



Natural Remedies

From Select Stores Health Food Store, prepared by our own dietary counsellor Oliver McCabe.

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Bladder Infection

This guide does not replace the assessment and advice of your doctor. Consultation with your doctor is extremely important if you are experiencing persistent or severe symptoms.

Caution

If you have a chronic illness take prescribed or over the counter medication, or if you are pregnant or breastfeeding, it is extremely important to talk with your doctor, or pharmacist, before taking any new medications.

Do not stop taking any prescription medications without the guidance and consultation with your doctor.

Natural Steps for Bladder infection (evidence rating)

- *** Good evidence of a health benefit.
- ** Some evidence of a health benefit.
- * Traditionally used with only anecdotal evidence.

Lifestyle

Improve your lifestyle habits ***

- Drink more water
- Toilet hygiene habits

Nutrition

Avoid foods that weaken or stress the kidneys and bladder

- High protein diet
- Caffeine
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol

Vitamin/Mineral

These nutrients have been shown to help Bladder Infection

- Vitamin C **
- Vitamin A *
- Selenium *
- Zinc *

Herbal

Herbal remedies to help bladder infection

- Goldenseal ***
- Cranberry ***

General Self Care

The general aim of self-care is to facilitate the natural removal of any bacteria and prevent the growth of any bacterial infection present in the urinary tract.

Increase water intake – for all urinary tract infections, it is vital to increase the water intake to provide for the passing of 2 – 2.5 litres of urine per day. This may require the individual to increase the water intake gradually if on water restricted diet so as not to shock the kidneys.

- Filtered or purified water is best as tap waters can contain high amounts of minerals that would aggravate the condition.
- Water is best used, rather than other liquids, juices etc.
- Water is best consumed at room temperature, cold, chilled water gives a shock to the digestive tract.
- Water is best consumed in regular intervals of 2 glasses on an empty stomach or before meals.



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- A starting program would be to have 2 glasses first thing in the morning, 2 glasses mid-morning, 2 glasses mid-afternoon and 2 glasses before the evening meal. This will allow most excess fluid to be excreted before bedtime and thus not disturb sleep.

Caution – should you have any condition requiring restriction of fluid intake, such as kidney disease, please contact your doctor.

Drink between 500ml – 1 litre of cranberry juice daily.

Cranberries contain compounds that block infectious bacteria from attaching to the lining of the urinary tract. This allows the bacteria to be effectively eliminated by the urine, reducing any infection.

- Cranberry juice should not be sweetened with apple or grape juice
- If a cranberry juice is not available, there are cranberry extracts available in capsule or pill form.
- To ensure that the treatment is effective long term, it is advisable to continue drinking cranberry juice for approximately 2 months after the acute infection has cleared. This prevents the relapse or re-infection by bacteria.

Correct toilet cleaning habits

- Cleaning the genital and anal area after elimination, it is important to wipe from front towards the back, since wiping forwards can contaminate the front genital area with small amounts of faeces that contain bacteria.
- The bacteria can then contaminate and infect the urethra and spread up to the bladder.
- After any elimination, urinary or faecal, it is always advisable to wipe towards the back.

Avoid any mechanical irritation of the bladder

- Sexual activity needs to be limited during any bladder infection.

Nutrition Guidelines

Increase consumption of fresh fruit, vegetables and whole grain foods. These foods contain nutrients that are protective against infections in general.

- A. Restriction of protein intake
 - Protein from red meat, chicken, milk dairy products and fish needs to be reduced as much as possible
 - Protein from soy, beans, legumes can replace animal protein.
- B. Restriction of caffeine and other concentrated beverages.
 - Limit the amount of coffee, tea, chocolate and other caffeine containing products from your diet.
 - These substances can cause irritation to the bladder lining making symptoms worse and allowing for easier attachment of bacteria to the mucous membranes.
 - Replace these beverages with herbal teas, diluted juices, water.
- C. Restriction of any dairy products
 - Milk, cheese, yoghurt all need to be eliminated from the diet.
 - Dairy products contain too much protein, this places a load on the kidneys, which can cause increased susceptibility towards infections.
 - Use dairy alternatives such as rice milk, oat milk and soy milk.

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral and the following individual supplements or a specific formula blend for urinary health.



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- Vitamin C – increases collagen synthesis and strength and is essential for the immune cells fighting infection.
- Vitamin A – increases mucosal immunity and strength, prevents recurrent infection of mucosa.
- Zinc – important for immunity, immune cells require zinc when fighting infection.

The following herbal remedies can compliment lifestyle, dietary and supplemental self- care.

- Goldenseal (Hydrastis Canadensis) – most effective herb for antimicrobial action, especially effective for bacterial infections since it is effective against Escherichia coli, Staphylococcus, Pseudomonas, Enterobacter aerogenes, Klebsiella and proteus bacteria.
- Cranberry – cranberries contain compounds that block infectious bacteria from attaching to the lining of the urinary tract. This allows the bacteria to be effectively eliminated by the urine, reducing any infection.
- Uva ursi (arctostaphylos uva ursi) – effective against Escherichia coli, helps to increase urine production

Bronchitis

This guide does not replace the assessment and advice of your doctor. Consultation with your doctor is extremely important if you are experiencing persistent or severe symptoms.

Caution

If you have a chronic illness take prescribed or over the counter medication, or if you are pregnant or breastfeeding, it is extremely important to talk with your doctor, or pharmacist, before taking any new medications.

Do not stop taking any prescription medications without the guidance and consultation with your doctor.

Natural steps for Bronchitis (Evidence Rating)

*** Good evidence of a health benefit

** Some evidence of a health benefit

- Traditionally used with only anecdotal evidence

Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Wash hands appropriately

Nutrition

Avoid foods that weaken the immune system

- Refined and processed foods
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol

Vitamin/Mineral

These nutrients have been shown to help Bronchitis

- Vitamin C **
- Vitamin E *
- Selenium *
- Zinc *
- Zinc lozenges **



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Herbal

Herbal remedies to help bronchitis

- Echinacea **
- Elderberry **

General Self Care

Supportive care is the most important treatment for the common bronchitis. It should be aimed at relieving, yet not suppressing the symptoms and improving the general function of the mucous membranes.

Regular **gentle** clearing of the nose and upper bronchi will help the natural process of expelling the excess mucous with its viral load. If mucous obstructs both nostrils, do not close both nostrils and mouth when blowing the nose.

- This may force infected nasal secretions back into the ears via the Eustachian tube openings and can cause ear infections.
- Instead, blow one side of the nose at a time with the mouth open.
- If mucous is causing a cough, try not to suppress the cough. Coughing is part of the natural defence mechanisms of the body and can help eliminate secretions from the airways.
- If coughing causes chest discomfort, wrap the arms around in front and hold onto the sides of the ribs to keep the chest from jerking when coughing. Or, hold a pillow against the chest when coughing.
- Avoid any irritants, such as tobacco smoke, chemical fumes and dust.
- If you smoke, stop.
- Drinking plenty of liquids keeps mucous secretions thin, less sticky and easier to cough up and helps prevent complications. Liquids include herb teas, dilute juices and soups. Check with your doctor first if on a fluid restricted diet.
- Use a cool-mist vaporiser to relieve congestion. Change the water daily and rinse the vaporiser with a weak salt and water solution (10 parts water to 1 part salt).
- It helps keep the airways (bronchial tubes) moist and can help ease your breathing.
- Get plenty of rest.
- For symptoms of fever or tiredness it is important to rest and help the body mobilise its energy to fight the infection.
- Rest-imposed isolation may prevent others from catching the bronchitis and may reduce the risk of developing a secondary bacterial infection.
- Ease nasal infections in infants with a bulb syringe. Avoid excessive use to prevent damage to the inside of the nose.
- A bulb syringe should not be used to suction the nose for more than 4 days because of the risk of trauma to the inside of the nose, especially in infants, it may be resumed in one to two days.
- Saline nose drops will not cure bronchitis but they may be useful to liquefy nasal discharge, relieve nasal congestion and promote nasal drainage. A saline solution can be made by mixing ¼ teaspoonful of common table salt in one (8 ounces) of water.

For sore throat

- Gargle several times a day with warm salt water.
- Use throat zinc lozenges to soothe inflamed mucous membranes (children over 4 years old). In a recent study of 100 flu sufferers, half were given zinc lozenges to suck and the other half normal throat lozenges. The zinc group resolved their symptoms in 4 days,



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whilst the other group took 7 days. Zinc strengthens the mucous membranes against viral entry thereby preventing the spread of viral activity throughout the mucous membranes.

Nutrition Guidelines

- Ensure that you consume plenty of water and other non-sweetened fluids, such as clear soups and dilute fruit/vegetable juices.
 - Fresh pineapple juice has a high concentration of bromelain, which has been shown to be effective in reducing mucous-build up in bronchitis.
 - Hot chicken soup has been an effective natural remedy to help clear mucous from the respiratory passages.
 - Clear vegetable soups and broths can be taken as often as necessary to provide liquids and nourishment.
 - Soups containing onion and garlic are extremely effective in clearing mucous and resolving a cough.
- A. Eat small meals that comprise of wholesome unrefined foods. Please be sure too avoid the following as these reduce the immune response:
- Sugar and products containing sugar
 - Saturated fat and products containing saturated fats
 - Dairy milk products
 - Alcohol beverages

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral that contains that contains a specific formula blend for improving immunity.

- Vitamin A – plays an essential role in maintaining the integrity of the mucous membranes and stimulates numerous immune processes to inhibit the viral activity.
- N Acetyl Cysteine (NAC) – alleviates bronchitis by liquefying the mucous that is the main contributing factor. Alliin is a derivative in cysteine which helps as an expectorant.
- Vitamin C – improves the resistance of cells and tissues to viral activity. It enhances the response to viruses, increases interferon levels and increases antibody responses and immunoglobulin levels. Vitamin C is quickly depleted during times of infection and therefore needs to be taken throughout the day.
- Vitamin E – increases the response of all the immune cells that make up the immune system.
- Selenium – alleviates viral infections by increasing the glutathione peroxidase levels, which play a vital role in stimulating immune cell and thymus function. Selenium enhances the expression of the immune enhancing compound interleukin-2 which increases the rate of white blood cell proliferation and differentiation into form capable of killing micro-organisms.
- Zinc – enhances the binding of complement to immune complex, which increases immune cell capabilities. Zinc inhibits the growth of viruses thereby increasing the ability of the immune system to control the viral activity. In a recent study of 100 flu sufferers, half were given zinc lozenges to suck and the other half normal throat lozenges. The zinc group resolved their symptoms in 4 days whilst the other group took 7 days. Zinc strengthens the mucous membranes against viral entry thereby preventing the spread of viral activity throughout the mucous membranes.



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Herbal Remedies

The following herbal remedies can compliment the lifestyle, dietary and supplemental self-care.

- Infusions of either camomile, burdock, marigold can be drunk several times a day to soothe sore throats(herbal teas).
 - Ginger and lemon crushed into boiled water makes a good tea to soothe and stimulate the upper respiratory membranes.
 - Capsaicin from cayenne pepper can be added to soups and broths to encourage decongestion.
 - A tincture of Echinacea, elderberry or Goldenseal help assist the immune system in cases of viral infection.
- a. A 1994 review of German trials showed that Echinacea could help boost the immune system
- b. Elderberry (sambucus nigra L.) is extremely effective against viruses – during a double blind study half the group were given elderberry extract and the other half a placebo. Within 3 days the group taking elderberry were cured, whilst the placebo group were still feeling ill after 6 days.

Colds

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Caution

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Do not stop taking any prescription medications without the guidance and consultation with your doctor.

Natural Steps (Evidence Rating)

- *** Good evidence of a health benefit
- ** Some evidence of a health benefit
- * Traditionally used with only anecdotal evidence

Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Wash hands appropriately

Nutrition

Avoid foods that weaken the immune system

- Refined and processed foods
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol

Vitamin/Mineral

These nutrients have been shown to help colds

- Vitamin C **



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- Vitamin E *
- Selenium *
- Zinc *
- Zinc lozenge *

Herbal

Herbal remedies to help colds

- Echinacea ***
- Elderberry ***
-

General Self Care

Supportive care is the most important treatment for the common cold. It should be aimed at relieving, yet not suppressing the symptoms and improving the general function of the mucous membranes.

A. Regular **gentle** clearing of the nose will help the natural process of expelling the excess mucous with its viral load. If mucous obstructs both nostrils, do not close both nostrils and mouth when blowing the nose.

- This may force infected nasal secretions back into the ears via the Eustachian tube openings and can cause ear infections.
- Instead, blow one side of the nose at a time with the mouth open.

B. Get plenty of rest.

- For symptoms of fever or malaise it is important to rest and help the body mobilise its energy to fight the infection.
- Rest-imposed isolation may prevent others from catching the cold and may reduce the risk of developing secondary bacterial infection.
- Drink lots of fluids. (See below under Nutrition Guidelines)
- Check with your doctor first if on a fluid restricted diet.
- Use a cool-mist vaporiser to relieve congestion. Change the water daily and rinse the vaporiser with a weak salt and water solution, 10 parts water to 1 part salt.

C. Ease nasal congestion in infants with a bulb syringe. Avoid excessive use to prevent damage to the inside of the nose.

A bulb syringe should not be used to suction the nose for more than four days because of the risk for trauma to the inside of the nose especially in infants. If necessary, it may be resumed in one to two days.

D. Saline nose drops will not cure a cold but they may be useful to:

- Liquefy nasal discharge
- Relieve nasal congestion
- Promote nasal drainage
- Saline solution can be made by mixing ¼ teaspoonful of common table salt, in one cup (8 ounces) of water.

E. For sore throat

- Gargle several times a day with warm water (1/4 teaspoon of salt added to 8 ounces of water)
- Use throat zinc lozenges to soothe inflamed mucous membranes (children over 4 years old). In a recent study of 100 cold sufferers, half were given zinc lozenges to suck and the other half normal throat lozenges. The zinc group resolved their symptoms in 4 days, whilst the other group took 7 days. Zinc strengthens the mucous membranes against viral entry, thereby preventing the spread of viral activity throughout the mucous membranes.

Nutrition Guidelines

A. Short term fasting for the first 24-48 hours is advisable

This results in a significant increase (up to 50%) in your immune system. The fast should not be continued longer than this since eventually the immune cells' energy source will become depleted.



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- Hot chicken soup has been an effective natural remedy to help clear mucous from the respiratory passages.
 - Clear vegetable soups and broths can be taken as often as necessary to provide liquids and nourishment.
 - Soups containing onion and garlic are extremely effective in clearing mucous and resolving a cold.
- B. If fasting on just fluids is not possible, continue to eat small meals that comprise of wholesome unrefined foods. Please be sure to avoid the following as these reduce the immune response.
- Sugar and products containing sugar
 - Saturated fat and products containing saturated fats
 - Dairy milk products
 - Alcohol beverages

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral or a specific formula blend for improving immunity.

- Vitamin A – plays an essential role in maintaining the integrity of the mucous membranes and stimulates numerous immune processes to inhibit the viral activity.
- Vitamin C – improves the resistance of cells and tissues to viral activity. It enhances the response to viruses, increases interferon levels and increases antibody responses and immunoglobulin levels, Vitamin C is quickly depleted during times of infection and therefore needs to be taken throughout the day.
- Vitamin E – increases the response of all the immune cells that make up the immune system.
- Selenium – alleviates viral infections by increasing the glutathione peroxidase levels which play a vital role in stimulating immune cell and thymus function. Selenium enhances the expression of the immune enhancing compound interleukin-2, which increases the rate of white blood cell proliferation and differentiation into forms capable of killing micro-organisms.
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Herbal Remedies

The following herbal remedies can compliment the lifestyle dietary and supplemental self-care.

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- b. Elderberry (sambucus nigra L) is extremely effective against viruses-during a double blind study in Israel, half the group was given elderberry extract and the other half a placebo. Within 3 days the group taking elderberry were cured, whilst the placebo group were still feeling ill after 6 days.

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Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Wash hands appropriately

Nutrition

Avoid foods that weaken the immune system

- Refined and processed foods
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol

Vitamin/Mineral

These nutrients have been shown to help colds

- Vitamin C **
- Vitamin E *
- Selenium *
- Zinc *
- Zinc lozenge *

Herbal

Herbal remedies to help colds

- Echinacea ***
- Elderberry ***
-



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General Self Care

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- Instead, blow one side of the nose at a time with the mouth open.

B. Get plenty of rest.

- For symptoms of fever or malaise it is important to rest and help the body mobilise its energy to fight the infection.
- Rest-imposed isolation may prevent others from catching the cold and may reduce the risk of developing secondary bacterial infection.
- Drink lots of fluids. (See below under Nutrition Guidelines)
- Check with your doctor first if on a fluid restricted diet.
- Use a cool-mist vaporiser to relieve congestion. Change the water daily and rinse the vaporiser with a weak salt and water solution, 10 parts water to 1 part salt.

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- Liquefy nasal discharge
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Nutrition Guidelines

C. Short term fasting for the first 24-48 hours is advisable

This results in a significant increase (up to 50%) in your immune system. The fast should not be continued longer than this since eventually the immune cells' energy source will become depleted.

- Hot chicken soup has been an effective natural remedy to help clear mucous from the respiratory passages.
- Clear vegetable soups and broths can be taken as often as necessary to provide liquids and nourishment.
- Soups containing onion and garlic are extremely effective in clearing mucous and resolving a cold.

D. If fasting on just fluids is not possible, continue to eat small meals that comprise of wholesome unrefined foods. Please be sure to avoid the following as these reduce the immune response.

- Sugar and products containing sugar



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- Saturated fat and products containing saturated fats
- Dairy milk products
- Alcohol beverages

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral or a specific formula blend for improving immunity.

- Vitamin A – plays an essential role in maintaining the integrity of the mucous membranes and stimulates numerous immune processes to inhibit the viral activity.
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Cough

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Natural steps for Cough (Evidence Rating)

*** Good evidence of a health benefit

** Some evidence of a health benefit

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Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Wash hands appropriately

Nutrition

Avoid foods that weaken the immune system

- Refined and processed foods
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol

Vitamin/Mineral

These nutrients have been shown to help a cough

- NAC **
- Vitamin C **
- Vitamin E *
- Selenium *
- Zinc *
- Zinc lozenges **

Herbal

Herbal remedies to help a cough

- Echinacea **
- Elderberry **
- Goldenseal ***
- Pelargonium ***

General Self Care

Supportive care is the most important treatment for the common cough. It should be aimed at relieving, yet not suppressing the symptoms and improving the general function of the mucous membranes.

Regular **gentle** clearing of the nose and upper bronchi will help the natural process of expelling the excess mucous with its viral load. If mucous obstructs both nostrils, do not close both nostrils and mouth when blowing the nose.

- This may force infected nasal secretions back into the ears via the Eustachian tube openings and can cause ear infections.
- Instead, blow one side of the nose at a time with the mouth open.
- If mucous is causing a cough, try not to suppress the cough. Coughing is part of the natural defence mechanisms of the body and can help eliminate secretions from the airways.



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- Avoid any irritants, such as tobacco smoke, chemical fumes and dust.
- If you smoke, stop.
- Drinking plenty of liquids keeps mucous secretions thin, less sticky and easier to cough up and helps prevent complications. Liquids include herb teas, dilute juices and soups. Check with your doctor first if on a fluid restricted diet.
- Use a cool-mist vaporiser to relieve congestion. Change the water daily and rinse the vaporiser with a weak salt and water solution (10 parts water to 1 part salt).
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- Get plenty of rest.
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Nutrition Guidelines

B. Ensure that you consume plenty of water and other non-sweetened fluids, such as clear soups and dilute fruit/vegetable juices.

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Following as these reduce the immune response:

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- Vitamin C – improves the resistance of cells and tissues to viral activity. It enhances the response to viruses, increases interferon levels and increases antibody responses and immunoglobulin levels. Vitamin C is quickly depleted during times of infection and therefore needs to be taken throughout the day.
- Vitamin E – increases the response of all the immune cells that make up the immune system.
- Selenium – alleviates viral infections by increasing the glutathione peroxidase levels, which play a vital role in stimulating immune cell and thymus function. Selenium enhances the expression of the immune enhancing compound interleukin-2 which increases the rate of white blood cell proliferation and differentiation into form capable of killing micro-organisms.
- Zinc – enhances the binding of complement to immune complex, which increases immune cell capabilities. Zinc inhibits the growth of viruses thereby increasing the ability of the immune system to control the viral activity. In a recent study of 100 flu sufferers, half were given zinc lozenges to suck and the other half normal throat lozenges. The zinc group resolved their symptoms in 4 days whilst the other group took 7 days. Zinc strengthens the mucous membranes against viral entry thereby preventing the spread of viral activity throughout the mucous membranes.

Herbal Remedies

The following herbal remedies can compliment the lifestyle, dietary and supplemental self-care.

- Infusions of either camomile, burdock, marigold can be drunk several times a day to soothe sore throats(herbal teas).
 - Ginger and lemon crushed into boiled water makes a good tea to soothe and stimulate the upper respiratory membranes.
 - Pelargonium based natural cough syrup is helpful to ease the cough.
 - A tincture of Echinacea, elderberry or Goldenseal help assist the immune system in cases of viral infection.
- c. A 1994 review of German trials showed that Echinacea could help boost the immune system
- d. Elderberry (sambucus nigra L.) is extremely effective against viruses – during a double blind study half the group were given elderberry extract and the other half a placebo. Within 3 days the group taking elderberry were cured, whilst the placebo group were still feeling ill after 6 days.



Natural Remedies

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- e. Goldenseal (*Hydrastis Canadensis*) to be taken internally and locally squirted into the nasal area to prevent bacterial activity as from post nasal drip. Only use for the short term – no longer than 2 weeks.

Flu

This guide does not replace the assessment and advice of your doctor. Consultation with your doctor is extremely important if you are experiencing persistent or severe symptoms.

Caution

If you have a chronic illness take prescribed or over the counter medication, or if you are pregnant or breastfeeding, it is extremely important to talk with your doctor, or pharmacist, before taking any new medications.

Do not stop taking any prescription medications without the guidance and consultation with your doctor.

Natural Steps (Evidence Rating)

- *** Good evidence of a health benefit
- ** Some evidence of a health benefit
- * Traditionally used with only anecdotal evidence

Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Wash hands appropriately

Nutrition

Avoid foods that weaken the immune system

- Refined and processed foods
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol

Vitamin/Mineral

These nutrients have been shown to help Flu

- Vitamin C **
- Vitamin E *
- Selenium *
- Zinc *
- Zinc lozenge **

Herbal

Herbal remedies to help Flu

- Echinacea ***
- Elderberry ***
-

General Self Care

Supportive care is the most important treatment for the common flu. It should be aimed at relieving, yet not suppressing the symptoms and improving the general function of the mucous membranes.

A. Regular **gentle** clearing of the nose will help the natural process of expelling the excess mucous with its viral load. If mucous obstructs both nostrils, do not close both nostrils and mouth when blowing the nose.



Natural Remedies

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- This may force infected nasal secretions back into the ears via the Eustachian tube openings and can cause ear infections.
 - Instead, blow one side of the nose at a time with the mouth open.
- B. Get plenty of rest.
- For symptoms of fever or tiredness it is important to rest and help the body mobilise its energy to fight the infection.
 - Rest-imposed isolation may prevent others from catching the flu and may reduce the risk of developing secondary bacterial infection.
 - Drink lots of fluids. (See below under Nutrition Guidelines)
 - Check with your doctor first if on a fluid restricted diet.
 - Use a cool-mist vaporiser to relieve congestion. Change the water daily and rinse the vaporiser with a weak salt and water solution, 10 parts water to 1 part salt.
- C. Ease nasal congestion in infants with a bulb syringe. Avoid excessive use to prevent damage to the inside of the nose.
- A bulb syringe should not be used to suction the nose for more than four days because of the risk for trauma to the inside of the nose especially in infants. If necessary, it may be resumed in one to two days.
- D. Saline nose drops will not cure flu but they may be useful to:
- Liquefy nasal discharge
 - Relieve nasal congestion
 - Promote nasal drainage
 - Saline solution can be made by mixing $\frac{1}{4}$ teaspoonful of common table salt, in one cup (8 ounces) of water.
- E. For sore throat
- Gargle several times a day with warm water (1/4 teaspoon of salt added to 8 ounces of water)
 - Use throat zinc lozenges to soothe inflamed mucous membranes (children over 4 years old). In a recent study of 100 flu sufferers, half were given zinc lozenges to suck and the other half normal throat lozenges. The zinc group resolved their symptoms in 4 days, whilst the other group took 7 days. Zinc strengthens the mucous membranes against viral entry, thereby preventing the spread of viral activity throughout the mucous membranes.

Nutrition Guidelines

- E. Short term fasting for the first 24-48 hours is advisable
- This results in a significant increase (up to 50%) in your immune system. The fast should not be continued longer than this since eventually the immune cells' energy source will become depleted.
- Ensure that you consume plenty of water and other non sweetened fluids, such as clear soups and dilute fruit/vegetable juices.
 - Hot chicken soup has been an effective natural remedy to help clear mucous from the respiratory passages.
 - Clear vegetable soups and broths can be taken as often as necessary to provide liquids and nourishment.
 - Soups containing onion and garlic are extremely effective in clearing mucous and resolving a flu.
- F. If fasting on just fluids is not possible, continue to eat small meals that comprise of wholesome unrefined foods. Please be sure to avoid the following as these reduce the immune response.
- Sugar and products containing sugar
 - Saturated fat and products containing saturated fats



Natural Remedies

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- Dairy milk products
- Alcohol beverages

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral or a specific formula blend for improving immunity.

- Vitamin A – plays an essential role in maintaining the integrity of the mucous membranes and stimulates numerous immune processes to inhibit the viral activity.
- Vitamin C – improves the resistance of cells and tissues to viral activity. It enhances the response to viruses, increases interferon levels and increases antibody responses and immunoglobulin levels, Vitamin C is quickly depleted during times of infection and therefore needs to be taken throughout the day.
- Vitamin E – increases the response of all the immune cells that make up the immune system.
- Selenium – alleviates viral infections by increasing the glutathione peroxidase levels which play a vital role in stimulating immune cell and thymus function.
Selenium enhances the expression of the immune enhancing compound interleukin-2, which increases the rate of white blood cell proliferation and differentiation into forms capable of killing micro-organisms.
- Zinc – enhances the binding of complement to immune complex, which increases immune cell capabilities. Zinc inhibits the growth of viruses thereby increasing the ability of the immune system to control the viral activity. In a recent study of 100 cold sufferers, half were given zinc lozenges to suck and the other half normal throat lozenges. The zinc group resolved their symptoms in 4 days, whilst the other group took 7 days. Zinc strengthens the mucous membranes against viral entry thereby preventing the spread of viral activity throughout the mucous membranes.

Herbal Remedies

The following herbal remedies can compliment the lifestyle dietary and supplemental self-care.

- Infusions of either camomile, burdock, marigold can be drunk several times a day to soothe sore throats. (Herbal Teas)
- Ginger and lemon crushed into boiled water makes a good tea to soothe and stimulate the upper respiratory membranes.
- Capsaicin from cayenne pepper can be added to soups and broths to encourage decongestion
- A tincture of Echinacea or elderberry may help assist the immune system in cases of viral infection.
 - e. A 1994 review of German trials showed that Echinacea could help boost the immune System.
 - f. Elderberry (*sambucus nigra* L) is extremely effective against viruses-during a double blind study in Israel, half the group was given elderberry extract and the other half a placebo. Within 3 days the group taking elderberry were cured, whilst the placebo group were still feeling ill after 6 days.



Natural Remedies

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Ear Infection

This guide does not replace the assessment and advice of your doctor. Consultation with your doctor is extremely important if you are experiencing persistent or severe symptoms.

Caution

If you have a chronic illness take prescribed or over the counter medication, or if you are pregnant or breastfeeding, it is extremely important to talk with your doctor, or pharmacist, before taking any new medications.

Do not stop taking any prescription medications without the guidance and consultation with your doctor.

Natural Steps For Ear infection (Evidence Rating)

- *** Good evidence of a health benefit
- ** Some evidence of a health benefit
- * Traditionally used with only anecdotal evidence

Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Wash hands appropriately

Nutrition

Avoid foods that weaken the immune system

- Refined and processed foods
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol
- Preservatives and food additives

Vitamin/Mineral

These nutrients have been shown to help Ear Infection

- Vitamin C **
- Vitamin A *
- Selenium *
- Bromelain **
- Zinc lozenge **

Herbal

Herbal remedies to help Ear Infection

- Echinacea ***
- Elderberry ***
- Goldenseal ***

General Self Care

Supportive care is the most important treatment for Ear infections. It should be aimed at relieving, yet not suppressing the symptoms and improving the general function of the mucous membranes.

A. Regular **gentle** clearing of the nose will help the natural process of expelling the excess mucous with its viral/bacterial load. If mucous obstructs both nostrils, do not close both nostrils and mouth when blowing the nose.

- This may force infected nasal secretions back into the ears via the Eustachian tube openings and can cause prolong or worsen ear infections.
- Instead, blow one side of the nose at a time with the mouth open.



Natural Remedies

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- B. Get plenty of rest.
- For symptoms of fever or tiredness it is important to rest and help the body mobilise its energy to fight the infection.
 - Rest-imposed isolation may prevent spread to others and may reduce the risk of developing secondary bacterial infection.
 - Drink lots of fluids. (See below under Nutrition Guidelines)
 - Check with your doctor first if on a fluid restricted diet.
 - Use a cool-mist vaporiser to relieve congestion. Change the water daily and rinse the vaporiser with a weak salt and water solution, 10 parts water to 1 part salt.
- C. Ease nasal congestion in infants with a bulb syringe. Avoid excessive use to prevent damage to the inside of the nose.
- A bulb syringe should not be used to suction the nose for more than four days because of the risk for trauma to the inside of the nose especially in infants. If necessary, it may be resumed in one to two days.
- D. Saline nose drops will not cure Otitis Media but they may be useful to:
- Liquefy nasal discharge
 - Relieve nasal congestion
 - Promote nasal drainage
 - Saline solution can be made by mixing ¼ teaspoonful of common table salt, in one cup (8 ounces) of water.
- E. Pain Control – local application of heat is very helpful in reducing discomfort.
- Place a warm washcloth, warm water bottle directly on the affected ear. Use caution with heat. Do not leave a child alone with a heating pad.
 - Warm grapeseed oil, or almond oil can be placed into the outer ear and secured with a small piece of cotton wool.
- These treatments promote fluid drainage and reduce the pressure in the middle ear.
- F. Infant/younger child.
- Place child in upright or semi-upright position for feeding, while awake and bedtime.
 - Bottle feeding – the importance of keeping the infant upright whilst feeding is to prevent regurgitation of the bottles' contents into the middle ear.
 - If the infant has recently been weaned onto dairy milk, switch to a milk alternative, such as rice milk, soya milk or oat milk that has been fortified to infant use. The infant may have an intolerance/allergy to dairy and it would be necessary to consult your primary care physician to establish this through a sensitivity test.
 - Increase intake of clear fluids.

Self Care for Vertigo

- Lie quietly in a darkened room
- Avoid sudden movements
- Focus on one object or keep eyes closed to help ease spinning sensation.

Self Care for ruptured Ear Drum

- Clean gently, outside only with a clean moistened cloth
- Do NOT insert any type of object into the ear
- Don't immerse head in water until checked by doctor



Natural Remedies

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Nutrition Guidelines

- A. Short term fasting for the first 24/48 hours is advisable, if your Ear infection is closely associated with food allergies, or a leaky gut syndrome (intestinal permeability)
- This results in a significant increase (up to 50%) in immune activity and will help to clear the foreign proteins that have entered the body. The fast should not be continued longer than this since eventually the immune cell energy sources will become depleted.
 - Ensure that you consume plenty of water and other non-sweetened fluids, such as clear soups and dilute fruit/vegetable juices.
 - Hot chicken soup has been an effective natural remedy to help clear mucous from the respiratory passages.
 - Clear vegetable soups and broths can be taken as often as necessary to provide liquids and nourishment.
 - Soups containing onion and garlic are extremely effective in clearing mucous and resolving acute ear infection.
- B If fasting on just fluids is not possible, continue to eat small meals that comprise of wholesome unrefined foods. Please be sure to avoid the following as these reduce the immune response.
- Any foods that you are sensitive to, or get allergy reactions from
 - Sugar and products containing sugar
 - Saturated fat and products containing saturated fats
 - Dairy milk products
 - Alcohol beverages

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral or a specific formula blend for improving immunity.

Adult

- Vitamin A – plays an essential role in maintaining the integrity of the mucous membranes and stimulates numerous immune processes to inhibit the viral activity, deficiency can lead to poor mucous membrane function.
- Vitamin C – improves the resistance of cells and tissues to viral activity. It enhances the response to viruses, increases interferon levels and increases antibody responses and immunoglobulin levels, Vitamin C is quickly depleted during times of infection and therefore needs to be taken throughout the day.
- Vitamin E – increases the response of all the immune cells that make up the immune system.
- Selenium – alleviates viral infections by increasing the glutathione peroxidase levels which play a vital role in stimulating immune cell and thymus function. Selenium enhances the expression of the immune enhancing compound interleukin-2, which increases the rate of white blood cell proliferation and differentiation into forms capable of killing micro-organisms.
- Zinc – enhances the binding of complement to immune complex, which increases immune cell capabilities. Zinc inhibits the growth of viruses thereby increasing the ability of the immune system to control the viral activity. In a recent study of 100 cold sufferers, half were given zinc lozenges to suck and the other half normal throat lozenges. The zinc group resolved their symptoms in 4 days, whilst the other group took 7 days. Zinc strengthens the mucous membranes against viral entry thereby preventing the spread of viral activity throughout the mucous membranes.

Infant/Child – consider giving the child a multiple vitamin and mineral formula in liquid form.



Natural Remedies

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Herbal Remedies

The following herbal remedies can compliment the lifestyle dietary and supplemental self-care.

- Infusions of either camomile, burdock, marigold can be drunk several times a day to soothe sore throats. (Herbal Teas)
- Ginger and lemon crushed into boiled water makes a good tea to soothe and stimulate the upper respiratory system.
- A tincture of Echinacea or elderberry may help assist the immune system in cases of viral infection.
 - g. A 1994 review of German trials showed that Echinacea could help boost the immune System.
 - h. Elderberry (sambucus nigra L) is extremely effective against viruses-during a double blind study in Israel, half the group was given elderberry extract and the other half a placebo. Within 3 days the group taking elderberry were cured, whilst the placebo group were still feeling ill after 6 days.
 - i. Goldenseal (Hydrastis canadensis) to be taken internally and locally squirted into the nasal area to prevent bacterial activity. Only use for short term – no longer than one week.

Eczema

This guide does not replace the assessment and advice of your doctor. Consultation with your doctor is extremely important if you are experiencing persistent or severe symptoms.

Caution

If you have a chronic illness take prescribed or over the counter medication, or if you are pregnant or breastfeeding, it is extremely important to talk with your doctor, or pharmacist, before taking any new medications.

Do not stop taking any prescription medications without the guidance and consultation with your doctor.

Natural Steps For Eczema (Evidence Rating)

- *** Good evidence of a health benefit
- ** Some evidence of a health benefit
- * Traditionally used with only anecdotal evidence

Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Avoid environmental allergens – pollution, dust, animal dander, volatile chemicals

Nutrition

Avoid foods that weaken the immune system

- Refined and processed foods
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol
- Preservatives and food additives



Natural Remedies

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Vitamin/Mineral

These nutrients have been shown to help Eczema

- Vitamin C **
- Vitamin E *
- Selenium *
- Bromelain **
- Zinc **

Herbal

Herbal remedies to help Eczema

- Echinacea ***
- Chamomile ***
- Nettle ***

General Self Care

Supportive care is the most important treatment for Eczema. It should be aimed at relieving, yet not suppressing the symptoms and improving the general function of the mucous membranes

- Apply a natural cold pressed oil based moisturiser to the skin every day
 - Moisturisers keep the skin soft and can prevent dry skin, especially in Winter when air is cold and dry
 - Avoid moisturisers with perfumes or extra unnecessary ingredients. Natural cold pressed vegetable oils such as grape seed, almond oil or jojoba oil are best
 - Grape seed oil maintains the integrity of the skin's collagen and elastin
 - A fruit or vegetable compress of carrot, paw-paw or pineapple is helpful to skin function if applied once or twice a week – these foods contain proteolytic enzymes that dissolve old, highly cross-linked collagen within the skin and thereby promote new growth of new young collagen
 - Aloe Vera Gel – applied topically to the affected skin will provide a temporary relief of symptoms such as itching or irritation
 - Herbal compresses of burdock, chickweed, marigold and witch hazel or yellow dock can help reduce inflammation and heal blisters
- Try not to scratch an itchy area. Scratching the skin will only make it worse and may cause
 - Open sores that can become infected
 - Scratching can break the skin allowing bacteria to enter and cause infection
 - Trim and file nails if they are long and sharp and/or try wearing socks on hands at night
- Avoid using alcohol on the rash as it may intensify the itch
 - Avoid topical agents which contain antihistamines because either the antihistamine or the Preservative it contains may increase the itchiness and prolong symptoms
- Avoid getting hot and sweaty
 - Heat and sweat can irritate the skin and cause itchiness.
 - Plan activities to avoid this such as showering in cool to lukewarm water immediately after activity/exercise
- For blistered or oozing lesions:
 - Cream and lotions are not helpful once the blisters have opened and are oozing and crusting
 - Herbal compresses or burdock, chickweed, marigold, witch hazel or yellow dock can help reduce inflammation and heal blisters
 - Open lesions or blisters should be covered with sterile gauze to prevent infection
 - To remove a "stuck-on" dressing, soak in water



Natural Remedies

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- b. Avoid occlusive dressings, eg. Vaseline or band aids
- F. Limit the amount of contact you have with things that irritate the skin, especially the hands
 - Avoid contact with household cleansers, detergents, aftershave lotions, soap, gasoline, turpentine and other solvents
 - Wash hands only when necessary to avoid unnecessary skin irritation for eczema involving the hands
- G. Wear gloves to protect the skin on the hands when exposed to water or the outdoors
 - Wear vinyl or plastic gloves for work that involves hands in the water
 - Wear cotton gloves under plastic gloves to soak up sweat from the hands
 - Take breaks and remove gloves to prevent a build-up of sweat inside the gloves
- H. Wear gloves when going outside in the Winter. Cold air and low humidity can dry the skin and dryness can make skin irritation worse
 - Wear clothes made of cotton or a cotton blend
 - Clothes that are made of wool or some synthetic fabrics can irritate the skin
 - Cotton or cotton blend clothing may feel better to people with sensitive skin
- I. Use mild soap made from natural ingredients when taking a bath or shower
 - Use the mildest soap
 - Use as little soap as possible when bathing
 - Keep the water temperature cool or warm, not hot
 - Soaking in a tub can help skin, allowing the skin's outer layer to absorb water and make it less dry
 - a. Soak for 15-20 minutes and then use a soft towel to pat dry without rubbing
 - b. Immediately after drying, apply a moisturiser to the skin which helps seal moisture
- J. If diagnosed with contact dermatitis and the offending agent has been identified, it is important to read labels carefully (to ensure offending agent is not an ingredient) before using any product that will touch the skin directly, such as lotion, or indirectly such as laundry detergent

• Nutrition Guidelines

- G. Avoid the following foods – Refined foods, processed foods, wheat flour products, eggs, dairy products, nuts, citrus fruits and pork.
 - Use alternatives to wheat based breads by using rye, rice, oat potatoes, flours and breads
 - Use rice, oat, barley based cereals that are not refined but are still considered whole foods
 - Use soya-based products such as soya milks, soya protein alternatives, tofu in place of eggs and dairy products
 - Use seeds and seed based creams, spreads and dressings in place of nuts
 - Limit pork completely
 - Restrict the amount of other animal proteins such as beef, chicken, fish, lamb to, if possible, only once a week
 - Worldwide research has shown that these restricted foods are closely associated with disease conditions such as eczema/dermatitis, due to the high amounts of acid production in the system
- H. Avoid foods that have a high amount of nickel – such as canned foods
 - Some canned foods absorb nickel from the can



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- Herring, oysters, asparagus, beans, mushrooms, onions, corn, spinach, tomato, peas, rhubarb, tea, coca, chocolate and baking powder also contain differing amounts of nickel, therefore it is best that they be reduced in the diet until the skin clears and strengthens
- I. Increase the amount of fibre in your diet
- Research has shown that sluggish activity of the intestines and bowel leads to increased re-absorption of toxins in the bowel, which leads to increased toxic load of acids in the system that have to be eliminated by the skin
 - Include and increase the amount of unrefined foods such as fruits, vegetables and unrefined whole grains
 - If your bowel does not empty at least once everyday – consider taking a fibre supplement to encourage regular bowel eliminations. One or preferably two bowel eliminations are needed to ensure minimal toxin re-absorption

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral or a specific formula blend for improving immune balance and mucous membrane health.

- Vitamin A – improves the growth, repair, elasticity and strength of the skin
- Vitamin E – increases the elimination of cellular waste from the skin and increases the growth of new skin cells and improves circulation to the skin
- Selenium –alleviates eczema by increasing the glutathione peroxidase levels that are usually deficient in persons afflicted with eczema
- Zinc –enhances the health of the skin by stimulating collagen formation. A red, greasy , Flaky eczema at the side of the nose is a sign of zinc deficiency.

Herbal Remedies

The following herbal remedies can compliment the lifestyle dietary and supplemental self-care. Echinacea, Nettle and Chamomile.

The following herbs have been found to be helpful in eczema.

- Infusions of a either chamomile, burdock, marigold and red clover can be drunk several times a day
- A formula of Echinacea, nettle and yarrow help assist the immune system in cases of allergy or to prevent infection
- Also a formula of skullcap, vervain and wild oats are helpful if the eczema is exacerbated by stress.

Hay Fever

This guide does not replace the assessment and advice of your doctor. Consultation with your doctor is extremely important if you are experiencing persistent or severe symptoms.

Caution

If you have a chronic illness take prescribed or over the counter medication, or if you are pregnant or breastfeeding, it is extremely important to talk with your doctor, or pharmacist, before taking any new medications.

Do not stop taking any prescription medications without the guidance and consultation with your doctor.

Natural Steps For Hay Fever (Evidence Rating)

- *** Good evidence of a health benefit
- ** Some evidence of a health benefit
- * Traditionally used with only anecdotal evidence



Natural Remedies

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Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Avoid environmental allergens – pollution, dust, animal dander, volatile chemicals

Nutrition

Avoid foods that weaken the immune system

- Refined and processed foods
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol
- Preservatives and food additives

Vitamin/Mineral

These nutrients have been shown to help hay fever

- Vitamin C **
- Vitamin E *
- Selenium *
- Quercetin **
- Zinc lozenge **

Herbal

Herbal remedies to help hay fever

- Goldenseal ***
- Elderberry ***
- Nettle ***

General Self Care

Supportive care is the most important treatment for Hay Fever. It should be aimed at relieving, yet not suppressing the symptoms and improving the general function of the mucous membranes.

- A. The most effective method for controlling symptoms is to avoid the responsible allergens.
 - Stay indoors when pollen counts are high. Pollen counts tend to be highest on dry, windy days.
 - Keep doors and windows closed.
 - Air conditioning may help, especially if the system features a filtered central system.
- B. Take steps to reduce substances that may aggravate symptoms such as house dust, mould and animal dander.
- C. Saline nose drops do not cure hay fever but they may be used to Liquefy nasal discharge, relieve nasal discharge and promote nasal drainage.
- D. For sore throats.
 - Gargle with warm water (1/4 teaspoon of salt added to 8 ounces of water several times a day.
 - Use throat zinc lozenges to soothe inflamed mucous membranes (over 4 years old). Zinc strengthens the mucous membranes.

Nutrition Guidelines

- J. Short term fasting for the first 24-48 hours is advisable if your hay fever is closely associated with food allergies, or a leaky gut syndrome (intestinal permeability).



Natural Remedies

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- This results in a significant increase (up to 50%) in phagocytic index and will help to clear the foreign proteins that have entered the body. The fast should not be continued longer than this since eventually the leukocytes energy sources will become depleted.
- Ensure that you consume plenty of water and other non-sweetened fluids, such as clear soups and dilute fruit/vegetable juices.
- Hot chicken soup has been an effective natural remedy to help clear mucous from the respiratory passages.
- Clear vegetable soups and broths can be taken as often as necessary to provide liquids and nourishment.
- Soups containing onion and garlic are extremely effective in clearing mucous and resolving acute hay fever.
- If fasting on just fluids is not possible, continue to eat small meals that comprise of wholesome unrefined foods. Please be sure to avoid the following as these reduce the immune response.
- Sugar and products containing sugar
- Saturated fat and products containing saturated fats
- Dairy milk products
- Alcohol beverages

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral or a specific formula blend for improving immune balance and mucous membrane health.

- Quercetin – preliminary clinical research has suggested that it is beneficial for hay fever sufferers.
- Vitamin A – plays an essential role in maintaining the integrity of the mucous membranes .
- Deficiency can lead to hay fever.

- Vitamin C – improves the resistance of cells and tissues to pollens and foreign protein activity. It regulates the immune system and calms down unnecessary inflammation.
- Vitamin E – regulates the action of the immune system so as to not become hyper-sensitive.

- Selenium – alleviates hay fever by increasing the glutathione peroxidase levels which play a vital role in detoxicating the excess histamine levels.

- Zinc –strengthens the mucous membranes against foreign protein entry thereby preventing the spread of inflammation throughout the mucous membranes.

Herbal Remedies

The following herbal remedies can compliment the lifestyle dietary and supplemental self-care.

- Infusions of a mixture of eyebright, plantain, nettle can be drunk several times a day to soothe the nasal membranes and sore throats (herbal teas).
- Ginger and lemon crushed into boiled water makes a good tea to soothe and stimulate the upper respiratory membranes.
- A tincture of elderberry and Goldenseal will also help the immune system regain its balance in cases of allergies.
- In an isolated double –blind trial, Nettle leaf led to a slight reduction in symptoms of hay fever – including sneezing and itchy eyes.



Natural Remedies

From Select Stores Health Food Store, prepared by our own dietary counsellor Oliver McCabe.

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IBS (irritable bowel syndrome)

This guide does not replace the assessment and advice of your doctor. Consultation with your doctor is extremely important if you are experiencing persistent or severe symptoms.

Caution

If you have a chronic illness take prescribed or over the counter medication, or if you are pregnant or breastfeeding, it is extremely important to talk with your doctor, or pharmacist, before taking any new medications.

Do not stop taking any prescription medications without the guidance and consultation with your doctor.

Natural Steps For IBS (Evidence Rating)

- *** Good evidence of a health benefit
- ** Some evidence of a health benefit
- * Traditionally used with only anecdotal evidence

Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Avoid caffeine and other stimulants

Nutrition

Avoid foods that stimulate the nervous system

- Refined and processed foods
- Sugar and high sugar products
- Alcohol

Vitamin/Mineral

These nutrients have been shown to help IBS

- Probiotics **
- Soluble Fibre ***
- Essential Omegas **

Herbal

Herbal remedies to help IBS

- Peppermint ***
- Valerian ***
- Lemon Balm ***
- Chamomile ***

General Self Care

Identify the possible causes for your IBS

- A. Keep a record of your diet, emotional and stress levels to identify any factors that may be causing IBS.
- B. Avoid or reduce:
 - Known allergenic foods or foods that you are sensitive to
 - It is best to reduce or avoid dairy and carrageenan containing dairy products:
 - a. Research suggests that strict avoidance of carrageenan products such as milk and milk products such as ice-cream, cottage cheese and chocolate milk are best avoided.
 - Refined carbohydrate products such as bread, flour and its products such as desserts, biscuits and commercial cereals. These promote constipation.
 - Meat and meat products would be best excluded for several months as they overtax the digestive system.



Natural Remedies

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- Sugar and sugar products.
 - Reduce and avoid carbonated soft drinks and citric fruit juices especially grapefruit juice.
 - Processed and refined foods with additives.
 - Caffeine and alcohol as these are major gastric irritants.
 - Overly hot and cold drinks.
 - Raw fruits and vegetables can cause discomfort and should be avoided
 - If cooking legumes, soak overnight, rinse thoroughly and then cook well in fresh water
- C. Increase:
- Soluble dietary fibre found in whole grains, fresh vegetables, legumes and fruit seeds. This will increase stool bulk and need less muscular contraction of the colon to pass stools
 - Linseeds can be used as a gentle bulking agent in meals and a fibre supplement is advisable
 - The amount of water in the diet, filtered if possible
 - The consumption of omega three fatty acids by increasing the intake of cold-water fish like salmon, mackerel, herring and halibut
 - Learn and use substitutes for allergenic foods e.g. rice or soya milk for cows milk, rye bread instead of white bread
 - Introduce foods and herbs into the diet such as peppermint, chamomile, dandelion, feverfew and liquorice root
- D. Eating Habits:
- Steam, stir-fry, bake and dry grill rather than frying and microwaving
 - Avoid overindulging – Eat slowly and chew food thoroughly. Proper chewing of food initiates more complete carbohydrate digestion
 - Eat smaller meals

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral or a specific formula blend for improving digestion and bowel function.

A good probiotic is effective for IBS or a medicinal food supplement designed to facilitate healing of the intestines and to promote proper function.

Herbal Remedies

The following herbal remedies can compliment the lifestyle dietary and supplemental self-care.

- Research with the use of enteric coated preparations such as peppermint oil has been shown to alleviate symptoms such as pain, distension and flatulence
- Herbal antispasmodics to relieve cramps, bloating and reduce pain may include chamomile, valerian, ginger and lemon balm
- Cats Claw rapidly alleviates the symptoms of Irritable bowel syndrome.

Exercise

Regular moderate exercise has been shown to reduce stress, elevate mood and help regulate the digestive organs.

- Get some exercise during the day but not in late evening
- Even 30 minutes of exercise 3 times a week will significantly reduce anxiety levels and help digestive function.



Natural Remedies

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Insomnia

This guide does not replace the assessment and advice of your doctor. Consultation with your doctor is extremely important if you are experiencing persistent or severe symptoms.

Caution

If you have a chronic illness take prescribed or over the counter medication, or if you are pregnant or breastfeeding, it is extremely important to talk with your doctor, or pharmacist, before taking any new medications.

Do not stop taking any prescription medications without the guidance and consultation with your doctor.

Natural Steps For Insomnia (Evidence Rating)

- *** Good evidence of a health benefit
- ** Some evidence of a health benefit
- * Traditionally used with only anecdotal evidence

Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Avoid environmental allergens – pollution, dust, animal dander, volatile chemicals

Nutrition

Avoid foods that weaken the immune system

- Refined and processed foods
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol

Vitamin/Mineral

These nutrients have been shown to help insomnia

- Magnesium **
- Calcium *
- GABA *
- Melatonin *
- 5 HTP **

Herbal

Herbal remedies to help Insomnia

- Valerian ***
- Lemon Balm ***
- Passiflora ***

General Self Care

Identify the possible causes for your insomnia

- A. Keep a record of your diet, exercise and sleeping times to identify any factors that may be causing insomnia.
- B. Check in an underlying health condition such as indigestion may be causing the insomnia.
- C. Investigate whether certain medications or medication interactions may be causing the insomnia.
- D. Check if stress is a major underlying factor of insomnia.
 - Identify personal reactions and situations, which as a result of ineffective stress management, or overload, may be affecting you. These may be emotional and/or physical.
 - Identify what your stress coping methods are and how effective they are.
 - Formulate a simple but clear plan to manage and or minimise the stress and anxiety.



Natural Remedies

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Sleep Habits

- A. It is best to establish a regular bedtime habit and routine of activity during the day if experiencing insomnia
 - Try to go to bed at the same time, to wake at the same time
 - Certain pre-bed rituals can help to prepare the body for sleep
 - Reserve the bedroom for sleeping and sex
 - Avoid smoking, drinking or overeating before bedtime
 - Avoid skipping dinner and going to bed hungry
 - Avoid bright lights in the bedroom
- B. If you experience insomnia, it may be best to avoid daytime naps
- C. Also avoid spending excessive time in bed. Excessive time in bed is often shown as a feature of insomnia
- D. Warm footbaths, warm baths with oils and foot and general massage can all help to relax before bedtime.

Nutrition Guidelines

- K. Try to reduce or avoid foods that will negatively affect mood, energy levels and behaviour such as:
 - Refined and processed foods and foods containing additives and chemicals
 - Fast foods
 - High fat and fried foods
 - High dairy
 - Sugar and refined carbohydrate meals
 - Alcohol and caffeine.
- L. Particularly avoid or reduce the following foods, especially at night:
 - Meat including cured meats
 - Cheeses especially aged cheeses
 - Wine and beer
 - Sweets and sugar
 - Cool drinks and energy drinks
 - Artificial sweeteners
 - Caffeine containing products such as ice-cream, chocolate, tea and coffee
 - Foods containing additives, preservatives and colourants.
- M. Those experiencing insomnia are more likely to be sensitive to caffeine. Try to reduce caffeine intake to the equivalent of 1 cup of coffee or less per day. Do this slowly to minimise withdrawal.

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral or a specific formula blend for improving relaxation and sleep.

- Magnesium and calcium are useful for reducing nervous irritability and muscle tension, particularly recommended for insomnia where a person falls asleep normally but wakes too early and can't fall asleep again.
- Gaba (Gamma Aminobutyric Acid) has been shown to exhibit a calming and sedative effect
- Tryptophan or 5-HTP increases serotonin production

Caution if you are currently taking anti-depressants do not use Tryptohan supplementation at the same time



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- Melatonin – can be used for jet lag for 3 – 5 days upon arrival, chronic long term use is not advised.

Herbal Remedies

The following herbal remedies can compliment the lifestyle dietary and supplemental self-care.

- Valerian is an anti-hypersensitive and sedative. It has been shown in research to be a non-habit forming remedy to aid insomnia treatment
- Lemon Balm. A double- blind trial found that a combination of valerian and lemon balm, taken over a two week period was effective in improving quality of sleep
- Passiflora is a sedative analgesic and antispasmodic and is thus useful for insomnia especially when associated with breathing spasm and pain.

Exercise

Regular moderate exercise has been shown to reduce stress, elevate mood and help relaxation.

- Get some exercise during the day but not in late evening.
- Even 30 minutes of exercise 3 times a week will significantly reduce anxiety levels and help encourage sleep.

Menopause

This guide does not replace the assessment and advice of your doctor. Consultation with your doctor is extremely important if you are experiencing persistent or severe symptoms.

Caution

If you have a chronic illness take prescribed or over the counter medication, or if you are pregnant or breastfeeding, it is extremely important to talk with your doctor, or pharmacist, before taking any new medications.

Do not stop taking any prescription medications without the guidance and consultation with your doctor.

Natural Steps For Menopause (Evidence Rating)

- *** Good evidence of a health benefit
- ** Some evidence of a health benefit
- * Traditionally used with only anecdotal evidence

Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Regular exercise

Nutrition

Avoid foods that stress the hormonal system

- Refined and processed foods
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol

Vitamin/Mineral

These nutrients have been shown to help Menopause

- Vitamin B6 **
- Magnesium *
- Calcium *
- Zinc *



Natural Remedies

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- Essential Fatty Acids **
- Natural Progesterone **

Herbal

Herbal remedies to help menopause

- Dong Quail ***
- Liquorice ***
- Black Cohosh ***

General Self Care

The general treatment plan for self-care is to improve nutritional status, correct any underlying nutritional deficiencies and utilise any nutritional and/or herbal remedy to improve the function of bone rebuilding and to prevent with the development of atherosclerosis, the two main complications of menopause.

Nutrition Guidelines

It is vitally important that a correct nutritional plan be implemented to prevent the complications of menopause and stop any other uncomfortable menopausal symptoms. It has also been shown that the implementation of the correct nutritional program adhered to as a permanent lifestyle change, leads to correction and improvement of hormonal levels with a corresponding decrease in menopausal symptoms.

A. Consumption of sufficient water to properly hydrate the cells and tissues of the body.

- It is important to consume pure water and not mixed fluids
- Reduce your intake of coffee, tea and soda drinks.
- Normal requirements are approximately eight glasses of water per day for an adult
- It is best to structure the water intake with 2 glasses first thing in the morning and 2 glasses before each of the 3 main meals

Caution – should you have any condition requiring restriction of fluid intake such as kidney disease, please contact your doctor.

A. Nutritional deficiencies lead to symptoms and complications of menopause.

- It is important to provide the body with the essential nutrients that are needed for proper hormonal, tissue and body function. A proper nutritional program will prevent hormonal imbalances, whilst providing the glands and body with nutrients to keep healthy. With this in mind it is important that a generally healthy diet be established.
- B. Consider improving the general dietary lifestyle to include wholesome unrefined food such as fruits, vegetables, high soluble fibre grains and good quality protein.
- A diet high in these foods provides the necessary fibre, vitamins, minerals, enzymes and amino acids. These foods have a low glycaemic index, providing a steady slow blood sugar uptake to prevent sugar highs, which have been shown to increase hormonal imbalances.
- The high intake of soya and other plant proteins reduces the symptoms of hot flushes, increases maturation of vaginal cells thus reducing atrophy of the reproductive tissues and inhibits the development of osteoporosis. In addition these foods are protective against the development of atherosclerosis.
- All refined and/or concentrated carbohydrates (sugar, refined flour, bread) must be eliminated and high-fat and carbohydrate foods should be limited. Foods containing trans-fatty acids (milk, milk products, margarine, shortening and other synthetically hydrogenated vegetable oils) or oxidised fatty acids (fried oils) should be avoided.
- High potassium foods need to be included into your diet on a regular basis. Good food sources are bananas, apples, avocados, lima beans, potatoes, tomatoes, peaches and apricots. Potassium is protective against high blood pressure, which can increase with menopause.



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- High magnesium foods need to be included into your diet on a regular basis. Good food sources are oats, brown rice, millet, lentils, split peas, almonds, peanuts and broccoli. Magnesium is necessary for proper bone strength.
- Boron rich foods need to be included into your diet on a regular basis. Good food sources include apples, pears, grapes, dates, raisins, peaches, soya beans, almonds, peanuts and hazelnuts. Boron increases the level of oestrogen in the body to levels equivalent to oestrogen replacement.
- Increase the use of olive oil in your diet. Make sure that it is extra virgin cold pressed olive oil. This oil contains beneficial monounsaturated fats that reduce LDL cholesterol and help prevent damage occurring in the arteries from any LDL. Use olive oil in any cooking that requires oil, use as a salad dressing.
- Increase the consumption of linseed (flaxseed) oil that contains high levels of the essential fatty acids, to help with the production of anti-inflammatory prostaglandins. The linseed oil can be used as a salad dressing since only 1-2 tablespoons are required daily.
- C. Fibre- Increase the amount of fibre in the diet. Research has shown that soluble fibre has the ability to slow down uptake of sugars and fats into the blood. By ensuring that sufficient soluble fibre is consumed with meals the blood sugar levels can be controlled. This helps reduce the effect of blood sugar on hormonal levels. Research has also shown that sluggish activity of the intestines and bowel leads to increased re-absorption of eliminated estrogens in the bowel, which leads to increased oestrogen load in the system that is associated with an imbalanced oestrogen to progesterone ration. This can be a problem associated with hormone replacement therapy (HRT) and can contribute to the side effects and risks of a high oestrogen level, namely endometrial and breast cancer.
- Initially increase natural fibre by including and increasing the amount of unrefined foods such as fruits, vegetables and unrefined whole grains.
- If your bowel does not empty at least once every day- consider taking a fibre supplement to encourage proper and regular bowel eliminations. One or preferably two bowel eliminations are needed to ensure minimal toxin re-absorption.

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral or a specific formula blend for womens' Health.

- Magnesium levels have been shown to be significantly lower in menopausal women at risk to osteoporosis and atherosclerosis than in normal women. Magnesium plays an important part in normal bone repair and strength. The correct intake of magnesium is established by body weight. For every kilogram bodyweight, 6mg of magnesium is required. This is difficult to achieve with today's modern diet, therefore supplementation is required.
- Calcium from supplemental forms seems to improve menopausal complications of osteoporosis. Organic or chelated and aspartated calciums are the best absorbed.
- Boron is an important mineral that helps boost oestrogen levels in menopausal and post menopausal women. Boron helps to boost the steroid hormones in particular oestradiol 17B. Boron has been shown to stimulate the levels of oestrogen to the same as women on oestrogen replacement. The best foods to consume for boron are apples, pears, grapes, dates, raisins, peaches, soya beans, almonds, peanuts and hazelnuts.
- Vitamin E has been found to be effective in relieving hot flushes and menopausal vaginal problems. Vitamin E improves blood flow to the vaginal wall and has been shown to be



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effective in atrophic vaginitis. The vitamin E can be taken internally or used topically to reduce the dryness and irritation of atrophic vaginitis.

- Vitamin C with Hesperidin has been found to be effective in relieving hot flushes, nosebleeds and easy bruising associated with menopause.
- Natural Progesterone – a double-blind trial found that topical administration of natural progesterone cream led to a reduction in hot flushes in 83% of women, compared with improvement in only 19% of those given a placebo.

Herbal Remedies

The following herbal remedies can compliment the lifestyle dietary and supplemental self-care.

- Dong Quai- this herb has been used as part to traditional Chinese medicine for many hundreds of years for problems associated with female hormones. It acts as a uterine tonic and has phytoestrogenic effects. It is effective in reducing hot flushes and preventing atrophy of the uterus and vagina.
- Liquorice root – the medicinal use of liquorice has been for several thousand years in female problems. Liquorice lowers oestrogen levels while simultaneously increasing progesterone levels. Liquorice is also helpful in reducing water retention, due to its blocking action on aldosterone. Liquorice must be used in conjunction with a high potassium/low sodium diet. Beneficial for women in the perimenopausal phase when oestrogen dominance is a problem causing symptoms of menopause.
- Black cohosh (Cimicifuga Racemosa) – in recent studies an extract of black cohosh showed that it reduced feelings of depression, anxiety, tension and mood swings associated with menopause, as well as hot flushes.

Exercise and Activity

A lack of exercise and activity leads to increased risk for complications associated with menopause, namely osteoporosis and heart disease. Exercise improves metabolism, promotes bone strength, keeps joints mobile and prevents against atherosclerosis. The exercise is best done weight bearing to stimulate bone activity, strength and repair.

Other studies have shown that exercise reduced the frequency and severity of hot flushes. The women in the exercising group passed through a natural menopause without the use of HRT, had no hot flushes and were protected against bone loss. For this to occur, the exercise needs to be on average 3.5 hours a week. This translates to about 30-45 minutes daily.

It is important to begin an exercise program consisting of deep diaphragm breathing and walking. More extensive exercise programs are best done under supervision of an appropriate exercise consultant, with your physician's guidance.

- Walking program – begin a gentle walking program of 15 minutes a day on level ground at your own pace, ensuring that no uncomfortable symptoms of breathlessness, dizziness, pain occur.
 - a. After about 2 weeks increase the time of walking by 5 minutes a week until you are capable of a continuous 40 minute walk.



Natural Remedies

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PMS

This guide does not replace the assessment and advice of your doctor. Consultation with your doctor is extremely important if you are experiencing persistent or severe symptoms.

Caution

If you have a chronic illness take prescribed or over the counter medication, or if you are pregnant or breastfeeding, it is extremely important to talk with your doctor, or pharmacist, before taking any new medications.

Do not stop taking any prescription medications without the guidance and consultation with your doctor.

Natural Steps For PMS (Evidence Rating)

- *** Good evidence of a health benefit
- ** Some evidence of a health benefit
- * Traditionally used with only anecdotal evidence

Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Regular exercise

Nutrition

Avoid foods that Stress the hormonal system

- Refined and processed foods
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol

Vitamin/Mineral

These nutrients have been shown to help PMS

- Vitamin B6 **
- Magnesium *
- calcium *
- Zinc *
- Essential Fatty Acids **

Herbal

Herbal remedies to help PMS

- Dong Quail ***
- Liquorice ***
- Black Cohosh ***
- Vitex Agnus Castus ***

General Self Care

The general treatment plan for self-care is to improve nutritional status, correct any underlying nutritional deficiencies and utilise any nutritional and/or herbal remedy to improve the function of the glands and improve the balance of hormones during the menstrual cycle.

Nutrition Guidelines

It is vitally important that a correct nutritional plan be implemented to prevent PMS and stop any PMS symptoms. It has also been shown that the correct nutritional program adhered to as a permanent lifestyle change leads to correction and improvement or hormonal levels with a corresponding decrease in PMS symptoms.

- Drink sufficient water to properly hydrate the cells and tissues of the body, high levels of blood hormones cause imbalanced tissue fluids which can lead to symptoms of oedema and salt craving, associated with PMS



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- D. It is important to consume pure water and not mixed fluids
- E. Reduce your intake of coffee, tea and soda drinks.
- Nutritional deficiencies lead to symptoms and complications of PMS. It is important to provide the body with the essential nutrients that are needed for proper hormonal, tissue and body function. A proper nutritional program will prevent hormonal imbalances, whilst providing the glands and body with nutrients to keep healthy. With this in mind it is important that a generally healthy diet be established.
 - a. Consider improving the general dietary lifestyle to include wholesome unrefined foods such as fruits, vegetables, high soluble fibre grains and good quality protein. A diet high in these foods provides the necessary fibre, vitamins, minerals, enzymes and amino acids. These foods have a low glycaemic index, providing a steady slow blood sugar uptake to prevent sugar highs, which have been shown to increase hormonal imbalances.
 - b. All refined and/or concentrated carbohydrates (sugar, refined flour, bread) must be eliminated and high-fat and carbohydrate foods should be limited. Foods containing trans-fatty acids (milk, milk products, margarine, shortening and other synthetically hydrogenated vegetable oils) or oxidised fatty acids (fried oils) should be avoided.
 - c. High potassium foods need to be included into your diet on a regular basis. Good food sources are bananas, apples, avocados, lima beans, potatoes, tomatoes, peaches and apricots.
 - d. High magnesium foods need to be included into your diet on a regular basis. Good food sources are oats, brown rice, millet, lentils, split peas, almonds, peanuts and broccoli.
 - e. Increase the use of olive oil in your diet. Make sure that it is extra virgin cold pressed olive oil. This oil contains beneficial monounsaturated fats that reduce LDL cholesterol and help prevent damage occurring in the arteries from any LDL. Use olive oil in any cooking that requires oil, use as a salad dressing.
 - f. Increase the amount of fibre in the diet. Research has shown that soluble fibre has the ability to slow down uptake of sugars and fats into the blood. By ensuring that sufficient soluble fibre is consumed with meals the blood sugar levels can be controlled. This helps reduce the effect of blood sugar on hormonal levels. Research has also shown that sluggish activity of the intestines and bowel leads to increased re-absorption of eliminated estrogens in the bowel, which leads to increased oestrogen load in the system that is associated with an imbalanced oestrogen to progesterone ration in PMS
 - a. Initially increase natural fibre by including and increasing the amount of unrefined foods such as fruits, vegetables and unrefined whole grains.
 - b. If your bowel does not empty at least once every day- consider taking a fibre supplement to encourage proper and regular bowel eliminations. One or preferably two bowel eliminations are needed to ensure minimal toxin re-absorption.

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral or a specific formula blend for womens' Health.

- Vitamin B6 seems especially important, in several studies, including a double-blind crossover trial 84% of the women had a lower symptom score during the B6 period.
- Magnesium levels have been shown to be significantly lower in PMS patients than in normal women. Many studies have shown that emotional instability associated with PMS is directly linked to levels of magnesium. In one clinical trial of magnesium deficiency in PMS a



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reduction of nervousness was seen in 89% of subjects, breast tenderness in 96% and weight gain in 95%, this all occurred after levels of magnesium were corrected. In addition magnesium works with vitamin B6 and improves the effect of both if combined.

- Calcium from supplemental forms seems to improve PMS symptoms. In one study calcium and manganese supplementation improved mood concentration and behavioural symptoms. This is thought to occur from the improvement of altered hormonal patterns, neurotransmitters and smooth muscle responsiveness that calcium has in PMS patients.
- Zinc is very often found to be low in PMS patients. Zinc is an important mineral for hormones in the body. It is thought that when zinc levels are low, prolactin release increases, thus increasing mood changes. Zinc inhibits the release of excess prolactin.
- Vitamin E deficiency is associated with breast tenderness, nervous tension, headaches, insomnia, fatigue and depression during PMS. All these symptoms reduced with the supplementation of vitamin E. In one double-blind study patients receiving 400 i.u. of vitamin E demonstrated a 33% reduction in physical symptoms, 38% reduction in anxiety and 27% reduction in depression after 3 months of use. The placebo group only had a 14% reduction in physical symptoms.
- Essential fatty acids are shown to be deficient in women with PMS, with a resulting abnormality of prostaglandin production in favour of pro-inflammatory prostaglandins. The chief abnormality is a decrease in gamma-linolenic acid (GLA), which is derived from linoleic acid. The conversion of linoleic to GLA requires adequate vitamin B6, magnesium and zinc. Since these vitamins are normally seen to be deficient in women with PMS it is natural that levels of GLA would be low. This is exacerbated by diets low in the essential fatty acids, common with low fat diets. This is popular in western countries where women are continually attempting to lose weight or keep body fat levels low. Products that have a high concentration of either linoleic acid or GLA, such as evening primrose, blackcurrant and borage oil have all shown that with supportive nutrients listed above, symptoms of PMS can be reduced. Essential fatty acids on their own have not proven to be effective in reducing PMS symptoms.

Herbal Remedies

The following herbal remedies can compliment the lifestyle dietary and supplemental self-care.

- Dong Quai- this herb has been used as part to traditional Chinese medicine for many hundreds of years for problems associated with female hormones. It results in a reduction of the oestrogen effect in target tissues in cases of oestrogen dominance, such as those symptoms of PMS associated with an elevated oestrogen to progesterone ratio. Beneficial for PMS with symptoms of anxiety.
- Liquorice root – the medicinal use of liquorice has been for several thousand years in female problems. Liquorice lowers oestrogen levels while simultaneously increasing progesterone levels. Liquorice is also helpful in reducing water retention, due to its blocking action on aldosterone. Liquorice must be used in conjunction with a high potassium/low sodium diet. Beneficial for PMS with symptoms of anxiety, carbohydrate craving and water retention.
- Black cohosh (*Cimicifuga Racemosa*) – in recent studies an extract of black cohosh showed that it reduced feelings of depression, anxiety, tension and mood swings associated with PMS. It is therefore beneficial in PMS symptoms of anxiety and depression.



Natural Remedies

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- Vitex agnus castus (Chaste Berry) – chaste berries have been shown in surveys to reduce symptoms of PMS related to corpus luteum insufficiency or prolactin excess. Beneficial for PMS with mostly symptoms of anxiety and water retention.

Exercise and Activity

Exercise and increased active lifestyle is a vital component of treatment for PMS. A lack of exercise and activity leads to increased incidence of PMS. Several studies have shown that women who exercise regularly do not suffer from PMS as often as sedentary women. Exercise improves metabolism, increases insulin sensitivity which improves glucose metabolism in the tissues.

- It is important to begin an exercise program consisting of deep diaphragm breathing and walking. More extensive exercise programs are best done under supervision of an appropriate exercise consultant, with your physician's guidance.
- Walking program – begin a gentle walking program of 15 minutes a day on level ground at your own pace, ensuring that no uncomfortable symptoms of breathlessness, dizziness, pain occur.
 - b. After about 2 weeks increase the time of walking by 5 minutes a week until you are capable of a continuous 40 minute walk.
 - c. After you are able to comfortably walk for 40 minutes you can increase the pace to cover a greater distance in the 40 minute period.

Sinusitis

This guide does not replace the assessment and advice of your doctor. Consultation with your doctor is extremely important if you are experiencing persistent or severe symptoms.

Caution

If you have a chronic illness take prescribed or over the counter medication, or if you are pregnant or breastfeeding, it is extremely important to talk with your doctor, or pharmacist, before taking any new medications.

Do not stop taking any prescription medications without the guidance and consultation with your doctor.

Natural Steps For Sinusitis (Evidence Rating)

- *** Good evidence of a health benefit
- ** Some evidence of a health benefit
- * Traditionally used with only anecdotal evidence

Lifestyle

Improve your lifestyle habits ***

- Stop smoking
- Avoid environmental allergens – pollution, dust, animal dander, volatile chemicals

Nutrition

Avoid foods that weaken the immune system

- Refined and processed foods
- Dairy and high fat products
- Sugar and high sugar products
- Alcohol
- Preservatives and food additives

Vitamin/Mineral

These nutrients have been shown to help Sinusitis

- Vitamin C **
- Vitamin E *
- Selenium *



Natural Remedies

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- Bromelain **
- Zinc lozenge **

Herbal

Herbal remedies to help Sinusitis

- Goldenseal ***
- Elderberry ***
- Nettle ***

General Self Care

Supportive care is the most important treatment for Sinusitis. It should be aimed at relieving, yet not suppressing the symptoms and improving the general function of the mucous membranes.

- C. The most effective method for controlling symptoms is to avoid the responsible allergens.
 - Stay indoors or limit your outside activity when pollen counts are high. Pollen counts tend to be highest on dry, windy days.
 - Keep doors and windows closed.
 - Air conditioning may help, especially if the system features a filtered central system.
- D. Take steps to reduce substances that may aggravate symptoms such as house dust, mould and animal dander.
- E. Saline nose drops do not cure Sinusitis but they may be used to liquefy nasal discharge, relieve nasal discharge and promote nasal drainage.
- F. Saline solution can be made by mixing $\frac{1}{4}$ teaspoon of common table salt in one cup (8 ounces).
- D. For sore throats.
 - Gargle with warm water (1/4 teaspoon of salt added to 8 ounces of water several times a day.
 - Use throat zinc lozenges to soothe inflamed mucous membranes (over 4 years old). Zinc strengthens the mucous membranes.

Nutrition Guidelines

- N. Short term fasting for the first 24-48 hours is advisable if your sinusitis is closely associated with food allergies, or a leaky gut syndrome (intestinal permeability).
 - This results in a significant increase (up to 50%) in phagocytic index and will help to clear the foreign proteins that have entered the body. The fast should not be continued longer than this since eventually the leukocytes energy sources will become depleted.
 - Ensure that you consume plenty of water and other non-sweetened fluids, such as clear soups and dilute fruit/vegetable juices.
 - Hot chicken soup has been an effective natural remedy to help clear mucous from the respiratory passages.
 - Clear vegetable soups and broths can be taken as often as necessary to provide liquids and nourishment.
 - Soups containing onion and garlic are extremely effective in clearing mucous and resolving acute sinusitis.
 - If fasting on just fluids is not possible, continue to eat small meals that comprise of wholesome unrefined foods. Please be sure to avoid the following as these reduce the immune response.
 - Any foods that you are sensitive to, or get allergy reactions from
 - Sugar and products containing sugar
 - Saturated fat and products containing saturated fats



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- Dairy milk products
- Alcohol beverages

Recommended Natural Remedies

Consider taking a good Multivitamin/mineral or a specific formula blend for improving immune balance and mucous membrane health.

- Bromelain – an enzyme derived from pineapple has been reported to relieve symptoms of acute sinusitis. In a double-blind trial, 87% of patients who took Bromelain reported good to excellent results.
- Vitamin A – plays an essential role in maintaining the integrity of the mucous membranes. Deficiency can lead to sinusitis.
- Vitamin C – improves the resistance of cells and tissues to pollens and foreign protein activity. It regulates the immune system and calms down unnecessary inflammation.
- Vitamin E – regulates the action of the immune system so as to not become hyper-sensitive.
- Selenium – alleviates sinusitis by increasing the glutathione peroxidase levels which play a vital role in detoxicating the excess histamine levels.
- Zinc –strengthens the mucous membranes against foreign protein entry thereby preventing the spread of inflammation throughout the mucous membranes.

Herbal Remedies

The following herbal remedies can compliment the lifestyle dietary and supplemental self-care.

- Infusions of a mixture of eyebright, plantain, nettle can be drunk several times a day to soothe the nasal membranes and sore throats (herbal teas).
- Ginger and lemon crushed into boiled water makes a good tea to soothe and stimulate the upper respiratory membranes.
- A tincture of elderberry and Goldenseal will also help the immune system regain its balance in cases of allergies.
- In an isolated double –blind trial, Nettle leaf led to a slight reduction in symptoms of sinusitis – including sneezing and itchy eyes.