



CLEAN the definitive guide to going green

Make your own remedies for colds and flu's this winter to keep healthy, naturally! **Ashlee Sturme** investigates some common homemade remedies.

Make a gargle for sore throats by steeping 1 tablespoon of raspberry leaves and 1 tablespoon of lemon juice in two cups of hot water, and mix in 1 teaspoon of good-quality manuka honey. Let the mixture cool to room temperature before gargling.

Use a heat pack for congested sinuses (stuffy faces are the pits!). Use a warmed wheatbag or heat a damp facedcloth in very warm water.

Make up antibacterial sprays. For a room spray, add 6 drops of lavender oil and 3 drops of thyme oil to 2 cups of water. For a disinfectant spray, add ¼ cup of white vinegar, 6 drops of lavender oil and 6 drops of tea tree oil to cups of water (distilled is best) and use to disinfect surfaces where needed.

Add 1 drop of lemon, 2 drops of eucalyptus and 3 drops of rosemary to 1 teaspoon of a good quality massage oil such as almond, avocado or castor oil. Massage onto chest, back and sinus area.

James Wong, the British ethnobotanist and presenter of 'Grow Your Own Drugs', has some great remedies including throat lozenges and tonics for colds and flus. Some recipes can be accessed from tvnz.co.nz where you can check out the TV series, or visit a bookstore to get hold of one of his books. I think chicken soup can ease many symptoms of the body and mind and this is a great recipe.

Goji Berry and Chicken Soup for colds and flu

- | | |
|---|--|
| 2 tbsp dried echinacea root | 2 large onions, peeled and sliced |
| 200 ml water, freshly boiled | 12 shiitake mushrooms, thinly sliced |
| 5 tbsp goji berries, fresh or dried | 10 cm root ginger, peeled and shredded |
| 2 litres chicken stock (homemade or from stock cubes) | 2 fresh medium-sized chillies, finely sliced |
| 3 chicken thighs or drumsticks (preferably organic) | 8 garlic cloves, chopped |
| | extra sliced ginger and chillis, to serve |

1. Combine the dried echinacea root with the water in a bowl to make a simple infusion. In another bowl, pour just enough cold water over the goji berries to cover, and leave to rehydrate. Set the echinacea and goji berries aside and leave to stand.
2. Place the stock and chicken pieces in a large pan or slow cooker. Add the sliced onions, mushrooms, ginger and chillies and place around the chicken in the pan. On a very low heat, simmer gently for 1 ½ -2 hours, or until the chicken is tender and falls apart. Take off the heat.
3. Five minutes before serving, add the goji berries and chopped garlic. Finally, strain the echinacea infusion and add this to the soup, reheating if necessary.
4. Serve by ladling into bowls and garnishing with sliced ginger and chilli for an extra kick.

This recipe can be found at www.tvnz.co.nz.

Healthtips with Michaela Wellauer

Proteins and Exercise



Protein powders and bars shouldn't be just in the realms of weightlifters and gym-bunnies. Anyone who is doing regular exercise whether walking with a group or a Zumba class a couple of times a week, your muscles will recover quicker with less pain if you have some kind of good protein preferably within half an hour of finishing. This doesn't need to be in the form of a shake or a bar but can be anything from chicken and rice or tuna and eggs. I must admit that a high protein bar or a powder in a shaker just add water maybe more convenient when you're in a hurry.

My girls play hockey and had been complaining of sore muscles after training and games, but since they have been having half a bar before and half after each session their muscle recovery has been much better. Latest research states that women benefit from some protein intake prior to exercise and for men post exercise protein is preferable and extremely import.

Homeopathy Basic Dos and Don'ts

Don't expose your remedies to sunlight and strong smells, if they come in a box put them back in the box after each use. Also avoid using toothpastes and mouthwashes whilst taking your remedies as most of these will antidote them.

Don't touch the little tablets, just drop them in to the lid and straight into your mouth.

Don't eat or drink anything before or after taking remedies, this could interfere with the absorption. It's best to wait at least 5, and as long as 30 minutes.

Don't keep taking a remedy if you don't feel better. "When you take a remedy, you should first have a sense of well-being," says Jody Shevins, ND. Then symptoms should start to go away. If you don't get results after one or two doses, stop taking it.

Do some research. Shevins recommends the Online Remedy Finder at abhomeopathy.com to help select a remedy that best fits your condition. Sign up for a homeopathy class, there are also some great books out there or pop into your local Health Shop and



discuss your problem with friendly and knowledgeable Staff.

Do consult a trained homeopath, especially for chronic conditions, or if you're not getting results with self-prescribing.

