

Natural health



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

tried & tested

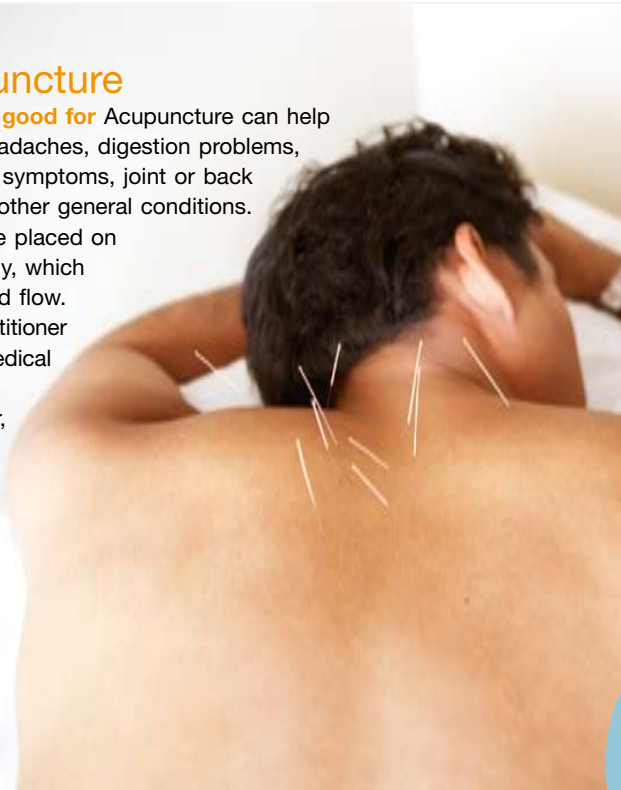
acupuncture

What it's good for Acupuncture can help relieve headaches, digestion problems, hormonal symptoms, joint or back pain and other general conditions.

How it works Needles are placed on specific points on the body, which stimulate energy and blood flow.

What to expect Your practitioner will first ask about your medical history. You'll also need to undress to your underwear, but you'll be covered in towels. When the fine needles are inserted, you'll feel a tingling sensation but it shouldn't be painful.

Find a practitioner Go to www.acupuncture.org.au to find an accredited acupuncturist near you.



soothe away sunburn

To relieve sunburnt skin, run a warm bath and mix in 10 drops of lavender pure essential oil. Soak in the bath for about 10 minutes. Pat yourself dry, then rub pure aloe vera gel into the affected area. Your skin will soon feel cool and soothed.

Did you know... a dab of calendula cream, or a drop of tea-tree oil or lavender pure essential oil, soothes mosquito bites?

not happy? Ask Jan

Q My daughter keeps getting sinusitis and has had two lots of grommets due to ear infections. What do you suggest? CW, via email

A Allergies can cause your body to create extra mucus, which can lead to blocked sinuses and infections. Check for allergens, such as dairy, nuts, pollen or dust mites. Ask your naturopath about herbs and nutrients, including vitamin C and elderflower, that can help clear congestion.



flower power

Not only is chamomile a fabulous herbal tea for inducing calm, it may also help people with diabetes. It's believed a cup with each meal may help prevent high blood sugar levels and diabetes complications.

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

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