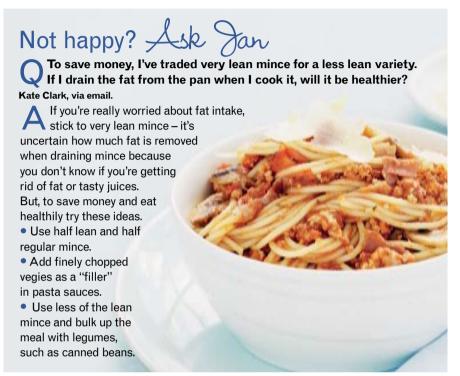
goodife natural solutions



natural health

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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.

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.





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.

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