

Natural health



Look after your body and wellbeing naturally with **Jan Purser's** essential monthly guide to alternative medicine, health and nutrition.



Eucalyptus eureka!

Eucalyptus oil has many household uses, but research reveals it may have health benefits, too, including anti-cancer properties. Cairo University scientists studied the oil of two gum tree species – *Eucalyptus sideroxylon* and *Eucalyptus torquata*. The oils were effective against some bacteria (including food-poisoning nasty, *E. Coli*), several fungi (such as *Candida albicans*, which causes thrush) and certain cancer cells. You can't drink the oil straight from the bottle (it's poisonous), but it may start turning up in more pharmaceutical, cosmetic and food preparations.

Source: *Cancer, Biology & Therapy Journal*

Should I take ... Goldenseal?

Why would I need it? Goldenseal (*Hydrastis canadensis*) is a herb native to North America. It was used as both a medicine and a dye, but today it's used for conditions of the mucous membranes such as mouth ulcers, cold sores, gastritis, the flu and eye infections. It boosts immune function, soothes inflammation and fights viruses as well as bacteria.

How much? A regular dose is 750mg-1.5g twice daily in tablet or capsule form, or 0.5-1.5ml of liquid extract twice daily. Take for the duration of your symptoms. For cold sores, apply a tincture three times a day.

Anything I should know? Don't take goldenseal if you're pregnant or breastfeeding.



Jan Purser Dip.Nutr., DRT, is a naturopathic nutrition consultant, remedial therapist and public speaker. If you have any questions on diet, natural health or nutrition, write to Natural Solutions, PO Box 3, South Fremantle WA 6162, or email ns@foodbodyandhealth.com.au We regret Jan is unable to personally answer letters.

Not happy?

Ask Jan

Q I suffer from reflux and I've tried prescription medications and natural remedies, such as yoghurt, apple juice and apple cider vinegar, all to no avail. I don't drink alcohol but have about three coffees a day. Can you suggest anything? B. Morrow, via email.

A Chronic reflux can occur due to stress, hiatus hernia and the use of some medications. Dietary triggers include coffee, curry, chilli, chocolate, citrus juice, fatty foods, mint tea, fresh tomatoes and processed tomato products.

Drinking three coffees a day may exacerbate your symptoms, so cut it out or swap to tea and see if this helps. Also try eating four to five small meals a day, and take time with each meal – eating too quickly and overeating can trigger reflux. Eating too close to bedtime should also be avoided.

Slippery elm powder protects the oesophagus and helps reduce symptoms, so try this remedy: whisk 1 teaspoon of slippery elm powder into a small glass of water and drink before each meal. If your symptoms persist, see a naturopath.

quick cure

Ease joint pain

Naturopaths believe that joint conditions, such as arthritis, may be exacerbated by excess

acidity in the body. This comes from foods such as meat, fish, poultry, dairy, alcohol, chocolate, coffee, tea, eggs, grains, most nuts, ice-cream, legumes, rice, sugar, vinegar and soy products. Reset the balance with the alkalising effects of fruit and veg. Try this daily tonic: In a juicer, process 1 Lebanese cucumber, 1 green apple, 2 celery sticks, 1 small handful of fresh parsley (with stems attached), 1/4 cup watercress leaves and a 1.5cm-piece of fresh ginger.

Stir the mixture to combine and serve chilled.



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