

Free for you

Spring in to action before the summer comes with these alterative remedies.

Throughout March you can get a **free shot** of Maca by going up to the bar staff and saying. "Oooh touch my macas!" You can get **free** wolfberries, they're on the counter, just go up have a nibble. If you like 'em you can buy 'em at £2.00 for 50g! (Bargain!)

Wolfberries

These little red berries do wonders for your system. Traditional fruit from Japan. They help protect cells, improve DNA, strengthen bones and tendons and support healthy liver functions. They help protect against cancer. They have the highest concentration of beta carotene know to man. They also contain Vitamins, B1, B2, B6, E and C, along with 18 amino acids. The fruit also has 21 trace minerals, including zinc, iron, copper, calcium germanium, Phosphorus and selenium. Eating a daily 10g dosage helps the immune system, helps build new hepatic cells, burns fat, builds muscle and they've been used as to treat diabetes. They aren't toxic, but shouldn't be eaten if you have a spleen deficiency. Naturally they help create a cheerful state of mind!

Maca

Maca is a turnip like vegetable from the Andes which is unbelievably nourishing and strengthening. It contains a plethora of trace minerals including zinc, copper, iodine, bismuth, manganese, selenium and silica as well as B vitamins. If your system is a little out of sorts then this is a great tonic to help it restore harmony. It has adaptogen qualities that help the body cope with stress and physical strain. Not only that it helps the endocrine and immune systems to vitalise ovaries, testis adrenals, pancreas and thyroids! It's a good natural alternative to HRT and can increase the sex drive, stimulating fertility of both sexes. It increases energy like ginseng, stimulates mind, reduces fatigue and boosts stamina. It comes as a powder and teaspoon is taken as shots with water.



the dragon acupuncture project
affordable healthcare for the community

first appointment £20 | subsequent appointments £10
35 montpelier road brighton | telephone 07760 492136

Competition

Win a free meal of your choice at from the crazy menu at the Mad Hatter. Just write the answer to the following question, with your phone number or email address and give it to the staff at the counter. **Closing date: Wednesday 30 March.**



How long in millimetres is the world's longest sausage?

Mad Hatter Monthly

Free

March 2005

Mythic Tales

In times of old, in the land of the rising sun, there was a man by the name of Guin. Abandoned at birth by his family he grew up in the wild next to the river that ran from East to West. Back then there were no distractions, so he occupied his early days by watching the world go by.

As he grew up, he began to get scared of his shadow. When the sun was in his face it cast a shadow behind him. 'When my shadow is behind me I can't see what its doing.' He said to himself. Little did he know that his shadow got up to all sorts of tricks when he couldn't see it! 'But if I can see my shadow in front of me I can keep an eye on it.' Said Guin.

With this in mind he set about making sure that he would always keep sight of his shadow. From that day he woke at dawn with the rising sun in the East. He turned his back to the rising sun, and sure

enough his shadow lay before him. Then to make sure the shadow never got away he stepped on it. Of course the shadow moved with his step. So the day began. Guin walked westward all day along the riverside, with sun on his back 'following' his shadow. As morning passed his shadow got shorter and shorter as the sun rose higher in the sky. Then noon came, with the sun directly overhead, Guin's shadow was nowhere to be seen. He stopped his journey westward and drank from the river for a minute or two. Then the sun began crawling in to the afternoon and started setting in the west. As it did so, Guin turned around to face Eastwards so the sun was on his back and he could see his shadow again. Now he was facing the direction he came from. He followed his shadow, this time walking Eastwards. His shadow grew longer as the afternoon wore on and eventually the sun began setting. By dusk Guin arrived back where he started. Soon the sun disappeared below the horizon, and his shadow disappeared in to the night. Guin slept. Come dawn he awoke and started his journey again.

This was an odd thing to do, and he soon began to foster a reputation. Fellow people and travellers would walk past and laugh at him. 'There goes that old man walking up and down the riverside with the sun on his back chasing his shadow.' They'd laugh and stare. This went on for many years, and his reputation grew bigger still. Soon people were coming from

Continued inside.....

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If you want to advertise or you got a story give us a call or ask at the counter

Beneath the depths of ‘what to eat next?’ or ‘shall I grab another coffee?’ or ‘what’s on TV tonight’ there’s something lurking.

There’s an undercurrent of emotions’ hiding on the next level down. However deeper still, beneath the undercurrent there’s something more. Something no one can put their fingers on: Something that makes the beat of the ticker tick. No-one likes to admit it...

This lurking *thing* is the something that adds meaning to life. Helps get us out of bed, helps make the day worthwhile and helps us keep on keeping on. This thing is the eternal search for truth. We are all at it, even if we’re not conscious of it. Everyone wants to know. And knowing needs truth. To make the task a little easier for all the world’s seekers here are seven more facts to take you ever closer to the truth:

1. **A group of Rhinoceros is called a crash**
2. **Slugs have four noses!**
3. **Peanuts are one of the ingredients of dynamite**
4. **There are more chickens than people in the world.**
5. **John Lennon’s first girlfriend was called Thelma Pickles**
6. **There are 336 dimples on a regulation golf ball.**
7. **All the clocks in ‘Pulp Fiction’ are stuck on 4:20**

The Sea Inside is without doubt the film of the month, and potentially the film of the year—which is quite a statement considering its only march.

The film is based on the true story of Ramon Sampedro, a sea lover who has a diving accident leaving him paralysed from the neck down. He’s cared for by his loving family but all he wants to do is die! Bed ridden and totally dependent on others, who can blame him? Enlisting the help of a lawyer to fight his case he takes it his arguments to the courts in the hope of being the first case of legal euthanasia.

‘Only by laughing do you learn to cry’ says Ramon. As morbid as it may sound the film is marvellously balanced with humour. The cases for and against Ramon’s termination are weaved throughout the plot by the colourful characters that come in and out of his life, each with their own sorrows and joys. The camera work is subtle yet strikingly fantastic - at times majestic transforming a bedroom scene into a fairytale flight on a magic carpet. Its worth a visit jut to see Javier Bardem put in an outstanding performance as quadriplegic Ramon, conveying everything with the expression of his face alone.

The Sea Inside has won a Golden Globe Award and is out now. Don’t miss it – probably the best film of the year. PG, Spanish with English subtitles.

Subliminal

This paragraph is a piece of subliminal advertising that will make you want to order another coffee. Perhaps an Latte or espresso. Go on why not? You can even barter with the staff to get a reduction.



Lion & Lobster (*Down the road from The Mad Hatter*)

Great pub with attractive and friendly staff. Got a nice cosy atmosphere, traditional and smoky. There’s lots happening too: quiz night on Mondays, excellent live music on Thursdays and Sundays. It hosts one of the best jazz nights in town. To top it off they serve a cracking Sunday lunch.

Regency Tavern (*Regency Sq. 01273 325652*)

Eccentric and flamboyant with décor that Elton John would be proud of. Dazzling indeed. Good beer, good value for money. Fabulous bar staff, if your there on a birthday, just tell the staff and wait for the audio bonanza surprise! Even the toilets are classy!

Murasaki Restaurant (*Seven Dials. 01273 326231*)

Splendid interior that creates a welcoming atmosphere which is authentically serene. If your new to Japanese cuisine, this is the best place to start. Service is top notch and prices are value for money.

On the wall

From cover

villages far away to see if the story of the walking man was true.

Some people would walk with him and ask him what he was up to some would sit and stare. A few people set up some tents and stayed to see if he would ever stop. The people that stayed for a week or more started to find Guin useful. They realised when Guin was walking away from them it was a good time to work the fields. When Guin stopped and drank from the river they realised it was a good time to eat dinner. If Guin was facing home, it was everyone knew it was getting late so the rested and played.

Soon more and more people came to the riverside and set-up home and office. Eventually a city grew. Everyone in the city was thankful for the man who would walk up and down the river with the rhythm of the kingdom. And so, the Emperor was born under the sun.

This month’s stunning artwork

is a striking display of portraits of Brighton residents by artist Guy Barton. For sales or commissions contact guy by email on: guy.barton@excite.com

Nonsense

As an old saying goes, when looking deep into water you only see shallow. So don’t spend time looking at puddles, just jump right in and make a splash.