

Enemies of nature in medicine



by Leandrah

FOSIM is a lobby group consisting of doctors, medical researchers and scientists including the creator of the cervical cancer vaccine. They have recently been pressuring universities to close down alternative medicine degrees for: "failing to champion evidence-based science and medicine". Also FOSIM and members are pressuring private health funds to stop providing rebates for alternative medical treatments. The Australian Medical Association has withdrawn support for this lobby group. Dr Valerie Malka is a surgeon and

former director of trauma services at Westmead Hospital and has stated: "As a qualified medical specialist and surgeon, I am ashamed of the medical profession when it so blatantly displays its ignorance and persists in attacking a profession from which we have much to learn." During the four year intensive Bachelor of Naturopathy (BNat) I studied at Southern Cross University, we championed science all the way at the expense of more traditional focus on its craft. Homoeopathy was 1 of 4 of the major components in BNat. Osteopathy is now studied at Southern Cross University in a five year intensive program championing science and reported to be the most difficult course in the university. We may question the true benefit of Naturopathic education in universities if we want to keep the art and craft of traditional practice and its benefits to humanity..... not because we refuse to

champion evidence-based medicine and science. Homoeopathy has been proven again and again to 'work'. FOSIM are in denial of this proof. For almost 10 years I've been a member of the ATMS. The majority of the seasonal ATMS Journal has showcased the trials and proof of the efficacy of homoeopathic treatments throughout this time. Brauer has always quoted and listed off successful trials in homoeopathy in their promotional material a few times a year. It's beside the point to get caught up on this, there is so much we do not understand about why Homoeopathy works. Our focus as practitioners should be in the employment and utilisation of Homoeopathy to service the people and their wellbeing. Osteopathy, as with Homoeopathy, holds a philosophy that the body is capable of producing its own medicines when in balance and whole. Someone is getting in the way of those seeking to make profit from pharmaceuticals. It is possible that the recent

media attack was designed as a decoy. Compare the witch hunt on Homoeopathy (and now turning to Osteopathy) in the media to the punctuated reports of yet another artistic genius who has provided miles of enjoyment to millions of people for years, utilising prescription medication only to be found dead after a routine evening of meds, alcohol and foodstuffs. May Marilyn Monro, Heath Ledger, Anna Nicole Smith, Michael Jackson, Amy Winehouse and most recently Whitney Houston all Rest In Peace. These recent media attacks locally and nationally on natural therapies have come not long after the Australian implementation of Codex Alimentarius on 31st December, 2011. As weeds grow, Nature takes its course.

Phone for appointments 6636-2356 or book in with Nimbin Apothecary for Saturdays on 6689-1529. Leandrah also has a country practice in Wiangaree at The Turquoise House.

Explore within at Birth & Beyond



Baby talk

by Kirrah Holborn
B. ClinSc (complementary medicine) Traditional Wisdom

I couldn't resist the chance at repeating the introductory Birthing From Within Mentor Training workshop in Byron Bay, Australia on the 17/18/19th February 2012.

The managing director of Birthing From Within, Virginia Bobro, mentored a transformative weekend for midwives, doula's and other birth enthusiasts. Spending a few days with like-minded and emotionally aware women allowed opening, sharing and a new way of 'normal thinking'.

The weekend allowed beautiful shifts to take place within me. I feel like my conversations are deeper, more meaningful and aimed towards discovering positive solutions. I learned to listen with my heart more and it's refreshing to feel this continue in my everyday life.

I feel re-inspired and re-energized to share these profound practices and processes with pregnant women and their partners. Birthing From Within classes can help in so many real and unimagined ways!

If you would like to have a 'taste test' of what emotional birth preparation feels like, then come along to Nimbin Birth & Beyond during the

month of March. There are sure to be some processes that tantalise your taste-buds and allow you to see things in a new light. I am also organising weekend intensives for women (and their birth support people) who want to deepen their understanding, build confidence in their ability and learn mindfulness practices for birth and parenting (contact Kirrah for more info).

March schedule

- 2nd March:** Insights from a positive waterbirth experience (told by Zehra).
 - 9th March:** A safe space for dads (and dads-to-be) to come and share experiences (mum and bub friendly, guided by Kerry).
 - 16th March:** Explore art as a way of accessing your intuition (with Kirrah).
 - 23rd March:** Learn about home remedies useful for children's health (with Kerry).
 - 30th March:** Insights from the birth of baby Alex (told by Karen).
 - 6th April:** Natural remedies and therapies for labour and birth (with Kirrah).
- www.traditionalwisdom.com.au
kirrah@traditionalwisdom.com.au Phone: 0429-308-851
Masseuse - Doula - Birthing From Within Childbirth Mentor - Mind-Body Medicine Practitioner.



Birthing from Within mentor training workshop.

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The Face of Birth

Where the personal gets political

A documentary about pregnancy, childbirth and the power of choice

Three years in the making, and filmed across the globe from London to Alice Springs, *The Face of Birth* is a moving documentary with vital information for anyone considering giving birth in Australia today. The film traces the experiences of a diverse group of Australian women, laying bare the facts about home birth and challenging the myths currently proliferating Australian society.

The *Face of Birth* includes interviews with more than 25 of the world's top birth experts, including the famed author Sheila Kitzinger, founder of modern midwifery in the USA, Ina May Gaskin and Australian pro home birth obstetricians Dr. Euan Wallace and Dr. Andrew Bisits. aims to separate the facts from fiction in relation to the politics, risks, safety and fear in birth.



The Far North Coast premiere of *The Face of Birth* will screen at Lismore City Hall, on Thursday 15th March at 6pm. Tickets are \$15, and there will be chai and cake for sale.

The event is a fundraiser for the Natural Birth Education & Research Centre

For more information contact Margaret 0412-725-353 or to pre-purchase tickets in the Mullumbimby area phone Marion on 0409-408-842. View the trailer at: www.faceofbirth.com

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The art of giving and taking



by Dr Elizabeth McCardell

The other day I was down at the local swimming pool doing my usual laps and generally having fun, noticing though that in the next pool was a mother and her little child who weren't looking at each other. I stopped and watched them carefully for quite awhile, and realized eye contact was never made between them. Mother was gazing off into the distance and child was looking the other way.

A few days before I saw quite a different exchange between another mother and her child. They were

like birds, playfully chirping together, eyes dancing and meeting as they joined in mutual give and take. They looked very happy and very sweet.

I was going to write about love for this month's article, but recognized soon the broadness of that topic. There are too many kinds of love, too many apprehensions, for me to give a fair treatment of it – and anyway what I really wanted to explore was the phenomena of giving and taking and bonding in child-caregiver relationships and how this nurtures the individuals involved, or not. Kind of about love, for sure.

Research over the last fifty or so years, and most particularly in the last fifteen, shows that the amount of gaze between people indicates the degree of intimacy they share and a capacity for intimacy begins in infancy. Infants, it has been discovered, initiate gazing with their caregiver (not just their mother) and she or he

responds, depending on his or her degree of sensitivity (that is, whether she or he notices). [For the sake of cleanness of text, I'll now refer to the caregiver as "she" and "mother".] So the infant looks at mother and, if she is noticing, she looks at infant and they engage together closely and intimately in giving and taking and giving. If infant looks at mother and mother is occupied with her own thoughts and cannot reciprocate because this relationship stirs up too much anguish in herself then the engagement doesn't happen. Mother and child look in every other direction other than at each other.

The fact that the initial drive to intimacy and bonding is initiated by the infant, and not the caregiver, shows that intimacy is a fundamental need along with seeking nourishment through food. If bonding doesn't occur, the child experiences a lot of insecurity and unhappiness that extends

throughout life and into future generations.

The capacity for a mother to respond is dependent on her earliest experiences of intimacy. If she, as a little child herself, met over and over her own caregiver looking away, then a current interchange with her own child scares her – and so intimacy is avoided across generations. A secure base, which is what intimacy and bonding bring, has consequences that extend into all areas of a person's life. Lacking a secure base and attachments to others are unhealthy: needy and clingy, or emotionally distant. People get together and abuse each other, abuse substances, seek dangerous circumstances, and neglect themselves: a whole pattern of problems are handed down the generations. This is not to say that any of this is inevitable. Counselling intervention and support can break the cycle.

Some American psychotherapists, Bert Powell, Glen Cooper and Kent Hoffman, in Spokane, Washington, pioneered what they call

the "Circle of Security" to help parents bond with their babies, and are doing some wonderful sensitive work. I attended a Circle of Security four day workshop run for professionals by Kent Hoffman. Brilliant stuff! The work builds on what is known as Attachment Theory (identified as such by John Bowlby) - attachment relationships - bringing the strategies of awareness and support into practical play with parents and children and individuals in evidence based psychotherapy. This work can be done with all of us, not just parents. We can develop the capacity for intimacy at any stage of our life, even when it wasn't developed when we were young. That's why therapy now is so useful. Our relationships now don't have to suffer and our offspring, and their offspring can develop close relationships through the work we do on ourselves now.

Intimacy, the art of giving and taking, and the core of bonding, is the ability to seek care, the ability to give care, the ability to feel comfortable with an autonomous self,

and the ability to negotiate. These arise from a secure sense of self. Thinking about a definition of the word itself and I suggest this: intimacy is 'belonging to or characterizing, expressing, one's deepest nature,' with the Latin intimus meaning 'innermost' and intima meaning 'to make the innermost known'. Thus, discussion of intimacy addresses one's deepest nature, one's innermost self, and the core of one's being, the truth about who we really are. It is making one's innermost self known, a sharing of one's core and truth and heart with another, and accepting the the core and truth and heart of the other.

The capacity for intimacy allows us to turn to others for solace and to be present for others to give solace. It allows us to be vulnerable and sensitive to the contact sought by others and to respond; to give and take and give again. Such a capacity heals and deepens relationships and encourages an ability to be oneself, truly, in the world, without fearfulness.

Relating with authenticity

by Dave Reynolds



Human beings are social creatures and one way that we get to know ourselves is in relationship with others. Relationships, particularly intimate ones, can be seen as a crucible in which two people come into contact in order to learn about themselves and each other. We are most likely to allow ourselves to be seen fully by those that we trust and so we become vulnerable in relationship, trusting that our partners will meet our vulnerability with respect.

When both people are committed to their own well being as well as to the relationship, there are bound to be areas of disagreement and difference which arise. These tensions are a healthy part of being in relationship and without them we would merge into two identical halves of a single entity, losing our individuality. When individuals surrender their uniqueness in order to maintain a relationship, something inevitably goes missing. Authenticity means being who we truly are in relationship with others and living with the consequences. None of us are responsible for another's thoughts or actions and yet despite

this, most of us choose at times to turn our authenticity down a notch or two in order to avoid an unwelcome response.

There are times for carefully choosing our words and actions, and there are also times when circumstances require some personal sacrifice. If we consistently choose to push our needs down in order to keep the peace however, resentment is sure to follow because in order to feel good about ourselves, we need to learn to accept and honour our wants and needs. Self esteem is built on authenticity and integrity which is easily lost when we surrender aspects of ourselves cheaply. Often the person for whom we make this sacrifice will expect us to be that way in subsequent interactions and relationships can quickly become conditional and toxic.

It is not easy to invest in another's growth if we fear that they might outgrow the relationship and leave. Fear of change leads many couples to keep repeating the same unhealthy patterns of behaviour even when they are clearly not working. Sometimes discussions follow a well worn path into conflict and neither party can prevent the seemingly inevitable slide into painful disconnection. If that is the case in your relationship I suggest that you seek the support of a therapist who will hold the space for you to explore your wants and needs whilst hearing those of your partner. Change

is inevitable in all aspects of life and holding on to toxic patterns of relating will affect your wellbeing.

If you already know what you want from your partner, try asking for it directly rather than manipulating to get your needs met. You may need to be prepared to offer something in return and you definitely need to be prepared to hear and accept your partners' answer. Before you begin, if you set your intention to seek a win-win situation rather than to prove yourself 'right', you will have a far greater chance of success. You will need to take responsibility for dealing with any feelings that arise for you during this process and remember that there are always many potential solutions to a given situation. Finally, if things are getting too heated, take time out to cool down before you get overwhelmed.

Learning to tolerate difference is a key part of developing deeper intimacy in relationships. Difference provides the charge, like the opposite ends of a battery, without charge there is little attraction and no spark. Authentic relating requires practice and the development of new skills. As we increase our self awareness, we learn to communicate from the heart. As we explore this emerging territory together, our relationships will support our personal journey towards greater authenticity.

Dave is a Gestalt Psychotherapist working on Fridays in Nimbin. For appointments, phone 6689-0426.

Nimbin Hospital Info

Immunisation Clinic

For 0-5 year olds every 2nd Tuesday of the month. Next clinic 13th March at Nimbin Hospital. Please phone 6620-7687 to make appointment.

Womens Health Clinic

Every 3rd Thursday of the month, next clinic 15th March at Nimbin Hospital. Please phone 6688-1401 for appointments. Service includes Pap tests, breast health, pregnancy test and general health info.

Physiotherapy at Nimbin Hospital

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

Nimbin Community Nurses

Monday-Friday. Assessment, referral, advocacy, treatment (home visits) and palliative care in the home. Phone 6689-1288 and leave message. We return calls ASAP. Also assessment for Aged Care packages.

Hospital Auxiliary Garage Sale

At Nimbin Hospital (next door to surgery) on Saturday 24th March, 8am-2.30pm, with sausage sizzle. Donations welcome.



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