

# Natural health



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



## not happy?

### Ask Jan

**Q** How can I prevent headaches? I get a lot of bad ones.

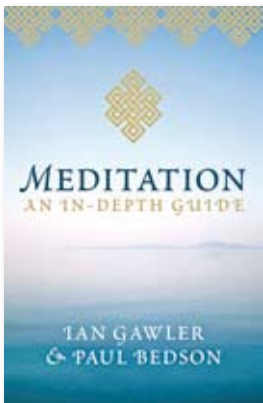
**A** The most common cause of headache is muscle tension, which can be relieved with a weekly remedial massage and a trip to a chiropractor or osteopath to check if your spine is aligned. Dehydration can also contribute, so drink plenty of water, and don't skip meals – low blood glucose may trigger headaches in some people. Eating a feverfew leaf daily may help prevent migraine, too. If you continue to get headaches, see your naturopath or GP.



## naturopathic answer to ... high blood pressure

High blood pressure is a symptom of cardiovascular disease so it's not to be taken lightly. Here are a few things you can do to keep it in check.

- **Reduce** your salt intake.
- **Eat** a small amount of dark chocolate each day. As little as 10g a day is thought to help reduce blood pressure.
- **Add** magnesium and potassium to your diet. A deficiency of these minerals can contribute to high blood pressure. Potassium is found in prunes, dried apricots and bananas, while sources of magnesium include brazil nuts, corn, spinach and oats.



## book club

*Meditation: An In-Depth Guide* by Ian Gawler & Paul Bedson (Allen & Unwin, \$35)

If you're looking for a natural way to improve your general wellbeing or to help you cope with stress or chronic pain, grab this book and start meditating. Written by two Australian experts, it outlines the benefits, as well as the how, the where and the when of finding inner peace and calm through relaxation, mindfulness and stillness. If you already meditate, it will help you make the most of your practice.

## did you know?

Half a teaspoon of bicarbonate of soda dissolved in a glass of water makes a great soothing gargle for a sore throat. For best results, gargle every four hours.

**got a question?** Jan Purser Dip.Nutr., DRT, is a naturopathic nutrition consultant and co-author of *The Eat Well Cookbook*. To ask Jan a question, email [ns@foodbodyandhealth.com.au](mailto:ns@foodbodyandhealth.com.au) or write to PO Box 3, South Fremantle WA 6162.