

DIANBUNG GARDENS UPCOMING EVENTS

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- Herbal First Aid • Celtic Wisdom

August 13-22 Growing Abundance Course

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Koala breeding season here again

In the July edition the possibility of koalas facing extinction was the focus and some words from a wonderful book by Bradley Grieve that you may not have read, describing extinction in these words that, for me, say it all:

"For endangered species we are both their greatest enemy and their only hope. These wonderful creatures will not argue their case. They will not put up a fight. They will not beg for reprieve. They will not say goodbye. They will not cry out. They will just vanish. And after they are gone, there will be silence. And there will be stillness. And there will be empty spaces. And nothing you can say will change this. Nothing you can do will bring them back. Their future is entirely in our hands."

As Bradley says, if it feels like the battle is lost, it isn't, and small changes can make a huge difference. Whilst the situation in Australia for our wildlife facing potential extinction is shocking, there are things we can do right now to help prevent a local extinction if enough of us are concerned and take action. Individuals can make a huge difference, and government legislation has as great, if not a greater, impact.

Taking every opportunity to let governments know that we care, and want them to act to protect our wildlife, is one way of demonstrating to our elected representatives the importance of all our wildlife.

In regard to wildlife generally, the Senate in the last government conducted an inquiry into Australia's Faunal Extinction, and resulted in an interim report which outlined the current situation and, in particular, the need to review the Environment Protection and Biodiversity Conservation Act 1999 which is inadequate in providing protection for wildlife.

As is apparently the case in regard to Senate Inquiries generally, this inquiry lapsed at the end of the previous



Koala Column

by Ros Irwin

government's term and it is now up to the new Senate to support continuation of the Inquiry.

If enough of us make time to contact current Senators urging them to do so, it may well continue. From our perspective that's essential. Even just an email to: seniorclerk.committees.sen@aph.gov.au saying that you are really concerned about our wildlife and that you want the Inquiry into Australia's Faunal Extinction to continue on from the interim report provided to the last Senate. Also sharing that with your friends and networks, would be a pretty easy way of demonstrating your concern.

In regard to koalas, the NSW Legislative Council has commenced an inquiry into koala populations and habitat in New South Wales. This is another important opportunity to let the State Government know that you care. Submissions close on 2nd August and can be lodged online at: <https://www.parliament.nsw.gov.au/committees/inquiries/Pages/inquiry-details.aspx?pk=2536>

We have posted several documents

to assist those making submissions on our website at: www.friendsofthekoala.org/affiliations-campaigns-advocacy I encourage you to do this and watch for any local hearings of the committee.

The breeding season is on us again! It seems as if the last breeding season has only just ended, but over the last week or so it's started again, and we need a wide range of volunteers to ensure we can cope with our rescue and rehabilitation responsibilities as well as the important, and less hands-on, responsibilities we have.

Right now we really need a treasurer to support our wonderful assistant treasurer, so if you know any accountants or auditors who would be prepared to join our committee,

please mention this to them. We need people with a wide range of skills such as writing submissions to governments and councils, or fundraising to enable us to carry out essential projects.

Check out our website at: www.friendsofthekoala.org/get-active/volunteers or email us at: info@friendsofthekoala.org letting us know your skills and what you could do for us.

We also have our next Annual General Meeting in October and will be putting out information shortly about the positions and skills we need, so think about whether you might like to become part of our team.

Also, just a reminder that if you're not a member you can catch up with our *Treetops* newsletters and e-news by scrolling down to the bottom of the page at: www.friendsofthekoala.org/about

People can become members online at: www.friendsofthekoala.org and if they wish to volunteer, they need to contact our Volunteer Co-ordinator Lola on 0412-753-739.

Fresh faces, fresh produce

by Eric Smith

The latest arrival at the Blue Knob Market is Peak Harvest Farms.

A rather new farm in Kunghur, Peak Harvest is run as a team by James Geary, a certified agronomist, his wife Hannah, and her brother Jack Goold. James and Hannah's three young children are also a part of the vibrant farm life on their 70 acres.

More information about their farming journey can be found on their FaceBook page: [peakharvest19](https://www.facebook.com/peakharvest19).

Their first produce includes eggplants, Russian garlic, beets, kale, shallots and leeks. They will be supplying local restaurants and cafes, and attending the Blue Knob Market on the first and third Saturdays, and the Kingscliff Markets on the second and fourth.

The farm's goals include teaching and learning about the latest in agricultural techniques and ideas and



so they will no doubt be a part of the lively discussion of life, food, and sustainability that is the Blue Knob Market. Please join us in welcoming them to our community.

The Blue Knob Market happens every Saturday from 8.30am to noon in the grounds of the Blue Knob Hall Gallery and Café. We feature a lively

mix of fresh produce and beautiful seedlings, locally made ferments and other delicious foods, fibre and

ceramic arts, and other surprises.

And we are always glad to see you.

Plant of the month



Velvet leaf
Callicarpa pedunculata

by Richard Burer,
Bush regenerator

Callicarpa is a gem of a plant. It's a great rainforest understory shrub, hardy and growing to 1-2 metres, and it can be pruned for good shape. White pink flowers are followed by small purple fruits which are easy to propagate, and clusters of fruit are very showy. Birds

are very attracted to the small fruits and it's a great habitat shrub. Velvet leaf is in the same family as Lantana, and they can often be found side-by-side in the understory of our local forests, so keep an eye out. Currently you should find this species in fruit, as it has a long fruiting period through the winter months.

Because you, can doesn't mean you should

Weed Words

by Triny Roe, B Agr Sc

Pretty with purple, pink and blue flowers, morning glory, *Ipomoea* seeds are readily available for purchase. The plant is included in an on-line list of the 12 best vines and creepers recommended for Australian gardens. Particularly for tropical and warm temperate areas. The website belongs to a popular renovation/home/garden franchise. It has no warning anywhere that this species is considered an environmental weed in many areas, particularly warm ones with a high rainfall. Naturalised in coastal areas of Australia, *Ipomoea purpurea* is a serious threat to creek and river banks and native bushland. Once established, it will overgrow and out-compete existing vegetation climbing with twining stems. Morning glory is common overgrowing roadside vegetation, fences and other disturbed areas. Exotic vines and creepers are a terrible menace. They grow up and over the tallest of trees, smothering them and causing their demise. Vines with seeds that blow in the wind need timely management to prevent further distribution of the species. Some of these pest vine species include balloon vine *Cardiospermum grandiflorum*, cats claw *Dolichandra unguis-cati*, and moth vine *Araujia sericifera*. These species can pop up anywhere. Water, another vector, can convey many weeds to new homes. If you have a creek, expect new weeds anywhere, anytime. Many popular garden plants have the potential to become environmental weeds. Keen gardeners are always pruning, thinning, removing plants, putting in new ones and otherwise modifying their patches, not to mention weeding. What happens to the



Morning glory



Golden globes

excess vegetative material? Responsible disposal of garden waste or dead pot-plants is very important. Over the fence, down the gully, over a bank or in bushland are not appropriate solutions and can lead to problems. Many infestations in the bush began because someone simply dumped plant material there. No, it doesn't just break down harmlessly, benefiting the soil with added organic matter. When conditions are right, some species continue to grow.

Freckle face, aka polka-dot plant, *Hypoestes phyllostachya*, is often seen for sale in the Northern Rivers. It's a pretty little thing with pink spotted leaves. Promoted as a hardy indoor plant, it does OK in low light, for a while. Not everyone can keep their indoor plants alive and healthy forever. The sick and ailing specimen gets chucked out, along with flowers containing seed or stem that reinvigorates sending down roots and re-establishing. Freckle face thrives in shady areas underneath trees, and can invade bush and creek banks. It has already earned a reputation as an environmental weed in this region and SE Qld. Not as well-known, and marketed as Golden Globes, *Lysimachia congestiflora* is also readily available from nurseries and market stalls. Described as "a mat-forming herbaceous perennial", it doesn't grow high but after a couple of years a carelessly discarded pot-plant can form a large dense patch on a damp forest bank. Propagating via seed and bits of stem, it would continue to spread if not addressed in a timely and thorough manner, including regular inspections for several years to ensure it doesn't re-establish. Who knows what other ornamentals could become recognised as environmental weeds if they are let loose from the garden? Everyone has a responsibility to manage weeds. *The Biosecurity Act 2015* reads, "All plants are regulated with a general biosecurity duty to prevent, eliminate or minimise any biosecurity risk they may pose. "Any person who deals with any plant, who knows (or ought to know) of any biosecurity risk, has a duty to ensure the risk is prevented, eliminated or minimised, so far as is reasonably practicable." Happy weeding.



by Pauline Ahern

On a beautiful winter Saturday afternoon in July, 30 Nimbin Garden Club members had the pleasure of visiting the property of Les and Tony Rees along Stony Chute Road. Our hosts have been on the property for two years and have created a beautiful space for themselves and their much loved four horses.



One criteria when purchasing the property was clear fenced paddocks for the horses, this 12-acre property had the potential, and with some extra work met these requirements. There are spectacular views to the Rocks and Blue Knob. A wooded area contains some very mature trees including a very impressive Tallowood and a stand of majestic hoop pines. Closer to the house is a productive vegetable garden and a newly constructed outdoor sitting area where the new plantings will flourish. The removal of mature cocos palms makes way for further landscaping plans. Thank you Les and Tony for a very enjoyable visit. The exchange of knowledge and experience at the garden club meetings, plus the delicious afternoon tea, make for a

great gathering. The Garden Club is very fortunate to have the patronage of the Lismore Garden Centre, 67 Union Street, who very generously supply us with raffle prizes for our visits. This is a great family-owned nursery with a big range of plants, trees and seedlings, well worth supporting. With the proceeds of the raffles, the Garden Club financially supports local organisations especially the schools, preschools and community organisations with garden-related projects. The August visit will be on Saturday 17th, 2pm at the property of Ros and Rob Fleetwood, 'Heartwood' 817 Boyle Road Coffee Camp, on the right side (coming from Nimbin) 2km past the Parmenter Road turn off. Look for the Garden Club sign. New members are always welcome.



Animal antidotes and pearls of wisdom

Animal talk
by Donna Connelly

It is an absolute privilege and pleasure to work with animals. I am often blown away by their insights, so I thought I would share some of them with you:

A common question that is asked by clients is, “Do they need anything?” One unforgettable answer was, “More cheese, head rubs and a swimming pool!”

Two things struck me about this, the simplistic nature of the first two items. Very do-able! And the fact that a swimming pool was just as achievable. Excellent manifesting skills. Also, worth mentioning the guardians had been discussing the possibility of a swimming pool. So at least they know what side this sweet guy was on.

“What is their favorite thing?” (it is important to ask open-ended questions, it allows the animals to answer

freely, on their terms) I’ve had some ripper responses to this:

Bones and chicken frames, this came through as a taste sensation; Mum’s smell; Dad’s slippers my daybed; the wind in my fur; sun; swimming; eating; the beach; bushwalking; snuggle time; my animal or human friend; my vital green food supplement; when their humans are happy.

I’m sure we can all relate to this list.

Another question often asked is, is their food okay? These answers can be personal preference and for their highest good. Sometimes they refer to their medication, or dob in a parent for sneaking food.

They are usually content. However, sometimes the food, supplements or medication can be causing allergies or skin conditions, or irritating them in some way. This is where the pendulum works



a treat (pun intended). The pendulum is fantastic for going through all the digestibles and topical treatments you use on your fur friends. Very accurate and quick too.

Bottom line: animals are fantastic at understanding what works best for them and occasionally us too. Have you ever wondered what your animals are trying to tell you?

I’d also love to send a massive thank you to all the

Beautiful Souls who came to the Animal Communication for beginners workshop. All brought such positive energy. I had some amazing insights and messages come throughout the day. It was a wonderful day of connection!

One of the participants communicated with Dora (my nine-year young girl) When asked how she was doing, Dora answered “Life is Grand!” And she is absolutely right!

I happened to ask Dora what she wanted for Christmas at the end of last year. She answered simply: “You. More time with you.” I was struck by her answer and decided to do everything I could to make her wish come true.

I went from three-four 12-hour days a week to three-four a month. So I work from home or close by. I take her to as many events as I can. I create all of her food now. And I let her call

the shots if I need a break and we go for a walk or just hang out together.

I know my time with her is precious, and I’m stoked that she thinks life is grand. I love her very much. She absolutely is the best Human Communicator I know!

’Til next time, big love Donna and Dora.

Connect with us at:
rivergem.com.au or text us on
0490-156-038

It’s not the substance, it’s the way it’s used

by David Ward

When you find yourself going back time and time again to a particular habitual behaviour, its quite likely going to be in an attempt to convince yourself that everything is OK.

There can often be self-deception here, especially when not only are you not addressing any of your underlying issues, but are also in many cases of addiction adding further consequences to the story of your life.

Your poor mind has been told an untruth by your behaviours, namely that everything is fine, when underneath nothing has changed, the pressure is mounting, eventually leading to utter despondency.

Looking on the positive side, it suggests that changing a few habits may well expose the things that need to be looked at, leading you to support yourself to move forward, becoming much lighter in the process.

There’s another naughty but rather exciting prospect here: if the substance isn’t to blame, then one could potentially assume that some of these substances could be used for recreational enjoyment in a controlled manner, with comparatively little or no harm and a lot of fun and enlightenment into the bargain.

Suggestions that the substances themselves are responsible and that all we need to do is to use a range of prescribed substances instead, can be very unhelpful

to those of us who are trying our best to survive, find our place and get to the bottom of our depressed states.

From my personal experience when dealing with suicidal thinking, depression and addiction, a spiritual practice with a fairly strong physical component, good self-care and as much support as needed was the best approach available.

I had to think for myself, do the research myself and put it all together myself, I also had to fully trust my mentors and support networks. In order to begin this thinking for myself I needed a psychological catalyst to open me up to the possibilities.

Things as subtle and as powerful as specialised and focused homeopathic treatment from a wise practitioner were enough to get things to shift.

This shift opened my mind it seems, and my destiny led me to find that particular yoga book in my hands, which was not just focused on how to do yoga but also on what yoga would do to me.

Baron Baptiste sounded convincing, confident and assured. His words on the cover of *Journey Into Power*, “Free your true self, sculpt your ideal body and transform your life with yoga” were all it took for me to begin to develop my new approach to life.

Thirteen years later I’m still powering forward, at my own pace, my transformation was no passing phase, now living depression-free the rewards keep coming.

Finding balance through yoga

Yoga is often defined as unity. It means to bring together opposite ends of the spectrum to find some harmony between them.

Everything has an opposite, it seems. Life itself is created from a union of opposites, as in when our mum and dad get together to make us.

In our yoga practice, we are attempting to even out the different energies in the mind, body and spirit, so that we may live a more harmonious life.

As one of my teachers says, “When you look after yourself, you’re looking after all of us.” When we’re in balance we tend to show up as our best selves, so we’re basically easier to get along with.

A consistent asana (posture) practice will give



by Therese Hedwards

us a strong yet flexible physical body. We have an awareness always of balance within our asana practice.

We perform the same actions on both sides of the body, we bend forwards and backwards. We work the upper body and the lower body. The strong back and the soft front. We use counter balancing poses for some

asanas with an awareness of balancing out any negative side effects of a pose.

Some of our poses work on the balancing the endocrine, nervous, respiratory and digestive systems and the list goes on.

Our yoga practice can also help to bring balance into the emotional and mental bodies. As we learn the art of yoga we learn to use poses such as child or legs up the wall to calm an overactive nervous system.

Alongside asana, we also learn how to use the breath and meditation techniques to balance the emotional and mental bodies.

We can find a sense of balance and harmony in our lives with a consistent yoga practice.

Once we learn some of these skills of balance on our

yoga mats, we can also take them out into the world. We find that our social interactions can become smoother, we can see where we maybe need to soften a hard-line stance or indeed strengthen a boundary if we are being taken advantage of.

Yoga means acknowledging that we have our differences, but then it sets about finding what we have in common.

Hope to see you on the mat.

If you’re interested to find out more about yoga you can contact me on 0439-575-714, or visit the *Yoga Nimbin facebook page*.

I teach on Monday afternoons 4.30-5.30pm at The Dharma Centre, Wadeville, and Birth and Beyond on Saturday mornings from 9.30-11am.



Revenge of the Loon
by Laurie Axtens

I was planning on walking the streets with a sign saying “The end is not nigh” but I’m sure I’d be written off as a crank.

Obviously the scientific consensus is that the end is seriously nigh and it’s time

to contemplate how best to adapt to the frightening changes in climate heading our way.

Firstly, we need to nail down what changes we’re expecting.

Despite the recent discussions regarding ocean level rise (oceans would be expected to be 15 metres higher at these levels of atmospheric carbon dioxide) that is not the most pressing issue.

Extended heat waves of 40+ degrees are the first difficulty we will face. On top of the direct heat related deaths to the vulnerable we can also expect power outages, crop failures, food shortages, mental instability and transport problems.

These issues are already a



A Coolgardie safe

reality however the extent and severity is about to increase significantly. This summer, if it is a reflection of what’s happening in Europe and America, will test our ability to adapt to the problems I’ve outlined.

So don’t spend your money on an ark just yet – an off-grid, battery supported solar

system, an air conditioner and good insulation might make more sense.

How will you keep cool this summer and next summer and next summer?

If you can’t afford a solar system, build a Coolgardie safe room on the southern corner of your house this spring and survive.

I'm currently lying in some of the softest, smoothest, absolutely greenest grass imaginable, deep within a tropical, botanical wonderland smack bang in the middle of Singapore! I know, I know, how crazy is that?

But what happened is that a couple of days ago I woke up, looked out the window and bugger me, someone had left the gate open! True!! Well, I was taught to never look a gift horse in the mouth and so I grabbed a change of clothes, my toothbrush and the missus, and like a couple of mountain brumbies, we bolted.

Walking out of the scanning area at the airport, a gentleman asked if I would kindly step to one side and I thought, "Shit, they've discovered we're missing and notified Border Force," but no, it was simply that once again my passport was attracting more attention than any decent, respectable passport would, and so they quizzed me in detail regarding my intended trip, sent me on down a different line so that a second gent could empty my bag out and carefully go through everything and finally, the bomb detecting apparatus went off twice as a third gent tapped me and my bag with his magic wand.

He explained that this kind of thing sometimes happened although he couldn't recall when, and so he put me through the full body scanner twice (I moved the first time, apparently). Finally, I got the all clear and they said I was allowed to leave the country.

Eight cramped hours later and we're in steamy Singapore (24° at midnight, 98% humidity), settling into the Lily Room at our guesthouse, complete with its own private lily-filled pond teeming with tadpoles, mozzie-eating fish, lily-pod-hopping frogs and a kingfisher that would sit on the fence in the mornings and pick off a selection for breakfast.

After hours, we headed into the city and were immediately lost in the urban jungle. Literally. Buildings totally obscured by vegetation, cantilevered platforms with palm forests growing on them so that the occupants on the 20th floor had a jungle growing



by Bob Tissot

outside their windows. Overlooking it all a massive, curved, zeppelin-like structure straddling three, giant high-rise towers and sticking out quite a bit at either end. Singapore's famous Sky Gardens, an elevated world complete with parks, gardens, swimming pools and restaurants, all situated at a stratospheric height.

We didn't go up as they wanted stratospheric amounts of cash for the privilege and even then you weren't allowed to use the pool. We did however go into the world's largest glasshouse, Cloud Mountain, which holds an artificial mountain (maybe six or seven storeys high), complete with waterfall and absolutely dripping with tropical foliage. It was constructed so that the top of the mountain has a dry, above-cloud ecosystem while the lower slopes were permanently in the mist.

As we explored inside the dome, Di couldn't shake off the feeling that we were looking at a post-apocalyptic future for Homo Sap.

And whilst on the subject of post-apocalyptic, let's talk... Holy Relic! Now as you can imagine, in the world of HRs

there are many. Toenail clippings, shrouds, hair, etc. Well, the one we bumped into (figuratively speaking) was a beauty! Oh yes boys and girls, we found ourselves face to face (well, at a distance of maybe six metres and on the other side of the bomb-proof glass) with... Buddha's Tooth.

It was nestled on a velvet bed and surrounded by some impressive rubies and emeralds. It was displayed close-up on a couple of screens in the viewing area, so fools such as I could closely examine every chip and fossilised piece of plaque.

This relic was the raison d'être for an entire temple; four floors of magnificent gold and marble statues of Buddha with all the trappings. One floor had 1,000 golden statues of Buddha, each one with slightly different positioning of his fingers. I wonder what Gautama would make of all that fuss for his old, post-apocalyptic molar.

We're heading off for Dubai tonight, leaving at 1.30am and arriving at 5am. Considering my inability to sleep on planes, it should be an interestingly wasted day in the United Arab Emirates tomorrow.

'Til then...

The effects of paralysis ticks

by Les Rees

The life cycle of the paralysis tick consists of four stages consisting of the egg, larva, nymph and the adult. The last three stages require the blood from three separate hosts and all three stages can be harmful to our animals. I've been finding a lot of ticks on our dogs recently, which is a timely reminder that the tick season is prominent at the moment.

A lot of people seem unaware that the black peppercorn-sized ticks they are finding on their dogs and cats at the moment are not grass ticks; according to veterinary information, they are paralysis ticks, in the nymph stage of their life cycle.

Ticks lay up to 3,000 eggs and the when the larvae have hatched, they climb up onto nearby plants ready to drop onto their first hosts. After engorging their blood, they fall to the ground, moult and develop into the nymph stage. They then repeat stage one, climbing onto the nearby vegetation and finding a second host, engorging

another fill of blood, and after moulting become adult ticks.

After getting her fill of blood, the female tick can become more than 100 times her original weight when she drops off her host and lays her eggs, beginning the whole process again. When you look at the amount of eggs laid by each individual female tick, it is hardly surprising that their density of numbers can be so high and the consequences of their bites can be devastating for out animals.

The saliva of a paralysis tick contains a particularly nasty toxin which is both neurotoxic and cardiotoxic, meaning that it affects the nervous system and heart muscle and can paralyse and kill a horse. They can be found around bushy vegetation and paddocks that are used as wildlife corridors in areas where there's shelter from direct sunlight. When they need to feed, they climb the taller plants and structures and drop down onto passing animals.

They stay attached whilst engorging blood from their hosts from 1-7 days during which the toxin spreads,



with clinical signs appearing around the third day, and toxicity peaking around the fifth day.

The symptoms of tick toxicity include lethargy, falling or lying down, being off feed, peripheral nerve dysfunction, lameness, wobbliness in the hind legs or all the legs, reduced muscle tone, difficulty eating, impaired respiratory function, heart and muscle dysfunction, debility and sweating. If any of these symptoms are present you need to act immediately.

If you find ticks, remove them and keep the horse in a cool stable away from direct sunlight since the toxins are more readily spread around

the body during movement and hot weather.

It's important to do a daily search for ticks which are found mostly on the upper body, around the head including the lips, chin, around the eyes and ears, back of the head, neck, in between and around the front and back legs. Just feel around for a lump and if it's a tick, remove it carefully so that the head is extracted along with the body.

Some people turn the tick around 180 degrees to ensure the entire tick is removed. There are several methods, but I've read that veterinary advice is not to use topical sprays because they tend to promote further production of toxins when the tick is dying!

We tend to keep our horses away from bushy areas and keep the paddocks mowed throughout the growing season to lessen tick burdens. We also use pyrethrum-based sprays on our horses which helps to keep the ticks from biting them, so have very few problems with ticks.

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The birth alphabet: I-J-K-L

Doula Wisdom

by Kirrah Stewart

Induction, jaundice, Vitamin K and lochia

Do you know enough about inductions? How to recognise jaundice? When to get vitamin K? or how long lochia lasts after birth? Let's dive in...

Induction

A full term pregnancy usually starts on its own between 37-42 weeks. But for some people, their labour might need to be started artificially. This is called induction.

Induction may be recommended for:

- Gestational diabetes;
- If the waters have broken but labour has not started;
- If there is concern for the mother or baby's health.

Synthetic oxytocin is commonly used to initiate labour. Other methods include; a 'stretch and sweep' (stimulating the cervix), artificial rupture of the membranes (breaking the waters), prostaglandin gel inserted into the vagina or a balloon catheter.

If labour is induced, the mother-to-be and her baby will need to be closely monitored to see how they handle the intervention. Many choose to have pain relief as well because an induced labour can be more painful than labour that has started on its own.

For women that are ready to go into labour, there are natural alternatives that can help 'get things going'. It is a good idea to talk to a herbalist or acupuncturist to ask how they may assist your body to be naturally ready for labour.

There are also many 'home remedies' that can naturally induce labour if your body and baby are ready. These include; spicy foods, nipple stimulation, sex, relaxing massages, acupressure, homeopathics and herbal remedies.



Jaundice

Many babies develop jaundice in the early days after birth. It is caused by high levels of bilirubin in the blood. A baby with jaundice develops a yellow tinge to their skin or eyes.

In newborns, jaundice will most likely clear up on its own with regular feeds (every 2-3 hours). If your baby seems extra tired, isn't feeding well or develops a fever please call your doctor or midwife.

Treatment for jaundice usually includes phototherapy where the baby can be put under a blue light to help with the breakdown of bilirubin.

Sunlight also helps with this process, so for mild jaundice, babies can be brought near a well-lit window to receive filtered sunshine on their skin for small periods of time.

Vitamin K

Vitamin K is a fat soluble substance that is necessary for our bodies to be able to clot blood. Babies are born with relatively low levels of vitamin K. There is a rare disease called vitamin K deficiency bleeding or VKDB that affects around 1 in 11,000 newborn babies.

This is why, at the time of birth, parents will be given the opportunity for their baby to receive vitamin K as a prophylactic to lower the risk of the baby having VKDB.

It can be given as a single injection or multiple times orally. If giving the oral dose, it will need to be administered three times (once within hours of birth, once around 5 days old and once around

4 weeks old). As vitamin K is fat soluble it is important that baby's receive the oral dose with a feed to help with proper absorption.

There are many decisions to make when having a baby and as with all other areas of pregnancy, birth and parenting, it's good to know the options and make a choice that feels best for you and your family.

Lochia

Despite whether a woman births vaginally or via caesarean, she will have postpartum bleeding (called lochia) for up to six-to-eight weeks after the birth.

Lochia begins as bright red blood and then changes to brownish, pink and eventually yellow-white. There can also be blood clots. The length of time that bleeding continues varies for each woman.

In the beginning, when bleeding is heavier, maternity pads are a good idea. To reduce the likelihood of infection, don't use tampons for at least six weeks after the birth.

Try to get as much rest as you can. If you're doing too much, you may bleed longer or start bleeding again after your lochia has already lightened or gone away. This is a sign to slow down and rest.

Call your midwife or doctor if you develop the following symptoms, as you may have an infection:

- Your lochia has an unpleasant smell;
- You develop a fever and/or chills;
- Your bleeding stays heavy and bright red after the first week; and/or
- Your tummy feels tender low down on one or both sides.


Hopefully you feel more knowledgeable about some of these pregnancy and birth terms. Make sure you have downloaded the natural birth checklist so that you can feel more confident about your birth plan.

Download the natural birth checklist at: www.doulawisdom.com or contact Kirrah on 0429-308-851, or email: kirrah@doulawisdom.com

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Connecting through love songs

We all walk in the memory footsteps of those who came before us.

In a family, a child is born from a relationship that may or may not have been loving, from parents who may or may not have known love from their parents – perhaps through war or separation – but who may, perhaps, have sought some love from their newborn.

The need is reciprocal. There has been, somewhere, a deep desire for connection and if it hasn't been met, we continue seeking it. This is true in families and the greater community.

Connection is the medium through which we are held, nurtured, fed and, hopefully nourished from the time of our birth in all that we are. Without it, we suffer, and suffer enormously throughout life.

The best connection is a sustained one so that when we as little children prepare to explore the greater world, we know that we can return whenever we like. This connection confirms to us that we are free to return to



by Dr Elizabeth McCardell

our caregiver's arms or go off and play somewhere. When connection is intermittent, or worse, absent, leaving is hard and returning can be even harder.

A child who never quite knows if their caregiver will be there or not, can never quite feel safe and secure with their caregivers, other people, or even, themselves. A child who feels unsafe is an anxious one; one who is hungry for sustained connection. This is true for a child and for all of us. Being met, greeted, hugged, listened to, played with, accepted are the requirements of us social animals throughout our lives.

Scared children grow up without any sustained sense of security and safety and they will tend to continue to seek

security somehow, and can become addicted to it.

Some turn to alcohol, glue and petrol sniffing, some turn to other drugs and/or sex that help them forget their pain, some have serial relationships with other people who offer them unsafe sanctuary (though quite often with a price), some pursue power and money as ends in themselves, some clamber after danger for the thrill of it all and the satisfaction of a post-endorphin fix, and some reject other people entirely – going off on their own because seeking connection with others is just far too hard.

We are social beings and, without other members of a group that we can connect to, we struggle.

Johann Hari, a journalist who writes about mental health issues and addiction, has proposed that instead of asking those with addictions, "What's wrong with you?" instead ask, "What happened to you," to open up where the pain has stemmed from, how it is being felt, who "missed" you when you needed them and who is here who can be with you now.

It's in here that healing can at least begin to happen, and it is not just their healing that will happen, but ours as well. We are all affected by an act of outcasting someone else. The sickness of exclusion damages all of us. We begin dividing the human race into us and them and refuse to listen to other experiences of being, becoming instead paranoid and selfish.

When we ask "What's wrong with you?" we put the blame on the individual and we treat them as though they are bad, crazy or just odd. Effectively we excommunicate them from the safety and security of our communities, which is exactly the act that made them seek their addictive behaviours in the first place.

Hari puts it beautifully: "For 100 years now, we have been singing war songs about people with addiction problems... We should've been singing love songs to them all along."

Love songs include and reconnects us in acts of caring communication and connection. Let's ask, "What happened to you?" and celebrate the homecoming with music.

Natural Law

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.

The effects of the recent eclipse series, Mayan New Year and planetary positions continue to reverberate throughout August. We are each in our own version of the chrysalis – dying the parts of ourselves that are not required for the journey ahead and growing new parts so we can take flight when the timing is right to emerge. This process of transformation can feel isolating and dark, whilst simultaneously seeing evidence of light and hope. This is the nature of deep healing.

Our time in the cocoon is anything but easy, so be gentle on yourself. You may feel extra tired, so give yourself extra rest. You may feel content choosing silence, instead of company or technology – give yourself that peace. Most of all, consciously feed yourself nourishing thoughts regularly. Tell yourself that you are enough, that you are worthy, strong and confident. Tell yourself that whatever happens in life, that you are okay. Tell yourself that you are grateful to be alive and thankful for what you have. This kind of self-talk as a daily practice builds new neural pathways in the brain. Become the director of your life, become the master of your brain. Daily affirmation for August: I am the director of my life. I create the experiences I desire. Enjoy the month dear friends, and thank you for reading Natural Law. Yours in wellbeing, Helene.



by Helene Collard

Coming up at Yemaya Centre

- **iRest® Meditation, Somatic Experiencing and Trauma Sensitive Yoga Courses with Sam** Tuesdays and Wednesdays
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- **Yogalates with Martha** Wednesdays 10.30am (NEW!) and Fridays 9.00am and 11am
- **Reiki, Healing Heart Attunements & Rainbow Light sessions with Helene** – Every day
- **Reiki courses:** Level 2, 27-28 July. Level 1, 26-27 October.

Helene has a Bachelor of Trauma & Healing (Law & Justice), is a Reiki Master and the founder of the Yemaya Centre for Reiki & Wellbeing in Lismore where she teaches Reiki.

For information, enquiries and bookings visit: www.yemayacentre.com.au or phone 0405-656-797.

Taking care of kidneys

Urinary problems can be one of the most persistent and uncomfortable conditions around. They seem to be common at this time of the year.

The kidneys provide the qi for the storage and transformation of urine, necessary for normal urination. In this function they interact with the spleen and lungs. The kidneys dislike cold and dry, typical weather at the moment. As well as the effects of the cold generally, kidney yang can be damaged by sweating in cold conditions, such as exercising early on cold mornings.

While cold and dry adversely affects the kidneys, the opposite condition of damp is also detrimental to the bladder and urination. Damp will often settle in the lower burner, where it can combine with either heat or cold. Damp can come from an external source such as living in a wet house or sitting around in wet clothes.

It can also be produced internally. Usually this is to do with digestion and the strength of the digestive process – spleen qi. Foods that are hard to digest and that weaken the digestive fire are cold raw foods, including juices and salads. Especially at this time of year cooked foods are more beneficial for the spleen. Too much sweet food also damages the spleen, as does dairy. Rich and fried food also causes damp heat.

Another cause of damp is emotional turmoil which affects the smooth flow of qi needed for healthy digestion. Again this will form damp, often accumulating in the lower burner.

As well as forming damp, weak spleen qi by itself will affect the



by Brigid Beckett

bladder. In this case there is a dragging sensation in the lower abdomen, whereas in damp conditions there will be a feeling of heaviness. Bladder prolapses as well as other prolapses and hernias are usually due to this sinking qi.

Heart fire can also cause bladder problems, the heart has a strong connection to the kidneys as the fire and water elements need to be balanced. Emotional trauma or long standing worry can disturb this balance.

The symptoms of bladder problems include the need for frequent urination, burning urination and lower abdominal discomfort. Western diagnosis is usually cystitis or urethritis. Acute cystitis, mostly a damp heat external pathogen invading the local channels, is in Western terms an acute infection, usually successfully treated with antibiotics.

Recurrent or chronic infections however are likely to be caused by internal heat, chronic damp

or deficiency as described above. Antibiotics are less likely to give a good result in these cases. This is because they treat the heat but not damp, actually making damp worse. Also they do not treat an underlying deficiency. Sometimes these chronic or recurrent conditions can go on for years, but can be relatively easily treated with Chinese medicine once the correct diagnosis is made.

Persistent damp heat left untreated can lead to stones in the kidneys or bladder. Often with stones there is a dietary component, too much damp forming or rich food or alcohol. Both acupuncture and herbs are able to treat this damp heat.

Another sequel of untreated persistent damp heat is further weakening of associated organs: kidney, spleen or heart. This can lead to exhaustion syndromes, most often involving serious kidney deficiency. In Western medicine this does also equate to serious kidney disease. Once this type of problem has developed it will take two or more years of treatment as well as rest, to turn things around.

So as well as causing discomfort, urinary issues can be a sign of underlying conditions that need to be, and can be, successfully treated.

At this time of year, although days are lengthening and yang is returning, the yin of winter is still present. During this yin time, we need to get enough rest, eat nourishing foods, keep warm, and address any chronic issues, mental and emotional as well as physical.

Brigid Beckett is a fully registered practitioner working at Lismore Community Acupuncture. Phone 0431-702-560.

ALCOHOL - the most harmful drug

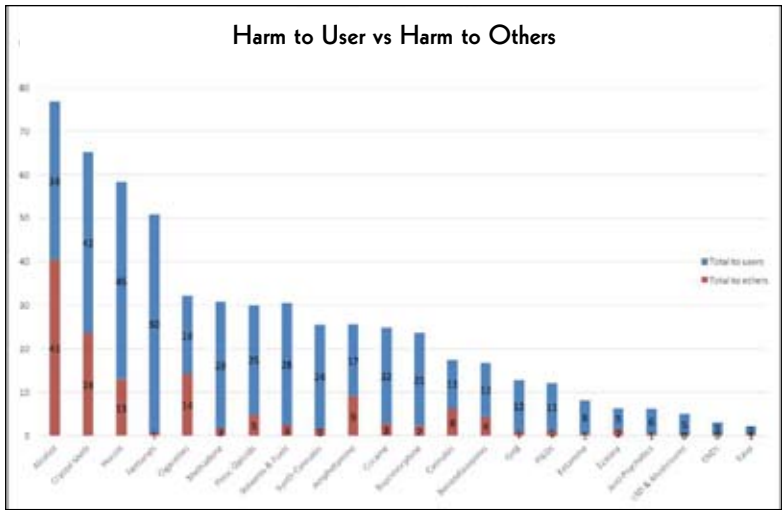
by Cameron Storey

All evidence points to the fact that alcohol creates massive adverse harm and violence in Australian society. While human beings have cultivated, used and traded in psychoactive substances since the beginning of time and medicinal plants can and do benefit people in the right dosage, with the right mind set and in the right setting. Unfortunately modern society has mistakenly and with little scientific basis made traditional medicines illegal while encouraging ultra harmful drugs like alcohol, chemical-ridden tobacco and patented, highly profitable pharmaceutical drugs. Each week I hear people talk about their drinking habits and when I suggest it would be much safer to get high on cannabis or magic mushrooms or mescaline they look at me as if I've lost my mind. But the history and science of drug use and its related harms is very straight forward and in complete opposition to the general delusional consensus, political lunacy and policing hypocrisy. "Alcohol is second only to tobacco as a leading preventable cause of death and hospitalisation in Australia" according to the National Health and Medical Research Council. The harm associated with alcohol consumption relates to *30% of road

trauma, both domestic and public violence, unemployment, financial problems, poverty, *10% of industrial and work accidents, *44% of fire injuries, *34% of falls and drowning, homelessness, *16% of child abuse cases and *12% of suicides. Alcohol kills 15 Australians each day and 5,475 people each year. Alcohol also hospitalises 430 Australians every day and 156,950 people each year. Alcohol's harm to others costs Australians more than \$20.6 billion (eg: out of pocket costs, forgone wages or productivity, hospital and child protection costs, pain, suffering and diminished quality of life costs) * (National Centre for Education and Training on Addiction) 60% of people presenting with injuries to emergency wards had consumed alcohol leading up to their injuries. Miller, P. (2015) Alcohol was linked to 60 physical illnesses including seven forms of cancer and scored high rates of depression, anxiety and brain injury. There's been increasing acknowledgement of alcohol's role in aggression with women most at risk of being assaulted by intimate partners under the influence. If one in 12 of all presentations to hospital emergency departments is related to alcohol and there were more than 70,000 victims of alcohol-related assaults in 2010 why don't we look at alcohol as a dangerous and incredibly costly drug and any

psychoactive plant as a much safer alternative with much fewer health consequences and associated medical costs? All these statistics of injuries and death related to alcohol consumption begs the question what would happen if people had a choice of a range of traditional psychoactive plants without fear of prosecution? Politicians (UK, US and Australia) have regularly ignored scientific recommendations while ensuring economic monopolies for pharmaceutical manufacturing companies with their patented drug products. What if educated people had the right to cultivate and use plants medicinally or recreationally as they needed with harm minimisation measures and addiction treatment centres as and if required? Recommendations from St Vincent's Health Australia to reduce alcohol related harm and violence:

1. Increase the price of alcohol to reduce consumption and related harms;
2. Use liquor licensing laws to ensure the responsible sale of alcohol;
3. Increase restrictions around advertising, marketing and the promoting of alcohol, with a focus on the welfare of young people;
4. Improve alcohol labelling at points of sale and consumption to reduce harm;
5. Improve early intervention for



alcohol use disorder;

6. Significantly increase funding for treatment services to meet demand;
7. A national strategy to reduce alcohol related harm;
8. The collection of wholesale and retail data to monitor alcohol consumption patterns made available in the public domain and informing evidence based public policy decisions;
9. There is a need for accurate, timely and comprehensive indicators and monitoring of alcohol-related harms and involvement with emergency services; and
10. The collection of data on the prevalence of Foetal Alcohol Spectrum Disorder (FASD).

Within the NSW police force officers who arrested people in 2016/17 for cannabis (77, 549 people) (4.7 times safer than

alcohol), ecstasy (10 times safer), and LSD and mushrooms (945 people) (15 times safer) "reported that 48% of male officers and 40% of female officers drank excessively, engaged in binge drinking or harmful drinking," while around 30% smoked tobacco and around 3% were alcohol dependent." (Richmond et al) The pot calling the kettle?

There is anecdotal evidence of Kambo medicine helping people work through depression and alcohol abuse issues. Dharma Centre in Lillifield Community will be conducting Kambo Ceremonies on Sunday September 8th and October 13th. The Kambo facilitator conducting the ceremonies has been fully trained by the IAKP (International Association of Kambo Practitioners) Facebook: Dharma Centre – Lillifield