

NSW MY PLACE
NEWSLETTER



OCTOBER
EDITION | 1

MY PLACE *Australia*

PUTTING UNITY BACK INTO COMMUNITY

My Place Australia Mission Statement

THE GOAL FOR "MY PLACE", IS TO IMPLEMENT A PROJECT THAT ALLOWS US TO STEP AWAY FROM THE CURRENT SYSTEMS THAT ARE NOT SERVING OUR BEST INTERESTS. AS WE ALL COME TOGETHER AND SHARE OUR SKILLS, KNOWLEDGE, AND SUPPORT, WE CAN GRADUALLY BUILD THE INDIVIDUAL SECTORS WHERE THE SERVICES CAN BE ACCESSED BY ALL. "RATHER THAN FIGHTING THE OLD, WE WALK AWAY & CREATE THE NEW". THIS NOW CREATES AN OPPORTUNITY FOR ALL OF US TO BE ACTIVELY INVOLVED IN CREATING OUR FUTURE



WELCOME TO THE FIRST EDITION OF THE NSW MY PLACE NEWSLETTER!

WE HOPE TO ENCOURAGE COMMUNITIES TO COME TOGETHER TO CREATE UNITY IN COMMUNITY AND COLLABORATE CONNECTED CO-OPS AND MARKETS, SWAP TABLES, NATURAL HEALTH TEAMS, YOUTH SUPPORT, WORKSOPS, SOCIALS, CLEAN FOOD FARMERS COLLABORATIONS AND SO MUCH MORE!! WE WELCOME YOU TO JOIN US TO CONTRIBUTE TO OUR NEXT NEWSLETTER. PLEASE FIND THE EMAIL ADDRESS BELOW.

I WOULD LOVE TO SHARE A STORY OR EVENT
NEXT ISSUE. PLEASE
EMAIL: NSW@MYPLACEAUSTRALIA.ORG

NSW My Place Communities

We have 44 NSW Communities up and running, you can find them here:
<https://web.myplaceaustralia.org/nsw/>



If you would like to start a My Place community in your area, its very simple and we give you lots of support. Please email newmp@myplaceaustralia.org. Bring your team of 2 or more and meet the organisers. We run monthly Coordinator meetings where you can meet other groups and ask questions.

Focus Hubs :
Health & Wellness
Lore/Law
Youth Support
Farmers & Food Security
Barter, Swap Markets
Community Meetings



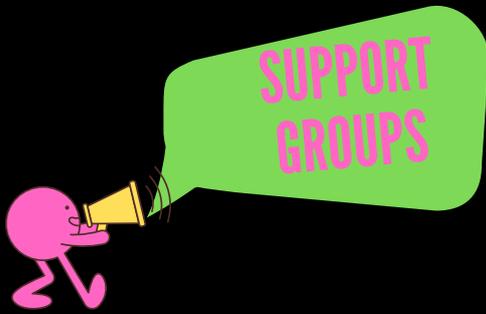
Are you a farmer or food supplier that would like to get involved with your community group?

Please email farmers@myplaceaustralia.org



Mpa of My Place Communities:

Your par<iframe src="https://www.google.com/maps/d/embed?mid=1BZkRIE_WCzb7uvOednwEOexm7ttEro0&ehbc=2E312F" width="640" height="480"></iframe>agraph text



EMPOWERING FAMILIES AUSTRALIA

PRIVATE MEETINGS HELD ONLINE WITH OTHER FAMILIES THAT ARE STRUGGLING TO STAND UP TO THE INTENSE THEORIES IN SCHOOLS AND PRESSURE TO CONFORM TO PEER PRESSURE LIKE WE HAVE NEVER SEEN BEFORE.

WHAT DO YOU SAY? WHAT ARE YOUR CHILDS RIGHTS?

WE OFFER ACTIONS TOWARDS SOLUTIONS.

SUPPORT FOR ALL FAMILIES GOING THROUGH A DIFFICULT TIME.

WHAT CAN YOU DO AS A PARENT? JOIN US TO STEP INTO YOUR COURAGE FOR YOUR CHILDREN. JOINED BY CRAIG COLE, MATT LAWSON, PENNY JOHNSTONE., RENEE MCDONALD.

NEXT WEEK WE HAVE A LETTER TO OFFER ALL STUDENTS TO EMPOWER THEIR VOICES

NOTE: THESE MEETINGS ARE FOR PARENTS AND TEENS OVER 13 YEARS OLD THAT NEED SUPPORT AND DIRECTION IN THIS UPSIDE DOWN WORLD OF EXTREME INDOCTRINATION AND PEER PRESSURE.

WE HAVE A LETTER AVAILABLE TO SERVE THE SCHOOL VIA THE MY PLACE WEBSITE & LEAVETHEKIDZALONE.ORG WEBSITE

Find the FB Groups here:

<https://www.facebook.com/groups/1184729942781007>

Telegram- <https://t.me/empoweringfamiliesau>

Please click here to register for the next meeting:

<https://us06web.zoom.us/j/84411111111>

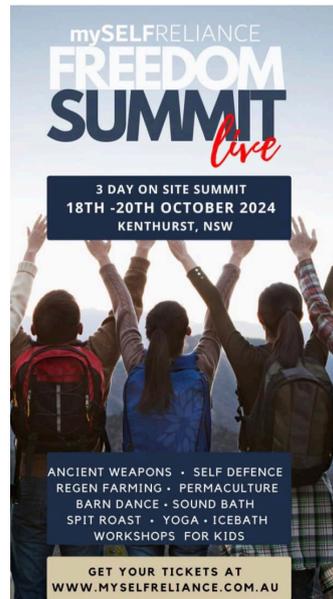
I WOULD LIKE TO TALK TO SOMEONE FOR SUPPORT PLEASE
EMAIL NSW@MYPLACEAUSTRALIA.ORG

NSW EVENTS FOR OCTOBER

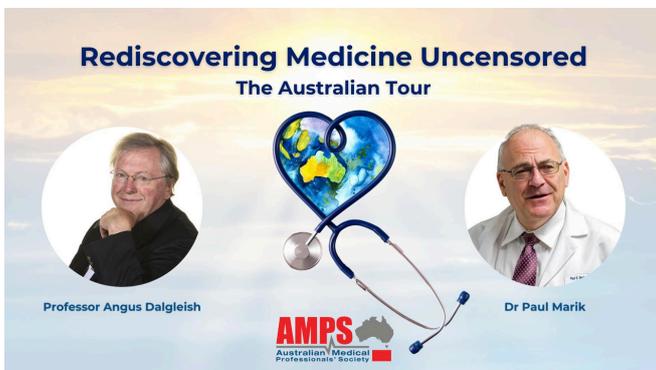


Sunday, October 27
Pickling & Preserving Workshop with Kelly of Mustard Seed Small Farm

<https://www.eventbrite.com.au/e/pickling-preserving-workshop-with-kelly-of-mustard-seed-small-farm-tickets-1021500675017>



Sydney weekend Freedom Festival- October 18th-20th
Camping included
Link here
<https://facebook.com/events/s/myself-reliance-freedom-summit/3449361448540713/>



Rediscovering Medicine Uncensored: Sydney

Join internationally renowned experts Professor Angus Dagleish and Dr Paul Marik in this Australian tour expose the medical corruption plaguing healthcare, and empower health independence with breakthrough therapeutic advancements. Professor Dagleish and Dr Marik will be joined by Australian expert Professor Robyn Cosford. Kara Thomas, Secretary of AMPS will MC the event.

Alexandria

Date: Friday 4 October

Time: 6pm for a 6:30pm start - 9pm

Venue: 65 Doody St, Alexandria NSW 2015

Cost: Early bird and member discount \$35, \$50



MP Byron Bay - Fortnightly Backyard Produce Swap

Come along on the 6th and 20th of October to exchange your surplus garden treasures While creating our own local food security network.

- Connect with friendly green thumbs
- Swap growing tips and mouthwatering recipes
- Diversify your garden with new plant species and leave with a basket full of homegrown goodies you didn't cultivate yourself.
- Revel in the camaraderie of our supportive community

Remember, you don't need a ton of anything to jump in and enjoy the fun.
 🌱 We all become more self sufficient when we share what we have with our community.

NSW EVENTS FOR OCTOBER



My Place Newcastle & Lake Macquarie

We recently decided to share the love, pool our resources and merge our 2 groups. We alternate our meetings between each of our previous venues, and it is working well.



The Fraud of Banking & The Great Taking 3 Part PowerPoint Presentation

We presented these at three consecutive meetings.

Neil from our Natural Lore group wanted to raise awareness of the fraudulent banking system, but in particular the themes revealed in the book *The Great Taking* by David Rogers Webb. The kind of bedtime story that ends with, you will own nothing and.....

A few of us put together content for the presentation, including myself who had a crash course with PowerPoint with patient assistance from Mandy.

Part 1 An introduction, which included text, short video clips & hyperlinks to full videos.

Part 2 Some recap & reinforcement of themes & introduced the topic of bank bail in laws.

Part 3 Was about Solutions. Some members shared their journey & experiences on exiting the matrix, some experiences with council & other authorities and institutions.

All ending with a short Q & A plus discussion.

Members were invited to bring a USB stick to receive a copy of the presentations.

You're invited to
OUR COFFEE CATCH UPS

10am-12pm

Each week, different day

We want to meet you!!

Created especially for those who are often busy on meeting nights and other event dates. But everyone is welcome at our morning tea & coffee catch ups. Enjoy socialising with your likeminded community, swap phone numbers or just stories.

Monday 12th August

Tuesday 20th August

Wednesday 28th August

Thursday 5th September

Friday 13th September

Venues to be advised

Different venue every week around greater Newcastle

RSVP if possible to

myplacenewcastle@protonmail.com.au

JOIN THE MESSENGER CHAT ON Facebook
to stay informed of venues

**TEAM
WARRIOR
SPIRIT**



**TIME
TO
RISE**

WWW.TEAMWARRIORSPIRIT.COM



**LEAVE
OUR KIDS
ALONE**

END THE SEXUALISED INDOCTRINATION OF YOUR CHILDREN
LEAVEOURKIDZALONE.ORG



**MY PLACE
Australia**

Craig Cole

LEAVE OUR KIDZ ALONE

NSW to continue to spread awareness regarding the sexualised indoctrination of our children.

**COMMUNITY INFORMATION
NIGHT**

The sexualised indoctrination of your children must stop now, your children are under attack. Craig Cole who has worked with youth in the community for the last 18 years, and in the Education System for 15 of those years will be providing information on how the Victorian Education Department and schools are sexually indoctrinating your innocent children's minds.

Also what you can do about it, and your rights as parents.

This is vital information you as concerned parents need to know.

DATE ; Wednesday 16th October.

TIME ; 7 pm SHARP.

LOCATION ; The Sunken Monkey,
207 The Entrance Rd, Erina,
Central Coast.



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DATE ; Friday 18th October.

TIME ; 7 pm SHARP.

LOCATION ; Club Burwood,
97 Burwood Rd, Burwood,
Sydney.



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DATE ; Monday 14th October.

TIME ; 7 pm SHARP.

LOCATION ; Croation Wickham Sports Club,
20 Albert Street, Wickham,
Newcastle.



Oct 16 Central Coast

Oct 18 Sydney

Oct 14 Newcastle

NSW PRESENTATIONS

Craig Cole will be in NSW in October for a dual purpose, to deliver community information sessions regarding the situation in schools and how your children are under attack. Importantly what you can do about it and your rights as parents.

Secondly to deliver to the community the "Time to Rise" seminars, to assist people to step into their true courage and resilience, out of their fear and to also start developing a new mindse. To step into the people we have never been before, to enable us to do things we have never done before.

Dates and locations :

******* PLEASE NOTE NEW VENUE FOR TUESDAY EVENING NEWCASTLE ******* Newcastle ; Monday 14th October - **Croatian**

Wickham Sports Club 7 – 9pm – Leave Our Kids Alone. Tuesday 15th October – Croatian Wickham Sports Club 6.30 –

8.30pm – Time To Rise.

Central Coast :

Wednesday 16th October - The Sunken Monkey 7- 9pm - Leave Our Kids Alone. Thursday 17th October – Long Jetty Hotel 7 – 9 pm – Time To Rise.

Sydney :

Friday 18th October - Club Burwood 7 -9pm – Leave Our Kids Alone. Saturday 19th October –

Club Burwood 11am – 1 pm – Time To Rise. For further details and/or to book for the "Time to Rise" seminars visit; <https://www.leaveourkidzalone.org/events>

<https://www.teamwarriorspirit.com/upcomingevents>

*** Please note no booking required for the Leave Our Kids Alone Information nights.**

Community Member Links

My Place Australia Positive Culture Agreement:

<https://web.myplaceaustralia.org/positive-culture-agreement/>

All My Place Australia Communities have an Agreement that is more of a conscious agreement to always aspire to do good and do no harm. You can find the link above.

As we come together to nurture a positive culture agreement across My Place, our Motto is to "Put UNITY back into CommUNITY" and to promote 'My Place is Your Place'. We deliver purpose, shared values and behaviours for which we are all responsible. As we come together and leave our old beliefs behind us, we realise that we are all the same on more levels than we are not.



MY PLACE
Australia

UNITY HUB - YOUR PRIVATE PLATFORM

Unity Hub has now officially launched! A place where you can be yourself, feel safe, respected and part of a community that appreciates how you contribute. Unity Hub is now open for subscriptions from My Place Community Members.

Soon to be launching as an App. This is exciting and will be your "GET ME OUT OF FACEBOOK" window!!!

Join now via link: <https://my.myplaceaustralia.org>



My Place Australia Flyers available



DID YOU KNOW...

My Place have a brochure to help you connect with your broader community! Hand them out at your local market, share them at any local events, maybe at your local church. Anywhere you can talk to people in person. NOTE: this brochure is not for letterbox dropping (theyre too nice!)

If you would like to purchase some, please email gail@myplaceaustralia.org

Ainslie Bullion have supported My Place Australia as a sponsor so we can advance in our plans on Unity Hub - our own private platform.

If you would like to purchase silver or gold here is their link: <https://www.ainslie.com.au/>



Want to join and start a New My Place Community?

Find your nearest my place community @

<https://myplaceaustralia.org>

OR START ONE

Please email newmp@myplaceaustralia.org and you will be invited to a private meeting with your small team you have gathered together.

MY PLACE AUSTRALIA MERCHANDISE

My Place Australia Merchandise is ready to go!!!!

If you wish to order please contact your local My Place Community Coordinator and they will help you. Orders are placed monthly.

So excited to all be able to represent our UNITY in CommUNITY wearing our message!

Merchandise orders

<mailto:merchandise@myplaceaustralia.org>



To Homeschool or Not to Homeschool?

Youth
Support

Why I Chose Homeschooling. by Dianne Abboud,

I had 4 children in the space of just under 5 years. I decided to home-school my children in 1997 after having difficulties with the local public school.

Background:

I confess I always had a desire to teach, but decided to work instead in a bank, after being turned off with staff-room behaviour while doing vocational guidance at 17. I then lost interest and did not want to endure university.

I originally sent my 2 daughters to a public school, they were a year apart in classes.

Three issues caused me to pull my kids from the public system before the next year in 1997:

- 1) The school was wanting my daughter to read a book about witchcraft in Year 2, my first complaint
- 2) A number of teachers were off sick so the children were sent to the Assembly hall to watch the Titanic that day (Rated M)!! my second complaint
- 3) My eldest son accompanied me to pick up the girls from school with a fractured shoulder from jumping off stairs. The teacher questions him, "what happened to you?" I responded, "He jumped off some stairs he was told not to, and fell and hurt himself." Teacher responds, "no Aaron, you tell me what really happened!" my 3rd and final complaint

I went to the headmaster, at the end of the year and told them, "I am pulling my kids from your school because I can do a better job."

The Accelerated Christian Education (ACE) curriculum:

This curriculum meant the children could proceed according to their own ability, not someone else's set time frame. We could take holidays and do excursions whenever and wherever we wanted. We also joined a local homeschooling group that ran their own sports carnivals.

My daughters both took up netball competitively, with the eldest becoming an umpire; the boys did basketball casually. Later they became involved in a free community Performing Arts company which the pastors of our church had started called Next Level Generation. My kids started as participants and later became teachers. Parramatta Council sent them to the Royal Easter show and Australia Day events to represent them. They also received local Australia Day awards for this. My children met 100s of other children from all walks of life and belief systems and learned to help others in their community. They made lots of friends all without the bullying issues.

With this particular homeschooling curriculum, each book in each subject required them to pass with 80% before moving to the next book. Spelling required a 90% pass mark. There is no time-wasting with homeschooling. Once work was done they were free to play or explore their own unique interests, without worrying about someone else's agenda. If they wanted to play they needed to get their schoolwork done first.

Homeschooling taught my children to mature quickly and take responsibility for their own decisions, actions, time management and work ethic. So many life-skills right there!

All my children successfully graduated at Year 12 level. My eldest daughter pursued Journalism, topped her class in Macleay College in Sydney. On graduating she was offered work at Sky News, but decided on the newspaper offer with Murdoch press.

I am so glad I chose homeschooling. In the 90's in NSW, homeschooling was lawful by only one vote in Parliament. We were regularly checked/approved by the Education Dept.

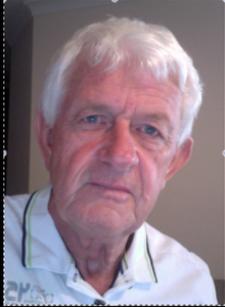
Today, my 2 daughters are also homeschooling their own children. One daughter has 4 children, and the other 3. My married son will do the same with his daughter.

They still thank me to this day for choosing to home-school them. They had so much fun they said and I fulfilled my desire to teach.

Reaching Higher Consciousness

The journey towards the Real Awakening.

by Ken Bartle



The conscious model gifted us for free societies

Consciousness means awareness, so dictionaries tell us. But if awareness was only one per cent, what about the remaining ninety-nine per cent? Psychologists and neuroscience freely admit they do not know what consciousness is. So how are you and I supposed to learn the truth about ourselves, life, or how society should function? If this mental void became filled with assumptions and presumptions about our consciousness, corrupted people could lead us on a merry dance to destruction, and we would never know it. Tyrants would ensure we never learned, or their ruling empire would collapse overnight.

People are now beginning to grasp that we've been ruled from the top for millennia, indigenous people being the exception. They never had parliaments. They simply respected nature and the land. Could we do the same? Why not? My extensive research over twelve years has culminated in three books uncovering what we've never been taught. First, 'Conscious Ascendance' explains how our conscious process works. That explains how we can 'Navigate to Freedom.' Third, 'Nature's Providence' describes how it all comes together for free societies, unlike anything the world has ever experienced.

Life values like courage, truth, discipline and respect are the secret. Our subconscious mind automatically uses those values when we do things we have learned, like walking, climbing, driving, or making dinner. Our conscious mind has free will, so it can't use those values automatically. But if we choose them, as we should, then both our minds work in concert. We surge forward and thrive. Our ethics and morality spill into society, and everyone benefits accordingly.

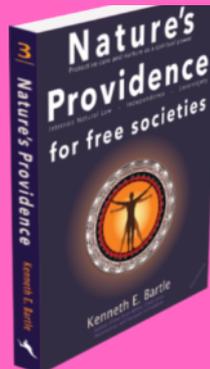
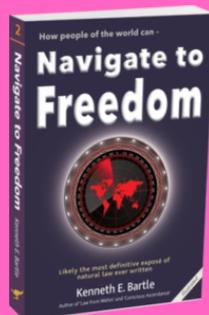
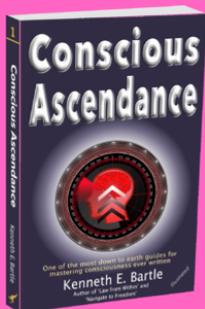
That smashes conscious ignorance forever. Twenty inbuilt natural laws govern the processes used by our minds. They protect and uphold our free will, yet none can overrule our choices. That's freedom, so long as we respect it.

Guess what? The Creator built those life-sustaining laws into our nature—none rule or command us. That means we have a method to make free communities and a means to protect them. That's unheard of, but now we can build our societies with the Creator's blessing and leave evil traitors in our wake. We can choose to thrive—and let tyrants nose dive—all made possible by learning how our conscious process works. Never forget—

"If a nation expects to be ignorant and free in a state of civilisation, it expects what never was and never will be." —Thomas Jefferson.

© Kenneth E, Bartle: Researcher and Published Author - Port Macquarie
<https://naturallawmatters.com/>

These three books tell an unprecedented story. *Conscious Ascendance* describes the human Conscious process as never before. It reveals how we can mentally and emotionally soar beyond measure. *Navigate to Freedom* unites our mental natural governing with rights, ethics, morality and justice to present free organic societies - societal freedom as never ever witnessed. *Nature's Providence* wraps the full conscious process and intrinsic natural law into an objective philosophy. This unprecedented work is revolutionary, not presently found anywhere else.



HEALTH & WELLNESS TIPS

CHLOROPHYLL-RICH FOODS



HERBS TO DETOX THE PINEAL GLAND



EATING FOR THE PINEAL.

The Gut-Pain Connection You Should Know About. Do you have joint pain? Read below.

Healing begins in the gut, scientists continue to prove this correct as they unravel how a healthy gut microbiome plays a role in weight loss, disease prevention, and much more. As we know, diet plays a crucial role in maintaining a healthy gut environment and dysbiosis, or a gut-flora imbalance, ramps up inflammation, and triggers many illnesses, including inflammatory bowel disease.

Whilst many of my clients understand how an out-of-whack gut affects digestion, they don't always make the connection between gut health and joint pain or other problems like headaches, mood swings, weight gain, or fatigue that often accompany pain.

Maintaining the integrity of the gut is a one-cell-thick barrier that forms a tight junction, which keeps out foreign invaders like bad bacteria, toxins, and large undigested food particles.

When these tight junctions are injured, that barrier becomes inflamed and porous; bacteria, toxins, and undigested food particles start slipping through. We call these foreign invaders antigens, or foreign substances that trigger an immune response. A double whammy ensues: You're not getting optimal nutrients while foreign invaders barge through, a condition called intestinal permeability or leaky gut

This connection has everything to do with inflammation.

Your immune system responds with antibodies, which attack and destroy these antigens. When an antibody binds with an antigen, an immune complex occurs. Persistent leaky gut ramps up these immune complexes; they circulate around your body and deposit into various tissues and organs including skeletal muscles and joints, creating more inflammation.

Leaky gut also contributes to autoimmune diseases, immune responses against specific tissues that create damage and loss of function. When that happens in your joints, inflammation creates pain, swelling, and stiffness. Leaky gut is linked with rheumatoid arthritis, as bacterial products slip through your gut lining and deposit in your joints, creating an immune reaction.

Then we have the gut - brain barrier link.

By activating a healthy gut you activate serotonin from gut to brain which then settles mood and depressive symptoms.

So if you need help adjusting your gut health please reach out. As a Natural Health Coach and Integrative Nutrition Specialist I'm happy to introduce you to a simple process that will change your life.

Penelope J

Nutritionist & Natural Health Practitioner

MY PLACE *Australia*

PUTTING UNITY BACK INTO COMMUNITY

Food As Medicine

Home Recipe For Hydroxychloroquine (HCQ)

WHAT IS HYDROXYCHLOROQUINE EXACTLY?

IT IS NOTHING BUT QUININE, SOMETHING THAT ANYONE CAN MAKE AT HOME... AND SOMETHING THAT IS BEING MANUFACTURED EACH AND EVERY DAY IN THE FORM OF SOMETHING WE HAVE ALL SEEN AT THE GROCERY AND LIQUOR STORES... THIS DRUG BEING USED TO TREAT THE COVID VIRUS HAS. THIS WAS NEVER SUPPOSED TO BE LEAKED OUT...

NONE OTHER THAN TONIC WATER.

QUININE HAS MANY USES AND APPLICATIONS. IT IS ANALGESIC, ANESTHETIC, ANTI-ARRHYTHMIC, ANTIBACTERIAL, ANTIMALARIAL, ANTIMICROBIAL, ANTIPARASITIC, ANTI-PYRETIC, ANTISEPTIC, ANTISPASMODIC, ANTIVIRAL, ASTRINGENT, BACTERICIDE, CYTOTOXIC, FEBRIFUGE, FUNGICIDE, INSECTICIDE, NERVE... IF YOU EVER FEEL A CHEST COLD COMING ON OR JUST FEEL LIKE CRAP... MAKE YOUR OWN QUININE. IT IS MADE OUT OF THE PEELINGS OF GRAPEFRUITS AND LEMONS, ... BUT **ESPECIALLY GRAPEFRUITS**. I WILL GIVE YOU THE RECIPE HERE AND YOU TAKE THIS CONCOCTION THROUGHOUT THE DAY...

HERE IS ALL YOU NEED TO DO TO MAKE YOUR VERY OWN QUININE...

TAKE THE RIND OF 2-3 LEMONS, 2-3 GRAPEFRUITS.

TAKE THE PEEL ONLY AND COVER IT WITH WATER ABOUT 3 INCHES ABOVE THE PEELS.

PUT A GLASS LID ON YOUR POT IF YOU HAVE ONE, A METAL ONE IS FINE IF YOU DON'T. LET IT SIMMER FOR ABOUT 2 HOURS.

DO NOT TAKE THE LID OFF OF THE POT TILL IT COOLS COMPLETELY AS THIS WILL ALLOW THE QUININE TO ESCAPE IN THE STEAM. **or use pressure cooker**

SWEETEN THE TEA WITH HONEY OR SUGAR SINCE IT WILL BE BITTER. TAKE 1 TABLESPOON EVERY COUPLE OF HOURS TO BRING UP THE PHLEGM FROM YOUR LUNGS. DISCONTINUE AS SOON AS YOU GET BETTER.



Heal Your Urinary Tract Infection Juicing Recipe

3x a Day

1/2 Peeled Lemon



1 1/2 Cup Blueberries

2 Cups Deeseded Watermelon



1/2 Cup Cranberries

Health Benefits of Dandelion

- Muscle Pain**: Dandelion contains lincolic acid which is an anti-inflammatory. This reduces muscle pain. It also aids in the treatment of arthritis, gout and muscle soreness.
- Kidney**: This weed-like superfood is a diuretic, that helps the kidneys clear out waste, salt, and excess water. This inhibits microbial growth in the urinary system too.
- Liver**: Dandelion has been shown to improve liver function by removing toxins and reestablishing hydration and electrolyte balance.
- Antioxidants**: Every part of the dandelion plant is rich in antioxidants that prevent free-radical damage to cells and DNA, slowing down the aging process in our cells.
- Cancer**: Dandelion acts against cancer to slow its growth and prevent its spread. The leaves are especially rich in the antioxidants and phytonutrients that combat cancer.
- Diabetes**: Recent animal studies show promise that dandelion helps regulate blood sugar and insulin levels.
- Blood Pressure**: Recent animal studies show promise that dandelion helps regulate blood sugar and insulin levels.
- Cholesterol**: Animal studies have shown that dandelion lowers and control cholesterol levels.
- Gallbladder**: Dandelion increases bile production and reduces inflammation to help with gallbladder problems and blockages.
- Digestion**: Dandelion acts as a mild laxative that promotes digestion, stimulates appetite, and balances the natural and beneficial bacteria in the intestines.
- Inflammation**: Dandelion contains essential fatty acids and phytonutrients that reduce inflammation throughout the body. This can relieve pain and swelling.
- Immune System**: Animal studies also show that dandelion boosts immune function and fights off microbes and fungi.

WHERE TO FIND PAINKILLERS - naturally -

- CLOVES for toothache
- HONEY for sores in the mouth
- BLACK COFFEE for migraine
- GARLIC for pain in the ear (garlic infused oil)
- SALT for pain in the feet
- GRAPES for back pain
- BLUEBERRIES for bladder problems
- TURMERIC for chronic pain
- CHERRIES for various pain
- PARSLEY for bloating
- CURRY POWDER for achy joints
- OREGANO for menstrual cramps
- MINT for crampy tummy
- DILL for upset GI
- GINGER for nausea
- WILD OPIUM LETTUE for pain

SIGNS OF MINERAL DEFICIENCIES

ZINC

WEAK IMMUNITY
ALLERGIES
THINNING HAIR
ACNE OR RASHES
INFECTIONS
DIARRHEA

CALCIUM

BRITTLE NAILS/ DRY SKIN
HIGH BLOOD PRESSURE
TOOTH DECAY
TINGLING IN FINGERS
CHRONIC ITCHING
LETHARGY

MAGNESIUM

SLEEPING DIFFICULTIES
MUSCLE SPASMS/PAIN
ANXIETY/DEPRESSION
INFERTILITY/PMS
HEADACHE
FATIGUE

POTASSIUM

ABDOMINAL BLOATING
CRAMPS
HEART PALPITATIONS
NAUSEA/VOMITING
RINGING IN EARS
FEELING DIZZY
CONSTIPATION

IODINE

LOW BODY TEMPERATURE
WEAKNESS/ FATIGUE
SWOLLEN/ SORE TONGUE
COLD HANDS/FEET
PALE SKIN
WEAK NAILS

SELENIUM

SLOW METABOLISM
LOW WOUND HEALING
MEMORY PROBLEMS
HAIR LOSS/ DRY HAIR
INFERTILITY
LOW IMMUNE SYSTEM

FOODS THAT HAVE AN ANTI-PARASITIC EFFECT

- | | | |
|--------------|-------------------|----------------------|
| Ginger | Raw Pumpkin Seeds | NATURAL REMEDIES |
| Papaya Juice | Daikon Radish | Black Walnut |
| Kelp | Onions | Nutmeg Essential Oil |
| Horseradish | Cayenne Pepper | Oregano Oil |
| Pomegranate | Cabbage | Thyme Essential Oil |
| Almonds | Kombucha Tea | Neem |
| Papaya Seeds | Carrots | Diatamaceous Earth |
| Black Pepper | Lemon | Berberine |
| Pineapple | Goldenseal | Probiotics |
| Peppermint | Rhubarb | HOMEOPATHIC |
| Propolis | Fennel Seed | Toxoplasma-gondi |
| Coptis | Cloue | Cina |
| Turmeric | Aloe Vera Juice | Teucrium |
| Coconut Oil | Black Seed | Spigella |
| Pau da Arco | Oregan Grape Root | Sabadilla |
| Epazote | Wormwood | Natrum |
| Male Fern | Cinnamon Stick | Phosphoricum |
| Garlic | Beets | Flix mas |
| | | Cuprum |
| | | Oxydatum |
| | | Nigrum |
| | | Granatum |

What is Our Place Australia and How Do We Step Into The Private?

Our Place Australia (OPA) overview is:

OPA was started by 7 Founding Members (of which I am one) as a community of like-minded Souls, who have come, & are coming together, to nourish & support each other, where each Soul brings a unique perspective to what we call life; & through each of our collective journeys, educate each other in our various talents, while holding space for yet many more to join;

OPA is both a physical & online safe space to come together to learn how to exit the matrix, with the right documentation, & knowledge as to when to use it, & more importantly, why we use it, & get to a place of “knowing thyself to the point of, I Am!”

OPA will have fully interactive online training modules across a wide range of disciplines (Law; Lore; Health; Education; Nutrition; Spirituality/ Consciousness; & the like); & where we build our parallel economy, to nourish & support each community member;

We are in the process of launching our own postal service for those who do not want to use their own address for anything GovCorp related;

OPA also have a Community Noticeboard that includes a section for Public Notices, which is an intrinsic part of our notification processes, & saves anyone who proceeds down this pathway, literally thousands of dollars as this is a 21 day process that must be publicly published in a newspaper for 21 continuous days in the Public Notices section of said newspaper;

We are also exploring how to take down the "Family Law Courts" of Australia, by starting with a public declaration & reinstatement of family values, right across the land known as "Australia";

We are also exploring setting up our own bank/s, businesses & the like;

OPA is not a church, nor does it have any ties or affiliations with any churches, GovCorp, or any other Corporations, because OPA is a Private Association, with rules, terms & conditions that apply to each & every OPA member, no matter who the member is, or what position they hold;

As a Private Members Association, (in this case an Ekklesiastical Members Association – Noting that Ecclesiastical is “owned” by the Vatican, where Ekklesiastical is not); it requires an application by a proposed member to join, & once you have been approved, you will pay a nominal membership fee, although there are tiered memberships available;

Please stay tuned for further updates on this very exciting opportunity, as we publicly launch OPA

Very exciting Training Modules will be available to members of the OPA, aiming at the end of October

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