

# ASTROLOGICAL TRENDS FOR AUGUST 2005



by Bev Murray - Insight Astrology

## BIRTHDAY – LEO

Generous, warm-hearted and creative, Leos possess an infectious vitality. Surprisingly Leos are also very sensitive and can be easily hurt. They take criticism very much to heart. They love to fill every moment with activity and make excellent leaders. They should wear the colours of the sun from sunrise to sunset!

Give them dancing classes, bunches of red roses, a singing telegram or a night out at the opera!

## What August holds...

### Leo

With Saturn in Leo a lot of you will be thinking seriously about organising your lives better. It is a great opportunity to redefine your goals and do something positive about it! The full moon on the 19th can be a little disappointing romantically, but what the heck; you can have fun on your own!! Try not to over dramatize situations, others may just walk away.

### Virgo

A month of hard work when you have to be disciplined with yourself and make time for play. Trust your instincts on the 2nd and devise a new solution to an old problem. The 15th and 16th are your best days this month and romance is highlighted. Tap into the lucky energy around you then and bring a little success into your life.

### Libra

The things you say have an above average importance this month so put your head into gear before opening your mouth! The 23rd–28th of the month is particularly prone to arguments so be especially careful then. The last few days of the month are all about romance! You might surprise yourself with your inventiveness.

### Scorpio

The first two weeks of the month are still clouded by retrograde Mercury and a lot of confusion abounds. A few moments spent meditating can be of help in regaining your focus. Powerful dreams and strong intuition characterise the latter half of the month. Listen to what your psyche is trying to tell you and you cannot go wrong.

### Sagittarius

Short trips or educational activities can be absorbing in the first week of August. Expect delays and frustrations though. Work will step up its pace as the month moves along and by the 31st you'll be looking for a bit of time out! Your best days are, 1st, 2nd, 15th and 16th. Romance is fun and different on the 13th.

### Capricorn

An uncharacteristic focus on relationships and romance colours the first three weeks of August, but ultimately you will be back to your work focused and disciplined self! A work related social activity around the 30th has future possibilities. Keep your eyes and ears open.

### Aquarius

Some deceptive trends early on the month require a little more vigilance than usual. The full moon on the 19th is pleasant and you will enjoy an intimate night with yourself engaging in some self-pampering! It is a wonderful time to paint, write poetry, meditate or just take a long aromatic bath. Don't expect the best from your technology, especially your computer, this month.

### Pisces

Gossip is best avoided this month, not a lot of what you will hear has much substance to it! Staying focused on the job at hand and paying particular attention to minor details will see things work in your favour. The 24th through to the 26th is a lucky patch that you should take full advantage of. Your best day for money making is the 24th.

### Aries

It is important that you maintain a flexible schedule in the first half of August, as things are likely to not go to plan! From the 16th on you can expect a pleasant romantic period with some nice social interludes, especially on the 21st and 22nd. Some transformative events can around the 30th.

### Taurus

There is a lot of family focus this month, both pleasant and difficult! The 25th and 26th could be a bit dicey so don't try to do too much and definitely stay out of deep conversation! The last few days of the month are a good time to get away and regenerate. Take advantage of this if you can.

### Gemini

Up until the 13th you will be inclined to make decisions about the future and your choice of lifestyle. Don't rush into anything, this is not a doing time merely a planning stage. Personal obligations and career can be hard to balance. Perhaps it is time to let go of the unnecessary burdens you have been carrying lately. Love could come your way on the 27th.

### Cancer

Try not to make financial decisions or choices in the first week of the month. Things will be unclear and generally not just as you think. It will be in your better interests to go with your own ideas regarding moneymaking and avoid the suggestions or offers friends. A short trip or business related travel is likely towards the end of the month.

# Ice cream icon lives on

Introducing Nimbin Ice Cream, formerly known as Pete's Passion. The new owners are Pete, Maureen, David & Robyn, all local cone heads, who are happy to have bought this Nimbin icon from George's estate.

While the new owners intend to keep up the funky fashion of Pete's Passions, they also plan to offer new flavours and new lines

that Nimbin will be proud of.

Dave said, "We will be bringing to you the most Yummy Ice Cream, Gelato and Blocks, so come say Hi at our opening at the August Channon Market."

Look for us after that at Nimbin and Lismore car boot markets, Speed on Tweed, Nimbin Show and usual retail outlets.

# Antioxidants how important are they?

by Anna Steadman

Antioxidants have been a buzzword in healthcare for the last few years, and I believe that the attention is warranted. Antioxidants are the remedy, or part of the remedy for Oxidative Stress.

Oxidative Stress is a condition that may lead to all sorts of health problems such as cancer, heart disease, eye problems and so on. As further research is done, new disease states are added to the list. Basically Oxidative Stress is what occurs in the body when the amount of free radicals overtakes the amount of antioxidants circulating in the body's systems. When the antioxidants are unable to neutralise the free radicals, then cell damage occurs, leading to immune problems, tissue degeneration and cellular mutations.

Free radicals come from many sources, both internal and external. The body utilises some free radicals for liver detoxication and fighting viruses. And the body produces free radicals in its cells when making energy. The free radicals that are most damaging to the body come from external sources. Some examples include trans-fatty acids that are found in margarine, some packaged biscuits and commercial vegetable oils. Also cigarette smoking, air pollution, sugar consumption and too much alcohol all produce lots of free radicals.

The body does its best to fight this free

radical invasion as it sends antioxidants off to scavenge the free radicals and neutralise them. The primary sources of antioxidants are the vitamins A, C and E as well as zinc, bio-flavonoids, selenium and CoQ10. These nutrients come mainly from our diet, so a diet full of fresh, organic and unprocessed foods, especially fruits and vegetables, is really important.

Other antioxidants in our diet come from green tea (a really rich source), black tea and red wine, in moderation of course! Stress, both mental and emotional, also causes free radicals and Oxidative Stress, so coping strategies such as meditation, gentle exercise and relaxation techniques are very important if stress is a major factor in your life.

One of the main concerns associated with Oxidative Stress is accelerated aging. Hence all the skin-care products on the market touting antioxidants. Now whether antioxidants on the skin slow down the aging process or not, I'm not really sure. But I know that an internal supply of antioxidants is the most important factor when looking after our bodies.

A little test that you can perform to determine free radical damage is to hold out your hand, palm down and pinch a fold of skin on the back of the hand. When you let go of the skin it should fall back into place quickly. The longer it takes to fall into place, the greater

the free radical damage. Of course as we get older the skin will take longer to fall into place and if we are dehydrated, the skin also lacks elasticity.

So if you suspect that you have suffered some free radical damage, and most people have, especially if you have lived in a city and/or smoke; then consider a diet high in antioxidants and low in free radicals. Include lots of fresh fruit and veg, cold pressed, unrefined oils and whole grains. Berries such as cherries and blueberries are also rich in antioxidants. Decrease processed, packaged foods, particularly those containing trans-fatty acids.

A supplement of antioxidants is a good idea; especially if your diet is not up to scratch or you live in a polluted environment. A combination of antioxidants is the best way to take them, and your naturopath would probably have a good 'practitioner-only' one available. If you have an illness that is connected to Oxidative Stress such as Parkinson's disease, Alzheimer's disease, hypertension, diabetes, asthma, emphysema, cataracts, macular degeneration or arthritis, then I would definitely consider antioxidant supplementation. Make sure you check with your health practitioner before doing so. So, that's the low-down on antioxidants, have a great month. Any queries please e-mail me at [astead10@scu.edu.au](mailto:astead10@scu.edu.au).

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