

Natural solutions

TIPS + IDEAS + KNOW-HOW

with Jan Purser



quick cough remedy

Combine 2 tablespoons of lemon juice, 1½ tablespoons of honey and 1 tablespoon of strong liquorice tea. Microwave for 10 seconds. One teaspoon of the mixture can help break up mucous and soothe a dry cough. Take as often as needed.



ASK JAN

Q I'm allergic to fish. What other foods can I include in my diet to increase my omega-3 intake?

A Eat more walnuts, soybeans, canola oil and freshly ground linseeds – they all contain alpha-linolenic acid (ALA), which is converted into omega-3 fatty acids. Avoid vegetable oils made from safflower, sunflower, grapeseed and corn. These oils contain linolenic acid, which slows ALA from being converted into omega-3.

NATUROPATHIC ANSWER TO ...

cold sores

Cold sores break out when your immune function is low. Keeping stress levels down helps. You can also take lysine tablets. Have one tablet a day to prevent outbreaks, or take up to three a day during an outbreak. Avoid nuts, oats, tofu and chocolate – they're high in the amino acid arginine, which triggers cold sores.

TRIED & TESTED ... *kinesiology*

What is it? Kinesiologists use muscle testing to check if there are any imbalances in the flow of energy through the body. These may be caused by physical, emotional, nutritional or psychological problems. Your practitioner will ask you about your symptoms, test your muscles to determine the underlying cause of your problem, then correct imbalances by holding or rubbing particular spots on your body.

Why do I need it? Kinesiology can help with pain, stress, depression, digestive problems, learning difficulties and general wellbeing.

Where can I get it? Find a practitioner at www.kinesiology.org.au



DID YOU KNOW?

An unpeeled Red Delicious apple has up to 10 times the amount of anti-oxidants as a 30ml serve of goji berry juice. So bite into one today.