



natural health

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



quick cure

Eyes sore?

To relieve tired, strained eyes after

a day of staring at a computer screen, and to prevent associated headaches, try this soothing cure. Make a strong cup of chamomile tea using two tea bags. Squeeze the bags and transfer them to a bowl to cool for a few minutes while you sip your tea. Then, lie down and place the bags over your eyes for 15 minutes. If you have a headache too, rub a drop of pure peppermint essential oil between your fingers and massage into your temples.

Not happy? Ask Jan

Q To save money, I've traded very lean mince for a less lean variety. If I drain the fat from the pan when I cook it, will it be healthier?

Kate Clark, via email.

A If you're really worried about fat intake, stick to very lean mince – it's uncertain how much fat is removed when draining mince because you don't know if you're getting rid of fat or tasty juices. But, to save money and eat healthily try these ideas.

- Use half lean and half regular mince.
- Add finely chopped vegies as a "filler" in pasta sauces.
- Use less of the lean mince and bulk up the meal with legumes, such as canned beans.



Should I take ... black walnut?

Why would I need it? The nuts and hulls from the black walnut tree (*Juglans nigra*) are often used to treat intestinal worms, parasites and yeast overgrowth. The hulls act as an antifungal, too. Black walnut can be prescribed for flatulence and constipation and, when applied to the skin, the liquid extract of this nut can be used to treat ringworm, eczema, psoriasis and herpes lesions.

How much? Doses vary from 200-500mg of dry fruit hull three times a day, or 1-3ml liquid extract twice daily.

Anything I should know? It's best not to take black walnut if you're pregnant or breastfeeding. Don't take for long periods of time without the advice of your naturopath.



SPICY RELIEF

Here's good news if you suffer period pain. Research shows ginger is as effective on moderate to severe period pain as non-steroidal anti-inflammatory drugs. Try 250mg of ginger in capsule form, four times a day. **Source: Journal of Alternative and Complementary Medicine, February 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.