

Restrictive practices with horses

by Suzy Maloney

When we talk about restrictive practices in human care settings, we're referring to actions that limit a person's movement, choices, comfort, or ability to communicate.

They're used as a last resort to manage risks when a person's behaviour poses a danger to themselves or others. They are meant to be short-term, proportional to the risk, and used only after less restrictive alternatives have been tried.

These practices are heavily regulated. So how does this apply to horses?

Recently I was catching and tying up a group of horses. Suddenly I imagined being the horse I was with. I imagined how it would be for me if someone put a restraint on my head and then tied my head to something to restrict my movement.

I realised this would feel very scary for me. Yet here I was doing this to these horses, with a full expectation that they would be fine with it and that it was my right to do this. In fact, it's a prerequisite for many things we as horse people do.

Immediately I found my hand softening on the rope, my asking the horse to move closer to the fence had a totally new feel to it. I was



so appreciative that he was OK with me doing this. I filled with gratitude and respect for his willingness.

And in response he softened. It was instant. We connected and he flowed toward the fence and waited while I tied him. It was subtle but powerful. To a bystander nothing different happened, but for me my world did yet another

flip. Horses are routinely expected to accept handling, riding, veterinary procedures, and training sessions regardless of how they feel that day. Resistance may be labelled as "naughty," "dangerous," or "disrespectful". With horses, we usually don't accept when a no is being offered.

We can also be unaware of learned helplessness. When a horse learns that their signals are ignored or punished, they may stop offering them altogether. A quiet, compliant horse is often praised, but silence does not necessarily mean comfort or understanding.

In people, learned helplessness is associated with trauma, depression, and a loss of agency. It's worth asking what it looks like in horses, and how often we mistake it for "good behaviour."

Some common restrictive practices with horses include stabling, isolation from other horses, forced equipment such as bits in mouths, tight nosebands, restrictive saddles, martingales, draw reins, spurs – all designed to control movement or suppress unwanted behaviour.

With a person these would clearly fall under physical restraint. With horses, we see these tools as "necessary," without fully examining whose needs they primarily serve, and how it

may be for the horse.

So, what does it mean to look at horses through this lens? It doesn't mean we never set boundaries or manage risk. Care always involves some level of restriction. But we can question if a practice is truly necessary, or simply traditional.

It means asking whose comfort, safety or convenience is being prioritised. It means becoming curious about alternatives that offer horses more choice, voice, and agency within the realities of domestic life.

Exploring restrictive practices isn't about doing everything perfectly. It's about staying willing to reflect, to learn, and to soften our approach when we realise there may be another way. It involves an understanding that horses are sentient beings.

When we begin to see horses not as objects to be managed, but as individuals navigating a world largely designed by us, the conversation shifts – and so does the relationship.

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So many people are grieving

by Sonia Barton

I've been thinking about what is the most common thing that my clients have been coming to see me about, over the three last years or so. And I think it is grief.

Every single one of us has been affected in some way or another since the pandemic was announced in early 2020. How many people's lives were affected in so many ways?

For example, the pain of not being able to see loved ones when they were dying and people with careers who had to leave their jobs because they chose not to have the vaccine. This impact is still affecting so many people, and more and more people are living in their cars or vans as they were made homeless.

Small businesses had to close, some permanently, while the big chain stores like Dan Murphys and K-Mart were allowed to stay open, although I think that you had to show a green tick to shop in K-Mart for a while.

What about all the people who lost their homes through the floods in 2022 and some people are still waiting for insurance payouts to repair their homes?

So many people lately are dying of cancer, or dying suddenly, and I wonder what the common factor could be? Stress? Medication? Eating crap food?

Maybe the frequencies from all the 5G towers that are surround us, and the new LED streetlights that may be emitting dangerous frequencies into our cells. Plus all the bad news that's on the TV, day in and day out.

All in all, a lot of Australians are



suffering stress and grief, and I am amazed at how everyone is coping with it all. Symptoms include exhaustion, confusion, chronic fatigue, anxiety, depression and aches and pains.

When people come to see me, I am not a counsellor, but I can listen to their concerns. For some people, they just need time out from their daily chores and routines. Some people really do need some love and healing, and I can offer them Reiki, Bowen therapy, the healing touch and compassion.

Sometimes just talking can help them to work out in their head what they need to do next.

As I write this, we are nearly at the end of the Year of the Snake, and it is time to shed that old "skin", let go of what is feeling uncomfortable and frustrating. From 17th February we move into the Year of the Horse, the fire horse actually. So, anyone who is ready to step forward, be daring to go for what you really want, this is the time.

bowenenergywork.com.au

I can offer you The Bars as well, which is from Access Consciousness. I place my fingertips onto 32 points on your head while you are relaxing, and it helps to free built-up energies that have accumulated, perhaps for years, relating to different areas of your life.

It could be from limiting beliefs that were implanted, from school, TV, news items, even parents. Once these energy points are cleared, who knows what changes may come your way with your intention.

Intention is everything. You are in charge of your life, no-one else.

So, if you are feeling that you need some care and attention, some deep relaxation and some positivity in your life, give me a call on 0431-911-329 and we can have a chat on the phone, and I can see if I can help you on your journey to a calmer, happier and peaceful life.

I work in Nimbin on Saturdays and Murwillumbah during the week.



Luthier George Urbaszek with Jimmy and his bass

The Catfish Bull Fiddle

by Jimmy Willing

I've just had one more go at cleaning the flood mud off the Cat Fish Bull Fiddle.

This unique double bass went underwater in The Great Flood however my mate John Corkill gathered up all the pieces we could find and took them to master luthier George Urbaszek.

The bass has now come home to Lake Street after a complete structural restoration.

Says George: "The bass was made in the GDR (East Germany) between 1970 and 1980. The place of manufacture is the Musima

factory in Markneukirchen, a well-established town of stringed instrument makers.

"The label says Master Eberhard Meinel is the maker. I have come across many Musima basses and they were generally well made and solid.

"I believe that the quality declined after unification of East and West Germany, so Jimmy has a good one there."

"The Cat Fish Bull Fiddle will now undergo more restoration and painting and once completed it will be used in the coming recording and video clip for The Real Gone Hick-Ups song 'Hector The Crocodile'.

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Watch out for weedy bananas

Weed Words
by Triny Roe

More rain, more sun and more weeds. It's never-ending. Time to get out and weed. After the rain, when the soil is moist, the weeds pull out easily.

Weeding and gardening are great activities for improving physical and mental health. First, you are outdoors and off the screens and social media. Physical exercise, keeping moving, is vital for healthy living.

It also helps burn off stress hormones. Plants themselves contribute directly to our well-being. They exude volatile chemicals called phytoncides. Initially providing protection for the plant from predators, these beneficial compounds will also boost the immune system of humans.

Forest bathing has long been recognised as an efficacious healing modality. Add some soil disturbance and get a double whammy. Microbes in the soil have been shown to reduce anxiety, depression, and even improve brain function.

So, get out into the garden or the bush and pull up weeds. It's good for you and for the environment.

There are plenty of weeds to choose from. Some spread voraciously and can have serious impact on biodiversity. Some are well known, like privet and lantana, but new weeds are always being listed.

The fruit of wild bananas, *Musa acuminata*, contains numerous large hard seeds, more seed than flesh. This fast-growing plant is spreading through the Northern Rivers, undoing the centuries of breeding which had eliminated seeds from this popular fruit.

In a few years it can form large stands, displacing native vegetation, invading backyards and rainforest (they can grow in 80% shade) and clogging creek banks. Feral banana clumps are also a threat to commercial and backyard bananas as the unmanaged wild trees can harbour diseases.

Fruit and seed will be carried to new locations by wildlife, including bats or water flows.

Seedy bananas could come up anywhere in the lower catchment



Bananas can grow in deep shade



Seedy banana

where the floodwater reached. Keep an eye out for them popping up by themselves. If you didn't plant it, it has come from a seed.

They can grow fast, reaching maturity in a year and producing fruit. There are a number of infestations in the upper reaches of various valleys around Lismore, providing a steady source of seed for generations to come. The seed, hard like ball bearings, can remain viable

for 50 years!

The 2022 floods reached new heights, so be prepared to find bananas and dozens of other weed species appearing in areas where they have never been before. Get onto them quickly. When small they can be easily dug out. If you wait until there is a significant clump you will need heavy machinery or herbicide to deal with them effectively.

Happy weeding.

The humble dandelion

Nature's pharmacy
by Sammi Allen

Firstly I would like to recognise Trish Clough and thank her for her informative Nature's Pharmacy columns for the last nine years. Its an honour to follow on from you Trish.

If you've ever tried to pull a dandelion out of the ground, you'll know something about its character. Deep roots. Persistent. Unapologetic. Growing through cracks in concrete and flourishing in the richest soil alike.

At Nimbin Apothecary, we've always had a soft spot for this so-called "weed." So much so, it's the feature herb in our new logo. When we talk about dandelion as a herbal remedy, we're actually talking about two different remedies from the same plant: the root and the leaf.

The root

Dandelion root (*Taraxacum officinale*) has been used traditionally across European, Chinese and Indigenous herbal systems as a digestive and liver

tonic. The taste tells you everything, it's distinctly bitter.

And bitterness is important. Modern diets are often missing that bitter signal which naturally stimulates digestive secretions. Research has shown that bitter herbs can promote bile flow and support digestive function.

Bile is essential not only for breaking down fats, but also for moving waste products, including excess hormones and metabolic by-products, out of the body.

When we make a dandelion root tincture, we work with the fresh root where possible, capturing those bitter principles and inulin, a naturally occurring prebiotic fibre.

Inulin has been studied for its ability to support beneficial gut bacteria such as Bifidobacteria. A healthy microbiome influences everything from immunity to mood.

Traditionally, dandelion root has also been used to gently support liver function and healthy detoxification

pathways. It's not a quick-fix cleanse, which has become trendy in the wellness industry of late. It's more of a steady, nourishing ally, encouraging the body to do what it already knows how to do.

In the Apothecary we often reach for the root when someone feels sluggish after rich foods, is experiencing mild digestive stagnation, or simply needs a little nudge to rekindle digestive fire.

The leaf

The leaf is a different story. While the root works deeper in the digestive system, the leaf is more aligned with fluid balance and gentle kidney support.

Dandelion leaf has traditionally been used as a mild diuretic, helping the body eliminate excess fluid. It's mineral rich, vibrant and green, a true "tonic" herb. We think of it as a plant that encourages movement, moving fluid, moving stagnation, moving seasonal heaviness.

When we prepare the leaf as a tincture, we



Photo courtesy Greenpet.com.au

capture those minerals and phytochemicals in a way that's convenient and easy to take. It's beautiful combined with nettle, or taken alone as a daily green support.

There's something very special about dandelion. It thrives without fuss, asks for little, and gives generously. From its many medicinal properties to the many generations of wishes made on its seeds.

In a world of complicated wellness trends, sometimes the most powerful remedies are growing quietly at our feet. Sometimes it's simply

about recognising the wisdom in what's already here deep rooted, resilient, and rooted in community.

Sammi is a qualified naturopath and available for over the counter acute consultations at the Nimbin

Apothecary, phone 6689-1529, email: admin@nimbinapothecary.com.au
The shop is located at 54 Cullen Street.

The information in the column is meant for general interest only and should not be considered as medical advice.

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Not a nut

Food Matters
by Neil Amor

There is a myth from Sri Lanka about why the cashew fruit has its seed on the outside.

Apparently, as god was creating the world, he was approached by the devil, who was upset that he had not been allowed to make something. So, in an act of kindness, god asked the devil to make a fruit.

The devil went to work and formed what we now know as the cashew fruit. He took it to god and said, "See? I can make something just as good as your creations."

On looking it over, god asked, "But where is the seed?"

The devil, realising his mistake, just muttered, "Oh, I'll stick it here." And with that, placed the seed on the bottom of the fruit. And there you have it.

The species is native to tropical South America and later was distributed around the world in the 1500s by Portuguese explorers. Portuguese colonists in Brazil began exporting cashew nuts as early as the 1550s. The Portuguese took it to Goa in India between 1560 and 1565, and from there, it spread throughout Southeast Asia and eventually Africa.

The fruits of the cashew, almond and pistachio plants are not true nuts, but are rather classified as "drupes." Drupes are fruits that are fleshy on the outside and contain a shell covering a seed on the inside.

Shaped like a gold ingot, cashews symbolise wealth and happiness, and with their creamy texture, symbolise prosperity and abundance in many spiritual traditions.

The Guinness Book of Records states the world's largest cashew nut tree (*Anacardium occidentale*) can be



Cashew apples
Photo courtesy Wikipedia

found in the state of Rio Grande do Norte, Brazil. It covers an area of approximately 8,500m² (3,281.34 sq ft), with its limbs radiating out some 50m (164ft) from the central trunk.

The tree, known as 'Maio'

Cajueiro do Mundo' (Largest cashew in the world), is thought to be over 100 years old, and its prodigious size is the consequence of a genetic mutation that allows four of the tree's five branches to put down new sets of roots whenever they touch the ground.

Over time, these points become secondary trunks that are effectively clones of the original tree.

Without pruning, it will soon overrun one of the main roads through the city.

Roasting carrots intensifies their flavour and helps develop their sweetness, which means

you can pair them with spicy elements like chilli and sour ones like yoghurt. Try it once and you might never boil carrots again. Recipe by Adam Liaw.

Until next month, eat well.

Chilli-roasted carrots with cashews

6 large carrots, trimmed and quartered lengthways
2 tbsp olive oil
1 large red chilli, sliced
1 tsp honey
½ cup Greek yoghurt
¼ cup roasted cashews
1 tsp finely chopped parsley
Salt and black pepper, to season

Method

Heat your oven to 200°C. Toss the carrots with the olive oil, chilli and honey and place on a baking tray lined with baking paper. Season well with salt and pepper and bake for 30 minutes.

Season the yoghurt well with salt and pepper. Remove the carrots to a plate and top with the yoghurt.

Scatter with the cashews and parsley, season again with a little more salt and pepper, drizzle with olive oil and serve.

The clouds don't need to cry

It's now practically the end of summer and moving into autumn, and the days are still light and full and hot for us in the southern hemisphere, but on the other side of the world the days are short and dark and often miserable with people saying, they're so glad January is done.

As many of you know, I recently went to Norway, right up into the Arctic Circle and there was darkness practically all the time. Hours and hours and hours of night. It was quite dramatic for the likes of me who was born in January in the middle of summer here in Western Australia.

I grew up on the beach, in sea water, practically, in long hot days, and night was something you simply slept through: daylight until 7pm and night until dawn at around 5am. Back here in the West I'm up with the sun and out the door for my daily swim in the Indian Ocean.

In Kirkenes, Norway, right up near the Russian border, in December night was effectively all day. Where was the time for waking, when for sleeping? How do people cope with it all? Don't they get horribly depressed? What is the incidence of Seasonal Affective Disorder (SAD):

that condition associated with lethargy, low mood, irritability and craving carbohydrates (the symptoms of SAD) up there in the Arctic Circle?

These thoughts led to a lot of reading, as thoughts generally do, and I discovered something very interesting: those northerners generally don't experience SAD. So, something more is happening.

Antidepressants are often prescribed along with psychotherapies for those suffering SAD, a condition more often experienced by those living in kinder climates than Kirkenes. Why do we suffer and they don't? Maybe it is because we don't know how to manage our perceived difficulties.

They get no more than a mere sliver of light hovering above the horizon, but they are active, engaged, friendly, warm. We, on the other hand, are often moody and irritable. How do they do it? Studies have indicated that their moods stay pretty well stable throughout the year.

Mindset, it seems, is the key, at least to a point. The way we think about things affects how much we are affected by them. Those who view stressful events as challenges with



by Dr Elizabeth McCordell

an opportunity to learn, adapt and discover do better than those who focus on the threatening aspects (possibility of accidents or illness or loss).

You can think of winter as dark and miserable, or an opportunity for warm companionship, outdoor sports, and fun. And yet, and yet... we are also our biology. Light manages our circadian rhythm in a cycle of sleep and wakefulness in a 24-hour environment. It is during darkness that melatonin is produced. Melatonin is the hormone that makes you feel sleepy, and those with SAD may produce higher than normal levels.

Light also shifts our moods. Morning sunlight advances the clock (making you sleepier earlier), while

eveninglight delays it. This is why light therapy (blue light, particularly) is useful in the treatment of SAD. Sunlight is loaded with the blue light, so when the cells absorb it, our brains' alertness centres are activated and we feel more lively and awake.

If we suffer insomnia, exposure to morning light helps reset our internal clock enabling us to wake earlier and sleep longer. Bright light at night delays our body clock, making it harder to fall asleep.

So, there needs to be a balance between light and darkness, environmentally and metaphorically (inner and outer) for the human being to function well. We can be martyrs to biology or, as those in the Arctic Circle do, think about our light-environment as a challenge or cave in to dark feelings where even the clouds cry.

Is it any wonder that it is right up there in the Arctic Circle that dog sledding is a much delighted in sport. My friend and I did it, and it was fast and furious fun. Six dogs ran with us in the sled full speed across the frozen landscape with just a sliver of golden light edging its way over the horizon.

This is the essence of cocking the snoot at biology.

Plant of the month



Velvet leaf
Callicarpa pedunculata

by Richard Burer

Callicarpa, also known as velvet leaf is a fast-growing Australian native shrub known for its soft, velvety foliage, clusters of pink, purple or white flowers in summer, and vibrant purple berries that attract birds.

It thrives in subtropical rainforest edges, prefers light shade, and is a great ornamental plant for gardens, where it attracts birds like silver eyes and rosellas that relish its attractive fruit.

At home in Nimbin, I prune to get a nice

shape and I find it readily regenerates in rainforest edges.

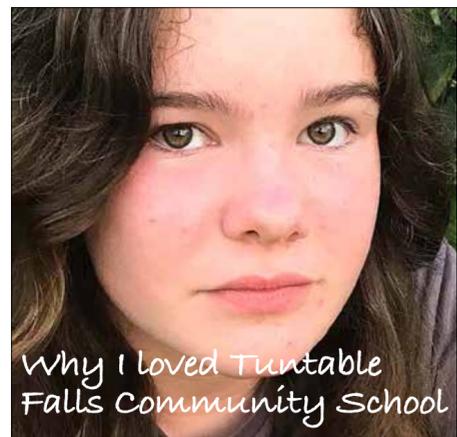
It's often mistaken as lantana at first glance, so keep an informed eye out in forests where lantana is being hand-pulled and/or sprayed.

A cultural asset, Callicarpa has uses by First Nations peoples for treatment of inflammation and impact injuries.

This old friend is easy to propagate or purchase at your favourite rainforest nursery.

Have a top autumn folks and get some trees in the ground for a hopeful wet season.

Richard Burer is a Nimbin-based natural area restoration contractor and consultant: richard.burer@gmail.com



Why I loved Tuntable Falls Community School

by Sofia, aged 12

Hey I'm Sofia, I have only been here for two years and sadly I am graduating.

To be honest, I don't know why everyone is in such a hurry to get out of here; it is such an amazing place but I guess that you have to experience a city school like I did to really know how much of a difference there is between the two.

I've learnt about some really cool things since living here: gardening and plant identification, cooking, playing a bunch of instruments, being more aware of Indigenous culture and learning a bit of language.

I learnt a lot about weaving from Aunty Dolly, dances and stories about Aboriginal culture from Nate. I loved the time Scott came in and taught us bush skills and how to survive in certain circumstances. I am not as scared of snakes or spiders, walking around barefoot, jumping into waterholes and being reckless anymore – as kids should be.

I've been here for the shortest amount of time out of the grade 6's and it's been a whirlwind. On my first day here all of the students were welcoming, and by that

I mean they put me through the wringer; the teachers however were warm and inviting and parents I just wanted to say a thank you to you all.

Tuntable is amazing and I love all the teachers and teacher's aides here, they have really helped me progress in my learning and helped me experience all of this. I know I am not the easiest student sometimes, but I just want you all to know that you are the most amazing people ever and I loved having you as my 5-6 teachers.

To all the parents who have made my time here extra special – creek hangs, sleepovers, car-pooling, camping and all of the fundraising for the Rites of Passage – thank you, I'm grateful to know you.

Some of my thoughts on how to live a good life:

- don't work too much;
- try not to get too stressed;
- swim in fresh water;
- spend time outside;
- keep moving;
- connection to others and your community; and
- do things that make you happy!

And to sum it all up, I just really love all the people I spend time with every day and I think that this is an amazing school; I definitely recommend going here.

Barkers Vale School's Market Day on again

Following the success of our last event, Barkers Vale Public School is excited to host another community Market Day on Saturday 28th March, from 10am to 2pm.

The day will feature a variety of market stalls offering handmade and locally sourced items, bric-a-brac, second-hand books, delicious food stalls, a sausage sizzle, barista-made coffee, and live local music.

Set within a relaxed, family-friendly atmosphere, there will also be face painting and other fun activities for children.

This Market Day is a wonderful opportunity for families, friends and neighbours to come together, connect, and enjoy time in our beautiful school and wider community.

This is a free community event! Barkers Vale Public School is located at 4501 Kyogle Road, Wadeville.

For stall enquiries, expressions of interest, or to get involved, please contact: bvppnc@gmail.com or call (02) 6689-7202.

For more information about the school, visit: <https://barkersvale-p.schools.nsw.gov.au>



New technology to support student learning

Nimbin Central School is proud to announce exciting new advancements in technology and facilities that will significantly enhance student learning across multiple disciplines.

Our TAS department has recently acquired state-of-the-art equipment to support High Impact Teaching practices and provide students with hands-on experience in cutting-edge manufacturing and design technologies.

The new additions include a Modella MDX-50 Benchtop Milling Machine and a Trotec CO₂ Laser Engraver and Cutter, with an I2R CNC Router set to arrive soon.

The CNC Router offers precise, computer-controlled shaping and carving of materials such as wood, plastics and metals, preparing students for future careers in engineering, design, architecture and manufacturing.

Meanwhile, the Trotec Laser Engraver fosters creativity and collaboration by enabling intricate cutting and engraving on a variety of materials.

The Modella Milling Machine allows for the development of functional prototypes and short production runs, bridging practical skills with theoretical knowledge in manufacturing and engineering.

These technologies support learning in woodworking, metalworking,



electronics, science, robotics, arts and engineering, while also providing opportunities for student-led fundraising initiatives.

Stage equipment

In addition, Nimbin Central School has upgraded its Multi-Purpose Unit (MPU) with brand-new, state-of-the-art sound technology and stage lighting systems.

This significant enhancement supports the recently introduced Stage 6 Music Industries course for Years 11 and 12.

The advanced equipment delivers industry-standard production education, offering students practical skills in live audio and lighting design. This upgrade not only elevates technical instruction

but also enriches creative possibilities across the school's vibrant arts program.

Students will showcase their talents using the new technology in upcoming events such as the 'Bahzooley' concert, school assemblies, theatrical plays and community performances throughout the year.

These investments reflect Nimbin Central School's strong commitment to combining academic excellence with creative innovation.

We are excited to see the innovative projects and performances our students will create with this new equipment and proud to equip them with the skills needed for successful careers in engineering, arts, music and the entertainment industries.

Kinesiology is not muscle testing

by Julia Lincoln

I decided to write this article firstly to clarify the misconception far too frequently used that kinesiology is muscle testing. No it's not!

Kinesiology is training and knowledge and requires much study and practice, often a lifetime in learning. Muscle testing is a biofeedback tool frequently used by kinesiologists, chiropractors, osteopaths, as do other practitioners.

I find precision muscle testing to be a most accurate way of gathering information from the body. It teaches people to start looking inwards for information and working with that, instead of, as is often the case, waiting for something to go wrong, or believing advice from others to be true, when perhaps it's not. Best to find out for yourself.

Of course, nothing is really a one stop shop but a gradual learning of how to listen to your body's response systems and what it needs, rather than assuming

you may know better. Often we don't, or there are considerations being overlooked.

Things to consider and can be tested for are minerals and vitamins. Is there an excess or deficiency of any of these? There are some fascinating researchers such as Morley Robbins (can be found on Youtube) and his research into excess iron being stored in the body. The people I have tested on so far seem to have related issues, which can also pertain to cortisol levels and stress.

Then there is the research of Peter Grunwald, (one of my favourites) who wrote the book titled *Eyebody, The Art of Integrating Eye, Brain and Body*. He has helped thousands to improve their vision, including mine.

Peter Grunwald's thinking and perception is very much in line with mine as I had often asked myself the question, particularly over the last five or six years as to why people can't see.

Of course, here I'm not just referring to eyesight but layers of perception and how the brain integrates and processes

information.

Being able to start looking inward and working with the body's natural response system is critical to maintaining and/or restoring good health. Having balanced left and right brain function is crucial when dealing with stress related issues. Often people have hidden dyslexic patterns that contribute towards their not being able to deal with stress and trauma. This may reflect on how they see themselves or how they see others.

Whilst mostly I work with Neural Organisation which is mostly structural, there are many other considerations including the emotions, immune system, endocrine system, the different organs, the heart, and much more. Working with the body requires knowledge of Traditional Chinese Medicine and it's many applications and with the emphasis of "seeing" what the body needs rather than thinking you know what it needs.

How do you see yourself?

The statues on The Furies Rivulet

by Sue Edmonds

Following a difficult start to life as public statues, when they ended up in the rivulet, a restoration has happened.

The original birds were fished out of the rivulet, stuck together with wire and glue, and are now joined by a stately hen and robust frog.

They are there for our enjoyment, not demanding like a dog or cat, no feeding or walking is required. All

they ask for is respect. They are defenceless.

The rivulet, better known as The Furies Rivulet, pays homage to ancient Greek times when three witches from the underworld maintained moral order, not tolerating aberrations or individual interpretations of a wavering moral compass.

The Furies Rivulet sculptures on Cecil Street represent solidity, steadiness and contentment.

