



## Roxy Gallery

143 Summerland Way Kyogle  
Phone 6632-3518

### Opening Hours

Tues - Fri: 10am to 4pm  
Saturday: 9.30am to noon

- Promoting local and regional arts;
- Providing emerging artists with opportunities to display and market their artworks in a professional exhibition space;
- Fostering cultural experiences for community and visitors to the area.

Email: roxygallery@kyogle.nsw.gov.au Web: www.kyogle.nsw.gov.au

## The artist's choice

The current exhibition at Blue Knob Hall Gallery is The Artist's Choice. This popular annual show needs very little explaining as once a year the artists and members exhibit any art work they choose to submit.

There is a great variety of mediums on show including tables by Paul Roguszka and hand carved cedar woodwork by John Whittaker (Mirrors #1 to #3) ceramics, sculpture and paintings.

The exhibition will run through to 8th February.

'The Dream Box' (valued at approx \$1000), is a beautifully handcrafted wooden box, with a lid and drawers made with a variety of timbers has been generously donated by Paul Roguszka for a fundraiser for the Ceramic Studio

This will be raffled and drawn at the next Exhibition Opening on 13th February. All tickets are \$2 each or 3 for \$5 and are available at the Gallery.

### From the frying pan into the fire!

After nearly 8 years of running the Cafe at Blue Knob Hall Gallery, Heather Kimber is about to embark on the next phase of her role at Blue Knob Hall Gallery.

She is putting away the frypans and with a dedicated team of volunteers the Ceramic Studio will finally be getting its internal building work done and be up and running before we know it.

After volunteering for the past year in the cafe, her untiring work has accumulated a substantial financial contribution and along with some very generous donations from the local community at large, this project and new community space will be able to be realised.



Mirror #1 by John Whittaker



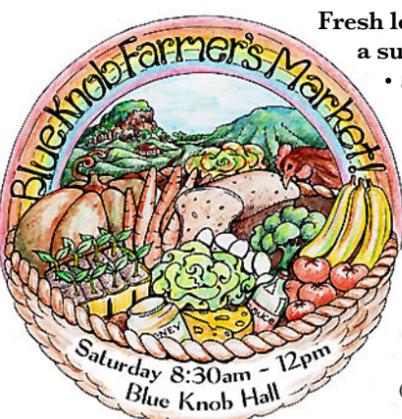
'Outback' by Rupda Wilson



'Sacred Tree' by Linnie Lambrechtsen



'Conscious-Subconscious #5' by Scott Whittingham



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### Cafe Blue Knob

Will be up and running from Thursday 8th January with a new proprietor Joline Shervy. A special opening of the cafe will be held at our first exhibition Opening for 2015, "Into the Blue" on 13th February. (See story on page 28.)

### Next Artists and Friends Lunch

The first Artists & Friends lunch for 2015 will be on Thursday 29th January at 12.30pm. Please book on 6689-7449.

A TASTE OF ART

www.blueknobgallery.com

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Busker Stage: The Kobya Mo'Fyah Band

**Charity of the Day:**  
The Channon RFS  
Enquiries: 6688-6433

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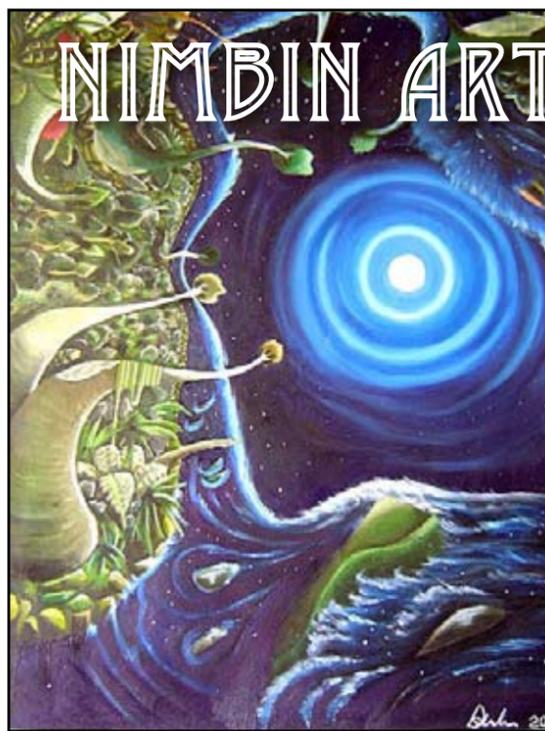
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'My Enchanted Dream' by Darian Sedmak, Year 11

by Pauline Ahern

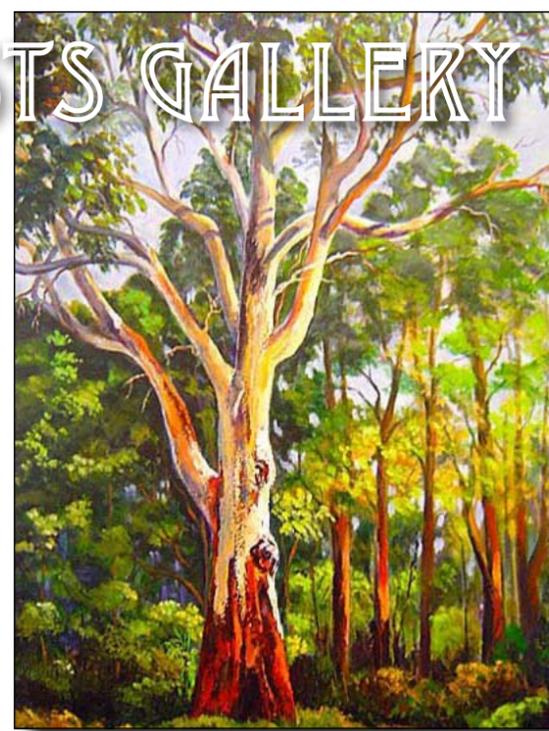
The foyer of the Gallery features art works from Nimbin Central School students during the holiday period with many of the works reasonably priced.

Already some proud parents and grandparents have admired the creative efforts of their offspring.

The Gallery is committed to encouraging young artists, and at the end of year Central School assembly the Gallery awards 2 x \$50 vouchers for art supplies, redeemable at the Nimbin Newsagency.

Congratulations, this years award winners were Piper Lily Davidt, primary student and Bianca Rudder secondary student.

It is an honour for the Gallery to support and encourage these young art students.



'My Australia' by Janet Hassall

### Take note artists near and far

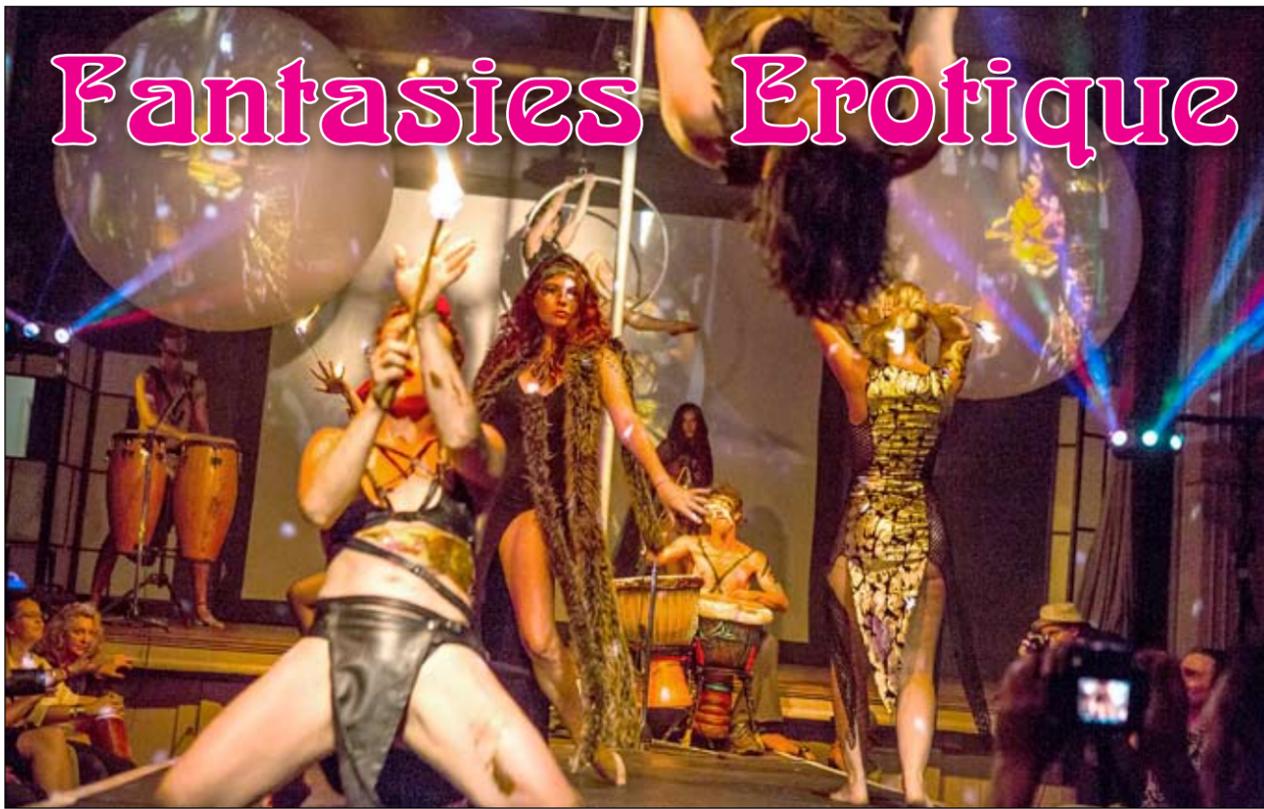
The Autumn Arts Extravaganza commences on Good Friday 3rd April through until Monday 27th April.

This time span covers both Easter and School holidays - 25 days of extraordinary art, utilising the entire School of Arts space and opening the connecting doors into the Gallery.

The Gallery represents local artists, but the Extravaganza is open to artists from all localities.. This is a chance to showcase your work and expand your exposure. so it's time to get started on those ideas.

If you are interested in submitting an application, drop in to the Gallery or email on: [nimbinartistsgallery@gmail.com](mailto:nimbinartistsgallery@gmail.com) Phone (02) 6689-1444. Check out the website: [www.nimbinartistsgallery.org](http://www.nimbinartistsgallery.org) The Gallery appreciates the patronage of our local community, and love it when you bring visitors from far and wide. May 2015 bring good health and peace to all.

# Fantasies Erotique



Photos: Donatella Parisini

Fantasies Erotique Cabaret in December 2014 was a spectacular night.

It was a thrilling show for the full-house audience.

Beautiful local and national performers came together for an evening of fun and colour.

The pleasure consultant Ana Snyman charmed us with her musical compering.

Tone Wonderland from Crystal Grid created special live video projection and a dazzling light show.

The night was flawlessly captured by professional photographer Donatella Parisini and her assistants.

Producers of the cabaret, Jaz and Judy Who, would like to thank all the models and workers for their help.

## Help raise funds for Open Mic nights at the Bowlo



by Mel Williamson

Open Mic nights have been happening at the Nimbin Bowlo every Wednesday fortnight (from 7pm) for some time now, and have been particularly well attended in the last six months or so.

This is due in no small part to the facebook page, where photos of performers from each night are posted. There is now a good regular attendance of both punters and performers – more of both always being welcome.

Open Mic is a chance for local musicians to come along and perform (solo or groups) and showcase their talent.

Each performer is given their own slot to strut their stuff – and for any solo performer who would like accompaniment, there are usually musos available to join in as your backing band.

For those who are just looking for a jam, there is usually space at the end of the evening for just such a muso play-together (depending on time availability).

There's a wealth of musicians out there in the Nimbin valley, with all kinds of styles and talents.

You may have noticed the stage area of the Bowlo has been undergoing a transformation – and there are plans underway to transform the wider (dining) area into a more comfortable and usable space for all; not just for Open Mic but for all members of the Bowlo community, with the hope of putting on other gigs and events to utilise and support this fantastic community-owned space.

So, the first Open Mic of 2015 – January 14th – will be a fund-raiser, with lots of great raffle prizes to be won (thanks to our sponsors) to help raise funds for the next stage of updating the Bowlo space.

So please come along on Wednesday 14th January, from 7pm on, and support local music and a local community (volunteer run) club.

Open Mic dates are displayed on the Bowlo signboard, in the NGT, and on the facebook page: *Nimbin Bowlo Open Mic*.



Photos: Mel Williamson



by Philippe Dupuy

## Lismore Environment Centre

Lismore Environment Centre officially opened its doors on Thursday 11th December.

For this we must thank our volunteers and helpers who made chai, cakes and other condiments for the guests. We must also thank Paul Joseph who put his good skills to use as MC for the night and contributed with his endearing songs, as did Garth Kindred, Sarah Anthill and Luke Vassella.

All this culminated in a great launch, with Uncle Ryan's welcome to country, and mayor Jenny Dowell cutting the ribbon, while mother Earth blessed us with buckets of clean water, a propitious start by all means.

So what are the plans for Lismore? Fortunately for us, the Lismore City Council is already very supportive on issues to do with the environment, although their final vote on fluoridation was very disappointing, but this fight is far from over. We intend to work with Council and the public to raise awareness on a multitude of issues concerning the environment, which of course includes people.

In the last four months there, we have been able to help out with public transport enquiries. This has helped us identify a number of serious flaws with the current approach which will be taken up with the authorities in question.

There are also some very alarming emerging government decisions that will put the environment under unbearable pressure, such as renewal of CSG licences, cable clearing, indiscriminate tree clearing

and laws allowing corrupt and shameless development. It is now clear that the times when we could more or less rely on government to make things happen is over. But we are not powerless and paralysed.

We are the community and have the power to make things happen. In actual fact, we are the ones with the power to make things happen in our region. So come down and share your ideas and enthusiasm. We might not have the cash, but we have the resources of the community, all we have to do is to stay focused on the goal.

However, the Centre is not just about fighting to protect our environment, but also very much about providing a hub for discussion, education and recreation and much delight.

There are plans afoot to use the paved area next door for tai chi, standing yoga, sculpture making, basket weaving, soapbox public speaking, letter writing, music and theatre, and a host of other fun and educational community interaction. There is even a plan to have a cruise boat in our beautiful but forsaken river, to bring her back as the centre and life of Lismore.

## Casino Environment Centre The story so far

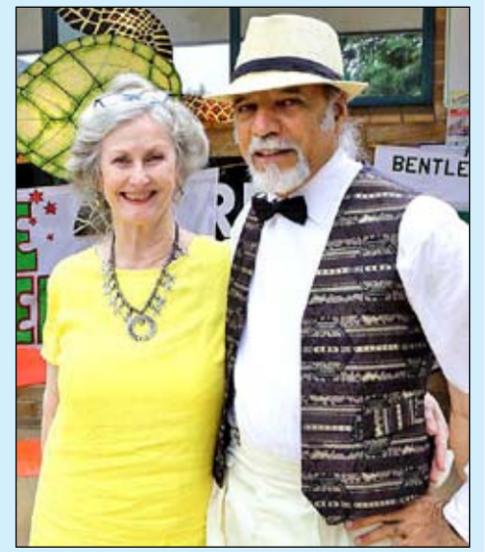
The Casino Environment Centre, now in its second year, shows what difference a centre for the environment can make in a place where little thought is given to it. With full respect to the residents of Casino, an environment centre in Casino was seen as a contradiction in terms, and I recount how a close friend reported the event at one of the Gas Free meetings at the time, where

apparently everyone burst out laughing incredulously at the suggestion. It was seen back then as a paradox, a contradiction in terms – nonetheless the Nimbin Environment Centre got behind the project, and Casino Environment Centre became a reality.

The idea behind that project was, with the help of RVGAG, to educate the people of Casino about the dangers and risks of CSG, which then had a firm footing in the area. Metgasco had an office there, employed a handful of locals, had the blessing of many of the farmers and business people of the area, had the Council wrapped around its little finger and was hallucinating about the billions it was going to make. The NSW government was also on board the gas phantasmagoria, and had its experts coming out every week to concoct the idea that CSG was a winner for all.

Metgasco however was facing stiff opposition. It was forced to back down at Doubtful Creek after GAG groups had quickly formed around the towns of Kyogle, Lismore and the villages of Nimbin, Rock Valley, Goolmangar etc, but Casino remained their stronghold. So it was important to have a centre at the very heart of the town of Casino with a daily presence. Hesitantly, Casino Environment Centre went to challenge a gas industry that was getting nervous on its bed of lies and deception.

Many within our ranks were predicting doom and gloom about our presence in Casino, but instead of shattered windows, we at the Centre were exchanging ideas with the still shy and hesitant locals. Gradually more and more people began to interact with us and presented us with the opportunity to discuss issues pertaining to the gas. Many of the small traders in the area also gave us the thumbs up, seeing that we were hard working and opening without fail. We distributed hundreds of *Nimbin GoodTimes*



Lorraine Vass of Koala Kolumn fame with Philippe Dupuy of the Lismore Environment Centre, at the opening.

to Casino residents, our circulation increased and we even had a 'Casino GoodTimes' page.

We took part in the famous Beef Week, whose president was none other than Stuart George, the son of our elected member Thomas George and Metgasco mouthpiece.

Our volunteers were fantastic and enthusiastic. The centre opened regularly six days a week. Visitors were welcomed and treated with respect and courtesy, never a moment where they were not offered a cup of tea and even biscuits.

In no way denying the great work of RVGAG and Polivote, CEC has been influential in the dramatic turnaround by four of the councillors supporting a motion against CSG and fracking.

Having established ourselves, we have now joined the Chamber of Commerce and with time we hope to show business and residents alike that there is not only joy and peace when the environment is protected but it also makes good economic sense.



# Koala Kolumn

by Lorraine Vass

Back in 2009, the IUCN identified the koala as one of ten species most vulnerable to climate change. Decline in the nutritional quality of food trees resulting from increased atmospheric CO2 concentrations was the primary reason. Increased and/or more intense droughts, which are already known to cause death by dehydration as well as causing food tree dieback, will also be a factor in the shifts predicted to the Koala's current range.

There is no doubt in my mind that climate change will increase the importance of northern New South Wales, in particular the hinterland away from the coastal margin, as a refuge for the Koala and other threatened species. So, what is being done to ensure that the Northern Rivers will fulfil this crucial role?

Conservation planning when it occurs in this country is characteristically political and fragmented, driven variously at local, state and occasionally federal level. Koala conservation planning is arguably the most political and non-cohesive of the lot with its labyrinth of legislative protections which ultimately provide little if any protection at all.

The roll-out a few years ago of the

Great Eastern Ranges Initiative (GER) with its regional hubs (ours being the Border Ranges Alliance), is a welcome success story. GER contains Australia's longest and most un-fragmented north-south mountainous landscapes and includes Eastern Australia's most extensive network of protected areas and natural habitats. In a 3,600 kilometre corridor, from Western Victoria through NSW and the ACT to far North Queensland the aim is to support biodiversity by creating opportunities for species to move, adapt and survive the environmental challenges that threaten them.

It is one of the world's largest connectivity conservation partnership projects, working with local communities to build awareness about conservation and to provide a practical framework for local action in the context of a much bigger picture; drawing together the efforts of nearly 200 community, industry, government and non-government organisations so they concentrate on the highest priority projects. A grand design indeed! So what about a national park for koalas? Our Environment, Our Future, NSW's lead environment groups' policies for the 2015 elections call for the establishment of a reserve system for koalas on the

North Coast.

The proposed national park focusses on 360,000 hectares of public land in the Coffs Harbour region, 200,000 hectares of which is existing reserves. Achieving the vision would require 160,000 hectares of state forest to be added to the protected areas. The landscape is spectacular, encompassing lush World Heritage rainforests, some of the world's most diverse eucalypt forests, two nationally recognised koala meta-populations estimated to contain almost 20 per cent of NSW's remaining wild koalas, and an array of threatened species such as the Hastings River mouse and spotted-tailed quoll.

But that's not all. The proposal has the potential to stretch from the Queensland border to Hawks Nest on the Central Coast – what a legacy for future generations. China has protected a million hectares of bamboo forest habitat to ensure the future of its iconic Pandas. While it shouldn't be too big an "ask" for us to do likewise for our koalas, I'm not holding my breath.

Even if the Koala National Park did get the green light, optimising connectivity across the landscape rests with engaging private landholders in protecting and enhancing biodiversity on their land. Friends of the Koala has worked successfully with landholders committed to koala conservation for nearly 30 years. Over the past decade or so broader engagement has been achieved through local government delivering state and federally funded projects, the most notable being Koala Connections.



Koalas are aged by teeth-wear. Old Mikee (aged at 12) was brought in from Monaltrie in early November. He's being treated for chlamydia at the Koala Care Centre and seems in no rush to leave.

The Northern Rivers community expects local government to provide strong leadership in environmental matters. Councils such as Tweed and Byron have performed well. Lismore has been slower off the mark but is gaining credibility now that it has in place the Comprehensive Koala Plan of Management for South-east Lismore and a draft Biodiversity Management Strategy (BMS) on public exhibition.

The BMS aims to rehabilitate and restore habitat for native wildlife, improve the health of Lismore's creeks and waterways and enhance its bushland reserves. Like GER it's looking to build strong partnerships, particularly with rural landholders.

The Strategy's preparation has been guided by improved vegetation

and key habitat/corridor mapping, regional biodiversity management plans, community consultation (including a Stakeholder Reference Group on which Friends of the Koala has been represented) and a Councillor Feedback Group.

But there's a problem and that is that the actions in the BMS cannot be implemented from existing funds. Council is therefore proposing an annual Special Rate Variation (SRV) of \$500,000 to fund them – an increase of around \$35 for the average ratepayer.

Lismore residents and ratepayers will have received a brochure in the post providing information on the draft BMS and proposed SRV. Please take the time to read it and to view the BMS at: [www.lismore.nsw.gov.au](http://www.lismore.nsw.gov.au) Make a submission to ensure your voice – and the voice of koalas – is heard. You can submit online, and even a brief submission supporting the BMS in your own words will be important. The deadline is 24th February 2015.

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, how you can assist koala conservation, Friends of the Koala's Support-a-Koala program and other gift ideas visit: [www.friendsofthekoala.org](http://www.friendsofthekoala.org) or email: [info@friendsofthekoala.org](mailto:info@friendsofthekoala.org) or phone 6622-1233.

To report environmental incidents, including removal of koala habitat ring the 24/7 Office of Environment & Heritage Enviro Line: 131 555.

# Weed words

by Triny Roe

The Summer rains are here and with them a new crop of weeds! Yay! Time to get into the garden and inspect for new seedlings. 12-13mm of rain is enough to stimulate the germination of large woody weeds. Get them when they are 10cm high and it's an easy job. Wait till they are two or more metres high and the task is onerous.

Significant large woody weeds in this region include giant devil fig, lantana, privet and camphor laurel.

GDF, now on the noxious list, is one to especially watch out for. Carried far and wide by bats and birds it can crop up anywhere, anytime. This plant has an extremely long tap root. If any bit is left after mechanical removal it will re-shoot vigorously in a matter of time. Wear thick gloves to avoid the painful thorns. Sometimes a large tree size specimen can appear 'suddenly' in a remote pocket of your property. They grow rapidly in the warm wet weather.

To manage without herbicide, cut the GDF down, carefully removing any fruit for bin disposal. Place a black plastic garbage bag (non-biodegradable) over the stump, anchoring with rocks or logs. When light is excluded the stump can't reshoot and the roots will die. The plastic bag can be removed later. In a wet season, branches laying on the ground can take root and re-shoot. Plant native *Solanaceae spp.* such as kangaroo apple to feed the birds.

Weeds can also spread in ways

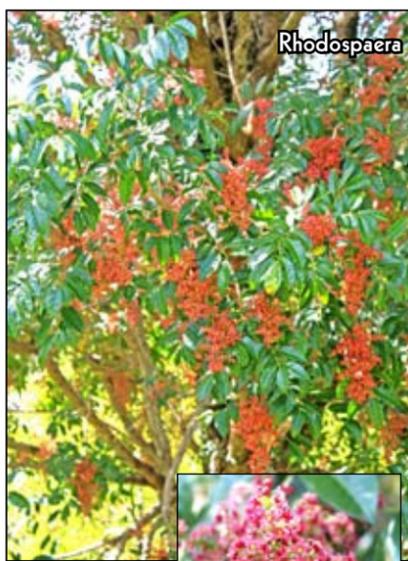
unexpected. Picking flowers seems innocent enough. It is human nature to pick flowers. Children playing will often gather bouquets. Who hasn't walked a path or roadside and not plucked a pretty blossom to admire or present to their companion in a romantic gesture. Or picked some 'wild flowers' to decorate the table.

We pluck free range flowers, stroll along, enjoy the blossoms for a while or take them home and enjoy them for longer. Eventually they are discarded and depending on disposal method a new plant species may have now been introduced to a new location.

Sometimes these 'pretty' flowers are devils in disguise. The diverse group of plants called weeds often have very attractive floral displays. Gloriosa lily, ageratum, crofton, lantana, privet – all have beautiful flowers. Some grasses also have pleasing inflorescences.

Bouquets of flowers from florists can sometimes contain plant material of a persistent or renewing nature, i.e. weeds. When the flowers have had their day or week or two in the vase, being organic material, the temptation is to toss on the compost heap or chuck into the garden to break down and become mulch. Most of the time this is perfectly fine but there is a potential to spread weeds. So before you chuck it – check it and make sure you're not creating a future problem for yourself or somebody else.

Consider carefully what you plant or propagate. The Northern Rivers region is a mecca for growing most species but some have a tendency to self-seed more easily than others. Plenty of popular ornamental exotic trees self-seed and



Rhodospaera



are considered environmental weeds. Some are available in plant nurseries, markets and roadside stalls.

These include Golden Rain Tree – *Koelreuteria paniculata*, African Tulip Tree – *Spathodea campanulata*, Jacaranda – *Jacaranda mimosifolia*, Tree of Heaven – *Ailanthus altissima*, Golden Trumpet Tree – *Tabebuia chrysostricha*.

Spectacular flowering native trees endemic to this region which could be grown instead include the Flame Tree, *Brachychiton acerifolius*, Lacebark – *Brachychiton discolor*, Deep Yellowwood, *Rhodospaera rhodanthema*, (pics above) Black Bean – *Castanospermum australe*, Wheel of Fire – *Stenocarpus sinuatus*.

Happy weeding.

# Reassessing paper mulberry

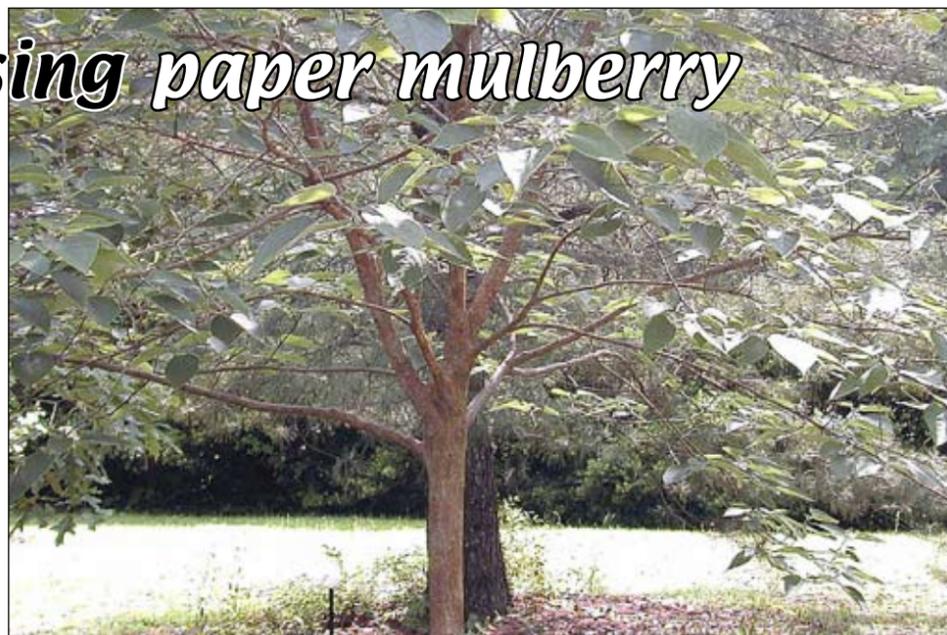
by Geoff Dawe

The identification of paper mulberry as a problem is a problem. The belief in a problematic paper mulberry is based in a hysterical reaction to the exceptional propagating ability of life. The reaction is a pro-death inability to accept the plant is engaged in aiding all life.

It is commonplace in a pro-death society for exotic species attempting to introduce biodiversity into a land-cleared-ravaged landscape, to be eradicated as though the civilized humans can work out the plants that do not belong. Just a century ago the civilized humans had decided the natives did not belong. Now it is the exotics. What is common is the judgemental belief that humans have their environmental CV so well ordered that they are entitled to make such judgements.

When exotics begin monoculturalling and the hysterical cry issues forth that they are weeds requiring eradication, it could be considered that weeds are not so much at fault as the land, particularly soil, is neglected. It is only with this epiphany that the humans can become land healers for the epiphany cannot then disconnect from the idea that "weeds" are co-regenerators.

Without this understanding, humans get in all sorts of tangles. Humans currently



stand on the edge of a dead planet, a civilization in collapse and with unsustainable agriculture. It has been suggested by many people that the replacement of industrialized food is based in polycultural food forests.

The growing of these food forests is not based in the civilized imperative to train and tame. Training and taming in the initial stages does happen – such as plants being raised in pots – but there is always the attempt to find the means by which human food and fibre plants go wild. (Kapok already does this in WA but it is killed as a noxious weed.)

Paper mulberry, graciously, has travelled overseas to Australia to aid in demonstrating from the plant kingdom a means by which human food plants might go wild. It is prepared to food-

provision humans with a wild demonstration, while humans prepare to kill it because it is not part of the coffee, cheese, meat and bread that they are used to.

The wild demonstration of the provision of human fruits is the basis of the understanding of the means by which habitat extends, for it is the opposite of most of the land clearing humans felt they had to engage in to "properly" eat.

The possibility that the fruit is more the food of humans than what humans generally consume now, is lost to sight. Dr. Sandra Tuszynska, whose PhD is in environmental cell biology, writes in her book *Fruitful Nutrition* for example, that human digestive physiology is adapted primarily to fruits and it has not changed to accommodate meat eating.

The view that fruit was a dietary cornerstone of pre-humans and is not divorced from present human need is as much invisible as the idea that the land is neglected. Civilized humans instead prefer to screw themselves down to the view that some plants can be "bad" if they move from where humans determine they should stay.

So rife is this view, that the rare Australian native *Acacia baileyana* taking up limited position in disturbed areas in California, was nevertheless listed as one of the top ten invasive plants in the Santa Cruz chapter of the California Native Plant Society. That is, here is a plant in danger of forever leaving this planet, and humans are determined to help it on its way, for the fact plants migrate is more a sin than that they are endangered with extinction!

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# Thomas shakes the tree

A welcome hail of *Aeschynomene grandiflora* seeds rain onto the old bedsheet I have carted stuffed in my backpack for the four hour walk from Luro to Kakaven, two tiny grass-hut villages in the south-east of East Timor.

Our guides are two of our English students, fifteen year-old Thomas and his friend. We are seed collecting. We have walked across completely unmarked country, following some invisible route through hills and gravel creek beds, under a canopy of scattered tropical legumes. The few huts we have passed have seen their older residents flee before us, believing we are rai nain, ancestral beings.

It is one of the younger men who comes cautiously out, wearing a crooked smile, and says, "Hey, you scared my grandmother off. She's never seen a white person before." We are apologetic, but he

brings her back to sit with us while we drink coffee and eat cassava, and she beams with a glory and a deference somehow befitting the sacred nature of our mission.

Seed collecting and seed saving are vital components of community resilience and sustainability. The seeds saved from my own garden proved more resilient, more productive, and more adapted to the environment, in just the first season of re-sowing, forever overturning my preconceptions that those shiny packaged seeds from "professional" seed companies were superior. But before you shout "Stand back Jack!" and start your own seed-bank, there are some basic things you need to know:

Seed collection from local species for the purposes of revegetation is an excellent idea. Collecting native seed from anywhere but your own property requires some

kind of permissions, whether it be from another private landholder, a roadside (local Council), a stock route or trail (Rural Land Protection Board) or National Park (NPWS). It is imperative to collect seed that is mature, to process it immediately, dry it completely, and store it well. Further ethical considerations and propagation and storage techniques are outlined by [Florabank.com](http://Florabank.com)

When it comes to seed saving in your home garden, it is important to understand the differences between open-pollinated, heirloom, and hybrid seeds. Open pollinated seeds have historically formed the bulk of all plant life on the planet and they are seeds pollinated by natural mechanisms such as wind, bird, bee, or human distribution (yes, humans are part of nature too!). Open-pollinated seeds are genetically diverse which



means they have a broad range of adaptability.

"Heirloom" refers to a plant variety which has been handed down over the generations by a family or cultural group.

A hybrid is a seed or plant which has been specifically bred via a controlled method of pollination, usually to engender it with certain favourable characteristics. In this sense, hybrids can be useful, but saving such seed is unpredictable, because following the first year of generally excellent results – referred to as "hybrid vigour" – the seed reverts to one of its ancestral forms and can be drastically inferior.

It's best to save seed from your best individual plants, not from the ones too small or

afflicted to eat. Again, process immediately, dry completely and store well. Many vegetable seeds benefit from being refrigerated or frozen for a short period of time. Stagger your planting of species of the same family either in space or time, to avoid cross-pollination and ensure your seeds are true-to-type.

Every seed is the beginning of something – and yet each is also the culmination of an organism's senescence, and often a reminder of its eventual demise. A seed is a kernel of compressed possibility, a tiny time capsule neither living nor dead. Astrophysicists suggest the origin of all things was a supernova of such vastness and such density that it created its own black hole, a field of anti-matter so enormous, that there was literally "nothing" outside of it. Like a giant seed-pod, that supernova exploded, seeding every possibility in every galaxy in still-expanding space. We are all seeds of the stars, with our faces towards



Permaculture Principles with Anastasia Guise

our chosen suns. If it's true that "revolution is the battle between the future and the past" then seeds are at the centre of that battle – for they carry both the past and future stored within them. They are the vehicle to carry the past into the future, to alter it, or in their destruction, to deny it. As the global battle for seed sovereignty continues, I am reminded of that boy Thomas rattling that tree, his delight as natural and effortless as the wind itself.

[www.communitypermaculture.com.au](http://www.communitypermaculture.com.au)



Eric at the Backyarders table

## Blue Knob Farmers Market

by Dolph Cook

Happy New Year to you, and love from Blue Knob Farmers Markets.

Over the festive season we had time to reflect on what it is we do, and what it is we want to do.

For the last four years we have been building a resilient place for farmers and customers to meet. These meetings have been wonderful events full of learnings, trust, friendships, like-minded associations and for many folks, times of awakening.

So how can we make this better? We have some ideas. But we would like to hear yours.

Some of the cool things we are implementing are an internal farmers' inspection. This will allow us to make sure our farmers are everything they say they are. This gives you the peace of mind that what your sourcing is pure awesomeness.

I have heard that the children will be a big winner this year with the magical tree house coming to life as well as an undercover area where adults can sit and relax whilst watching the children.

Our technology is being upgraded. If you read our *Nimbin GoodTimes* article monthly but still want more connectedness with us, our email database is the thing you want to join, and you can also like our facebook page.

To join our customers email list, please send an email to Ian requesting your addition: [ian.slape@gmail.com](mailto:ian.slape@gmail.com)

To like and interact with our facebook page

please surf to: [www.facebook.com/pages/Blue-Knob-Farmers-Market](http://www.facebook.com/pages/Blue-Knob-Farmers-Market)

We are making it even more rewarding for our community to come shop or spend quality time with us.

Our farmers have expressed a keen willingness to bring even more quality products to the markets, so we are compiling a list of what folks want to find at our market. If our farmers can't grow or make it, then someone in our community surely must be able to fill this niche.

We are always looking for good honest foods and cheerful stall holders to grace our market day. Don't forget you can proxy your goods at our Backyarders Table if you're too busy to attend yourself.

This year is the year for giving, so if you would like to give to us then we would love to see you at one of our Blue Knob working bees, where we give tender love and care to our stalwart hall of the community. Any skill/help/advice and materials are always gladly accepted. Plus we feed you well for helping.

We are always accepting our bottles, jars, packaging, egg cartons etc., so we can reuse them and keep the costs down. So if you have a specialty market bottle or jar you could also be in for a windfall, as some vendors offer cash back on the safe and clean return of packaging.

Looking forward to seeing you at our January market days. Every Saturday 8.30am 'til noon, rain, hail or shine.

by Leannrah

Dharma (Darren Cowie) is the new co-ordinator of the Inner Light Centre, 131 Keen Street Lismore. These rooms were the centre of the well known community of alternative healers and hippies that comprised the Space Massage Therapies in the 80's, 90's and early naughties.

Being in Apollo Hall, the rooms have been filled with activities in the theme of Apollo, the god of light, truth, prophecy and the arts.

The Inner Light Centre is now a light-filled cohesive space comprising of a yoga studio to fit 25 comfortably, and two rooms to suit the professional therapist or body worker.

The yoga studio may be hired for \$10 per hour and a room may be hired at \$30 for half day or \$50 for full day. Contact Dharma on 0416-063-437 if you are interested.

The Inner Light Centre now comprises three teachers and professionals practising Zen shiatsu, naturopathy, massage and kundalini yoga. See the facebook page: *Inner-Light-Centre*.

Dharma is an experienced Zen shiatsu therapist and teacher. He ran successful clinics and schools in inner Sydney during the 90's. If you are quick you may catch one of his opening deals; 75 minutes of deep shiatsu massage, that would impress any therapist, normally \$80; now \$50. Dharma is at the Inner Light Centre on Mondays, Wednesdays and Fridays, 9am to 5pm. For appointments, phone 0416-064-347 or just drop in.

Siri Shakti Kaur runs general and gentle kundalini yoga classes. Beginners and special focus courses are run semi regularly. Kundalini yoga is a powerful practice that uses breath, posture



Sharing the Inner Light

Shakto, Dharma and Leannrah

and mantra to unleash your true potential. Herbal tea is shared after each session. Classes are held Thursday evenings 6 to 7.30pm and Friday mornings, 10 to 11.30am. Fees are \$18 or \$15 for concession or low wage. See [www.sirishaktiyoga.com.au](http://www.sirishaktiyoga.com.au) or phone 0431-094-483 for more information.

Leannrah (Lee-Anne Young BA, DipEd, BNat, MATMS), practises naturopathy and massage from the Inner Light Centre on Thursdays, 9am to 5pm. Now with 12 years' clinical experience.

Leannrah's wholistic approach to health incorporates sound body work with spiritual healing as well as naturopathic consultations focusing on detoxification, heavy metal chelation, gut issues, unexplained illness and chronic disease. A full herbal, homoeopathic and nutritional supplement dispensary is at the centre.

Leannrah charges \$30 for a half hour or \$60 for a 1 hour massage or consultation. Drop in for your natural medicines, health tune-up or massage on Thursdays or call 0439-198-977 to make an appointment.

Leannrah also works from her Wiangaree clinic all other days. Wiangaree

is a 10-minute drive north of Kyogle, where you will find a naturopathic clinic with a well stocked natural medicines dispensary, colour healing studio and medicine garden.

SONMATA, School of Natural Medicine & the Arts, is housed in a lovely old church building in the village of Wiangaree. Courses run during Autumn and Spring in homoeopathy include: first aid, constitutions and chronic disease. Morning classes will commence on 14th April and run for six weeks.

The Inner Light Centre has on display the various homoeopathic kits, sold at reduced prices to students. These kits include comprehensive instructions for treatments in: 1st Aid, prevention of disease, for backpacking, family, animals, the dairy, the farm and horses.

Sahaja Yoga free meditation class is held on the first Sundays 11am to noon. See [www.sonmata.org](http://www.sonmata.org) or phone Leannrah on (02) 6636-2356 for more information on the Homoeopathic courses.

The Inner Light Centre, at Level 1, 131 Keen Street Lismore, is open most days from 9am to 5pm and some evenings.

# Natural Law

by Helene Collard

A new year always offers us a fresh start with an invitation to put the preceding year behind us. Begin the new solar year with a 'less is more' mantra. Begin the year refreshed, excited and receptive.

A universal order always exists, and especially now we can feel a sense of being in tune, of delightful synchronicity, and excitement for the great potential in the air.

Last month's motto 'keep life simple' continues into January – particularly to the 9th of the month. When spending time with family, friends and alone, seek basic activities, and 'be' in them fully. This can bring a deep pleasure that you may not have expected. Wherever you find yourself, is where you have chosen to be - so choose to be yourself fully – this shows great integrity and self-respect. This is a 'code of conduct' that will greatly benefit you and others, so keep it going.

From the 10th and for the rest of January, our minds morph into Avatar-mode. To some, the Avatar mind may seem primitive; however, it is in fact highly evolved. Indeed there is potential

for inspired ideas and exciting events that can direct an aspect of your life onto a new and rewarding road. Just remember to keep everything simple - it will be so much easier for you. In particular, the 'simple' I speak of here, includes a depth that comes from you being authentic.

For some it may be time to engage in an education of some kind – whether that be via an institution, a learned person and/or self-directed. Whichever it is, it will be focused. Spiritual experiences can also occur this month, as evolving the mind can occur in a multitude of ways.

Pay attention to your ideas and dreams – these may be from now, and/or recurring from a while ago. The energetic climate is such where seeds can sprout and trees can fruit. Give thanks each day for the abundance in your life and place importance on your dreams and ideas - if you don't who will? Remain aware and poised.

So in January, do activities that help you stay strong, focused and self-respecting - get real with yourself and get help if you need it.

Emerging into 2015 will take clarity, confidence, courage and commitment.



*"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."*

You will reap what you sow.  
May the long time sun  
Shine upon you,  
All love surround you,  
And the pure light within you  
Guide your way on.  
– Love, Helene

*Helene Collard has a Bachelor of Trauma & Healing and is a Reiki Master-Teacher. She lives in the NSW Northern Rivers area with her life partner, Mirek and their two young children.*

# Meditation medication

\*\*\*\*  
Buddha addressed his students. "It is wise to meditate for an hour every day!"  
A follower asked "But what if one is too busy to meditate?"  
The Buddha smiled. "In that case... two hours every day!"  
\*\*\*\*

A young man took up meditation, much to his family's surprise and tacit disapproval. The old man rang his friend and complained... "The young feller's taken up this meditation business!"

"Never mind Harry! Things could be worse! He could be sitting around on his arse all day doing nothing!"

I've been into meditation a few times down the track. In the 60s/70s, Yogananda inspired my first nibble at the no-mind business, then other gurus came along and rekindled the fire every now and then.

The last lot I encountered were the Rajneesh dynamic meditations. The theory behind these had to do with stirring up a chaotic state in the mind/body ...

then dropping into a prone meditation in the vacuum created by the sudden absence of the chaos. You danced, breathed, jumped up and down or whatever for about 30 minutes to dedicated music, whipping up your energy to flash point. Then the music would stop and everyone would drop to the floor and lie there in blissful silence for another half hour. The stark contrast was said to make meditation easier.

My recent ten day attendance at the Gawler Foundation in Victoria at a "Life and Living" retreat for cancer patients has got me meditating again. This time there's no "Pie-in-the-Sky" promise of Nirvana, enlightenment or other altered states and super-powers. It's just a joy to shut that incessantly chattering "monkey mind" up for a couple of minutes now and then ... and by doing so, reverse the ageing process, boost the immune system and heal "dis-ease."

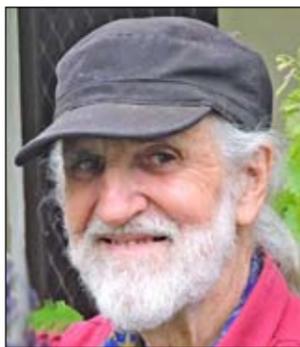
Employing methods to arrive at the "observer" head-space rather than a thinking one, a couple of times a day, is a bloody good idea. Sitting doing nothing is exactly what the doctor ought to

order. During the retreat we were shown a Powerpoint presentation by Craig Hassed, a professor from Monash University who has been teaching young doctors meditation techniques in the hope that they might pass it on to patients as a healing tool. He has been doing it for 26 years. The name of his course is "Mind Over Body".

We saw movies on several occasions documenting much scientific proof that meditation increases disease-fighting genes, improves the efficiency of mitochondria (the powerhouse of cells), boosts insulin production (improving control of blood sugar) and prevents the depletion of telomeres... caps on chromosomes that help to keep DNA stable, preventing cells from wearing out and ageing. Telomeres are like the little metal or plastic tips on shoelaces that keep them from fraying. They sit on the end of our chromosomes and get shorter and shorter as we grow older. Meditation actually reverses this process.

It's all about well-being. We learnt that meditation, as well as the massive benefits of a plant-based diet, daily exercise, regular sunshine (vitamin D3), plenty of fluids (water, herb teas and juices) and an optimistic, socially-based, caring lifestyle are all you need to live a happy, healthy life. The greater the level of mind-wandering, the greater the level of telomere shortening, leading to ageing, depression and pessimistic outlook.

Geoff, an ex-truckie, ex-cancer patient gave us a rave one night how the above



**Mookxamitosis**  
by Brendan (Mookx) Hanley

list of goodies saved him from 'terminal cancer' 17 years ago. A hard-driving, hard-drinking, hamburger-munching big-rig driver watched incredulously as he miraculously (to himself at least) declined orthodox treatment and adopted this new radical lifestyle... healing himself from 'terminal' lymphatic cancer, and now working Australia-wide for the Gawler Foundation spreading his story of hope and optimism to all comers.

His final words to us were: "Peace of mind has saved my life! Tumours (diseases) are teachers. While I have a tumour (disease) ... I still have something to learn."

Learn to meditate. Learn to live!

## Crossword Solution

From Page 26



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# Birth and Beyond



by Kirrah Holborn, 'Traditional Wisdom'

## Birth Plans: Do you really need one?

Birth is a mystery. It's one of those life events that we can't really plan. Many people would love to know when their baby is going to come, but most of the time, it's a complete surprise. Everyone wonders, when is the baby going to come? How is the baby going to be born and will it all be ok?

### Discover your choices

As a childbirth educator, I like to encourage people to prepare for birth by exploring all their choices. Knowing your options allows you to make informed decisions.

It has been found that the women who are actively involved in the decision-making process throughout their labour, are happier with their birth outcomes, even

if the birth was different to what they were hoping for. This means if women can navigate their journey and be involved with each decision, they are more likely to be happier if things take a different or unexpected turn. So, being aware of your options helps to prevent birth trauma.

### Birth preferences rather than birth plans

As a doula when I'm working with parents, I prefer to call this process of working out what you would like to happen discovering your 'birth preferences' rather than writing 'a birth plan'. I encourage them to write their preferences down and to discuss this with their care provider.

### Keep it positive!

State what you are wanting in a positive way. Instead of a big list of everything you don't want to happen, make it positive.

For example, instead of saying 'I don't want continual fetal monitoring on the machine', make it positive and say 'I would like to remain active in labour and therefore would prefer intermittent fetal monitoring with a doppler'.



This allows care providers to understand what and why you are wanting something. By keeping your language positive it also helps everyone get along a bit better (maintain rapport rather than being antagonistic).

### Get out of your head!

When giving birth, it's really important that you can 'switch off' your thinking brain and enter into the quiet place of your mammalian brain.

This helps you focus in to the job your body is doing and also enhances the release of endorphins (your own natural pain-relieving hormone similar to morphine).

By writing down your

preferences, it can assist in this process. Your partner and care providers can understand your preferences without having to ask you every single detail. It will also save you having to explain things to any new care providers that come to help. In the hospital system, at shift change, the new midwife or obstetrician can read your preferences and have a better understanding of the type of birth you are hoping for. Rather than just doing what they always do, or just following hospital protocol, they can better understand your preferences and hopefully work hard to assist you in your wishes.

### Things to cover

When exploring your options for birth, you may like to think about: your beliefs about birth, what kind of environment you would like to birth in (eg; a warm, dimly lit space that is quiet with soft music), who will be supporting you (eg; partner's name, doula, midwife, OB etc), how you feel about fetal monitoring, how you feel about pain relief (eg; if you are intending to labour naturally you could say 'I intend to use massage, hot water, heat packs, visualisations and the birth pool to cope with labour so please don't offer medical pain relief unless I ask for it').

Other things to think about are: the use of syntocinon in the third stage (birthing the placenta naturally or managed?), what about skin-to-skin contact, delayed cord clamping and the injections offered to the baby such as vitamin K and hepatitis B. It is also good to think about caesareans. Even if that is the last thing you are wanting, it is good to explore your options. If a caesarean is required, it is still possible to have delayed cord clamping and often times skin-to-skin contact can be facilitated. It's also good to talk to your care provider if they know how to assist with vaginal

swabbing for inoculation of the baby with vaginal flora (see 'microbirth' for more information).

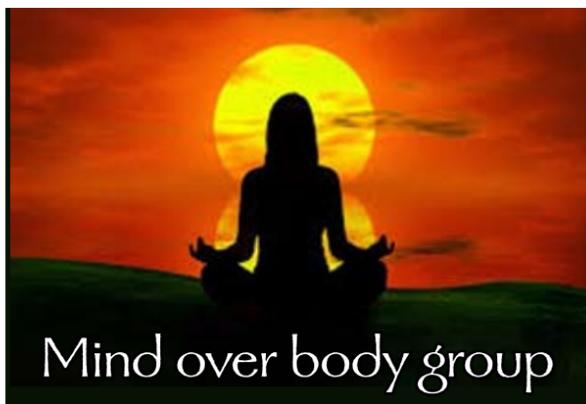
### Making decisions

It is not really possible to know every single situation that may come up in your birth (nor do you need to know everything!). This is when having a framework for making decisions can be very helpful.

My favourite acronym for this is 'BRAIN'. This stands for Benefits, Risks, Alternatives, Intuition, Nothing. When we are presented with a choice that we haven't thought about before, you can make a decision by asking: How is this helpful (beneficial)? Are there any risks? What are the alternatives (is there anything else I can try)? What does my intuition tell me? What if I wait or do nothing?

Take time during your pregnancy to look at your options for birth and create a birth preferences sheet. Make sure your birth partner knows your wishes and then let your care provider know so that everyone is on the same page when it comes to one of the most important days of your life.

For more information, phone Kirrah on 0429-308-851 or visit: [www.traditionalwisdom.com.au](http://www.traditionalwisdom.com.au)



## Mind over body group

Mookx has recently attended a 10-day "Life and Living" retreat at the Gawler Foundation in the Yarra Valley (Vic.) rural grounds, established several decades ago by its founder, Ian Gawler.

Ian Gawler had his right leg amputated at the hip in the late 70s due to rampant systemic cancer, and was given a prognosis of a couple of months to live. His book, *You Can Conquer Cancer* tells the amazing story of his "natural" cure and subsequent campaigning and educating on the self-healing trail over the next 40 years.

It seems the secret to healing most

disease is a multi-faceted approach involving healthy diet and fluid intake, sunshine, exercise, and the shedding of all worrying, self-defeating and irrelevant thoughts... as well as all destructive emotions held in the body creating toxins. Clearing these feelings and thoughts is best achieved by mindful meditation.

This year, Mookx plans to start a weekly self-healing group called 'Mind Over Body' which, while being a support group for people with cancer, cancer symptoms, prostate problems... or in fact any type of debilitating condition, will be open to

all comers interested in improving their lives and general health and contributing experiences and knowledge..

Sessions will hopefully include simple meditations, sharing, diet tips, health insights and some singing together to end up with.

The Birth & Beyond space would be ideal, already imbued with healing vibes. A suitable time and day of the week need to be found.

Anyone interested? Please email: [mookx@mookx.com](mailto:mookx@mookx.com) or phone 0432-038-804.

## Skin Disease: Now Let's Make It Clear

While the rest of the world is still searching for the answer to serious diseases like psoriasis and many others, Good Skin Clinic has been completely changing the lives of those who have been given no hope.

“These photos are of my 8 year old daughter. She has had psoriasis for 4 years and it has been worsening to the stage that you see in these photos... She is now able to go swimming without getting sneered at by other children OR their parents, and there are no more nasty comments at school. She is much happier in herself and much more confident. Thank you so much to Barry Donnelly and the team at Psoriasis and Skin Clinic. regards Karina”



**CALL TODAY**  
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Feel good about yourself & build your confidence

**Good Skin Clinic**  
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**NORTHERN RIVERS & THE GOLD COAST**

## Stopping the itch

Psoriasis sufferers know only too well the itching, redness and soreness of their irritating and uncomfortable skin condition.

Unlike many other skin diseases, Psoriasis may affect your fingernails as well, developing plaque under the nail and around the nail bed causing the nail to lift off the nail bed. This is often confused with fungal infections, due to the clouded appearance of this process.

People with nail psoriasis are more likely to develop fungal infection, because the nail is now compromised and water maybe retained under the nail creating the perfect environment for the fungal infection to infest.

For some, this disease may be experienced as Psoratic Arthritis as well, causing pain and swelling around the joints. Most sufferers do not experience all of these conditions at once, thankfully.

The Good Skin Clinics offer topical medications, including a deep cleansing gel which exfoliates the skin, removing the flakiness and ointments containing essential oils and herbs. This new approach of addressing the triggers apart from treating the symptoms, has produced some remarkable results. Visible improvement can be seen within weeks of the treatment program beginning.

Mr Barry Donnelly BHS Sc CM WHM N, the practitioner at the Good Skin Clinics, Gold Coast and Northern Rivers, said, "I see, on a daily basis, the patients who have experienced pain and suffering for decades, living under the mistaken belief that nothing can be done. The comment, "I wish I had known about this years ago" is a phrase commonly heard in our clinics. Please if you are a skin disease sufferer, don't delay in making an appointment, it may just change your life for the better."

Other skin conditions that are also successfully treated at the Good Skin Clinic include eczema, acne, rosacea, dermatitis, and ichthyosis.

For further information, call 1300-956-566, or email: [barry@feelingr8.net.au](mailto:barry@feelingr8.net.au) Website: [www.goldcoast.goodskincare.com.au](http://www.goldcoast.goodskincare.com.au)

# Being in a sea of ambiguity

I, and a tour boat of travellers, were snorkelling off Julian Rocks, Byron Bay, the day before Christmas. Around us were literally hundreds of fish, many kinds, many colours, many sizes. I saw a couple of green turtles, several practically translucent jellyfish, and two rays. Some of the other snorkellers saw a leopard shark; I didn't. I did see, in one fleeting moment, the fish grow frightened, but they resumed their relaxed manner quickly. It was like a ripple effect: from full faced gentle swimming to a rapid streak and then full faced gentle swimming again. Whatever it was, it was a momentary threat.

I was gathered up into the schools and could observe the behaviour of each type of fish. There were the small orange bottom feeders, the sleek mid-swimmers, and the sociable upper dwellers. These social ones swam around me closely. I watched one of them apparently feed from a jellyfish: mouth inside the jelly cup, but neither seemingly getting hurt.

It was choppy that day, but the sea was glass-like and visibility went down at least eight meters with no loss of vision. It was fantastic.

In the sea, a place I love most of all, almost anything can happen. We humans,

after all, are merely visitors here. It is an ambiguous massive space.

Ambiguity is the quality of being open to more than one interpretation, an inexactness. Snorkelling in the sea is quintessentially being present in the *mysterium tremendum*, that is, in an overwhelming mystery, where some things are identifiable and understood, but mostly just ever felt. I find this space extraordinarily calming and sometimes offers an incredible sense of one-ness with everything, but I am aware that there are many for whom the sea is utterly terrifying. Sharks, millions of them, fill the space of their imaginations. The terror of a shark-populated mind gets in the way of ordinary life and sometimes manifests as anxiety and depression.

Anxiety and depression may be described as disorders of focus, as Michael Yapko puts it. The focus is put on what's wrong rather than what's right; what has caused them pain rather than what has helped them. Sufferers get locked into a sort of mouse-wheel of hideous thoughts: round and round and round, and it's torture for them. This is where psychotherapy and clinical hypnotherapy really helps. Both reintroduce, through focussed attention,



by Dr Elizabeth McCardell

ambiguity in a safe environment, and thus a greater flexibility and willingness to experience a wide range of feelings and thoughts and connections. If something has terrified and/or depressed people and caused them to get stuck in their fear, being gently supported, perhaps a little bit rocked, in a sea of guided ambiguity allows for the possibility of healing. This is a healing that isn't imposed, but arises from a person's own resources; resources that had hitherto been submerged under iterative thoughts.

A few years ago I toyed with the idea of offering water therapy. That is, taking a client into the sea and being with them as they encountered their fears, offering them an entrée into relaxation and choicefulness in an environment that cannot ever be fully known. I still like that idea, but

maybe my insurance company wouldn't cover it. Some hypnotherapy sessions have this quality anyway, at least this is what is sometimes reported to me by my clients.

A hypnotherapy session begins usually by inviting the client to close their eyes and start to focus on themselves: sensations (skin touching the leather of the chair, softness, supportiveness, etc), perceptions (the sound of my water fountain - little whirring pump and water splashing, faint tinkling of bells, a car going by, wind, thoughts, the sensation of breath, rising up of imaginary ideas, noticing what happens when images are evoked, and so on. From this focussed place I can then introduce ideas of how misinterpretations can occur and then reorient the person to other ways of seeing.

Depressed and anxious people tend to see ambiguity in negative ways, but actually ambiguity merely offers a multitude of possibilities and, like the sea and the rest of life, we can learn to not fight it, but let go and relax - with awareness - into what we choose to focus on and act with acuity and right-mindedness, doing whatever it is that helps us deal with whatever life offers us.

[dr\\_mccardell@yahoo.com](mailto:dr_mccardell@yahoo.com)

# Heat and damp

by Brigid Beckett

Heat and damp are the obvious influences at this time of year.

This can affect our health including energy, sleep, digestion, mood and mental functioning.

Possible manifestations are acute gastroenteritis caused by summer damp, summer heat or damp heat. These are seen as external invasions and can cause sets of symptoms including nausea or vomiting, diarrhoea, headaches, muscle aches, which are due to either heat and/or damp.

These acute symptoms may pass over 24 hours, but it is possible for the heat or damp to linger, or reoccur.

Also chronic damp or damp heat symptoms can occur in those constitutionally prone to damp without an acute episode.

Damp in Chinese medicine is a byproduct of the spleen (digestive energy) not functioning well.

The climate is conducive to this as the spleen does not like damp. Humid weather or sitting around in damp bathers is detrimental to the spleen especially in those prone to damp.

Add to this the foods that are hard on the spleen and damp producing - sweet and rich food or conversely too much raw food, and it is easy to see why damp producing conditions may

come together over summer.

Damp has been described as a thick fog affecting digestion, causing bloating, tiredness, fluid retention, tired or aching muscles, weight gain and poor concentration.

The damp is more likely to persist if there is insufficient rest after a gastroenteritis episode, or if care is not taken with diet, or if someone is run down after too much work or study. Antibiotics can also produce damp.

Dietary guidelines include - small meals, restrict dairy, rich and sweet foods, eat spleen strengthening foods which include simple meals without too many components, cooked but not overcooked, and plenty of seasonal foods. Some cloying damp producing qualities can be lessened by combining foods. For example drying, bitter or pungent foods such as pickles or horseradish with cheese or meat, using onion, garlic or pesto with pasta, or green tea with fried food. Or sipping wine with meals.

There are also internally generated forms of heat. Which while not being



caused by the climate make hot weather harder to deal with. These patterns are often seen in people that are happier in winter than in summer.

Yin deficiency is one cause of internal heat. Basically it is a relative deficiency of yin energy which is the cooling, grounding, energy. This may be constitutional or acquired through overwork or aging. Symptoms include insomnia, restlessness, hot flushes, sweating, anxiety, hot feet, mouth and tongue ulcers. People with this pattern can appear nervy, restless and thin.

Another common type of internal heat is generated by liver qi constraint. This is mostly caused by stress or emotional factors. Symptoms can include depression or anxiety, irritability, insomnia waking between 1 and 3am, bloating, alternating constipation & diarrhoea, tight neck, shoulders or jaw, headaches. Long term this heat will burn up yin and lead to yin deficiency or contribute to damp.

All the above patterns can be unpleasant and frustrating, decreasing the enjoyment of summer. Chinese medicine, either acupuncture and herbs along with dietary guidelines, is well placed to address the problems, which unchecked can become chronic and debilitating.

Contact Brigid on 0431-702-560

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