

# Natural health



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



## the naturopathic answer to ... bruises

Try this old-fashioned remedy to reduce bruising. Crush fresh parsley leaves between your hands, place over the bruised area, then wrap the area with an elastic bandage. The parsley works to reduce pain and inflammation.



## reflexology

Try this reflexology treatment to relieve pain from bloating, flatulence or constipation.

**1** Use your left thumb to firmly press across the centre of your right palm. Start from the outer edge and work your way to the inner edge – this is the liver and gall bladder area. Repeat a few times.

**2** Repeat the movement, starting a little closer to your fingers. Work in four rows towards the heel of your hand – this is the intestinal area.

**3** Use your right thumb to repeat step 2 on the left palm – this is the colon area.



## not happy? Ask Jan

**Q** I'm told I shouldn't drink more than three cups of coffee a day – is more than that bad for you?  
T.E., via email

**A** Coffee is OK in moderation – it can even help us feel more alert – but three to five cups a day should be the limit for most people. Some people, though, need to cut back even more. Caffeine increases your heart rate so if you suffer from stress or anxiety it's best to reduce your intake. Cut out coffee altogether if you're trying to fall pregnant – even one cup a day can lower your chances of conception. If you have trouble sleeping, be aware that caffeine can take three to seven hours to leave your body, so it may be a good idea to skip that afternoon latte.

## heartburn help

Avoid heartburn by eating smaller meals and steering clear of rich, acidic or fatty foods. At the first sign of symptoms, drink a big glass of water. If that doesn't help, try drinking this soothing tea. Stir 1 teaspoon of slippery elm powder into a glass of hot water. Drink a few times a day.

**got a question?** Jan Purser Dip.Nutr., DRT, is a naturopathic nutrition consultant and 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.