

# Natural solutions

TIPS + IDEAS + KNOW-HOW

with Jan Purser



## surgery solution

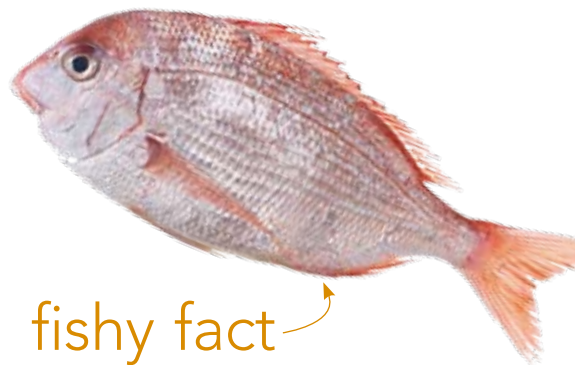
*Want to recover faster after surgery? Ask your GP to check your vitamin D levels. Research shows vitamin D may help improve the outcome of surgeries, such as hip replacements. If levels are low, take supplements before and after surgery or get vitamin D from your diet. The best food source is fish and it's found in egg yolks and cheese, too.*



## ASK JAN

**Q** I've been diagnosed with a stomach ulcer. Are there any natural remedies that will relieve symptoms?

**A** Before meals, drink a cup of warm water with 1 teaspoon slippery elm powder to soothe the stomach lining. Oats, bananas and wheatgerm also have a soothing effect. Protect the stomach lining by eating broccoli, cauliflower, brussels sprouts and raw cabbage. Avoid alcohol, caffeine, and sugary and salty foods – these can increase stomach acid and aggravate the ulcer.



## fishy fact

Here's yet another reason to eat fish: men with prostate cancer who eat fish regularly can reduce their mortality risk by 63 per cent. The risk of the cancer spreading is also reduced by 44 per cent.

Source: *American Journal of Clinical Nutrition*

## DO YOU SUFFER FROM ... SINUS CONGESTION?

Clear blocked sinuses with a supplement or tea that contains eyebright, elderflower or goldenseal. These herbs help reduce congestion and aid mucous drainage.

## TRIED & TESTED ... lymphatic massage

**What is it?** A gentle, rhythmic massage that helps stimulate the lymphatic system to remove toxins, waste products and unwanted proteins from the body.

**What it's good for** It improves circulation and immunity, helps hormone balance, reduces fluid retention and helps clear sinus congestion. People with arthritis, chronic fatigue or weight problems can also benefit from the treatment.

**How it works** The massage stimulates the flow of lymph fluid, which carries toxins and waste from the body's tissues. During the massage, the fluid transfers from the lymph nodes into the bloodstream and is flushed from your system.

**What to expect** This form of massage is deeply relaxing, so you may fall asleep! The massage is fairly soft, too, so it may tickle slightly.

**Where to go** To find a practitioner, go to [www.naturaltherapypages.com.au](http://www.naturaltherapypages.com.au)