

# Natural solutions

## TIPS + IDEAS + KNOW-HOW

with Jan Purser



### POOR APPETITE? TRY THIS

Stir a spoonful of your favourite mustard into sauces and dressings, add a dollop to beef or lamb, and spread on sandwiches. First used by the ancient Greeks and Romans, this tasty condiment stimulates appetite by increasing saliva production and digestive juices.

### DID YOU KNOW?

You may be able to protect your DNA from damage that can lead to cancer and heart disease by eating three serves of choline-rich foods a day – that's eggs, fish, pork, tofu, liver, chicken, almonds, lean beef and soya beans. For even more benefits, take a vitamin B complex supplement that contains B6, B12 and folate each day, as these vitamins help to improve the uptake of choline in the body.



### TRIED & TESTED:

#### *bowen therapy*

**What is it?** A form of massage where the therapist applies varying pressure to release your muscles, improve energy flow and reduce stress.

**Why do I need it?** It can help with acute pain such as headaches and back, neck and shoulder pain.

#### **Where can I get it?**

Find a therapist at [www.bowen.asn.au](http://www.bowen.asn.au)

### Ask Jan

**Q** I have shingles. What can I do to help speed my recovery?

**A** Shingles is a skin rash caused by the herpes zoster virus, and it affects the nerves and causes painful blistering. A case of shingles can indicate your immunity is low due to fatigue, chronic stress or nutrient deficiency, so it's important to rest as much as possible. Try immune-boosting herbs such as echinacea, astragalus and andrographis, and also take L-lysine three times a day and apply St John's wort oil to help reduce pain. Vitamin B12 may also help with nerve pain.

### NATUROPATHIC ANSWER TO ... snoring

Nasal congestion can make snoring worse for many people. Try reducing it by adding garlic, ginger, onions, wasabi and horseradish to your diet each day. Avoid any foods that cause nasal congestion, too – these can include beer, wine, dairy foods and sugary foods and drinks.



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