

# DETROIT NATIVE SUN

UNITING &amp; ENLIGHTENING THE COMMUNITY

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## The bitter the better

By Ma'at Seba  
SUN COLUMNIST



The use of bitter herbs can be traced back thousands of years to African, Asian and other indigenous cultures. One of the oldest healing sciences still used today is called Ayurveda, which was developed about 5,000 years ago in India. One of the main principles in Ayurvedic medicine is that consciousness, the mind and body work together to maintain balance. As it relates to nutrition, the teachings say that each meal should consist of 6 "tastes". While foods fall under those tastes, so do spices and herbs. Unfortunately, the typical American diet consists of mainly sweet and salty so the body is lacking the astringent, pungent, sour and bitter foods/herbs and therefore the benefits of them.

Listed are some examples, however you can research online for more complete lists:

- 1) Sweet - grains, legumes, sweet fruits, butter, sweet potatoes, beets
- 2) Salty - sea salt, Himalayan pink salt, Celtic salt, black salt, kelp (bladderwrack), sea weed/algae
- 3) Pungent - cayenne, ginger, hot peppers, onions, garlic
- 4) Sour - lemons, lime, sauerkraut, yogurt, vinegar, cheese, wine
- 5) Astringent - turmeric, rye, quinoa, lentils, cranberries, coffee, tea, pomegranates
- 6) Bitter - dandelion, kale, spinach, olives, bitter melon, neem, horehound, black seed

The knowledge and use of "bitters" unfortunately had become a lost art in this modern day society because the wisdom of herbs and the proper preparation of food which was known and practiced by the grandmothers and healers was not passed down to the successive generations. However, the use and benefits of bitters is becoming more widely known. Some of the results that people are experiencing is: weight loss, blood pressure

normalizing, more energy, blood sugar normalizing, improved skin conditions, improved circulation, reduced inflammation, increased stamina and more.

There are several types and brands of bitter herb products and their ingredients are all different but ultimately their benefits are basically the same such as:

- Stimulates the flow of bile to prevent the accumulation of waste in the liver
- Helps relieve acid reflux by stimulating the sphincter muscle of the esophagus which prevents the stomach acid from coming back up through the esophagus
- Releases the digestive enzymes from the pancreas, duodenum and liver
- Regulates the secretion of pancreatic hormones which regulates the insulin, glucagon and regulate the blood sugar
- Helps to enhance the vitamin and mineral absorption
- Helps relieve gas and bloating
- Helps promote regular bowel movements
- Helps reduce sugar cravings

When first experiencing taking the bitters it can be very distasteful which could be an indication that your digestive system desperately needs a dietary change, because one of the main benefits of the bitters is that it stimulates proper digestion. Over a short period of time of daily ingesting the bitters it is not unusual to notice the bitter taste beginning to lessen to the degree that you barely taste the bitterness, if at all.

Some of the ingredients in the bitters are: black seed oil, moringa, soursop, Zam Zam water, burdock, slippery elm, sheep sorrel, turkey rhubarb, blessed thistle, red clover, kelp, ginger, turmeric, fennel, clove, thyme, milk thistle, garlic, bitter melon, marshmallow, aloe vera, senna, angelica root, ginko biloba, neem, fenugreek, dandelion and more.

Some of the bitter products available at Loving Life Health Store are: Black Seed (4 brands), Moringa (2 brands), Soursop bitters (available in 4, 8, 16, 32oz.

Visit Loving Life Health Store at 15224 W. 7 Mile, Detroit, MI. 48235 Mon-Fri. 10-7 pm & Sat. 10 - 6 pm. Call (313)861-1118.

## Quick tips to beat smelly feet

(StatePoint) It's an issue that can affect anyone, but one that not everyone likes to talk about: smelly feet. Caused when sweat accumulates on the skin and fuels the growth of odor-causing bacteria, it's an embarrassing situation that can afflict anyone, from professionals who spend all day in dress socks to weekend warriors on the hiking trail to gym rats.

But you don't have to live with feet stink. Consider these tips for fresher smelling feet:

- Wash and Dry: Don't neglect to scrub your feet in the shower. Get between toes with a good antibacterial soap. After showering, apply the same between-toes treatment with a towel, being sure that feet are completely dry before putting on socks and shoes.
- Air Out: After a long active day or workout, a lot of people have the habit of keeping their shoes and socks on, taking care of things around the house. Take your shoes and socks off as soon as possible to give your feet and toes a chance to air out and breathe.
- Improve Your Sock Game: Look beyond the "odor-resistant" label on socks, as many manufacturers simply use a liquid application on the socks, which works only until it bleeds out of the fibers, which happens when socks are worn for periods

of time. Check out innovations in sock design, which are making it easier to beat smelly feet long-term. For example,



ScentLok Socks are odor destroying socks, manufactured using silver particles that are permanently embedded into the sock fibers to help control bacterial growth and odor for the life of the sock. More information is available at [www.scentloksocks.com](http://www.scentloksocks.com).

• Rotate and Clean Shoes: Don't wear the same pair of shoes for more than a couple of days in a row. If possible, alternate pairs daily and store them in a cool, dry place, allowing them to air out before putting them in a box or a bag. Handwashing shoes and insoles with cool water is also a good way to keep them fresh, and you can even add some disinfectant to the water to keep them smelling their best.

"Shoes and boots create an extremely harsh environment for our feet. There's no air moving around; it's dark, moist and warm -- a perfect breeding ground for bacteria, fungi, and a wide range of noxious smells," says Nick Andrews, resident sock tester for ScentLok Socks and vice president of marketing for the company.

Luckily there are some easy ways to avoid feet stink -- from odor destroying socks to better foot care to proper shoe rotation.

## Unhappy gut?

(StatePoint) Abdominal pain? Diarrhea? An estimated 16 million Americans live with a type of irritable bowel syndrome called IBS-D (the D stands for diarrhea), and it affects both men and women almost equally. However, only 30 percent of individuals consult a physician about their symptoms.

Why is that?

"People who experience symptoms of IBS-D can feel like their symptoms are not severe enough to seek medical attention or that there isn't anything doctors can do to help," says Dr. Howard Franklin, vice president of medical affairs and strategy at Salix Pharmaceuticals. "But doctors want to hear about everything you are feeling so they can determine the underlying cause of your discomfort and help you find a treatment plan that is right for you."

A closer look at IBS-D

Symptoms of IBS-D, which are different in everyone, include stomach pain and cramping, frequent diarrhea, gas, bloating and an urgency to use the bathroom. Many people experience feeling frustrated, missing out on activities because of symptoms and avoiding situations where there is no bathroom nearby.

IBS-D can be diagnosed based on symptom history, including:

- Abdominal pain at least one day a week during the last three months
- More than 25 percent of bowel movements are loose or watery (diarrhea), and less than 25 percent are hard or lumpy (constipation)
- Symptoms started at least six months ago

What could be the cause?

While the exact cause of IBS-D is unknown, and people may have IBS for more

## Must-know health tips for faster flu recovery

(StatePoint) With last year's flu season having been associated with 80,000 deaths -- one of the deadliest in decades -- focusing on immune health is important.

There are essentially three stages of the flu: incubation -- the development of the virus within your body; infection -- when most symptoms are strongest; and convalescence -- as your body recuperates from the virus.

"Most people are familiar with vaccines to prevent the flu and remedies to relieve symptoms. There is less awareness about the recovery stage, when your body is weakened by the virus and at risk for other ailments," says Dr. Fred Pescatore, renowned natural health physician.

Last year, a study found adult patients had higher risk of heart attack after an influenza diagnosis.

To ensure proper recovery, Dr. Pescatore is offering the following tips.

Increase Air Moisture

Adding moisture to the air can help reduce congestion and soothe the throat while recovering from the flu. Using a humidifier in dry rooms can ease symptoms. Also, try a face steam. Begin by boiling a pot of water. Remove it from the heat and bring your face close while draping a towel over your head to breathe in the steam. This is an easy at-home remedy that you can put your own spin on by adding herbs and oils. Dr. Pescatore recommends drops of peppermint to open up the nasal passages even more.

Get Rest

You may be feeling better, but you're still recovering. Even when symptoms ease, your body and immune system are in a weakened state. It's tempting to jump

than one reason, an imbalance in the usual numbers and proportions of normally



healthy bacteria in the digestive system (the gut microbiota) has been found in many people with IBS-D. The microbiota help digest and absorb food and work with the immune system as a barrier against other microorganisms that can cause

disease.

"One study of 109 patients with IBS showed that 73 percent had an imbalance in their gut microbiota, compared with only 16 percent of healthy people," says Dr. Franklin. "Other potential reasons may include previous gastrointestinal infection or food poisoning, communication problems between the brain and digestive system, a family history of IBS and other causes."

Treatment options

There is currently no cure, but there are treatments that can help with the symptoms of IBS-D. Lifestyle changes, such as eliminating certain foods and increasing exercise, could help.

"Studies have shown that between 50 and 70 percent of patients failed to respond to either fiber or antispasmodics as a treatment therapy," says Dr. Franklin. "There are different types of prescription treatments for IBS-D. If one isn't working, it's important that patients ask their healthcare professional about trying a different medicine to find what treatment is right for them."

For more information, visit [IBSDUpClose.com](http://IBSDUpClose.com).

If you're experiencing symptoms of IBS-D, don't be afraid to talk to your doctor about all of them. This is the first step toward helping find a treatment plan and getting relief.

right back into your routine, but you still need extra rest and hydration.

Drink Herbal Tea

Drinking herbal tea is one of the easiest ways to soothe lingering symptoms.

"Licorice tea makes for a great-tasting recovery tool. It has a sweet flavor without the sugar of other sweet teas. In addition, licorice supports immunity, which is what you need at this stage of the flu," says Dr. Pescatore.

Add a Super-Antioxidant

A new peer-reviewed study shows that supplementing with the natural super-antioxidant Robuvit (Ro-boo-vit), French oak wood extract, supports flu recuperation.

Participants in the study took 300 mg of Robuvit daily for three weeks once their flu symptoms ended. Researchers found that after 10 days, participants who supplemented with Robuvit experienced increased post-flu strength, enhanced attention and concentration and better sleep quality.

"There are few products on the market that support your immune system during the recovery period, yet it is a vulnerable health periods, particularly for seniors. This is exciting news for anyone looking for a safe, natural way to recover faster from the flu," says Dr. Pescatore.

Robuvit is backed by more than a dozen studies showing its benefits for natural energy, flu recovery, detox and sports performance. For more information, visit [www.robuvit.com](http://www.robuvit.com).

"The body is under stress during a bout of flu. Inflammation is up and oxygen levels and blood pressure can drop. Helping your body recover fully is important," says Dr. Pescatore.