

# Natural solutions

## TIPS + IDEAS + KNOW-HOW

with Jan Purser



### not happy? ask Jan

**Q** How can I prevent cystitis?  
JL, via email.

**A** Cystitis is a bacterial bladder infection triggered by stress, sex and low fluid levels. Symptoms are urinating often, burning when urinating and abdominal pain. Try these tips.

- **Drink** two glasses of unsweetened cranberry juice daily to stop bacteria sticking to urethra.
- **Go** to the toilet straight after sex.
- **Drink** two to three litres of water a day.
- **Avoid** sugary foods and drinks, alcohol and coffee during an infection.
- **Alkalise** your urine by drinking 1/2 teaspoon of bicarbonate of soda in water three times a day during an infection.

See your GP if these don't help in 24 hours.



### naturopathic answer to ... leg cramps

Leg cramps are painful, but there are a few things you can do to help.

- Take a supplement with magnesium, calcium and potassium.
- Drink lots of fluid, and eat food rich in magnesium and potassium – fruit, nuts, vegies, seeds, legumes and wholegrains.
- Regular stretching and massages help, too.

### book club

**60-Second Secrets**  
by Julie Maree Wood  
(Allen & Unwin, \$22.99)

Time poor? This book by Julie Maree Wood – a naturopath and nutritionist – is for you. Packed with more than 300 tips, it gives 60-second bursts of inspiration for living a healthier and happier life. You'll find tips such as "Gossip no more", "Rub the stress away" and more to help you physically, emotionally and spiritually.



### hay fever reliever

Spring brings with it hay fever season – sneezing, a runny nose and itchy eyes are the telltale signs. Fight it with herbal medicine containing albizzia (*Albizzia lebbek*) and perilla (*Perilla frutescens*). Albizzia helps clear mucus and is thought to strengthen the lungs. Both albizzia and perilla may reduce inflammation in the respiratory system.

**tip** If you suffer from hay fever in spring increase your vitamin C, fish oil and zinc intake to improve immune function.



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