

The naturopathic advisor



Natural Lifestyle has teamed up with experts at CNM (College of Naturopathic Medicine) to answer some of your burning health questions. This issue, you asked:



Q What can I do to help stave off prostate cancer? Under a 'wait and see' programme, I am being monitored because of my elevated levels of PSA (prostate specific antigen), which can be a marker for prostate cancer. I'm obviously worried. What could I do meantime to reduce my chances of developing the disease?

There are many measures that can be taken to support prostate health and enhance coping mechanisms.

These include adopting a predominantly plant-based diet – vegan men have a 35 per cent reduced risk of prostate cancer, and adopting a dairy free, plant-based diet can slow the elevation of PSA. Of particular benefit are broccoli, other green leafy vegetables and berries. Drinking pomegranate juice is also reported to reduce the rate of increase in PSA levels. Green tea, ginger root tea and Sanghuan mushroom tea are also supportive, so sip them frequently. Take a tablespoon of flaxseeds daily for their phytonutrients (beneficial plant chemicals), which show promise in cancer protection.

Spices are rich in antioxidants and can help reduce inflammation, which is associated with cancer.

Taking the equivalent of 100g of fresh ginger daily showed advanced anti-cancer activity in a 2012 study. Turmeric is another spice to eat plenty of as curcumin, its active compound, has numerous anti-cancer effects. Black pepper enhances the absorption of turmeric. Saffron too can help with feelings of depression and anxiety so use liberally in cooking, 30mg per day is considered safe long-term use. Herbal remedies can also offer support, get good qualified advice for appropriate strength and dosage.

Utilise regular exercise for pleasure and health promotion for 30 minutes, four to five days per week.

Concentrate on whole organic foods rather than processed foods

and synthetic supplements.

Lycopene, found in processed tomato products (such as tomato paste), is an exception to this rule; use it liberally as it has a particular affinity for protecting the prostate. Pomi-T is a whole food supplement that has shown impressive results against prostate cancer.

Eating organically, using only natural personal care and household products and avoiding plastics, can help limit your exposure to synthetic oestrogens, which may impact cancer promotion.



Your question has been answered by Naturopath, Gemma Hurditch, for CNM. For information on CNM training in a range of natural health therapies, visit www.naturopathy-uk.com

Dealing with LOW MOOD



Alison Cullen, Nutritional Therapist and Education Manager at A.Vogel, recommends some simple switches to lift your mood.

Stress, anxiety and low mood, unfortunately, tend to go hand in hand and life is suddenly something to be endured rather than enjoyed.

We are more likely to suffer from low mood when under stress. This emotional position gives us a lower capacity to cope with the everyday problems we might otherwise be able to take in our stride and is the reason that anxiety can often accompany episodes of low mood.

Here are some top tips on how to lift your mood, naturally:

- **A great tool to begin with is exercise.** Whether suffering with stress, anxiety or low mood, exercise can help. It helps to produce feel good hormones and neurotransmitters, such as endorphins and norepinephrine, which are associated with elevated mood and learning.
- **Herbal remedies** – natural remedies such

as St John's wort (*Hypericum*) have been used for many years to help with the symptoms of low mood. If you feel you need something to help with stress or anxiety, you could try some gentle herbs which may be of benefit. Both *avena sativa* and *passiflora* have been traditionally used for supporting those prone to worry or mild stress.

- **Avoid alcohol** – although it may help for a few hours, this has a depressant effect, which will make you feel worse in the long run, particularly if you consume it regularly. If you can't avoid alcohol completely, make an attempt to reduce the amount you consume.
- **Do things you enjoy** – giving yourself a break from work and worries will help massively to lift your mood. People often forget how important relaxation is, and taking time to slow down and simply 'breathe' often goes a long way to making you feel better.



- **Mix with other people** – isolating yourself from others will worsen your negative emotions. Mix and communicate with friends and family, especially positive people, as this will help you keep in touch with reality.
- **Sort your sleep** – studies have shown that even partial sleep deprivation has a significant effect on mood. For help with sleep, you could try a tincture containing the combination of fresh valerian root and hops. This herbal duo has been traditionally used to aid sleep, as well as offering relief for the symptoms of mild anxiety, thus performing a dual action if mild stress/anxiety is keeping you awake.