

# Natural solutions

TIPS + IDEAS + KNOW-HOW

with Jan Purser



## ASK JAN

**Q** I get sore and swollen finger joints. What causes this and what can I do to prevent it?

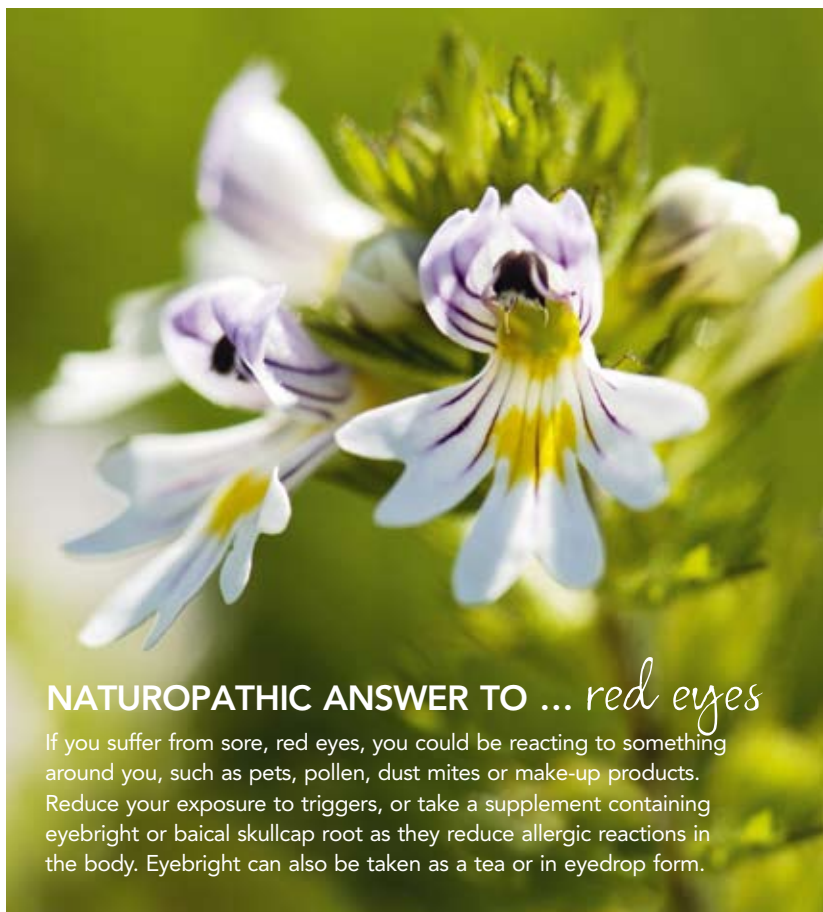
**A** This can be due to osteoarthritis, which is often hereditary and can be aggravated by food sensitivities and allergies. Take fish oil and vitamin E oil, plus a supplement containing ginger, turmeric, boswellia and grape seed extract. Avoid chilli, potato, tomato and capsicum as they contain solanine, which can increase inflammation, as can saturated animal fats.

## TRIED & TESTED ... AYURVEDIC MASSAGE

**What is it?** Practitioners of this ancient Indian form of massage use aromatic oils to give you a vigorous yet soothing massage to make you feel relaxed and refreshed. Expect to sleep well after it.

**Why do I need it?** It's great for stress relief and improving immune function.

**Where can I get it?** To find a qualified practitioner go to [www.anta.com.au](http://www.anta.com.au) or [www.ntpages.com.au](http://www.ntpages.com.au)



## NATUROPATHIC ANSWER TO ... *red eyes*

If you suffer from sore, red eyes, you could be reacting to something around you, such as pets, pollen, dust mites or make-up products. Reduce your exposure to triggers, or take a supplement containing eyebright or baical skullcap root as they reduce allergic reactions in the body. Eyebright can also be taken as a tea or in eyedrop form.

## stay calm

*Soothe the anxiety that can trigger panic attacks by drinking passionflower tea or taking a passionflower supplement. Native Americans have used passionflower as a mild sedative for hundreds of years. A recent study also found that patients who were given passionflower before surgery had less anxiety than those given a placebo.*



## BEAT BLOATING

If you suffer from bloating after eating, drink a glass of water mixed with 10ml of Swedish or herbal bitters 20 minutes before each meal. They contain ingredients such as aloe and rhubarb root, which improve digestion.