

# Natural health



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



## SHOULD I TAKE ... DANDELION?

**Why would I need it?** An excellent herbal medicine, dandelion (*Taraxacum officinale*) has been used for centuries. Dandelion root is favoured for the stimulation of gall bladder and liver function, while the leaf is used as a potassium-rich diuretic, useful in treating fluid retention and bladder infections. Both the root and the leaf improve liver detoxification and help prevent constipation. People with digestive problems or who bruise easily, suffer from recurring hives or skin conditions may also benefit from dandelion.

**How much?** A typical dose is 4-10g dried leaf, or 2-8g dandelion root, as a supplement or made into tea three times a day. Or, take 4-10ml of leaf liquid extract or 2-8ml of root liquid extract three times a day.

**Anything I should know?** People with obstruction of the bile ducts or with allergies to the daisy family should avoid dandelion. This herb is safe to use during pregnancy and breastfeeding.

## Not happy?

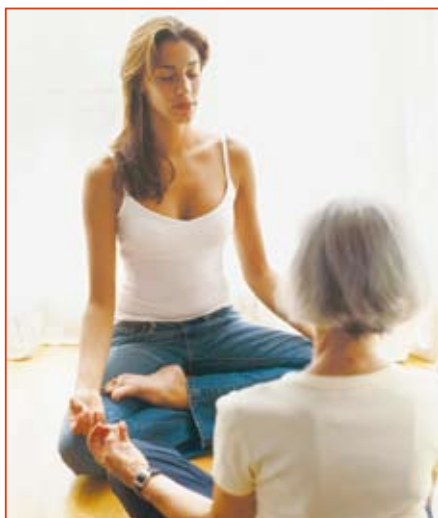
Ask Jan

**Q** My partner and I are in our mid 30s and are planning a pregnancy. How can we prepare our bodies to help conception? MT, via email

**A** There are several useful tests to have done. Both of you should have a zinc tally test to check for deficiencies, and a hair tissue mineral analysis (HTMA) test. This shows any mineral imbalances in your bodies and the presence of any heavy metals.

Women should start charting their resting temperature every morning and monitor secretion changes. Both give indications of hormonal changes throughout your cycle and help to pinpoint your most fertile time each month. A salivary hormone test is useful if there seem to be hormonal problems, which can then be treated with herbal medicine.

Both partners should also avoid alcohol, drugs, additives and poor food choices for a couple of months prior to conception. It's a good idea to allow a few months for this preparation time as it will increase your likelihood of a healthy conception and pregnancy. For specific advice, enlist the help of a naturopath with fertility experience and go to [www.fertility.com.au](http://www.fertility.com.au) for more details.



## Getting anxiety in order

According to a South Korean study, meditation could be the answer to the symptoms of anxiety disorders. People in the study were either assigned a meditation-based program or an eight-week anxiety education program. Their depression, anxiety and symptom levels were checked regularly, and the meditation group consistently showed significant improvement on all anxiety measuring scales in comparison to the education group.

Source: *Journal of Psychosomatic Research*, 2007

## WART KILLER

This isn't an instant fix, but it's a good natural cure for warts. Squeeze four drops out of a garlic oil capsule onto a piece of cotton gauze (available from the chemist). Place gauze over the wart, then tape in place and leave overnight. Repeat this nightly until the wart disappears. The strong garlic in the oil is thought to fight the virus that causes warts.

quick  
cure

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