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● Alternative Medicine

## Stressed? Gaining weight? There's an herbal cure!

Worry was making Nicole Glassman so sick, it was taking the joy out of her life. Until she found relief—and her true calling—at her local health-food store!



"For me, herbs worked like medicine, only better!" says Nicole.

**W**e all worry. It's human nature! And psychologists say that's okay—in moderation. But too much worry . . . well, that's another story!

Ask Nicole Glassman. No matter how many times she told herself everything would work out, she felt overwhelmed with worry.

At 23, Nicole had a new college degree—and tons of anxiety about what she should do with her life!

What if nobody hires me? she worried. What if I can't support myself? And worrying so much gave her killer stomachaches and unbearable cramps.

Plus, her weight started creeping up. Which made her self-conscious. And she felt so drained that she spent more Saturday nights in front of the TV than out with friends!

And even after she got a job she enjoyed teaching English, she still felt lousy! "What's wrong with me? I'm eating antacids like candy!" Nicole asked the gastroenterologist.

But aside from prescribing Prilosec—which didn't help—he didn't have any answers. And the pain remained—so bad sometimes, it made Nicole cry.

### "I feel amazing!"

Then one day, when Nicole stopped by her local health-food store, she had a free electrodermal screening—a noninvasive test said to detect imbalances in the body by running a wand connected to a computer over acupressure points.

It sounds wacky, Nicole thought. But what the acupuncturist who performed the test said rang true.

His findings? Anxiety must have weakened her immune system, allowing toxins to build up, so that

even when she stopped worrying all the time, she still felt sick!

The solution? Two powerful herbs: Burdock, to purify the blood, and Artemesia, to cleanse her digestive system of "bad" bacteria and any parasites.

So Nicole began taking the capsules every day. And after a few weeks . . .

"It's incredible!" Nicole marveled. Her pain disappeared. And with less stress—and her body no longer overproducing stress hormones—her weight dropped back to normal again, too!

And her energy level? Well, she wasn't spending her Saturday nights at home anymore!

Today, Nicole is in great shape. And she was so impressed by her recovery, she went back to school for her master's degree in nutrition and now works as a Certified Natural Health Practitioner!

"There's almost always a natural way to get your body back on track," she tells clients. "Helping people turned out to be my calling," Nicole says. "So, I guess all that worrying was a blessing in disguise!"

**Did you know?**  
Eating a banana can immediately help ease digestion!

### 4 more natural ways to Soothe an upset stomach

● **Turn to the tropical fruit cure.**

Papain, an enzyme found in papayas, is known to help the body digest proteins. Try: Natrol Papaya Enzyme, \$2.99 at [www.vitacost.com](http://www.vitacost.com).

● **Try activated charcoal!**

Available at health-food stores, it helps eliminate excess acid. Talk to your doctor if you take prescription meds, as charcoal could make them less effective.

● **Pop some fennel seeds.**

In India, these spice-aisle finds are traditionally chewed after meals to improve digestion.

● **Brew some mint tea.**

And place some slices of fresh ginger in the pot; both ease indigestion and nausea.

### 3 more things herbs can do!

**1 Keep your memory sharp!**

Evidence indicates that naturally sweet licorice root can fight the effects of aging on the brain. Find it at [www.dutchsweets.com](http://www.dutchsweets.com). \$4.35 for five sticks.

**2 Help prevent cancer!**

Milk thistle seeds contain silymarin, a flavonoid that seems to help prevent the growth of breast and uterine cancer cells. Try: Puritan's Pride capsules, \$3.27 at [www.shop.com](http://www.shop.com).

**3 Ease menstrual cramps!**

Sip a cup of chamomile tea to load up on glycine, an amino acid shown to relieve menstrual cramps by relaxing the uterus. And drink it all month long—it also contains compounds that calm nerves!



Photos: Bryan Smith/Zuma Press; Digital Vision/Media Bakery; Westend 61/Media Bakery