



# Alexandra Worsley's Health & Well-being column

## We're all going on a summer holiday - and here are some natural tips to help those summer ailments...

As the sunshine lifts the spirits and I see more people smiling at each other in the street it warms my heart, it's amazing what a dose of vitamin D does to our bodies! All the more reason we should take a vitamin D supplement in winter, it boosts our immune system and may help with those summer ailments too.

Whether it is prickly heat, rashes, itching, sneezing and excess catarrh, we have remedies that may be able to help without any side effects! The problem is not usually the trigger but how the body reacts to physical substances such as foods, pollens, molds and even chemicals in our environment such as air fresheners, household cleaners and skincare products. Other triggers can be emotional such as being overtired, unhappy and suffering from stress. By reducing the trigger it allows your body a fighting chance to rebalance itself and get rid of the ailment altogether. Sometimes it's not possible to avoid certain triggers so here are my suggestions

for treating summer ailments, most commonly allergic reactions such as prickly heat, fly bites and hay fever. These tips could apply to other ailments such as arthritis, eczema, IBS and fatigue, it's all about reducing inflammation.

So what can you do?

Eat more foods that are natural antihistamines such as butternut squash.

Increase your intake of anti inflammatory foods such as oily fish, seeds, flax oil (same as linseed) pears, apples, plums, black currants, peaches.

Some people need to avoid citrus fruits including pineapple, strawberries and white and green grapes.

Take probiotic powders to improve your level of 'good gut' bacteria, approx 80% of our immune system lives in our gut. Try to avoid probiotic drinks as their doses are low and therefore can work out very expensive, they also contain artificial sugars which feed the bad bacteria so beware!

Eat a varied diet. It encourages good digestion and a strong immune response too. We build up intolerances if we have too much of something so I encourage you to eat seasonal vegetables as much as possible. I use Riverford Organics and highly recommend them as they deliver tastiness right to your door and are local. Reduce 'mucous forming' foods such as dairy and bananas for ten days and you will feel the difference in such a short space of time.

Introduce remedies such as nettle tea, quercetin and B5, pycnogenol and weleda mixed pollen tablets. My horse gets allergies and even a bit of hay fever(!), Nelsons pollena has really helped him and if his skin gets itchy I rub in coconut oil!

Why not email me: [alex@alexandraworsley.com](mailto:alex@alexandraworsley.com) as I have lots of expertise, can offer practical advice and point you towards the best remedy for you.

*Take care of yourself  
Alex x*

PS I have just found a new remedy which is amazing for sunburn. Spray on Caudalie grape water, it's heavenly as it soothes, cools, moisturises and is perfect to carry with you to use as a skin toner in the day. Pop into the shop and try it, we have a tester on the go all the time, it perks me up if I feel tired during the day, brightens up my skin and gives it a dewy glow. It has to be my summer must have top tip!

