



natural health

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



Should I take ... cinnamon

Why would I need it? Many types of cinnamon are used in herbal medicine. Research shows it may help with type-2 diabetes and cardiovascular disease due to its impact on insulin and blood glucose levels. In traditional medicine, it's also used for period pain and to treat female hormone imbalance. It's also great to add with ginger to herbal tea at the first sign of cold or flu.

How much? Take 500mg-2g dry powdered bark in tablet or capsule form or 2-4ml liquid extract up to three times a day.

Anything I should know? Don't take cinnamon if you're pregnant or breastfeeding.

Sage advice

Want to help your kids do well in exams? Research shows that sage herbal medicine might give them the edge, although studying must help a little, too! A recent study showed sage improves the mental function of young adults, and it doesn't hurt the oldies either. In older people, sage enhanced secondary memory, which is how recent information is organised by the brain. So, as well as keeping the kids sharp, sage may help reverse the deterioration of memory in older folks.

Source: *Journal of Psychopharmacology*, May 2008



Not happy? Ask Jan

Q Can I treat polycystic ovary syndrome with diet?

Justine M., via email

A Polycystic ovary syndrome (PCOS) is a result of a hormone imbalance. Symptoms range from acne, infertility, irregular periods, weight gain, pelvic pain, insulin resistance and facial hair growth. Risk factors include obesity, poor diet and a sedentary lifestyle.

Most people with PCOS respond to a low-GI, low-carbohydrate diet. This means you should eliminate sugary foods, white flour products, fruit juice and soft drinks from your diet. You should include lean protein, legumes, nuts, seeds, vegetables, a moderate fruit intake, fish and wholegrains.

Lifestyle changes, including exercising daily, reducing stress and avoiding tea, coffee and cigarette smoke, may also help.



Jan Purser Dip.Nutr., DRT, is a naturopathic nutrition consultant, remedial therapist and public speaker. If you have any questions on diet, nutrition or natural health, email ns@foodbodyandhealth.com.au or write to Natural Solutions, PO Box 3, South Fremantle WA 6162. We regret Jan is unable to personally answer letters.



quick cure

Beat the chill

Whip up this hearty winter soup – it stimulates circulation to warm you up from the inside out.

- Combine 3 cups chopped vegetables, such as onions, carrots, celery and potato, in a large saucepan.
- Stir in 1/4 tsp ground allspice, 1 fresh red chilli, chopped, 1 tbs grated fresh ginger, 1 garlic clove, crushed, 2 tsp chopped fresh rosemary, 2 tbs tomato paste and a 400g can diced tomatoes.
- Cover with 1L water and 1L vegetable stock. Cover and cook over medium-low heat for 40 minutes.
- Stir in 400g can brown lentils, rinsed, drained, and 1/4 cup chopped fresh parsley. Cook for 5 minutes. Season with salt and pepper.

