

# Natural health



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

**tried & tested**

## stone massage

**What is it?** This ancient relaxation technique uses heated and chilled stones on acupressure areas.

**What it's good for** It may help immune function, lymphatic congestion, poor circulation, chronic pain, inflammation, tension headaches, and muscle and period pain.

**How it works** Alternating hot and cold stones is said to stimulate circulation and the body's healing response.

**What to expect** You undress, then the therapist places stones on your body and uses gentle massage techniques.

**Where to go** Go to [www.anta.com.au](http://www.anta.com.au) or [www.atms.com.au](http://www.atms.com.au) to find a therapist.



## quick cure spots

The old saying "you are what you eat" has a lot of merit – if you suffer with pimples, you may be deficient in zinc. The best sources are oysters and mussels. Other good sources include crab, lamb, beef, liver, pork, chicken, brown rice, nuts and seeds. For a topical remedy, dab tea tree oil onto spots to promote healing.

## eat your way to weight loss

Want to burn a few extra kilojoules? Eating foods with chilli, ginger, horseradish or cayenne pepper may increase your metabolism for several hours afterwards. The iodine in seafood and seaweed may also help by stimulating thyroid function. Eating protein at meals and sipping green tea gives you a boost, too.



*Do you suffer from ... gout?*

A form of arthritis, gout comes on suddenly often first in the big toe. To treat it naturally, drink lots of water and try cherry juice – it helps reduce uric acid that causes gout.

**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.