

Natural solutions

TIPS + IDEAS + KNOW-HOW

with Jan Purser



ASK JAN

Q I'm suffering from glandular fever – are there any natural remedies that will help me to start feeling stronger?

A Rest is essential, but avoid fatty, processed and sugary foods that put a strain on the digestive system. Instead, eat fruit, vegies, legumes, lean protein and nutty muesli. Try supplements with zinc, echinacea and vitamin C to help boost immunity, and drink lots of water to stay hydrated.

DO YOU SUFFER FROM ...

low blood pressure?

Help combat low blood pressure caused by stress – and the dizziness that comes with it – by including more magnesium-rich foods in your diet, such as vegetables and legumes. A hydrating sports drink can also help balance your electrolytes. Look for one with magnesium, calcium, potassium and sodium, and minimal sugar.



bone up on zinc

We know decreased bone density is a concern for postmenopausal women and a recent study showed that those with low levels of dietary zinc could be more at risk. Combat it by eating zinc-rich foods. Try oysters, mussels, beef, lamb, liver, chicken and sunflower seeds. Just a few oysters gives you your daily dose.

QUICK CURE

Relieve hayfever symptoms with an easy DIY acupressure massage.

- 1** Use your thumbs to massage the points where the bridge of your nose meets your eye sockets. Rub firmly in a circular motion.
- 2** Rub the points on each side of your nostrils with your fingertips.
- 3** Massage the points at the base of your cheekbones.
- 4** Finish with massaging the indents on the back of your neck, at either side of your spine.

DID YOU KNOW?

Your partner's drinking habits may affect your chances of falling pregnant. A recent European study showed that men who had more than eight alcoholic drinks a week had lower fertility compared to moderate drinkers.