

Natural health



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



naturopathic answer to ... bad breath

Smelly breath can be caused by any number of things, such as sinusitis, dental decay or gum disease, poor digestion, constipation, or from foods such as garlic or onions. Follow these tips to help alleviate your bad breath.

- **See** a dentist for a check-up.
- **Floss** and brush your teeth after each meal.
- **Clean** your tongue daily with your toothbrush.
- **Chew** cardamom seeds or fennel to freshen breath.
- **Visit** a naturopath if you have digestion or sinus issues.



Do you suffer from aching muscles?

Try this soothing, fragrant remedy to relieve tired, aching muscles. Stir two cups of Epsom salts and a few drops of pure essential lavender oil into a warm bath. Then just hop in, sit back and relax.

not happy? Ask Jan

Q I get several colds during winter every year. How can I prevent this? B.C., via email

A Colds and flu can occur too frequently if you have poor immune function. A good way to boost your immunity is to take a daily supplement containing echinacea, vitamin C and zinc. You should also get your iron levels tested – iron deficiency can be linked to poor immune function. And, of course, follow a healthy diet full of fresh fruit and vegetables, avoid processed and sugary foods and drinks, and be sure to get a good sleep every night.

yoghurt eureka

It seems yoghurt may be the key to reducing low-grade chronic inflammation. A study found a daily dose of yoghurt that contains the probiotic *Lactobacillus johnsonii* La1 reduces low-grade chronic inflammation in the elderly.

Check the label when you buy a tub.

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 or write to PO Box 3, South Fremantle WA 6162.



A NATURALLY POWERFUL AND EFFECTIVE CLEAN

