

Natural solutions

TIPS + IDEAS + KNOW-HOW

with Jan Purser

NOT HAPPY? Ask Jan

Q My mother has been told she has a high risk of stroke. Are there naturopathic ways of reducing this risk?

A Eating a low-salt diet is vital for healthy blood pressure, which is a common risk factor for stroke – avoid food with more than 120mg sodium per 100g serve. Have lots of fish oil and garlic, and herbs, such as hawthorn and coleus, too, which help regulate blood pressure and improve vascular health. Also, get cholesterol levels checked and don't smoke.



DID YOU KNOW?

One of the best ways to beat the blues is to engage with the people, places and events around you, according to

Stephanie Dowrick, author of *Everyday Kindness* (Allen & Unwin, \$27.99). It may feel like the last thing you want to do, but this behavioural change will help shift your mood and promote long-term happiness.

TRIED & TESTED:

Gene-specific nutrition

What is it? A nutrition program based on your genetic risk factors that's determined by a saliva test.

Why do I need it? To help avoid illnesses that you may be more at risk of due to your family history.

Where can I get it? Find a practitioner at www.ntpages.com.au

NATUROPATHIC ANSWER TO ...

antibiotic side effects

Antibiotics are great for fighting bacterial infections, but they can wipe out "good bacteria" – resulting in nausea, yeast overgrowth and other digestive discomforts. Pau d'arco tea, a natural yeast inhibitor, may help. After antibiotics, also take supplements with probiotics to restore order in your gut.



Do you suffer from ... bursitis?

Treat painful swelling caused by bursitis – inflammation of the fluid-filled sacs between your muscles, tendons and bones – by eating fruits with anti-inflammatory agents, such as cherries, pawpaw and pineapple. To speed up recovery, rest the affected area and apply icepacks and pawpaw ointment to reduce tenderness.