

Q Help! I have a real problem with halitosis. I am 35 now, but have suffered from it for the past decade. My dentist tells me there is no oral problem, and my GP says I will just have to learn to live with it. This is easier said than done, as it really affects my confidence.

G Bridge, London

A Wheatgrass juice has been shown to help eliminate bad breath and other body odours, but you are going to have to (a) introduce it slowly into your diet, and (b) decide to tolerate the very distinctive taste until your system gets used to it. It will be well worth the effort, however, not least because wheatgrass is one of just a handful of plants that are known as nature's superfoods. Juicing relatively small amounts of wheatgrass is equivalent to chomping through much larger quantities of fresh vegetables.

You can, of course, grow your own wheatgrass to juice at home. You can buy the seeds from independent health-food shops and invest in a Wheatgrass Starter Kit, which comes with a manual, from Wholistic Research (01438 833100). At £49.95, it is not cheap, but neither are the ready-made supplements, and you will save money in the long run.

Drink 30ml a day on an empty stomach. If you need to, disguise the taste by adding the juice of one lemon and eight green apples to 3-4 fl oz of wheatgrass juice. For a convenient alternative, buy dried wheatgrass powder from Xynergy (0845 658 5858).

Q My 23-year-old daughter has just been diagnosed with food intolerance (of sugar and yeast), which has led to irritable bowel syndrome and weight loss. She is now on a very limited diet. What can she do to rebuild her health and weight?

K McEntee, Wirral

A This is probably the most common of all the gastrointestinal disorders and is so widespread that it has become the second most common reason for days off work after the common cold. Put simply, the large intestine or colon is not functioning properly. Typical symptoms include constipation, diarrhoea, excessive production of mucus in the colon, indigestion, flatulence and cramping. It can be so severe that sufferers will stay at home rather than risk the embarrassment of dealing with these symptoms in public.

Food intolerances can aggravate the condition, so your daughter has done the right thing by eliminating sugar and yeast from her diet. She can rebuild damaged intestinal tissue by taking a supplement that includes glutamine, the most abundant amino acid in the bloodstream. It plays a key role in the digestive tract, where it helps prevent the passage of bacteria and toxins across the intestinal wall into the bloodstream. It also provides antioxidant protection for the intestinal cells and is needed to eliminate toxins from the intestinal tissues.

A struggling digestive system, trauma, infection, starvation and chemotherapy treatments can all take their toll on glutamine levels, which will need to be rebuilt through supplementation. Nutrition Now's Intestinal Digestive Support supplement (£15.95 for 60 capsules, from Victoria Health; 0800 413596) provides L-glutamine with the anti-inflammatory herb boswellia; fructooligosaccharide plant sugars, which feed the good bacteria in the gut; and folic acid, which will also help rebuild digestive health. Take two a day.

Q My 26-year-old niece has just started a 12-week course of radiotherapy to deal with cancerous cells on her ovaries. The speed with which she has started this treatment has given her no time to build up her resources. Is there