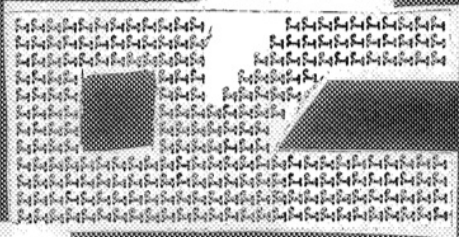
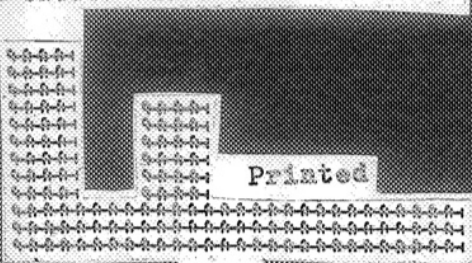


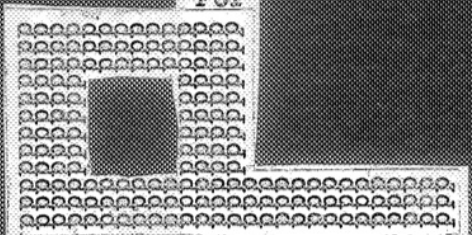
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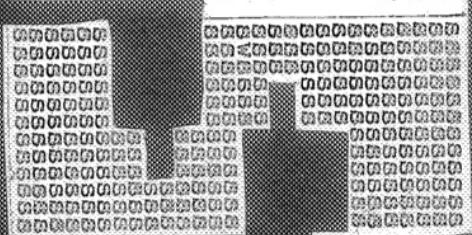
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For



Reading



The first thing to know about self defence is that we can react, no matter who is being aggressive to us, doesn't matter the size of the person. As a woman, I know that violence can be everywhere and we need to have

confidence. Training is an important part of self-defence, conscience of our own capacity, we need to construct ourself

because if you get into a position of doing it to someone, you know that you are capable

of doing it. This action needs to be incorporated by our minds and bodies, to become natural, as a body language.

Self-defence is about facing our fears and dealing with it, so we need to be prepared as women, but as every body should

be, everybody deals with violent situations in day-by-day stuff. It's not about having a violent reaction

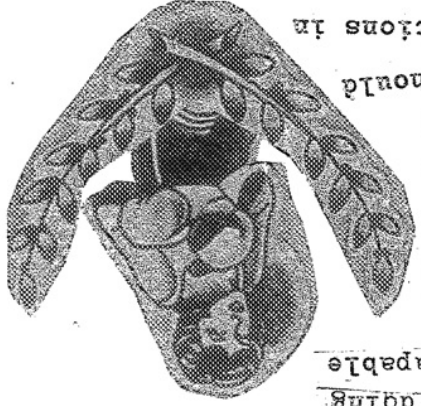
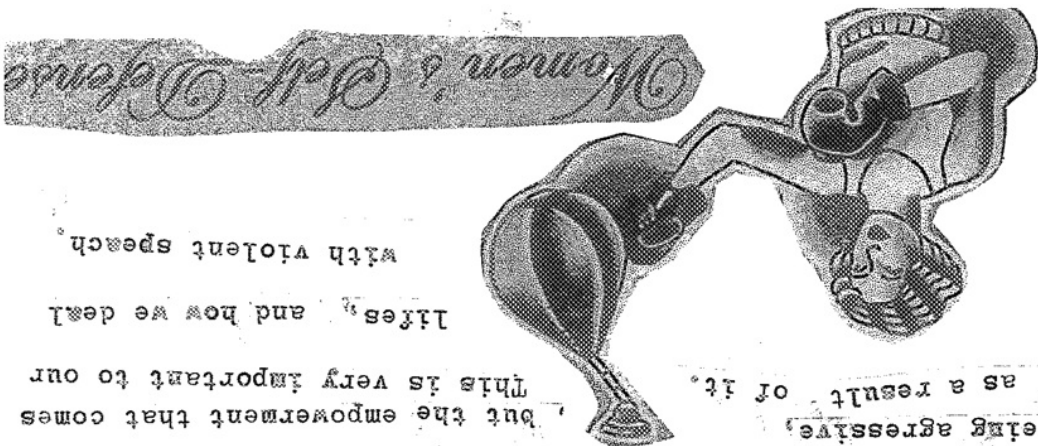
but if you get into it someday, you will need to be prepared! It's knowing what you are capable of doing and what you are not, in this case if you have a knife and you don't feel

capable to use against someone it is better not having one, because it can be used against your-self. The practice is physical, but it's also about empowerment, and training helps

to learn more of ourselves, as I said before it's not about being aggressive, but the empowerment that comes

as a result of it. This is very important to our lives, and how we deal

with violent speech.



- Women's Self - Defense
- Recipes of DIY Household products
- PIP (Transatlantic Trade and Investment Partnership)
- On 'Eating Animals'
- The Lego Movie and Anti-Capitalism
- Laundry Detergent
- Toothpaste and

The Lego Movie = Anti-Capitalist Propaganda

The Lego Movie is a one and a half hour long commercial for Legos. True. But it has an undeniable Anti-Capitalist and Anti-Hierarchical message.

It questions democracy: "President business is going to end the world? But he's such a nice guy! He's made such awesome stuff like dairy food, TV shows, news, coffee, surveillance cameras, all history books, our voting machines... wait a minute."

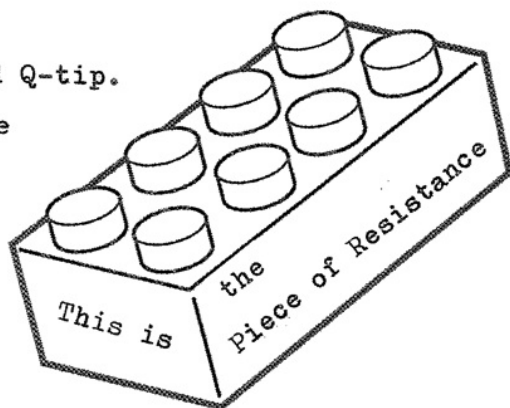
It explains why ACAB:

President business erases

the good cop with acetone and Q-tip.

So all there is left is the aggressive authoritarian

little servant.



The movie even pokes fun at Legos' own capitalist tendencies of selling prepackaged sets where pieces have specific purposes. It does not, however, mention Shell at all. For that you will have to check out the video: "Everything is NOT awesome". The role of women is only briefly questioned, when the female character says she hoped to be the protagonist, instead of only the potential girlfriend of the protagonist.

Toothpaste!

Ingredients:

Baking soda - 2/3 cup.

Essential oils - 2 tsp peppermint extract

or 10-15 drops peppermint essential oil (add your favourite flavour).

Fine sea salt - 1tsp (optional, direct application of the minerals in sea salt is great for teeth, but can be left out if the taste is too salty).

Coconut oil or water (add to desired consistency)

Mix all the ingredients, until you get the consistency desired. Adding the oils last.

Its best to store in a glass jar, and it should be closed properly. Keep in the fridge if possible.



of course there are many other variations of homemade toothpaste. (such as clay toothpaste)

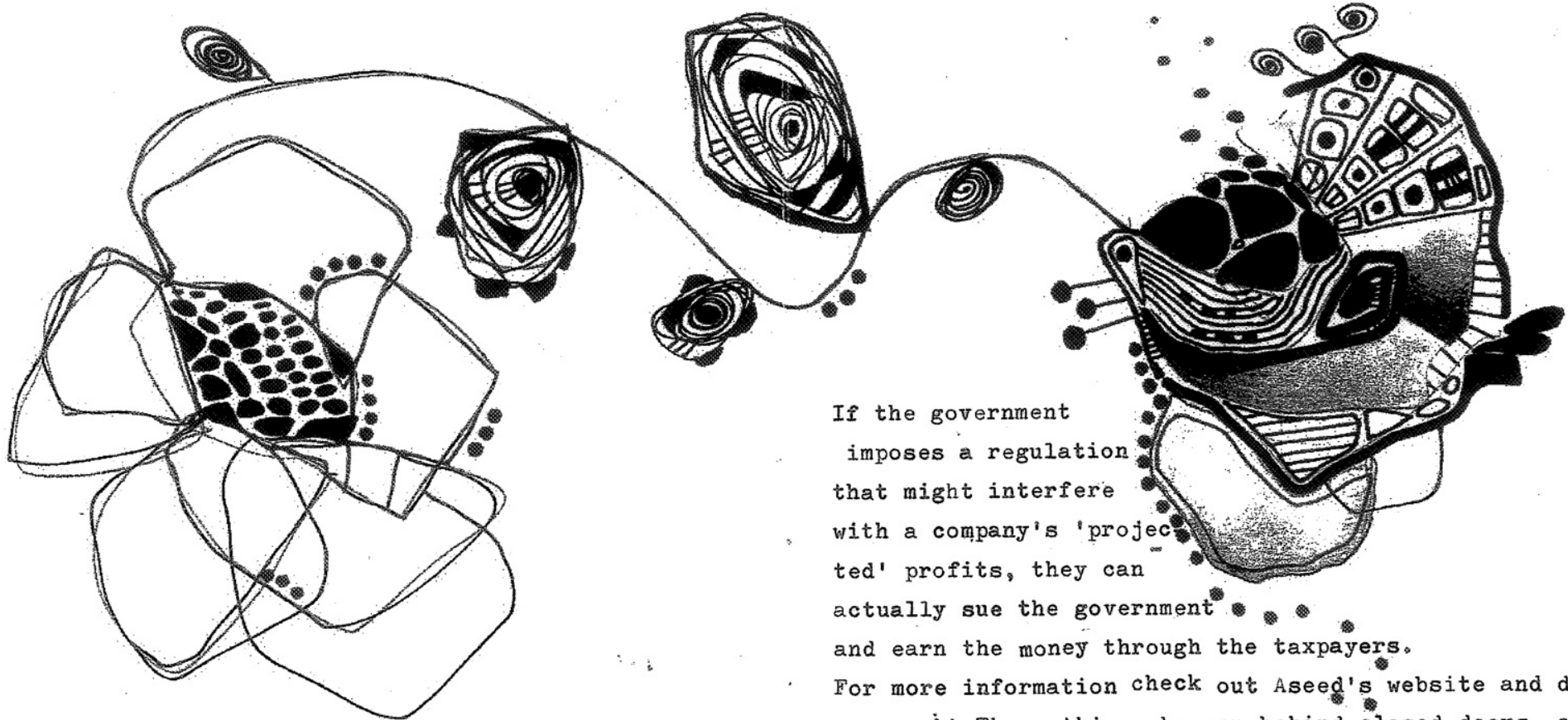
AMONG THE LIVING

I am a WALKING BUDDHA
I CAN SEE ALL THE
WORLD
THAT I
YOUR MINDS
WITH FEAR
THE MAN WITH
POWER
LIVING THE
die

-ANTHAX

©





TTIP is a proposed free trade agreement between the US and the EU. Its purpose is to boost the economy by creating jobs. By merging American and European economies, import tariffs will be eliminated, and regulation of products will be synchronized. This is a good example of how corporations are capable of manipulating the government by claiming to help people by creating jobs, when in practice the main goal is to increase profits. This aim for profit is what tramples over the rights of workers and the environment. (such as less regulation on pesticides, preservatives and GMOs)

If the government imposes a regulation that might interfere with a company's 'projected' profits, they can actually sue the government and earn the money through the taxpayers. For more information check out Aseed's website and do some research! These things happen behind closed doors, and even if they didn't, you wouldn't see it in the media. We are planning a demonstration in october. You can come to any DIY Workshop to help preparing. Check our website for times and places!

DIY
WORKSHOP
diywamsterdam.blogspot.nl
diywnijmegen.blogspot.nl

It's easy to buy household products, but it's way more fun to make them yourself! Almost everything you buy, from laundry detergent to toothpaste, is filled with harmful chemicals and ingredients (like palm oil) with dubious history. If you make them yourself, it's cheaper, a lot less polluting, and vegan. It's not as hard as you might think, it's actually pretty easy!

Laundry detergent

Ingredients for approximately 1 liter.

1 tab of soap.

1 big spoon washing soda.

1 liter water.

10-15 drops essential oils (optional).

Grate the soap, and leave it aside.

Boil the water. Then add the grated soap and mix it well

until it melts completely.

Now add the washing soda and mix again. It should have

the consistency of a gel.

Leave it aside until it cools down.

Later you can add the essential oils of your choice.

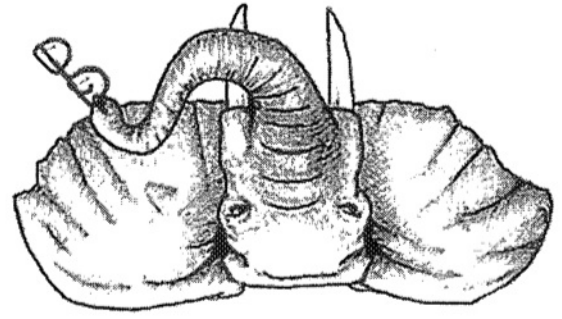
Note: instead of washing soda (sodium carbonate) baking soda can be used (sodium bicarbonate).

The difference is that if washing soda is used, the detergent will be more effective in cleaning.

Eating Animals - Jonathan Safran Foer

"Not responding"

is a response. We are equally responsible for what we don't do"



Eating Animals is, as you might suspect, a book about eating animals. From birth to slaughter and everything surrounding it.

The book covers all territories. What factory

farmings doing to our environment, to our bodies, to the factories' migrant workers, and, of course, what it does to the animals. Especially animals that are raised and slaughtered in factory farms.

But organic farming is also discussed. You will read about the energy organic farmers put in

making the animals suffer as little as possible. Nevertheless there is cruelty and many flaws in their farms, even if it's way less than in the factory farmbusiness. The facts speak for

themselves. It's a good read for people who are

eating meat and/or dairy but also for people who don't. It's a very informative book; even if you know a lot about this subject you might pick up

a thing or two.