

Natural Health

COMPLEMENTARY THERAPIES FOR YOUR MIND, BODY AND SPIRIT

Supplement with manganese and magnesium too. A lack of these can lead to deafness, dizziness and ear noises.

Ginkgo is a powerful antioxidant and circulatory stimulant and helps the peripheral circulation to the head, reducing tinnitus. Take 120–240mg of standardized extract (try Bioforce or Solgar).

Other herbs that may help include ginger and turmeric and lesser periwinkle contains a component called vincamine, which has shown in clinical trials to reduce ringing in the ears.

Homoeopathics calc carb, carbo veg, china and lycopodium may also provide some relief. Try Helios in 30C potency.

HELP FOR HEAVY PERIODS

My periods have been heavy for the past year or two and I often feel very tired. I take a liquid iron supplement and I think it has helped, but I would like to try and reduce my menstrual flow as it can be incredibly disruptive at times, preventing me from sleeping or going out. My doctor believes the problem is hormonal. I am 28 years old. What can you suggest?

Dr Shamim Daya advises:

Having heavy periods does mean that you would be losing more than your fair share of iron each month, so yes, it does make sense to take an iron supplement. You may not be taking enough iron in the liquid form, so it also helps to have your iron levels measured in a blood test to monitor this.

If you are passing clots it would imply an accumulation of 'heat' in your system, using the Chinese principles. Losing blood is a clever way for the body to rid itself of this heat accumulation, so it is doing something useful, but still implies an imbalance in your system. The most effective way I have seen to reduce heavy periods is through the Traditional Chinese Medical approach. Often 'liver chi stagnation' is found to be at the root of menstrual problems and the Chinese system knows well how to tackle this. It also helps to watch what you are eating and reduce highly refined carbohydrates in your diet to enable your blood sugar levels to be steady in the zone. This is the best way for a young person to balance their hormones naturally. It also helps to avoid heat-producing foods such as spices, lamb,

prawns, sardines, mackerel etc, as these only aggravate the heat produced in the body and then the menstrual flow becomes heavy with clots. If the heavy flow persists I would also want to exclude the possibility of uterine fibroids through an ultrasound.

"WHAT WILL EASE MY CHILD'S ECZEMA?"

My six year old daughter has eczema all over. It's managed to some degree with steroids, but I've heard that alternative remedies can help clear it too. Can you advise me on which therapies work?

Jill Davies advises:

Food allergies can account for 80 per cent of eczema. Other factors will include a genetic predisposition, but also stress, cold weather, chemical toxicity, drugs and sun exposure. Common food allergies are milk, cheese and wheat (also peanuts or oxalic rich foods like tomatoes, oranges and rhubarb). These foods will need to be avoided and replaced, so soya,