



by Kirrah Holborn,
'Traditional Wisdom'

A little help from a friend

An interview with Laura Trantino about post-natal doulas.

KH: Why do you think people would be interested in hiring a post-natal doula?

LT: Straight after birth is a very special time for the mother to bond with her baby. I think that having some extra help around the house (cooking, cleaning and

Birth and Beyond

looking after little ones) is very nurturing. It helps the mother to relax and take time to bond with her baby without worrying about everyday tasks.

KH: Would other family members help out too?

LT: Yes, some do. But there are a lot of people that have family living in other states or have some difficulty getting along. Sometimes it's nice to have some nurturing help without judgment or pressure. This is the advantage of having a doula come and help.

KH: How come you're drawn to this kind of work?

LT: I'm a nurturing person who loves to help. I'm friendly and caring and I love to cook! I grew up in an Italian family so cooking is everything! Being in an Italian

family, you're thinking of food constantly! I cook from the heart so it's really nurturing, and so beneficial for new families.

KH: What other things do you help with?

LT: I come in and ask the mother what she actually wants done. I can tailor my help to what needs to be done. I can run errands, I can look after her newborn while she showers or has a bath, and I can help with washing/hanging clothes or cleaning the house.

KH: When is a good time to hire a post-natal doula?

LT: I would say that it would be different for each woman. Some have family members in the first week so tend to hire a post-natal doula when their partner needs to return to work or help drops

off. Other people don't have close family so they want extra help straight away within the first or second day.

KH: Did I hear you have some discounts at the moment?

LT: Yes! From now until mid-September you can enjoy a discounted rate. The price for 2 hours is \$70 (normally \$80) and 3 hours is \$85 (Normally \$100) and for 4 hours it's \$100 (Normally \$120). I can be contacted on 0405 730 933 or email:

laurauratrantino@yahoo.com.au

Thanks for the interview, Laura! I hope more people can realise the amazing benefits of having a post-natal doula come and help out.

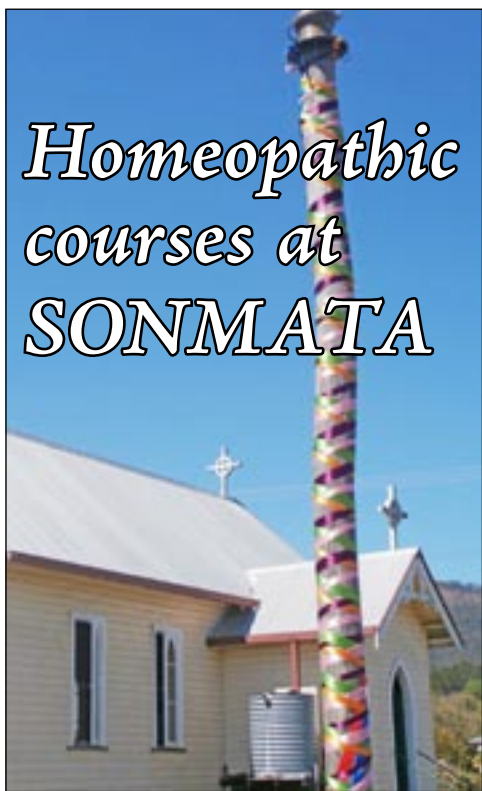
There is no Nimbin Birth and Beyond pregnancy group for a few months, as I'm busy travelling to teach Birthing From Within workshops and will be supporting more women through births



Post-natal doula Laura with baby James

during September and October.

The lismore pre-natal yoga and pregnancy group is continuing. Visit: www.traditionalwisdom.com.au for more information.



It is time to enrol for Homoeopathic courses at the School of Natural Medicine & the Arts (SONMATA): Homoeopathic 1st Aid, Constitutional Homoeopathy and Chronic Disease & Its Homoeopathic Treatment.

These are all 6-week courses running on one weekday morning, starting Tuesday 14th October.

Homoeopathic first aid

Treat people and animals in need of care at home, in the bush, on the farm and road. Hangover, anxiety, fever, teething, tick bites, period pain, injuries, headaches, tummy upsets, and more may be treated.

This course is suitable for those without any previous training in Homoeopathy, instilling confidence in the employment of homoeopathics in situations as they arise.

Constitutional homoeopathy

These treatments fortify health. You may prevent disease for your family and animals safely and cheaply. Constitutional treatments may be effective in treating your children and pets from birth and through the younger years without drugs, or as an adjunct to mainstream medicine. Horses and farm

animals may all benefit from constitutional treatments. Constitutional treatments may be used as tonics and for prophylaxis.

Homoeopathic 1st Aid or previous training in Homoeopathy is a prerequisite.

Chronic disease and its homoeopathic treatment

The result of ineffective treatment of acute disease and trauma, may lead to chronic disease, autoimmune disease, unexplained illness and cancer. This homoeopathic treatment approach addresses each layer of disease that has surfaced and is actively expressed in signs and symptoms... you may even remove the burdens of time.

Miasms sit within deepest layers of disease blocking any positive response to treatments. Learn Hahnemann's art of winding inherited disease out of the family tree. Safeguard your own children from carrying the family's disease patterns and the consequent struggles this burden creates in life for them.

Being an advanced homoeopathic course, previous experience in Homoeopathy and or experience working with chronic disease as a practitioner is a prerequisite.

Sahaja Yoga

This meditation group will be on the 1st Sundays in Spring from 11am to noon. The next groups will be on Sunday 7th September, 5th October and 2nd November. These are free classes, and all are welcome to come and meet us at the school and meditate in this special environment.

Maypole dance

This is a free annual event on the 15th September at 11am, being a Monday during 2014. A chance to celebrate Spring and connect with Fairy. We massage mother earth with our circle dance around the maypole making a unique weaving of colourful ribbons. All are welcome, bring a picnic and flowers.

For more information about SONMATA courses, please phone Leannndrah on 6636-2356 and visit our website: www.sonmata.org from where enrolment forms can be downloaded. Alternatively contact us via email: sonmata@mail.com

SONMATA's home is an old church in the village of Wiangaree, 10 minutes north of Kyogle along The Summerland Way.

Nimbin Hospital Info

Women's Health Nursing Service

Every 3rd Thursday of the month. Confidential Pap smears, breast checks, contraceptive advice, post natal checks, general health information. Next clinic: 21st August. For appointments phone 66881401.

Early childhood nurse

Every Tuesday. Phone 6620-7687 to make an appointment (through Lismore Community Centre).

Child immunisation clinic

For 0-5 year olds. Held second Tuesday of every month. Next clinic: 12th August For appointments phone 6620-7687 (Lismore Community Health)

Nimbin community nurses

Monday to Friday 8am to 4.30pm. For assessments, wound care, referrals, advocacy. Provision of Palliative Care in the home. Provide and co-ordinate Aged Care Packages.

Free health checks

Our new services are being well used and so will continue, in front of the Neighbourhood Centre, every second Friday. Run by a Nurse Practitioner and an RN. Risk assessments, including general health assessment, random cholesterol and random blood sugar tests. All welcome.

Free Respiratory Clinic

With Specialist Respiratory Nurse and a Nurse Practitioner. Second Thursday of the month. Next clinic: 14th August. For appointment phone 6688-1401.

Free Diabetic Clinic

Every 3rd Thursday of the month. Next clinic: 21st August. For appointment phone Leanne Boothe 6630-0488.



Nimbin Hospital Auxiliary

Meetings are held on the second Friday of each month in the hospital conference room at 10am. Next meeting: 8th August.

Bowen Therapy and transition

Transition is a situation where we move from one state of being towards a new stage of being.

Our first major transition is birth, when we are forcibly moved from the comfort of an all embracing womb into the light of a new and strange environment called the outside world. The second major transition I would ascertain, is when we begin to grow teeth.

Many parents would agree from observing the antics of their tiny offspring, as they attempt to come to terms with a brand new state of existence that these two events are both potentially painful and disturbing experiences for everyone involved.

After these bumpy beginnings, as we grow and attempt to move forward, transition becomes a part of life. But for some reason known only to the creator gods, who apparently enjoy the theatre of watching us writhe around in discomfort, transition is seldom easy.

Personally, I have moved house, town, lovers, careers and even countries on more than one occasion and each time I have been fraught with an underlying fear that

my new choice was going to make a snarling turn and rip a huge chunk out of my gluteus maximus. Such distrust in the wonders of a loving universe have naturally rewarded me with potential accident, gut ache, back, hip, knee and shoulder ache and at times illness that laid me flat for days.

It may be due to the fact that I have so many fixed signs in my astrology description. It is a wonder I even get out of bed, let alone move towards a new experience that supposedly is going to reward me a better way of life. But not everyone has that excuse to fall back to and still, transition for them is a huge challenge.

It doesn't help matters that loved ones gaze upon us with annoyance because our underlying hysteria is interrupting their comfortable routine. They are inclined to advise the ridiculous, such as, 'just go with the flow', when we know for sure, we're surfing the waves of Hawaii after a storm and we've forgotten to bring the leg rope.

Transition does not always stem from the obvious. It may be as subtle as body change, change of feelings or unrequited expectations.

And from my observations, unrequited expectations are a perfect recipe for internal tantrums that manifest in physical discomfort.

Comfort zones, good or bad are just that, comfort zones and we are inclined to change them with much kicking and yelling, when really, all we desire, is that it all flow easily.

Being kind to oneself truly does assist in removing the spikes from transition. Having the heroic courage to move through transition deserves congratulations, no matter how badly we secretly think we are coping with the new.

A good alkaline diet that cancels out the acids of stress and illness, some quiet time meditation in whatever way is good for you and physical exercise, including walking, all helps.

Bodywork, such as Remedial Massage, Bowen Therapy, Kinesiology and Pranic Healing can make transition suddenly appear to be surprisingly easy, because they assist in eliminating the physical, mental and emotional aches and pains and the anxiety and fear that created them in the first place.

Forgiving yourself and others for not creating what



by Tonia Haynes

Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranic Healer

you thought you wanted also brings enormous relief and best of all, a hearty, loving laugh at yourself opens the doors of change with grace and ease.

Change is an imminent part of life on planet Earth and often, those times of painful transition are actually doing us a favour.

Even stiff necked ones, such as myself have learnt this to be a truth, albeit reluctantly.

Love, Light and Laughter

I am in clinic in Nimbin on Wednesdays and Saturdays. Make an appointment and I promise to make a difference to your time of transition, if you are willing to make way for change. Phone: 02 6689-0240, Mobile: 0439-794-420

Changing how we listen to noise

"If the noise bothers you, listen to it." – John Cage, 1912-1992

We live in a world of confusion: lights, colours, engine sounds, voices, ideas – a multiplicity of ideas, signs, symbols – a rap dance of images, people telling us what to do and what not to do, smoke/don't smoke, drink/don't drink, get a job, get an education, be true to yourself/follow the crowd and don't be too different, stay with an abusive family, because they're family; noise, so much noise. What to do, how to be? In the noise we seek solace and sense. Some seek solace in the arms of someone else, anybody else, and a whole lot of them. Some look to security in substances and food that allow them to bliss out, at least temporarily. Some gamble on the horses and dogs and coins and leaves fluttering to the forest floor. Some watch television, show after show. Some run and cycle frenetically, till their muscles melt. Some read books, book after book, till their eyes burn. Some meditate for so long they lose touch with the ordinariness of the world. Some play video games, day after day, night after night, and so on. None of these things are wrong in themselves, but when done to extremes, then there is a problem.

Noise. We humans are really challenged in the face of noise. We hate it. Confusion is so unsettling that we seek a solution to clear it up, or at least find something, anything to

stop it. Clinical hypnotherapy uses this propensity as an amazingly valuable tool. We practitioners use confusion to elicit a hypnotic state, to deliberately create a dissociated condition in which the client's unconscious is able to respond with a greater capacity of autonomy than their usual waking state. In this state, the unconscious mind is more amenable to hearing alternatives – and hopefully more healthy helpful ones – to the problem choices the client was making previously. Milton Erickson (1901-1980), the father of modern clinical hypnotherapy, used this technique beautifully. Consider the following, [...some family member or friend] ... knows pain and knows no pain and so do you wish to know no pain but comfort and you do know comfort and no pain and as comfort increases you know that you cannot say no to ease and comfort but you can say no pain and know no pain but know comfort and ease...

There is a play on the words, "no" and "know", as well as on "you cannot say no to ease and comfort," but "no pain" and "know no pain but know comfort and ease." Just in these words, focus is shifted from a focus to ambiguity and in this shift, the locus of pain dissipates, for these are not just words, but a physiological perception as well. I recently was asked to do a hypnotic session on a woman about to have surgery on her foot (very damaged in a horse riding accident). She'd had several surgeries under general

anaesthetic and the surgeon wasn't keen on giving her more general anaesthetic if it was possible. I used a confusional technique and shifted her awareness from her foot to noticing how her hips feel when she is dancing (for she is a dancer), and so she imagined the dance. She got through the whole surgery without needing a general anaesthetic and was, in fact, not aware of her foot at all. I use confusional techniques often because they work so brilliantly and quickly. There are several kinds of confusional techniques (humour, surprise, amplifying polarities, double-binds, paradox, etc), and all are designed to shift awareness, and in a long term way. All serve to break the current problem story, and facilitate healing. In fact, clients say to me, after I ask them on a follow up session how they're getting on, "What problem? I haven't got a problem." This is sometimes quite disconcerting for me, but nevertheless I see they're right, they really do not have a problem any more, and it feels to them that the problem has never been there. Re-entering confusion thus loosens and expands a person's capacity for being present with other ways of being. It is pretty hard to make someone do something they don't want to do. You can't say to some smoker, "Give up smoking, or else!" and expect them to follow suit. The old style of hypnosis uses this direct approach, but generally the effects do not last. What prohibition does is set up resistance to the idea of change. What re-introducing confusion



by Dr Elizabeth McCardell
M Counselling, PhD

does is shift consciousness from the focus on the problem to multiple other ways of seeing, such that the problem is no longer a problem and resistance has been circumvented. It deliberately disrupts clients' everyday mental set to allow a suggestion in without the client desiring to resist it. Noise thus has a purpose. Listen to it, and it will teach you things. Some years ago I attended a series of talks, chants and meditations from visiting Tibetan lamas over at the Perth State Library. I'd park my car in the underground car park and then catch the lift to the place the lamas were, sit cross legged, meditate and listen intently. Then I'd get up and go to the lift and down to my car. There in the underground car park was a deafening air conditioning unit. By the 7th day, I could hear the chanting lamas in the air conditioning unit, in my car engine, and in the wind. I can still hear the chanting these 10 or so years later. There is no longer noise, but a greater willingness to listen to the layeredness of confusion and seek other ways of understanding things, other than my own story. It's there in the hum of things, this place of many ways of being. There are many other choices than the one that locks us in.

dr_mccardell@yahoo.com

Chinese medicine and diabetes

by Brigid Beckett

Increasing numbers of people are diagnosed as diabetic or pre-diabetic with type 2 non-insulin dependent adult onset accounting for 90% of cases. The diabetic story is quite complicated, with type 2 cases commonly progressing to need insulin, and children being increasingly diagnosed with type 2. In terms of Traditional Chinese medicine, the story can also be complicated. But to sum it up, there are 2 main causes. Either a deficiency of the spleen (digestive energy). Or deficiency of kidney energy which is deeper and often constitutional.

People diagnosed with type 2 have usually been pre-diabetic for years before the diagnosis, with blood glucose levels slowly increasing. With pre-diabetic or early type 2, symptoms may not be obvious or can come and go. These include thirst, weight loss, nausea, vision problems, increased infections, fatigue and weakness or cognitive problems. This is the time that changing underlying patterns can stop the condition progressing. Even once type 2 has been diagnosed, if insulin is not required the situation can be turned round and a cure possible. According to Chinese medicine spleen deficiency is usually the first problem. This produces damp or phlegm, which over time then affects other systems such as cardiovascular and kidneys. When this happens the problem has gone from the taiyin, or spleen and lung level, to the shaoyin, heart and kidney level.

Diet is of primary importance in spleen

patterns. Foods that will weaken the spleen and produce damp include excessively sweet foods, soft drinks (a major culprit), also too much fruit and particularly fruit juice, raw food and dairy. Especially for diabetic patients, refined or processed carbohydrates should be kept to a minimum eg white flour, sugars. Repeated dieting will weaken the spleen. Also many pharmaceuticals; glucocorticoids, beta blockers, statins, antibiotics or stimulants.

Beneficial are warm cooked foods, stews and soups, cooked vegetables, and small amounts of pungent flavours – onions, garlic, spices. Small regular meals are beneficial, and keeping an sense of enjoyment of food is important, boring rigid diets are detrimental. Another factor that will weaken the spleen over time is stress. In terms of Chinese medicine, stress constrains liver energy, which weakens the spleen's digestive function and stops the smooth flow of qi.

Western medications for lowering blood glucose in type 2 diabetes include hypoglycaemic agents (glucophage, diabex, diaformin). These suppress production and uptake of glucose. Side effects are usually gastrointestinal. In terms of Chinese medicine they weaken the spleen with long term use. Which is why their effectiveness often decreases with time.

Alpha-glucosidase inhibitors (Glucobay, Precose) inhibit enzymes that metabolise carbohydrates. Not surprisingly their side effects are poor digestion – flatulence, bloating and diarrhoea. Other strategies



have to be better.

The solution includes good food, as well as dealing with stress.

Regular enjoyable exercise will aid the flow of qi and help with liver constraint. Acupuncture and herbs treat underlying deficiency and constitutional patterns. This pattern can be turned around.

Type 1 or juvenile diabetes is a result of a pre-existing Shaoyin (kidney and heart) deficiency. In young people it is usually inherited. In adults it is a result of factors such as aging, overwork, shiftwork, or severe trauma or shock can contribute.

Significantly Type 1 diabetes is often diagnosed in adolescence, when the body is changing to its adult form and function, which puts pressure on the kidney's jing energy- the deep constitutional inherited energy. Because it involves the deeper levels it is a serious condition, which before insulin therapy would have often been fatal. Although the primary association is not diet, as in the case of type 2, the same dietary factors can push a susceptible individual into developing the problem. As can trauma and stress in adolescence.

Because of its serious nature, once Type 1 diabetes has developed, a cure is not possible. However diet, exercise, herbs and acupuncture can regulate blood glucose. Sometimes the insulin dose can be decreased. And importantly serious complications can be avoided, resulting in better health and a better life.

Brigid is a qualified Chinese Medicine practitioner who can be contacted through Lismore Community Acupuncture on 0431-702-560.

"Individual Help for Individuals"



Tonia Haynes
20 years healing experience

- Bowen Therapies
- Soft Tissue spinal realignment
- Structural Rebalancing
- Pranic Healing
- Emotional Field Therapy

Nimbin Clinic on Wednesdays and Saturdays
For appointments, please phone
02 6689-0240
Mobile: 0439-794-420



NIMBIN HOMEOPATHICS

– For all your homeopathic supplies –

02 6689-1452

tarangbates@yahoo.com.au

Colon Hydrotherapy

More Energy, Clearer Thinking

Do you need help with:
Parasite elimination
Digestive problems
General wellbeing

We have been helping people detox since 1998

Naturopath Ela Gold

Ph: 02 6672 2517

Vitalis Health - Wellbeing Center

www.vitalishealth.com.au - Murwillumbah

also available in Kyogle @ Shanti Village 0439 854 474



Homoeopathic 1st Aid

9.30 to 12.30 Tue 14/10 to 18/11/14 \$200

Constitutional Homoeopathy

9.30 to noon Wed 15/10 to 19/11/14 \$180

Chronic Disease

& Its Homoeopathic Treatment

9.30 to noon Thu 16/10 to 20/11/14 \$180

www.sonmata.org

sonmata@mail.com

02 66 362356

Dr Elizabeth McCardell

M. of Counselling, PhD, Dip of Clinical Hypnotherapy

Psychotherapy & Clinical Hypnotherapy

- personal growth
- depression
- anxiety
- grief/bereavement
- cross-roads of life
- sleep problems
- pain management
- smoking, etc



Clinic in Lismore Heights

For appointments phone 6624-3704

phone/text: 0429-199-021 email: dr_mccardell@yahoo.com

Pain? Stress? Tired?

LISMORE COMMUNITY ACUPUNCTURE

Proven safe and effective treatment by fully qualified and AHPRA registered practitioners.

For conditions including: neck and shoulder pain, back pain, headaches, arthritis, insomnia, fatigue, women's health.



SILVERCLOUD STUDIOS

14 Foleys Rd, South Lismore

- WEDNESDAYS 9am – 1pm
- FRIDAYS 1pm – 5pm

Treatments \$25

Appointments: 0431 702 560

or just turn up!

NIMBIN BUILDING MATERIALS
AT THE MILL FARM
 For a broad range of new and new seconds at very competitive prices
 • Hardwoods, flooring, decking, pine framing, weatherboards, lining boards, architraves & skirting boards
 • Steel posts, roofing & guttering, doors, windows; cement, sand & gravel; gas
 • Animal feeds, hay, garden supplies & plants
 "If it's not in stock, we'll get it in for you"
 Phone Andy 6689-1206, 0429-891-644
 50 Gungas Road, Nimbin
 Open Mon-Fri 8am-4pm, Sat 8am-noon

YOUR LOCAL
DIGITAL READY TV ANTENNA MAN
 Servicing the Northern Rivers
 GET THE PICTURE
 Phone David
0428 298 403

NJH FLOORSANDING
 LAYING • SANDING • FINISHING
Nathan Hourigan 0420 215 716
SERVICING ALL AREAS
 E: it2gets2me@gmail.com
 Lic: 210143C

Nimbin's Funeral Services
 Locally owned and Family operated
 Servicing all of Nimbin & surrounding Areas
 Specialising in Traditional, Eco/Green and Indigenous Funeral ceremonies
0457-157-899
nimbinfuneralservices@hotmail.com
 All Enquiries are Welcomed
 Please phone Lisa Liversage
 your local Funeral Director

Adam's Auto Repairs
 Lic. No. 43839
0429 672 723
 Nimbin and Districts
Mobile Mechanic

Klaus Walter Plumbing Works
0427 108 677
 All Plumbing & Drainage
 Council Reports & Installation of On-Site Waste Water Systems
Accredited Waste Water Consultant
klaus0427@gmail.com Lic. 144338c

Foodies treat

Starting on Sunday 17th August, the Blue Knob Hall Café will have four different chefs each month present a delicious lunch, with different dishes and delicacies from all over the world.

One of our cooks is Zehra, originally from Turkey, and she shared with us a little of her story....

"I was not a real cook when I was living in my country Turkey, but since I left my homeland I miss the flavours and look for different tastes while trying to remember what my grandmother (traditional wise woman) taught me.

"We were having chats always in the kitchen when she was cooking, and unbelievably I have all the information when I recall her recipes because I watched her for years. We shared our pain and joy and her experiences which enlightened my days when I was in her kitchen.

"So for me it is a special thing. Cooking is a tool to connect me back to my culture and sharing it is the expression of those feelings. I also feel grateful to find the little paradise here

in Northern Rivers where food is a blessing and we know where it comes from and how much it loved before it comes to the table."

Our first chef on 17th August will be Hussein el Weshahy, and he will cook Moroccan food for us. This is his menu:

Entree

Moroccan roast vegetable and chick pea loaf with fattoush salad and harissa dressing.

Chicken basteeya (chicken in filo pastry with ras el hanout, pistachios and cinnamon) with sumac and mixed green salad.

Main

Honey and almond chicken tagine served with fruity couscous.

Slow cooked lamb shoulder with Moroccan warm potato salad and hommus.

Dessert

Honey semolina cake with cinnamon and honey home made lebna.

Custard goulash – 2 layers of golden crispy pastry filled with creamy custard and baked, served with rosewater whipped cream.

Entrée and main \$45, dessert \$5.

FOOD LOVERS SUNDAY
 at Blue Knob Hall Café
 4 different chefs each month
 presenting delicious dishes & delicacies
 from: Turkey, Moroccan, Japan, India, Lebanon, Colombia, Ethiopia, Egypt, Thailand
 \$30-\$45
 12.30 EVERY SUNDAY 6689-7449
 FEATURING GRANDMAS RECIPES

On Sunday 24th August, Jen Harkness and Paul Geense will cook vegetarian Mediterranean and on Sunday 31st August Andre and Kaori will cook traditional Japanese.

You definitely need to book by phoning 6689-7449 during Blue Knob Hall opening hours.



by Thom Culpeper

Gentle in talk, the Berber men shop in the morning at the souqs of Maghreb al-Agsa (the western), medinas (towns) for the kitchen ingredients for the midday meal.

They bargain and challenge the quality, freshness and price from the market women, who from behind their litam (veil), hiding all but their luminous, dark kohled eyes, kid, cajole and tempt the men to consider their children's well-being and calling, 'Allah e sjeeb' (God will provide) to their customers to assist Allah in preserving them from ill-deserved poverty.

In their striped skirts over the traditional white haik and from under

Flavour of the month – Morocco

The tajine and the essence of the souq

their wide-brimmed straw hats they call their goods, offering the best pieces of lamb or goat for the midday meals, each claiming theirs is the best on this day at the souq with just the necessary amount of fat to muscle, to give true purpose to the art of the tajine and fill the whole family with Allah's blessings.

Others offer salted cumquats and lemons, dates, figs, almonds, pomegranates, quinces, oranges, carrots, onions, coriander, turnips, parsley, mint, rose and orange waters and pomegranate molasses. Others: salt, rice, spices and semolina for couscous, and raisins and prunes for the lamb.

Lamb with couscous

Combine together in the Tajine base:

- 4 lamb shanks
- ½ cup finely chopped parsley
- 1½ cups brown onions
- 1 cup diced carrot
- 1 cup diced turnip
- 1 tsp coarse black pepper
- 2 slices ginger
- ¼ tsp nutmeg
- ¼ tsp turmeric with saffron

- 1 tsp cinnamon
- ¼ tsp dark curry powder
- 1 tsp salt
- 1 tblsp butter
- ½ cup olive oil

Cover and cook on m/h heat for 15 min. Stir, don't let it catch. Add 4-5 cups of water and cook 'til bone-loose. 15 min before serving, add 1½ cups of soaked and seeded raisins. Prepare 3 cups of couscous. Dress with a simmered-'til-tender mix of:

- 1 cup seeded raisins
- 1½ cups sweet onions, fine sliced
- ¼ tsp cut saffron
- 1 dsp butter
- 1 dsp cinnamon
- 1½ cups meat stock

To serve, heap couscous, place the shanks on top, dress with Tajine sauce and wet the dish with the remaining meat stock. Garnish with coriander, crushed cumin and grated lemon rind, or salt-preserved lemon slices.

Follow with fried, egg-dipped slices of baguette coated with a sugar-cinnamon-nutmeg mix, with coffee and cardamon or minted tea. Enjoy. For four.



by Peter Atkinson

This trip through Uzbekistan, Kyrgyzstan and western China has been unlike any I have done before. It is the first time on a guided tour, and I am glad I chose it.

There are ten people and two drivers, plus a compulsory

guide in a tough truck all rigged up for camping. We would cruise through the grassy rolling foothills of Uzbekistan's snowy mountains where people grazed sheep and horses, always with someone in attendance, hence not a fence to be seen.

Kyrgyzstan is a truly beautiful country. It is where the real mountains are. We would bounce along the worst roads cursing and swearing all day, occasionally passing through mobs of sheep and horses on their way to winter pasture and come to a pristine lake surrounded by really high snow covered peaks.

We would be welcomed into a couple of yurts as a sort of homestay set up and fed a very basic sort of meal. The yak meat was pretty good.

On another road, we were offered horses for half a day and pointed to a valley that climbed into some amazing high country, then welcomed into yurts. The people, though poor, were always friendly.

Finally we left this amazing place, heading for China.

After half a day hassling with officialdom, we climbed over the Torugart Pass at 3750 metres and into China. The Wild West of China it seemed. The day we got to Kashgar, a car bomb went off about 60ks away. It was in

front of a police station, but the police fought back and killed 13 people. This district is a Uighurn populated area and they are in the middle of an insurgency. I have just heard that 33 people were executed in this town a few days ago.

There was not a Han Chinese to be seen on the streets as I walked around (we were here three days) but plenty of heavily armed soldiers blocking streets and directing traffic. Our official escort, a Han lady, has been very nervous since the border. I am quite amazed we have been allowed to travel here at all. We have been banned from free camping along the way, which suits me as we have to sleep in yurts or hotels.

We travelled all day across a desert to the north-east to Aksu, where it seems a bit more relaxed. However, a day later here in Korla, there is security everywhere.

I am looking forward to the rest of China. I am sure it will be different.

Natural Law

by Helene Collard

Aloha!
Welcome to the Mayan New Year (July 26, 2014 – July 24, 2015). This year blesses us with the union of sun with moon, or: masculine with feminine energy; fire with water; action with receptivity; mental with emotional; focus with space; and outer with inner. This wonderful ‘marriage’ births a symbiotic relationship that significantly enhances our ability to approach life in a holistic manner. This important shift creates an improved experience as a collective.

Each person channels male and female energy. The masculine (sun) provides the structure and support for us to surrender to the feminine flow (moon). These are the true roles of these energies. However, sometimes we control these roles and become stuck in structure and hinder the natural flow of life. For example, after conscious thought and planning, we then need to open to the input of whoever else (either expectedly or unexpectedly) becomes involved. This requires your presence and trust. The expression of your masculine energy makes it safe for your feminine energy to do its thing. Both are vital.

Purification is a main theme for the year, so cleanse your inner and outer worlds in whatever ways you feel are necessary or helpful. Many of us have been doing this already, so keep up the good work, be creative, have fun and delve deeper.

Now a little on this month... August is a time of rebirth, it also feels like an important collective cleansing, perhaps in releasing fear that has been suppressing truth...and the truth will set us free. Therefore it can be a (short-term) challenging, yet (long-term) liberating experience. It's a good time to enter the cave and retreat on a level that you feel appropriate. Water is a strong theme, so drink lots, bathe, swim or even meditate on water.

In August, your intuition is super-charged, so waste no time and act upon your gut feelings – initiate! You can also expect the extraordinary to occur, so remember to trust what you sense and experience and then process it with an open mind.

As we cleanse and purify our inner and outer world, we create a clear path for the clear and tangible expression of our heart intentions. Without this clear path, they can remain intentions whose expression gets thwarted by fear and other obstacles.



*“I am self-sovereign, as are you.
I acknowledge the ancestors, mine and yours, past and present.
You are all my relations. All is One.”*

So cleanse and purify you and your surrounds in all the wonderful ways you can think of. With pure love, Helene
Helene Collard has a Bachelor of Trauma & Healing (SCU). Through workshops and presentations she supports human services organisations and employees, in the area of Secondary Trauma and Self-care. Helene is also a Reiki Master-Teacher and the founder of a Reiki Healing Circle in Lismore.

Big Pharma!

Well, I ended up being crook didn't I?
I won't bore you with the gruelling details of my recent adventure over eight days in the Lismore Base Hospital. Suffice it to say I'm home at Tuntable (thanks to Megan) recovering from anaesthetics, surgery, painkillers, blood thinners, antibiotics, blood tests, urine tests, ultrasounds, CT scans, MRI scans, ECGs and one million temperature and blood pressure checks.

This rant is not intended to display a lack of admiration and gratitude for the doctors and nurses who cared so constantly for me, and in fact saved my life on a couple of occasions... nor is it a put-down of the methods they use and the materials they employ. Thank you all and bless your shining souls. However it is a rave about what looms behind healthcare as we know it.

The photo above shows the drugs I had to buy and consume over a three to four week period and does *not* take into account all the Panadol, Endones, blood thinners and Morphine shots that I had every day I was in hospital. There are drugs everywhere you look. It's BIG PHARMA heaven! Patients are dropping pills and getting shot up with shitloads of chemmies and antibiotics every minute of the day and night. The swabs, pads and bandages, canulas and catheters, soaps, disinfectants, anaesthetics, sedatives, laxatives, rubber gloves... you name it... BP makes and SELLS it all.
Prior to my hospital stint I had been diagnosed with glaucoma and was referred to a Lismore eye specialist. He took one look in my eyes with his magna-optical-gizmo and there and then prescribed “Xalatan” for me to buy and put in my eyes every night for

Mookxamitosis

by Brendan (Mookx) Hanley

the rest of my life. Talking with my friends about this I found that quite a few of them have had exactly the same experience. It seems that whoever makes Xalatan has a global monopoly over all the millions of glaucoma sufferers. Furthermore, on the outside of the expensive, tiny-wee bottle is a warning *not* to use the contents after 28 days from opening it. Go buy a new one... every month... forever! How's that for a marketing coup? It doesn't cure anything... it's said to halt progress of the affliction!

Buying my Xalatan I found myself in the Chemist shop near Woollies and had to wait in a queue of about a dozen people to get served. While there, I witnessed all these elderly folk having their name called while an assistant brought out a little basket filled with 6 or 8 different prescription drugs. Money passed hands and the customer left the store with another month of grief relief in the shopping bag. More satisfied regular customers.

We live in a world where you get sick and the drug companies “fix you up”... for a price. Anything natural or holistic does not enter the equation. There is no question of preventing or curing disease. Drugs mainly “disappear” symptoms, while chemically attacking the liver, kidneys and other organs. The attention these organs normally apply to immunity and healthy cell maintenance is robbed by the regular intake of toxic chemicals. Accumulations of these inorganic foreign substances collect in little pockets in the body. They



become “hot spots” for cancer and other bacterial or viral activity.

I read that America spends over 1 trillion dollars yearly on Pharmaceutical drugs. The global figure is said to be over 3 trillion dollars. There is clearly no incentive in this for the manufacturers to make people well. If people get well, they stop buying the product. If they somehow “feel well” (apart from side effects)... then they need to keep buying it. The annual death toll and negative side effects from these drugs is astronomical.

Legal drugs are the most profitable industry in the world. Profit margins average 30,000% to 60,000% over the cost of raw materials. Mark-ups have allegedly been known to be over 500,000%.

BIG PHARMA companies have a massive lobbying presence in our parliaments and they spend millions of dollars “bribing” doctors to prescribe their product. They infiltrate and fund higher learning institutions, influencing curricula and thus training the medical profession to become drug pushers by default... albeit with the altruistic motive of helping the patient deal with symptoms and pain. They suppress health information from any other source, advertise heavily and even “invent” diseases for which they provide the answer. ADD and ADHD are pretty normal states of being for kids who eat sugar, junk food and

soft drinks and sit in front of a screen all the time. But BP sells a lot of Ritalin by demonising their condition!

Here areß some newly invented “diseases” and their “cures”. They must have a Martian in charge of the naming drugs department. God only knows where they get these titles from. Duloxetine for bereavement, escitalopram for excessive internet use, divalproex sodium for intermittent explosive disorder (bad temper), topiramate for compulsive gambling, fluvoamine for compulsive buying, naltrexone for pornography addiction and quetiapine for fear of public speaking. As if!!!

My advice is don't get sick and you won't need this crap! And if something is wrong... don't be like me and leave it until you're on your back on an operating table... do something about it... now! Give BIG PHARMA the flick!

Crossword Solution

From Page 22

Mr BOBCAT

6689 0044
0427 946 823

• 4-in-1 bucket • trencher • auger • 4 tonne tipper

• NOW WITH EXCAVATOR •

Terry Bressington

PLASTERIN' NIMBIN'

0427 891626

Gyprock walls and ceilings

New work or renovations

Lic. No. 100169C

SEPTIC TANK PUMPING

GREASE TRAP CLEANING
LIQUID WASTE REMOVAL
& OILY WATER PROCESSING
NIMBIN & ALL SURROUNDING AREAS
Local Since 1932

RICHMOND PUMPING

6621-7431 After Hours 0407-433-405

Sean Ardern

ELECTRICIAN

0429 890 181

Lic. No. 238231C ABN 85716021096

Johnny Mc Towing

Lic No. 10004

Any Old Cars • Any Old Metals •
• Caravans • • Batteries •

Ph: 66897 322 Mob: 042 99 44 571

SPECIALISING IN UNWANTED CARS

BLUE KNOB STONEX

RALPH MACK STONEMASON AND STONECUTTER

LARGE RANGE OF
GRANITE, MARBLE
AND NATURAL STONE
AVAILABLE AT
COMPETITIVE
PRICES

MOB: 0429 048 808
PH: (02) 66 891 665

Lic No: 244781C

bkstoneworx@hotmail.com