Bella

Health

What's the alternative?

Complementary therapy news with medical herbalist Diana Austin

On trial

Suma

This South American herbal remedy is also called Brazilian ginseng, but the plant isn't related to Asian or American ginseng.

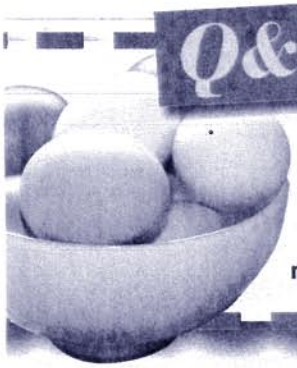
It's been used to treat ailments from anaemia and ulcers to premenstrual symptoms and menopausal problems.

Research is scant but it has shown that suma contains oestrogen-like compounds and has anti-cancer actions.

Rio Brazilian Ginseng, a suma product, costs £19.99 for 90 one-a-day 2500mg capsules (01273 570987; www.riohealth.co.uk).

Health Editor: Kathryn Bingham. Celeb photos: Big. Photos: abpl, Camera Press, Corbis, Photolibrary

Q&A



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