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What's in a name?

Mookxamitosis

by Brendan (Mookx) Hanley

How do you know if your tyres are Italian? If you get a flat... dago wop wop wop! (Australian 50s joke)

When I was a kid, Italians were generally referred to as “Dagos”. (Day-goes). I remember at school one day we were all treated to the sounds of our teacher whipping some poor bastard’s arse with a thick leather strap in the store-room next door, and repeating loud with each whack: “The POPE is a DAGO! The POPE is a DAGO! The POPE is a DAGO!” We all thought it was pretty weird... if WE said that we’d get righteously thrashed to death. As for the Pope... well... he WAS Italian!

The poor kid getting tortured in this case had called a new Italian kid a “Dago” at lunch time, and had either been overheard, or more likely dobbed in by some brown-nose seeking favour with the Fascist Fraternity that kept us in line with crime-and-punishment dedication and efficiency.

The first time I ever saw the Italian kid was when I heard a row in the school-yard and went over to find him wielding a cricket bat, surrounded by jobbos. He was livid with rage, defending himself against teasing bullies who were making fun of how he introduced himself in class when required to do so. He had said “Bonica Sergio”, surname first, as was apparently the custom back home. Nothing really, but enough to give the Beastly Boys somewhere to jump in and hassle the poor little bugger! They were the same morons that used to give me grief over my bandy legs and my academic prowess. So I knew how upset Mr. Bonica was feeling that day. Even harder for him, being a Wog and all!

Wog is supposedly derived from



“Worthy Oriental Gentlemen”, referring obviously to Asians and going back to WW1 at least, if not earlier. Wog wasn’t originally the generic word for immigrants. It was “Reffo”, short for refugee. It covered anybody European in general. In the 50’s we had factory-fill influxes of Italians and Greeks. Then we had revolution escapees from Hungary and the Ukraine. We had Lebanese, Maltese, Scandinavian... and Reffo gave way to a new generic of “Wog”, sometimes given the nastier twist of “Wop”.

Where the hell do these words come from? I grew up surrounded by words pregnant with racism and hatred. In 1980 I wrote a song which was recorded and released on Channel 7 Records, now owned by Yahoo. It was a pre-Pauline Hanson tilt at Australia’s underbelly of racism in a post-White Australia Policy country that claimed to have no racial intolerance at all. I thought this was a pretty strange call from a people that had decimated the local Original population and relegated them to the token half-page in our year 12 history book as “a dwindling race.”

You got yanks and japs and huns and sheikhs

Slopes and dopes and poofs and freaks

Abos, dubbos, dinks and gooks

And kiwis everywhere you look

You got eye-ties, slant-eyes, lebs and wogs

Greeks ‘n’ geeks ‘n’ pommies ‘n’ frogs
Boongs ‘n’ reffos, spics ‘n’ dogs
Workin’ in the factories, turnin’ the cogs
Hear the song at: www.reverbnation.com/mookxhanley/song/4416519-thats-okker-dont-knocker

Needless to say, the record bombed out. The promoter dropped it like a hot spud when he heard the finished product. Mike Willesee ran it on his show with a great clip... and then it fell over and died. Hit the wrong nerve, I guess.

Anyway the actual “Wogs” themselves took the word on with pride like we “hippies” did, even making movies like *Wog Boy* to celebrate. Good on ‘em! A wog by any other name is most likely a beautiful soul just like the rest of us.

Ernie Dingo told this great joke at the first Boomerang Festival a couple of years ago:

‘An Indigenous man and his son were in a plane when the intercom announced that an engine had failed and that people would have to start jumping out to lessen the load. The jumping order would be determined alphabetically by race. The kid got up to jump out and his dad said “Where you goin’ son?”

Kid says “We’re Abos... we’re first!”

“No we’re not!” says dad. “Sit down!”

The call for B came and the kid got up again. “We’re Boongs!” he says. His dad sits him down again. He’s up again for C ... this time it’s Coons. His dad plonks him down again and tells him to stay seated. So the kid says “If we’re not Abos, Boongs or Coons ... what are we then?”

“Just relax son ... we’re Zulus!”

PS. My “Save the World”

FUKUSHIMA call last months got two replies. One telling me everything was all fixed and the other offering to help. So much for the future! Project abandoned! Happy glowing old age!

Lost Dinosaurs – Cannabis Australia 2015 # 3

Ironically yours
by Dionne May

The caldera of Wollombin (Mount Warning) juts and rears out of this timeless landscape. The Nimbin Rocks appear as huge sentinels, catching the first rays of morning sun on their bellies or raising up majestically through the morning mists as they stand guard over the valley. When the black cockatoos wheel and arc in the air raucously calling out, the land shimmers with ancient memories. Is it any wonder then, that it is here in this not-so-secret valley that you will find lost dinosaurs?

There is an ‘oasis’. Here lost dinosaurs gather. Timeless creatures of a bygone era, occasionally stomping accidentally on the new world that is growing fast around them. Creatures who perhaps remember a better world... the wilder, freer, still have this one last place to meet and greet... this special oasis.

Bravely and staunchly at the helm of this establishment is one of Nimbin’s most loved hempsters (H.E.M.P activist), one tough little lady that still believes in what she is fighting for...Nimbin’s last community



www.australiangeographic.com.au

cafe and Australia’s last remaining ‘smokers cafe’.

For more than fourteen years this special place has created real Nimbin magic. Locals of every age, musicians, dancers, artists and performers of all kinds have shared the joint with those tourists and travellers lucky enough, or intent enough to experience this special something. The joint may look a little old and tattered, or groovy and real, depending on the eye of the beholder. The old dinosaurs may be intimidating, loud and even a little weird or interesting, quirky and real, again depending on the beholder. The chaos can be overwhelming to some but to

others the music and laughter and warmth of the tribe that hold the place together is the reason we come to town.

In rapidly changing times in Nimbin thanks to the big fire, renewed real estate interest and the latest smoking laws there is literally nowhere else for locals to hang out. Sigh of an old dinosaur. As the developers sharpen their knives, sorry pens, and deals are being done with the slick face of change smiling malevolently on, perhaps it is time to reflect upon the necessity of our oasis in Nimbin. What happens to the old dinosaurs when time is cappuccino money? What happens to the legitimacy

of an alternative, H.E.M.P. activist town when locals can no longer afford to sit for hours with mates and not a whiff of tobacco, let alone our own sweet cannabis can be enjoyed with this coffee?

Our oasis is open from 8am every day till basically the last person leaves late at night.....a dedication that is hard to match anywhere in Australia. The food is simple, made with loads of love, sourced locally whenever possible and kept at prices even old dinosaurs can afford! In 2015 and in Australia’s cannabis history this unique cafe represents so much more than a meeting place to drink coffee. It IS our oasis.

Guerrilla gardeners

If I had to pick one childhood story out of the Western tradition which still appeals to me, it would have to be the story of Johnny Appleseed.

A rebel with a backpack full of seeds; a rambling ascetic loved by animals and Native Americans alike; this dopey white guy chasing his own shadow of a songline.

Johnny Appleseed is credited with establishing some of the first apple orchards in North America, but his legacy lies in his process rather than his product. Legend has it he travelled barefoot and wore buckskin, revoking almost all possessions in pursuit of a simple yet meaningful life planting trees.

Of course it's the combination of that endless road and the landscape as palette, which appeals so much to me. How many of us have felt the tug-of-war between our gardens and the call of some distant horizon.

We know our gardens will become untended and overgrown without us, and yet we know that, at least for a while, we must leave the comfort

of sedentary life.

Johnny did both. While the romanticised version is that he simply wandered around planting apple seeds, he in fact established extensive apple orchards which were fenced and tended by local caretakers.

Michael Pollan suggests that the ungrafted varieties planted by Johnny Appleseed were probably better suited to cider-making than eating, and that this was the real reason he was welcomed into homes far and wide. This, coupled with his preaching of the Gospel (he was also regarded as a missionary) might help to explain the persistence of his legend – for it contains two of the three great tools of western expansion: religion and alcohol.

But for me, he was the first Guerrilla Gardener. While compliance regulations remain at odds with true sustainable measures for urban areas, and our unloved country road verges attract the RoundUp trigger-happy treatment, guerrilla gardeners are out in broad



daylight as modern-day pioneers of edible, sustainable landscapes.

How telling is it that in our modern culture, guerrilla gardening is regarded as an act of trespass against the controlled, fenced, manicured, unproductive wastelands which are our common lands? Just ask Ron Finley, whose verge garden in South Central LA was shut down under threat of arrest. This in an area where obesity was five times that of its affluent neighbours, and yet Ron was told if he didn't move his 100 x 10 ft verge garden he'd be thrown in jail.

For modern-day guerrilla gardeners, a word of advice: Do Not Hesitate. But do your homework first. Pick suitable species for your



Permaculture Principles
with Anastasia Guise

local area and local needs. Don't plant tall trees under power lines, for instance, and establish the location of underground cables and sewers to avoid damaging infrastructure.

On the sides of country roads, avoid planting eucalypts which tend to drop their branches, especially in storms. Red cedars, lily-pillys, cheese trees and native macadamia are all excellent local species which suit road verges. Set the plantings back from the road at least three metres. When planting, use a white utility and wear your high vis vest, as this tends to attract the least

hassle.

In the suburbs, guerrilla gardening opportunities are endless. If you want to go legit, get the local Council, youth group, primary school or homeless shelter involved. If all else fails, invoke Costa. Start small by planting one or two unobtrusive trees in your street, especially if it is burdened by long stretches of sun-scorched tarmac. Here, lemon or cinnamon myrtles are excellent street trees, as are macadamias, tropical apples or flowering plums, citrus, and any of the bird-attracting natives such as grevillea and callistemon.

If you choose to get vegetables out on your verge, consider the accumulation of particulates from passing vehicles. Anything you can wash easily like tomatoes, capsicums and eggplants work well, and there is nothing better than herbs and flowers for bees and humans alike.

Remember, your street is your palette, and your painting will give others permission to paint too. This is a beautiful rebellion. Says Ron: "Guerrilla gardening is the most therapeutic and defiant act you can do. Plus, you get strawberries."

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At your computer



Part Three – Keyboard

I was recently reminded of how much of a difference the Kinesis Advantage computer keyboard makes when I accidentally left it at home. One day a week I work in someone else's office, using their chair, desk, computer, keyboard and mouse. I usually bring my own keyboard and mouse.

Like most desktops, their desktop has a typical push-to-move-the-cursor mouse (see last month's article) and a standard USB keyboard. About five hours into an eight-hour day, my left elbow started to spasm where the triceps attach, and are still shaky some hours after returning home. Having used a Kinesis keyboard since 2001, I've taken for granted its benefits:

- Reduction of tension in shoulders, elbows, wrists and fingers;
- No pain between shoulder blades;
- Ease of expressing ideas – not dreading typing; and
- Lighter, freer hands for use after hours doing manual activities.

When the pain started back in 2001, I slowed down what I was doing and learned that rotating my shoulder medially so the forearm comes to my torso's midline and exerting in this position for hours typing, led to a piercing, persistent

pain along my spine between the shoulder blades.

In seeking to alleviate the symptoms at their source, if I typed with my forearms straight in front of me, the pain would decline. In searching the Net, the best choice featuring one solid base and two halves of keys the width nearest my torso was the Kinesis Advantage. The immediate benefit of being aligned continue to outweigh the learning curve which lasted me a week.

Qwerty is the name given to the alphanumeric layout of keyboards. Qwerty was developed to reduce the speed of typists as typewriters would literally jam when a second key came forward to strike the ink ribbon before the first had gone back. Computers don't have this limitation, and Dvorak is a layout designed for optimal human expression. Learning it is good for the mind, and the more efficient keystrokes are good for the body.

Expressing is good for the soul. The Kinesis Advantage MPC model allows switching between Qwerty and Dvorak. I've felt most comfortable when having my hands float in space above the keyboard itself, with my fingers grazing the keys' surfaces lightly.

Having my wrists supported on the device led to soreness due to having a pivot point at

by Brent Shaub

the wrist. With wrists in the air, my arms are free to move from the shoulder blades down; there is no backing up or pinching of movement in the carpal tunnel.

Creating comfort at your computer requires small wins that accumulate. A keyboard will help, as will a mouse, a chair, a desk and a healthy relationship to work (and rest). Movement practices will enable space between bones—particularly the eight of the wrist—as well as balance the muscular tonus which moves them. Ways to reduce existing tension are plentiful and affordable. Holding and sensing the details of bracelets, napkin holders or spheres are great starting points to free wrist, finger or elbow tension and prevent overuse injuries.

I am not a salesman for Kinesis. I simply want people to know there are options. If you have a movement-related topic to discuss, or want to attend a class or to book a highly-tailored individual session, email me at: Brent@EmbodyWisdom.com. Today October Feldenkrais classes starting mid-month and continuing through November at 3/104 Stuart Street, Mullumbimby: Tuesday 4.30pm, Thursday 4pm, Saturday 9.30am.

Natural law

by Helene Collard

An initiation has taken place. Do you feel it? Have you emerged from the cave of darkness? Are you experiencing something new? It happens differently for everyone. Reflect.

A new frequency is here and it affects everyone differently. As a result, some of us will experience joyful breakthroughs, while others will suffer greatly, and for many, something in between all that. Whatever occurs for you and your loved ones is designed to trigger the change required for higher learning and evolution. It is meant to be.

Empathy is a loving process from which we gain understanding and offer tenderness to another. To empathise with someone or a situation, essentially means that we have fairly recognised all the elements at play that have resulted in a particular, (often unwanted) outcome. In addition, empathy is when we communicate this understanding from a place of tenderness.

With this approach, we truly empathise with another, because essentially, we assure them that we have context. That is, we accept the chain of events that have resulted in this particular experience for them - we understand why they feel the way they do.

Empathy is often confused with over-identifying with the unfortunate circumstances of another. This unhealthy attachment is often brought-on by our own hurts that we either haven't acknowledged and/or need to deal with. In this case, we connect to another's situation and often experience deep levels of understanding. Then however, we step across the line, to take on and become a surrogate for the events and emotions belonging to someone else.

In contrast, some of us display a perceived lack of empathy. This is where there is a 'cold' response, or perhaps attempts to trivialise or deny another's misfortune. This approach reveals an inner disconnection and refuses fair understanding of the unfortunate situation of another.

So where are you at with empathy?

Often the reason for rejecting understanding or getting over-involved, lies in our own story. When we intend and commit to unraveling our own life hurdles, our walls and dysfunctional compensations crumble.



*We are all self-governing.
Let us call upon our ancestors and
teachers – past and present,
to guide us in the way of the Heart.
You are all my relations. All is One*

Clearing these barriers enables us a fresh perspective from which to respond to life. This is how permanent change occurs.

How can we operate in a cohesive and self-governed society, if we can't display true empathy to one another?

Helene Collard has a Bachelor of Trauma & Healing and is a Reiki Master-Teacher. She lives in the NSW Northern Rivers area with her partner and two young children. Helene is now offering Reiki/Self-development sessions on Fridays from Nurture, 115 Keen St, Lismore. Bookings essential.

Helene also designs and facilitates workshops, and is currently delivering her workshop for professionals and carers in the area of Secondary Trauma & Self-care. For more information, email: hmcollard@gmail.com or phone 0405-656-797.

Koala Kolumn

by Lorraine Vass

As well as being Labour Day and the start of Daylight Saving, October 5th was World Habitat Day. First celebrated in 1986, this global awareness day was created by the UN to reflect on the state of our towns and cities and everyone's right to adequate shelter. This year's theme 'Public Spaces for All' is to remind us of the importance of well-designed public spaces and streets.

The future of our own habitats is clearly our responsibility, but we also have responsibility for the habitats of other species. Drawing a rather long bow, a new alliance formed to protect the survival of our koala populations, chose World Habitat Day to announce its launch.

The National Koala Alliance (NKA) aims to ensure koalas survive and thrive for future generations. It's a non-profit network of koala conservation, welfare, advocacy and research groups working in habitat conservation, political lobbying and the protection of individual koalas. Friends of the Koala is a proud foundation member.

The NKA grew out of the National Koala Conference held in Port Macquarie in May 2013. The conference drew together koala experts from across Australia and overseas. Even one or two politicians attended. They all agreed that wild

koalas everywhere are being pushed to the brink.

The threats koalas face may differ from state to state, region to region but the need to join forces to develop a national approach to their conservation was unanimously supported.

Koalas are a flagship species. If their numbers are in decline, other species are in trouble as well. Approximately 50% of threatened species in Australia occur within koala habitat areas. The NKA's goal is to ensure the koala's survival with a strong, united and cohesive voice for koala conservation and protection, but don't expect miracles just yet. The membership, while drawn from all States and Territories where koalas occur naturally in the wild, is still small numbering only 20 or so. Most of them are not for profit voluntary groups so there's no money. Apart from a strategy weekend held in April 2014, progressing the NKA has been almost entirely by teleconferencing and emails.

If you're interested in finding out more about the NKA, check the website at www.protectourkoalas.com.au or follow us on Facebook www.facebook.com/nationalkoalaalliance



Tamara Smith, MP for Ballina

Changing subjects, Friends of the Koala has received a grant of \$12,000 from the NSW Environment Trust through its Lead Environmental Community Groups Capacity Building Program to develop a Communications Plan.

The Plan aims to increase FOK's footprint in the digital realm by skilling 10 'Koala Champions' in using social media platforms to disseminate FOK information and to produce a short humorous ad for distribution through television and the net.

Clearly we want to educate the community on the continuing challenges facing koalas in our region from dogs, cars, disease and habitat loss. Together with the 'Koala Champions' we aim to inform and encourage action – what it is that every one of us can do to save our precious koalas.

Friends of the Koala wholeheartedly believes that legislation isn't a silver bullet for koala survival; that saving koalas has got to come from the heart. Community understanding that empowers individuals to take action is the fundamental game-changer. Every one of us doing what we can to hang on to our koalas is our best chance.

The first step in developing the Plan is to get a handle on how we're doing now. How well does Friends of the Koala communicate its different activities; how those activities are perceived and ideas on how we can improve the way we communicate now and in the future to our members and the broader community. So we've developed a short survey targetting FOK's members and supporters and other volunteers working in nature conservation in the region.

The survey will take approximately 5 minutes to complete. If you'd like to, follow this link or type the following into your browser <https://www.surveymonkey.com/r/FOKCOMMSURVEY> Should you have problems accessing the survey, please call Aliison Kelly (project coordinator) on 0428 216 079 or email her at: aliison@internode.on.net

The survey will run until October 18. Four lucky winners will be drawn out of a hat to receive either: a lunch for two at Goanna Bakery; a voucher from Caddies Bean Shop to the value of \$100; trees and shrubs to the value of \$100 from FOK's Nursery; or a dirtgirlworld DVD pack and T-shirt from meme productions. The draw will take place at the Friends of the Koala AGM on Wednesday 21st October.

Results from the survey and further information on the project will be included in the next issue of Treetops, FOK's quarterly newsletter, accessible from our website.

Until next time, happy koala spotting.

To report a koala in trouble, or a sighting (live or dead), please ring Friends of the Koala's 24/7 Rescue Hotline: (02) 6622-1233. For information about koalas, their food trees and how you can assist koala conservation, visit: www.friendsofthekoala.org or email: info@friendsofthekoala.org or phone 6622-1233. Please follow us on Facebook. To report environmental incidents, including removal of koala habitat ring the 24/7 Office of Environment & Heritage Enviro Line: 131 555.

Plant of the month

Native Wistaria *Callerya megasperma*



by Richard Burer

A stunning display from this tall woody climber greets us this month. Its purple pea-like flowers litter the ground beneath as if the forest has had its pixie spirits create magic with a carpet of purple.

A strong and hardy climber, this vine takes advantage of any tree to make its way up into the canopy, creating habitat, shelter and beauty.

In the garden I have found that a small tree is an ideal host to be able to incorporate into your bushy edges, or in this case pictured climbing over a small cottage.

To grow your own, simply collect the 15cm velvety oblong pod and open it up to reveal one to four hard seeds and go from there, either direct into the ground or in a one-litre plant tube.

NIMBIN ENVIRONMENT CENTRE

by Stewart James

After four years of constantly saying "No" and "No Means No" to oppose coal seam gas developments in our region, it's refreshing to be able to enthusiastically say "yes" to something. I'm talking about the proposal by a locally-based group of community and green-minded entrepreneurs to start a renewable retail power company in the Northern Rivers.

Proponents from ENOVA Energy spoke about their project at a well attended seminar at Casino Environment Centre on 21st September. In a nutshell, ENOVA hopes to become a thoroughly modern and green retail electricity supplier by supplying only power from accredited renewable sources, promoting and installing domestic and community solar generation and storage capability (for example panels and batteries), and promoting methods and means to be more efficient in power use and reduce power consumption.

Customers who are ultimately supplied by ENOVA will be using power that comes only from renewable sources; likely including wind farms, large scale solar power plants and the excess power generated by ENOVA customers themselves from solar panels on their roofs.

What clearly differentiates ENOVA from the Origins and AGLs of the world is that they won't invest in or sell dirty fossil fuels, and will be majority community owned, with at least 51% of shares to be owned by

residents of the Northern Rivers. Assuming the business becomes profitable – 2018 is the target for this – a majority of dividends will flow back into the local community, while half of profits will be used to support community-based projects which promote and advance renewable energy. Not to mention that the business will create a significant number of direct and indirect jobs in our region.

Retail operations are some way off. At the moment ENOVA is conducting a share offer to raise start-up capital of at least \$3M, and so far it's going pretty well, with more than \$1.1M subscribed in the first six weeks. Shares cost \$1,000 each and there are means for individuals to band together to buy them.

The share offer closes on 27th November and it's important that \$3M is raised by then. As with all investment opportunities there is risk, but if this type of power company sounds like something worth supporting, find out more by searching for Enova Energy on Facebook or by emailing: info@enovaenergy.com.au

Coal seam gas campaign

On a more depressing note, it probably has not escaped your attention that Metgasco is clearly awake from its hiatus after the conclusion of the Bentley blockade in May last year and the State government's suspension of its drilling licence, which was overturned by the Supreme Court in April this year.

It has notified the Stock Exchange of its intention to do

seismic testing in Rock Valley in November, and about its current negotiations with drilling contractors to undertake work at the the proposed Rosella well at Bentley. An announcement on the latter is expected within weeks.

Doubtless this news makes many of you, like me, feel sick in the stomach. It seems kind of unreal that after all the community opposition, which has been so clearly demonstrated so many times over a very long period, that the matter still has not been resolved and we may soon need to man the barricades again.

Lismore Council isn't having a bar of it, with Mayor Jenny Dowell announcing Council's refusal to co-operate with the seismic testing and its willingness to go to court over the matter if necessary. Premier Baird was reported recently as saying the government is still in active negotiations with Metgasco and that he's hopeful that the project won't proceed.

I don't trust that, and I'll only believe it when it's official. What is reassuring is that my antennas are picking up that local people are more determined than ever that they simply won't allow CSG operations in the region. And I cannot see that the State government could possibly contemplate sending police in large numbers to bust a blockade to allow Metgasco to resume operations. It would be a public relations disaster on an epic scale.

Let's just hope for a favourable announcement from the government in the coming weeks. Fingers crossed.

Valley of weeds

by Triny Roe

Welcome to Nimbin, valley of weeds. The Northern Rivers is blessed with high rainfall and mild winters. If you live here be prepared to spend at least some time weeding. It's part of the lifestyle.

So what is a weed? – technically it's just a plant we don't want where it is. It's generally self-sown and makes itself at home anywhere it can find a niche.

Weed management is not a one-size-fits-all. Everyone wants to do different things with their land and have various ideas about what they want in their gardens or on their properties. Some want to regenerate the bush, others to grow vegetables, fruit trees, run cattle, or a bit of everything.

The range of plants called weeds is vast. Some cause huge problems, some none at all or just a minor inconvenience.

Weed management without herbicides is more labour intensive than using sprays, but there are ways of reducing the

workload.

Prevention is the first mode of defence – don't introduce new weeds. Check new pot plants for hitch hikers. Nurseries often use pre-emergent herbicides but wind blown seeds can land on older stock. Select new plants wisely. Sometimes listed environmental weeds are available at nurseries or from market stalls. Weed seed can come in stuck to shoes, vehicles and clothing. You can pick up burrs on your clothing while hiking and then pick them off at home flicking them out the window or off the verandah. Shaking out the car mats onto the ground after a road trip can also introduce new seeds.

Early detection is critical – know your plants – watch what is growing. If you see something new, find out what it is. Plant ID is pretty simple these days with the internet. Once you know what it is you can decide how to handle it. So next comes early intervention. Deal with it promptly or at least before flowering and spreading seed. Maybe you can eat it or utilise its medicinal



Eat dock and chickweed

properties.

Lantana is not the great soil improver that some claim. It is better than nothing, but wattle does a much better job with added benefits of generating nitrogen and a much larger biomass. When rescuing trees from a shroud of lantana, first cut through the stems and trunks at ground level and then at a metre or so higher. There are often only one or two roots which can be easily dug out by hand. Ensure no canes are touching the soil as they will keep growing. Don't try and haul the remaining lantana out of the tree. With crisscrossing stems lantana entwines with the branches of its host but it will eventually rot and fall out.

Mulching is good way to suppress weeds around new tree plantings or on cleared areas. Cardboard and

newspaper covered with a thick layer of wood chip will prevent germination of seeds in the soil. Cut branches from legumes such as ice-cream bean and lay thickly around the base of saplings.

As an alternative to cut and paint with herbicide, cover stumps with a black plastic garbage bag to cut light. No light – no regrowth. Check the bags are not bio-degradable, as these will break down in UV light and could disintegrate before the stump rots.

Biocontrol agents are now available for a range of widespread weeds including Parramatta grass, crofton weed, groundsel and madeira vine. While these won't eradicate species, they will knock them around a bit, reducing their capacity to proliferate.

Happy Weeding

Producing food among the "weeds"

by Geoff Dawe

Australian soils are generally so thin that a long-term view would not consider the export of nutrients in farm produce. Jared Diamond in his book *Collapse* writes "... only tiny areas of Australian land currently being used for agriculture are productive and suitable for sustained agricultural operations." Moreover, Australia currently exports approximately five times as much agricultural produce as it imports, so there is a net loss of nutrients. Compounding the problem still further, nutrients in food are generally shit into waterways with the water closet toilet rather than returned to farm land.

The proposal for extended-family gardening farms as a counter to urban nutrient sinks, potentially overcomes both the problems of loss of nutrients from farms and their monocultural activity; the latter, heightening pest and disease problems.

A means of preparing small gardening farms for an influx of people rather than the export of farm produce, is to prune existing vegetation in a proposed food forest area to say, 120 cms. height to allow in sun. This beginning to an agriculture is in accord with sub-tropical chemical-free bush regeneration that

tends to also prune vegetation rather than kill it, in order to select in favour of preferred plants. Chemical-free bush regeneration and sustainable agriculture are one.

Paths are laid out through the intended food forest area that are at least 90cms. wide for movement of humans carrying buckets. Human food plants that have been selected for hardiness are raised up in a nearby nursery and these are planted among the "weeds". The "weeds" themselves are not killed for they supply more positives than the negative of their overrunning ability. In these relatively hilly areas for example they hold soil that mobilizes downhill in times of sub-tropical downpours. "Weeds" that re-grow rather than are removed are also a constant in situ source of mulch. Moreover, in terms of the soil, in the long-term, there is no competition with preferred plants for every plant is a net producer of 4% - 5% additional organic matter in its life cycle.

"Weeds" also "distribute" manure by taking up nutrients in the manure and laying them back down on the ground in their biomass as a more benign form of fertilization that reduces raw manure uptake by preferred plants that can cause "bloating". But most importantly, "weeds" in a sub-tropical region are the first stage of the duplication of rainforest

where 60% to 70% of fertility is held in the biomass rather than the soil. In the biomass, fertility is resistant to leaching where leaching is arguably the main challenge of sub-tropical agriculture.

The paths through the food forest are the main "tool" to prevent overrunning of food plants. Secateurs and loppers are secondary tools. Trees pruned to say, a height of 120 cms. such as camphor laurels are noticed to be further "tools" in that they supply bountiful coarse mulch, and trellis for human food vines such as passionfruit and black raspberry.

The major means for overcoming the short-term competition from weed roots is to supply abundant nutrient through the carting of buckets of liquid manure, urine, wood chip, animal manures, worm castings, leaves from blocked land gutters, green manures, rock dusts, the practice of biodynamic agriculture, compost including humanure etc. This is the process, facilitated by the "weeds", that increases soil organic matter and ushers in sustainability of food supply.

The process of rural integrity is not held up by "weeds", but by huge populations of humans sitting in city areas, staring at computer screens while an Amerindian looks from under the fridge magnet with the words: "It is not until the last fish is gone will you realise you cannot eat money."

Sustainable bioenergy workshops

by Dr Richard Parsons

Communities in the Northern Rivers will soon have the chance to engage in discussions on the potential for bioenergy in developing a sustainable energy future.

Progressive industries today know that they cannot exist without a so-called 'social licence', so the aim of these discussions is to help assess community support for prospective bioenergy projects in the Northern Rivers.

Bioenergy is a form of energy

produced from biomass, i.e. materials derived from plants, animals and their by-products. Examples include sugar cane residue, livestock waste, municipal green waste, forestry residues, and plants/weeds grown for energy.

During the workshops, which are an initiative of the Northern Rivers BioHubs Consortium, participants will learn more about bioenergy and its prospects in the Northern Rivers, and take part in discussions around the potential benefits, concerns, and challenges of various bioenergy

technologies and energy sources.

Workshops will be held in the following locations:

- Nimbin – Thursday 15th October
- Murwillumbah – Tuesday 20th Oct
- Casino – Thursday 22th October
- Lismore – Tuesday 27th October

You can register your attendance at: www.eventbrite.com.au under 'Bioenergy in the Northern Rivers'. Attendance is free and light refreshments will be provided. For more information, contact Richard Parsons at: rp.socialresearch@gmail.com

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Bowen Therapy for the ankle-biters

Until the early 20th century, it was thought that children were just like us, only less intelligent. That is why we gave them wonderful jobs like being chimney sweeps and flag bearers in war. They were useful because they were small, so they could crawl into narrow black holes and were less likely to cop a bullet than us bigger folk. They were also silly and easier to control if punished in the right way.

The research of biologist/psychologist Jean Piaget in the 1930s gave us the new idea that children are not less intelligent, they just learn new ways of thinking as they grow up. His theory explains that at about 18 months, 7 years of age, and between 11 and 12 years of age, children go through a mental evolution that leaps them forward into a more flexible and aware way of seeing the world around them.

His theories have been questioned by some. Of course they would. He was the first, and nobody likes a smart arse. Nevertheless, his theories on the development of children are still used today in the educational environment of open class and children-centred class rooms.

So if children are really so clever, why are they inclined at a young age to spontaneously spit their green vegetables across the room? And at a slightly more mature age treat us like the enemy when we serve them a scrumptious dish of lightly steamed broccoli or cauliflower? After all, veges are so good for them.

This is a question of great puzzlement and has actually been looked at by them that knows. The theory on this one is that small children have a genetic disposition to distrust any green food. It is

called vegetable neophobia (a fear of something new) and exists because mum and dad told the kids hundreds of years ago that green plants, particularly those with strange lumps, would make them sick, or perhaps even kill them.

So next time your three-year old whacks you in the face with a spoonful of greens, they're not being bloody minded, they just think you're trying to poison them.

A recent scientific experiment gave vegetable neophobic children of eighteen months to four years old varied vegetables for nine days out of a 14-day period. The reward for tasting a vegetable was not 'eat up and you'll get dessert'. Instead they were given a pretty sticker to put on their own personal chart. Apparently the experiment was a great success in that by the end, many of the children were now happy to eat some vegetables.

My son drove me to despair as a baby because he blatantly refused to eat his veges. Years later his daughter just as blatantly refused to eat her veges. I was delighted. Revenge is so sweet.

Unfortunately, Bowen Therapy and the other healing techniques I use do not make others want to eat their veges. That is, unless they want to stay feeling good and decide a healthier alkaline diet may help.

All the same, Bowen Therapy can assist in effectively removing the effects of delayed onset muscle soreness that may be caused by acid build-up, or as it is called by the gym lovers, DOMS.

It was thought in the past that DOMS was caused by the increase of lactic acid in the muscles, but it is now thought that DOMS may be caused by micro tears in the connective tissue. The connective



by Tonia Haynes
Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranic Healer

tissue is a fine skin that supports every hair, nail, nerve, organ and muscle in the body. It is also a major message carrier.

It has been suggested that if the connective tissue in a body were removed we would all look like a bony skeleton standing up to our knees in a bloody mess of uncontrolled flesh. Not a good look, but it would definitely save on haircuts and manicures.

As children grow, so do their organs and muscles and the accompanying connective tissue. Many kids today grow up and out at a rapid rate, which must also stretch the connective tissue that holds them together at an accompanying rapid rate.

I don't know if you suffered from growing pains. I know I did and it was painful enough to remember all these years later. I wish there had been a good Bowen Therapist around then, because from what I've observed about the results of Bowen treatments over the years, a Bowen therapist then would have been a



great help toward alleviating my discomfort.

Bowen Therapy is a strange and wondrous technique in that it generally incorporates small precise moves on the body, so simple that the procedure can be presented through clothing with potentially amazing results.

Due to the pressure applied from health insurance companies and their accompanying bodies of government, the Bowen Association of Australia needed to prove that this weird way of treating the muscular and skeletal systems of humans and animals returned more than just a placebo effect in its often pleasantly surprising outcome.

It was found that Bowen Therapy lifts and flexes the connective tissue, allowing the tissue to heal. The waste that causes pain and discomfort is released and the good stuff that makes the body happy is able to enter in its stead.

For this reason most health insurers now give rebates to members who are eligible for alternative therapies when they receive Bowen Therapy from a Bowen Therapist of Diploma level, like myself.

Babies and children can benefit greatly from Bowen Therapy. As well as assisting in removing the painful knocks that may be an outcome of play, it can also improve

their digestive system. This has the possibility of decreasing those childhood ills such as snotty noses, sore ears and colic in babies.

My normal price for adults for a 1½-hour treatment is \$65. Children up to seven years are small and need less treatment for maximum effect. They are usually on the massage table for about 20 minutes. The charge is \$10. For children between the ages of eight and twelve, the charge is \$30.

Just a brief mention here of my friend Renata, who is professionally teaching parents how to massage their babies. This is a fantastic bonding exercise, particularly for the dads, who perhaps don't get as many opportunities to cuddle their little ones as Mum does. Plus it is so good for the baby. Enquiries about Renata's 'Bubba Touch Baby Massage' can be made on 0412-354-115, or at: bubbataouchbabymassage@gmail.com

My mix of Bowen therapy, Remedial massage, Muscular kinetics, Spinal realignment, Pranic healing and Emotional freedom technique is available to all Wednesdays and Saturdays at my delightfully restful clinic in Nimbin CBD. Phone for an appointment (02) 6689-0240 or mobile 0439-794-420.

'Til then, Love Light and Laughter.

Six objections to placenta encapsulation



by Kirrah Holborn
'Traditional Wisdom'

Placenta encapsulation involves dehydrating and encapsulating the dried, ground placenta into capsules for the mother to consume during her postpartum. Over 4000 species of mammals consume their placenta straight after birth (even the herbivores!). More and more women are choosing to consume their placenta for a range of health benefits. Most commonly reported effects are increased energy, improved milk supply and balanced hormones.

Is it a fad?

Humans have actually been consuming placentas for hundreds of years. In China it is known as "Zi He Che" and has been used medicinally for over 2000 years. According to many Traditional Chinese

Medicine doctors it is seen as a "tonic to fortify the 'qi' and enrich the blood" (Savadore 2012).

In the 19th century, pharmacies in China, South America and Eastern Europe produced placenta remedies. Up until the end of the 19th century, it was quite common for European pharmacies to sell placenta powder (Enning 2011).

But, don't animals do it to avoid predators?

The short answer is no. According to behavioural neuroscientist, Professor Mark Kristal (1980) this theory is not very credible for a few reasons. Animals will still consume their placenta even if they have no predators and non-nesting species will remain at the birth site (even after their young can walk) to ingest their placenta.

Primates who birth in a tree will eat their placenta even though it could be dropped to the ground away from them. Also, even though birth fluids could attract predators, these are not necessarily cleaned up.

Doesn't the placenta contain waste?

The placenta acts as a filter

and sends waste products from the baby back to the mother for her to process (she eliminates waste products through breath, urine and faeces). Waste is not "stored" in the placenta.

There are small amounts of heavy metals in the placenta however it is scientifically proven that these levels are no greater than normal levels of heavy metals found in the body and in mothers colostrum and breast milk (Iyengar & Rapp 2001, Schramel et al 1998).

Doesn't heating/dehydration kill the nutrients?

Dehydration has been used for centuries as a way to preserve foods and maintain the nutrient levels (Aguilera cited in Beacock 2012). Shrief (cited in Beacock 2012) states that although some nutrients may be lost, most benefits are retained.

Most research looking into the effect of heating has been done on vegetables and meats rather than placenta. However, Professor Kristal (cited in Beacock 2012) has shown that rat placenta is not impaired by freezing or heating. The results of study conducted by Phuapradit

et al (2000) suggest that the amount of nutrients (particularly protein and minerals) in human placentas was actually enriched by heating and drying.

There's not much research is there?

Research on placentaphagy (eating the placenta) does exist but unfortunately there isn't a lot. If placenta encapsulation is scientifically proven to be effective, there may be a loss for pharmaceutical companies as women would need fewer supplements.

However, other medicinal uses for the placenta have been researched. The first clinical reports of successful use of amniotic membrane in the treatment of burns and skin ulcerations occurred in 1913 (Ganatra 2003). Wound dressing of thermal burns and/or other open wounds with amnion is still successful today.

Amnion is also useful in plastic surgery and eye surgery (Chuntrasakul, 1977 and J.C. & Tseng Kim, 1995). Umbilical cord blood and stem cells can be used for transfusion and transplantation in Paediatrics and hematologic diseases. It



is also now popular to bank cord blood/stem cells.

If people are well nourished, do they need to consume the placenta?

Growing and birthing a baby is hard work. Add to that society has placed a lot of pressure on women having a quick recovery and being as functional as quickly as possible. Gone are the days of 'lying in' and having your village cook, clean and care for you as you recover from birth and learn to breastfeed and care for a new baby.

After birth, the pregnancy hormones drop significantly and can leave a new mother weepy, overwhelmed, tired and anxious. These feelings (known as 'the baby blues') are quite common and up to 80% of new mothers experience them in the first two weeks postpartum.

The placenta contains many

beneficial vitamins, minerals and hormones. Even a well-nourished woman can benefit from hormonal balancing. Consuming your placenta can help with increasing energy (it's full of bioavailable iron), quicker recovery, feeling more balanced and enhancing milk supply (due to the hormones present).

Kirrah Holborn provides pregnancy and postpartum support in the Northern Rivers. She facilitates Birthing From Within antenatal classes, gives nurturing pregnancy massages and provides safe and reliable placenta encapsulation services.

For the chance to win a pregnancy massage, text your name and email to: 0429-308-851 or visit: www.traditionalwisdom.com.au (For reference list, visit: www.placentawisdom.com.au)

Emotions

by Brigid Beckett

Stress and emotional factors are linked to most physical problems, according to Chinese medicine: "Aside from a few aches and pains from external factors, most physical diseases are caused from the 7 emotions going astray".

Conversely, if the organ and meridian systems are in balance, there will be clarity, intuition, engagement with others, concentration and willpower.

In the worst case, we can be overwhelmed by "stress" and emotional factors. The trap of goals, never-ending tasks and time pressure can cause constant pressure. If too much energy is invested in one situation, the result can be tunnel vision, stopping appreciation of other aspects of life. The imbalance will take a toll on nervous, hormonal and immune systems. The result is often termed adrenal exhaustion. In terms of Chinese medicine, it is a place where there are serious imbalances in most, if not all meridians.

Specifically, emotions are linked to organs, although often, as in the above case, there will be overlapping patterns.

The heart is the seat of mental, emotional and spiritual life. Illness occurs from shutting down the

connection between ourselves and the rest of the universe. Strong heart energy will give overall good health physically, emotionally, spiritually. Heart pathology leads to mental states of restlessness, anxiety and panic or restlessness. The emotion related to the heart is said to be joy. This is not joy in the positive sense we usually use, but more constant over-excitement or mania.

The liver is heavily influenced by emotional patterns and in turn affects emotions. Its emotion is anger. Excessive anger injures the liver leading to liver and gallbladder pathology. Deficient liver qi and blood can also cause fear, feeling hemmed in, lack of strength in adversity, and a tendency to resort to blaming.

The spleen houses the intellect. If the spleen is strong memory will be good, thinking will be clear and studying easy. Conversely, excessive mental activity weakens the spleen. The spleen also has a strong connection to the heart, supplying heart blood. The emotion said to damage the spleen is pensiveness, which involves brooding and going over events, also worrying or under- or over-eating.

Low spleen energy can make it hard to get organised, and lead to self pity.

The lungs are thought of as being connected to the emotion of sadness.



With lung problems can be a lot of tears, inability to let go and pessimism. "Collectors" may have the emotional pattern of lung deficiency. Sometimes the cause of lung pathology is childhood trauma.

The emotion linked to the kidney is fear. Weak kidney energy causes fear and phobias, and emotional shocks can injure the kidneys. The kidneys house prenatal qi and are an extremely important source of qi for the body, essential

for physical energy and mental clarity. They are strongly linked to the heart, cooling heart fire, while the heart's fire is needed to warm the kidneys.

Qi, yin and blood are the basis of physical, emotional, mental and spiritual energy, therefore the connections between our mind and all the body's systems are complex. The physical body and mind are not divisible.

Balanced energy will enable us to address problems, including health issues, with clarity, persistence, and without obsessiveness. Positive emotions lead to positive health outcomes, even in cases of serious disease, in ways not explained by Western medicine. Unbalanced energy leads both to physical and mental illness.

Brigid Beckett can be contacted on 0431-702-560

Hypnotherapy: entering the zone

I'm currently participating in an online international conference on using hypnosis in the treatment of depression. We listen or watch or read several presentations, ask questions, attend coaching calls where we talk about cases, theories and approaches, and ask more questions. I'm gathering, expanding, deepening my understanding of things, which only helps those I work with, and also layers on more dimensions to the work I do, which is very satisfying. I am thus moved to write more about hypnotherapy and how it works, because I think such knowledge is invaluable.

Hypnotherapy, or hypnosis as the Americans call it, is nothing like the hypnosis dished up to audiences attending the latest stage show. It, or I, cannot make a person do anything they have no desire to do, and what's more, what happens in a session doesn't involve giving up your conscious awareness nor handing over the control of you to me. This is anathema to the healing principles of any good therapy. Change comes from within you, from your conscious and non conscious processes. Hypnotherapy is a therapy of change.

Hypnotherapy provides a wonderful context for moving beyond problems a person might have. The dynamic of a problem is a seemingly endless looping, around and around, with

the same thing going over and over in your head, something that doesn't seem to be solvable just by thinking about it. Indeed, the repeated thoughts, or habits, or whatever it is that dominates a person's life creates a sort of inflexible space from which escape seems practically impossible. Hypnotherapy can help move a person out of this inflexible space and into fluidity and a certain joyfulness.

Hypnotherapy facilitates, in a relaxed and yet aware state our mood, freeing and amplifying positive mood states, as well as giving us access to ways of more flexible thinking and feeling in the future. Hypnotherapy is thus both a present and future oriented treatment. What might be honed in on during a session can become tools for what happens tomorrow, next week, and the rest of your life.

There are several components of a hypnotherapeutic session. One is *dissociation*, while another is *association*, while a third is *suggestion*, and others. In the *dissociative* state the person doesn't know how to produce hypnotic phenomena (eg creating an analgesia) by deliberate means, but can produce the desired effect with no awareness of how she did so. These processes are typically described as latent, or unconscious, and they point to the



by Dr Elizabeth McCardell

enormous resources we have at our disposal, though we generally don't know we have them. Think here of amazing stories of people finding in themselves enormous strength when faced with catastrophic events and getting out of these situations alive.

In association, connections are made between apparently unrelated skills and experiences, connecting the dots, as it were, so that moving forward makes sense. Suggestion is the added idea offered to the client to ameliorate change in their take on their life. It might be, say, for giving up smoking, that the cigarette tastes disgusting, like a rubbish bin, and that you have no desire to keep it in your mouth a moment longer but rip it out, crush it underfoot, and throw it away. Dissociation, association and suggestion already shift the way you think about things, and

introduce into the mix, knowledges you didn't realize you had.

When you enter the relaxed and yet focused state that is the hypnotic trance, many things become possible. Changes are already happening to move a person out of the fixed state of a problem so that things can be better managed or removed altogether. The kind of problems beautifully worked on cover: pain management, anaesthesia, anxiety and panic attacks, depression, low self esteem, social anxiety and poor coping skills, problem solving skills, artistic and athletic skills, eating problems, sleeping problems, smoking, increasing mindfulness and relaxation, etc.

A series of hypnotherapy sessions provides a zone, for experiential and behavioural change and entering into the zone is a pleasant experience: it's safe, secure, comfortable, and usually easy. I have a special chair that extends to a soft, supportive, wonderful couch. I call it the magic chair, for it is a tool in the furniture of change. Each session is tailored to each person and I do not use scripts, so I am present with you every inch of the way. You are unique and I work from where you are and what engages you, for engagement is the cornerstone of hypnotherapy. This is the context of learning, this is the zone.

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