

The naturopathic advisor



Naturally Good Health has teamed up with experts from the College of Naturopathic Medicine to answer some of your burning health questions. This issue, you asked:



Q Can acupuncture help during cold and 'flu season?

Traditional Chinese Medicine (TCM) has been successfully treating the common cold and 'flu for thousands of years.

TCM categorises diseases, including viral

infections, as they relate to nature. For example, symptoms associated with cold and 'flu are diagnosed as a wind invasion, which is then further categorised into Wind Heat, or Wind Cold. So, your acupuncturist must first determine which it is and then treat accordingly. There are certain acupuncture points that help the body recover from illness faster. But there are some things you can do for yourself to improve a dire situation brought on by a pesky cold. But how to know whether it's Wind Heat or Wind Cold?

Wind Heat may present as chills and fever (fever predominant), thirst, sore throat, sweating, cough, dark urine, possible skin rash/redness, headache, yellow nasal discharge, and red tongue.

Alternatively, Wind Cold may present as chills and fever (chills predominant), sensitivity to wind, lack of thirst, cough, lack of sweat, stiff neck, body aches, and a pink or pale tongue.

If you find yourself with Wind Heat symptoms, seek out cooling foods like celery, mulberry, strawberry, fresh peppermint, watermelon, and cucumber to balance. Wind Cold sufferers should find balance with warm or hot foods, such as chicken or lamb, curry, garlic, oats, ginger, fennel, basil, and anise.

TCM also explains that Wind attacks and enters the body through the skin, generally at the back of the neck. On windy days, if you watch an acupuncturist leaving work, you'll notice the presence of a scarf, or at least a high collar to protect this vulnerable area. So keep a scarf handy, even in warm months.



Your expert

Your question has been answered by Acupuncturist and College of Naturopathic Medicine Lecturer, Candice Behan. Candice specialises in fertility at Clover Acupuncture in Dublin.

If you would like to find out how you can train at CNM for an exciting new career in Naturopathic Nutrition, Herbal Medicine or Acupuncture, join the next free open evening. Reserve your free place online at www.naturopathy.ie. College locations; Dublin, Cork and Galway.



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Warming up winter

Jill Bell, from the Irish Association of Health Stores (IAHS), suggests simple ways we can stay well this winter.

The winter is most people's least favourite season; chilly, wet, dark and dreary is how we often think of it, but the brighter side can be cheering – as can vitamin D!

The dark evenings mean for many people that it's time to share the table with friends. We can hunt out recipes for comfort food again, banished last spring with our winter coats, and relish kitchen smells of spicy soup on the stove and fruitcake in the oven.

Did you know that hot food smells much better than cold because aromatic molecules travel more effectively in heat than cold? The same applies to

heating and vaporising essential oils. Ask your local member of the Irish Association of Health Stores for Irish-made Winter Magic, a rich aromatic blend of orange, cinnamon and frankincense essential oils. You can make your own blends too, combining other oils such as clove and pine for a festive aroma.

Overall, organic tea tree and eucalyptus essential oils are regular winter hits, tea tree to help deter head lice and protect when winter bugs abound and eucalyptus to relieve stuffy noses. Peppermint is useful for its anti-nausea properties and can be really successful in a roller ball applied to the forehead to relieve headaches – but do



remember that no essential oils should ever be taken internally. These are potent plant products and can be toxic if swallowed, besides which, no brand of oils has been registered as safe to use as a medicine.

Back to kitchen smells, generated by a happy cook using top ingredients. Cooking up spiced pears with star anise, mulled apple juice or wine with cinnamon and cloves, chilli beans or fish cheered up with harissa paste, roast cauliflower scented with cumin and coriander? Just the names of these dishes makes my juices run,

and you can find all the spices in your local health store. Do I need to mention organic mixed spice and dried fruits for Christmas cooking? Swap ideas for recipes with us and we'll love you even more!

Finally, if you need to banish kitchen smells or any unpleasant odours of another kind, try vapourising lemon myrtle or lemongrass oils. These work a treat without any of the nasties contained in synthetic readymade products.

• Find out more at www.irishhealthstores.com