither and retreat, the sparkle in our eyes diminishing as we lose our connection to the source. Our wild self does not willingly accept such captivity though and will seek opportunities for expression, we find ourselves remembering wilder times, fantasising about exciting possibilities or creating risky situations. We may fall into obsessions, compulsive behaviour or addictions, our wildness may attempt to break down the structures that contain it.

If you find yourself out of touch with your wild side, I suggest you take a leaf from its book and make an opportunity to take your body back into contact with its true nature. Go walking on the beach, swimming in a creek, howling at the moon, kicking the dust up with your feet, raising your voice in song, climbing a tree or surrendering to a piece of music. Whatever else you do this week, make time to honour the wildness in your being by coming to your senses and reconnecting with the Earth through your body. May you feel the warmth of the sun on your back and the Earth beneath your feet.

Dave is a Gestalt Psychotherapist working on Fridays in Nimbin, for appointments Phone: 6689-0426



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