

Juice at the counter

Acai

Packed with the highest density of naturally occurring antioxidants of any food on the planet! Acai contains high levels of essential fatty acids, Omega 6 & 9, which is good for the heart and joints as well as reducing cholesterol levels. The wild harvest and sale of this fruit provides the most valuable non-wood forest production, in terms of money, the Amazon has to offer. It provides indigenous Indians with a valuable, sustainable economic resource. The harvest of this fruit actively helps protect the Amazon rainforest from the threat posed by ranchers and loggers.

Acerola

This fruit contains ten times more vitamin C than an Orange. Acerola is a tropical treasure native to Central America. It is one of Brazil's most popular juices. The soft, juicy, thin skinned cherry-like fruit is bursting with the vitamin C. The content of vitamin C ranges from 1000 – 2000mg per 100g. One packet of acerola more than supplies the daily adult requirement of vitamin C.

Mad Hatter Monthly

Free

April 2005

Spring is here again!
Yeay!

Middle Length

The problems in life are all but a trifle compared to the doom of middle length hair. From here the great eastern wars are started. Middle length hair is the boiling of seas, the bastardisation of right and wrong and ultimately the epitome of indecision. But not the type of indecision that's held by moral constrain – it's the type that's held by dumb confusion. Middle length hair is cut by the barbers of the modern printing press. 'Should I go or should I stay?', 'Shall I shan't I?' Why do people trust the blade of the barber? Middle length hair is worn by middle class people. Making an average middle length life for themselves. Scared of having short hair and scared of even daring to grow it longer than a glare. At least bald people are happy that their skull can be seen and people with locks longer than frocks tend not to give a balls at what the skull of life throws at their over grown hairy ways – coz it'll be alright. However, those with cuticles that run to the size of 'middle' are struggling. They're always wanting to be something else. But their pre-programmed fascism prevents any kind of true change. Goddam fears make them go to the barber's and bring them back down to size. But we all know the problems of middle length hair. It's the



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

Winfalcon's Healing Centre & Wholistic Shop

28 Ship Street, Brighton, Sussex BN1 1AD

Tel: (01273) 728997 Fax: 720411 E-mail: Winfalcon@dial.pipex.com

Website: <http://www.winfalcon.com>

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 27 April.**



Easter was named after which Goddess?

Middle length

From front cover...

time when you've waxed it and it starts growing back but its too short to wax again. It's the time when you've started something and got half way through its course and decide that it may be too much! It's all that bloody arse-aching sitting on the fence. There are few advantages to this length. People who wear their 'barnet' down the middle are strewn with contentment. But its not true contentment. It's the continuous mowing of the lawn to make it pretty for the sake of a face. But in their mowing they are ignorant of the fact that they are castrating the grass of true wilderness for a 'short back and sides number two - please'. They wear middle

length smiles to match. Never getting too excited or sad even though they want to. Shave your hair off and become uptight. Purse the lips and make a middle length toupee. Or grow it and chill! So what's it about then? Middle length has done jack for us. It's about time we all got together and cut the middle straight out of it. The edges are better, only from the middle can the edge be reached. But from the edge (with no middle) then there is a whole new arena to fall in to, or on to, or from. And with open arms and screwed up skies its time we had a new arena. And from the edge, if we're all there, eventually our arms will get tired of the world arms, and we'll all have to let go!

Norris



It is with great sadness that we announce the departure of Norris, the Hatter's much-loved pet spider. Norris had been with us for over two years and we feel sure his jokes, acrobatics and general good humour will be felt as a great loss amongst our customers as he daily entertained them on the counter as they waited for their orders

Norris was 'drawn by the aroma of fresh coffee' and built his home in the Hatter between the twin pillars of an empty bottle of *fairy* liquid and an old jar of pickles. Knowing he lived there our staff left his home undisturbed.

Although tiny -Norris weighed less than a milligram - he was big on personality. Often boasting he was 3½ milligrams. Refusing to be tested on the scales, we finally got his true measure when we found him drunk and helpless on the till. He told us later, we were lucky to get away with it as he'd been only 'slightly tipsy' and after all he'd been spinning all day.

Lured, like so many before him, by the great web in the sky, Norris, bags on three legs, waved goodbye to us on Monday morning, lept on to a floppy disc and disappeared forever in to the internet.

Catch up with Norris' adventures next

MHM Review

The Conqueror

Situated a stones throw away from the Old Market, this pub has a great vibe, good staff and serves a nice Sunday roast. It has a homely atmosphere and specialises in homemade shots of vodka. Yummy! Check out their 'kola kubes', peppermint and lemon sherbet blasters. Sure to fire you up before the big nite out!

Planet India, Preston Street

This cheeky little eatery is a gem. It's a small friendly family run Indian restaurant, stocked with vegetarian food. It hasn't got the glamour of the fine eateries, and the food is great, but not amazing. But where this place beats the pants of any other city restaurant is its personal service with a smile. No frills and good stuff! You can get a tasty curry and rice for under £4.00. Check it out!

Stone of the month — Jasper

Jasper is Silicon Dioxide. A type of Chalcedony. It comes in many colours and is a Shamanic stone of protection. Jasper is known as 'The Supreme Nurturer' When you're feeling nervy or anxious hold or wear some jasper to bring about calmness. Balances Ying-Yang energy and physical, emotional and intellectual bodies with etheric energies. It benefits kidneys, spleen liver and stomach as well as soothing nerves.

Get a 10% discount at Winfalcon's Crystal & Healing shop when you show April's Mad Hatter

£500 REWARD!

Barbie: Our table top dancing microbe has gone missing. Last seen teetering on the edge of an elderly gentleman's coffee cup during one of her routines. We're worried she was gulped away. Have you seen her? Any info is warmly welcomed.

On the wall

Nonsense

There was a man from the Taliban - he bought a rover and lived in a caravan. He was caught in Dover eating spam, so they sent him over, to Amsterdam!