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# Ask Susie

Our health expert and nutritional therapist, Susie Perry (Bsc Dip ION) delivers some practical solutions and sensible advice

## Stomach pains

**Q** My husband gets terrible stomach pains which get worse if he skips a meal. He is reluctant to go to the Doctor, what can you suggest?

Winifred, Burgess Hill

**A** It's really important that he goes to his doctor for a diagnosis as his pain could relate to one of many conditions. At worst he could be developing a stomach ulcer or it could simply be an infection of the stomach bug *Helicobacter pylori* which is easy to treat with a short course of antibiotics. I would suggest that he cuts out salt, sugar, alcohol and caffeine for 1-3 months as these all aggravate the stomach. He could also take a good quality Aloe vera twice a day which helps to protect the stomach wall from acid attack and inflammation. He should aim to eat something every 2-3 hours, small frequent meals are best for him as these won't put too much of a strain on the stomach.

## Wheezy breathing

**Q** My grandson has just been diagnosed with asthma he just has the blue inhaler to take not the brown steroid based one, he is only seven years old is there anything his mum can do with his diet?

Jane, Bolney

**A** There are many triggers for asthma – both diet and lifestyle related. One of the biggest triggers is an allergy to dust mites and animal fur, so it's important that she invests in some anti-dust mite bedding and bed linen and an allergy approved Hoover. Check out [www.housedustmite.org](http://www.housedustmite.org) for information packs and allergy free products.

On the diet front asthma can be aggravated by food sensitivities to dairy, eggs, peanuts and food additives including the preservative sodium benzoate - mainly found in pickles, ketchups, jams, margarines and fruit juices, the food colouring tartrazine plus sulfites and MSG. Check food labels to avoid these additives and swap milk for soya milk, cheese for hummous and avoid eggs. Hopefully you will see an improvement in his health.

## Migraine madness

**Q** I have suffered from migraines for over 10 years I take medication which helps but I was wondering if there is something more proactive I could do to help prevent an attack.

John, Ashurst

**A** Migraines are often something of a mystery but there are a few key factors which they can be associated with. For women there is

often a strong hormonal link, but this is of course unlikely for you. Other triggers can be changes in blood pressure and restriction of blood circulation to the brain, or simply pressure building up in the brain due to bone or muscle tension in the cranium which surrounds the brain. A good cranial osteopath will be able to assess if this is a factor for you.

Food triggers include the common culprits cheese, tea, coffee, chocolate, marmite, yeast stock cubes, mushrooms and red wine. These all contain a substance called tyramine which is thought to interfere with brain chemical and trigger migraines. Start by cutting these out to see if you get a break in your migraine cycle.

## Your view

If you have diet concerns and you would like Susie's advice, then please send your question to us at: Sussex Life Health, 28 Teville Road, Worthing, West Sussex BN11 1UG or email: [health@sussexlife.co.uk](mailto:health@sussexlife.co.uk)

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