

Natural health



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

SHOULD I TAKE ... CLIVERS?

Why would I need it? Clivers (*Galium aparine*), also known as cleavers, is used to treat swollen lymph glands, cystitis (urinary tract infection) and skin conditions such as eczema and psoriasis. It acts as a diuretic so it may reduce fluid retention, improve kidney function, limit the incidence of kidney stones, and help flush bacterial infections through your system. It may also be beneficial for people with tonsillitis and adenoid problems, as these glands are part of the lymphatic system.

How much? A typical dose is 3.5ml of liquid extract or 3g of dried herb supplement, two to three times a day.

Anything I should know? Clivers is safe to take during pregnancy and when breastfeeding.



A cure for a room with a flu



Some essential oils have antiseptic qualities that help kill airborne bacteria, so have this room spray handy when a member of your household gets the dreaded lurgy. In a 25ml bottle, combine one teaspoon each of pure essential oils of pine, lavender, eucalyptus and tea tree, and 1/2 teaspoon each of thyme, cinnamon or clove oil. Set aside for four days to infuse. Combine one teaspoon of the blend with 50ml vodka in a spray bottle. Add 250ml (1 cup) purified water. Shake to combine.

Source: Based on a recipe by Nerys Purchon, author of *The Essential Natural Health Bible* (Hachette Livre, \$60)

quick
cure

Jan Purser Dip.Nutr., DRT, is a naturopathic nutrition consultant, remedial therapist and public speaker. If you have any questions on diet, natural health or nutrition, write to Natural Solutions, PO Box 3, South Fremantle WA 6162, or email ns@foodbodyandhealth.com.au We regret Jan is unable to personally answer letters.

Not happy?

Ask Jan

Q Is it true that when plastic water bottles are left in hot cars, toxins from the plastic can contaminate the liquid?

Jenny A, via email

A Leaving your water bottle in a hot car may ruin the flavour of your drink, but it doesn't pose any real health threat. According to Food Science Australia, all materials used in plastic water bottles have to comply with Australian standards, which ensure that products meet rigorous safety criteria. At higher temperatures, additives from the plastic may seep into the water and affect the flavour. While it won't cause health problems, your drink is still ruined regardless. This problem is unlikely to occur with normal usage patterns, so it's best to carry your water with you instead of leaving it in the car.

The acid test

Fibromyalgia is a debilitating disease that causes muscular pain, sleep disturbances, abnormal fatigue and depression. The cause is unknown and there's no cure, but there are treatments to help the symptoms. A recent study found fibromyalgia patients who took the amino acid acetyl L-carnitine (LAC) showed improvement in their depression levels and the amount of pain they suffered. LAC, in tablet, capsule and powdered form, encourages the use of fatty acids in cells to help create fuel for the body. Dosages vary, so if you think you could benefit, talk to your naturopath.

Source: *Journal of Clinical and Experimental Rheumatology*, 2007

