

# Natural Health

COMPLEMENTARY THERAPIES FOR YOUR MIND, BODY AND SPIRIT

## "I CAN'T SHIFT A SICKNESS BUG"

**I've recently recovered from a particularly nasty stomach bug. Although I've been back at work for over a week now, I still don't feel myself and have no appetite for food. Can you recommend a tonic that will help restore my strength?**

### **Dr Shamim Daya advises:**

Stomach bugs can take the form of a virus, parasite or bacteria and usually the symptoms of diarrhoea and vomiting are sufficient to clear it from your system. However, if your symptoms are persisting, it does need checking out in more detail. Stool samples are sometimes helpful in determining a bacterial or parasitic cause, but often even this test comes back clear and yet all the symptoms continue.

In such cases it may help to do a bowel cleanse using herbal and clay capsules. This is quite different from colonic irrigation and involves shifting old dead faecal matter, where these pathogens (virus/bacteria) tend to hide and breed, out of the body. In more resistant cases it would need electro-fermal testing

and/or applied kinesiology to determine the exact pathogen still in the system and the precise remedy to get rid of it.

During your recovery period, it would help to avoid dairy products and eat homemade soups that are nourishing and easy to digest and assimilate. Of course it's also important to drink plenty of good quality water to stay well hydrated and drink ginger tea.

## "MY WHOLE FAMILY HAS VERRUCCAS!"

**One of my children is a keen swimmer and picked up verrucas from the changing rooms. Now the whole family is affected, despite taking precautions to prevent their spread. Medications from the chemist don't seem to be working – what else can we do?**

### **Stella New advises:**

Verrucas or plantar warts are caused by a highly contagious strain of human papilloma virus that normally lives on the skin. When the skin becomes rubbed or damaged, the virus invades, causing skin cells to multiply rapidly