

# Eat Yourself Well

How well you eat really affects the quality of your life and if you spend a lot of time wondering why you feel so rotten, its time to investigate the causes.

One way of doing this, before you rush to the doctor or if you don't want to take over-the-counter or prescription drugs is to have a nutritional overhaul. Here are some conditions that can respond well to a change in diet.



## Eczema

This is a complex condition that is caused by a medley of factors and can affect adults and children. Genetic factors such as skin thickness, histamine levels and allergic tendencies; plus environmental and dietary factors such as not being breast-fed; low omega 3 in the diet, and poor gut bacteria all play a part.

## IBS

Irritable bowel syndrome affects adults and usually starts to become a problem in the 30s and 40s. It can kick in after a significantly stressful event, a gastric bug of some sort, as a result of poor health, foods or even abdominal surgery. It may be worth to investigate further in to food intolerances. Take a check on the gut flora balance with a stool test and cut out excessively processed or sugary foods. Foods like leeks, onions, Jerusalem artichokes, oats and bananas all contain vital prebiotic fibres to help the good bacteria in the gut flourish and thus reduce inflammation. Raw cabbage is a good source of the healing glutamine, and aloe vera has been used for centuries to repair guts.

## Migraine

You only have to look at migraines to become aware of how important the influence of food is on your well being. Cutting out high histamine foods like red wine, chocolate and cheese to deal may not be enough. Food intolerance testing, a gut health check, as well as consideration of environmental factors like stress and chemicals also have to be considered. For women hormonal fluctuations play a bit part. To deal with these, high levels of pulses in the diet and dark leaves rebalance hormones and provide magnesium to tone the blood vessels and prevent excitability of nerves.



## Insomnia

Many, many people suffer the insomnia and the causes are again multifarious, anything from excess caffeine and alcohol intake, to poor blood sugar control, to low exercise levels, or depression and

anxiety from environmental factors. Magnesium relaxes muscles and cramping. A high tryptophan turkey or cottage cheese on wholemeal bread snack before bed may prevent the 3am panic insomnia. Various botanical herbs are good for promoting sleep, including valerian, passiflora and hops.

## Colds

Even the common colds can be beaten back with a careful investigation and nutritional action. Children and adults suffer from colds, and the more often they get them, the more must suspect it is time to change something in the diet or lifestyle. Stress, lack of rest, poor diet all affect the immune system. To avoid colds, a good pre-winter immune routine with Echinacea, vitamin C, garlic, a fresh fruit and vegetable diet and plenty of exercise will help. Once afflicted it is essential to rest, drink a lot to wash through the virus, cut out sugary foods as sugar competes with vitamin C to get in to white blood, and to suck zinc lozenges.

To conclude, modern foods are often factory-made and highly processed, are so-called dead foods that are low in nutrient content and reduce vitality.

So when people find out they are unusually tired, feel wired-out, have digestive trouble or are frequently ill with colds and allergies, it is worth carrying out an investigation and taking stock of how good one's diet actually is and switch back towards live food that enhance vitality and quality of life.

