

Thanks  
for your  
support -  
see you  
on the  
streets.

Action-Medical.NET



FOR  
MORE  
INFORMATION,  
OR TO GET  
INVOLVED,  
EMAIL  
soph @  
riseup.net

An unofficial guide to  
**D.I.Y. Global Health**

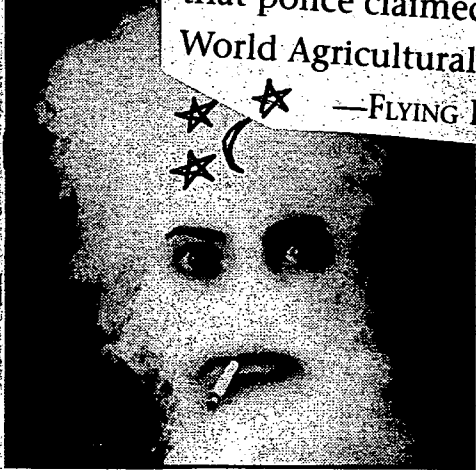
A benefit zine for Chicago Action Medical



\$2 suggested donation

"We, as artists, have ideas as weapons, which are more powerful than any of the whips, torches, Molotov cocktails, rocks and slingshots that police claimed we were preparing for the World Agricultural Forum."

★ ★ —FLYING RUTABAGA BICYCLE CIRCUS

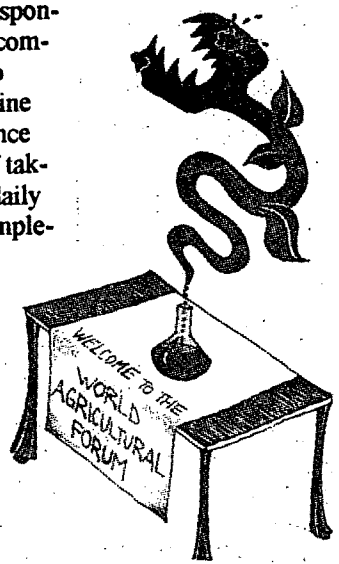


Welcome to  
a benefit  
zine for  
CAM

ALL IMAGES HIJACKED.

**Disclaimer:** Chicago Action Medical can take no responsibility for any errors found in this zine, nor can it take responsibility for any remedies that go wrong. This zine was compiled by an individual and has not gone through a group process of approval. All who take guidance from this zine do so at their own risk and benefit. All who take guidance from this zine also begin the slow, necessary process of taking control of their lives back from those who seize it daily and convince us that they deserve it. For best results, implement any and all ideas at greatest risk to the system.

What's the WAF?  
see p. 20



JUST A FEW

### RESOURCES

**After care for handcuff injuries:**  
<http://action-medical.net/library/aftercare/handcuffs.htm>

**Health and Safety at Militant Actions**  
<http://action-medical.net/static/library/h&s.htm>

**Principles of Action Medics**  
[http://action-medical.net/static/library/principles\\_patient-care.htm](http://action-medical.net/static/library/principles_patient-care.htm)

**Barefoot Doctor Trainings — Australia**  
<http://www.careaustralia.org.au/China.htm>

**Traditional Chinese Medicine**  
<http://acupuncture.com/>

**Ayurveda — Traditional Indian Medicine**  
<http://www.ayurvedic.org/ayurveda/index.asp>

**Natural Medicines and Homeopathy**  
<http://www.arnica.com/>

## CHICAGO RAPE CRISIS HOTLINE

**1-888-293-2080**  
**24 hours a day**

Sexual assault (rape) happens when someone (a friend, acquaintance, family member, date, stranger or spouse) forces sexual contact through intimidation, coercion, threats or bodily harm.



# Have you met NANCY yet?

- \* donated/sliding scale/barter medical care/healing services
  - \* Safe space, PTSD recovery assistance, emotional support
  - \* Womyn's wellness and selfcare
  - \* Training and education
- And more ....

Get well- Give her A CALL:  
713. 465- 0720  
uroboros7@aol.com

This zine is dedicated to anyone who self medicates and wants to know more; to anyone who thinks there is something at least a little fishy about paying any amount of your income for health care partly made necessary by your job; to anyone who has not been to the dentist in over 6 months because s/he does not have the right piece of paper, plastic, or skin color; to anyone who has not been to the doctor in over a year for the same reasons as above; to anyone who wants to live beyond 45 without developing malignant tumors; to anyone who has a malignant tumor and wants to treat it differently than the HMO dude is suggesting; to anyone who has had to watch a loved one slowly die without benefiting from the harsh chemical treatments the oncologist insisted upon; to anyone who believes that creating a better world begins in part with how we treat each other; to anyone who does not just automatically believe that Kobe couldn't have done it 'because he's not that kind of guy'; to anyone who used to fall asleep in chemistry or physics in college; to anyone who never took chemistry or physics in college because only the '\_\_\_\_\_ ones' took those classes; to anyone who was one of those \_\_\_\_\_ ones; to anyone who regularly experiments with tofu. To all these people and everyone else, this benefit zine for Chicago Action Medical is dedicated. PEACE.

As protests throughout the world increase in frequency and intensity, so too do the violent responses on the part of the agents of undemocratic regimes and capitalist elites. Those engaged in fighting for a better tomorrow take great risks. The job of the action medic is to curb those risks by caring for the physical and mental well-being of warriors in the streets and forests.

This is a zine made to benefit the Chicago Action Medics. In the upcoming months, we'll be venturing to Indianapolis, Cancun, Miami—we'll be present at the actions held here in Chicago. Thanks for your support. We do our best to give it back.

This zine was made possible by many who contributed their ideas or their resources. To all of them, I say thanks; watch out for the next one: Stone Soup Cooperative, YWCA of Metropolitan Chicago, Accem, Eleanor, Nancy, Lao Tzu, Starhawk, and Chicago Action Medical. Thanks to anyone who gave feedback.

Please send all helpful suggestions or comments to [claimyourspace@yahoo.com](mailto:claimyourspace@yahoo.com)



# 12 MYTHS ABOUT

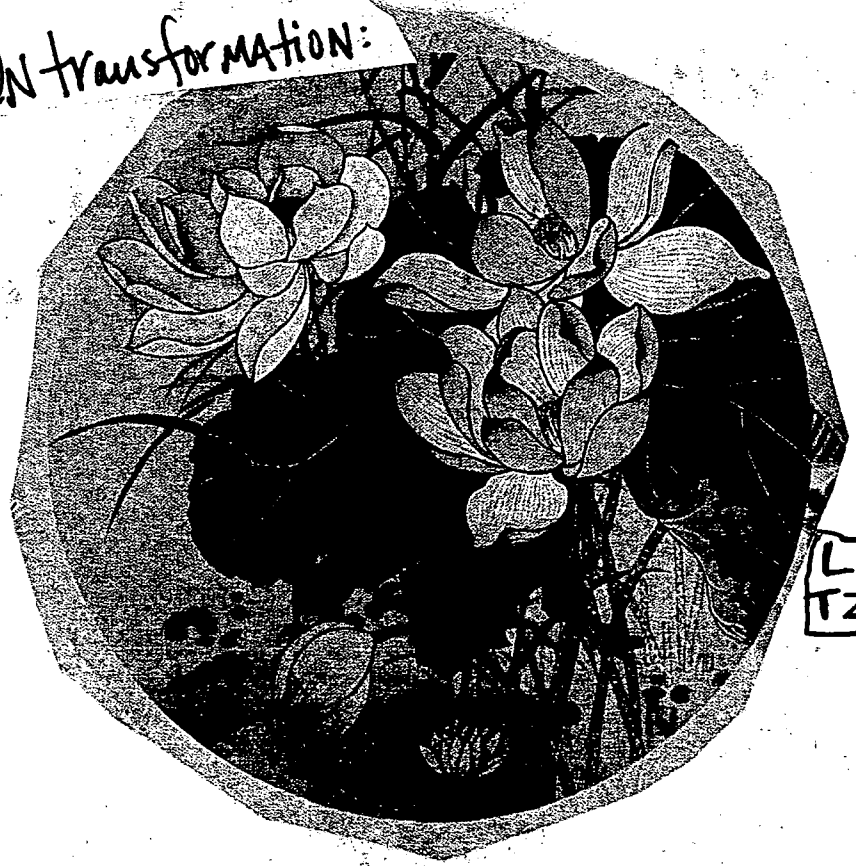
1) "THERE'S NOT ENOUGH FOOD TO GO AROUND!" WRONG enough food is available to provide at least 4.3 pounds of food per person a day worldwide - Many are too poor to buy this food - Most "hungry countries" have enough right now -

2) "FAMINE IS NATURAL." Blaming nature for hunger is like blaming winter for the many homeless who die during that season - famine comes from human institutions/policies.

3) "THERE ARE TOO MANY PEOPLE TO FEED!" Population density does not explain hunger - Rapid population growth, like hunger, result from underlying inequities that deprive the poor of economic opportunities and security.

"We are the people. We have the potential for power. We must not fool ourselves. We must not mislead ourselves. It takes more than good intentions. It takes commitment. It takes recognizing that at some point in our lives we are going to have to decide that we have a way of life that we follow, and we are going to have to live that way of life. That is the only solution that there is for us." - John Trudell

On transformation:



LAO  
TZU

- IN ORDER TO CONTRACT  
IT IS NECESSARY FIRST TO EXPAND
- IN ORDER TO WEAKEN  
IT IS NECESSARY FIRST TO STRENGTHEN
- IN ORDER TO DESTROY  
IT IS NECESSARY FIRST TO PROMOTE
- IN ORDER TO GRASP  
IT IS NECESSARY FIRST TO GIVE

### To Make your own Remedy—To Make a Nozode

A nozode is a homeopathic remedy from the bodily fluid of a person who wants to treat themselves. If you're sick with the flu, you can catch some of your spit or phlegm or some nasal discharge (snot), mix it with a little alcohol and make a remedy from that. No joke. Get creative! Homeopathy was invented through intuition and experimentation. Nozodes can be made from food you think has poisoned you, from your own bowel movements if you have parasites, from your own urine for optimal health...it goes on! It's up to you.

You will need: the substance you are making the remedy from, alcohol (Everclear is best, but brandy or other hard alcohol is fine), a bottle with a dropper top, and good clean water (bottle or purified, not tap).

1. Mix the substance with a little alcohol
2. Take one drop of the alcohol mixture and drop it into your bottle with the dropper top
3. Add 100 drops of water to the one drop of alcohol mixture in your bottle
4. Put the lid on and rasp the bottle 100 times

And there it is! You can make it from anything. To up the potency, take one drop from the original remedy, put it in 100 drops of water, rasp it 100 times, take a drop of this 2nd remedy, put it in 100 drops of water, rasp it for 100 times, etc. As many times as you like. If you get results, but the condition changes without going away, make a new nozode.

# HUNGER:

④ "FEEDING the HUNGRY HURTS the ENVIRONMENT!"

Nope. Large corporations do more to hurt the environment than developing countries: they destroy the forests and use dangerous pesticides to create bleach-free produce for US consumers.

⑤ "THE GREEN REVOLUTION IS THE ANSWER!"

The Green Revolution has boosted production, but it does nothing to change the distribution of economic power that determines who can buy the additional food.

A "New Green Revolution" based on biotech threatens to further the inherent inequalities.



# HUNGER MYTHS

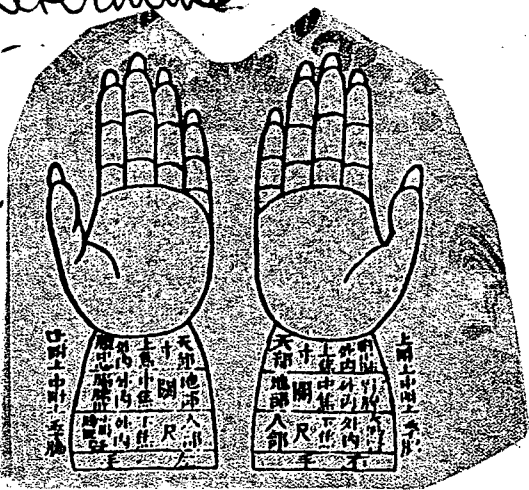
(CONTINUED)

⑥ "WE NEED LARGER FARMS!" Nope. Large landowners often leave much of their land idle - By contrast, small farmers typically achieve 4-5 times greater output per acre, using integrated, more-sustainable production systems.

WWW.PERMACULTUREACTIVIST.NET

⑦ "THE FREE MARKET CAN END HUNGER"

Unfortunately, markets and governments are joined at the spine. Together they determine the distribution of goods and resources. Without widely dispersed buying power, a free market can't end hunger.



To Make Flower Essences

These procedures require a relatively clean environment—if you are in the bush, nevermind. Just do it, but mind your mood—if you are in a bad mood, take some uplifting remedies; try to get to a neutral state or make remedies another time.

You will need: the original essence, alcohol (brandy works well), good water, a bottle with a dropper top for the copy

1. place seven drops of the original essence into your dropper top bottle
2. Fill the bottle mostly full with water \*\*If the water spills over the top, you need to pour it out and start over—the original remedy rises to the top and is lost
3. Put on the lid and rasp your new essence 100 times against the spine of a hardcover book or table—make sure it is a hard surface

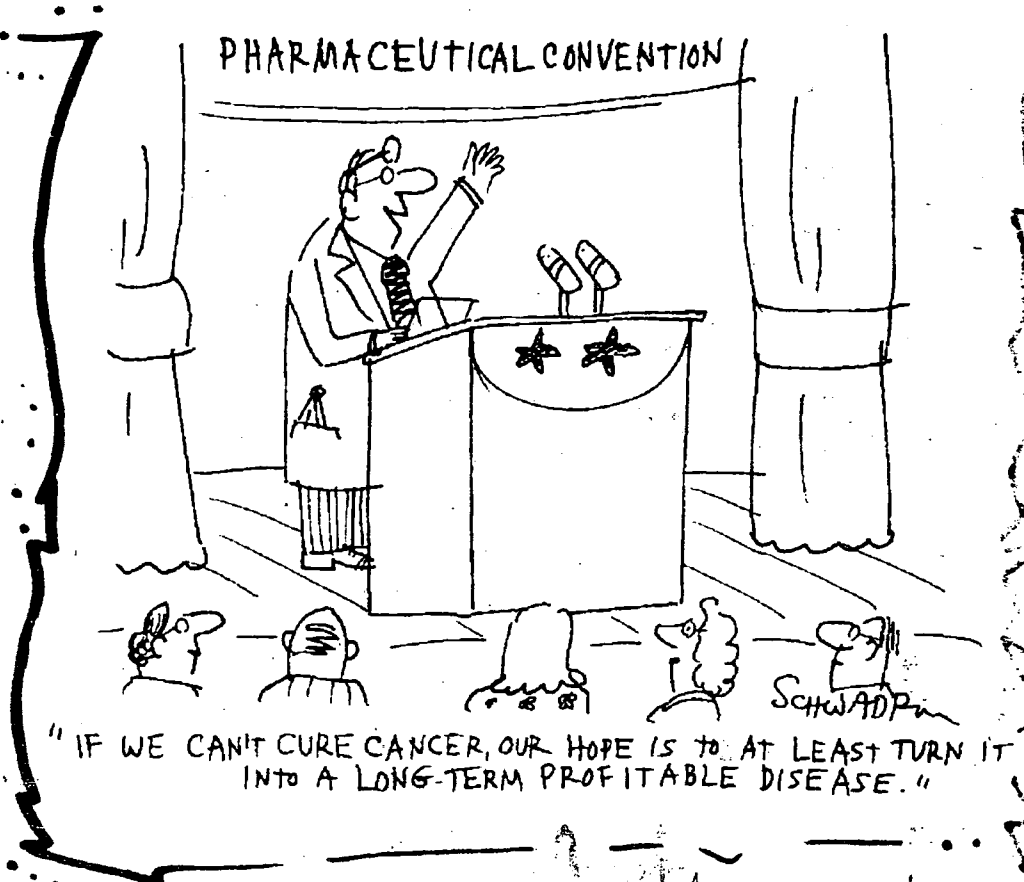
"Traditionally in every tribal society, medicine sprang from and was the property of the tribe and the people as a whole. In the middle ages, the church based medical establishment deliberately and methodically substituted a patriarchal, hierarchical medical paradigm. It is the goal of [Barefoot Doctors] to begin to return medicine to the hands of the people from which it sprang." --Doc Rosen

### To Make Homeopathics

For your copy, you will need: the original remedy, blank pellets (you can get them at any of the stores you see on page ), alcohol, a clean dropper, and a clean bottle for the new remedy.

1. measure out two pellets of the original remedy (such as Rhus Tox, Arnica, etc.) into the clean bottle for the new remedy
2. Fill the bottle 3/4 of the way with blank pellets
3. Use the dropper to place two drops of alcohol in the bottle of the new remedy
4. Put the lid on your bottle and rasp it against something really hard exactly 100 times.

Now you have a duplicate copy of the original remedy! There is no degradation between generations—you can make a copy from your copy, in fact. When your bottle gets low, simply fill it back up with blank pellets, put in two drops of alcohol, and rasp it 100 times. Just leave room for the pellets to shake.



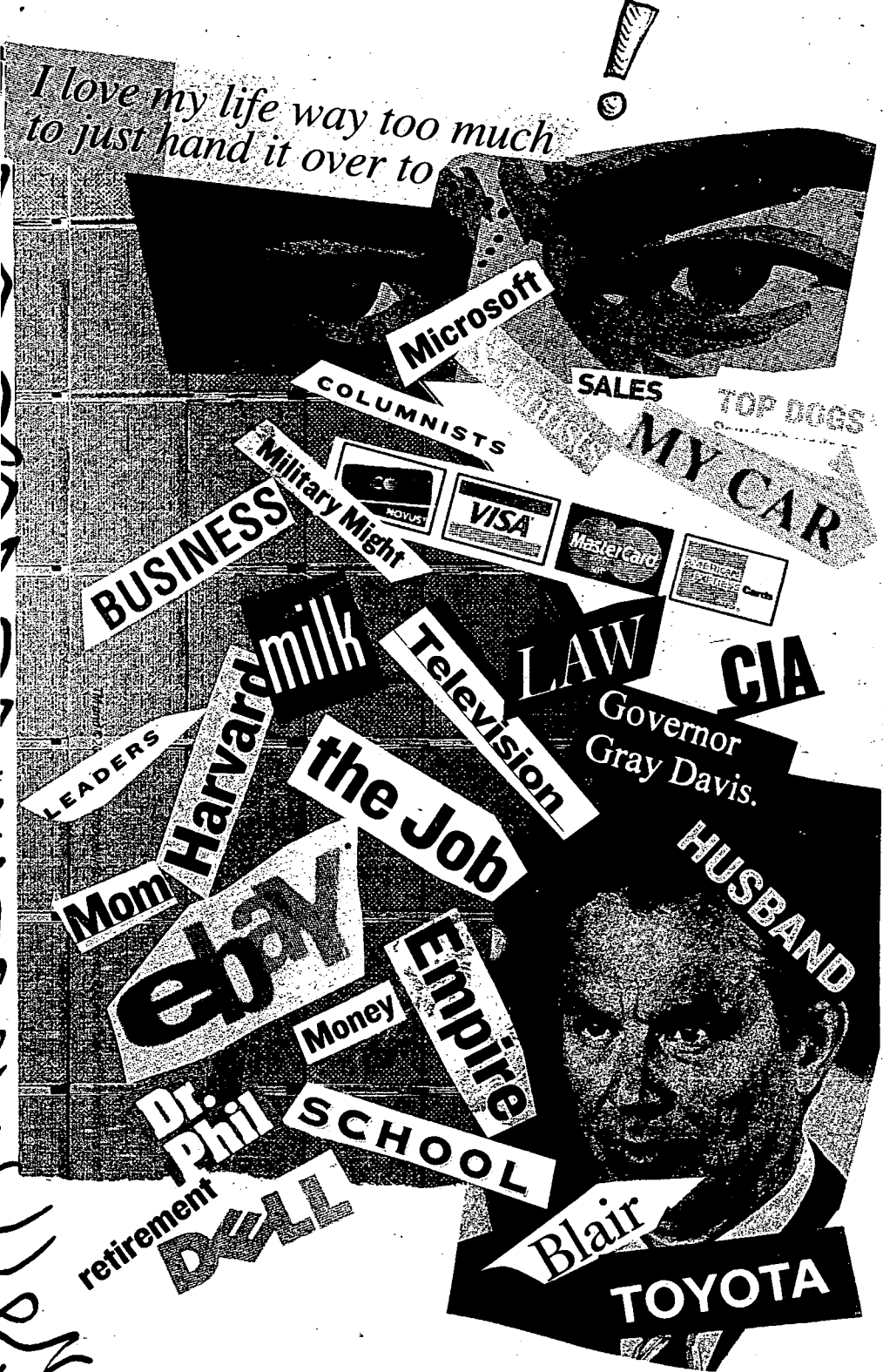
"IF WE CAN'T CURE CANCER, OUR HOPE IS TO AT LEAST TURN IT INTO A LONG-TERM PROFITABLE DISEASE."

⑧ "FREE TRADE IS THE ANSWER!"

Nope. In most 3rd world countries, exports boom under free trade while hunger persists or worsens - pro-trade policies pit working people in different countries against each other to see who will work for less, without benefits - this does nothing to help workers afford available food.

Continued on page 12!

I love my life way too much  
to just hand it over to



USES FOR:

# CLARY SAGE

Clary Sage (*Salvia sclarea*) is a highly esteemed European herb. It is widely cultivated in the Mediterranean. The essential oil is steam distilled from the leaves of the hardy herb. It has a distinct floral, nutty, and earthy scent.

Clary Sage Essential Oil is best known for its estrogenic effects. It contains properties that are similar to estrogen and helps to achieve female balance. As a hormone balancer, Essential Oil of Clary Sage works to regulate periods, ease tension, and ease cramps. It is a wonderful tonic for the womb and uterus.

As an extra boon to women, Essential Oil of Clary Sage possesses cell regeneration properties. It aids in controlling the production of sebum and can be used for both dry and oily skin. It is useful for acne, wrinkles, and for controlling cellulite.

As an essential oil, Clary Sage has a powerful effect on the psyche. It is sometimes called the 'oil of laughter'. It has an euphoric effect that is almost narcotic. It is a relaxant for the mind, body, and spirit.

Clary Sage Essential Oil also contains seductive, aphrodisiac properties that are perfect for women experiencing a loss of interest in sex during the peri-menopausal years. Its ability to relieve anxiety and stress make it an excellent choice for a romantic massage blend.

deed



Ready to take charge of your health?  
Here's where you can find your supplies:

Merz Apothecary  
4716 N Lincoln  
989-0990  
Lincoln Square, at Western and Lawrence

Trung Viet Grocery Store  
4935 N Sheridan  
561-0042  
On Sheridan, just south of Argyle

American Science and Surplus  
5316 N Milwaukee  
Foster and Milwaukee

just a few  
of the  
many

Used by Mary Magdalene to anoint the feet of Jesus, jatamansi has a "grounding effect."

It is famous in ayurveda as an herb to combat the effects of day-to-day stress. It has the property of enhancing the body's innate ability to sleep well.

It is considered a holy or "divine" plant in ayurveda and has traditionally been used as an air purifier. Ayurvedic texts recommend it highly for insomnia, mental instability and to enhance memory as well as abate spasms and cramps.

It is said to promote growth and maintain the color of hair.

FOCUS ON

# JATAMANGSI

"To love the earth,  
you must first know it,  
and by the time you do, we'll be able to  
build a better world."  
Tane Rosa



WISDOM FROM STARHAWK

All of our ancestors were indigenous to somewhere; that is, they were deeply rooted in one place, living in a culture in which sustenance, spirit, and culture arose from the plants, animals, climate, and resources of that particular land. If we are going to create a new political/economic/social system, one that truly cares for the environment and for human beings, we may need to become indigenous again, to find at least one spot on the earth we can know intimately.

It takes time to get to know a place. Permaculture, the system of ecological design I attempt to put into practice on my land, has a guiding principle:

**"Use thoughtful and protracted observation instead of thoughtless intervention."**

Learning a place takes time because what we need to observe are patterns that only become apparent through time. Observation itself, for most of us, requires a shift in awareness. Most of us don't actually know how to see and hear what is going on around us in the physical world. When we do go out into the forest or the mountains, nature becomes a scenic background to our own thoughts and dramas. If we want to repattern our awareness, we need to arrange some regular collisions with nature.

**OPEN YOUR SENSES.**



## THE COCHABAMBA DECLARATION

For the right to life, for the respect of nature and the uses and traditions of our ancestors and our peoples, for all time the following shall be declared as inviolable rights with regard to the uses of water given to us by the earth:

1. **Water belongs to the earth and all species and is sacred to life; therefore, the world's water must be conserved, reclaimed, and protected for all future generations and its natural patterns respected.**
2. **Water is a fundamental human right and a public trust to be guarded by all levels of government; therefore, it should not be commodified, privatized, or traded for commercial purposes. These rights must be enshrined by all levels of government. In particular, an international treaty must ensure these principles are noncontroversial.**
3. **Water is best protected by local communities and citizens who must be respected as equal partners with governments in the protection and regulation of water. Peoples of the earth are the only vehicle to promote earth democracy and save water.**

*The people of Cochabamba, Bolivia, took back their H2O supply from privatization!*

*be the media.*

### Video Activist Resources

- Cascadia Media Collective: [cascadiamedia.org](http://cascadiamedia.org)
- Chiapas Media Project: [chiapasmediaproject.org](http://chiapasmediaproject.org)
- Cold Mountain, Cold Rivers: [wildrockies.org/cmcr](http://wildrockies.org/cmcr)
- Earth Films: [earthfilms.org](http://earthfilms.org)
- Free Speech TV: [freespeech.org](http://freespeech.org)

# TEA TREE BENEFITS OF

Known as "a first aid kit in a bottle", tea tree oil has many many uses. Tea tree oil is known to be a broad spectrum fungicide and antibacterial agent. It is able to deeply penetrate the skin and is a natural organic solvent. Tea tree oil kills microbes most effectively in living tissue without damaging the healthy cells. It is soothing and has a topical anesthetic and anti-inflammatory effect. Tea tree's primary uses have been in first-aid, personal care products and in various healthcare products. Tea tree oil is also a safe, natural insect repellent.

In hair products, tea tree oil dissolves buildup of other products and the body's own sebum, thoroughly cleansing the hair follicle and revitalizing the hair. In body lotions, deodorants and soaps, it kills surface bacteria and maintains healthy skin. Tea tree has been studied for use in acne and is currently available as a component of some acne formulas. It is 80% less irritating than benzoyl peroxide. Tea tree oil is also used in toothpastes and mouthwashes for its germicidal and solvent properties.

The medicinal uses of tea tree are impressive. When it is inhaled, it breaks up congestion, helping you breathe easier. It also can alleviate a sore throat and minimize the symptoms of cold, flu and systemic fungal infections. It is effective against Candida and other vaginal infections and is useful for hemorrhoids. It is a good bath additive and has been shown to control bacteria in spas and pools. Especially good for fungal nail infections, tea tree oil is also used in athlete's foot, bromodrosis, burning feet, etc. Tea tree oil can alleviate the discomfort of sore muscles or joint injuries by being massaged into the affected area.

There's a physiological reason why roses have been the ideal gift to express love and forgiveness for thousands of years. They literally soothe the heart and emotions. What may surprise you is that the rose also balances the mind. Essential rose oils used in aromatherapy are also being investigated for their antibacterial, antiinflammatory, and antihemorrhagic properties.

FOCUS ON:

# Rose Oil

The rose enhances beauty in many ways. Local applications (such as in creams and poultices) cool, moisturize, and tone the skin. Massaging the body with rose and sandalwood pastes enhances beauty. The essence of rose augments the glow and complexion of the skin. The rose enlivens inner beauty, helps the skin to radiate inner glow out to others, and enhances all seven dhatus (body tissues). When used over time, the essence of rose pacifies the heat in the blood, and thus keeps imbalances in the skin from erupting.

A traditional preparation using the rose is rose petal jam, made by cooking rose petals and sugar. Eaten on its own, or made into a drink with milk or fresh yogurt and water, rose petal jam has a cooling effect on mind and body.

Workers  
in Brazil  
are asserting  
their rights  
We can  
learn  
much from  
their  
commitment  
to the earth  
and each  
other.

## Brazil's *Movimento Sim Terra*: The Landless Rural Workers Movement

### OUR AGREEMENTS WITH EARTH AND WITH LIFE

1. To love and preserve the earth and all natural things.
2. To always improve our knowledge about nature and agriculture.
3. To produce food to eliminate hunger in humanity. To avoid monoculture and the use of agricultural pesticides.
4. To preserve the already existing forest and to reforest new areas.
5. To take care of the springs, rivers, wetlands, and lakes. To fight against the privatization of water.
6. To make the camp and community beautiful by planting flowers, medicinal herbs, and trees.
7. To adequately treat the trash and to fight any threats of contamination and aggression of the environment.
8. To practice solidarity and to revolt against any kind of injustice, aggression, and exploitation against a person, a community, and nature.
9. To fight against the large estates so that everyone can have land, bread, education, and freedom.
10. Never sell the land. The land is the supreme gift for the future generations. Agrarian Reform — for a Brazil without large estates!!!

• Mountain Eye Media: [mountaineyemedia.org](http://mountaineyemedia.org)  
• Paper Tiger Television: [www.papertiger.org](http://www.papertiger.org)  
• The Video Activist Network: [videoactivism.org](http://videoactivism.org)  
• Undercurrents: [undercurrents.org](http://undercurrents.org)  
• Whispered Media: [whisperedmedia.org](http://whisperedmedia.org)

9 "THE POOR ARE TOO HUNGRY to FIGHT for THEIR RIGHTS." The poor are not helpless - they are surviving due to tremendous efforts - we do not need to save them; what we can do is fight with them against the obstacles created by large corporations, the U.S. government, and World Bank and International Monetary Fund policies

10 "MORE U.S. AID IS the ANSWER!" Most U.S. Aid works directly against the hungry. Foreign aid reinforces the status quo - our aid cushions the government elites and does not reach those who need it. It would be better to use our foreign aid budget for unconditional debt relief.



# YOUR LIVER

## ★ ONE BIG FILTER ★

The Liver is intricately linked to dietary intake and how effectively and efficiently the body uses, stores or deactivates dietary derived substances absorbed from the intestine. Most of the nutrients absorbed from the intestine are transported directly to the liver for storage, repacking or combining with other compounds. Waste products and other potentially toxic substances produced in the body or absorbed from the intestine are detoxified in the liver. The liver is rightly called the engine of the body. The liver plays a pivotal role in the manufacture, storage and regulation of essential compounds. The liver plays an important role in the regulation of glycogen levels. Minerals, proteins, sugars and fats are stored, manufactured or regulated by this organ and damage to the liver could result in a host of serious health problems such as Hepatitis, Cirrhosis, Jaundice, Hemochromatosis.



Some of the more common Liver diseases are:

- € Hepatitis - Inflammation of the liver caused by Viruses, Toxins or blockage of the duct leading from the liver to the gall bladder.
- € Cirrhosis - Deterioration of healthy liver tissue and accumulation of fibrous tissue caused by reduction of liver function as a result of alcohol abuse or modern hepatotoxic drugs.
- € Jaundice - A Disease characterized by the yellow pigmentation of eyes, urine, fingernails, skin and accumulation of bile in the body. Contaminated water is the main cause of this disease.

A healthy, balanced diet and regular clearing of toxins from the body is recommended for maintenance of a healthy liver.

FOCUS ON...

# A VENDOR

Internally, Lavender is believed to be of benefit for a multitude of problems, including stress, anxiety, exhaustion, irritability, headaches, migraines, insomnia, depression, colds, digestion, flatulence, upset stomach, liver and gallbladder problems, nervousness, loss of appetite, and as a breath freshener and mouthwash. Inhaling the essential oil in some cases has been reported to work as well as narcotics for inducing relaxation and sleep, easing symptoms of depression, and reducing headache pain. For inhalation purposes, boil 2 cups of water, add 2 drops of essential oil, and inhale the steam.

Externally, Lavender oil is one of the safest essential oils and can be used full-strength on the skin. It works wonderfully and can be applied directly for cuts, scrapes, wounds, burns, bee, wasp, and insect stings, rashes, muscle aches, rheumatism, arthritis, cold sores, canker sores, blisters, bruises, athlete's foot, and rubbed directly into the temples in case of headache or migraine.

Miscellaneous uses of Lavender include using unsweetened tea as a hair rinse to help reduce hair loss and dandruff, using the dried flowers in sleep and dream pillows, in potpourris, sachets and tucked in drawers to freshen clothing and repel moths. A few drops of oil dropped into warm bath water is a refreshing and relaxing treat.

of course we're all a little nuts!

BECAUSE THE ONLY PEOPLE FOR ME ARE THE MAD ONES, THE ONES WHO ARE MAD TO LIVE, MAD TO TALK, MAD TO BE SAVED, DESIROUS OF EVERY THING AT THE SAME TIME,

THE ONES WHO NEVER YAWN OR SAY A COMMONPLACE THING, BUT BURN, BURN, BURN LIKE FABULOUS YELLOW ROMAN CANDLES EXPLODING LIKE SPIDERS ACROSS THE STARS

- JACK KEROUAC ON THE ROAD



... sisters in To: not stuc at can lead to

our struggle

Drap

ig

U.S. does i

improveshed

for World

kind

ad

Jo sdousta

lle oras h

return

isolation,

and learn

a backwards

constant and

in the sec

ays, "They

be prepared

n the service

ding of the

who oppose

r chance of

ady for them

to neglect th

when the

n in prison, a

not ready

gramme, in t

learly and c

f bourgeois d

adly and to f

retraining o

y and increas

instrumental

not get the voc

want, but we c

red by the PRJ

and I think that

will be picker

prisons a "str

on page 50 or

messages from the "C

ding the Party Itse

paration" section

ed fighters for

this cause an

the revolu

nuall

let

no real

able brutal

will be

might

are not the

are taken against th

that fighting the syste

(I was, and to some e

ple who are confused

we more

the "Bui

lutionary Pre

ie most dedicat

te their lives to

ly to grasp and apply

Leninism-Maoism."

h: "The party must conti

particularly from the pr

outh, training all members

nd application of M

we are the Party, a

les in our way

# GLOBAL MEDICINE:

Chinese Patent Medicines:

The Patent Medicines are time-tested combos of Chinese herbs, usually created and patented by specific families

FOR EMERGENCIES, TRY YUNNAN PAIYAO: widely known as "the very best emergency medicine" - to be taken internally or externally directly on a wound - stops bleeding, activates blood circulation, promotes healing. Yunnan Paiyao comes in plastic foil packages of several orange pills - each package has one very small red pill to be taken for internal bleeding

FOR SORE MUSCLES, BRUISES, SPRAINS = TRY ZHENG GU SHUI: for external use = OR = CHIN KOO - used with Zheng gu Shui or Arnica, this is powerful stuff.

# ESSENTIAL OILS:

MANAGING INSOMNIA

- OILS TO TRY:
- Sandalwood
  - Rose
  - Benzoin
  - German + Roman chamomile
  - Jasmine
  - Lavender
  - Neroli
  - Melissa
  - Sweet Marjoram
  - Ylang Ylang

A relaxing bath with essential oils of Roman chamomile and geranium will help a person to unwind before sleep. A glass of chamomile tea will complete the process.

A relaxant effect may be provided by oils of chamomile, lavender, neroli, rose, and marjoram. Add a few drops to your bathwater or sprinkle a few drops on a handkerchief and inhale.

The following essential oils may be useful for management of sleep.

For skin application the essential oil must be diluted in a vegetable carrier oil such as cold-pressed sunflower oil or sweet almond oil. Use 7-10 drops of essential oil to 25ml (five teaspoons) of carrier oil for adults, 3-5 drops for children under seven and 1-3 drops for children under the age of three. Do not use essential oils on newborn babies.

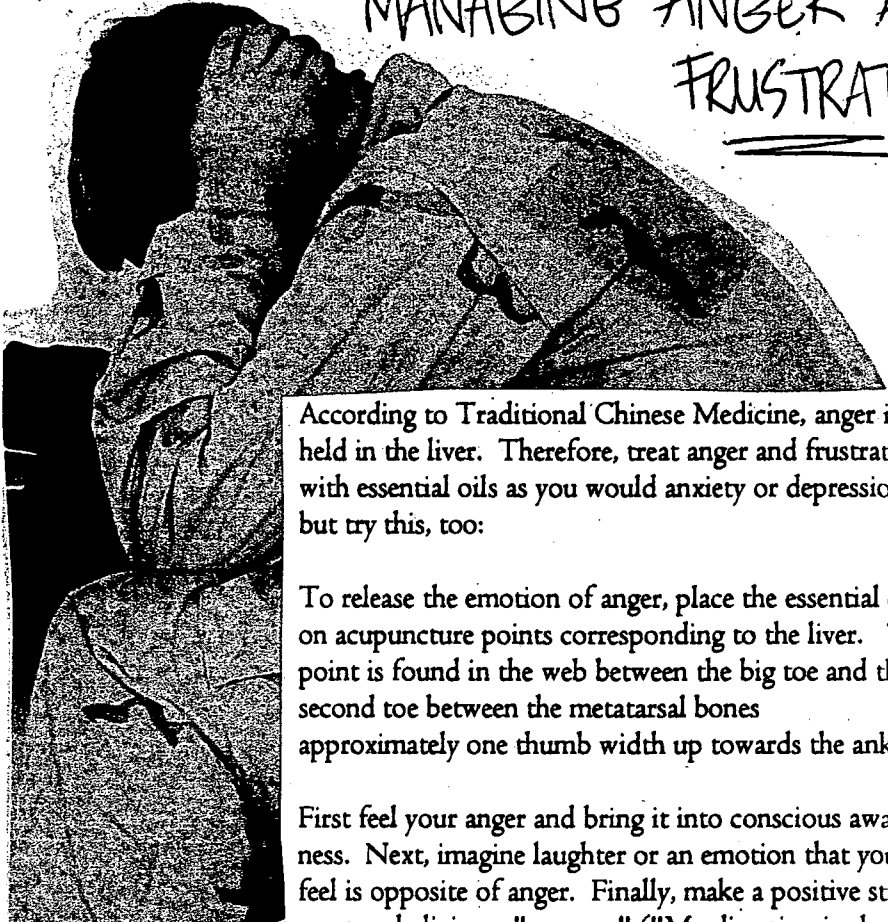
Any oil can be used in the bath. Add 5-10 drops for adults, 3-5 drops for children over two, and only one drop of a very gentle oil such as chamomile or lavender for younger children.

Inhalation is also effective. Put one or two drops of a relaxing oil onto a handkerchief and tuck it inside your pillow to help you sleep.

A combination of essential oils may be used.

# ESSENTIAL OILS:


## MANAGING ANGER AND FRUSTRATION



According to Traditional Chinese Medicine, anger is held in the liver. Therefore, treat anger and frustration with essential oils as you would anxiety or depression, but try this, too:

To release the emotion of anger, place the essential oils on acupuncture points corresponding to the liver. This point is found in the web between the big toe and the second toe between the metatarsal bones approximately one thumb width up towards the ankle.

First feel your anger and bring it into conscious awareness. Next, imagine laughter or an emotion that you feel is opposite of anger. Finally, make a positive statement verbalizing a "way out" ("My direction is clear"). This will shift you away from an undesirable emotional state and open the way for your solution. Monitor your thoughts closely.



In addition, to relieve the liver, eat less. Limit your intake of highly processed foods and increase your intake of lightly steamed vegetables and whole grains. Honey is an excellent detoxifier if used sparingly. Honey mixed with apple cider vinegar has a particularly beneficial effect on the liver. Mix one teaspoon of each in a cup of water to detoxify and activate the liver.

"The doctor of the future will give no medicine but will interest her patients in the care of the human frame, in diet, and in the cause and prevention of disease."

T. Edison



ACTION-MEDICAL.NET



D.I.Y.

FOR AN UPSET STOMACH OR INDIGESTION, try Stomach CURING PILLS, written "Culing" on the bottle - take an entire vial of red pills at once - complement with NUX VOMICA.

also! try BAOJIWAN: good for diarrhea.



Essential OILZ: MANAGING DEPRESSION

Inhalation blend for mild depression

- 4 parts Clary sage essential oil
  - 4 parts Ylang ylang essential oil
  - 3 parts Geranium essential oil
  - 2 parts Basil essential oil
  - 1 part Sandalwood essential oil
- Mix the above essential oils in an amber glass bottle, Label. Use three to four times daily.

Aromatic Bath

- 1/4 cup Honey (or almond, canola, soy and safflower)
- 3 drops Lavender essential oil
- 3 drops Ylang ylang essential oil
- 2 drops Basil essential oil
- 2 drops Geranium essential oil
- 1 drop Grapefruit essential oil

Mix the essential oils in the honey. Fill the bath tub with warm water and then add the aromatic honey mixture. Stir well using your hands. Soak for 20 to 30 minutes.

Essential Oil Blend for Depression

- Basil
  - Clary sage
  - Jasmine
  - Rose
  - German chamomile (matricaria recutita)
- Mix the oil together. Place it in a bowl of steaming water (2 or 3 drops), or in a bath (5 or 6 drops), or on the edge of your pillow (1 or 2 drops).

**JEMS Magazine**  
The website of the Journal of Emergency Medical Services, the premiere EMS monthly. Mostly geared toward paramedics, there are rumored to be useful jewels within its pages.



# ESSENTIAL OILS: MANAGING ANXIETY

Anxiety affects all of us from time to time. However the acute form of anxiety results in panic attacks that cause shortness of breath, dizziness, hot flashes and/or chills, nausea and an impossibility to think clearly.

To treat symptoms of anxiety, try Bergamot, Cedarwood, and Lavendar.

Add a 10 drops of essential oil to the bath and soak for fifteen minutes, OR add a few drops of essential oil to a carrier oil, such as grapeseed oil, and use in a full body massage.

You can also try...

A Tangerine and Lavender combination...

For calming, relaxing & nervous tension. Antidepressant. Sedative.

Ylang Ylang...

Regulates cardio & respiratory rhythms. Calms nerves. Antidepressant. Sedative. Produces feeling of euphoria. Relaxes.

Geranium...

Calms & refreshes the body. Balances adrenals. Averts tension. Antidepressant. Uplifting.

# GLOBAL MEDICINE:

FOR COLDS AND FLU:

YOUR HEALTH IS IN YOUR HANDS.

YIN CHIAO TABLETS = good for common cold w/ fever, stiffness - use when mucus is clear

GANMAOLING TABLETS = for use w/ yellow/green mucus

ZHONG GON LING = for the last stage of a cold, mucus green

BI YAN PIAN = No side effects - good for stuffy or runny nose w/ clear mucus.





"If food is a weapon, then genetic engineering is a weapon of mass destruction."

—MISSOURI RESISTANCE AGAINST GENETIC ENGINEERING

# FOOD FIGHT!

## What is the World Agricultural Forum?

Its motto is "peace and security through agriculture." In its literature, the World Agricultural Forum (WAF) repeatedly identifies itself as global, neutral and inclusive.

Yet it is none of these things.

Its board of directors is made up almost entirely of white male executives from the US. The 17-member board includes five individuals who are current or former Monsanto executives and one who is married to Monsanto's director of public relations. The WAF provides its corporate members a forum where they can influence agricultural and trade ministers from around the world.

The WAF agenda promotes the privatization of water, global acceptance of genetically modified organisms, patenting of life forms and elimination of barriers to trade—including environmental protections and the subsidies designed to aid small farmers.

This year's WAF gathering, "Working Together to Create the Future and Disable the Barriers," was held from May 18-20 in St. Louis, Missouri.

*You going?*  
*When's the next one?*

