



ELIZABETH MONTGOMERY

The kitchen pharmacy

Treat your aches and ailments naturally with food

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IBS

Irritable bowel syndrome is fast becoming a common health issue with uncomfortable (and often embarrassing) symptoms including frequent runny stools alternating with constipation, cramping and bloating. The root cause may be due to a variety of factors (overuse of antibiotics, chronic stress, lack of beneficial bacteria, high sugar intake, food allergies and so on).

SHOPPING LIST: Flush out bad bacteria (with a course of grapefruit seed extract), repopulate your digestive tract (with fermented foods: raw sauerkraut, coconut yogurt and kefir), add a full-spectrum course of probiotics, and include zinc-rich foods (pumpkin seeds and mushrooms).

Eczema

The word eczema comes from the Greek word ekzein and literally means 'to boil over'. This is an inflammatory condition of the skin that requires foods with alkalisng, moisturising and heat-reducing properties. The skin responds particularly well to foods that are rich in essential fatty acids, chlorophyll and vitamin C.

SHOPPING LIST: Vitamin C (lemons, limes and red peppers), vitamin E (avocados, nuts and seeds), zinc (pumpkin seeds, beans and mushrooms), essential fatty acids (vegan algae oil or krill oil for omega 3 and oil evening primrose for omega 6), and chlorophyll (wheatgrass and green vegetable juices).

Endometriosis

This is a condition when small pieces of endometrial tissue grow outside of the womb. Endometriosis creates multiple uncomfortable symptoms which commonly include excessive bleeding, cramping, lower back pain and painful sex.

SHOPPING LIST: Iron (beetroot, lentils, leafy greens, salmon or supplement with a yeast-free, food-state form of liquid iron), cruciferous vegetables (cabbage, kale, watercress, brussels sprouts and radishes), essential fatty acids (hemp oil, seeds and tree nuts or supplement with krill oil or Evening Primrose oil), and magnesium (leafy greens, seaweeds and green vegetable juices).

Joint pain

This inflammatory condition can be caused by overuse of joints, ageing, excess acidity and autoimmune disease. A multi-pronged dietary approach is key to reversing its debilitating symptoms.

SHOPPING LIST: Anti-inflammatory foods (dark leafy greens, beetroots, almonds, walnuts, and fatty fish), anti-inflammatory herbs and spices (ginger, garlic and turmeric), alkalisng whole-leaf barley grass powder, and cherry juice concentrate (packed with antioxidants and anthocyanins to relive pain and stiffness).

Migraines

This common and often debilitating condition can be the result of prolonged stress, lack of essential minerals, hormonal imbalances and liver toxicity. There are many key foods that play an important role in helping to prevent its onset.

SHOPPING LIST: Magnesium (spinach, Swiss chard, sunflower seeds and avocados), CoQ10 (broccoli, cauliflower, mackerel, sardines and some nuts or supplement in its reduced form called ubiquinol), foods rich in B vitamins, especially vitamin B2 (quinoa, asparagus and mushrooms).