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## **Landsharing Intentional Communities: Homelessness and the Housing Crises.**

### **QUOTATIONS**

**Edited by Peter Hamilton**

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*“Large scale and long term unemployment is now accompanied by growing homelessness, increased mental illness, growing domestic violence, more child abuse and neglect, more suicide and social alienation and loneliness.*

*Only a genuine and long term investment in building social capital and engaging communities in their own development will turn this around.”*

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NCOSS “Social and Economic Priorities for the 1998/99 NSW State Budget”

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*“Housing affordability continues to be a major problem for people on low incomes.*

*Services working with homeless people report steadily increasing demands and in particular increased use of their services by families with young children”.*

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NCOSS “Social and Economic Priorities for the 1998/99 NSW State Budget”

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tend to act synergistically, with the central nervous system (CNS) being the prime target and the most vulnerable to damage. In addition, xenobiotics that bio-accumulate in the fatty tissue can be mobilized due to STRESS, EXERCISE AND FASTING. IT MEANS THAT THE IRRITATION STIMULI EMITTED BY THE MOBILIZED TOXINS MAY THEN BECOME CAPABLE OF STRESSING CEREBRAL CENTRES VIA NEURAL TRANSMISSION. In particular at risk are individuals with compromised liver function because of the reduced ability to detoxify and eliminate. Investigative work by Hugh Dunstan, Mark Donohoe, Neil McGregor etc. published in September 1995 in the Medical Journal of Australia, suggests that organochlorines may have an aetiological role in the ME/CFS patient, with DDE and HCB the most frequently detected in blood serum.

### My "Learning Experience"

My odyssey commenced with chronic low level exposure to the highly toxic solvent carbon tetrachloride 1956-68. Its first manifestations were CNS related, with cognitive deficits being prominent. Gradually a symptom-spread occurred until I finally passed the physiological threshold in 1972, after cumulative assaults on the constitution through relative minor surgery and its associated full anaesthetic, overprescription or antibiotics, "flu" vaccination and further potent occupational toxic exposure. ME/CFS symptoms from then on became prominent leading to my early retirement in 1984.

Naive and trusting by nature, I only became aware of the "chemical connection" in 1989. Until then neither I nor any health care professionals could offer any explanation for the occurring bizarre symptoms, and the degree of debilitating fatigue.

Social isolation, alienation and enforced inactivity were more difficult to cope with, seeing that my wife's quality of life had been so greatly reduced as a consequence of my own "learning experience". It indeed affected my soulmate's health to a major extent.

### My "Aching Heart"

Despite major life style changes and a holistic approach in a total sense to improve health, I suffered three heart attacks in the 80's. There does not seem to be much wrong with my cardiovascular system in a "mechanical" sense, as my heart thrives on "load" whenever I can drive my body into action (exercises). According to statistics, some 40% of the

total population between the ages of 45 and 50 have coronary sclerosis. Only about 15% of all patients suffering from coronary sclerosis also have angina pectoris. In other words, major anatomical changes do not constitute the main factor in a heart attack. IN THE LARGE MAJORITY OF CASES ANGINA PECTORIS RESULTS FROM DISTURBED NEUROVEGETATIVE REGULATION OF THE HEART.

The hypersensitivity of the nervous system results in a lowering of the irritation threshold and hence in an abnormal increase in proneness to spasm. Under these conditions the cardiovascular system finds it difficult to function economically, therefore affecting its own oxygen supply. The administration of local anaesthetic inhibits the formation and transmission of irritant stimuli as well as having an oxygen-economizing effect. Exposure from environmental chemicals and dental health hazards constitute typical sources of irritation stimuli.

### Improvement of Heart Function through Holistic Dentistry

Damage to teeth and jawbones in consequence of the chemical exposure became rather obvious. Most of it occurred in the vicinity of the sinus area which had been affected by the vapour from solvents. The surgical procedure caused my dentist and assistant nightmares because of the extent of the diseased locations which had to be removed. The sea mammals of the Baltic Sea which died because of pollution, had one thing in common with me, namely rotten teeth and jawbones.

Improved heart function was the subtle indicator of an increased irritation threshold after skillful holistic dentistry. This dentist is trained according to their principles of x-ray evaluation and surgery. It emphasises the importance of the removal of diseased bone tissue (chronically inflamed = Osteitis) from the socket after extraction, with special attention given to root canal filled teeth. It is important to realize that no or little pain is experienced at a site of chronic inflammation. Erroneously they are frequently labelled "infection", as the source of neurological interference can cause functional disturbances of the lymph system (e.g. tonsils) to result in swelling and tenderness. Treatment with antibiotics is not only ineffective, but actually worsens the condition.

The removal of amalgam fillings according to protocol receives much attention from holistic dentistry. Neurological irritation stimuli not only from the

# Youth Homelessness:

## Early Intervention & Prevention

By Chris Chamberlain and David MacKenzie

This book examines the issue of youth homelessness in the context of relevant social and educational policies. It puts forward powerful arguments for early intervention and prevention and suggests new approaches for schools, community based organisations and Governments.

Chamberlain and MacKenzie have produced the most significant, comprehensive, and detailed contribution to the understanding of youth homelessness in Australia.

In his preface David Eldrige (Salvation Army) Chair of the Prime Minister's Youth Homeless Taskforce says "One of the main messages in this book is the need for a national approach - policies which will prevent the problem of youth homelessness worsening, assist homeless young people and their families to rebuild their lives, and ensure appropriate and sustainable pathways to participation in the community for all young Australians."

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### Youth Homelessness: Early Intervention and Prevention

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Dear Mike,

Herewith two copies of "Features..."  
and "Homelessness Quotes..."

One set is for you. Would you please  
give the other set to Colin James.

I have not stapled these together in case  
you find there is an interest in delegates to  
the Conference wishing to make themselves  
a photocopy.

Such copies could of course be made  
double sided to save paper!

If circumstances permit I would appreciate  
your bringing these papers to the attention of  
any key NCSS and ACSS delegates at the  
Conference. (Pam Lam is a subscribing member of NCSS)

I trust the Conference will be satisfying for you  
and I look forward to hearing from you  
on your return.

Kind regards to yourself  
and Colin  
Peter

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