

NATUROPATHY NEWS

Help Yourself to a Healthier Life

Turmeric is not just to colour our curry

When we eat at our local Curry House, the traditional yellow hue to our basmati rice is caused by the addition of Turmeric. But did you know that Turmeric is important for our health too? An ingredient found in Turmeric is Curcumin, which is a powerful antioxidant and anti-inflammatory which also helps improve brain function and is significant in the fight against various degenerative diseases. such as heart disease, arthritis , Alzheimers, depression. And also helps to reduce the spread of cancer cells and restrict the blood feeding those cells.

But it isn't all good news:

For Turmeric to supply sufficient Curcumin to be effective you must consume 1g per day and that is not easy to do by just adding the spice to your food. If you are lucky enough to find fresh Turmeric then adding a large piece into your morning juice will be enough. But how often do you see fresh Turmeric in the supermarket?

The answer then is to take Extract of Curcumin. And to overcome the problems of absorption into the bloodstream, take it with peppercorns or with a fatty meal.

Do you suffer from: bloating; bad breath; itching skin; insomnia; foggy thinking; achy muscles and joints?



If you have any of these symptoms then you may have Candida. And you wouldn't be alone. In fact, more than 70% of all people suffer.

Candida is a microscopic fungus that lives harmlessly in our bodies most of the time but will be allowed to multiply and spread in times of weakened immunity or when our internal system is out of balance. It can occur at any age and apart from being uncomfortable it may lead on to more serious problems such as autism, impotence and infertility.

Candida is a problem of our time: modern foods have a poorer quality (especially GMOs) with depleted mineral nutrients, antibiotics are over prescribed and our eating habits have changed to rely on breads, vinegars, alcohol and sugars. And like all yeasts, candida loves sugar.

So what can we do?

The real answer is in the foods we eat. We need to turn to a diet which is low in sugar, is alkaline in nature and will help to reduce gut inflammation. This diet will include non-starchy vegetables, some low sugar fruits, non-glutinous grains, fermented foods, and healthy proteins.



Spotlight on Sepia

Living in the Mediterranean we often see this fish served up on our menu. But did you know, the ink from this popular cuttlefish is also a very powerful and useful remedy.

We see its main area of focus within the female reproductive system and it is the first remedy to think of where the woman has *never been well since hormonal changes*: pregnancy, menopause, puberty, the Pill, menses or post natal.

The keynote is STASIS in all its forms and will often show itself as emotional indifference; great lack of energy; sagging eyelids or belly; absent-mindedness or mental dullness and an indifference to loved ones.

Sepia is always much better for physical activity especially dancing which reverses the general feelings of sag, indifference and emptiness.

The problem with worms

It seems like a horrible subject but one that we need to address and that is the fact that at some time or other in life we are likely to get worms or other parasites. It has nothing to do with our own cleanliness but rather the environment we live in. Various parasites can be found in our food, in the soil and in water. And most of the time we don't know we have them.

So, if they are everywhere, what's the big deal about them?

Parasites can be the cause of many common health problems. In addition to digestive problems, chronic parasitic infections can cause irritability, chronic fatigue, acne, rashes, sleep problems, anaemia, muscle cramps, teeth grinding, itching, post nasal drip, allergies, poor concentration, depression, diarrhoea and headaches, to name but a few.

Does any of this sound familiar?

There are natural methods to rid yourself of parasites and you may need to experiment a little to find which combination suits you. Here are a few that are easily found in Cyprus:

- Artemisia (Wormwood, Cina)
- Clove Oil
- Garlic
- Papaya/Pomegranate Seeds/ Coconut
- Turmeric/ Pau d'Arco/Oregano Oil
- Reishi Mushrooms
- Lavender and Geranium essential oil

Remember: all family members should be treated, keep nails short, wash vegetables carefully and clean all clothes, bedding and toys.

If you try these home cures and nothing happens after a week or you have continuous diarrhoea for more than 3 days, you should seek professional advice.

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