

ASK *the* EXPERTS

Our panel of health experts answer your burning questions...

Q *“I suffer with digestive issues and constipation, can inulin help with this?”*

TRISH SINGH,
senior brand manager
at **Pharmacare**
(bioglan.co.uk), says:

“In short, yes. Inulin is a fibre-rich substance commonly found in fruit, vegetables and plants. It’s non-digestible which means it doesn’t get absorbed in the stomach and is therefore able to reach your gut. Here it acts as a prebiotic by providing the ‘good’ bacteria in your gut with nourishment for them to grow. These ‘good’ bacteria play an important role in digestive health by increasing the production of certain vitamins, aiding the absorption of important nutrients and keeping the ‘bad’ bacteria, which cause digestive issues, at bay. Inulin helps to nurture our gut microbiome and promote overall digestive balance. Being rich in fibre, it also increases our daily fibre intake, adds bulk to stools and helps maintain regular bowel movements, so it’s been shown to be really effective in preventing constipation. Inulin powder also dissolves well in liquids, which makes it particularly easy to add to your diet.”



Q *“Can you recommend some natural ways to combat hayfever?”*

ELLE FOX,
naturopath graduate of **CNM College of Naturopathic Medicine** (naturopathy-uk.com), says:

“If hayfever is homeopathically addressed during winter, it’ll lessen in severity each spring and possibly resolve itself altogether. For acute relief during the worst season, try the following:

- Dab coconut oil or shea butter around your nostrils to trap pollen and reduce itching and sneezing
- Keep windows closed during the day, as this stops pollen getting

trapped in the house

- Avoid anti-histamines and decongestants – they suppress the symptoms, which then return with a vengeance once the medicine wears off
- Pollen supplements and local raw honey provide support

Try Mixed Pollens and Grasses or Schuessler Tissue Salts Combination H, which are available from homeopathic pharmacies. Start treatment six weeks before and continue during the season. Consult a practitioner for specific treatment.”

Q *“Is there any way I can get rid of my repeated migraines?”*

DR MAHEINTHAN YOGESWARAN,
MedicSpot GP
(medicspot.co.uk), says:

“There’s no ascertained cure for migraines, however, there are things you can do to help manage them. When an attack occurs, many people find that lying down in a dark room is an effective way of dealing with it, while others prefer to have something to eat. Over-the-counter painkillers, such as paracetamol or ibuprofen, may help people to cope with their symptoms, but others may require stronger prescription drugs or triptans, which specifically target migraines. I would recommend taking painkillers at the first sign of an episode, as they’re often less effective if you leave it until your headache worsens. It’s important to note that medication can sometimes make migraines worse if you’re frequently taking it. If you find yourself needing to take them regularly to cope with your symptoms, speak to your doctor who might suggest using triptans or prescribe a stronger painkiller. If you’ve found that medication isn’t helping you, or isn’t suitable for you, acupuncture might be an option to consider. Over a five to eight week period, a course of up to 10 acupuncture sessions can be a beneficial treatment.”