



Is mould the cause of cancer and other diseases?



And the food we choose to eat the cure?

Coles insurance claim rejected but the Solutioneers came to the rescue.

Coles insurance claim rejected but forced to cough up.
 In Sydney, natural phenomena like storms with heavy rainfall, gale-force winds, hail, etc., have been quite regular the last few years. As a result, many homes have been damaged by these extreme weather conditions.
 And when the time comes, you will contact your home insurer to assess the damage, and hopefully, they will accept responsibility.
 But weather conditions are not the only enemy of your home. The services within your house can be another great enemy, ready to bite into your building elements. Waterproofing or buried water pipes into your walls are a few examples.
 And here lies the thin line between these. It could mean your insurer (who, by the way, is NOT ON your side), even if you have been paying the

insurance for decades and have yet to make a claim, can reject it.
 So remember the golden rule. Never accept their rejection of your claim as gospel.
 In a recent encounter with such a case, we were called to quote on a first-floor ensuite water leaking issue.
 We visited the site, and the owners, Darren and Fiona, informed us that Coles Insurance rejected their claim. On our inspection, we discovered large volumes of water had leaked onto the yellow tongue flooring, causing extensive damage.
 Darren and Fiona were very distressed and informed us they had saved some money to take their family on holiday. So naturally, they assumed the holiday funds had to go towards the ensuite refurbishment.
 Coles Insurance had already sent their plumber and builder to check the damage. They rejected the claim because, allegedly, the waterproofing had failed and caused the water leak.
 When we inspected the membrane, we found no waterproofing issues, although the membrane was quite old.
 Then from a hole in the plasterboard behind the bathroom wall, we noticed the top of the timber plate was very wet, and extensive dry rot was present.



Burst water pipes should be covered by your home insurance

Naturally, the water does not travel upwards unless its rising damp.
 So by removing some more of the plasterboard, we discovered the water was leaking from the shower water pipes.
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REMEDIAL WORK

- Rising damp treatment
- Cracked wall repairs
- Underpinning
- Waterproofing
- Concrete cancer treatment

LANDSCAPING

- Turfing
- Paths and patios
- Driveways
- Decking
- Paving

RETAINING WALL SYSTEMS

- Concrete sleeper walls
- Timber sleeper walls
- Dintel walls
- Concrete block walls
- Sandstone walls

The Demise of Democracy and the Rise of People Power

Democracy in its true form is dead in most of the West, and we are ruled by an 'oligarchy' at best; a system under which a small, self-perpetuating elite group has full control (in ancient Greek oligos meant 'few' and archy meant 'lead'). Ancient Sparta, Egypt and Rome operated under oligarchic governing systems. However, in ancient Athens, the city-state where the ancient Greek philosophers lived free to express themselves, the citizens ruled and all decisions were passed through a referendum system.

An example of true democracy at work in Australia is the 1901 referendum. Athens was

the very first known democracy. The word democracy comes from two ancient Greek words: demos, which means 'the people', 'the citizens'; and kratos, which means power.

Democracy in ancient Athens was a unique and intriguing experiment in direct democracy. All citizens could vote for any legislative or executive bill in their own right. One man, one vote. The court members and judges were chosen, preventing the system from becoming self-perpetuating or corrupt.

What Is Direct Democracy?

Direct democracy (or pure democracy) is a form of government in which people vote on policy initiatives directly, as opposed to a representative democracy in which people vote for representatives who then vote on policy initiatives. With direct democracy the people will vote to pass executive decisions, make laws and conduct trials.

History

The earliest known direct democracy is the Athenian democracy in the 5th century BC. The Athenian

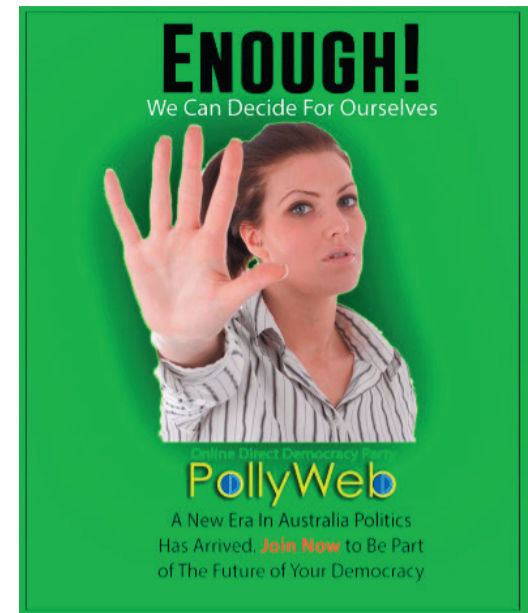
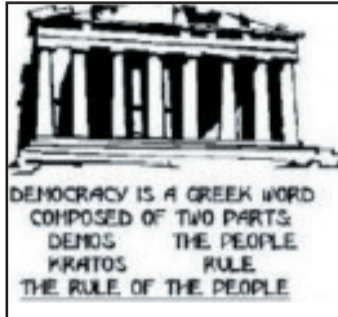
democracy was not only direct in the sense that decisions were made by the assembled people, but also in the sense that the people, through the assembly, the parliament, and law courts controlled the entire political process. A large proportion of citizens were involved constantly in the public business of decision making. Modern democracies do not use institutions that resemble the Athenian system of rule. Modern-era citizen lawmaking began in Switzerland in 1847, when the Swiss added the statute referendum to their national constitution. In 1891, they also added the 'constitutional amendment initiative'. Over the past 120 years, more than 240 initiatives have been put to referendum.

Power of the people.

People worldwide are beginning to voice their objections. The elite oligarchs who rule the world today are terrified of true democracy. Their plan to give citizens the illusion of democracy is very successful. We currently vote for our leaders by choosing one of two controlled political parties, giving us the illusion that we are in a true democracy. A wolf in sheep's clothing – the oligarchs rule in a pretend democracy. When one of their own puppet rulers decides to use some of their token power to ask for a referendum on an important decision of national consequence, in other words, offers true democracy to the citizens, the elite goes into a frenzy, afraid that they might lose a great deal.

E-democracy

Some of the issues surrounding the related notion of a direct democracy using the Internet and other communications technologies are dealt with through e-democracy. More concisely, the concept of open source governance applies principles of the free software movement to the governance of people, allowing the entire populous to participate in government directly, as much or as little as they please.



ONLINE DIRECT DEMOCRACY

Australia's first internet-based registered political party, aims to provide everyone listed on electoral roll with a direct voice in parliament. Once elected, Online Direct Democracy representatives are bound by their agreement with the party to vote in parliament, according to the majority results on the online referendums. In other words, the majority rules.



<https://www.onlinedirectdemocracy.org>

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Is mould the cause of cancer and other diseases



And the food we choose to eat the cure?

By Harry Tsoukalas

If we could go back 2,500 years ago and say hello to my Greek ancestors, we would meet Hippocrates, the father of medicine who once said, "Let food be thy medicine and medicine be thy food". Hippocrates obviously knew something we still don't. But to rephrase that. "Food can be our medicine or our poison".

According to my theory: "Our fork is our weapon against cancer and other diseases".

What is the source behind mould development?

WATER

Mould is a fungus that needs the proper moisture and humidity over 55% to develop. At over 70%, mould thrives, building a new colony from just one spore, then out of the millions, a fungus can shed. It needs organic matter to feed, so it can grow into adults and send more deadly spores into the environment we work, play and rest to invade another organic matter and start the cycle again.

I am not a scientist or a doctor.

I am a remedial builder fixing problems with water and mould, amongst other remedial work, and I come across unhealthy buildings and occupants daily. Mould is everywhere. In the food and drinks we consume, our homes, cars, caravans, boats and in the atmosphere. Some moulds are more aggressive than others, and some will even feed on weaker moulds.

There are millions of different types of moulds, but today we have discovered 100,000. The more aggressive and vigorous moulds can feed on the weaker ones. Take this yellow mould, for example, which can devour a white vegetarian mould.

(pictured below).



Furthermore, mould not only feeds on dead matter but will take over the body of living organisms like ants. This is the ability of the Cordyceps or zombie-ant fungus. It can infect ants and manipulate their behaviour in a way beneficial for fungus growth and transmission. Cordyceps drains its host completely of nutrients before filling its body with spores that will let the fungus reproduce. Once they die, the cordyceps can fully fruit into a mushroom growing out of the ant's head and sprinkling spores on the other ants around it in hopes they bring the fungus back to the hive, where it can spread further.

Each species of this fungus specialises in devouring a specific animal species. Moulds or fungi like the cordyceps have also diminished many other species

like bats, rats, frogs, moose and even the rattlesnake of America, which has become endangered because of snake fungal disease. Furthermore, vegetarian moulds will feed on the fruits we know and love, like bananas which are in danger of extinction, and our precious wheat crops.

If life existed for millions of years, what have we done in the last decades? Suddenly, all of these species have become extinct or facing extinction? Could it be that the super moulds, the monster aliens we created, feed on toxins, and they have become super powerful? The perfect mould.



It's fascinating to see how fungi can spread their wings with their spores (from the Greek word sporos which means seed). One mushroom can have up to 15,000,000 spores meaning there will be millions of spores out there looking for their next victim.



So, it is evident that fungi can attack plant and animal life, feeding on them until no nutrients are left from the corpse. They can then quickly reproduce sexually, in which the mother mould gives birth to the new

mushrooms. The new spores or their babies emerge from these mushrooms and look for their next victim to devour and create their own colony.



If these moulds or fungi attack plant and animal life, why would they spare humans? Well, I don't think they do! I have been studying thousands of cancer and mould images under microscopes. The similarities are astounding, including the way they metastasise. Moulds are nature's way of cleaning up the environment and creating new nutrients for life.

It's always been like that. But why have we witnessed a wide spread of killer moulds in the last few decades, killing many more plant and animal life and perhaps humans?



One mushroom can shed up to 15,000,000 spores

All the toxic chemicals we have bombarded upon Mother Nature have mutated moulds making them very powerful. We have created a monster. The perfect mould. The alien who invades our bodies feeds on our internal organs, metastasising like a typical mould to other organs, heading for the final hit. The brain.

How to engage in a war against the mould.

First, we stop them from growing in our homes by building healthy homes and buildings. Remember, they need moisture and humidity to establish themselves.

We can eliminate these aliens if we stop the moisture in our buildings, cars, boats, etc, and keep humidity under 55%. So simple.

But what do we do when 90% of our homes give moulds the right environment to establish themselves? **FIX THEM!** It's not that hard. Get that water and moisture away from your house. Get the super weapons out against humidity. A dehumidifier and our Australian-made air purifier from Innovair are the best combats against it.

I have the E20, and it is doing a great job devouring the aliens before they even breathe. Build our new homes, schools, hospitals and workplaces like fortresses against mould. It's easy. We need healthy buildings to live and work.

Let food be your medicine

The next chapter is about killing the aliens from our bodies or how to fortify our bodies to stop the invasion. But this is a tough one. We must redesign our food chain.

After extensive research, I decided to follow a particular diet. I call it the Hippocrates diet.

I have been suffering from quite a few chronic illnesses. I lived in mouldy environments, and my remedial building work exposed my skin, gut and lungs to mould. I had eaten moulds with my foods and taken moulds contained in the medicine. So, I was choking on mould.



Pharmacy or Farmacy?

I have started a war against them. My strategy is simple. First, I starve the moulds to weaken them and then attack them. I am winning the battle! I feel so much better, body and mind, and many of my chronic problems have disappeared. I had to give up on many of my beloved foods and drinks, like my bread dipped in olive oil and my ouzo to go with it or wine, among many others. But I prefer to go without them if it's a matter of life or death.

My diet took twelve months to eliminate the problems; in that time, I was reborn. Most of my chronic illnesses have disappeared, and my prostate cancer PSA level is almost down to normal.

What types of foods encourage mould growth?

Mould and Mycotoxins in your food supply

Alcoholic beverages

Alcohol is the mycotoxin of the brewer's yeast. Producers often use grains that are too contaminated with fungi and mycotoxins to be used for table foods. The risk is higher that you are consuming more than just alcohol in your beverage.

Dried Fruits - (Raisins, Apricots, Prunes, Figs, Cranberries).

There are reports of aflatoxins in raisins and OTA in dried figs, apricots, dried plums (prunes), and quince. Dried fruits can be contaminated with aflatoxins, OTA, kojic acid, and, occasionally, with patulin or zearalenone.

Yeast - (Any form)

A microscopic fungus consists of single oval cells that reproduce by budding and can convert sugar into alcohol and carbon dioxide. Yeast can cause yeast infections and massive growth of Candida.

Corn

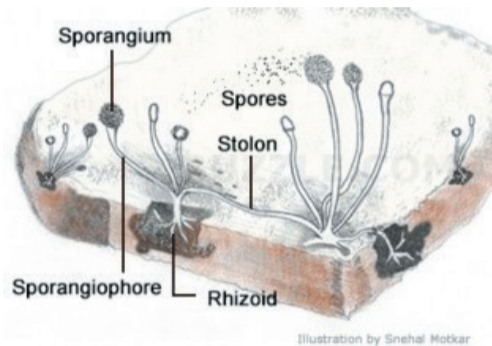
Corn is "universally contaminated" with fumonisin and other fungal toxins such as aflatoxin, zearalenone and ochratoxin. A typical chicken nugget at a fast food restaurant consists of a nugget of corn-fed chicken that is covered by a corn-based batter that is sweetened with corn syrup!

Corn is a key ingredient in numerous food items like cereal, peanut butter, snack foods and soft drinks. There are more than 4,200 ways they contaminate

products with mycotoxin-laden corn. More are being found each day, including corn itself, popcorn, cornmeal (cornbread, corndogs, polenta), corn flour (ex: tortillas and chips), Corn cereals like Kix, CornPops, Chex, CornFlakes etc., High Fructose Corn Syrup and other Corn Syrups.

Wheat

Not only is wheat often contaminated with mycotoxins, but so are the products made from wheat, like bread, cereals, pasta, etc. Regarding bread--it probably doesn't matter if it's organic, inorganic, sprouted, blessed or not--if it came from a grain stored for months in a silo, it stands the chance of being contaminated with fungi.



Barley

Like other grains that can be damaged by drought, floods and harvesting and storage processes, barley is equally susceptible to contamination by mycotoxin-producing fungi.

Soy Beans

Soybean is a plant used extensively in food and feed manufacturing as a source of proteins, carbohydrates and oils. Soybeans can be contaminated with fungi, either during field vegetation or storage or processing.

Sugar (sugar cane)

Not only is sugar cane often contaminated with fungi and their associated fungi, but they, like the other grains, fuel the growth of fungi. Fungi use carbohydrates--sugars--to thrive.

Peanuts, HazelNuts, Cashews

A 1993 study demonstrated 24 different types of fungi that colonised the inside of the peanuts and cashews used in the report. Hazelnuts are commonly found to contain Aflatoxin Mycotoxins.



Mushrooms

For obvious reasons, stay away from mushrooms. They are a fungus. All types of mushrooms should be avoided by anyone dealing with a fungal issue or mould toxicity. Store-bought mushrooms encourage yeast growth and Candida in the body. Some types of mushrooms can be deadly because of the mycotoxin neurotoxins they produce.

Meat

Animals are often fed almost all the foods listed here on the mouldy foods list. Usually, they are very sick from toxic mould exposure. For example, the average pig has "mycotoxicosis," and keeping pigs healthy and free of mycotoxin-related diseases is ongoing.

Pharm Raised Seafood & Fish

Pharm-raised fish are fed pellet meals and not eating foods generally found in their natural environment.

Because of this, fish are being fed mouldy plants, animals, corn, wheat, barley, oats, and soy contaminated with mycotoxins. These fish types are very sick and can make you ill if eaten regularly.



Tobacco

The FDA even admits in their literature and studies that Tobacco is often laden with AflatoxinB. AflatoxinB is a well-known carcinogen. Most people think they got cancer from smoking cigarettes. Little do they realise they got cancer from AflatoxinB mixed with other activating cancer compounds used to make the cigarettes.

Vinegar and Apple Cider Vinegar (ACV)

Vinegar or apple cider vinegar acidifies the blood and tissues, which promotes the production of bacteria, yeast, fungus, and mould.

Dairy Products

Mycotoxins may contaminate dairy products by moulds growing on them or by the carry-over of mycotoxins occurring in animal feedstuffs ingested by dairy cattle.

Coffee and Coffee Beans

Coffee is a natural product susceptible to mycotoxin contamination. Here are just some of the mycotoxins detected in some batches of retail and commercially-sold coffees: nivalenol, deoxynivalenol, T-2 and HT-2 Toxin, diacetoxyscirpenol, aflatoxin B1, aflatoxin B2, aflatoxin G1, aflatoxin G2, fumonisin B1, fumonisin B2, ochratoxin A, zearalenone, enniatin A, enniatin A1, enniatin B, enniatin B1, and beauvericin.

STOP THE HARMING FROM THE PHARMING BY ORGANIC FARMING!

But now that I am starving the aliens in my body without feeding the FOOD they love, how do I attack them?

REMEMBER: Farmacy, not pharmacy, is the magic word.

An alkaline diet has helped me fight my intruders. I provide my immune system with the proper ammunition to fight them.

Vegetables

Organic veggies are my defence. Vegetables full of pesticides will give ammunition to my moulds to fire back at me.

But you must be careful with those too. Vegetables high in oxalate can cause kidney stones. "Night Shades"* contain Lectin, a poison that can cause leaky gut. They are called Night Shades because they flower at night: Tomatoes, Potatoes, Peppers and Eggplants.

MY WEAPONS ARSENAL

I visit the supermarkets now and remember the good (or bad) old days when my trolley was loaded with cancer! Sorry, I mean processed food! Now I go to the supermarket, and after half an hour, I leave with just a container of olives.

There is nothing I can trust to eat or drink anymore. Quite a few organic shops are around, and they are reasonably priced.

Fruit

Many fruits are mould killers on contact, like my pome-grenades, sorry pomegranates! Others, like oranges or bananas, are full of sugar, so no more orange juices containing the sugary juice of 7-8 oranges. I prefer to have my grapefruit instead and only a few oranges.



The Main weapons in my kitchen cupboard These are my preferred natural defences against alien enemies or moulds, and I have them daily.

- Raw garlic
- Turmeric
- Ginger
- Raw honey
- Extra virgin olive oil
- Essential oils
- Baking soda
- Sea-salt

I am not a scientist. I am a village boy who grew up on a farm in Corfu, Greece. I look back at my very healthy father, who would only eat what he grew himself with no pesticides. Devouring a whole raw head of garlic, hot chillies, his raw honey and extra virgin olive every day.

He died at 93 from a young doctor's mistake from a urine infection.

Rick Stein (a famous cook from BBC) came to Corfu and did a story at our farm with my mum and dad when my dad was 83 years young and strong as a bull. Rick stated in his program that my dad was the face of the Mediterranean diet.

Scientists worldwide are still working on finding the causes of our diseases and cancers, tirelessly working on finding miraculous cures and spending billions of our hard-earned money.

We still don't have any answers on why we are still getting ill and even dying from these diseases. So here I am, as proof that Hippocrates was right in quoting, "Let food be thy medicine and medicine be thy Food".

I am a cured, living example of this.
Harry Tsoukalas.

Intermittent Fasting.

An essential ancient way of life we choose to ignore.

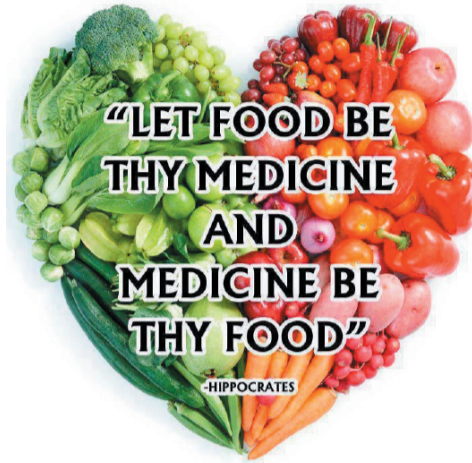
Researchers say that daily Fasting for 16 hours benefits your body with many long-lasting health benefits.

But did we have to wait for the scientists to reveal this? Religions and philosophies have practised fasting for thousands of years, including Buddhism, Christianity, Islam, Judaism, Taoism, and Hinduism. They will tell us they practise fasting for spiritual reasons. But did they know something more we don't?

Our Greek Orthodox religion practices 200 days per year of Fasting. Forty days for each period at Christmas, Easter and Summer, plus every Wednesday and Friday. In all fasting periods, meat, eggs, dairy products and fish are not eaten. Vegetables, cereals, legumes like chickpeas and lentils, and fruits are allowed all year. Funnily enough, the food they abstain from is primarily acidic, and they are allowed to consume only

alkaline food products! (refer to our article about the importance of pH level and alkaline diet Vs acidic.)

As far as the modern day's most popular diet, intermittent Fasting, is this a new discovery by our scientists? Not for me. Back in my young days, growing up on a farm in Corfu-Greece, I remember well that intermittent Fasting was part of our lives. And still is in the country areas of Greece. The Greeks will wake up and have coffee or tea but not a massive breakfast as the Western diets have accustomed us to. A meal will be served for lunch at around 1.00 pm and then a light early dinner at around 6.00-7.00



pm after the siesta. And nothing else till midday the next day. Periodic Fasting from acidic food products and intermittent Fasting at its best. It comes as no surprise the Mediterranean diet is one of the healthiest in the world!

The importance of pH level to combat illnesses.

The importance of pH level to combat illnesses. Another essential measure I have undertaken to combat my chronic illnesses, including mould-related issues and prostate cancer, was my pH level. The letters pH stand for the potential of hydrogen since pH is effectively a measure of the concentration of hydrogen ions (that is, protons) in a substance.

How do I test my pH level?

You can test your body's pH by doing a urine or saliva test (using a pH test strip available in most health food stores or online).

How do I bring my pH level up if I am too acidic? Firstly with your diet.

All food products have different pH levels. Raw vegetables, for example, are the most alkaline, with a measure of 10, and when they are cooked, they drop to around 8. Fruit is alkaline, but coffee measures 3, while most meats from 2-4 are very acidic.

Another option is baking soda which is very alkaline. A lukewarm glass of water with a touch of baking soda in the morning can help you increase your alkaline level.

But don't use the baking soda from the supermarket. Use the natural ones from the health food stores.

A pH measure determines how acidic or alkaline a substance or solution is.

pH is measured on a scale of 0 to 14. On this scale, a pH of 7 is neutral, which means it is neither acidic nor alkaline. A pH value of less than 7 is more acidic, and a pH of more than 7 is more alkaline. Even a slight imbalance in your pH can make you sick, irritable, and uncomfortable. But most importantly, mould or cancer can not survive in an alkaline environment.

FRUITS	VEGETABLES	OILS, HERBS & CONDIMENTS	NUTS, SEEDS & LEGUMES	SYRUPS, SAUCES & SWEETENERS	BEVERAGES	GRAINS, FLOURS & RELATED PRODUCTS	MEATS & DAIRY	DESSERTS, FAST & PROCESSED FOODS	COMMON MEALS & FOODS
Blackberries Raspberries Strawberries Cantaloupe Honeydew Watermelon Kiwi fruit Limes Mandarin Mangoes Pineapples Pomegranates Pumpkin Tangerines	Apples Asparagus Cauliflower Cucumbers Eggplant Garlic Ginger Lettuce Onions Peas Pumpkin Spinach Squash Sweet potatoes Tomatoes Zucchini	Sea salt Fenugreek Paprika Ginger root Horseradish (low) Mustard Onions Fenugreek Saffron Winter Squash Sweet Potatoes Taro Root Yams Seaweed Artichokes Asparagus Beets Peppers Cabbage Cauliflower Daikon Eggplant Garlic Ginger Lettuce Onions Peas Pumpkin Spinach Squash Sweet Potatoes Taro Root Yams Seaweed	Miso Pumpkin Seeds Chia seeds Flaxseeds Peanut Butter Almond Butter Cashew Butter Lentils Sunflower Seeds Soybeans (most types) Sesame Seeds Quinoa Seeds Flaxseeds Coconut Seeds Cashew Seeds Almonds Almond Butter Macadamia Nuts Macadamia Butter Mang Beans Kidney Beans (low) Navy Beans Fava Beans Adzuki Beans Lima Beans Chickpeas	Umami Vinegar Molasses Apple Cider Vinegar Vanilla Extract Tahini Sauce Cashew Butter Apple Butter Rice Syrup Succinic (org cane sugar) Vanilla Extract Tahini Sauce Cashew Butter Apple Butter Maple Syrup Honey Tomato Paste Tomato Sauce Almond Butter Mayonnaise French Dressing Russian Dressing Thousand Island Soy Sauce Butter (low) Butter (high) Mayonnaise Lemon Juice Lemon Juice Ginger Tea Lime Juice Lemon Juice Ginger Tea	Some Mineral Waters Herbal Teas (most) Apple Juice (low) Grape Juice (low) Orange Juice (low) Pear Juice (low) Tap Water (varies) Tomato Juice (low) Carrot Juice Vegetable Juice Mix Tea (Black) Cocoa Milk Goats Milk Wine (red & white) Mineral Water (most) Coffee (all types) Rice Milk Milk (Lactose free) Beer (dark)	Baking Soda Baking Powder Japonica rice Wild Rice Quinoa Oats & Oatmeal (low) Oat Flour Granola (low) Truffle (whole & flour) Rice Cakes (brown rice) Rice Flour Puffed rice (brown) Brown rice Pumpkin & Oat Bread Oatmeal (low) Granola (low) Buckwheat Flour Crackers (most) Wheat (unrefined) Corn Flakes (low) Spaghetti (w/ & w/out) Rice Cakes (white rice) Popcorn Rye Bread Rye Flour Puffed Rice (white) White Rice Oat Bran Millet (whole & flour) Millet (white) Barley (whole) Spaghetti (white rice) Soy Flour Corn Chips (hard) Waffles White Bread Corn Chips Pretzels (white flour) Saffron Crackers Pancakes Marshmallows Macarons (white) Liquor (white) Cottonseed Oil Coconut Oil	Eggs (dried/butter) Egg Whites Eggs (whole) Yoghurt (low) Skim Milk Cream Soft Cream Butter Clams Goats Milk Lentils (beef) Ham Sausage (most types) Yoghurt (low) Cottage Cheese Vanilla Turkey Tuna (Fresh & Canned) Scallops Oysters Crabs Rabbit Chicken Duck Pork Buffalo Goat Lamb Mackerel Hard Cheeses (most) Fish (most)	Whey Haddock Veg Soup (low) Baked Potato Chips Tomato Soup Baked potato Wheat bran (fruit, low) Fruit Pie (low) Artificial Sweeteners Sweet Pickles Whole Wheat Bread Vegitarian Burger Tempeh Spaghetti (low) Cottage Cheese Vanilla Turkey Tuna (Fresh & Canned) Scallops Oysters Crabs Rabbit Chicken Duck Pork Buffalo Goat Lamb Mackerel Hard Cheeses (most) Fish (most)	Borscht Potato (baked, mashed) Baked Potato (low) Vegetable Soup (low) Hash Browns Tomato Soup (low) Split Pea Soup Black Bean Soup Coleslaw Chicken Noodle Soup Soy Sauce Macaroni & Cheese Legume Pasta Mashed Potatoes Crispy Potatoes Bread Products (most) Beans (low) Canned Beans (most)

Is the Cancer industry looking for a cure or too busy making money?

By J.D. Heyes

IT MAY SOUND RIDICULOUSLY CYNICAL TO SOME, BUT THERE ARE MANY WHO BELIEVE THAT CANCER IS TOO BIG A BUSINESS (MEANING TOO LUCRATIVE) TO EVER ACTUALLY CURE. AND THEY SAY THE PROOF IS IN THE NUMBERS.

AS NOTED BY YOUR NEWS WIRE, IF ANY OF THE EXISTING LOW-COST, NATURAL AND ALTERNATIVE CANCER TREATMENTS WERE EVER TO BE APPROVED, THEN THE HEALTHCARE INDUSTRY'S CORNERSTONE REVENUE PRODUCER WOULD VANISH WITHIN MONTHS.

And Big Pharma isn't about to let that happen. The industry is what is keeping us from a real cancer cure. Consider how big a business cancer has become. In the 1940s, before all the technology and innovation we see today, just one out of every 16 people was stricken with cancer; by the 1970s, that ratio fell to one in 10. Today, one in two males are at risk of developing some form of cancer, and for women that ratio is one in three.

Adds Health Impact, "We have lost the war on cancer." The site notes further:

"The cancer industry is probably the most prosperous business in the United States. In 2014, an estimated 1,665,540 new cancer cases diagnosed and 585,720 cancer deaths in the US. Six billion of tax-payer funds are cycled through various federal agencies for cancer research, such as the National Cancer Institute (NCI). The NCI states that the medical costs of cancer care are \$125 billion, with a projected 39 percent increase to \$173 billion by 2020."

The belief among skeptics is that treating cancer has become an industry of itself. Employing too many people while producing far too much income to permit a cure to be found (or approved). Indeed, the current research on cancer medications is based on the presumption that the disease will grow (as will the market), not get smaller.

A 2010 documentary entitled, Cut Poison Burn, by filmmaker Wayne Chesler, presented several

powerful facts regarding corruption in the business of conventional treatments for cancer (surgery, chemotherapy and radiation) in the U.S. Here are a number of quotes taken from the documentary that reveal why we're no closer today than ever to a cancer cure, as reported by Your News Wire:

"From 1920 to the present time, we have made little progress in the treatment of adult cancers. So, a person who gets prostate cancer or breast cancer today will live as long as a person who got it in 1920." – Charles B. Simone, M.M.S., M.D., Founder, Simone Protective Cancer Center.

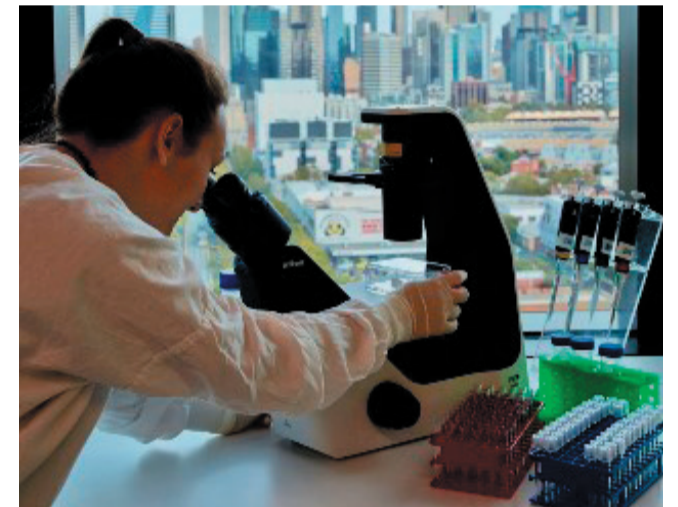
"Why are people terrified when they hear the word cancer? Because they know it [conventional cancer treatment] doesn't work." – Dr. Julian Whitaker, M.D. Founder, Whitaker Wellness Institute

"Everyone should know that most cancer research is largely a fraud." – Dr. Linus Pauling 1986, Nobel Laureate

There are more, including the U.S. government's own admission in patenting someone else's potential cancer cure, that current treatments "are themselves carcinogenic" and may promote recurrences of cancer. But you get the point: There is no real incentive to cure something that generates so much employment and profit; just imagine all the cancer treatment specialists and their staff members who would be out of a job if this disease was ever cured.

As Natural News founder Mike Adams, the Health Ranger, has said, there is nothing in "modern" cancer treatment that results in true healing. The law and public policy have been established to prevent cures: "Treating cancer with anything that actually works has been entirely outlawed in the United States, where 'healing has become a crime,' say independent observers. The conventional cancer industry isn't interested in curing the disease; it's interested in profiting from its continuation."

J.D. Heyes is a senior writer for Natural News



What is mould?

Mould is part of the fungi group and its present everywhere in the air we breathe both indoors and outdoors and in many common foods we eat. Mould will grow indoors in wet or moist areas in your wet basement, and eventually in the organic matters such as plaster-board walls and ceilings, carpets, insulation material, wood clothes, mattresses, and furniture.

What are possible health problems from contact with mould?

In order to reproduce, mould produces tiny particles called spores. Spores are carried in the air that will cause health problems if inhaled or eaten.

These are some Common Conditions:

- Skin rashes
- Fatigue
- Weakness
- Sleep issues
- Muscle, joint and neuropathic pain
- Headaches
- Immune dysfunction (recurring infections, frequently catching colds or flu)
- Chronic sinusitis
- Shortness of breath
- Asthma
- Cognitive and memory issues
- Difficulty concentrating
- Mood swings
- Light sensitivity
- Vertigo or feeling lightheaded
- Hormonal dysfunction



- Irregular periods
- Depression
- Tachycardia
- Agitation
- Itchy eyes and watery eyes
- Lethargy
- Nausea
- Weakened Immune system

People also develop mould infections and they are present in our bodies with many forms of other serious illnesses including autism, dementia, Alzheimer's disease and if you look at our main article, cancers.

What causes mould?

Mould is caused by excess moisture. Moisture in buildings can be caused by surface and underground water seeping through your basement causing damp, leaking pipes, or rain leaking in through the roof, around window frames and wall cavities.

How can I prevent mould from growing in my home?

Although mould can be found almost anywhere, it needs moisture and nutrients to grow. The key to

preventing mould growth is eradicating the source of dampness first.

Controlling moisture/dampness

- Guard your unit or home against underground and surface water seepage.
- Repair all water leaks and plumbing problems, e.g. burst water pipes, leaking roofs or blocked rain gutters.
- External verandas or tiled areas where waterproofing has failed or incorrect materials have been used.

If you have any concerns regarding mould or moisture issues, contact the Solutioneers for a free inspection to find the solution to your problem.

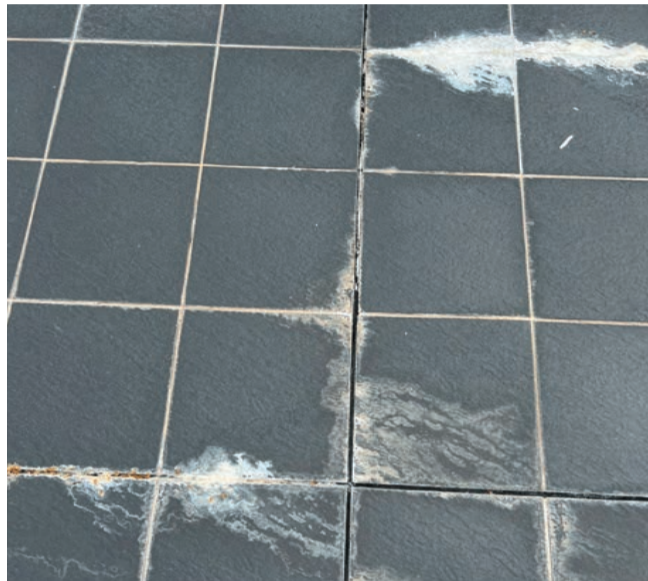
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Efflorescence. The alarm bell of water leaks.

You have detected this white powdery substance seeping from your grout in your tiles and other building areas. Do you wait for the issue to stop, or do you sound the alarm bell and start immediate action? If you want to avoid enormous remedial bills, you should begin to do so instantly. The more you leave efflorescence to turn to little stalactites, the more the problems to repair later, which could include costly concrete cancer remediation. And trust me; you don't want to explore the field.



What causes efflorescence?

Efflorescence occurs when water containing dissolved salts from cement in the mortar, building materials or

concrete slabs is brought to the surface. When the water evaporates, the salts are left on the surface.

You could consider efflorescence a warning sign of water issues. Pay attention to it and take immediate action to tackle the underlying concerns.

If efflorescence is present, there is a significant possibility of mould growth or other moisture cases may be present. For example, while efflorescence on a garage floor will not cause a problem, the accompanying moisture can cause mould growth on items stored on the floor. A typical location of houses we consistently encounter the efflorescence problem is tiled floors in balconies or patios. And you don't have to take immediate action if it's your ground floor patio.

But what if it's your suspended slab above your bedroom? Water has found its way through the grouts or sealants down to the bedding. And the dissolving process of the cement has started.

Water penetrating through your tiles will also penetrate through the cracks in the concrete slab. It can cause enormous damage, including concrete cancer.

Why does this happen?

Firstly, your tradie utilised regular cement and sand-based grouts, not epoxy-waterproofed ones.

Secondly, the bedding has no waterproofing, or it has



failed. Another concern with building standards in Australia. Builders and owners are stretching to save a few coins by dodging waterproofing on the top of the bedding, which lies under your tiles. Cement and sand bedding are essential to the building process to get the correct fall for the water.

And finally, the sealing of the edges between the tiled floor and the walls has failed.

How do I repair it?

Many people will say to clean it up with vinegar.

I wish the answer was that straightforward. Unfortunately, the approach involves a lot more than that. You will have to remove the tiles and bedding and start from scratch.

Clean the surfaces to provide a smooth surface for the waterproofing. Jason from EnviroSystems, with the only made-in-Australia product, will have to come into play by applying a coat of polyurethane primer. And two coats of polyurethane very flexible membrane.

Once the bedding is done, he will return for three more coats.

Your tiler must use tile glue suitable for external use.

Finally, the grout must be epoxy-based, which can stop water from penetrating through the grout. Ardex as seen on the photo has superior products.



New Zealand's leaky homes. ? Will Australia Be the Next to Suffer

IS AUSTRALIA SET TO FOLLOW IN THE FOOTSTEPS OF CANADA AND NEW ZEALAND AND FACE ITS OWN 'LEAKY BUILDING SYNDROME' DISASTER SOON? CANADA HAD THE 'LEAKY CONDO CRISIS' – OVER FOUR BILLION DOLLARS' EXPENDED ON CONDO REMEDIATION WORK. NEW ZEALAND HAS HAD ITS OWN LEAKY BUILDING TURMOIL.

The 'Rottenomics' of the \$47 billion leaky homes market failure

The total estimated cost to fix all New Zealand's leaky homes would be \$47 billion.

The estimate comes from a new book, 'Rottenomics' written by journalist Peter Dyer, and dwarfs earlier estimates for fixing the legacy of the era in which the country forgot how to build weathertight homes. Dyer couldn't be sure his estimate, which included the cost of both past and future leaky home fixes, wasn't out by a few billion.

The use of untreated timber and plaster cladding has been a disaster for property owners.

"It's a conservative estimate," said Dyer. "But it's 20 per cent of New Zealand's GDP. It's just staggering."

He reckoned his estimate was on the low side because it was based on a price of just under \$200,000 to fix each leaky home.

"If you talk to any weathertightness mediator, he or she will tell you that's on the low side. It's almost frightening to get more realistic about it," Dyer said. The previous estimate of \$11.2b-\$22.9b to fix all leaky homes was made by PWC in 2009.

Dyer put the blame for the debacle on both Labour and National, both of which governed New Zealand by turns through the 1987 to late 2000's during which a neo-liberal agenda of de-regulation saw untested building products and techniques flood the market.

It also caused a massive de-skilling of builders resulting from the closure of government-run technical training bodies.

That collective political responsibility could be behind the failure to properly account for the leaky building disaster through a royal commission.

"There's great comfort in denial, especially in government," Dyer said.

Peter Dyer, author of Rottenomics, remained shocked at how New Zealand forgot how to build homes able to withstand its sometimes hot, sometimes wet, sometimes dry climate.

The Wellingtonian met dozens of leaky homeowners while researching Rottenomics.

Their tales were harrowing.

"If you don't have anywhere else to go, you are trapped inside a house that is making you sick because it's riddled with mould. These homes have made a lot of people sick. You are not just sick, you are demoralised. It's a downward cycle," he said.

Many lacked the money to fix their homes and were trapped in decaying buildings.

The loss of skills and money had a profoundly negative impact on the country, Dyer believed.

"I remember one builder who said to me, 'We are hanging onto first world status by our fingertips'. Then he hesitated, and said, 'No, by our fingernails'. The collective failure to face up to leaky homes meant the country con-

tinued to built homes that would one day leak, he said.

"The number of leaky buildings we are putting up is less, but everyone I talk to says we are still building them."

Building minister Jenny Salesa has developed a plan to reform the construction industry.

Dyer has read her proposals, and believed it contained gaps.

It did not adequately address rebuilding the skills base, or builders being able to "ring fence" liabilities for shoddy work using multiple companies and legal entities, he said.

Salesa's plan included establishing legal requirements that building products "be fit for purpose", and require product manufacturers to provide detailed product information, including on performance and testing, and give the Ministry of Building Innovation and Employment power to investigate products and building methods.

Salesa also wants builders to be required to offer a homeowner a guarantee and insurance product before starting work on a new home or significant alteration, which would cover the remediation of faults for 10 years, with the cover transferring to new owners, if a property is sold. Builders who could not convince insurers their work was sound would not be able to operate.

Peter Dyer's \$47 billion estimate of the costs of leaky homes did not include the costs of fixing leaky commercial and non-residential buildings.

WASTE NO MORE

EVERY YEAR MILLIONS OF REUSABLE RESOURCES ARE BURIED IN LANDFILLS ACROSS AUSTRALIA AND THE WORLD.

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- No more damages to the properties by skips or skip trucks. Our trailer bins are on rubber wheels.
- No waiting for weeks to obtain permits from the councils.
- No council fees.
- Our bins have lockable lids, so no overnight tossers fill your skip.
- Reuse is better than recycling. Save massive amounts on reusable materials.
- Give your materials a second chance. The savings are enormous if you have any materials that can have a second chance. We clean the materials and offer them to others in need of them.

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Rubble.

Any type of masonry. Brick, concrete, bathroom tiles, roof tiles, render, pavers.
Price: \$400 for 3 cubic metres.

Scrap metal.

Any type. Metal, copper, lead etc.
Price: \$200 per skip up to 8 cubic metres

Green waste and clean timber.

Tree cuttings, stamps, branches. Any wood other than treated pine or painted.
Price: \$300 for 3 cubic metres. \$500 for 8 cubic metres.

Reusable materials.

Lime and mortar bricks, leftover building materials, plywood even if they are large offcuts, Timbers over 1.5 m long, doors, windows, any furnishings that can be reused, old wares, or anything of value.
Price: \$150 for 8 cubic metres

Mixed waste.

Materials that can not be recycled or reused. Plasterboard, offcuts of particle board or MDF, contaminated or unrecyclable plastics and papers, etc.
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Planning ahead for your new bathroom.

WHEN YOU BUILD YOUR BATHROOM, IT WILL BE THERE FOR AT LEAST 15 YEARS, SO YOU SHOULD THINK CAREFULLY WHAT YOU INCLUDE BECAUSE ONCE IT'S DONE YOU CAN'T CHANGE YOUR MIND. TILES AND BEDDING ARE NOT EASY TO REMOVE IF YOU DECIDE LATER TO FIT A NEW FEATURE AFTER THE BATHROOM IS FINISHED.

Set down or up?

The broken toe question.

When you are building your new bathroom remember the magic word.

'Set down.'

By setting down your bathroom level by around 40 mm plus your tile thickness it means that your bedding, which is important to get the correct falls, will be flush with the rest of your floor level. Thank me later when you will be going to your bathroom half asleep at night and you won't be kicking the step to your bathroom if you set down. Plus, an extra selling point when you decide to sell.

Symmetrical is better than random

When your tiler starts your new tiles remember you will be seeing them for the next decade or more. So, I always make sure my tiler does not start from one

end of a wall with a full tile and at the other end he finishes with half or a quarter tile. Instead we measure and line the tiles up, so the cut tiles at both ends of the wall are the same size.

Symmetrical is better. Trivial but important and adding extra value to your property.

Cold feet or warm tiles?

You are spending a small fortune on your bathroom but for several hundred dollars you missed out on some great comforts.

For well under \$1000 that tiny area you walk around with bare feet in your bathroom on these horribly cold tiles can be underfloor heated. And add value to your house

Throw in the towel

Say goodbye to a smelly and wet towel which is food for mould to grow. For an extra few hundred dollars you can have the luxury of heated towel rails. And if you are worried about an expensive power bill, don't. The new towel rails will turn off automatically when your towels are dry. Smart towel rails. And you add more value to your home

Silence of the Schweigen.

It's 2.00 am in the morning. Your alarm is set for 5.30. Suddenly a tremor and a horrible noise wakes you

up in a frantic. Then you realize it's the noisy exhaust fan. Your partner just paid a bathroom visit and the electrician has used only one switch for the light and the exhaust fan. For the newlyweds that could be the signal for the third round but for the rest it's just another interruption to a good sleep. Silent exhaust fans, such as Schweigen, could cost you a fraction more but you can't value peace and quiet. Refer to our sleeping article to find out why you need a good, deep and undisrupted sleep.

Don't forget to mention all the above to your agent when you decide to put your house in the market.

Forward planning with *The Solutioneers* is better. Contact us on 0474 11 33 25 or email us at thesolutioneers4u@gmail.com for your renovation and extension needs or your bathroom renovation. We pay a lot of attention to detail for the best results.



How i did it!!

My Hippocratean diet helped me to combat stage 2 prostate cancer!

I MAY SOUND LIKE THE GREEK DAD FROM MY BIG FAT GREEK WEDDING. BUT I CAN'T HELP WHEN MORE THAN 70% OF THE MEDICINAL WORDS HAVE AN ANCIENT GREEK ORIGIN. AND THE VERY DIFFICULT-TO-PRONOUNCE MOULD NAMES ARE DERIVED FROM MY NATIVE GREEK LANGUAGE. MY FIRST ENCOUNTER WITH SUCH A WORD WAS WITH THE CORDYCEPS SFEKOKAFALA. HOW ON EARTH WOULD YOU REMEMBER SUCH A COMPLEX WORD! BUT AT AFTER A CLOSER LOOK, I REALISED IT'S ALL GREEK TO ME!! (DO YOU KNOW THE EQUIVALENT PHRASE WE USE IN THE GREEK LANGUAGE? "IT'S ALL CHINESE TO ME"). SO CORDYCEPS SFEKOKAFALA IN MY LANGUAGE IS THE CLUB OF HORNET HEADS.

As for the black mould *Stachybotrys*, we encounter at our homes, which is, by the way, one of the strongest and most dangerous to our health since it is feeding on the plentiful toxins, our homes are built from, the the name comes from the Greek words *σταχυς* stakhus (stalk of grain) and *βότρυς*, botrus (cluster or bunch as in grapes). A more interesting one is the word mycotoxins which are the mould spore intruders in our bodies. *Myco* derives from the Ancient Greek *μύκη* (*múk* Toxic is related to the word toxin, which is a kind of poison. It comes from the ancient Greek word *toxikon*, which means "poison for arrows." The venom they placed on the arrows could cause certain death, even to the wounded. The poisoned arrow that killed Achilles, as you see in the picture of the statue located at the Achillion Palace built by Princess Sissy on my birth island of Corfu, Greece. And that's how I best describe cancer. Straight as an arrow, bringing certain death. But with plenty of suffering for the cancer patients and their loved ones. As for the word cancer, it was Hippocrates who

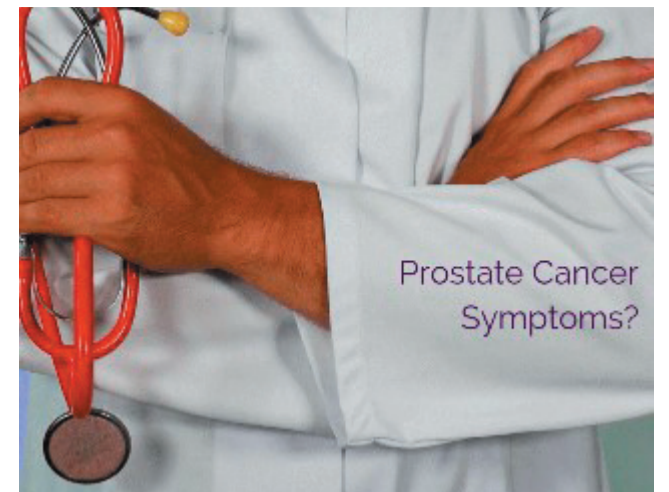


first named the tumours *karkinos*, which, like the Modern English word, has three meanings: Crab, tumour, and the zodiac constellation. If you ask me, I prefer a munched-up crab in my tummy rather than a tumour!

So, it's exciting when in numerous conversations on social media, I am pretty much an expert in mould names. So, when I had a heated discussion with some mould (or mushroom dealers) trying to tell me I should not scare people off mushrooms because the *Seiichi* mushroom is medicinal, they referred to its Greek scientific name. The '*Ganoderma*'. Their translation fits their sales pitch. The '*shining skins*'. Great for your skin. Keeps your skin looking young and fresh. When I explained to them that the Greek word '*Gano*' means dirty skin, so dirty and filthy like they never had a bath for a decade they backed off. But one word that astonished me from the medicinal word '*borrowed*' from my native language is the word prostate. Well, the prostate in Greek is the *pim*. A *PIM* can be as bad a troublemaker as my prostate has been the last few years.

What were the Signs and Symptoms of my Prostate Cancer for almost a decade?

- Needing to urinate frequently, including during the night, depriving me of sound sleep and I will be exhausted and fatigued during the day.
- Needing to urinate urgently but feeling that the bladder is not empty afterwards
- Having a weak, slow, interrupted flow of urine
- An inability to pass urine
- Blood in urine or semen



- Feeling pain or burning when urinating
- Unexplained fatigue
- Pain in the lower back, hips, pelvis or chest.

The mould-killing diet. Through my work as a remedial builder, working with water problems and mould, I started my research and finally put the dots together. Is cancer a mould? A fungus, *muces*? A mushroom? The similarities were astonishing when I researched images, videos and close-ups of cancers and moulds. I understood what starves a mould and kills it, so my new Hippocratean diet was born. Twelve months later, on my new strict, lent-type diet, not just my prostate cancer was diminishing but many other chronic illnesses and pains I had lived with. It's been two weeks since I woke up for seven hours straight. I now enjoy my deep sleep, and during the day, my fatigue, tiredness, and depression are gone. My prostate cancer levels are almost down to nothing as well. So, no operation for me, no sexual incompetence or death. Sorry Viagra, your gonna miss a customer. I have also fixed my humidity and moisture issues at home, and I can finally feel like I am 30 years old again. Food was my medicine. My next goal is exercise as my ancestor Hippocrates use to say.

How to keep the air clean from mould and other nasty bacteria.

First, try to stop the moisture. At the main time, get yourself a dehumidifier and an air purifier. The best choice for an air purifier is the Australian made Innovair. The E8 model for \$750.00 will do the job nicely, but if you can invest around \$1,700.00 to purchase the E20 rest assure all the nasties down to 0.003 microns will be picked up. As for a dehumidifier, any brand at around \$600.00 is perfect, but with digital dialing. You must be able to adjust the humidity level to 55% because around 55% mould cannot grow. They will also cut off automatically at this price range when they reach the desired level, saving you money on your electricity bill.

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Stop counting sheep.

Tips to beat insomnia and get a good night's sleep

What is sleep insomnia?

You may unfortunately know it all too well. It is a sleep disorder which is characterized by a person having difficulty falling or staying asleep.

Sleep insomnia symptoms can include:

- Irritability
- General tiredness
- Problems with concentration
- Waking up often during the night
- Having difficulty falling asleep
- Waking up too early

There are varying intensities of insomnia, from occasional to chronic.

The effects can be far-reaching. "Getting enough good-quality sleep is essential to staying healthy and aging well. A lack of sleep can have serious consequences such as a higher risk of type 2 diabetes, obesity, heart disease, and other health conditions," says Morton Tavel, M.D., a cardiologist with more than 20 years experience in the field.

We all want to live long, healthy, well-rested lives, so here is what you can do to beat insomnia and get a good night's sleep.

The causes of sleep insomnia

How does one end up with insomnia? This is the question you may be asking yourself as you lie awake at 3 o'clock in the morning for no apparent reason.

The following can be contributing factors:

- Stress
- Environmental factors (i.e. a cluttered room, noise, light, temperature)
- Pain or illness
- A mattress with insufficient support
- Medications
- Diet
- Not exercising
- Too much screen time
- Inconsistent sleep schedule
- No bedtime routine
- Working too many hours

Tips to beat insomnia

How can you relieve your insomnia and get restful nights of sleep without sleeping medications? First, prepare to make some lifestyle changes. It will take time, consistency, and tracking. Once you have committed to the goal, here is what you can do.



1. Put yourself on a sleep schedule

A regular sleep schedule can help you to fall asleep and wake up more easily. Go to bed at the same time each night and waking up at the same time each morning.



2. Cut out food and drinks that disrupt sleep

There are certain food and drinks that can disrupt your sleep. The most prominent culprits are caffeine, alcohol, high sugar foods and spicy foods. It is best to avoid these within six hours of your bedtime. Try experimenting with removing these items from your diet and tracking the impact it has on your sleep over a week's time.



3. Get Exercise

Exercise can also help you sleep. You can choose from exercises like running, walking, swimming, cycling, spin classes, surfing, or anything that gets your heart rate up



4. Find out if you have misalignments of the spine

Be mindful of how your body is positioned when you sleep. We spend a great deal of time in bed, about a third of our lives, so it is important that our body is properly aligned during that time. When it's not, you may experience pain and difficulty getting comfortable which leads to tossing and turning throughout the night.

You will also want to consider the quality of your mattress to determine if it is providing you with the proper support.



5. Put in place some relaxing practices

It's helpful to implement some relaxing practices to unwind with before bed. Find what relaxation techniques work best for you and make them part of your nightly routine.



6. Be mindful of the impact of light

You'll also want to ensure your environment is not causing any sleep disturbances. Here are some tips for a sleep-friendly room.

- Turn your alarm clock away from you - Alpert advises that checking the clock throughout the night can lead to more anxiety.
- Make sure the bed is the right size and firmness
- Ensure the temperature isn't too warm or too cold
- Make it quiet - a noisemaker that emits a steady background noise can be helpful as well as earplugs.
- Put your cell phone away - "Do not sleep with your cell phone by your head. Unconsciously your brain might not allow itself to get into a deep sleep, knowing a call or text might come through any



moment," says Alpert. This goes for other devices like tablets as well.

- Make it very dark - Dr. Darley recommends making your room very dark. Blackout shades can help with this as well as a sleeping mask.
- Keep the bed a place of relaxation - "You want your bed to have a strong association with sleep, not with wakeful activities," says Dr. Darley. "Remove the television, telephone, and office equipment from the bedroom. This reinforces the idea that this room is meant for sleeping," says Dr. Tavel.
- Keep it clean - Dr. Darley advised that a clean room can prevent a histamine reaction to dust or dust mites. Furthermore, it will be more relaxing as you won't be thinking about how you need to clean your room.



Beat insomnia and get a good night's sleep

It can be extremely frustrating to struggle with insomnia night after night. However, by implementing these tips to induce and promote sleep, you can help yourself to get more rest. A large part of beating insomnia, in many cases, is developing better habits that make sleep more of a priority. The truth is, without proper sleep, we can't give our best during the day. It's worth the investment to commit to a few changes that will pay dividends with good health and energy.



Is Your Car Worth More To You Than Your House?

YOU ARE THE PROUD OWNER OF AN AUTOMOBILE AND YOU ALSO OWN YOUR HOME. HOWEVER, YOU ARE ALWAYS CONSCIOUS TO MAINTAIN YOUR CAR AND TO PERIODICALLY SERVICE IT, SPENDING A SMALL FORTUNE EACH TIME. NONETHELESS AS THE DAYS GO BY YOUR BELOVED CAR DEPRECIATES UNLIKE YOUR HOME. NOW CONSIDERING YOUR HOME IS PROBABLY WORTH 20 TIMES MORE THAN YOUR CAR AND WILL INCREASE IN VALUE, DO YOU PAY THE SAME ATTENTION TO IT?

Throughout our remedial work, I have seen many neglected and unmaintained properties that have led to much larger problems down the track. As a result of this neglect, homeowners have to spend a lot of money to get their houses back up to scratch. One classic example is cleaning your gutters. Blocked gutters will eventually cause damage to the rest of your home such as blockages in the stormwater system, water leaks within the house causing mould and much more. Therefore, a problem with a seemingly simple solution, can end up costing you a lot of money when not maintained. Just like you wouldn't ignore any mechanical problems with your car, you should never ignore changes within your house. For example, cracks appearing on walls could be a sign of a much larger problem to you. Your foundations could be sinking and may require

attention eg: stitching up with helicoil. However, if left unchecked underpinning might be necessary, meaning you could be up for a much bigger expense. Rising damp is another problem which is common in older houses and will prompt mould growth, bad musty smells, and an unhealthy environment which can cause allergies and even cancer. Rising damp will also eat away the mortar between the bricks causing your walls to start cracking. This will need to be repaired with helicoiling and you may need to replace the mortar with re-grouting. **THE SIGNS ARE THERE!** But once again you have more important things to do like wash your car and not clean out your gutters. Perhaps you notice some dry rot on your exposed timber because your carpenter didn't seal the ends and

moisture is eating away at them. Would you do anything about it? Or would you leave it unchecked until the timber staircase and decking have completely gone and you must replace the whole lot?

Do not neglect your biggest asset! The longer you leave it the worse it will get, and then it will cost you a lot more to fix. We suggest having periodical checks and reports done by an experienced, remedial work builder to avoid any hassles and expensive repairs. We have gained a lot of experience with our remedial work and we can certainly recognise the signs of a problem appearing. Contact the Solutioneers on 0474113325 or email us at thesolutioneers4u@gmail.com for your freehome check-up.

Remember, preventive maintenance can save you a fortune.

Tips:

- Hire a plumber to perform a pressure test on your existing water pipes.
- Beware where your stormwater pipes discharge and inspect if water flows out on rainy days. The usual location to find your stormwater discharging point will be the kerb outside the house.
- Get a professional to check your roof yearly for any cracked tiles or mortar, dried-up or cracked sealants, leaks etc.
- Check for failed waterproofing in bathrooms and balconies.
- Signs of Efflorescence on surfaces, especially tiled areas.

RECOMMENDED PARTNERS

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Benny and the Jets.
0435 992 908

WATERPROOFING

Membrane Master from EnviroSystems
0415 429 394

ROOFING

David Stellino
0413 300 256



How to avoid the costly painting every few years.

COLOURED RENDERING IS THE COMMON NAME GIVEN TO RENDER THAT IS COLOURED. A COLOURED RENDER IS AN ACRYLIC RENDER THAT IS MORE DURABLE AND GIVES OFF A MORE NATURAL AESTHETIC LOOK THAN PAINTED FINISHES.

Should I use coloured render?

Deciding between coloured acrylic render or paint to be the finishing coat on your cement render/acrylic project is a personal choice. Coloured acrylic renders have been gaining popularity as an alternative to painting.

Below are some of the benefits of coloured rendering

- Colour rendering usually comes with a manufacturer warranty making it longer lasting.
- Coloured rendering has a natural-looking finish that radiates outwards.

- Coloured rendering increases the protection against water and mould.
- Coloured rendering can be used inside and outside. One of the most appealing features of coloured render finishes is the different textures and finishes that can be achieved.



Can a bee destroy your house?



The new mortar should be applied with a mortar gun to ensure it fills the holes and not just fill the surface with a trowel.

The problem.

You may notice few holes in your brick walls in your mortar, dampness, mould and even excessive cracking on your wall and possibly some bricks are loose.

The cause.

The mortar bee and moisture.

A mortar or masonry bee probably won't destroy your house but can cause significant damage including cracks and rising damp which eventually could lead to mould infestation.

These bees are mostly large and have coloured bands across the abdomen. In urban environments brick houses and those with brick foundation walls, which have soft lime mortar mortar may be damaged by the

female mortar bees that often make their burrows deep into the mortar. Each female makes its own burrow, but it may be part of a complex of separate burrows in the mortar. Mortar bees are harmless, not aggressive and will not sting you.

Mortar bees are also known as masonry bees because they like to nest in crevices or holes in masonry. This species of bee has enlarged rear legs, used to remove mortar from joints of brickwork. Mortar bees prefer to work in the softer mortar mixes and can cause significant structural damage. When a mortar bee removes the mortar from the joins of brickwork, this enables moisture to enter the wall cavity and can cause some areas of collapse of brickwork when the damage is advanced.

Any brickwork with soft mortar (especially mortar with a high lime or sand content) is susceptible to mortar bee attack.

The solution.

In many cases tradies will stick some mortar to the surface of the holes but the problem exists further into the mortar. Using an Arbotech mortar remover, you should remove the mortar halfway into the brick and it's important to inject the new mortar in. Not just a touch up with a trowel. The new mortar must contain a higher percentage of cement. This will make the mortar too hard for the mortar bee to effectively remove with its hind legs. If you choose to render the walls you should still fix the mortar effected by the bee.



The holes created by the mortar bee are evident in the mortar.



The Benefits Of Agricultural Drain

Agricultural drains (also known as ag pipes, agi pipes, soakage drains and slotted pipes) are used to improve house drainage.

However, if agricultural drains are built incorrectly, they can easily cause uncontrolled movement and cracking in your house.

What is an Agricultural Drain?

An agricultural drain is a slotted pipe placed into a trench backfilled with blue metal. It's crucial not to use recycled concrete aggregates because the traces of cement still in the product will eventually clog up the slots in the pipes. The pipe is put there to drain away any underground water. Groundwater or surface water that seeps into the trench falls through the blue metal and is carried away by the slotted PVC pipe.

An agricultural drain is constructed by

- Digging a trench
- Place a slotted PVC pipe in the bottom of the trench. Often the pipe is protected by a geotech fabric filter (a sock that keeps the dirt out).

- backfilling the trench to the surface or just below the surface with 10mm or 20mm gravel.
- We go over and above the engineer's specifications. The entire trench is wrapped in geotech fabric filter material for maximum filtering from silt.

Should Agricultural Pipes Be Used?

Agricultural drains should be used when water management isn't enough to improve the performance of your house.

Sometimes water is already in the ground and needs to be removed. This is the true benefit of soakage trenches and agricultural drains.

Subsoil drainage systems should be used when:

- Water is soaking into the ground and running through the ground towards your house.
- Behind retaining walls.
- Adjacent to basement walls.
- Adjacent to deep footings.
- On the uphill side of the cut and fill sites.



Water

The necessary evil

Life on Earth would not exist without water. Humans, animals and plants depend on water for their survival. While water is essential for life, it can be the worst enemy to any building element and your health. (Read our article on mould on page 3 to discover how water and moisture can cause mould and how mould can affect your health). You should pay attention to any indications of warning signs and act promptly. Water is present around your home in the following forms:

1. Rainwater.
2. Plumping services.
3. Underground water.

These are your enemies and can become your worst nightmares if you ignore them.



Stormwater downpipes must not discharge water anywhere near the building because it can cause the sinking of the foundations and can require expensive underpinning.

Rainwater

The rainwater on your roof, gutters and downpipes, plus your stormwater system, if it's not appropriately designed for your new home or addition or serviced regularly, can cause significant damage. Periodic checks on all of the above are a must!

A leaking roof, a blocked drain, and incorrect sizes of gutters, downpipes, and flashings must be carefully planned and serviced.

The surface water on your garden or driveway and patios can cause severe damage to your foundation, such as rising dampness, foundation sinking or dry rot in your timbers.

Sound stormwater systems with adequate pits and drains are an important sector of your home to which you should pay a lot of attention. Rising damp can cause your family health issues and destroy building elements like bricks, sandstone and mortar. The repair bills for all these could be enormous.

Wood will absorb moisture and eventually will lead to dry rot. To prevent dry rot on timbers, we seal the cut ends.

Plumbing fittings.

Cheap fittings coming all the way from China with love could burst anytime. Since most of the time, they are buried deep inside your walls or tiles, the cost to fix them can be an expensive exercise. Be sure to use top-quality materials.

Water Proofing.

Many say good quality waterproofing is critical in a first-floor bathroom but not so crucial on the ground floor. That's not true. Water on the ground floor can also cause lots of damage and mould. Our preferred waterproofing materials are the only Australian-made products available. They are made by Enviro-systems Technologies. They are designed in their labs to withstand the harsh Australian conditions, e.g. extreme heat and cold, which cause severe expansion and contraction of building materials. They offer 10 years warranty, not the 5 years other waterproofers offer.

Underground water.

The volume of underground water depends on a few factors, like the slope of the land. If your house is built on rock stratum, clay or sand, underground water can cause problems with rising damp, efflorescence on your tiles or brickwork, weaken your mortar, undermine your foundations etc. The solution is a barrier of an agg line system with blue metal wrapped in geo fabric connected to your stormwater system. If the sub-terrain is rock, the water will reach the stone's surface and travel down to your foundations, and eventually, it will find its way under your house. We cut a trench into the rock for the water to find its way into the channel and drainage system. Also, waterproofing the walls externally is the best way to avoid water penetrating through the walls. Negative waterproofing, meaning waterproofing the walls from the inside, can still develop moisture on the walls. Eventually, it will break up from the wall due to hydrostatic pressure.

Rising Damp Treatment.

Rising damp is also caused by water moisture under your foundation. A damp course placed in the walls of modern buildings will stop rising damp, but the older buildings, in most cases, don't have a damp course. Even in new homes, we discover that the damp course is placed higher than recommended. It should be as close as possible

to the ground level. Ideally, you should divert any water entering the undercroft of your building by trenching and adding agg pipes, as mentioned above. But in many cases, that's not possible. Injecting an anti-rising damp chemical is the most cost-effective way to stop rising damp but use products suitable for Australian extreme weather conditions. The Solutioneers have been using an Australian-made product (not imported), ideal for Australian climate conditions. They also drill the holes for the injections every 8 cm and inject twice. Your tradie who will undertake the contract to treat your house against rising damp must follow this method. The results have been astonishing, giving a piece of mind to our customers.

We offer an inspection service for any of the above issues you may encounter at home.

If you have a problem, we have the solution.

Contact us at 0474 11 33 25 or email us at thesolutioneers4u@gmail.com



The original water outlet on this garden bed was 100 mm above the base, resulting in water pooling and concrete cancer. We drill a new outlet at the base where it belongs.



The moisture under this house was extreme. It deteriorated not just the mortar but even the bricks. You can see in the picture that half the bricks missing.

Landscaping.

Reuse, don't remove! Give new life to your tired soil

In most cases when you want to renew your turf you will be asked to pay to remove 200 mm of the old soil and bring in the same amount.

We don't!!

We use our Excavator's ripper and then with our rotary hoe systems we cultivate the old soil, including the old turf and we save our clients huge amounts of money. Only minimal amount of turf underlay is required after this process.



Rock saw sculpturing

Using our rock saw, our diamond tipped chain saw and our specialist stone cutting tools, we created these staircases on this job in Wahroonga, cutting and reusing all the boulders and rubble stone from the site. The owner didn't have to pay to remove it through a difficult access and didn't have to buy expensive new stones. And in the photos below we cut the steps into natural bed rock.



BAD practices and workmanship causing big problems and expensive bills

Problem:

In this house in Beacon Hill, the plasterboard walls and the timber floor were all rotten. We discovered a lot of water coming into the house from the side passage.

The cause:

This incorrectly fitted downpipe, as seen in the photo.



And the agg line was installed 200 mm above the rock bed, letting the water go under the wall and into the house.

The solution:

We dug it all out and cut a trench into the rock so the water from the top of the stone could run into the channel. We then placed Geotech fabric, blue metal and the agg pipes



and wrapped it all with the Geotech fabric. We also waterproofed the wall with the great products from Envirosystems, added terradrain, and rebuilt the slab on piers. Remember, if you have a rock self, the agg pipes must go into a cut trench into the rock. At another recent encounter with a bad case of mycotoxins from mould causing enormous health problems to the occupants in Longueville, we discovered a similar situation.

After installing our drainage system with the trench into the rock, the underground water kept coming out from the new drainage system, and the flow was constant. All that volume of water before our new drainage installation was finding its way under the house water. That's why the underground water must be diverted away from your house.



Is timber dry rot a mould?

Dry rot is a fungus rotting your timber structure. Hence, another member of the mould family is coming to your home for a visit. With our remedial work, we have encountered many structural problems due to dry rot. In many cases, the wrong timbers were used for the purpose. Oregon and untreated pine can not be used outside in weather elements. Check the New Zealand "leaky home syndrome" article on page 7 to see why they must spend 20% of the country's GDP to fix the problem.

And the reason? Water leaks found their way to the untreated timbers and caused dry rot, including moulds and health issues. Hardwoods are more robust but can also suffer from dry rot over time.

The dry rot mainly affects the ends of the timbers. Your timber is still a piece of a tree. The little veins that absorb the nutrients are there and soak up the moisture. But being a dead piece of timber, the moisture will not travel further than half a metre from the ends. And when they are at their most vulnerable state, moist and miserable, the mould or the fungus will come home to roost!

We have even found treated pine suffering a similar fate. Where is our 30 years warranty, you may ask? When you cut that piece of treated pine timber, the timber is not protected at the cut end.

The solution?

A mere \$15.00 spray can from Ecoseal or any timber sealer will seal the ends and prevent moisture from penetrating. Simple? Maybe not so simple for many tradies who don't know or wouldn't care less if, in a few years, your new deck or steps need demolishing. Ensure your tradies seal the ends so you can have peace of mind

enjoying the charming timber structure you invest a lot of money to create.



This floor in a Randwick shop was completely rotten. They used LVLs (wrong species), the awning downpipe had the wrong adaptor fittings, and the flow outlet was blocked. Within five years, the whole floor was devoured away by mould. Sorry fungus. The entire floor had to be removed, and we replaced it with concrete.



Defence Housing Australia is good at defending our country, but the defence housing can't defend its structures. These timbers surrendered to the invasion and put the guns down in a few years. Note the dry rot in the picture. It starts at the end of the post, but in the handrail, it began in the middle because it had a cut in there, and it wasn't sealed.



Once again. Good tough hardwood, but it still didn't make it. The new steps are now sealed and will last for a very long time.



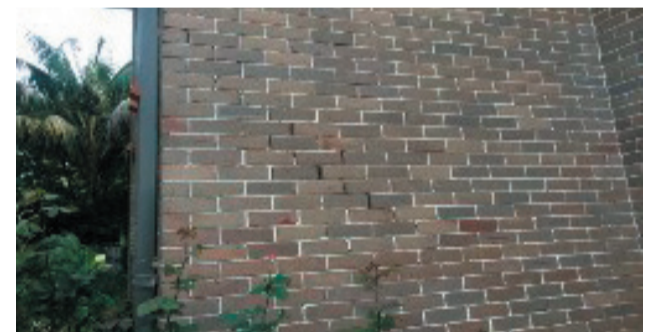
Crackers! Another crack in the wall.

Prevention is better than fixing. The cracks on your walls will appear for different reasons, but the main one is the movement of the foundations. This could be happening because of excess water entering your foundations.

Cracks can also appear because of excessive rising dampness and even the mortar bee damaging the mortar between your bricks. (Refer to page 12 to learn all about the mortar bee.)

The cracks on the walls can be fixed for further movement by using our unique stitching system with stainless steel coils embedded into the mortar of the brickwork and secured with our unique epoxy system, giving you a solid wall that will prevent any future cracks.

But a further inspection should be carried out to ensure underpinning is not required to effectively fix the movement.



For any building problems Contact us on 0474113325 or email us at thesolutioneers4u@gmail.com

Dig half a metre below your timber floor joists or pay a mint to fix later

On this job in Earlwood the floor in the kitchen was sinking. We had to remove the kitchen and to our dismay we discovered the timber joists were sitting only 100 mm above the soil. Instead of digging down almost half a metre we decided to use concrete on piers and Bondek. Much more durable and very similar costs.



This is the finished product with the updated kitchen and the addition of an island bench.

Renovations

Before

In this renovation in Annandale we encounter big problems, including failed waterproof membrane, timbers destroyed by white ants etc. The previous renovators had built over the top of the white ant infestation.

We removed all the damaged timbers and fish-plated the joists.



After

We build new bathrooms and wardrobes plus renovated the kitchen. Waterproofing only by the Rolls Royce of waterproofing made by Envirosystems.



FOR A FEW EXTRA CENTS WE HAVE LOST OUR COMMON SENSE.

PERHAPS FOR A FISTFUL OF DOLLARS AND NOT CENTS. ANOTHER CALL FOR RISING DAMP PROBLEMS AND FEW MORE OF OUR INJECTIONS PERHAPS, IN THE COSY BUT UNHEALTHY SUBURB OF BALMAIN. LET ME REPHRASE IT. THE VERY UNHEALTHY SUBURBS OF SYDNEY'S INNER WEST. LOVELY HOMES BUT AS FOR YOUR HEALTH? DON'T EVEN ASK. LOVELY, SICK HOMES.

We were there for hours trying to identify the source of the moisture. The readings were very high on our moisture metre and the mould was present as always. The humidity measures were over the roof, sorry in the basement, at 80%. The perfect environment for these mouldspores to grow a family. We didn't have that much rain for a few months in Sydney at the time of the inspection, so it must be a leak somewhere. Service pipe or downpipe. Lucky that I have lost weight with my antimould diet, because to fit in these crumbed tiny spaces under the house it would have been the impossible dream. And suddenly there it was. A little creek in the basement near the fireplace. But wait. Further upstream this was a huge river. And I didn't take my fishing rod to catch that salmon travelling upstream.

The remedy must be in the stormwater then, if we have such big volumes of water. And bingo. A new roof was put up only few months ago and the tradies left an open downpipe just sitting on the side of the building with the water going into a grade. We flooded the grade and the river came alive! No salmon yet. But we found the offender. After further research we discovered to our shock that some tradie has filed the grade with rubble and some

mortar. Including the stormwater outlet. And when we cleaned it, walla! The metal air vent was there open and ready to bring the mouldspores into the occupants' lungs. Sorry, the water under the house. The stormwater outlet was bogged, so that poor water must go somewhere, doesn't it? Into the air vent it went and under the house. No, we didn't find the salmon eggs. A very simple fix but took longer to find the problem than fix it. Now the house will dry out but still without that damp course the rising damp will still be there, so the injection is inevitable. Sorry I promise it won't heart...

Why the old-period homes in the Inner West are unhealthy?

- They are built with the old system. The English Bond with 230 brickwork without cavities. Any moisture from outside will be sipping through to the internal walls.
- They are built on clay holding plenty of underground water.
- The damp course is usually roof slate. Another absorbing water material that can not stop rising damp.



- And they are built on hilly grounds on top of old underground streams.

What is the best sub terrain surface to build a house? Sand. Sand absorbs the water. If you don't have the luxury of owning a home in sandy sub-terrain areas, plan well before you build or renovate. Consider the underground water plus the surface water and what results could have on your building.

Renovate or sell?

Plan ahead before you start.

YOU ARE CONTEMPLATING SELLING YOUR HOME AND UPDATING TO A BIGGER AND NICER HOME. WITH THE LENDING CRITERIA BEING TOUGHENED AND HOUSE PRICES DROPPING IN A FEW SUBURBS OF SYDNEY, YOU ARE PROBABLY STUCK WITH YOUR OLD HOME. BUT THE FAMILY IS GROWING, AND THE HOUSE NOW SEEM TO BE SMALL. THE SUGGESTION OF EXTENDING OR ADDING TO YOUR EXISTING HOME IS THROWN IN. IT'S NOT A BAD IDEA, AFTER ALL. YOU CAN SAVE YOURSELF A FORTUNE IF YOU DON'T MOVE HOUSE AND THE EXTRA MORTGAGE TO PAY. BESIDES, YOU ARE THINKING OF A NEW ENVIRONMENT FOR YOU AND THE FAMILY, NEW FRIENDS AND SCHOOLS PERHAPS FOR THE KIDS. WILL THAT NEWLY RENOVATED HOME YOU ARE LOOKING TO PURCHASE BE AS DECENT AS IT APPEARS IN THE REAL ESTATE BROCHURE? AT LEAST YOU KNOW THE CHALLENGES YOU HAVE WITH YOUR FAMILIAR HOME!

When you finally elect to stay put and start looking to extend, you must meticulously consider your requirements. You will devote a decent amount of money; this new extension must carry you for many years. A good architect, certifier and engineer will be on your priority list. We can recommend one of the best architects we have worked with together (You can find a list of our preferred associates' below). But sometimes, even professionals can miss a few factors the eye of an experienced builder will observe. And I am not talking about the structural work only. It's essential to have your builder around at the planning stage.

To start with, we could save you a fortune by working with the architect and engineer. We are there from start to finish, working on our client's dream home. We are familiar with every single detail of the project.

In many cases, we have saved significant amounts for owners by discussing our ideas and thoughts with the engineers, and we inform them of our preferred procedures. The difference between using an LVL 290 x 63 beam instead of a 250UB37 is vast. The difference between choosing the materials and the work to place them on that roof or ceiling can make a considerable difference in the overall cost. In many cases, the professionals agree with us.

The LVL is a laminated timber beam, and the other is a steel beam. The old RSJ, as many of us are still familiar with. These days they call them UBs. 'Universal beams'. And the number 37 is for kilos per metre, which defines the steel flanges' thickness. So, imagine a 6 m beam at 37 kilos per metre going up on that ceiling! Hard work! Enough with the buildpedia.

The engineer must still approve the final decision on the

structural work. Still, we tell them what we would like, and they will try to make it work or propose the next best alternative. Like in this occasion with this extension in South Sydney, you see in the photos. The owners wanted to remove a few walls and create an open space. The back section of the house had a lower roof and a couple of steps. They avoided altering and extending that rear section to prevent extra expenses. With our involvement and guidance and the cost estimate we provided, they opted to create one ample open space with a level floor and ceilings right through to the back. Nice! As you can see in the pictures, the result looks stunning. An open-level ceiling creates that impression of openness and grandeur, so consider it wisely.

We had persuaded them with the design; now, we had to work out how to build it. Where will the beams be attached to, and what type of beams? Our engineer is excellent and very open to our ideas. So instead of a gargantuan steel beam, he was happy with our two LVLs bolted together, but he requested an extra 10 mm steel plate in the middle. Easy! Not that easy, but easier. A lot easier and cheaper.

There are many things you should contemplate. If your budget doesn't permit the extra mile for that open living space, just put a stacker door instead of a bifold. They are cheaper and can work better, with little maintenance and a fly screen, which costs next to nothing compared to a bifold fly screen.

It may cost extra to make it right at the planning and building stage, but you will have a space you love, and the value of your home will increase dramatically. The owner told me that after the work was finished, she loved the room and would have been very saddened if she didn't proceed with the changes we mentioned. And she would have to live with it for a long time before she could afford to renovate again. Remember, once it's done, it's done. There is no turning back. You will not be able to change that structural work. But you can still have a cheap vanity unit and change it later to your favourite one when you can afford it.

If you are considering renovating your beloved family home, don't hesitate to call us for our advice.

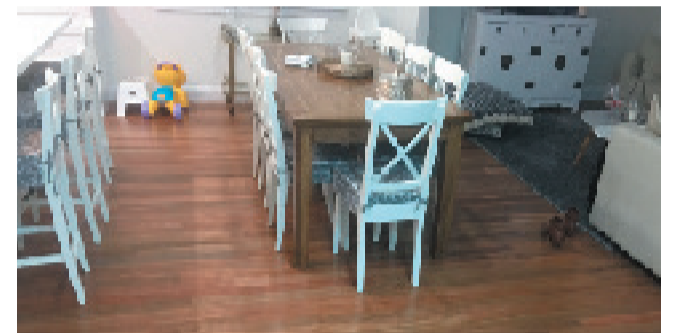
This is the list of our professional partners and suppliers:

Architect

Alexander Jankov Design Studio
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info@ajstudio.com.au
Phone: 0421 815 127

Design & Consulting Engineers

Our favourite and humble engineer who listens to us.
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Eclipse Colour Painting Services

ejspanos@hotmail.com

Phone: 0424 213 163

Building Materials.

Our preferred suppliers offer a one-to-one service saving us time. With alternatives such as Bunnings or Supercheap, we are usually lost looking for the materials we need. The standard service you may get is directions to find the aisle with the product you are looking for. This is why our preferred suppliers are Swaddling Timber, Reece Plumping, Repco etc. They have staff available to help you find what you need and even help you load, and they also share their knowledge with you if you have any questions.

Plus, their products are of higher quality.

Danias Timber

177 Victoria Road, Marrickville
02 9564 3434

They even have the equipment to produce any timber profile you want, for example, if you need to match up the existing skirting board.

General building materials, including timber.

Swadlings Timber and Hardware
Shop 1: 15 The Crescent, Annandale.
(02) 9660 7133
Shop 2: 21 Unwins Bridge Rd, St Peters.
(02) 9810 4177

Their outlet at St Peters is massive, and I found the service at Swadlings second to none.

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Dandelions Are Not Weeds!

Top 10 Health Benefits of Dandelion

PEOPLE SPRAY THEIR LAWNS TO GET RID OF THEM, WHILE OTHERS USE THEM TO HEAL THEIR BODIES OF NUMEROUS AILMENTS. WHAT COULD IT BE?

WELL, DANDELIONS, OF COURSE!

WHETHER YOU EAT OR JUICE THE GREENS, INDULGE IN THE HONEY-FLAVOURED FLOWERS OR STEEP SOME DANDELION ROOT TEA, THIS HERB IS PURE MAGIC!

The health benefits of Dandelion include bone and skin health, help with liver and urinary disorders, acne, jaundice, diabetes, cancer and anemia.

The only problem is that most people are killing the very plant that could be helping them. Dandelions are not pesky weeds and should be utilized to their full advantage!

I remember when I was growing up at the farm in Corfu, my mother would go for a walk with a bag and a knife, and she would come back later with a bag full of wild vegetables. Dandelions were the most important. She will go on clean and wash them, and at night, we will have them either in a salad with our extra virgin olive oil and lemon or boiled. My dad will keep the juice and have his tea with it with half a spoon of our raw honey and plenty of organic lemons from our orchard.

After I introduced my Hippocrates diet, I chased dandelions all the time and likely through my work, I find them in abundance when we clear gardens for our clients. I add fresh chamomile to take the bitterness out of the Dandelion.

Dandelions Are Not Weeds

Only in the twentieth century did humans decide that the Dandelion was a weed. Before perfectly manicured lawns were invented, dandelions were less praised as natural medicine, food source, and magic. Back then, the grass was dug out to make room for the dandelions – just imagine! According to the Maine Organic Farmers and Gardeners Association, “The use of dandelions in the healing arts goes so far back that tracing its history is like trying to catch a dandelion seed as it floats over the grass. For millennia, dandelion tonics have been used to help the body’s filter, the liver, remove toxins from the bloodstream. In the olden days, dandelions were prescribed for every ailment from warts to the plague. To this day, herbalists hail the Dandelion as the perfect plant medicine: It is a gentle diuretic that provides nutrients and helps the digestive system function efficiently.”

Dandelions are also good for your lawn. Their roots break through hard-packed soil to help aerate the earth and help reduce erosion. Their deep taproots pull



up calcium and other nutrients from the depths of the ground, making them available to other plants. These nutrients help fertilize the soil, improving the quality of grass and other surrounding plants.

The less we focus on Dandelion as a “weed”, the more we can appreciate what this plant truly is – a natural medicine that can help treat many ailments we see today.

Let’s remove the lawns and let the dandelions prosper. Our health can thrive if we put them back in our diet.

Top 10 Health Benefits of Dandelion

Dandelions are a green and growing first aid kit! Their ability to heal and nourish the body from the inside out makes them one plant you do not want to eliminate this summer. There’s a reason dried dandelion root is so expensive.

Suppose you don’t have access to Dandelion or can’t find any clean sources (steer clear of Dandelion from sprayed lawns). In that case, you can always order your dandelion seeds and grow them yourself!

Here are 10 of the most important health benefits of Dandelion:

Stronger Bones

Dandelions are calcium-rich, the main element required to grow strong, healthy bones. They are also high in antioxidants like Luteolin and Vitamin C, which protect from loss of bone density and bone weakening.

Liver Health

One of the most significant benefits of Dandelion is how it nourishes and healing the liver. Dandelion has been shown to improve hepatic function by detoxifying the liver and reestablishing hydration and electrolyte balance. It also increases the production and release of bile. One of the most incredible benefits of Dandelion is its effect on our liver.

A laboratory study on mice showed this medicinal plant’s ability to slow down the progress of carbon tetrachloride-induced liver fibrosis or scarring.

Diabetes

Dandelion helps stimulate the pancreas to produce insulin and helps regulate blood sugar levels. It is also a natural diuretic and thus encourages urination. What does this have to do with diabetes? It helps remove excess sugar and salt from the body and reduces sugar build-up in the kidneys (thus helping reduce the risk of renal problems in diabetics)

Urinary Health

As mentioned above, dandelions are an excellent natural diuretic. So they help eliminate toxic build-up in the kidneys and urinary tract. The anti-microbial properties of Dandelion also prevent bacterial growth in the urinary system, which is excellent for individuals suffering from recurring urinary tract infections.

Better Skin

Dandelion is an excellent detoxifier and antioxidant, making it one of the best herbal remedies for treating acne and other skin problems like psoriasis and eczema. It helps purify the blood and improves liver function, producing beautiful, glowing skin. The primary chlorophyll content in dandelion greens is also a win-win for skin health.

Cancer

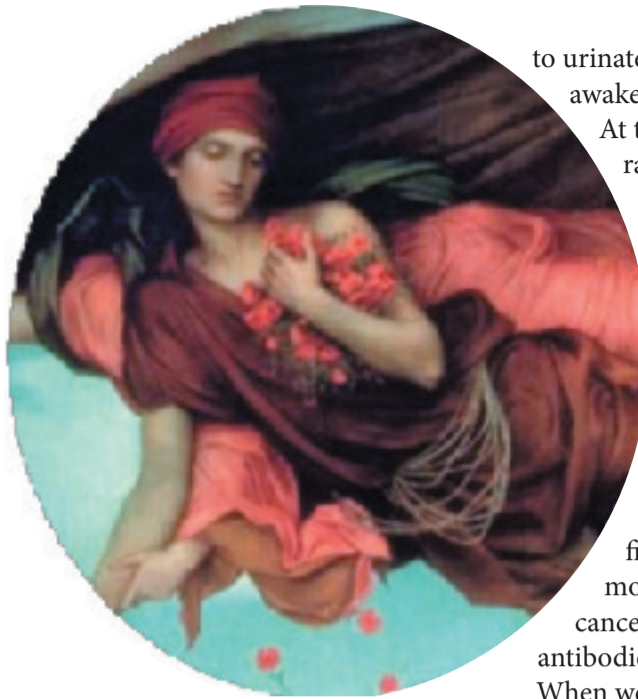
Another important use for Dandelion is its powerful effects against cancer. Many studies have found that dandelion root extract effectively treats leukaemia and breast cancer. It acts by inducing apoptosis in leukaemia cells while leaving healthy cells alone. It also has a positive impact on cancer cells that are resistant to chemotherapy. A 2011 Canadian study found skin cancer cells treated with dandelion root extract started dying off within just 48 hours of treatment. Dandelion root has also been shown to be effective against pancreatic cancer and prostate cancer.

Jaundice

Thanks to the liver-healing abilities of Dandelion, it also helps with jaundice, a disorder of the liver, where it overproduces bile and messes with the body’s metabolism. Dandelion helps regulate bile production and promotes urination, helping to eliminate excess bile. Instead of useless lawns and plants we have no benefit from, we should plant more medicine in our gardens.



Don't slip on that sleep



to urinate as frequently during sleep as when you're awake).

At the same time, other systems in the body ramp up during sleep. There's an increase in the release of growth hormones during sleep when kids get taller, skin cells regenerate, and hair gets longer, as well as the hormones

that regulate appetite. Sleep is also when our muscles repair damage and regular wear and tear throughout the day.

Sleep also plays an integral role in regulating the body's immune system, which is responsible for fighting off all sorts of problems from mould-related illnesses and chronic issues like cancer. The body produces fewer infection-fighting antibodies when sleep deprived.

When we want to be healthy after a period of suffering from our mould related illnesses, paying attention to our nutrition with the food we consume and our gymnastics (Gymnos Astos means in ancient Greek the naked citizen) for our physical activity, I would put sleep on that same level.

Our Food, Gymnastics and Ypnos (sleep) are our three essential medicines to eliminate almost all illnesses and diseases, including cancer.

THE ANCIENT GREEKS WERE GREAT BELIEVERS IN THE RESTORATIVE POWER OF SLEEP AND REST. THEY HAD DEMIGODS FOR SLEEP AND EVEN FOR DREAMS AND NON-VIOLENT DEATH.

Hypnos, The God of Sleep

Hypnos, their God of sleep and dreams, was the remover of all pain, suffering and sorrow. Sleep is necessary to allow the metabolic system to restore and regenerate the organism and its vitality.

In many artistic works inspired by Greek Mythology, Hypnos was represented as a gentle young man, usually with wings attached to his temples or shoulders. He had enormous power over mortals and immortals – including the God of the Gods, Zeus.

Many languages use words derived from his name; hypnosis is one of them.

Hypnos had a brother, Thanatos, the God of non-violent Death. Some words are also derived from his name, such as euthanasia.

Hypnos was the son of the goddess Nyx, meaning 'Night' and Erebus' deep darkness or shadow.

Hypnos had three sons – Morpheus, Phantasus and Phobetor.

All three of the sons were responsible for the dreams with Morpheus (a word deriving from his name is 'morphine') and Fantus (again, the Greek words 'Fantasia', 'fantastico' come from his name), bringing the dreams of joy. The third son, Phobetor, will bring the dreams of fear. (The Greek word 'Phobia' has derived from his name).

We can learn a lesson from the ancient Greeks about sleep and the importance of good sleep.

When you sleep, there are fewer demands made on your heart. Your blood pressure will drop, and your heart can take a break. Sleep also causes the body to release hormones that can slow breathing and relax other muscles. This process can reduce inflammation and assist with healing.

The body's ability to function declines if sleep isn't in the seven to eight-hour range. Seven to eight hours of sleep per night is needed to perform your best.

You get a better, deep sleep if your surroundings are entirely dark.

If you are suffering from illnesses, the internal organs constantly work to destroy intruders, even in your sleep. So, if you have been toxiconed, sorry, I mean poisoned with mould-related illnesses, your sleep rhythm will suffer. As a result, you will feel tired and fatigued during the day.

Another of his important relatives of Ypnos was Lethargus, like Thanatos and Phobetor, one of the bad guys.

Deep slow-wave sleep is the deepest, most restful, and most restorative stage of sleep when it's hardest to awaken.

Insufficient sleep boosts a part of the brain that's known to be affected by depression, anxiety and other psychiatric disorders.

Outside of the brain and our heart rate, there's a lot of changing throughout the rest of the body during sleep. Our body temperatures drop, and kidney function slows down (which is why you typically don't feel the urge

Bare foot yacht rentals or bare body?

You will soon find out the difference.

Imagine the peaceful feeling of making slow and steady progress downstream the Ionian Sea, on-board a luxury yacht with your family or friends to your next destination, as your genoa gently strains in the mild winds of the warm Ionian.

You just left a secluded beach in Corfu and are heading to Anti-Paxos. You reach your destination, anchor in a quiet bay, and sit on the deck with a glass of something cool as you watch the sun slowly dip beyond the horizon, water gently lapping against the hull. By their very nature, sailing holidays are the ideal setting for that perfect romantic break, honeymoon, anniversary celebration or a dreamy escape with someone special or a group of family or friends.

I know the feeling when I lived in Corfu and explored these incredible destinations with my 47 ft flybridge cruiser.

You can enjoy this fantastic lifestyle by renting a yacht or a cruiser from Gouvia Marina in Corfu, Greece. You are wrong if you think this is only for the rich. Sharing the costs with your co sailors can even be cheaper than your conventional holiday staying in a busy resort.

You can rent the boat barefoot, meaning you handle the boat yourself, or you can opt for a professional skipper. It's not hard to sail yourself, and when the going gets tough, you can always use the diesel engine if your sailing skills are not up to scratch.

The costs are very low; for a week, you will be paying around \$1000 for a sailing boat, and the price goes up for larger vessels. The price also depends

on the time of the year you will travel.

Remember, with a boat, you can anchor on beaches or coves inaccessible by car. And there are plenty of those around Corfu and the other Ionian Islands.

Don't forget to stock up on the boat at the supermarket; you don't have to dine out. Therefore you can save a bit of money.

The sleeping arrangements vary from boat to boat. Sailing boats are roomier since they don't have a couple of large diesel engines taking up space. And they are cheaper too. The smaller size will be a 28-footer for 4 persons, but it is still cramped. Don't forget you will be spending a few days onboard, so if you can afford it, opt for a larger vessel. Anything from 35 ft up will do the job nicely. The bigger vessels will have accommodation for 6 persons in three separate cabins with ensuites. Your kitchen facilities will vary again depending on the size of the boat. But even the smaller ones will have the necessities to cook that lovely meal. Enjoy a glass of your favourite drink, two or three, onboard your vessel, anchored in that secluded beach you discovered.

And you can shed that last piece of clothing and let your bare body enjoy the sun and the crystal waters of the Ionian Sea. If you decide to go bare body, you must skip on that skipper and rent the boat barefoot.

The best time for your odyssey adventure will be early summer or early autumn to avoid the crowded beaches and sudden July, and August weather changes.



*Frappe VS Freddo

the cold coffees of Greece have reached the shores of Australia

Frappe and Freddo top the list of ice drinks in Greece, as the tradition of drinking iced coffee all year round.

NOT VERY FAMOUS ABROAD, THE TRADITION OF DRINKING ICED COFFEE ALL YEAR ROUND IS SOMETHING THE GREEKS ARE PROUD OF.

WHETHER WE'RE TALKING ABOUT THE ALL-TIME CLASSIC FRAPPÉ OR THE VERY POPULAR DURING THE LAST DECADE FREDDO, THE CHOICES YOU HAVE REGARDING YOUR ICED COFFEE IN GREECE ARE NUMEROUS.

BUT WHEN CHOOSING, THINGS MAY BECOME TOUGH DECIDING BETWEEN THE FREDDO OR THE FRAPPÉ. AND IF YOU CHOOSE FREDDO, WOULD YOU PREFER FREDDO CAPPUCCINO OR FREDDO ESPRESSO? THANKFULLY, THERE ARE NO RIGHT OR WRONG ANSWERS TO THESE DILEMMAS. EVERYTHING IS A MATTER OF PERSONAL TASTE AND OPINION.

SO, LET'S TAKE A CLOSER LOOK AT THESE TWO FAMOUS GREEK ICED COFFEES

Frappé (in Greek frappés) is a foam-covered iced coffee drink made from instant coffee, water, ice cubes and sugar to taste. Since my new antimould diet, I have introduced raw honey as a sweetener in my coffee.

It took a few days to get used to it, but now I won't have anything else, knowing that sugar is bad for me. Accidentally invented in 1957 by Dimitris Vakondios during the International Trade Fair of Thessaloniki when he couldn't boil any water and decided to throw in some cold water and a few ice cubes, the Frappé is still very popular in Greece and Cyprus. It is available at virtually every single Greek café. The Frappé is one of the easiest-to-make coffee drinks made with a shaker or unique mixer.

On the other hand, Freddo Espresso and Freddo Cappuccino come in two different variations. Freddo Cappuccino is the iced version of the regular cappuccino coffee. It usually has a small amount of cold-frothed milk (afrogala in Greek) on top of it. Apart from Greece, this drink is widely popular in Cyprus but not so popular in Italy, where the espresso opens its wings for the first time. Even the name the Greeks have given to their invention is Italian. Freddo, in Italian, means cold. Freddo Espresso is the cold version of espresso coffee. It is made with a double shot of espresso coffee mixed in a mixer with ice cubes. The Freddo Cappuccino has become Greece's most widely consumed coffee over the past ten years, trendy among those who prefer cold and robust coffee.



Many people say that if you try to put some vanilla ice or liquor in one of these coffees, the drink will be taken to a new level of tastiness.

So, why not give it a try? You will be surprised how refreshing it can be in the hot summer days. No, you don't have to go to Greece to try it. Several Greek coffee shops have opened in Sydney with Greek coffee specialties on the menu.

Filo at 336 Rocky Point Rd, Ramsgate, serves all the Greek coffees, including an array of great Greek meals and tooth sweeteners. Try the traditional Bougatsa (cram pie on filo pastry) with your next freddo or frappe.

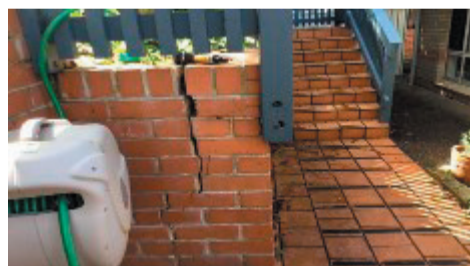
Sloppy land and sloppy retaining walls don't go well.

SYDNEY SUBURBS ARE UNIQUE, WITH MANY SITTING IN LEAFY HILLS OFFERING GREAT VIEWS.

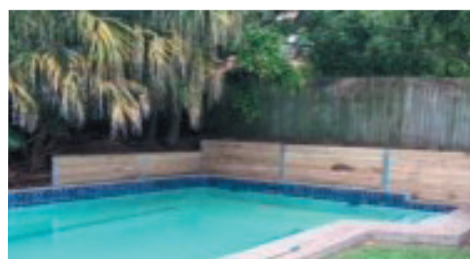
But if you want the million-dollar view, you must consider the extra expense of retaining walls. Maintaining existing or fixing broken or tilted retaining walls or building new ones it's an extra expense. Choose carefully the type that will serve you best for decades to come.

We have installed hundreds of retaining walls, and the best system is the concrete sleeper retaining walls. Fast, cheap and effective.

Brick retaining walls could look nice, but with our remedial work experience fixing cracked and tilted brick retaining walls, we suggest thinking again.



A treated pine sleeper wall could blend nicely, and retaining that soil is perfect and cost-effective. But make sure all cut ends are treated and sealed to avoid dry rot. But will not last long.



The next option is similar in design with 'H' steel galvanised posts, but the sleep-

ers are reinforced concrete. This method will last you a lifetime.



Both of the above methods are easy to install. You just need to drill in-ground piers and fill them with concrete holding the H post. Then you slip the sleepers in. The trick is to ensure they are level and the same distance from each other so the sleepers fit in easily without cutting them.

Dencil or hollow block walls filled with concrete are another option. Both methods are significantly more expensive because they require massive footing and lots of steel.

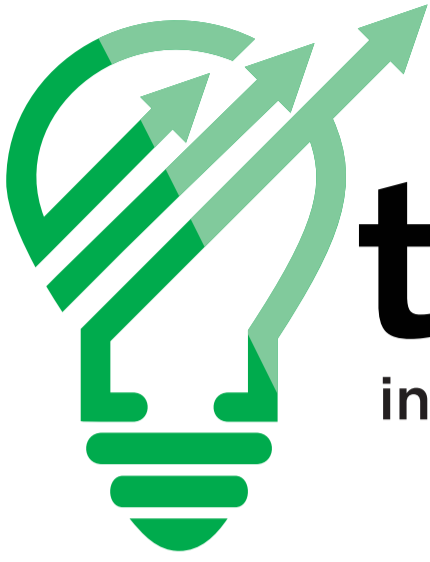
The last suggestion is sandstone walls. You can use recycled stone or opt for new, but it's more expensive. Or you can recycle your rubbish stone like we did on this job in Wahroonga in the photo.



We cut all the boulders with our unique rock saw attachment to our excavator, created these beautiful steps, and used the offcuts for a dry stone wall. But before you replace your old wall because it has problems, call the Solutioneers to check it out. Our unique techniques and materials have fixed around 80% of damaged walls.

Contact the Solutioneers before you start demolition. You could save enough for your next holiday for two months.

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STOP the HARMING from the PHARMING.

Buy your food from ORGANIC FARMING

GOD SENT FOOD

When BBC's beloved Rick Stein visited us on our farm in Corfu to film his cooking show about the Mediterranean diet, he was very impressed with my dad, a Greek Orthodox priest. He mentioned on his show that of all the countries he filmed, my dad was the face of the Mediterranean diet. At 83 at the time of the filming, he was very strong and very healthy. He will eat lots of garlic, hot peppers, onions, his own natural extra virgin olive oil and pure wine. Fruit and vegetables from the farm, including many wild vegetables my mum would pick fresh daily. Fresh fish, but would never eat anything from a can. He would only eat homegrown meat products.

Rick Stein asked him if he uses any pesticides on his fresh produce.

My dad said:

"I don't know what this is!

I just plant them and give them water.

Whatever God wants to give me, after his other creations have eaten first, I will receive it!

One day, I walked into the house with my hands full of bags from the supermarket. My dad was eating an apple from our apple tree, but I noticed that it had a hole from a worm. I took a beautiful apple from my supermarket shopping bag, offered it to him, and tried to remove his 'Holy' apple.

He pulled back and said to me:

"Your apple looks good but not good enough for my clever worm to eat. I prefer my 'holy' apple". And he went on slowly cutting his 'holy' apple and munching away. His 'Holy' apple was given to him by God. Pure and healthy. My apple was man-made, full of toxins (poison in Greek) and pesticides.

"And besides", he continued. "the mother apple will produce more defences against pests to protect her baby apples. Your mother apple wouldn't care less when humans make her life easy by covering her with poisons to protect her baby from pests.

Slow food is better than fast food.

One day an old monk in his 90s came to visit us. He lived in the monastery, cultivating the land away from our "wonderful" modern civilization. How could someone live like that!

I was very intrigued. To my surprise, the monk was very fit for his age and looked very healthy. My dad told me if everyone was as healthy as him, we wouldn't have any doctors, hospitals or dentists. Like my dad, he had all his teeth and had only been to the dentist once. I could smell the garlic resonating from him from miles away.

We all sat down for dinner, an essential part of our daily routine. We all sat at the table, and the television was turned off. The monk and my dad said a prayer thanking God for our delicious, pure and healthy Mediterranean food spread across our table.

No worms!

We never had a Greek salad at home as we know it today! Everything was separately placed on a plate of its own. The olives, The feta cheese, The tomato salad separate from the cucumber salad, The peppers, The cabbage and all with plenty of genuine extra virgin olive oil, pure vinegar from our own grapevines and plenty of lemons. All were garnished with lots of different herbs. Our oregano was wild from the mountain of 'Pantokrator' and the rest from our farm.

Did you know that the Greek salad was invented by tourism as the restaurants mixed the ingredients all together to save time!

We had all finished picking and eating our food from the plates on the table, but the monk was still eating his.

I noticed he would take a bite and chew it for hours.

I asked him why he was taking so long to chew every mouthful. He said:

"God gave me 32 teeth, and each one has to work to break up my food to liquid. So, I chew each bite 32 times".

I recently remembered the wise old monk when I started my new Hippocratean diet.

I used to devour my food, chewing it only 4-5 times at each bite and gulping it down like a seagull, conscious that my meeting was in five minutes and I was running late. I hate being late for my appointments. Then I thought, could that have anything to do with the old wise man's health, and wasn't it just the purity of the food God was giving him!

Well yes!

Our stomach fluids can not break down large pieces of food or seeds, so it goes in from one end and straight out the other.

When mixed with saliva, chewing allows your body to extract the greatest possible nutrients from your food. So, listen to the wise old monk and chew your food an estimated 32 times before swallowing. It takes fewer chews to break down soft and water-filled food. The goal of chewing is to break down your food so it loses texture. Chewing is an essential part of the digestive process and beneficial to overall health. People who don't chew their food well enough before they swallow often develop digestive problems, eat more food, and decrease the nutrients you get from your food.

So, let's follow the advice of these wise men who lived happy and healthy lives for almost a century. Let's eat the "holy" apple. But in our industrialized world and busy lifestyles, do we have time for growing our own food? Not a chance. But we can be more selective about where we spend our hard-earned money. I prefer to buy less and pay more for good quality organic food. And if more of us start being pickier about what the food industry wants us to put on our plates, the cheaper the organic products will become.

Organic foods may have higher nutritional value than conventional food. My dad mentioned his mother Apple's

absence of pesticides and fertilizers. The plants will boost their production of phytochemicals (vitamins and antioxidants) to strengthen their resistance to bugs and weeds. So where can we get some good, healthy, organic food? Remember to expect some poison even in your organic food. Still, it's better than the saturated with poisons and toxins in large production food.

The 10 Best Places for Organic Food in Sydney

My favourites are the Earth organic shop on King St. Newtown.

Then the organic markets on Addison Street Marrickville.

Honest To Goodness in Alexandria, EcoFarms at Homebush and Summer Hill organic fruit market. And here are some more with some comments from the consumers.

1. About Life

605 Darling St. (btwn. Nelson St. & Wise St.), Rozelle, NSW

Organic Groceries.

Nags: Great organic produce and products, including makeup, household cleaners and a great cafe.

2. Eveleigh Market

243 Wilson St (at Codrington St), Darlington, NSW Farmers Markets.

David Loh: Lots of organic produce. Great breakfasts. Native flowers. All within the historic Eveleigh Carriage Works surroundings.

3. Orange Grove Markets

2-8 Perry St (Balmain Rd), Leichhardt, NSW Farmers Market.

Jane D: what's not to love. Bigger and better each week. Fairtrade, street food, organic food, HEAVEN ON EARTH.

Cat: Try the Mayan coffee and cinnamon & chilli hot chocolate. Authentic almond croissants and fresh organic produce.

4. French Forest Organic Market

5 Frenchs Forest Road East, Frenchs Forest, NSW Farmers Market.

Alexander Stanuga: Best place in Northern Sydney to complete your weekly food shopping. Both organic & nonorganic food is direct from the farm. But you need to get there early for the best deals.

5. Dr Earth

287-289 King St., Newtown, NSW Health Food Store.

Aymeric Zito: Try the organic bush, honey!!!

Derek Wilson: Great organic and health shop that has benefitted from recent layout changes.

Aram: Awesome store of healthful goodness - everything from pea protein for the muscle to vegan meringue mixes & sustainably caught canned tuna.

And finally, last but not least...

Your Health Shop Marrickville

137 Marrickville Rd, Marrickville

Fantastic shopping experience with great products all coming in containers and sold by the kilo, including honey, olive oil, herbal shampoo, and conditioners. Bring your own container or buy one from the shop. They stock packaged foods specializing in Organic, Gluten Free, Keto, Paleo, and Vegan.



(continued from page 1)

Following our report, stating that the damages were caused by the broken water pipe and not a failed waterproof membrane, including a bit of pressure from my background as a media producer, Coles Insurance agreed to compensate the couple enough to cover the costs of the refurbishment of the ensuite.



Darren and his family were all ecstatic and relieved by the outcome. We didn't think we would take on the remediation because insurance companies tend to use their own contractors. Although, Darren insisted that Coles Insurance pay them the amount agreed, and they will use us as their preferred contractors. Coles Insurance accepted the request, and we went ahead with the refurbishment.

As we proceeded with the refurbishments, we discovered the real culprit was a crack in the shower mixer.

So our advice from this experience is:

- Don't just settle for a claim rejection from your insurance company; get a professional opinion and fight it.
- Choose reputable insurers with a long history rather than small firms.
- Do not use cheap fittings behind tiles or walls; instead, insist on using high-quality fittings from outlets like Reece Plumbing.
- Ensure that your waterproofing is of top quality, like the Australian-made products from EnviroSystems specifically made for Australian weather conditions. Or you could be asking for trouble.
- Another area to pay attention to is the flooring you use in your bathroom. In Darren's case, to our dismay, we found the floor in the ensuite was yellow tongue chipboard. Always opt for compressed fibro or Innox. A lightweight product that makes handling much easier than the traditional heavy compressed fibro.

And if you can't get lucky like Darren and his family, contact The Solutioneers at 0474 11 33 25. We are only a phone call away and happy to fight your battles with you.

Lime. Mould's worse nightmare.

I remember the days growing at the farm in Corfu, Greece.

Springtime signalled the beginning of the steady preparation for summer.

We were planting new crops, grafting, and painting everything with lime—even paths and toilets.

One of the tasks I had to carry out was to paint the trunks of our fruit trees. I could never understand back then the reason behind it.



And when I was asking my dad he will say: "I don't know. Your grandfather told me it has to be done so we have to do it". The typical answer to my many questions. Like for example why we rotate the crop areas every year. He didn't know. But he was told by his father. And the generations before them. They had the know how but they didn't know the reason. It was my exposure and research into mould that gave me all the answers.

Lime is alkaline, and mould can not survive in an alkaline environment. Painting the trunks of our fruit trees protected them from fungus related diseases. And other bacteria that can damage the fruit trees. So simple but so effective. Plus, the fact that the skin of the fruit trees is thin, therefore, can dehydrate easier than, for example, an olive tree. The lime kept them cool on the hot days of Summer, and we didn't have the need to use valuable water resources.

Lime is used even today as paint in Mediterranean countries and as a disinfectant. While Lime is alkaline and stops the growth of mould, other paints are loaded with chemicals, therefore, are toxic. The moulds feed on these toxins and have become more aggressive in the last half a century since the new chemicals paints were introduced.

The other benefit of lime-based paints is that lets the surface breathe and doesn't trap moisture, which with the loaded with chemicals paints the trapped moisture behind the sealed wall can lead to the bubbling of the paint.

Lime paint is very cheap. You buy the 20 kilo hydrated lime bag for around 12 dollars, and you can make 40 litres of paint. Mix it up with pigments (or oxides) of your choice if you want different colours. We also use to add olive oil for brighter colours and to seal it better.

The other option is to buy it ready from your local paint shop. For example, Porters paints are lime-based.

This is a video link explaining the benefits of lime.
https://youtu.be/doK_5MbcZJw

Boat

"Did you know that most boats have female names?" Harry stated before we even began talking.

Harry Tsoukalas talks about his beloved boats, and you can see his passion in every one of his words.

"But cyclones also have female names and come hot and wet, leaving with your car and house". Harry laughed. He is back with a vengeance; this time, he is determined to save our maritime heritage.

Harry operated for almost 20 years, from the 80s, his recycled building materials centres in Sydney. Then he moved for a few years back to his home island of Corfu, Greece, for another mission.

"I was fortunate to be involved in Australia with heritage building restoration and learned to respect our heritage. So when I returned to Corfu, I put it all to practice, and today around 4,000 centuries-old deserted heritage buildings have been restored."

Harry turned to the people in the UK to help him realise the dream of saving as many old derelict village homes as possible. The heritage-sensitive British responded quickly to his cry for help.

He told us his Greek name translates to Harry Potter, and his magic wand has worked exceptionally well. On his return to Sydney, his love for our heritage grew stronger. The magic wand was pulled out for another mission. He discovered a Sydney icon, the Sydney Monorail, decommissioned and demolished, was sitting in a demolisher's yard, waiting to be scrapped. So he bought it! All the carriages, beam rails, and a few truckloads of spare parts.

"I had only two weeks to remove it. I was sitting at this colossal yard amongst a forest of monorail carriages knowing each one was worth \$1,000,000, and I had 48 of them. I had no idea what to do with it. A few days were inadequate to sell it as an ongoing concern to another city or country, so I put up ads to sell individual carriages for gazebos or pool houses and turn them into mobile cafes. I contacted a few media outlets. His cries for help once again landed him an article and a video in the Sydney Morning Herald and, soon after, more reports on channel 7, channel 10 and ABC. Potter's magic wand worked again within a few days, and the Sydney monorail was saved.

"Most of the carriages were shipped to Taiwan to join a thyme park owned by an Australian-Taiwanese. The rest were sold to different locations, including 8 carriages transported to a farm to be turned into a home for a monorail fanatic, Helen.



But now Harry has to use tons of magic to make this new mission work. And this time, the target is old heritage boats. But the magic wand has run out of steam. "Every day, we lose another one of these lovely ladies. Many sink on the moorings and have been used as mooring minders, while others go straight to the chopping board.

So many people would love to be part of one of those boats, but they don't have the know-how.

Harry thinks he can find a happy medium where he can save as many of his "girls", as he calls them, as possible. "It's a great idea, and we make it possible for many

ownership

the Harry Potter's way

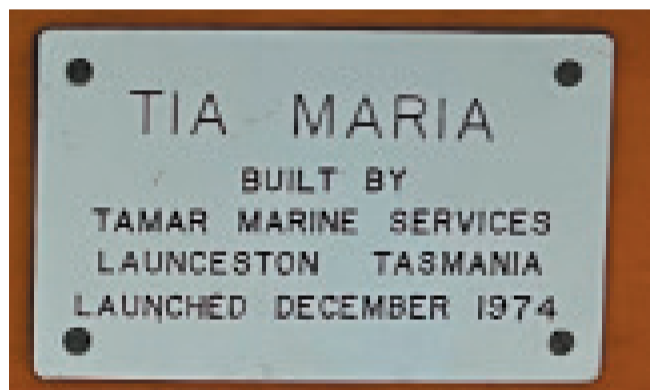
people to enjoy Sydney's beautiful shores without breaking the camel's back," he stated.

Harry has a good team and trying to take the nervousness out of boating, as he said it could work well. Many can enjoy these boats for a few thousand dollars and give Harry's team the much-needed funds to pursue the dream.

Sometimes time is running out. Fast. Like a historic ferry that made the run from Scotland Island to Bayview but sank in a mooring and ended up in the butcher chopping board.

But there is hope for Harry's dream. A few people could share Harry's passion for being in the water with a rescued vessel. And he counts on these people.

Harry's way to get these beautiful girls on the go again is a syndicate of a few partners per boat. Most syndicates offer a vessel for sharing, but the syndicate partners get nothing if the boat is sold. Harry's way is to form a trust, and each partner owns a unit trust which can be sold at any time for whatever value the partner decides. This way, the benefits are enormous. Sharing a boat can land you 75 days of boat use without worrying about paying massive amounts for maintenance, repairs, and marina fees.



"Sharing expenses will keep the mother-in-law happy," Harry laughs.

The average use of a boat in Australia is 28 days per year. Many boats don't see their masters for months or years, sitting around neglected on the water. Many begin taking water and even sink.

With the sharing experience, the boats are used frequently and well maintained.

"With a few partners onboard, we can also afford to keep the boat in a marina," Harry said.

And makes perfect sense. Harry showed me boats sitting on a mooring, and the apparent ordeal to get on and off the boat in any weather makes it impossible to get fair use out of a boat. While at the marina, access is easy, and therefore, the boats are used more frequently in any weather. You don't have to row in heavy rain or windy days to the mooring. On many occasions, Harry said that the partners would stay on the boat in the marina and entertain friends and family without even leaving port. And if they have one too many, they can always stay overnight onboard with all the modern facilities known.

The "Potter" boys take the fear out of boating with good training and a good repair and maintenance team behind the scenes.

Harry showed me another one of his projects.

This magnificent day cruiser was built in Tasmania in 1973.

A very unique vessel with great looks. "Tia Maria" is under refurbishment, and when she is all done, she will be a head-turner out there in the chop.

For a mere \$12,500, you can buy a fifth share and watch this magnificent vessel turn into a beautiful Swan.

Talking about swans, this is the actual name of his other girl. Another older lady made entirely out of teak. The Swan was another victim of neglect.

She sank in the Sydney harbour, and when Harry rescued her, the experts advised him to scrap her and sell the expensive and rare teak timber.

"I get a kick," Harry said, "when people tell me it won't work. It gives me more determination to make it happen".

Harry started the transformation process after the rescue.



This lady is now fully operational. Even though she still needs a few touch-ups, the team enjoys many days of cruising around the harbour.



On completion, "The Swan" will offer accommodation for 10 persons with one master bedroom, a massive shower/toilet area, and even a proper house toilet onboard. No more seawater for flushing, which can leave bad smells in the boat after a few days when the micro-organisms will decay in the seawater used for flushing. The two massive decks on this 46-footer will offer a vast entertaining area for guests and family.

The team installed a new marine diesel engine, and the heart transplant gave the old lady a new lease on life. For \$50,000 per one-sixth share, you can enjoy beautiful days and nights onboard the Swan.

Harry will take it further and rent the boats through Airbnb to create extra income for the partners.

Picture this. As a guest, you are landing at Darling Harbour and heading to the marina. Your luxury house on the water is waiting for you!

The 360-degree panorama view surpasses any seafront hotel or house.

You can fill up the fridges with your groceries, or you get the team to do it for you and use the onboard facilities for cooking. Still, when you feel too tired to cook, your lunch or dinner is only a phone call away. Nick's Seafood Restaurant, for example, is only minutes away. You can order your seafood platter and just wait onboard your palace on the water for Nick's waiters to bring the food to you.

A lifestyle you can not beat.

And don't worry. You don't have to fork out all the money upfront. After your deposit is placed and your unit trust is in your name, you will pay the rest every month as the boat transforms into your palace on water.

Harry has a large team of boat enthusiasts behind him who joined him with his earlier adventures. His latest girl was called "Always Wet", baptised by her previous lady owner.



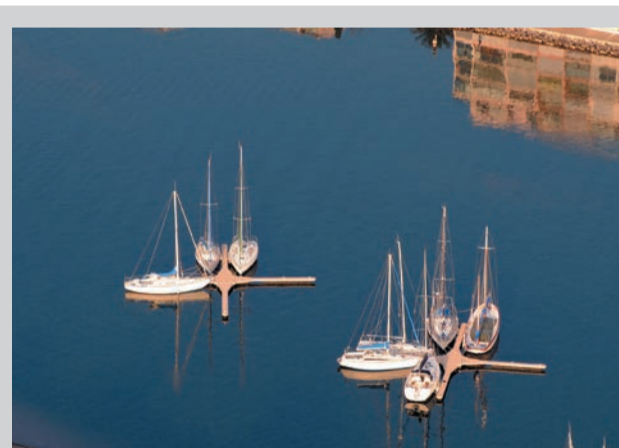
"It's bad luck to change the name of a boat, so we stuck with it, but after a while, we saw the funny side to it," he stated. Now five fortunate partners share this beautiful cruiser and have never looked back.



Harry has a few more ladies and even younger girls up his sleeve, including a beautiful 32 ft Mustang cruiser undertaking complete restoration by the experts of the Solutioneers Team. No leaking of water anywhere to be seen after the extensive restoration that has taken place, and mould, which is very common on many of these "leaky" ladies, is nowhere to be found. "The Princess" will be available soon, Harry said, "and she will be the finest cruiser in Sydney harbour."

It looks like the magic wand is back to full steam. So, don't waste your time and money with the full ownership of a boat that could turn into a hole in the water you keep throwing money at. Keep the mother-in-law happy, as Harry says and get yourself a share in Harry's ladies.

As for me, I am buying a share in "Tia Maria". Very little to pay for a lifestyle you can not beat onboard this glorious vessel.



Shared moorings. A better alternative for the busy Sydney harbour

In many countries worldwide, shared moorings, as shown in the picture, are standard.

The waiting list for a mooring in Sydney can take up to 10 years in some locations!!

The Maritime Services Board must take their head out of the sand and explore how other countries handle this problem.

The shared mooring is an excellent idea, and instead of one boat per mooring, up to eight boats can be berthed.

The method also offers a hard stand for boat owners for easier access to their boats, plus a platform to perform minor work on their boats.

Come on, MSB. We can do it!



thesolutioneers

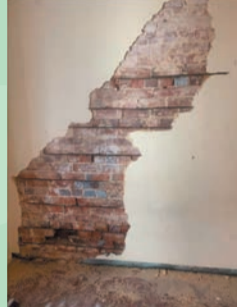
innovative solutions for complex projects.

REMEDIAL SERVICES



RISING DAMP TREATMENT

Eradicate rising damp with our Australian-made, for Australian conditions treatment product



CRACKED WALL REPAIRS

Avoid expensive rebuilds. We repair cracked masonry by stitching them with our unique stainless steel coil system



RUSTY BEAMS AND POSTS

Don't replace them! We fix them. Don't pay a fortune to replace your rusty steel we repair them for a fraction of the cost.

LANDSCAPING



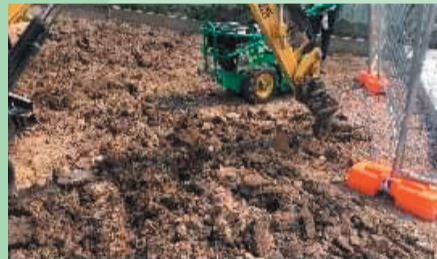
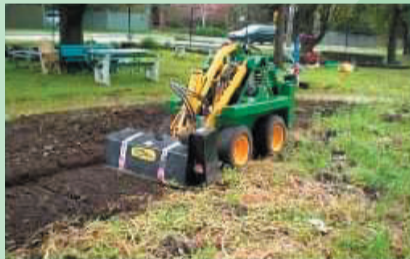
LANDSCAPING

Turfing - Paving, Decking - Driveways
Drainage, Retaining walls



ROCK SCULPTURING

We created these staircases using our rock saw and special stone-cutting tools, cutting and reusing all the boulders and rubble stones from the site. The owner didn't have to pay to remove it through difficult access and didn't have to buy expensive new stones.

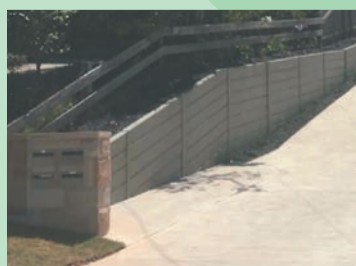
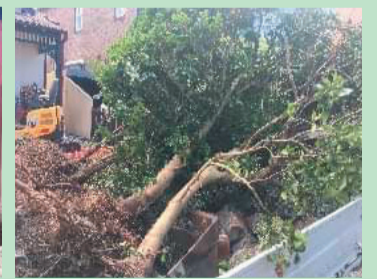


REUSE IT, DON'T REMOVE IT!

Give new life to your tired soil. When you renew your turf, don't remove 200 mm of the old soil and bring in the same amount. We don't!! We use our rotary hoe to cultivate the old soil and save our clients vast amounts of money.

REUSE IS BETTER THAN RECYCLING

We hate throwing valuable resources into landfill. Our excavated soils get cleaned up and delivered for free to be reused. Even the plants from our jobs get a second chance, and we find a new home for most of them.



RETAINING WALL SYSTEMS

Concrete and timber sleeper walls
Dintel or block walls
Brick walls.
Sandstone walls.