

NATURAL REMEDIES

Supplements

Vitamin E
Zinc
Fish oils
Evening primrose oil

Aromatherapy

Lavender
Frankincense

Other tips

An oat bath can help to soothe the skin. Put a large handful of oats in a muslin cloth, tie it and place it in the bath water. Chickweed cream can help soothe itching.

FATIGUE

Tiredness and exhaustion can take many forms from physical to mental, emotional to nervous. It can occur after prolonged periods of stress, after illness, when the body's not absorbing nutrients from the foods we consume.

Untreated fatigue can weaken individual organs and also the immune system leading to an increase in the susceptibility of further illness.

It is important to support the certain systems during the period in which the body's reserves are built back up. Relaxation techniques help calm the mind and relieve some of the stress associated with exhaustion.

Symptoms

Lack of energy
Inability to do daily tasks
Weakness
Depression

Things to do:

REDUCE

Stimulants and caffeine drinks in diet
Refined sugars
Limit protein meals to 2 – 3 per week

INTRODUCE

Water two litres per day
Vegetable juices
Eat at regular intervals
Include oats in diet

Herbs to help

Nettle tea
Licorice
Gotu kola
Siberian ginseng
Elderberry syrup

Supplements

Multivitamin and mineral
Vitamin B complex
Vitamin C
CoEnzyme Q10
Iron tonic

Aromatherapy

Rosemary
Clary sage
Lavender

Other tips

Take Bee pollen and Superfood

GUM DISEASE

Inflamed and bleeding gums may point to nutritional deficiencies, poor hygiene, factors that depress the immune system or excessive alcohol intake. Smoking can contribute as it depletes the vitamin C reserves of the body.

Unchecked it can worsen leading to possible loss of teeth due to recession of gums.

Symptoms

Spongy gums
Halitosis
Sensitivity to hot and cold
Bleeding
Loose teeth

Things to do:

REDUCE

Acidic and sugary drinks and foods
Alcohol
Smoking

INTRODUCE

One raw salad meal daily

Fibre
Fruits inc. grapes, berries.

Herbs to help

Myrrh
Goldenseal
Oak bark
Sage

Make a mouth wash with 1ml each of the above herbs

Black catechu powder – apply to gums leave for a minute and rinse.

Supplements

Good anti oxidant complex with:
Vitamin A
Vitamin C with flavonoids
Vitamin E
Zinc
Selenium

CoEnzyme Q10
Vitamin B complex with folic acid

Aromatherapy

Sage
Thyme
To make a mouthwash, dissolve three of each oil into a teaspoon of vodka and then stir the mixture into a half a glass of warm water.

Other tips

Propolis capsules
Brush with a soft brush
Brush daily with baking soda and salt
Use toothpastes with any of the following anti-bacterial ingredients:
Meswak, Propolis, Peelu
Visit your hygienist regularly

Sarah Rahman is a Naturopath and Medical herbalist and practices from 2 clinics in South Manchester and Hale. The Body Whispers... do you have time to listen © Naturopathy, Herbal medicine, Advanced allergy testing, Detox retreats
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www.karmiccoaching.com

Cautions: If you are pregnant, breastfeeding or have high blood pressure, consult your doctor or naturopath, before taking any naturopathic remedies.

