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*"Feel good on the inside"*

## Embarrassed about your health problems?

ARE YOU embarrassed about your health problems? Are you mortified at the idea of going into a health food store and asking someone for help? You're not on your own! I have worked in health food stores for 20 years and have been asked all sorts of questions. I've heard it all before, and helped. I can spot an embarrassed customer a mile off.

I know it's not easy. You've got to walk through the door. The shop has other customers in there. It's not just you and the sales assistant. You're worried will people hear you when you bare all at the counter and tell the lady your embarrassing health problem? Well don't be embarrassed! I'm not the only one who has heard it all before and helped.

Health store workers have dealt with many health questions. They know it's not easy to ask questions about your health. But remember what seems embarrassing to you will not be at all embarrassing to them. Most will spot the anxious customer a mile off. They will guide you to a quiet place in the corner of the shop.

Often I get women in who are asking for help with a problem their partner is having. A more common than you think health problem is, male erectile dysfunction. Now I do admit the first time I got asked that question (20 years ago) I was a little thrown. But as I said it is common and I have been asked that question many times over the years both by men themselves and their partners.

So what do I suggest!

First, rule out any possible underlying causes with a visit to your GP. Some underlying causes can be Diabetes, Obesity or Heart Problems. Sometimes the medication you are on can be a contributory so check that with your GP. Smoking and alcohol are factors too. Obviously stress has a big impact on your health, and the ability to have an erection can be hampered if you are stressed and over-worked. So try to fix that problem first. You may need to make some lifestyle changes. L Arginine an amino acid may help. It works by stimulating blood vessels to open wider thus improving blood

flow. Ginseng is another remedy that may help. Ginseng is an adaptogenic herb that will help the body cope with and deal with stress more efficiently. It will help improve energy levels, low energy levels can be a contributory factor in erectile dysfunction. Another possible reason that taking ginseng is beneficial, is that, it is thought to increase nitric oxide in the body. This increase helps to improve blood flow in the penis. Poor sleep patterns can also be a factor in erectile dysfunction. So go to bed at the same time every night, before 11pm preferably. If you are having trouble sleeping, try a natural sleep remedy like Valerian.

But it's not all about male health problems.

A lot of women get embarrassed at the thought of asking for something to help with Vaginal Thrush. And it's just such a common problem caused by caused by a specific

yeast known as Candida albicans. A weakened immune system can lead to an overgrowth of Candida in the vagina. It is also quite common during pregnancy, if you have diabetes and during treatment cancer treatment.

A lot of you will suffer after a course of anti-biotics. If this is you make sure you take a good strong pro-biotic when you have finished your anti-biotic. The one I like is Solaray Multidophilus. If vaginal thrush is something that you suffer with on and off, long term you will need to look at your diet. Sugars and yeast feed the Candida and they will thrive. You need to starve the buggers. So look up anti-candida diets and this will help guide you on what to cut out of your diet until symptoms improve. Optibac for Women is a great supplement. It has specific bacteria that are found in the vagina and help to fight off the candida infection.

So whatever your problem, from Acid Reflux to White Coated Tongue we have heard it all before, and helped. Call into your local health food store today.

If you are on any medication it is wise to check with your GP or pharmacist before taking any health supplements.

Feel good on the inside.

# Citizen of World hope to some of

By Seán Whelan

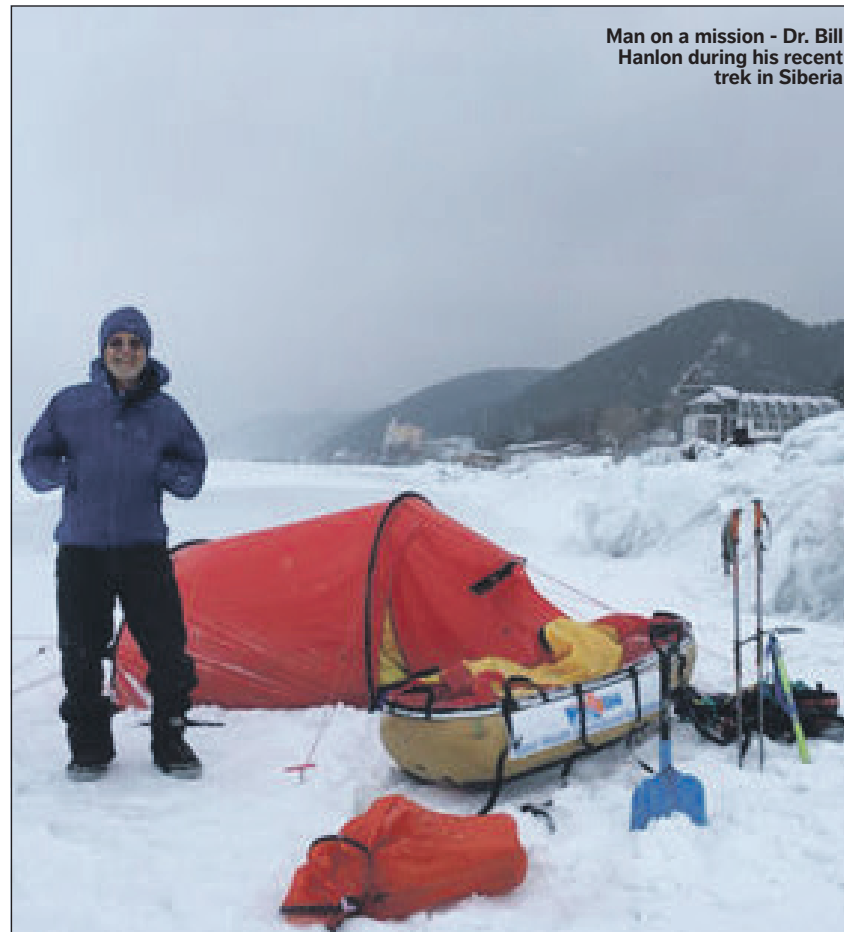
HE HAS LIVED among communities in some of the planet's most remote and inhospitable places, but the greatest driving force of Canadian family doctor Dr. Bill Hanlon is not filling the role of adventure hero but a far more serious, more personal crusading passion - to bring life changing betterment to the lives of those most badly in need around the world.

The Irishman's most recent adventure, to help raise funds for his global medical aid project, was an amazing solo 700-km trek by tent sledge across the world's oldest lake, Lake Baikal in Siberia, in deepest Russia. Prior to that, he spent 70 days helping people in rural clinics in Afghanistan.

For the native of Enniscorthy, such challenges are part of specific objectives in his work for people in dire need, by bringing humanitarian and sustainable assistance to inhabitants living in inaccessible high-altitude parts of the globe.

Born and reared in the Co. Wexford town sixty-two years ago, Bill's role, like that of his work as a family GP, is only part of a very busy life. He also, as 'Echo' readers might recall from previous stories, has a passion for extreme outdoor adventure, namely mountaineering and climbing famous peaks.

When he conquered the highest point - 29,037 feet (or 8,850 metres) - of Mt. Everest in 2007, it wasn't just the attainment of every



Man on a mission - Dr. Bill Hanlon during his recent trek in Siberia

mountain-climber's dream, but the culmination of Bill Hanlon's own lifelong ambition of climbing the highest mountains on all seven of the world's continents - South and North America, Africa, Europe, Oceania, Antarctica and Asia.

The achievement was part of his role as Medical Director on the board of the Basic Health International Foundation, an organisation he co-founded in 2003. The non-profit, non-sectarian group promotes development and support for

self-sustainable public and primary healthcare projects in these remote, usually high-altitude dwelling communities.

Scaling the highest peaks and plummeting to some of the deepest lowlands of our planet, Dr. Bill's exotic destinations are a far cry from Parnell Avenue in Enniscorthy, where he was born in the family of the late Michael and Kathlyn Hanlon.

Over thirty years ago, he qualified as a general practitioner and today runs a successful family doctor

clinic in Calgary in Western Canada. But even in his younger years, he had a dream: "Growing up in Ireland, I was always interested and curious about things going on beyond our shores and over our small hills"

His journey not only took him to North America, but, spurred on by his own personal humanitarian beliefs - notably raising awareness of rural health in, and provide medical care for, remote communities - subsequently clocking up many hundreds of thou-

## Kehoe waits on Leo's call

by Pádraig Byrne

DESPITE BEING an outspoken supporter of Leo Varadkar in the battle for leadership of the Fine Gael party, Wexford TD Paul Kehoe is taking nothing for granted in terms of the position he will potentially be awarded following Leo Varadkar's cabinet reshuffle which is due to take place this week.

Having overcome opposition from Simon Coveney to win the Fine Gael leadership, Varadkar is set to take up the role of Taoiseach on Wednesday, when he is also expected to announce his cabinet. Kehoe currently occupies a "super junior" position as Minister of State with special responsibility for Defence, and although he sits in the cabinet, he

does not have a vote.

Speaking yesterday (Monday) Minister Kehoe said that he had no idea whether he would keep his current position, or if a promotion was even in the offing for him.

"I don't know," he said. "It's totally up to Leo. He has to be given space and time to make his own decisions. Whatever happens, hap-

pens. I would like to be a part of it obviously, but I've had no indication from him what will be happening, just like everyone else, and I would hate to speculate."

When asked if it was possible that Leo's appointment as Taoiseach may further his career, Kehoe again remained cautious.

"Look, I really enjoy the work I'm doing now," said