

## **Magic Bullets**

Patients are often looking for “Magic Bullets”. The single tablet that will transform their lives and make a health problem history.

Natural medicine does not really work in the realm of magic bullets. Ten people with identical conditions may get treated in several different ways.

However, some causes are so common with certain ailments that here is a list of magic bullets:-

1. Asthma - Avoid cows milk, food colourings, wheat, eggs, peanuts, shellfish and nuts  
- take Magnesium Citrate
2. Catarrh (Sinusitis) – cows milk intolerance. Avoid cows milk  
- take Bromelain (pineapple) extract
3. Cold Hands – Take Vitamin E (low dose) and magnesium
4. Cramp or Spasm - Magnesium Deficiency
5. Dry Eyes - Vitamin A deficiency
6. Eczema - Avoid cows milk, soy(a), eggs, wheat and peanuts.  
- take Omega 3 fish oils
7. Frequent Colds – Zinc and Vitamin C deficiency
8. Glue Ear - Cows milk intolerance. Cease eating/drinking cows milk  
and milk products
9. Headaches - See an osteopath. Seven out of ten headaches are neck problems
10. Hives - Take extra Vitamin C. Stop eating foods rich in histamines. A list of these is available from our clinic.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

**Ian Rumboldt – Clinical Director, Belper Natural Health Centre, 10-12 Chapel Street, Belper. DE561AR. [www.belpernaturalhealth.co.uk](http://www.belpernaturalhealth.co.uk) Tel 01773 820220**