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GOVERNMENT AND SENIOR POLICE OFFICERS CONCERNED ABOUT THE RISE IN PEOPLE USING SELF-DEFENSE CITIZENS DEFENDING THEMSELVES IN HIGHER NUMBERS COULD BE PROBLEMATIC POLICE CHIEF SAYS

Sydney, November 5th 2015-

Senior police and government ministers are becoming alarmed at the increase in the number of cases where victims of crime and homeowners are turning more and more to defending themselves when being attacked or experiencing a home invasion by thugs and criminals.

In a number of cases, law breakers and criminals have had to seek medical attention after being set upon by their victim.

"There has to be a stop put to this", said 'Killer', a hardened mugger and home invader with at least 20 years experience.

"I started doing this work when I

was 11", 'Killer' said in an interview with a Dry Gulch reporter. "It's getting to the stage where a person may even have to go straight unless the gov't steps in and puts a stop to it".

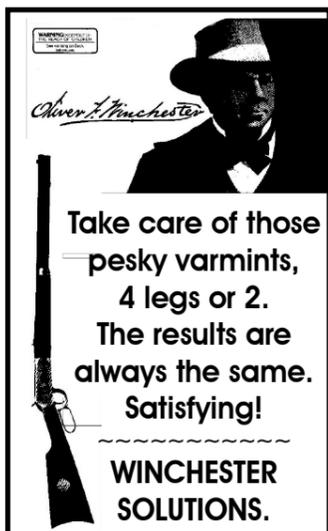
In the past fortnight, there have been at least 200 break-ins in one area alone, resulting in more than a dozen burglars seeking medical attention.

Police officials are reportedly looking into the claims and have issued a statement saying that the government intends to set up guidelines to home owners and anyone else who may find themselves being mugged, beaten or robbed at any time.

SUGGESTED GUIDELINES FOR SELF-DEFENSE

- 1- Physical attack by a male of average build: Slap attacker with open palm no more than 3 times.
- 2- Physical attack by 3 or more males of average build: Slap each attacker with open palm no more than 3 times.
- 3- Physical attack by a very large South Pacific Islander male: Slap attacker with open palm no more than 3 times.
- 4- Attack by a knife-wielding assailant: Slap attacker with open palm no more than 3 times.
- 5- Attack by a gunman or gunmen: Slap attacker with open palm no more than 3 times*.
- 6- Attack by a crazed person of Middle Eastern appearance: Forget the slap.... Just run!

*-Please note: In the case of an attack by a person with a firearm, it's well advised not to try and slap the attacker, but just hurry and find a hiding place as soon as possible. Do not call 000 unless you're absolutely sure that your attacker may seriously hurt you. This can be achieved by consulting with your attacker before any action is taken by him or her, as the case may be.



Take care of those pesky varmints, 4 legs or 2. The results are always the same. Satisfying!

WINCHESTER SOLUTIONS.

DID YOU KNOW?

- 1- The famous gunfight at the [O.K. Corral](#) did NOT occur at the [O.K. Corral](#). When the [Earps](#) and the [Clantons](#) shot it out in [Tombstone, Arizona](#) in 1881, their famous battle took place in a vacant lot between [Fly's Photograph Gallery](#) and the [Harwood house](#) on [Tombstone's Fremont Street](#). The [O.K. Corral](#) was located nearby, however, and somehow its name became attached to the famous shootout.
- 2- The first indoor toilet installed in the White House was when [John Quincy Adams](#) became president in 1825. Causing some debate and many jokes, it gave rise to the slang term of "Quincy" for an indoor toilet.
- 3- [Annie Oakley](#), who's real name was [Phoebe Anne Mozee](#), never lived farther west than Ohio.
- 4- Only one man was ever killed in a gunfight with [Wyatt Earp](#) while he was in [Dodge City, Kansas](#). On July 26, 1878, a drunken cowboy named [George Hoyt](#) traded shots with [Earp](#) and lost.
- 5- "Keep your ear to the ground" referred to the practice of plainsmen listening to the ground to hear hoof beats. It became the westerner's warning to stay alert.

DISCLAIMER

The Dry Gulch Gazette wishes to advise that any articles printed in this newspaper are not necessarily the opinion of the paper, its staff or associates. In fact, we're stuffed if we know how this stuff gets printed in here.

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Medical Doctor Sells Practice, Opens Up “Farmacy” Using Food as Medicine

Shift Frequency article by: Justin Gardner



Dr. Robert Weiss

Dr. Robert Weiss believes that a change is coming about in the way we approach health and medicine, or rather a re-connection with knowledge that was shunned with the onset of big pharma. He sold his practice in New York and built the first farm-based medical practice on a 348-acre farm in Long Valley, New Jersey. It can be called a “farmacy,” a place that explores and utilizes plant-based “food as medicine.”

“Plant-based whole foods are the most powerful disease-modifying tools available to practitioners — more powerful than any drugs or surgeries,” said Weiss, a doctor of 25 years in Hudson County.

Untold billions have been put into the production of synthetic chemicals to treat the symptoms of disease, yet the research of plant-based medicine has taken a back seat, despite its ancient history and already known potential.

The priority is prevention through proper diet, including fruits, vegetables, grains, nuts, beans and seeds. It’s “paleo” plus the best parts of human agriculture before they were turned into processed foods. However, this strict diet regimen can also be used to treat those already afflicted with ailments.

“I am not saying if you fall down and break your ankle, I can fix it by putting a salve of mugwort on it. You need someone to fix your fracture,” Weiss said. “I am talking about treating and preventing chronic disease — the heart attacks, the strokes, the cardiovascular disease, the cancers ... the illnesses that are taking our economy and our nation down.”

He says that the nutrients in fruits and vegetables prevent inflammation, which is believed to be the cause of many chronic diseases.

Dr. Weiss said the lunch that was prepared during the interview—“a salad of baby kale, radicchio, purple carrots, cucumbers, onions and cherry husk tomatoes tossed with a walnut vinaigrette, followed by eggplant rollatini with tofu instead of cheese, and dairy-free chocolate pudding garnished with raspberries”—contains many naturally occurring drugs.

The goal is to reduce the reliance on dangerous pharmaceuticals that bring on a host of negative side-effects, addiction, and overdose death. Also, he strives to avoid, where possible, unnecessary surgeries.

Dr. Weiss points to the case of 90-year-old Angelina Rotella of West New York as model success story. On the night before Christmas Eve, she came to his office in a wheelchair with congestive heart failure.

“I asked her, ‘Do you want me to call 911 and admit you to Palisades General? Or will you let me feed you sweet potatoes and kale?’ Amazingly enough, with the help of her daughter, she chose this,” Weiss said. “She doesn’t have diabetes anymore and chronic heart failure. She is cooking, sewing and walking around town. I’m not saying it’s easy, but she seized the opportunity and she is transformed.”

The prescription was a strict diet including “grains (such as whole-grain brown rice and sweet potatoes), steamed greens (including kale and spinach), fruit (a big serving of wild organic blueberries is a must) and water.” Her daughter, Angie Rotella-Suarez, calls it “more than a miracle,” saying her mother stopped taking her heart blood pressure medication within two weeks.

The plant-based diet was so effective that Rotella-Suarez and her sister took up the same diet and lost 40 pounds, and are no longer pre-diabetic. The farmacy already has 90 families that pay a membership fee and volunteer time picking weeds and harvesting vegetables. Part of the mission is to get people more interested in their diet through being involved in the food production.

“Human health is directly related to the health of the environment, the production of food and how it is grown,” said Weiss, who earned an undergraduate degree in botany at Rutgers College of Arts in Science in Newark. “I see this farm as an opportunity for me to take everything I’ve done all my life, all the biology and chemistry of plants I have studied, and link them to the human biological system.”

Indeed, there are more benefits to the act of growing one’s food than the we may realize. According to a scientific study, working in the garden and making contact with soil bacteria can make you smarter and happier, by triggering the release of serotonin in the brains. Dr. Weiss is truly following the advice given by Hippocrates so long ago – “Let food be thy medicine and medicine be thy food.”

SF Source Rise Earth Oct 2015