

Natural solutions

TIPS + IDEAS + KNOW-HOW

with Jan Purser



bye bye, back pain

Got a sore back or joints? Bromelain, an enzyme extracted from pineapple, could be your saviour. Taking 500mg an hour after food, four times a day, can reduce inflammation and swelling. Avoid it if you're on blood-thinning medication.

NATUROPATHIC ANSWER TO ...

cracked lips

Cracks in the corners of your mouth can be caused by low iron levels or a B-vitamin deficiency, so ask your doctor for a blood test. If you're low in iron, eat red meat, fish and dried apricots. Vitamin-C-rich foods, such as broccoli and kiwifruit, can help increase iron absorption, while drinking tea and coffee within an hour of eating can reduce it. If it's a B-vitamin deficiency, eat plenty of high-iron foods, as most of them are also rich in B vitamins. Dairy and wholegrain foods are good sources of B vitamins, too.



ASK JAN

Q My eyes are looking puffy – what could be the cause?

A Under-eye puffiness can be caused by food intolerance, fluid retention, sinus congestion or allergies. To rule out food intolerance, keep a food diary for a fortnight and look for correlations when your symptoms occur. To help reduce fluid retention, avoid salt and drink dandelion leaf tea each day.

Do you suffer from ... bumps on the back of your arms?

Improve that "chicken skin" feeling by getting plenty of essential fatty acids from avocado, olive oil, and most seeds and nuts. Vitamin A also helps, so have a glass of carrot juice each day – it's rich in betacarotene, which the body converts to vitamin A.



QUICK CURE ... TENSION HEADACHES

Give yourself a mini massage by rubbing the hollowed out spaces at the base of your skull (on either side of your neck) in a circular motion. Then firmly rub just above your eyebrows several times.