

# Natural solutions

**TIPS + IDEAS + KNOW-HOW**

with Jan Purser

## NOT HAPPY?

### Ask Jan

**Q** What can I take to prevent age-related health problems?

**A** Resveratrol, an anti-oxidant found in Japanese knotweed and the skins of black grapes and red wine, may slow the onset of age-related diseases, such as Alzheimer's and type 2 diabetes. To boost memory, immune function and energy levels, try Korean ginseng. Hailed as a wonder herb, it may also help with blood glucose management and may help prevent glaucoma, macular degeneration, retinal problems and hearing loss.



### QUICK CURE: *knee pain*

To soothe sore knees, try this reflexology treatment. Take off your shoes, then while sitting down, press the heel of your left foot onto the outer side of your right foot. Hold for two minutes. Repeat with the other foot.

## NATUROPATHIC ANSWER TO ...

### *hair loss*

It's normal to shed up to 100 hairs a day, but if you start to lose an unusual amount you may have a vitamin or mineral deficiency, hormone imbalance or underactive thyroid. Stress and extreme dieting can also cause hair loss. For healthy locks, get lots of zinc, iron, silica and vitamins E and B from oats, nuts, red meat, seeds wholegrains, oysters and dried apricots.



## DID YOU KNOW?

New research shows drinking coffee or tea may reduce your risk of developing a brain tumour. Just 100ml a day is said to do the trick.



### *rash relief*

*If you have an itchy, red, dry or flaky rash, apply a skin cream containing calendula, chickweed and myrrh several times a day to reduce inflammation and itching. See your naturopath if there's no improvement after a couple of days.*