

# NATUROPATHY NEWS

Help Yourself to a Healthier Life

## Medicinal Mushrooms

The Chinese have been using mushrooms medicinally for centuries but more recently interest has also grown in the West as the immunological and anti-cancer benefits of mushrooms has been explored.

With over 270 mushrooms that are known to have medicinal qualities, they can help in so many ways to keep us at our optimal level of health: with antioxidants, anti-hypertensive and cholesterol-lowering properties, liver protection, as well as anti-inflammatory, anti-diabetic, anti-viral and anti-microbial properties, these fungi should become a significant part of our health regime.

## Sunstroke

The first hot days of the year often catch people unawares and it is easy to get overheated.

So, drop some BELLADONNA into a bottle of water and sip it while you are out in the sun - it will not only keep you hydrated but will also stop you getting sunstroke.



## Treating Allergies with Homeopathy

Allergies seem to be on the increase but did you know that only 5% of the population have a 'true' allergy, the rest are simply showing a 'sensitivity' to a substance they have been exposed too much to.

Most allergies occur in children who, more often than not, grow out of them as their immune system gets stronger. But a few, such as hay fever, remain into adulthood.





## Fleas, Ticks, Sandflies and Mosquitoes

Every Springtime we see the bugs come out to bite us. Not only are bites annoying and unsightly but they can carry various diseases along with them so it is important to avoid being bitten as much as possible.

So what can we do to avoid being bitten? Here are a few suggestions:

- ✦ make sure there is no stagnant water in your garden
- ✦ wear light coloured clothing and cover up at night time, always wear long trousers if walking through fields where animals have been grazing
- ✦ try to avoid eating sweet foods, reduce your alcohol and spicy foods
- ✦ circulate the air in your room with a fan
- ✦ make sure your pets are treated with frontline and keep your carpets and pet bedding clean
- ✦ Stay away from rats, wild birds hedgehogs and stray animals
- ✦ Take homeopathic STAPHISAGRIA when you are most at risk of being bitten

Typically, a rapid reaction to the allergen occurs within 2 hours and you may see symptoms such as stomach ache, cramps, diarrhoea, skin rashes, hives, swelling and wheezing.

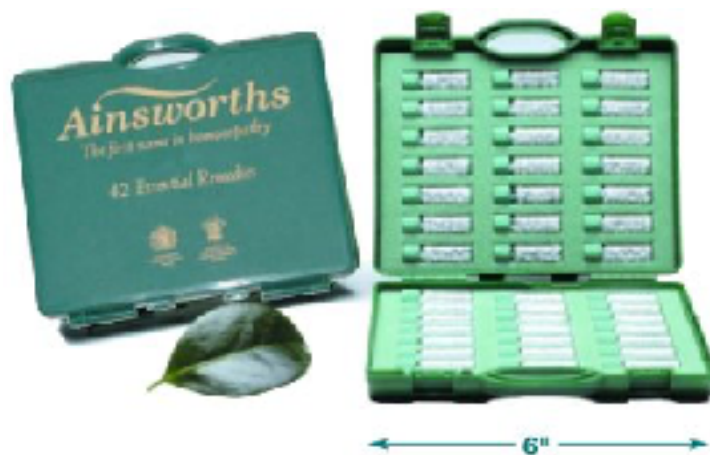
If our allergy is to food then simply cutting them out while our body is allowed to desensitise may be all we need to do but most people also need to raise their general level of health to a level that their immune system can deal with the allergens once more.

And this is where homeopathy can help us.....

Finding out which substances cause us an allergic problem, desensitising our bodies to these substances and then raising our immune systems by using Constitutional remedies can all be done simply and effectively before gradually reintroducing all those substances back into our lives so that we can return to a normal life once again.

### *Keep Some Basic Homeopathic Remedies at Home*

Always be prepared when you or your family feel unwell, with a basic First Aid remedy kit. You can make a kit up yourself or buy one off the shelf. The Ainsworth basic kit gives you 42 essential remedies that will cover most of your home prescribing needs.



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