

Byron Body & Soul
Guide, 2016

Byron body & soul Guide

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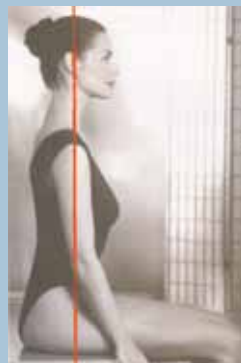
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Greetings

Welcome to the 2016 issue of the *Byron Body and Soul Guide*, the 32nd issue of Byron Shire's comprehensive guide to the health practitioners, bodyworkers, and healers who have made the Byron Shire Australia's alternative health and spiritual mecca.

With the increased presence of the web and therefore accessibility of health information, many people no longer blindly follow the 'the doctor knows best' concept about health and wellbeing, wanting to take back control of their own health. The dominant paradigm of the health industry that feeds the pharmaceutical industry, is falling apart as people take more responsibility for their own health.

Recent discoveries in neuroscience are supporting what the alternative, holistic health advocates have been saying for years; that we are not made up of localised systems that require localised cures. We are very complex, single organisms. With neurons in our belly, in our heart, in our genitals and blood, clearly our whole organism 'thinks'.

Quantum physics also supports what the spiritual masters have been teaching for millennia — once you observe something it changes. Once we observe something, bring our consciousness to that physical, emotional or psychological experience, it changes, on its own accord. Every part of our body/mind organism is in constant communication

with every other part, and so one part should and cannot be seen or treated in isolation.

Health has to be holistic, which is the guideline for all alternative therapies. For example, if someone has insomnia it would be remiss not to consider dietary as well as psychological factors. Or ADHD kids who drink lots of Coke every day. Connect the dots yourself — they do connect.

Starting on page 11 is a general description of some of the various modalities on offer in this guide to give the newcomer an idea about what to expect from the various types of massages or therapies advertised here. Find someone that you resonate with and let them take you on a journey.

See byronbodyandsoul.com for reviews of many of the different therapies in this guide.

It is not about this or that treatment or therapist being the latest wonder cure-all. No, healing actually comes from within, and all that practitioners can really do is to facilitate that, to create the space for us to connect with ourselves so that healing happens on its own. Maybe while cuddling a koala!

And remember — it is all connected.

Mark O'Brien, Editor



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Cheryl Heazlewood: Spiritual Healing and Craniosacral Balancing

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'As a true healer, Cheryl is simply the vehicle through which the healing occurs, with the wisdom and healing power of much more at play.' Marlena.

Ph: 0417 713 445.



Cameron Mercer: Crystal Healing (C.H.A.C.H.T.C., M.H.M.H.W.)

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Lin Bell: Kinesiology, Healings, Readings

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Lin is an intuitive, creates the popular Inner Self Guidance cards, offers tarot readings, spiritual healing and Sacred Travels Transformational Spiritual Tours.

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Jacinta McEwen: Naturopathic Consultations, Ayurveda, Massage, Kinesiology

Jacinta is a nurse and naturopath, yoga teacher, herbalist and massage therapist. She has been practising the healing arts for over 30 years, working individually as well as facilitating workshops and trainings in Australia and overseas. Jacinta also offers ayurvedic treatments, massage and lifestyle support. She continues to study and teach ayurvedic medicine and coordinates these trainings in Australia. Jacinta is profoundly inspired by the mind, body, spirit connection and as a mother of four keeps a fresh outlook on life. She is passionate about holistic lifestyle, health and education. Ph: 6684 3002 or 6684 9422.

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The Byron Body & Soul Experience

What does it mean?

By Mark O'Brien

Over the last decade or so people are increasingly becoming less concerned about what they do and more concerned about how they feel when they do it.

In other words, as people have ramped up the *quantity* of their life (the new car, flash house, big TV etc) and found that to be not as fulfilling as promised, they have become more concerned about the *quality* of their experience.

We can sail around in a fabulous yacht or great car, or sit in front of our 100 inch TV, but if we are stressed then it's a bit hollow. People have discovered for themselves that it is not things that make them happy, but how they feel.

It is all about relationships — to our friends, our lovers, our kids and to ourselves.

Sometimes living our information-dense 21st century lives, the stress of daily life can create a disconnection with what is actually important, what really ticks our boxes. So we need to periodically take stock, tune out of our daily rhythms and routines, and tune into ourselves and what is important to us.

This might entail having a massage, doing a meditation retreat, doing yoga or trying out some of the plethora of therapies available in the Byron area. It is often not a big shift we need to make but a simple recognition of a need to find another layer of balance in our lives.

Inner holidays rejuvenate and invigorate, and the Byron Bay area is blessed with some world-class therapists and healing practitioners to help us along the way. There are some great bodyworkers, psychics, 'readers' and healers who have been drawn to the area, which itself has gained a worldwide reputation as having healing qualities. These healers work from what is known as a wholistic approach, meaning that the entire body and mind is recognised as a connected, single system.

We all have had a massage, some we have liked and some not, and it can be confusing when confronted with the plethora of choices on offer when it comes to selecting what kind of healing modality is appropriate, especially in Byron Shire.

What follows is an attempt to simplify the process and

introduce the reader to some of the modalities available within this guide.

Relaxing Massage

This tends to be purely pleasurable, and more pampering than therapeutic. However, touch, care and deep relaxation are increasingly linked to increased wellbeing and a more positive outlook. Often in our lives we are too busy and 'involved' to stop and simply receive from another, and this kind of massage is a great way to 'land' and get a fresh view on our lives.

Deep Tissue Bodywork

This kind of bodywork is great for sports people and for those who have long-standing issues, such as stiff necks, chronic back pain or for those who do yoga and want to get some more freedom of movement. As this type of work can be uncomfortable, it is important to feel good about and trust your practitioner.



Some bodywork, like Thai and Ayurvedic massage, incorporate deep stretching.

Photo courtesy of Gigi Kate Mackie

There are many deep massage disciplines.

Rolfing (also known as *The Rolf Method of Structural Integration*, named after its founder, Ida Rolf) was one of the first techniques to deal with structural issues such as postural habits, and tends to require a commitment to a series of 10 sessions, as the therapist works his/her way through the body in a methodical manner.

This work is mainly concerned with the connective tissue in the body rather than muscles, and the effects are very powerful as physical habits are released.

Chronic conditions, like back pain after walking or prolonged standing, the neck that seizes up, the joints that get a little less flexible each year, all can be addressed by this work.

What may be diagnosed elsewhere as arthritis or other joint problems, may in fact be treated in a single session of the bodywork. A series of sessions will leave you experiencing

your body and your life in a whole new way and is recommended to do once a decade or so. I had a 10-session series of **Rolfing** in 2008 and some longstanding problems simply dissolved.

Rebalancing is an offshoot of **Rolfing**, and while it is optimal to have a series of sessions, it is quite normal and enough to have a one-off. **Rebalancing** does just that, it rebalances the body, and is really good when you just need to ‘come home’ a little bit and tune into your body, really get to know your body better.

Thai Yoga massage, **Ayurvedic Yoga massage** and **Shiatsu** are all Oriental massage techniques which combine stretching (yoga done to you - see page 15) and deep massage techniques.

Because massage has a long history in the East, these bodyworks evolved over thousands of years with very



All therapy has at its core objective, harmony, inner silence and balance.

strong connections with ‘alternative’, Eastern medicines such as Chinese-originated **Acupuncture**, **Reflexology** or **Indian Ayurveda** which, after all, have been successfully practised in Asia for way longer than allopathic medicine has existed.

Remedial massage is also deep, with the focus on increasing one’s sense of wellbeing as well as dealing with particular ailments. It is amazing how simply releasing/relaxing a joint or muscle can impact upon general wellbeing.

Hawaiian bodywork, usually called **Kahuna** (after the Kahunas, traditional Hawaiian healers) or **Lomi Lomi**, is a traditional bodywork which is both luxurious and deep. Using lots of oil and long fluid strokes, the practitioner takes the client on quite a journey which goes far beyond muscles and joints, and such a session can really fire you up.

Osteopathy and **chiropractic** are whole person sciences, with deep bodywork and occasional manipulation (rarely essential, and practitioners always should and do get permission first). Again, every practitioner is unique.

Western, allopathic medicine has traditionally been

critical of these disciplines because their basic principles differ, but now they have become accepted as part of the mainstream health professions.

Craniosacral Balancing

This is very subtle work which many people swear by. Done while fully dressed, it works more on the nervous system, and as such is fabulous for chronic conditions like migraines, back pain and body-mind disorders like addictions.

The pure bliss of absolute stillness easily occurs in these sessions — it is almost like ‘meditation being done for you’ inasmuch as the practitioner takes you into your own interiority. For newcomers to meditation, craniosacral provides a taste of deep inner peace and silence — a real treat for the nervous system as well as being therapeutic.

It is sometimes possible to have a double session with two people working on you at once, which is truly mindblowing for those adventurous types.

I have also had a ‘cranio’ session that ranks up there with the best sessions I have ever had in terms of its effect upon my body.

Craniosacral can also be the modality of last resort. Twelve years ago my knees were really bothering me and I was unable to run, and sitting in a car would leave me with crippling stiffness. Doctors were recommending surgery, saying alternately that my cartilages and ligaments were destroyed. For a month or two I was quite debilitated, and then had a ‘cranio’ session. Unbelievably the pain and stiffness disappeared, ultimately to be resolved by spine manipulation by a chiropractor.

Sometimes issues occur in our body simply because we are unbalanced, and craniosacral balancing seems to fix that in a way that has nothing to do with the mind.

There are some practitioners in this guide who practise ‘biodynamic craniosacral’ which seems to go beyond ‘traditional’ craniosacral.

Acupuncture/Ayurveda

Acupuncture arose in ancient China where the physician, barred from speaking to the emperor and having to successfully diagnose as well as treat illnesses by observation of and feeling the feet, became very good at ‘feeling the pulse’ and prescribing cures.

Because failure to successfully diagnose and treat an ailment may have resulted in death or exile, the physicians became meticulous in recording their observations and how any medicines worked.

Continued page 17



Eeka King: Doctor of Chinese Medicine, Certified Teacher of Acutonics® Integrative Sound Medicine

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Dr Alli Ehmann (B.HSc. Chinese Medicine): Acupuncture, Chinese Herbal Medicine, Placenta Encapsulation.

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Alli is passionate about helping people to live happier and healthier lives and provides a dedicated health support system for every age by gaining and maintaining a healthy, disease-free body. Phone 0421 515 601. www.northernriverschinesemedicine.com.au Health fund rebates available.



Renata Tenta: Physiotherapist (APAM)

Renata has over 25 years of work experience and has been servicing the Northern Rivers area since 1996 as a fully qualified and registered physiotherapist.

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Michelle has dedicated the past 20 years of her life helping people transform and attain higher levels of self-awareness. Her understanding of metaphysics offers holistic insight, clarity and simplicity to seemingly complicated issues. Ph: 0414 494 745. www.michellenassner.com

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Craig & Tracy

*"They say that money can't buy happiness, but it can buy a massage,
which is pretty freakin' good! Thank you Rago, from my family, co-workers and friends!"*

Leela



Rago Dahlsen has over 30 years' experience meditation and the healing arts and has been running the Byron Bay Health Retreat for 15 years. Rago studied and practiced in India, the USA and in Europe. She is an inspiring teacher.

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Scott Oda: RCST, BCST, PACT, Biodynamic Craniosacral Therapy, The Rolf Method of Structural Integration

Do you live with physical or emotional pain? Suffer from headaches, migraines, chronic pain, depression or anxiety? Have you experienced trauma? Biodynamic Craniosacral Therapy can help you. BCST is a profound healing modality grounded in the science of osteopathy. I am a certified practitioner with over 14 years of experience. Your body will guide the session as I listen through my hands to your subtle body expressions, allowing you to heal and rebalance at your own pace, without imposition.

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Carmelle Moore (B.App.Sc. Sp Path): Voice Therapy, Harmonic Craniosacral, Voice Dialogue, Voicemoves Yoga

Voice Therapy incorporates vocal technique and personal insight to develop vocal power, flexibility, range and resonance. Voicemoves Yoga is a yoga and awareness-based exploration of voice and self, for vocal and personal development. Voice Dialogue explores of the parts or voices within us that cause stress and limit life choices. Harmonic Craniosacral combines the shamanic sound healing tradition with craniosacral balancing to release holding patterns. Alignment, clarity and lightness of being result. Excellent for headaches, neck issues, jaw tension.

All sessions deeply honour the innate, inner wisdom and wholeness of your being.

Health fund rebates may apply. Ph: 0422 360 909. www.carmellemoore.com



Najma Ahern: Craniosacral Balancing

Specialising in working with infants and children, and working closely with allied health professionals, Najma believes craniosacral is the fast track way to achieve lasting structural alignment and resolution of trauma. People get better, headaches disappear, pain dissolves, clients enjoy a greater sense of wellbeing and vitality.

Najma has been practising and teaching Craniosacral since 1991 and has developed her craft to a very high standard. Her sensitivity, insight and compassion make her an inspiring teacher and practitioner. The quality of her work is directed towards an integrative healing of body, mind and spirit. Najma works in Mullumbimby, Brisbane and Canberra. Ph. 0402 230 449.



Tatsu Tokunaga: Energy Healing. Japanese Energy Healing and Therapeutic Massage

Tatsu is originally from Japan. During treatments he uses a combination of Japanese energy healing and therapeutic massage called Aura Therapy.

Aura is a powerful spiritual healing energy. When the aura energy flows freely through you, it heals and recharges mind, body and soul. This includes the treatment of physical and mental pain.

By purifying your soul this healing process increases your awareness of yourself, putting you in touch with your life path and life potential.

Phone: 0434 880 829. auratherapy@zoho.com, www.auratherapy.wix.com/auratherapy



Carolyn Boniface: Biodynamic Craniosacral Therapy

If you carry memories of abuse or boundary violation or live with chronic stress, insidious anxiety, or depression runs your life, Biodynamic Craniosacral Therapy can help. One session can bring you to a place of deep peace and reconnection. A fast track solution to release tension from the inside out. Biodynamics is also a true resource for pregnant women, instilling a profound expansive relaxation, aligning mother and baby to birth's graceful unfoldment. My work is totally non-intrusive. You'll be met with respect, refinement, care and safety. Wonderful for the sensitive. Suffer no more, call me today. Advanced Certified Practitioner.

Ph. 02 6677 9223 or 0401 452 762 www.rolfbiodynamics.ntpages.com.au

Good acupuncturists, along with Ayurvedic practitioners (Ayurveda is the ancient Indian science of holistic medicine), are able to diagnose and correct imbalances in our body-mind that manifest as illness.

For years ridiculed by Western, allopathic medicine, these modalities are now widely accepted and appreciated by many people questioning the pharmaceutical dispensers that many doctors are becoming.

While allopathic medicine tends to treat symptoms (after all, most people go to the doctor to get rid of symptoms, and Western, allopathic medicine has simply evolved to meet this need of the marketplace), these disciplines are more concerned with systemic imbalances that cause the symptoms.

Ayurveda has been refined over thousands of years into a very sophisticated health system. Therapies such as shirodhara where hot oil is poured over your forehead for 30 minutes or so, work on a level unknown to Western medicine. This literally washes away tension in your mind and leaves you feeling blissful and totally relaxed.

Counselling

Why have a counselling session? Does it mean that we are in trouble, loaded down by problems? Isn't it simpler to simply take the pills the doctor prescribes for us or we buy from our 'friend' and just forget all about why we may be unhappy?

Think of counselling as a kind of psychological massage. Counselling is very useful and does not have to just be about crisis management. Often with the conundrums of living in our increasingly complex world, it is needed simply to receive an outsider's input to gain clarity and a fresh perspective on life's issues.

Perhaps we always have the same issues in relationship that keep appearing or we have self-worth issues that may be worth exploring with a professional stranger.

Usually we continue behaving in ways that no longer work for us until we decide to change. Then we can use some help.



Counsellors have, to a large degree, assumed the pastoral role of religious leaders.

Continued overleaf

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**Lucy Foster: Relaxation/Deep Tissue Massage, Pregnancy Massage, Iridology, Reiki**

The body has the ability to heal itself, but sometimes needs a push in the right direction. I have 29 years' experience as a massage therapist. My qualifications are Adv Dip Herbal Medicine (Iridology), Dip Remedial massage, Dip Pregnancy massage, Cert Swedish, Chinese, Thai and Hawaiian massage, certified Infant Massage Instructor (IAIM), Reiki Master.

I offer a thorough and intuitive massage, a fusion of different styles including many techniques that I have developed. I am passionate about my work and give 100%. Enjoy a quality massage in the comfort of your home or holiday accommodation.

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**Ross Love: Love Massage?**

Come and enjoy two luxurious hours of bliss. Experience a unique blend of deeply soothing Swedish and nurturing flowing Kahuna-style massage. (\$130)

Massage is my lifetime passion! and my goal is to make your massage the best you have experienced... by being intuitively present, meticulously thorough and innately sensitive to your body's needs. Also I'm happy to focus on your specific areas of tension...back, neck, feet, head etc.

In a nutshell, the session is all about you!

Call me: Ross Love 0266 855 952 or 0421 399 465, 8am until 8pm, 7 days a week.

**Carolyn Boniface: Rolf Method of Structural Integration**

If you seek postural alignment, expansive wellbeing, free from restriction, pain and holding patterns the Rolf process can be life-changing. Embark on an adventure of self-discovery, enhanced self awareness and awaken to your inner stream of flow. A single session will serve you but the real magic of unfoldment is in the ten-session Rolf process. My unique approach is 100% Biodynamic, free from force, intrusion or pushing your system. Discover change through grace. An outstanding process for those ready to step into the new. Advanced Certified Practitioner.

Ph. 02 6677 9223 or 0401 452 762 See: www.rolfbiodynamics.ntpages.com.au

**Jeremy Sutton: Rolfing® Structural Integration in Byron Bay**

Rolfing® is a type of alignment-based bodywork. Through careful analysis, Rolfing seeks to understand how tightness in the body can change our posture, joint alignment and ease of motion. By using pressure, stretch and movement, the tight areas of the body are systematically loosened to allow balance to be restored. Rolfing can be helpful for chronic low back pain, shoulder issues, neck problems, ankle sprains/stiffness, as well as other musculoskeletal problems.

Please check out www.rolfingbyronbay.com or call Jeremy Sutton at 0407 132 921.

**Gigi Kate Mackie: Zenthai Shiatsu, Deep Tissue Massage**

Zenthai Shiatsu is a beautiful flowing combination of deep acupressure massage, stretches, gentle rocking and joint mobilisation. Incorporating elements from Thai massage, Japanese shiatsu, and osteopathy, this treatment will clear energy blocks in the body, balance the meridians, improve alignment, and loosen stiff muscles and joints.

I also like to address any ways that your day-to-day movements, posture and experience of your body might be creating patterns of tension, and I can also offer techniques to soothe and regulate the nervous system.

For deep healing of body, mind and spirit call Gigi Kate on 0449 196 949. Mobile service available. www.earthtouchzenthai.com

We may have addictions we wish to overcome, like alcohol, smoking, overeating or drugs, and a counsellor can help us see underneath the surface to the underlying cause.

There are also many types of counselling, but most therapists will be honest enough over the phone to let you know if they can help you or not.

Tarot/Astrological/Psychic readings

What do the cards say about you? The stars?

Readings have an odd way of being appropriate and relevant. A good 'reader' tunes in to the person and somehow is able to pluck memories or potentials out of the air, and make suggestions, give encouragement and support you on your journey. Life is not linear, and 'readers' really exemplify that, as they can function outside the box. Of all the healing disciplines, this is the most subjective and most difficult to quantify. There is no way to know which reader will be 'better' than another, so all you can do is follow your instincts.

Don't be concerned about whether or not you believe in astrology or the Tarot; check it out and see if something resonates with you. The art of 'reading', of 'seeing', is thousands of years old, with most ancient cultures honouring their seers.

Healers

What do healers do? What is 'healing'?

'Healing' can be energy healing, where the practitioner works on the more etheric elements that they can tune in to, and as such, the work is very subtle. You can walk out of a session wondering what all that was about and all of a sudden you notice that something has changed.

Healing can also be more straightforward where the practitioner will help you re-experience some painful event in order for it to be understood and integrated. Often, traumatic events in the past have a large bearing on how we live in the present. For example, if we were abused as a child, it may make it difficult to trust someone as an adult, and this would undermine all of our relationships.

Once we, as an adult, can revisit this old pain, its hold over us is diminished and we can move on.

There are new techniques and technologies evolving constantly that can be harnessed to help with healing. Some may sound really good, while others may seem to be 'out there', arcane or mind-bogglingly esoteric. Being esoteric, however, does not mean these modalities are bogus or irrelevant. There is no way of knowing whether any claims made are true or not without actually experiencing the particular method.



Crystals are proof of magic in our world

The highly regarded coach of the Melbourne AFL team, formerly of the Sydney Swans, Paul Roos, introduced meditation into the training regime of the Swans and placed large amethyst crystals in the training rooms. The Swans have had enormous success, and have become a powerhouse of the competition. How much this success was due to single factors like crystals or meditation is not so important as it is a whole system anyway, more a reflection of intention.

More and more science is scratching its collective head over how our thoughts and intention influence our lives and our performance.

Organic cosmetics and food Why bother?

More and more, the ingredients that have been used in our food and cosmetics are shown to be carcinogenic. There is no mandatory testing of most ingredients in these products



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Continued overleaf

Practitioners



Tara Fitzgibbon: Toga Therapy, Aromatherapy Massage

We all know yoga is immensely good for you. Physical and mental wellness are guaranteed with a yoga practice. But did you know that Yoga Therapy will heal you faster than any yoga class ever will? These 1:1 sessions will empower you to learn the poses your body needs right now. You will be adjusted into blissful yin yoga poses and realigned safely. A head, foot and spine massage with aromatherapy is included in every session. It is a yoga practice and massage rolled into one and it will completely replenish you. Perfect for every BODY - back issues, stress, beginners or anyone afraid to attend a yoga class. A session with Tara will teach you how to heal yourself. www.terrafirmayoga.com Phone or SMS Tara 0423 333 079.



Robyn Gentemann: Dip Complete Decongestive Therapy – Lymphatic Drainage, Dip Rem MT

The body's secret weapon to wellness, the lymphatic system is our front line of defence in fighting bodily infections, detoxifying the body and transporting metabolic wastes, excess water, bacteria and toxins out of the body.

Robyn specialises in Lymphatic Drainage Treatment which is a gentle, whole body treatment that relaxes the nervous system and aids the body's immune system. It is highly recommended for those prone to and recovering from colds, infections, on-going tiredness, sports injury, excess fluids, low immunity, swollen node and also for the physically inactive.

Call Robyn in Murwillumbah 0403 450 957 HICAPS, EFTPOS & Health Rebates.



Satya: The Journey, The Journey with Healing Touch, Remedial Massage, Craniosacral Balancing, Intuitive Touch therapy.

With over 24 years' experience I integrate and use these modalities in a way that allows the body to release long lasting and recurring physical and/or emotional issues.

Using conscious and present touch combined with Brandon Bays' 'The Journey' is a deeply healing process that works on all levels as you are guided through your tailored journey.

I am a registered remedial massage therapist and an accredited Journey practitioner.

I teach 'The Journey' with 'Healing Touch' in Australia and Europe.

www.journeytherapies.net Mob: 0415 953 590.



Therese Farnham: Intuitive Massage and Healing Packages.

'As a therapist I see clients benefit from the physical release that massage and other body work brings, the emotional and mental release with talking therapies, and the deep relaxation of intuitive healing. I realised that by combining all of my healing skills and knowledge into one treatment and allowing my intuition to guide all aspects of the healing process, I would truly give my clients the very best service.'

Dip. Therapeutic Massage, Dip. Anatomy and Physiology, BSc Biochemistry and Nutrition, BA (Hons) Counselling Studies.

Call 0419 268 244, therese@soulseedtherapy.com.au www.soulseedtherapy.com.au



Tiana Ross: Quality Massage/Bodywork, Non-Surgical Facelifts, Scenar Therapy, Bio Cleanse Detox

Tiana brings over 25 years' experience to her work and offers a range of modalities that help to de-stress, detox and align mind, body and soul. Her massage repertoire is extensive and specialises in physio-therapeutic spinal massage. Scenar Therapy is a medical frequency device that may reduce pain and inflammation and speed the recovery of injuries, broken bones, back conditions and mozzie virus etc. Tiana also specialises in faces and non-surgical facelifts and offers a range of treatments that target the signs of ageing and leave you looking radiant and uplifted! So smile and shine. Gift vouchers and mobile service available.

Ph: 0401 875 725, 6680 3031. <http://www.byroncloud9.com/>

nor of some 80,000 commonplace chemicals used in our homes. Because there are no mandatory health standards, and no obligation on the manufacturer to make sure their products are safe, it is left to underfunded private organisations, mainly in the US, to do any testing. Even when results are in, the ensuing PR battle about safety is one-sided as the PR budgets of the Revlons of the world kick in.

A scandal over the use of lead in red lipstick that received very little media play some years ago demonstrates clearly the power of the cosmetic industry to shape what is reported in the media. Consider the power that the big cosmetics companies have to control the slant of reporting. Their advertising budget is massive.

According to Stacy Malkan, author of *Not Just a Pretty Face: The Ugly Side of the Beauty Industry* (see kindredcommunity.com), lead in cosmetics is particularly dangerous because its daily use can cause the toxin to build up in the body. These scandals are becoming more common as questions are asked of manufacturers' ethics, especially the cosmetics industry with massive PR connected to fighting cancer yet their products are a major cause of the very cancers they are 'fighting' against.

Don't fancy eating cosmetics? Don't put in on your skin!

In Australia there is **no mandatory labelling** of

GE ingredients in the food we buy and mostly the ingredients of concern have been given meaningless numbers and the shopper is left to decipher a code written in tiny print on the label. As our society becomes more globalised, so does the use of GE food and toxicity of preservatives increase.



Ultimately it may be that plenty of fresh (optimally organic) fruits and vegetables may be the most healthy medicine we can take.

Continued overleaf



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Aspartame, the sweet additive very popular in drinks, has been linked to many cancers and ailments. So what does the food industry do? It changes its name! Aspartame is now known as *Amino Sweet!*

In November 2015 GMO salmon was announced to be 'safe' so it will soon appear in restaurants and supermarkets. One hopes it is labelled (yeah, right!), so we can choose, even though many restaurants for sure will not be so diligent or respectful of customers' choice.

It undermines us in our desire to live well, to breathe clean air, going to the gym etc, if we continue to plaster a toxic soup of additives and preservatives on our skin and eat the strange mess that is often sold as food. A long-running, \$20 million UN study on the nutritional value of organic food was tabled in early 2008 — organic food is better for you.

It may be more expensive, but relative to the other expenses in our lives, such as the vitamins and supplements we take because food no longer supplies what we need, the extra price of organics is mostly not that significant. Other studies have been undertaken that show that organic veges can have up to five times the nutrients of those grown by 'normal' non-organic farming methods.

Michael Pollan, the groundbreaking author of *In Defense of Food, The Omnivore's Dilemma*, plus many other food-related books, says that *if food is advertised, it is no longer food*, but a manufactured product. If food can be standardised that you can know that something can be kept so that one day old food and one year old food tastes the same, and does not go off, it is no longer real food, which by definition is natural and healthy to eat.

It appears that the current obesity epidemic is partly a result of people eating more because they are not getting the nutrition they need from the food they eat. In this light, organic food may actually be cheaper than non-organic inasmuch as we need less. I noticed recently that some organic apples I bought lasted far longer than supermarket, non-organic ones that had been refrigerated, perhaps frozen. This meant that the organic apples were actually half the price because I did not throw any out.

So the economics of organic food are not so clear-cut as the purchase price would indicate.

Naturopathy, Homoeopathy, Health Supplements

As more and more is known about how the human organism functions, it is becoming increasingly clear that we are often run by our chemistry. Perhaps we are low in

iron, or potassium or any vitamin or mineral, and this can have a profound effect upon how we feel and even how we behave.

As our diet and lifestyle have changed so also the chemical requirements of our body has changed. Sifting through the plethora of vitamins and minerals in the health food stores can be a challenge. Which ones (of the hundreds of options available) are useful and appropriate is hard to know, which is where the naturopath or homoeopath comes in.

Contrary to the scare campaigns being run in mainstream media, disciplines like naturopathy and homoeopathy are not just for the lunatic, hippy fringe.

Many people, disillusioned with modern medicine's dependence on drugs and the treatment of symptoms rather than cause, are finding it makes more sense to at least try the remedies that have been handed down through the ages. Practitioners are returning from the margins and becoming more common.

Next time you are feeling unwell, try a naturopath. In Byron Shire there are many who have replaced the traditional allopathic GP with a naturopath who are becoming the trusted source of information. There are local businesses, such as Santos, Mullumbimby Herbals (see ad on page 11) and Byron Medicine Wheel that provide free over-the-counter naturopathic advice.


Last year I was having big problems with my knee (it came back after many years, ultimately resolved via a spinal manipulation), with major pain particularly walking down stairs, and playing tennis was embarrassing for someone like me who prides himself on movement.

A friend suggested I take a spoon of tumeric powder each day. So I bought some and was amazed that 80% of my discomfort disappeared immediately and that my knee was nearly back to normal. And it helped my liver, and my kidneys, and gave me a good tonic. Good all round.

It is becoming increasingly clear that mainstream, Western medicine does not have all the answers to the various health issues that are arising in our society, and so ultimately our health lies in our choices and our willingness to investigate our options. Spend some time on the web 'Googling' what information is available regarding a particular ailment or vitamin. 'I didn't know' is, in these days of Google, no longer a valid excuse for sticking poisonous things in our mouth or on our skin.

The biggest voice we have in 'dreaming' our future is through our spending choices, our wallets.

Spend wisely.

A romantic sunset scene over a body of water, likely a beach or a tropical island. The sun is low on the horizon, creating a warm, golden glow. Palm trees and other tropical foliage are silhouetted against the bright sky. In the foreground, there are tables and chairs, some of which are occupied by people. The overall atmosphere is peaceful and inviting, suggesting a perfect spot for a sunset drink.

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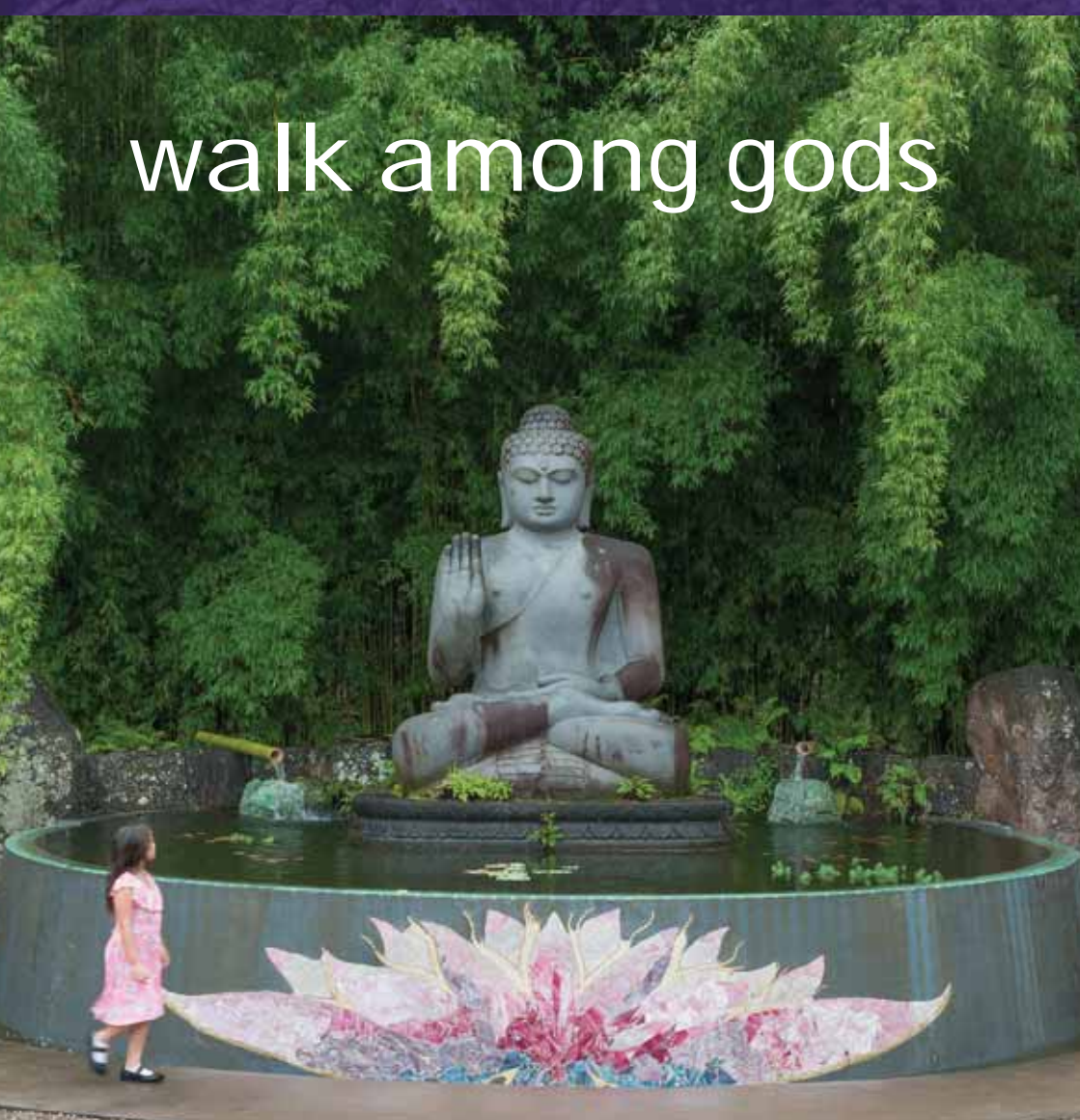
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