

# Natural solutions

TIPS + IDEAS + KNOW-HOW

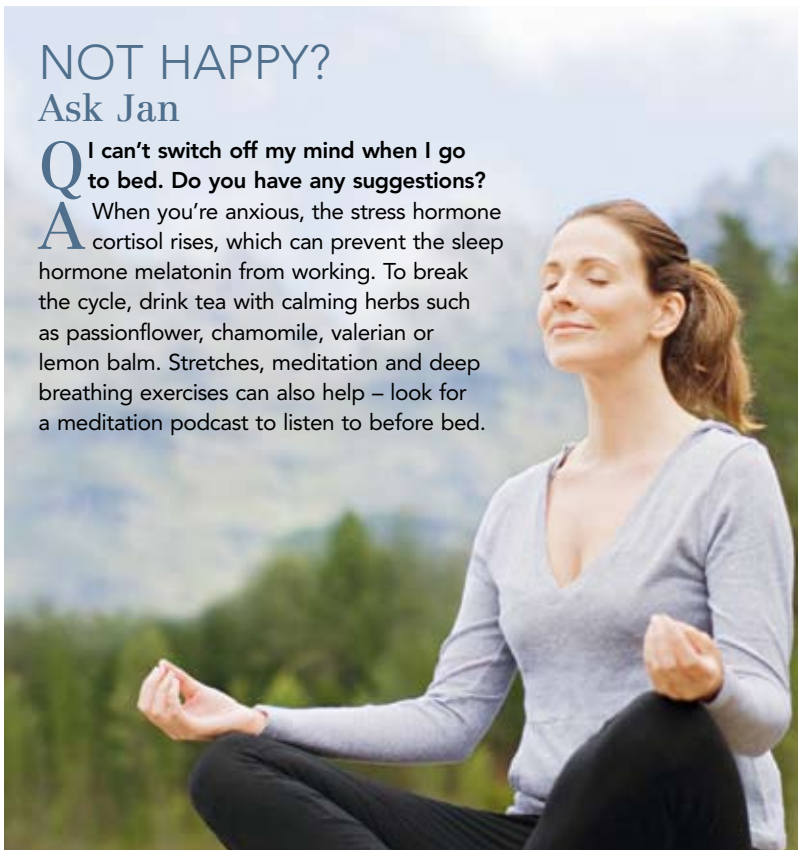
with Jan Purser

## NOT HAPPY?

### Ask Jan

**Q** I can't switch off my mind when I go to bed. Do you have any suggestions?

**A** When you're anxious, the stress hormone cortisol rises, which can prevent the sleep hormone melatonin from working. To break the cycle, drink tea with calming herbs such as passionflower, chamomile, valerian or lemon balm. Stretches, meditation and deep breathing exercises can also help – look for a meditation podcast to listen to before bed.



## TRIED & TESTED art therapy

**What is it?** A form of psychotherapy promoting self-expression via drawing, painting, sculpture and collage.

**Who it's good for** Anyone who's affected by trauma, disability or illness.

**How it works** By stimulating their creativity, the sufferer gets a boost of self-esteem and develops coping skills, improved communication skills and a sense of self-acceptance.

**What to expect** Your therapist may suggest an art exercise or leave you to express yourself freely. Together you'll discuss what you learnt in the process and what the artwork means to you.

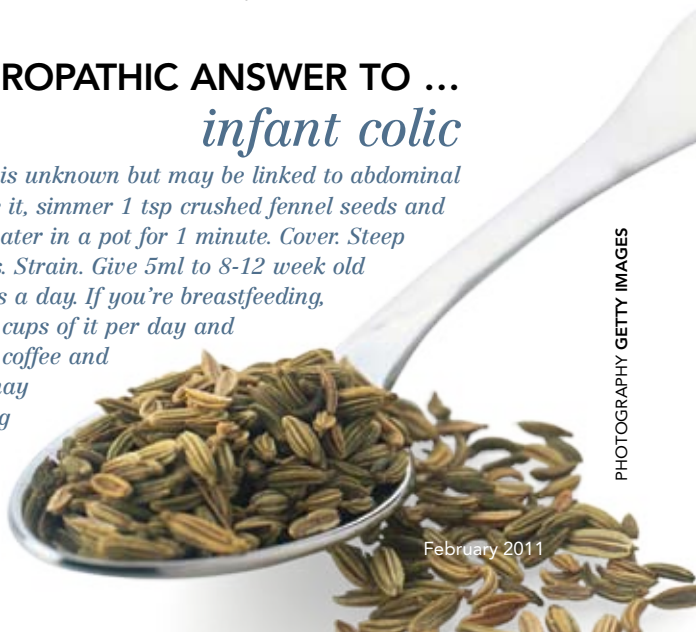
**Where to go** Go to [www.anzata.org](http://www.anzata.org) to find a practitioner.

## Did you know ...

You can grow your own antibiotics. Plant a lemon myrtle tree and brew the leaves for an infection-fighting tea. For more ideas, see *Grow Your Own Medicine* by Mim Beim (ABC Books, \$27.99).

## NATUROPATHIC ANSWER TO ... *infant colic*

*The cause of colic is unknown but may be linked to abdominal pain. To ease it, simmer 1 tsp crushed fennel seeds and 1½ cups water in a pot for 1 minute. Cover. Steep for 10 minutes. Strain. Give 5ml to 8-12 week old babies three times a day. If you're breastfeeding, drink a few cups of it per day and avoid cabbage, coffee and chocolate – they may be contributing to your baby's discomfort.*



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