



natural health

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

Not happy? Ask Jan

Q I've been suffering from hot flushes and night sweats. Can you help?

LP, via email

A For hot flushes and night sweats a naturopath may prescribe herbs such as withania, licorice, paeonia or black cohosh. But you could also make diet changes. Limit alcohol as much as possible – it's likely to increase night sweats. Avoid spicy foods and hot drinks, such as tea or coffee, and reduce caffeine to no more than two weak cups per day. Try drinking cooled sage and lemon tea to help reduce hot flushes. In warmer months, soak your feet in cool water for 10 minutes before bedtime.



Anxious animals

Is a nervous cat or dog a problem at your place? A simple blend of Bach flower essences may help. Place two drops each of rock rose, mimulus, walnut and aspen flower essences into your pet's water bowl daily or on days when they might experience stress. The good news is the same remedy works on humans, too. Add two drops of each essence to a glass of water and sip about four times a day. It's perfect for times of stress, such as moving house or renovations. Find Bach flower essences at health food stores.

Should I take ... baical skullcap?

Why would I need it? The herb baical skullcap (*Scutellaria baicalensis*) contains anti-oxidants and has anti-allergy and anti-inflammatory properties, so it's ideal for treating hay fever, asthma and eczema. It helps combat high blood pressure, as it reduces fluid retention and assists blood flow. People with autoimmune conditions who suffer from inflammation may also benefit from it. A naturopath might prescribe it for respiratory or gastrointestinal infections, too.
How much? Take 2ml to 6ml of liquid extract, or 1.2g to 1.6g in tablet form twice daily.
Anything I should know? It's best to avoid taking this herb during pregnancy.

BEAT DIABETES

Thinking of becoming a vegan? People who follow a low-fat vegan or vegetarian diet are 50 per cent less likely to develop type 2 diabetes than non-vegetarians. But simply cutting out meat isn't the trick. These results are because most vegans and vegetarians eat more fruit, vegies and legumes. To reduce your risk of type 2 diabetes without eliminating meat, eat a few vegetarian meals a week.

Source: *Nutrition Reviews*, May 2009



Jan Purser Dip.Nutr., DRT, is a naturopathic nutrition consultant and co-author of *The Eat Well Cookbook*. If you have any questions on diet, natural health or nutrition, email ns@foodbodyandhealth.com.au or write to Natural Solutions, PO Box 3, South Fremantle WA 6162. We regret Jan is unable to personally answer letters.