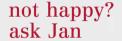
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Natural solutions

TIPS + IDEAS + KNOW-HOW

with Jan Purser



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 lebbeck) 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.



