



Q I am 13 weeks pregnant and suffer from nausea, tiredness and aching joints from the moment I get up until I go to bed. The nausea increases as the day goes on, and by 9pm, I am wiped out. I am 36, have a 10-year-old daughter and suffered the same way for seven months with my first pregnancy. Can you suggest something that might help?

D Olander, by e-mail

A Morning sickness affects up to 50% of women who are between six and 12 weeks pregnant. It is usually the result of hormonal fluctuations or low blood-sugar levels, which is why eating a small snack can help.

The two key nutrients that can quickly help to relieve nausea are vitamins C and K. Vitamin K is found in chlorophyll, so a daily dose of wheatgrass would help. I recommend you use Xynergy's Sweet Wheat powder, which costs £21.50 for 15g, plus £1.95 p&p. You can order it by calling 0845 658 3838. To make the juice, dissolve a heaped teaspoon of powder in a glass of water.

Constipation, which is also common in early pregnancy, will exacerbate your morning sickness. This is because the same hormone your body relies on to maintain the pregnancy also slows down the action of the intestines in order to increase the absorption of nutrients for the growing foetus. Counter this sluggishness by taking psyllium husk or linseed, both of which are widely available in health-food stores. The essential fatty acids in linseed (also called flaxseed) can help rebalance fracturing hormones.

Finally, start your day with a glass of lemon and warm water to ease nausea. Sucking on ice cubes should also help.

Q I have a verruca that has stubbornly refused to disappear, despite having all the conventional

treatments thrown at it. It is right in the middle of the ball of my foot and is starting to affect the way I walk. What can you suggest?

L Faulkner, Cardiff

A These foot warts are caused by a virus that invades the skin, causing the affected cells to multiply rapidly and form lumps. The body cannot kill off the virus and so responds by walling off these lumps, which are highly contagious. The constant pressure of walking on the verruca causes it to harden and burrow deeper into the skin, which is why it can become painful.

As this is a viral problem, I am going to recommend a remedy that I usually use to help clear cold sores, which are also caused by a virus. It's called Thembu, and is a topical cream made from an extract of an African plant called kigelia. There is a patent pending on this exceptional remedy, which also contains calendula and lavender, but it is not a quick fix, so, unlike some conventional treatments, it will not work overnight.

You will need to apply the cream to the verruca on a regular basis — even hourly — until it starts to disappear. It may be inconvenient, but if it does the job, it will be worth it. It is not widely available, so you will need to order it from the Little Herbal Company (01484 685100); a 30g pot costs £11.95, plus £1 p&p.

Q Is it true that eating tomato ketchup can help protect against cancer of the prostate, and, if so, how much do I need to eat? Both my father and grandfather developed prostate problems, and although I am only in my thirties, I want to do whatever I can to avoid the same thing happening to me.

C O'Keefe, Dublin

A The reason tomato ketchup is sometimes touted as a health-promoting

food — which may help protect not only against prostate cancer but also pancreatic, breast and intestinal cancers — is that it is a good source of the antioxidant lycopene, the pigment that gives tomatoes their red colour.

Unusually, both the bio-availability (how much the body can absorb and utilise) and potency of this antioxidant increase when it is cooked, which explains why tomato ketchup is a better source than raw fruit.

Although researchers have shown lycopene to be twice as potent as the better-known anti-cancer beta-carotenes and 100% more bioavailable when cooked, new research published in the American Journal Nutrition Review suggests all ketchups are not equal. In independent tests on 13 brands, scientists found that the organic variety contained more than three times the amount of lycopene (180mcg per 1g serving) as the lowest-rated non-organic brand (just 60mcg per 1g). If you are serious about protecting your prostate, you would be better off using a good-quality lycopene supplement, which guarantees a therapeutic daily dose.

There are many different brands, but I recommend Vitamin Research's Lycopene, which provides 10mg of the active agent per capsule. It costs £16.99 for 60 capsules, from the Nutri Centre (0800 587 2290).

For more information on natural health, visit my website: www.whateallyworks.co.uk

If you have any questions or tips, write to *What's the Alternative?* Style, The Sunday Times, 1 Pennington Street, London E9B 1ST. We can only provide replies to published letters.

Before following any medical or dietary advice in this column, please consult your GP if you suffer from any health problems or special conditions, or are in doubt as to its suitability.