



## natural health

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



### Pilates power

Turns out the quickest way to get back on your feet after hip and knee replacement surgery could be exercise. Researchers have found that taking modified Pilates classes can improve muscle strength and mobility. The benefits of Pilates don't end there, though – it's an excellent exercise for everyone, as it's low impact and tones the muscles.



**TIP** Seek the advice of your doctor before beginning any exercise after a knee or hip reconstruction.

### Not happy?

### Ask Jan

**Q** My grandmother has eaten fresh garlic cloves daily and swears this keeps her healthy. Is she right?

**B. King, via email**

**A** Yep, it's likely your grandmother is a picture of health because garlic is one of nature's wonder foods and has a long list of health benefits. Garlic helps to reduce the risk of blood clots, boost immune function, reduce high blood pressure and reduce candida overgrowth. It also acts as an anti-oxidant in preventing damage from free radicals, helps keep blood cholesterol at a healthy level and may even help prevent colorectal cancer. Everyone should take a leaf out of your grandmother's book and eat one to two cloves of freshly crushed or bruised garlic each day.

### Should I take ... hydroxyapatite?

**Why would I need it?** Hydroxyapatite is a highly absorbable form of natural calcium extracted from beef bones. It's good for adolescents, and pregnant and breastfeeding women. It's also used in the treatment of osteoporosis, high blood pressure and pre and post-menopause. It may aid weight loss, too.

**How much?** Doses vary from 1000-2000mg, once or twice daily. It shouldn't be taken with iron supplements, as calcium can affect iron absorption.

**Anything I should know?** Check with your doctor if you have heart or kidney conditions, hypercalcaemia or hyperparathyroidism. Avoid aluminium-based antacids and limit your intake of caffeine and soft drinks.

### quick cure

### Party overload

December is a time of socialising and drinking, often with a few late nights. The party season can quickly take its toll and upset the balance of acids in your system, resulting in fatigue and a weak immune system. To reduce these effects, eat more alkalising foods. Try starting each day with a breakfast of puffed millet or amaranth (available from health food stores), combined with flaked almonds, fresh or thawed frozen berries, diced fresh mango or peach, soy milk and natural yoghurt.



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