

How do I recover from a nasty bout of food poisoning?



Naturopath Gemma Hurditch answers for College of Naturopathic Medicine

Good health starts in the gut so it's important to get back on track quickly. Staying well hydrated with pure filtered water, coconut water and cooled peppermint tea is very important. To ease symptoms, food grade activated charcoal can be taken at 1/2 tsp in water every two hours for a day. To help eliminate the bugs responsible, try 1/2 tsp of organic apple cider vinegar in 200ml of water, or citricidal/grapefruit seed extract, using about 5 drops per litre. Aim for two glasses per day. Take oregano oil capsules or pure oil, 500mg four times per day until two days after symptoms subside. Oregano is one of the best things to take for a day as soon as you suspect you have food poisoning, but it's also effective after the onset of symptoms. 'Saccharomyces boulardii' is a probiotic which has action against stomach upset from various causes, being immunostimulating and antimicrobial. It's a good idea to take it from symptom onset for four weeks, to return your system to balance. For a longer-term personalised plan to promote gut health, see a naturopathic practitioner.

CNM trains students for careers in natural therapies.



► CNM trains students for careers in natural therapies. check out the website for details of talks and seminars in your area. Visit www.naturopathy.ie or call 01 6725036.