

LIFESCAPE MAILBAG

your shout

TOP PICKS FROM THE LIFESCAPE POST BAG...

A good clear out

Sue Spencer's article is very inspiring. I've always been keen on cutting through obsessional rituals and habits that rule one's life. Why not have soup for breakfast (they do in Turkey) and porridge for supper? My special problem, shared by many animal rights campaigners, is what to do with all the magazines, appeals, protest information, appeals for money etc? We wouldn't do without this evidence of a thriving social movement, but it can produce guilt and compassion fatigue. So thanks to Sue I've been ruthless and recycled all non-current leaflets and magazines and the consequent order is very pleasing. I hope this will start a trend and release energy and time to admire the dandelions. Best wishes for your glorious publication.

**JOAN COURT,
CAMBRIDGE**

Editor says: My kids often enjoy spaghetti for breakfast and cereal for tea and jacket potatoes make a good start to the day in winter, so, yes!!



Star letter winner receives...

ESELLE BODY ME GIFT SET (WORTH £30)

Eselle products are 100% organic - this attractive re-usable bucket contains 3 award-winning products: Lime & Coconut Body scrub, Body Butter and Firming Body Oil. The body butter contains beeswax so it's not totally vegan

* Available from www.buyorganics.co.uk



Money, money, money...

I got a lot from Geoff Francis this month and last month – but particularly the one on money. I wish I could respect my parents but they fuss and worry and work round the clock to pay their way, they say, but worst is that they then go out every weekend and come back with trolley loads of animal parts, canned gunk and stupid things for the house that were probably made by people who are starving. I am a vegan but they are not pleased. They say they love me but I can't wait to leave home. I am only fifteen and grateful to you for giving me some inspiration and hope. I love the articles on animals by the way.

NAME AND ADDRESS WITHHELD.



Editor says:

I hope you can access Bonobo.tv as your parents might be interested in that. Hang on in there and be kind to them; they may never have had the chance to learn other ways of seeing things.

Silica success!

Six months ago I developed a varicose leg ulcer, which ultimately resulted in every step being very painful. When told this could last 15 years I was desperate as I am already 91! I sought advice from a more alternative source and on taking Dr Schuester's tissue salt no. 12 the pain went within 4 hours. After one month I no longer needed dressings. No side effects! Why are they not on the prescription lists at the doctor's surgery? Anyway, I wanted to share this with readers as I am sure I am not alone in loving the Lifescape health sections. Three cheers for homeopathy, three cheers for Dr. Schuester who did his research over 150 years ago! Three cheers for Lifescape!

J. S MIDLANDS

Editor says: Some complementary medicines are now available on prescription, such as the Atrogel Arnica gel by A. Vogel. (These are companies that have been awarded the Traditional Herbal Medicine's Directive licence for certain of their products.) So change is on its way although the new European legislation may make other traditional and natural remedies less available. We will update on all this in future issues.