

Natural solutions

TIPS + IDEAS + KNOW-HOW

with Jan Purser

NATUROPATHIC ANSWER TO ...

fatigue

Always feeling tired and lethargic? Make sure you exercise most days and eat plenty of iron-rich foods to help oxygenate your blood. Stock up on these herbs, too.

- * Korean ginseng lifts energy.
- * *Withania somnifera* improves stress tolerance.
- * American ginseng and *Rehmannia glutinosa* (shown right) support and nourish the nervous system.



TRIED & TESTED osteopathy

What is it? A mixture of massage, stretching and mobilisation of joints.

What it treats Headaches, sciatica, back, neck and joint pain, repetitive strain injury and sports-related injuries.

How it works It looks at the body as a whole. When the bones, joints and muscles work well, the body can start healing itself of other ailments.

What to expect Treatment may take about 45 minutes and varies according to your symptoms.

Where to go To find a practitioner, go to www.osteopathic.com.au

NOT HAPPY?

Ask Jan

Q I suffer from bloating and headaches – could I have a food sensitivity?

A Bloating and headaches are common side effects of food sensitivities, which are the result of strain on the immune system. This could be caused by stress, poor diet, insufficient sleep or an imbalance of digestive bacteria. Narrow down what's upsetting you by writing a food and symptom diary. Work with your naturopath or GP to omit possible offenders for a few weeks, then re-introduce them one at a time. Common triggers can include wheat, dairy, eggs, oranges, shellfish, peanuts, tomatoes and soy products.

QUICK CURE: night fright

Say goodbye to nightmares and sleep soundly by mixing two drops each of aspen, mimulus, white chestnut and Rescue Remedy into a 25ml dropper bottle. Top with water. Place four drops of the mix under your tongue before bed each night and during the day if you feel anxious. It's safe for adults and kids.



DO YOU SUFFER FROM ... TINEA?

Treat it by taking a garlic tablet each night and applying tea tree oil or lotion to the affected areas on the feet twice a day.