



Introducing Franklin eLocal's new column

by Community Constable Noel Surrey

Each month Noel will answer readers' questions on community safety issues and offer advice on how to look after yourself, your family and your property.

There are many aspects to community health and I am looking forward to hearing from readers with some questions and opinions about the topic. One that impacts on the area of policing (among others) is responsibility and where the buck stops. It is always easy once having identified a problem to sheet home the responsibility for fixing it to someone else; the Council, Police, C.Y.P.& F.S., etc. But a sad fact of life is that problems are never fixed by buck passing.

If anyone wants their area to be tidier they should pick and dispose of some of the rubbish. Not try and take on all the responsibility for the problem but do what they can and so set an example for others to follow. It can be frustrating if you are looking for instant, significant improvement and trying to engineer others to take on your pet project. After all, the only person I can control is me and the more I try to manipulate others, the more they resist. So the best way to effect change is for me to do what I can and be patient about how quickly that example catches on.

When we apply these principles to crime there are many things we can do that will eventually add up to making a difference:

- To reduce the road toll stick to the speed limit, don't follow too close, drive to the conditions, be patient.
- Report graffiti or photograph it and remove it.
- When you know about serious crime (assault, theft, drugs) report as much detail as you can safely discover.
- Don't use or buy illegal drugs or property of doubtful origin – if there is no market there is no business.
- Expect good behaviour from your kids, your relations' kids and the neighbours' kids and let them know your expectations, politely.
- Be positive that change for the better will happen.

The bottom line is that we can all make a difference. It is entirely our choice as individuals as to how much difference we make and in what area we make it.



A Healthier Way of Life



by Cees Hekelaar

Bladder infections

Bladder infections or cystitis are an inflammation of the bladder. They are common in women but very rare in men. About 20% of all women get at least one bladder infection a year. Most bladder infections are caused by various strains of E. coli bacteria that normally live in the gut and travel through the urinary tract, where they latch to the bladder wall, attached to sugars. The doctors treat bladder infections with antibacterial drugs, which will usually cure the condition fast, but the treatment may also impair your body's resistance. New or survived E. coli can rapidly reproduce and cause a new infection. This can result in a chronic condition.

Fortunately there are natural remedies that can help you to increase your natural resistance and to flush away bacteria. The first choice to use for support would be the Cranberry. Cranberry has antibacterial properties and has a sugar, D-mannose, which ties bacteria, but does not latch on to your bladder's wall and thus flushes away the bacteria. Cranberry has no side effects and can provide long-term treatment for your urinary tract.

My mum, 86 of age now, used to have recurring bladder infections 3 or 4 times annually for years in her late sixties and early seventies, until she began taking cranberry. After great results with many customers I gave mum cranberry extract capsules and she hasn't had a bladder infection ever since, while still safely using it.

The extract capsules (a month's supply) work out cheaper than drinking the pure juice, as you need to drink 150 ml per day of the juice, emptying a bottle in 5 days.

Other natural support for your bladder may include:

- Vitamin C has acidic properties, helping to kill bacteria.
- Juniper berries help clean the urinary tract.
- Uva ursi or bearberry is a diuretic and has antiseptic properties.
- Goldenseal is an herbal and microbial agent.
- Buchu herb when a burning sensation upon urination is a symptom.
- Cantharis (homeopathy) also when having a burning sensation as a symptom.
- Echinacea, the well-known antibacterial and antiviral herb.
- Zinc to help increasing immunity and restore damaged tissues.

Practical tips:

- Drink a lot (preferably water)
- After urinating or bowel motion wipe from front to back to avoid E. coli bacteria coming in the urethra.
- After sexual contact empty your bladder.

This is only a brief explanation about the bladder infections. If you have any more questions on this subject feel free to call me on 2387806 or see me at Way of Life Health Shop in 68 Edinburgh Street, Pukekohe.

You may send questions about your health issues to my email address, wayoflife@orcon.net.nz