

Natural solutions

TIPS + IDEAS + KNOW-HOW

with Jan Purser



NATUROPATHIC ANSWER TO ...

poor memory

Improve your memory and concentration by sending more blood to the brain – herbs that may help include ginkgo biloba, gotu kola and bacopa monnieri. Hydration is essential for good brain function, so make sure you drink enough water every day. Also take a daily supplement that contains B vitamins, which are vital for the brain and nervous system.

ASK JAN

Q My son has chickenpox. What can I do to help reduce the itching?

A Run a lukewarm bath and add a cup of bicarbonate of soda or apple cider vinegar. Instead of soap, use a stocking filled with oats to further soothe the itch. After the bath, dab witch hazel extract onto the spots to dry them out. Between baths, sponge his body with a solution of equal parts apple cider vinegar and chilled water. Avoid sugary foods and take lysine, vitamin C and echinacea supplements, too.

heart savers

According to a new study, women who take multivitamin supplements for at least five years may reduce their risk of heart attack by 18 per cent. Choose supplements that contain B-complex vitamins, folate and vitamins A, C, D and E.



PREGNANT? TAKE PROBIOTICS

New research has found that pregnant women who include probiotic dairy products, such as yoghurt, in their diet may reduce their risk of preterm delivery.



toothache treatment

To ease a sore tooth while you wait for your dental appointment to come around, dab a drop of pure clove oil onto the affected tooth and gum. Alternatively, soak a whole clove in hot water for five minutes, then gently bite down and hold it against the affected area to release its anesthetic properties.