

Natural solutions

TIPS + IDEAS + KNOW-HOW

with Jan Purser



ASK JAN

Q Are there any foods I can incorporate into my diet every day that can help me to lose weight safely?

A When it comes to losing weight, common sense reigns, but there are some foods that can help. A US study conducted over 20 years found people who had a daily intake of fruits, vegetables, wholegrains, nuts and yoghurt were more likely to have lost weight over this time. As a guide, try to eat two pieces of fruit, three to four cups of raw and cooked vegies, and half-to-one cup of unprocessed wholegrain foods such as oats, barley, natural muesli or dense grainy bread. Aim for a quarter cup of mixed raw unsalted nuts and 200g of reduced-fat natural yoghurt a day, too.



QUICK CURE

If you've suffered a muscle strain or sprain, apply some arnica cream to the area several times a day. This may help reduce any swelling and bruising.

NATURAL PICK-ME-UP

Saffron has more to offer than flavouring Spanish paella. A 30mg daily dose of saffron may help treat mild to moderate depression in a similar way to a common antidepressant medication, but without the side effects.

Did you know?

Rich in omega-3s, fish oil can help reduce triglyceride levels – the bad fats in blood – and improve your cardiovascular health, according to a recent study. Patients with high cholesterol lowered their triglyceride levels by an extra 27 per cent by combining 4g of omega-3s with their cholesterol-lowering medication daily.

TRIED & TESTED ...

Craniosacral therapy

What is it? This therapy is deeply relaxing as the practitioner gently mobilises and releases your craniosacral system, which includes your head, spine and pelvis. This improves the flow of cerebrospinal fluid around the central nervous system.

Why do I need it? This is a great treatment for stress, migraines, headaches, neck pain, back tension and chronic fatigue.

Where can I get it? Find a qualified practitioner at www.craniosacraltherapy.org.au or www.naturaltherapypages.com.au

