



## natural health

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



**quick cure**

### Healing hives

These raised red, itchy lumps are usually an allergic reaction to food or something you've touched. To soothe hives, apply cucumber slices, aloe vera gel or an ointment containing herbs such as calendula, chickweed and chamomile.

### Not happy? *Ask Jan*

**Q Which foods should I avoid during pregnancy?**

Fiona M., via email

**A** Bacteria such as salmonella and listeria mean some foods carry health risks for pregnant women. For a safe and healthy diet, follow this guide.

#### **AVOID THESE FOODS**

- X Raw meat & seafood** such as sushi, sashimi and beef carpaccio.
- X Raw or partially cooked eggs** such as scrambled or poached eggs, and mousse, custard and mayonnaise.
- X Deli meats & chilled precooked foods** such as paté, peeled cooked prawns, cold cooked chicken and cured foods, including ham, salami and smoked salmon.
- X Soft cheese** such as brie, feta, ricotta, camembert and blue cheese.
- X Fish with a high mercury content** such as fresh tuna and swordfish.

#### **INCREASE THESE FOODS**

- ✓ Fresh fruit & vegetables** especially green and yellow vegies, legumes, nuts and seeds.
- ✓ Protein foods** such as low-fat dairy, canned fish, cooked tofu and freshly cooked meat, chicken and salmon.
- ✓ Grain foods** such as rice, oats, rye, wheat, spelt, barley, quinoa, millet, buckwheat and cornmeal.

Talk to your naturopath about fish oil supplements and multi-vitamins, too.

### SLEEP EASY

Chronic insomnia not only makes you tired, it increases anxiety and reduces concentration.

But recent Italian research may have turned up a simple solution – acupressure wristbands. The study showed that going to bed with certain points stimulated on the wrists reduced anxiety, improved sleep and appeared to have increased melatonin in a good percentage of participants. Melatonin is the hormone that induces sleep. Talk to your naturopath to find out how to place your wristband correctly, then sweet dreams!

Source: *Minerva Medica*,

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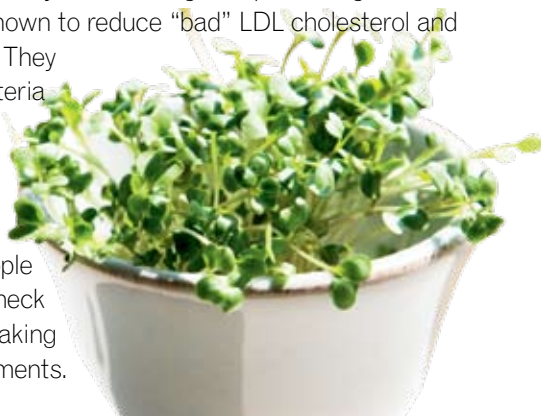


### Should I take ... broccoli sprouts

**Why would I need them?** Both dried broccoli sprouts and the vegie itself (*Brassica oleracea var. italica*) are rich in sulphoraphane, an anti-oxidant that improves detoxification in the body and is thought to protect against cancer. Broccoli sprouts have been shown to reduce “bad” LDL cholesterol and raise “good” HDL cholesterol. They may also help reduce the bacteria that causes stomach ulcers.

**How much?** Take 4g to 7g of dried broccoli extract twice a day.

**Anything I should know?** People with hypothyroidism should check with their naturopath before taking concentrated broccoli supplements.



Jan Purser Dip.Nutr., DRT, is a naturopathic nutrition consultant and co-author of *The Eat Well Cookbook*. If you have any questions on diet, natural health or nutrition, email [ns@foodbodyandhealth.com.au](mailto: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.