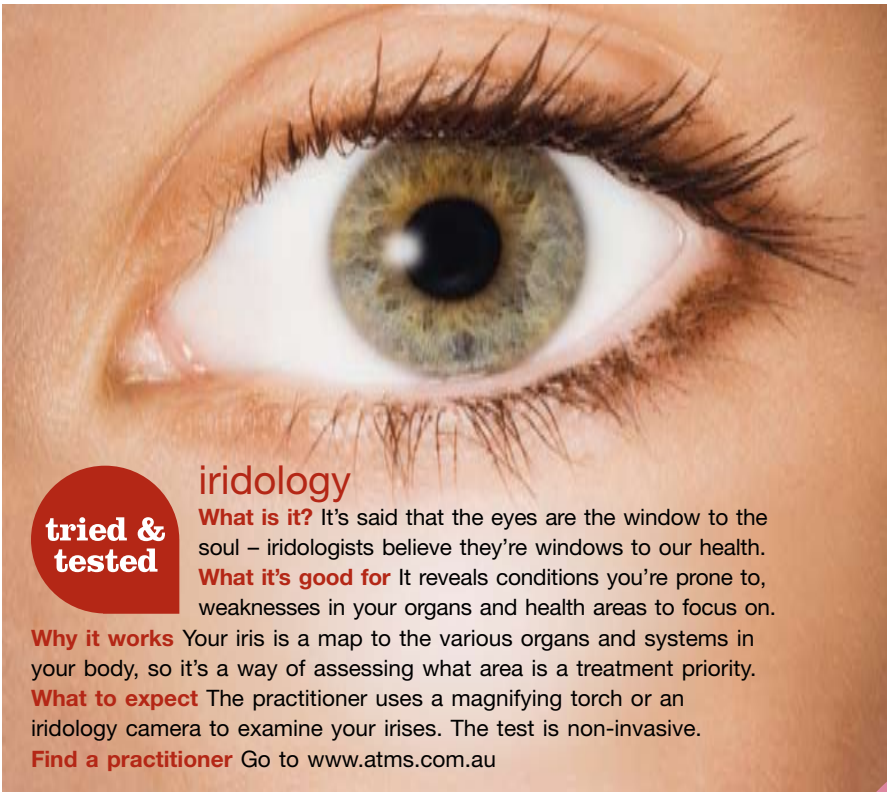


Natural health



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



tried & tested

iridology

What is it? It's said that the eyes are the window to the soul – iridologists believe they're windows to our health.

What it's good for It reveals conditions you're prone to, weaknesses in your organs and health areas to focus on.

Why it works Your iris is a map to the various organs and systems in your body, so it's a way of assessing what area is a treatment priority.

What to expect The practitioner uses a magnifying torch or an iridology camera to examine your irises. The test is non-invasive.

Find a practitioner Go to www.atms.com.au

the naturopathic answer to ... painful breasts

Use these tips to help ease the symptoms of lumpy, painful breasts (called fibrocystic breasts).

- **Avoid** caffeine – it can increase breast tenderness.
- **Eat** broccoli or cabbage daily – these vegies improve the balance of oestrogen, which helps symptoms during menstruation.
- **Include** seaweed – a great source of iodine – in your diet. Sushi is a good source. Iodine deficiency is linked to fibrocystic breast syndrome.

PHOTOGRAPHY GETTY IMAGES, JOHN DENNIS, STEVE BROWN & ROB PALMER STYLING OANH VO

book club

Happy, Healthy Kids by Ian White (Allen & Unwin, \$29.99)

This unique parenting guide is full of practical information on raising healthy kids by using flower essences. Author and naturopath Ian White uses flower essences to address mental, emotional and physical issues that affect health. Peppered with anecdotes from people who have used the flower essences, the book is insightful, easy to follow and a must-read for parents of small children.



quick trick

Ward off unwanted colds with a simple and effective cough and congestion remedy. Here's how to make it. Finely chop 1 onion. Add to 1/2 cup honey. Cover. Place in the fridge overnight. Have 1 teaspoon of the honey mixture three times a day. Make a fresh batch every two to three days.



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.