



# The Good News Newspaper

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Australia's Happiest Newspaper

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## SCIENTISTS FIND GOLD GROWING IN TREES IN AUSTRALIA

CSIRO SCIENTISTS IN AUSTRALIA HAVE DISCOVERED GOLD DEPOSITS ON EUCALYPTUS TREES IN THE OUTBACK

Yes, you read that right — money can actually “grow” on trees.

So while it's not new that plants and trees absorb minerals such as gold through their leaves, scientists had previously been unable to prove that the minerals in question came from deeper underground and not from surface soil deposits. The paper's authors hope that their findings will turn into a trusted form of gold prospecting.

According to the paper, eucalyptus and acacia trees, such as the ones studied at the Freddo and Barns Gold prospects in Western and South Australia respectively, have deep and extensive root systems. In times of drought, their roots dig deep in search of water. So deep, in fact, that some trees have literally struck gold.

The findings, which were published this week in the online journal Nature Communications, show how biogeochemical absorption



of gold is possible. This, according to the researchers, could lead to new and more successful prospecting methods.

Now before you grab your ute and axe, the paper found an average gold concentration of 80 parts per billion in tree's leaves, and

a mere 4 parts per billion in bark (though bark does cover a larger surface area). Unfortunately, this means the gold isn't visible to the naked eye.

So the next time someone tells you money doesn't grow on trees, well, you know what to say.

Source article thanks to: [www.africanspotlight.com/2013/10/23/scientists-find-gold-growing-in-trees-in-australia-photos-video/](http://www.africanspotlight.com/2013/10/23/scientists-find-gold-growing-in-trees-in-australia-photos-video/)

...“Money does not grow on trees”

Instead of using that old negative saying to your spouse, child or staff “You know money does not grow on trees” which only gives them a very bleak outlook on the future, what that message is really saying is that there is a lack of money, and there is always going to be a struggle and never enough money to go around. It's all very negative and disappointing.

Why not turn it around and realise that any family or business you can name from a 2 person family or a business up to and beyond a 500 person staff are all essentially money trees. All are doing one thing, putting their roots out to find sources of income. But wait there is more. Keep reading and see the full money tree story on page 5

## THE 9 BEST HERBS FOR LUNG CLEANSING AND RESPIRATORY SUPPORT

Published on September 27, 2013, Last Updated on September 30, 2013.

Your respiratory system is constantly working. All day, every day, it is the vehicle for oxygen to enter your body. Unfortunately, it can also be an entry point for pollutants, irritants, dust, mould, fungus, harmful organisms, and other toxins. Unless you're living in a bubble, the constant assault from impurities can take its toll. Fortunately, whether you're experiencing the negative effects of inhaling toxins, or simply want to ensure your lungs are always at peak performance, nature has provided a number of herbs and botanicals that provide deep nutrition for the respiratory system.

**How are Herbs Beneficial for the Respiratory System?**

Herbs that support lung health typically do so by offering one or more of the following benefits:

- They may be an expectorant — which helps break up and expel chest congestion.
- Soothe irritated nasal passages and airways.
- Relax the muscles near the upper respiratory system to quell a cough.
- Calm the release of histamines.
- Fight the harmful organisms that can produce upper respiratory problems.
- They may be a source of antioxidants and reduce oxidative damage and redness.

Let's take a look at the nine best herbs for respiratory health!

See page 2

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# FOODS FOR A VITAL PROLONGED LIFE

From the Bible: Gen 1:29"... I have given you every herb bearing seed, which is upon the face of the earth, and every tree in which is the fruit of a tree yielding seed, to you it shall be for meat." "Meat" means food. Seeds are the highest in protein of all foods in the vegetable kingdom and contain nearly all of the ten essential amino acids. Soya beans are perhaps the highest source of complete protein. We are in the habit of eating meat for protein, but seeds are probably richer.

**THE POWER IN A TINY SEED IS OVERWHELMING:** We read again "from the dawn of time seeds were regarded as life itself". Seeds are nature's vehicles of perpetuity. Tucked away in every kind of seed is the secret of life. Life begins life. Life sustains life. Nothing alive can carry on without some 'living' food.

The seed is the thing that contains the birth of a tree, the birth of a plant, the birth of vegetables. In the seed of a tree we have the pattern for the bark, the sap, the flowers, the fruit – and everything that has to be put into that seed to begin with otherwise the plant would not grow to completion.

Seeds have been found in Tutankhamen's tomb --- three thousand years old. And when planted have grown. Seeds contain nearly every single food element that has been discovered and doubtless all the additional factors not yet identified.

According to Dr Jensen, nearly all the people he visited around the world who have lived a longer, happier life, including the Hunzas with an average life span of 120-130, included seeds in their daily diet.

**HOW TO EAT SEEDS:** Seeds are

very concentrated foods so eat them in small quantities and thoroughly masticate for good digestion. Many people fail to reap the benefits of seeds because they pass through the body unassimilated. For this reason we advise soaking nuts and dry seeds overnight first.

Nut and seed pastes are available, or you could make your own in a liquifier. Try grinding nuts or seeds in a small coffee bean mill and sprinkling over yoghurt, honey and fruit for breakfast. Seed milk drinks also provide easier digestibility. Seeds are much better eaten raw but they can also be incorporated in cooking whole or as a meal, added to bakery goods, vegetarian roasts, etc.

Nuts, grains and legumes are all seeds.

**SPROUTED SEEDS** All seeds may be sprouted and the vitamins and minerals within the seeds are increased, in some cases as much as 600%. Sprouts are alive and unadulterated by sprays and poisons.,

Alfalfa is the most nutritious. Among other seeds the best are azuki beans, mung beans, sunflower seeds, fenu-greek seeds, lentils and cereals such as wheat, buckwheat, millet and rye. They may be eaten in almost any course from soups, sandwiches to salads.

The seeds should be soaked overnight, then put in a sprouting tube or spread along the gauze of a sprouting trough or trays, especially designed for this purpose and are available from health shops. Further directions are supplied with these appliances.

Vaughan Bullivant D.Sc. ND DNM

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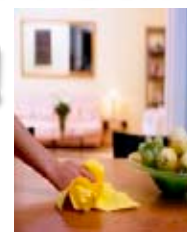
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Page 2





## BLACKTOWN CITY COUNCILS' ANNUAL PET FESTIVAL IS BACK

Featuring a fun-filled day, with a range of FREE activities for the whole family to enjoy.

This year, the Pet Festival will be held at a new venue, Blacktown Showground Precinct, Richmond Road, Blacktown.

This popular event will be held on Sunday, 3 November, commencing at 10am till 2pm.

The Pet Festival is a family pet day with plenty of FREE activities and entertainment including:

- vet check
- pet shows
- wildlife animal display
- animal welfare programs
- face painting and jumping castle
- petting zoo
- pony rides
- live pet caricature
- giveaways
- stage entertainment

The special guest speaker for 2013 is, Dr Katrina Warren, well-known celebrity veterinarian, radio and television host on 2GB's, Talking Pets and a regular contributor on Nine Network's Today Show. Katrina, will address the audience about responsible pet ownership awareness, pet behavioural issues, and animal welfare. She will also be hosting Q & A

and a meet and greet session.

Blacktown Animal Holding Facility will be showcasing the various services offered to the residents of Blacktown LGA. If you are looking for a new pet to join your family, you will have the opportunity to adopt a dog or cat at the event.

The Blacktown Animal Holding Facility is also offering a free micro chipping for Blacktown LGA residents only (limit of 2 pets per person). Please note: this does not include registration of your pet.



The Pet Festival will once again feature market stalls such as: pet supplies, pet clubs, information stalls, animal rescue groups and much more.

Residents are encouraged to come along and participate in the best dressed and best pet talent

competition show. This is an opportunity for you and your pet to be creative and put on a show. Lots of great prizes up for grabs! Pre-registration is required.

For more information contact Council on 9839 6000.

## CAN YOU HELP TOBY FIND A HOME ?



Toby unfortunately found himself abandoned at the pound. Save Our Strays immediately pulled him out of the pound and straight to the vet as he had a hernia. The hernia has been removed and Toby now has a clean bill of health. He is only a young dog, full of energy ready to start a new life. Toby's surgery cost was \$450.00.

So far \$210 has been raised by generous members of the public. You can see their names on the SOS website by Tobys picture. Very Well Done to those people.

You also can help SOS ( Save Our Strays ) and Toby by donating towards the cost of his surgery and then possibly giving him a new home where he will be loved and cared for, for the rest of his natural life.

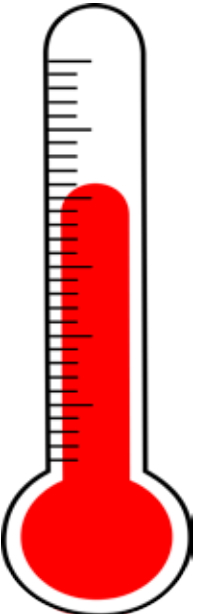
If you want to help Toby you can

donate any amount \$5 - \$10 or more at [www.saveourstrays.org.au/apps/donations/](http://www.saveourstrays.org.au/apps/donations/) and scroll down to Toby's spot.

You can donate using PAYPAL for any amount. There will be an adoption fee for Toby. Save Our Strays has a policy of taking back any adopted animal if circumstances change.



If just 16 people gave \$15 each, Toby's bill would be paid.



YOU CAN FILL OUT THE ADOPTION ENQUIRY FORM AT <http://www.saveourstrays.org.au/adoption-enquiry.htm>

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# GROW LITTLE FAIRIES IN YOUR GARDEN

LEWISIA (Cotyledon Elise) By Leah Ryan

Originating in southern Oregon and northern California, where it grows in a rocky sub-alpine habitat, is this delightful semi succulent. An evergreen perennial from the purslane (portulaca) family and commonly known by the names Siskiyou or cliff maids for its ability to grow vertically on a cliff face. Lewisia is named after Captain Lewis, who discovered the plants growing in the Rocky Mountains.

The fleshy leaves are both heat and cold tolerant and if situated in the sun, will flower for an extended period. The dainty candy striped flowers, measuring 25mm across, are borne in compact clusters. They stand tall above the deep green rosette of leaves and by

removing spent flower stems you will encourage even more flowering. True species have candy-striped pink flowers. Hybrids bloom in shades from white to magenta.

This popular species of Lewisia is very easy to grow. It grows to between 15cm to 30cm high and the same in width. Grow Little Fairies in a free draining, humus-rich soil or a good quality potting mix if planting in a container. Plant in full sun to light shade. Lewisia is perfect for borders, rockeries or as a showy specimen plant. Once established this slow grower is quite drought tolerant.

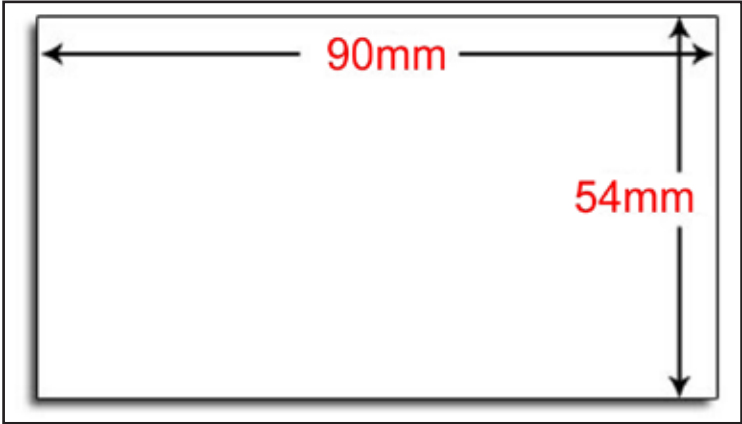
Protect from excessive winter rain. In early summer, propagate by removing offsets.



Photos thanks and courtesy to flickriver.com cactusjungle.com learn2grow.com

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# It's All About The Money

## OR IS IT ?

Most people want the big double story beautiful house with the swimming pool, designer kitchen, sumptuous entertainment area, huge kids rumpus room, fully equipped home gym, double garage with the 2 amazing foreign cars, 1 for her and 1 for him etc. also...

a happy, healthy family, good nutritious food to eat and lots of good friends to share the happy times and life.

Plus to be able to have a party and go on holiday when ever you want... correct ?

It is after all the Australian Dream and pretty much the same dream in most places around the world. There is nothing wrong with it and no one should feel guilty about wanting it.

But note in all of those things mentioned none of the items mentioned were money. They were all mainly physical objects.

So how is it that only some lucky 5% of people succeed at getting all those things but 95% of any given working population financially struggle and fight their whole life just to get the basics?

The answer is simple. The natural law and practice of growing money has been left out of peoples lives. Not dissimilar to planting and grow-


ing a veggie garden. An average family could save themselves \$40 - \$50 per week if they grew their own fruit and veggies. That is \$2,080 - \$2,600 per year. The 5% of people who do have the money have simply learnt how to grow money.

Believe it or not money has its own growing dynamic and if you don't understand that and know how to use and benefit from the dynamic called money you will be at the effect of it for your whole life. And not have all those things mentioned at the beginning of the article.

So what is a dynamic and how does it relate to money?

A dynamic as defined from page 652 of the 1975 World Book Dictionary 2nd definition: Dynamic: "Of or having to do with energy or force in motion."

To make an easy to follow example of how this works in relation to money, think of a tree. It starts from a simple small seed. It is watered by the rain, fed nutrition through the soil and uses the warmth of the sun to grow. This whole dynamic process is using the natural law of reciprocation, transference or swapping.



**DID YOU KNOW THAT A LARGE % OF BLACKTOWN, BELLA VISTA AND CASTLE HILL RESIDENTS COULD BE FINANCIALLY INDEPENDENT FOR LIFE USING THIS DYNAMIC MONEY TREE GROWING IDEA?**

Then one day you look out into the yard and see this tree standing there waving in the wind.

Well wouldn't it be nice if you could have a tree like that producing a crop of money every week or month? It would be a bit like going to the newsagency and buying a scratchie that paid you \$5,000 per month for 10 years. Only in this case of growing your own money tree it would be paying you not only \$5,000 per month it would be paying you more and more each month and year as the money tree grew and grew as its seeds fell on fresh new ground in your yard and started to grow up.

All of this is possible. It is happen-

ing right now in Sydney right under your nose, and you unfortunately are missing out.

If you don't want to miss out and you want help in growing your own money tree that will not only pay you for the rest of your life but it will continue to pay generation after generation of your family...

then call Derek to learn how you can grow your own money tree with no risk or stress.

**Ph: Derek on 0425 315 615**

### 5 WORDS YOU SHOULD SAY TO YOUR SPOUSE, KIDS, FRIENDS OR STAFF

## MONEY DOES GROW ON TREES

THE MESSAGE IT GIVES IS: GROWTH, ABUNDANCE, HAPPY FUTURE

How would your outlook on life change if you had enough cash to take that dream holiday? Or not to worry about school fees or the next bill arriving?

Or give your staff a party or help a friend in need?

There is a money tree growing rapidly in Sydney right under your nose, but you will never be able to pick its fruit if you don't take part in its growth. Find out how Derek is willing to hands-on assist you to possibly make you an extra \$500 - \$1000 + per week. **PH 0425 315 615**

**NOTHING WILL CHANGE IN YOUR LIFE UNLESS YOU CHANGE THINGS IN YOUR LIFE**

Picture thanks to www.dogguie.net





# 9 BENEFICIAL HERBS FOR THE RESPIRATORY SYSTEM

Continued from front page...

## 1. Osha Root



Picture thanks to [www.herbalfire.com](http://www.herbalfire.com)

Osha is an herb native to the Rocky Mountain area and has historically been used by the Native Americans for respiratory support. The roots of the plant contain camphor and other compounds which make it one of the best lung-support herbs in America. One of the main benefits of osha root is that it helps increase circulation to the lungs, which makes it easier to take deep breaths. Also...

when seasonal sensitivities flare up your sinuses, osha root, which is not an actual antihistamine, does produce a similar effect and may be help calm respiratory irritation!

## 2. Eucalyptus



Picture thanks to [www.luminescents.co.uk](http://www.luminescents.co.uk)

Native to Australia, eucalyptus isn't just for Koala bears! Aborigines, Germans, and Americans have all used the refreshing aroma of eucalyptus to promote respiratory health and soothe throat irritation.

Eucalyptus is a common ingredient in cough lozenges and syrups and its effectiveness is due to a compound called cineole. Cineole has numerous benefits — it's an expectorant, can ease a cough, fights congestion, and soothes irritated sinus passages. As an added bonus, because eucalyptus contains antioxidants, it supports the immune system during a cold or other illness.



Picture thanks to [www.indiamart.com](http://www.indiamart.com)

## 3. Lungwort



Picture thanks to [www.gaillardiapress.com](http://www.gaillardiapress.com)

Lungwort is a tree-growing lichen that actually resembles lung tissue in appearance. However, this natural remedy doesn't just look the part. As early as the 1600 s, lungwort has been used to promote lung and respiratory health and clear congestion. Lungwort also contains compounds that are powerfully effective against harmful organisms that affect respiratory health.

## 4. Oregano



Picture thanks to [www.sunwarrior.com](http://www.sunwarrior.com)

Although oregano contains the vitamins and nutrients required by the immune system, its primary benefits are owed to its carvacrol and rosmarinic acid content. Both compounds are natural decongestants and histamine reducers that have direct, positive benefits on the respiratory tract and nasal passage airflow. Oregano has so many health

benefits that a bottle of organic oregano oil should be in everyone's medicine cabinet. I recommend you check out this article to learn all the uses for organic oregano oil. See article at

## 5. Plantain Leaf



Picture thanks to [www.globalhealingcenter.com](http://www.globalhealingcenter.com)

With fruit that is similar in appearance to a banana, plantain leaf has been used for hundreds of years to ease cough and soothe irritated mucous membranes. Clinical trials

have found it favourable against cough, cold, and lung irritation. Plantain leaf has an added bonus in that it may help relieve a dry cough by spawning mucus production in the lungs. Good stuff!

## 6. Elecampane



Picture thanks to [www.medievalcoookery.com](http://www.medievalcoookery.com)

The Greeks, Romans, Chinese, and even Indian Ayurvedic medicine have cited elecampane for respiratory support and, since the 1800's, lozenges and cough drops have been produced from elecampane root. The reason? Elecampane has a relaxing effect on smooth tracheal muscles. There are two active compounds in elecampane root that provide the beneficial effect — inulin, which soothes bronchial passage, and alantolactone, an expectorant with antitussive action.



Dr. Group has studied natural healing methods for over 20 years and now teaches individuals and practitioners all around the world. He no longer sees patients but solely concentrates on spreading the

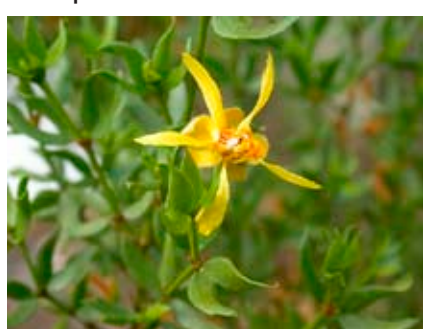
## 7. Lobelia



Picture thanks to [en.wikipedia.org](http://en.wikipedia.org)

Did you know that horses given lobelia are able to breath more deeply? Its benefits are not limited to equestrians. Lobelia, by some accounts, is thought to be one of the most valuable herbal remedies in existence. Lobelia contains an alkaloid known as lobeline, which thins mucus, breaks up congestion. Additionally, lobelia stimulates the adrenal glands to release epinephrine, in effect, this relaxes the airways and allows for easier breathing. Also, because lobelia helps to relax smooth muscles, it is included in many cough and cold remedies. Lobelia should be part of everyone's respiratory support protocol!

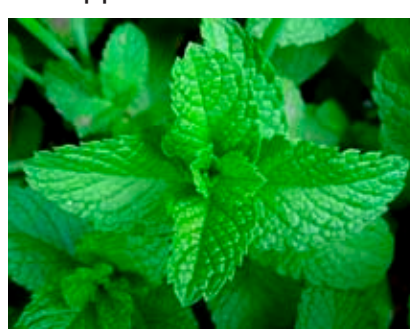
## 8. Chaparral



Picture thanks to [www.healthandbeautypages.com](http://www.healthandbeautypages.com)

Chaparral, a plant native to the southwest, has been appreciated by the Native Americans for lung detoxification and respiratory support. Chaparral contains powerful antioxidants that resist irritation and NDGA which is known to fight histamine response. Chaparral is also an herb that fights harmful organisms. The benefits of chaparral are most available in a tincture extraction but chaparral tea may support respiratory problems by encouraging an expectorant action to clear airways of mucus.

## 9. Peppermint



Picture thanks to [en.wikipedia.org](http://en.wikipedia.org)

Peppermint, and peppermint oil, contains menthol — a soothing ingredient known to relax the smooth muscles of the respiratory tract and promote free breathing. Paired with the antihistamine effect of peppermint, menthol is a fantastic decongestant. Many people use therapeutic chest balms and other inhalants that contain menthol to help break up congestion. Additionally, peppermint is an antioxidant and fights harmful organisms.

## Supplementing with Lung Support Herbs

All of the above herbs are available, in various forms, as nutritional

health and wellness to the global community. Under his leadership, Global Healing Center, Inc. has earned recognition as one of the largest alternative, natural and organic health resources on the Internet.

Have you used any of these natural remedies to support your respiratory health? What benefits did you notice? Please leave a comment at [www.globalhealingcenter.com/contact-us.html](http://www.globalhealingcenter.com/contact-us.html) and share your experience with us!

- Dr. Edward F. Group III, DC, ND, DACBN, DCBCN, DABFM

supplements and in tea blends. Additionally, many people grow herbs in their garden and simply consume them as food. That's not a bad idea! If you grow them yourself, you can rest easy knowing the source is a good one. If not, it can be difficult to know if nutritional supplements use herbs that are organic, contain pesticides, ethically harvested, given clean water, etc.

These are not factors for which you can or simply should assume the best — ask questions and verify that you're getting the best product possible. To make it easy, I recommend Allertrex, which contains all the herbs listed above — organic and wildcrafted — as well as orange peel, menthol crystals, and nascent iodine.



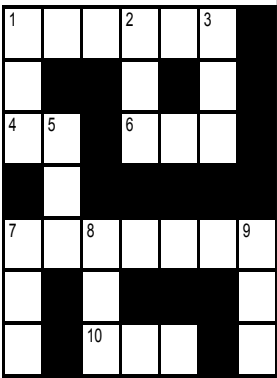
Crosswords + Puzzles

To keep your mind tuned up and ready for action.

KIDZ CROSSWORD

Across

- 1 soldiers wear this in battle (6)
- 4 to do with oneself (2)
- 6 little person (3)
- 7 round shapes from blowing into soap (7)
- 10 what you do with food (3)

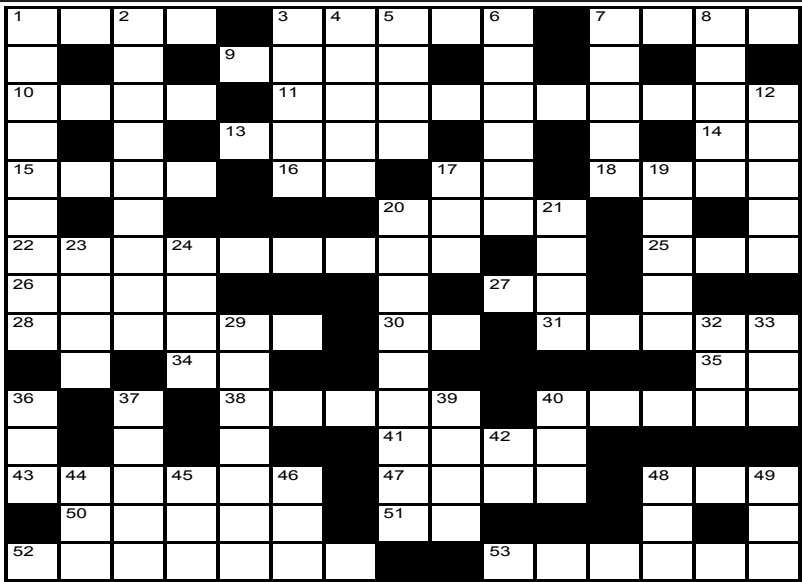


Down

- 1 point at (3)
- 2 type of tree (3)
- 3 bright colour (3)
- 5 not me but ... (3)
- 7 type of transport (3)
- 8 insect (with a sting) (3)
- 9 fluid in trees (3)

Across

- 1 rush (4)
- 3 perpetuates (5)
- 7 speedy (4)
- 9 another name for mother (4)
- 10 mechanism used for suction (4)
- 11 communicated by long distance (10)
- 13 chromosome on DNA (4)
- 14 abbr nor applicable (2)
- 15 small amount (4)
- 16 abbr road (2)
- 17 move (2)
- 18 require (4)
- 20 male monarch (4)
- 22 entangled (9)
- 25 apparent line of light (3)
- 26 what a tree or plant grow from (4)
- 27 7th note on a major scale (2)
- 28 small flat seeds used in cooking (6)
- 30 us (2)
- 31 fast (5)
- 34 short name for mother (2)
- 35 abbr name unknown (2)
- 38 yearn to possess (5)
- 40 beat all others (5)
- 41 entrance point of a room or building (4)
- 43 families linked by social, economic, religious, or blood ties, with a common culture and dialect, typically having a recognized leader.





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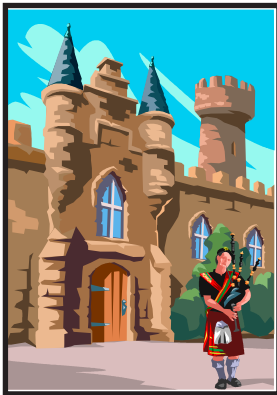
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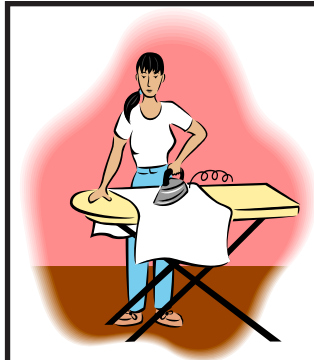
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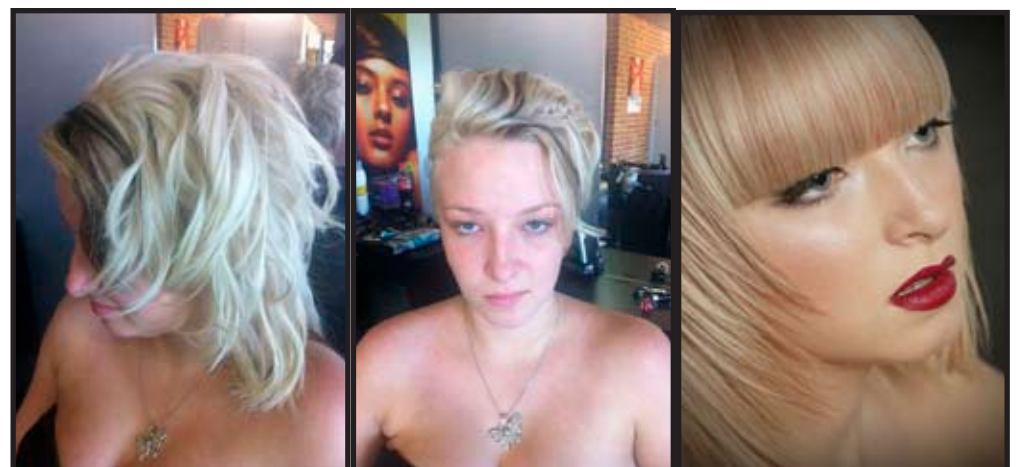
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