

# morgenmuffel#14 JANUARY 2006 - 60P



HI, WELCOME TO MORGEN MUFFEL NO. 14! SO, YOU MAY HAVE ALREADY READ THE 'SPECIAL PRE-VIEW OF THE 68 COMIC ... WELL, TOUGH, HERE IT IS AGAIN (YAWN)

IT'S BEEN A BUSY YEAR. OUR SOCIAL CENTRE STILL EXISTS (WWW. COWLEYCLUB. ORG. UK) AND OUR MOBILE KITCHEN HAS SURVIVED .. WE'VE PUBLISHED THE ANARCHIST TEAPOT GUIDE TO FEEDING THE MASSES', WITH TIPS + RECIPES. GET IT FROM ME FOR £1+STAMP IF YOU'RE INTERESTED.

I'M TEACHING MORE SELF DEFENCE WHICH IS DEAD SATISFYING. WE'RE PUTTING TOGETHER AZINE ON WOMEN'S SELF DEFENCE, SO GETIN TOUCH FOR THAT, TOO, I STILL HAVE A SMALL DISTRO, THO I'M MAINLY STOCKING THE ZINE BOX IN THE COWLEY BOOKSHOP THAN TRYING TO PROMOTE MAILORDER. I JUST CAN'T BE ARSED WITH ALL THAT POSTAGE.

BEST READS THIS YEAR - ASSATA SHAKUR'S AUTOBIOGRAPHY, PERSEPOUS BY M. SATRAPI PLAYLIST-HANKWILLIAMS . RAMONES . HAY. SEED DIXIE. CORJOBA. GEOFF BERNER. TARKAN PET HATES - WET BUM FROM BIKESEAT, ILL-FITTING GLASSES, MOBILE RINGTONES, BRA-STRAPS FALLING DOWN, THE LAW OF VALUE LOVE + RAGE, ISU - PO BOX 74

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\* GLOSSARY!!!\*

especially for all you foreign readers!

- \*coppers police also filth, pigs ... CHICKENS-ALL BIRDS I CAN'T RE-MEMBER THESPECIFIC NAME OF
- \* GORDON RAMSEY-TU CHEF KNOWN FOR INTIMIDATION + SWEARING
- I the met-London cops, evil
- \* moonie y'know, when you show your arse to strangers
- \* on the BLOB 'on the Rag' "the curse" - 9's bleeding
- + NICK- to steal, also to arrest
- \* HOODIE a HOODED TOP, DUH
- \* SPECIAL BREW- VERY STRONG-BEER YOU NEED TO BE PRETTY DEDICATED TO LIKE IT
- \* FAG/CIG- CIGARETTE
- \* MS DOYLE- IRISH HOUSEKEE-PER IN BRILLIANT TUSHOW 'FATHER TED' KNOWN TO URGE THE FATHER TO Have a cuppa Tea ... GO ON ...
- \* Pants underwear, not AMERICAN TROUSERS!
- \* TOPGEAR'- SAD LAD'S CAR OBSESSED TV PROGRAMME
- \* OI expression to GET OTTEN. tion or exclamation, usually LOUD. also Means CUCUMBER IN KOREAN.



(FROM A PHOTO AT THEEF! GATHERING 2004

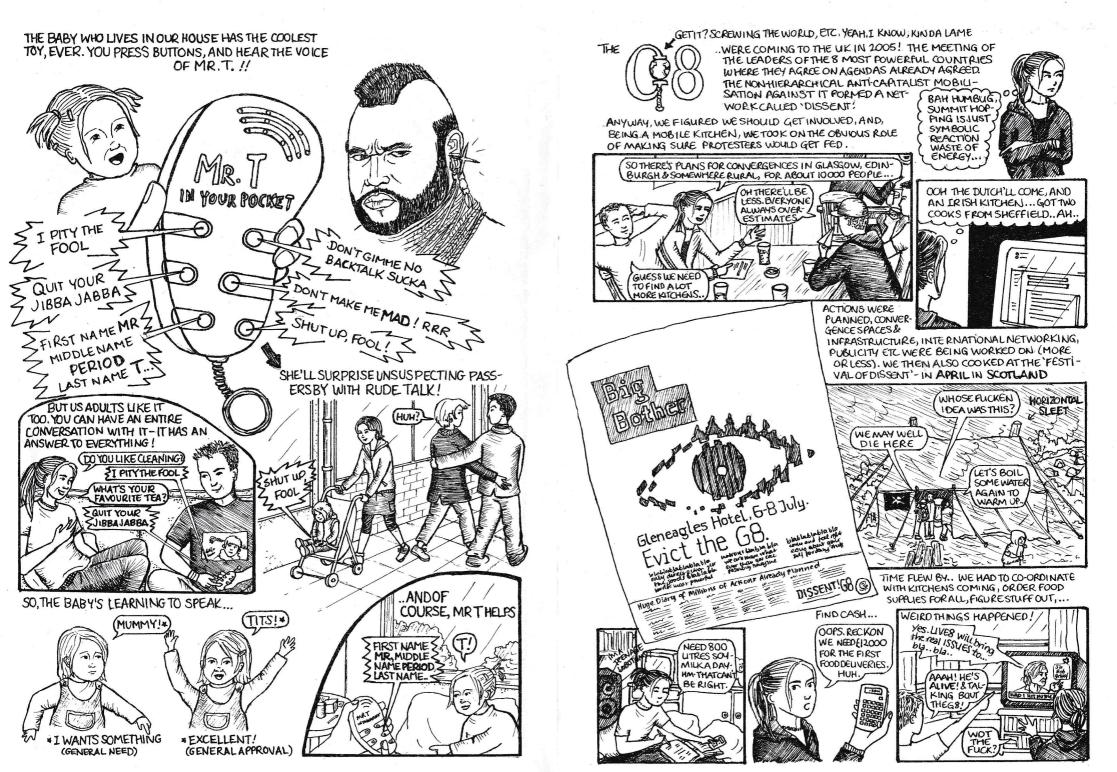
I HAVETHIS TOPTHAT I REALLY LIKE. EXCEPT THAT IT'S MESSAGE GETS DISTORTED WHEN WORN UNDER A JACKET OR HOODIE ...

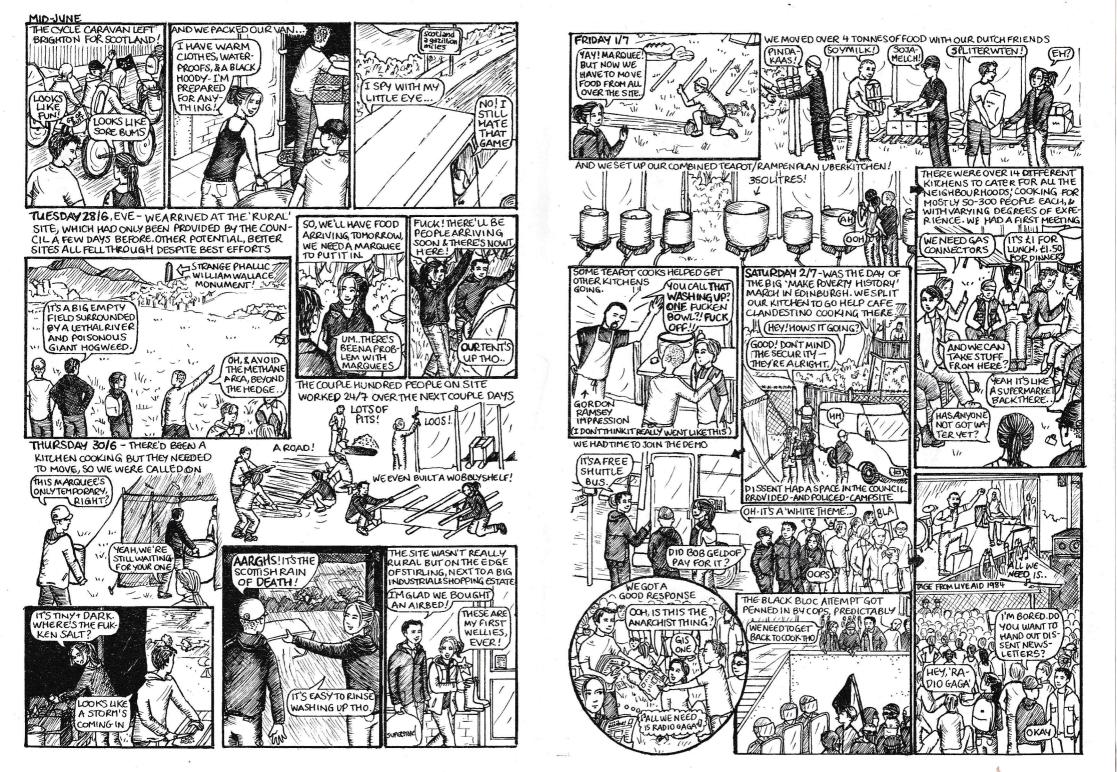


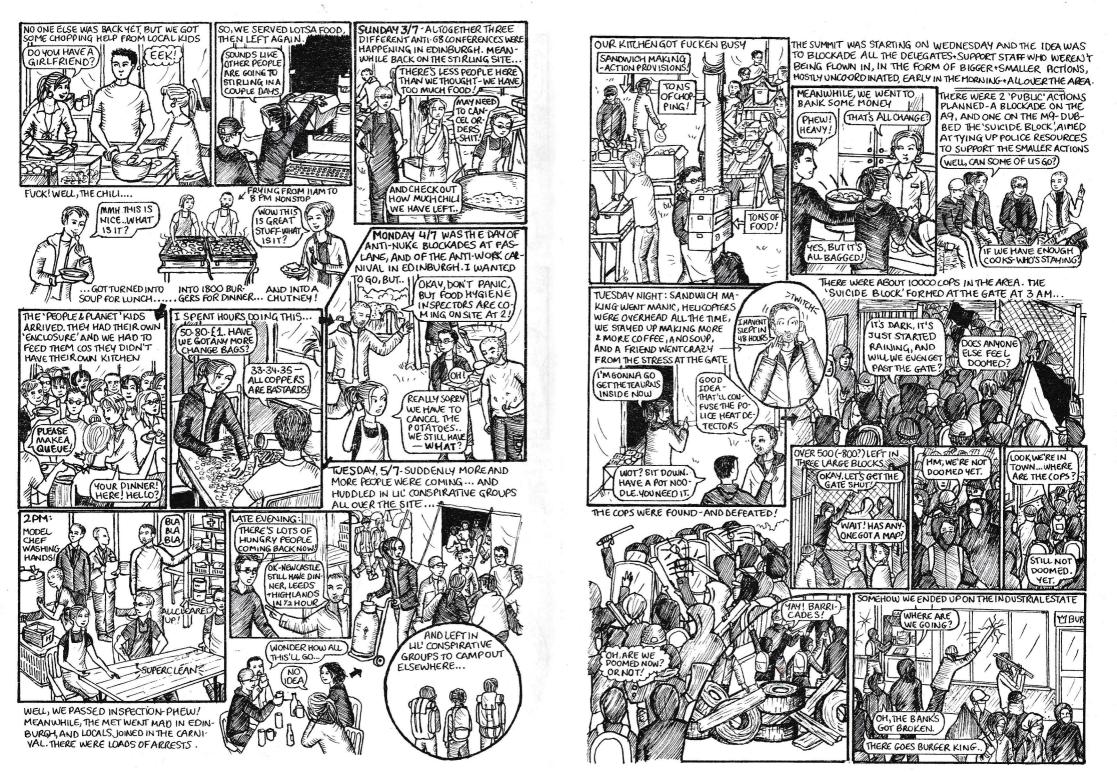


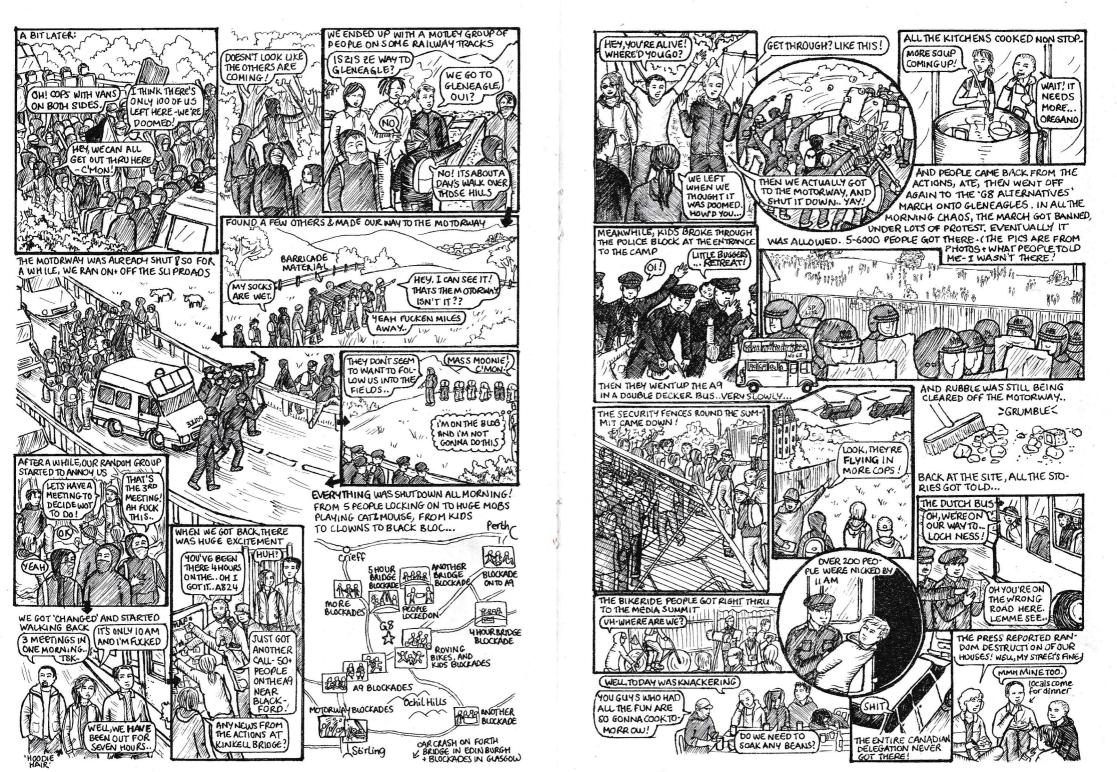


















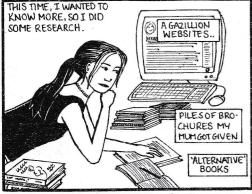


HOLLINGBURY HILLFORT IS ONE OF MY FAVOUR-ITE PLACES IN BRIGHTON. YOU'VE GOT A GREAT VIEW FROM UPTHERE, AND IT'S ALLOLD.









CANCER IS WHEN CELLS REPRODUCE IN A DETERIORATING MANNER, AND AGGRESSIVELY SPREAD, IMPAIR-ING A BODY'S HEALTHY FUNCTIONING. BREAST CANCER IS LIFE THREATENING WHEN 'METASTASES' OCCUR, I.E. IT SPREADS TO OTHER VITAL FUNC-BUT, BUT YOU'RE) TIONS OF THE BODY. IT'S BECOMING

INFERIOR! MORE+MORE COMMON IN WOMEN, AND ONCE YOU'VE BEEN TREATED FOR IT RECURRENCES ARE STILL ALWAYS POSSIBLE.

WOMEN ARE MORE ENCOURAGED TO GO FOR SCREENINGS AND DETECT CAN-CER EARLY. THIS HAS LED TO A HUGE RISE IN PRECANCEROUS ACCUMULATIONS BEING FOUND

AND GETTING TREATED, AS IN MY MUM

THESE ARE NON AGGRESSIVE BUILDUPS OF CANCER CELLS THAT MAY TURN AGGRESSIVE SOME DAY. DOCTORS OF COURSE WILL ENCOURAGE TREAT-MENT, COURSES OF MEDICINES AND THERAPIES; THAT'S THEIR LIVELI-HOOD AFTER ALL. BUT ALL CONVENTIONAL TREATMENTS HAVE SIDE EFFECTS AND POSSIBLE COMPLICATIONS, EVEN MAMMOGRAMS -THE USUAL DETECTION SCREENING-WHICH IS A SERIES OF X-RAYS, COULD DO HARM-RADIATION IS A CANCER RISK FACTOR, TOO. NONE OF THIS REALLY FILLS ME WITH TRUST.

IT SEEMS THE DAYS ARE GONE WHERE BREAST CANCER WASN'T SPOKEN ABOUT AND DOCTORS REMOVED BREASTS LEFT RIGHT AND CENTRE.

NOW THERE'S TONS OF PATIENT INFORMATION + SUPPORT LITERATURE, CAMPAIGNS + GROUPS. BUT IN THE END. A WOMAN STILL ONLY CAN FOLLOW THE OPTIONS GIVEN HER BY THE 'EXPERTS' AND IS BASICALLY AT THE MERCY OF THE MEDICAL IND-USTRY. OKAY I DON'T THINK, IN ANYWAY, THAT

YOU CAN OR SHOULD CURE CANCER WITH SOME TEA TREE OIL, OR ANYTHING LIKE THAT. BUT A WOMAN'S OWN, SELF DETERMINED APPROACH TO BREAST CANCER IS, DESPITE INFO OVERLOAD, STILL VERY RESTRICTED. THE MAIN THING THAT STRIKES ME AS MISSING FROM THE PAMPHLETS (MOST OF WHICH ARE PRODUCED BY PHARMACEUTICAL COMPANIES) AND THE PINK COLOURED SUPPORT WEBSITES IS ANY CHALLENGE TO WHY WE GET CANCER. IT'S WELLESTABLISHED THAT IN THE MODERN WORLD, WE'RE SURROUNDED BY CARCINOGENIC SUBSTANCES.

FROM THE ORGANOCHLORINES IN OUR FOODS TO PETROCHEMICALS IN EVERYTHING ELSE & TO TOBACCO AND RADIATION, WE'RE BOMBARDED WITH POISONS. THEN WE GET CANCER AND THE SUPPOR-TIVE WEBSITE SAYS "YOU'LL WORRY, LUV, IT'S JUST SOMETHING GET THRU IT-DON'T WE SHOULD BE SO MUCH MORE THAT HAPPENS."

MY MUM GOT THRU THE SURGERY WELL WHEN WE GOT HOME I PRESENTED HER WITH MY FINDINGS

STOP

CHOPPIN

EM

OFF!





## conventional breast cancer treatments:

SURGERY - CUTTING OUT THE CANCEROUS CELLS-OF COURSE IT CAN 60 FINE BUTALSO NOT ...

### LYMPH NODE REMOVAL

IN SURGERY. OFTEN DONE IF ANY SPREAD OF CANCER IS SUS-PECTED TO AID THE DIAGNOSIS. CAN LEAD TO SWELLING OF THE ARM, SOMETIMES PERMANENT

RADIATION - TO MAKE ANY CELLS THAT WEREN'T REMOVED BY SUR-GERY DESTROY THEMSELVES. RASHES AND SUNBURN LIKE EFFECTS ARE COMMON, IT CAN ALSO EFFECT THE IMMUNE SYSTEM



HORMONETHERAPY -IF THE CANCER CELLS ARE ESTROGEN-RE-CEPTIVE THIS'LL BE GI VEN, OFTEN OVER YEARS. MANY EFFECTS POORLY UNDERSTOOD.

# CHEMOTHERAPY

- IF CANCER IS SPREAD THRU BODY. MEDICINES ATTACK ALL MULTI-PLYING CELLS, HEALTHY OR ILL HENCE LOTS OF SIDE EFFECTS

# useful resources:

- DRSUSAN LOVE'S BREAST CANCER BOOK' WWW.SUSANLOVEMO.ORG
- WWW.OURBODIES OURSELVES.ORG GENERAL FEMINIST Q'S HEALTH
- SUSUN WEED BREAST CANCER? BREAST HEALTH! VERY HIPPYISH BUT SOUND ADUKE ON NUTRITION + MORE
- WWW.HEALINGWELL.COM/LIBRARY/ BREASTCANCER - LOTS A LINKS WWW. BREASTCANCERCARE . ORG.UK -NHS INFOPARTNER
- WWW. BREASTCANCER ORG-BIG US. INFOSITE
- ALL THE ABOVE HAVE BREAST SELF EXAM TIPS-GET SELF EXAMINING!

