Natural
solutions

TIPS + IDEAS + KNOW-HOW

with Jan Purser

NATUROPATHIC ANSWER TO …
rheumatoid arthritis

This autoimmune condition of the joints is said to be exacerbated by food sensitivities, so keep a food diary to monitor reactions to various foods. Consider following a vegetarian, gluten-free and dairy-free diet for two months or so to reduce dietary allergens. Also, eat oily fish often and take 5-10ml of fish oil per day to reduce inflammation. Lots of raw leafy greens will help, too.

QUICK CURE
EARACHE

Garlic is an antifungal and antibacterial agent that may help earache. Crush 1 garlic clove then extract the juice by placing the garlic in a piece of muslin. Mix juice with 1 tsp olive oil. Warm the mixture, then use a dropper to place 2 drops into the ear twice a day. If the pain persists after a day, see your GP.

TRUE BLUE UPDATE

New research shows eating half a cup of blueberries per day may help prevent hardening of the arteries. Just one cup a week also reduces your risk of high blood pressure by 10 per cent.

Source: The Journal of Nutrition and The American Journal of Clinical Nutrition

NOT HAPPY? Ask Jan

Q **I've been diagnosed with a helicobacter pylori infection in my stomach. What can I do to prevent this recurring?**

A This nasty ulcer-causing bacteria is associated with zinc deficiency. The best way to treat the infection is with prescription medication but you should also eat plenty of probiotic yoghurt for gastrointestinal health. Supplements that contain lactoferrin, glutamine and zinc also help to reduce damage to the stomach and intestinal lining. Plus, eat plenty of zinc-rich foods, such as lamb, mussels, oysters, pepitas and sunflower seeds, and drink a stomach-healing blend of apple, cabbage and cucumber juice every day.

beat fatigue

A UK study found people with chronic fatigue syndrome felt better after eating 15g – about two squares – of 85 per cent cocoa dark chocolate three times a day. The other good news? It didn't cause weight gain over the two-month trial period.