

DETROIT

NATIVE SUN

Gallbladder Health

By Ma'at Seba
SUN COLUMNIST



The gall bladder is a 3-4" long pear shaped organ located directly under the liver. The liver is the filter for the body which removes the poisons and toxins from the blood and then excretes those toxins into bile which helps to digest fats. The digestive bile fluid goes into the gallbladder and then is released first into the bile ducts, and then into the small intestine. Gallstones are formed when cholesterol and bile acids are present in an abnormal concentration. Gallstones are formed when cholesterol and bile acids are present in an abnormal concentration. Gall problems could also be associated with inflammation or a bacterial infection in the bile ducts and the gallbladder. It is believed that the significant rise in gallbladder issues in younger people (15-24yrs) is because of the high fat diets, obesity and diabetes in also fad diets because rapid weight loss can contribute to gallstones.

SOME CAUSES & RISK FACTORS IN DEVELOPING GALLSTONES

- Diabetes
- Ethnicity
- Females
- Overweight
- Hypothyroidism
- Low fiber diet
- Constipation
- Rapid weight loss
- Consuming alcohol
- Insulin resistance
- Chrones's disease
- Low & non-fat diets
- High triglycerides
- Family history of gall issues
- Rapid weight change
- Leaky Gut syndrome
- Low HDL cholesterol
- High HDL cholesterol
- Inflammatory bowel disease
- Food allergies
- 40 years and older
- Diet high in: saturated fats, processed & refined food and sugars, especially meats & dairy

DIETARY SUGGESTIONS

- Eat a diet of at least 75% raw fruits & vegetables
- Avoid: white sugar and products containing sugar, animal meats and fats, fried foods, margarines and or butter sub-

Celebrating healthcare professionals

(StatePoint) March is POP Month, a celebration of a vibrant and vital healthcare field of more than 15,000 professionals who make it possible for millions to overcome mobility challenges and improve their quality of life.

Children wearing back braces, veterans walking with artificial limbs and Paralympic athletes all likely receive care from a prosthetist, orthotist or pedorthist—or POP—professional. Certified POP professionals help nearly 6 million people in America with limb loss or limb difference move better. They create devices to restore independence for people of all ages while boosting confidence and well-being.

POP professionals are committed to helping people reach their mobility goals. They do it by designing devices, creating treatment plans, leading rehabilitation and working with insurance companies to ensure coverage.

POP is the 16th "Best Health Care Job" and 49th "Best Job" according to a "U.S. News & World Report" ranking of best jobs in 2025. Yet awareness of the profession is lower than for many other healthcare jobs. POP Month celebrates the

stutes, fats and unhealthy oils (vegetable and corn oils), dairy products, snack/junk foods

- Some herbs that are useful are: alfalfa, catnip, dandelion, ginger, barberry, fenel, milk thistle, wild yam, turmeric, spirulina, chamomile, aloe vera, Swedish bitters, burdock, echinacea, goldenseal, nettle, slippery elm, licorice, garlic, marshmallow, raspberry, Oregon grape, sage, chaparral

SYMPTOMS OF GALLBLADDER PROBLEMS

- Pain on the right side just below the rib cage
- Bouts of nausea and /or vomiting
- If fatty foods or greasy foods upset the stomach
- If there is frequent gas or bloating
- If there is burping frequently especially after eating fried or greasy foods
- If there is chronic constipation
- If there is a family history of gallstones or gallbladder removal
- If chronic indigestion is experienced or the frequent use of antacids are used
- If there is pain in the mid-center above the stomach

GALLBLADDER ATTACK SYMPTOMS

- Gas - nausea - vomiting - burping - moderate to severe pain under the right side of the rib cage - severe upper abdominal pain - pain that might radiate through to the back or to the right shoulder
- Attacks are often at night
- Pain will sometimes follow a meal with fatty or greasy foods
- The pain may worsen upon breathing deeply
- Attacks can last from 15 mins. to 15 hours
- If you are having a gallbladder attack it is suggested to immediately drink one tablespoon of apple cider vinegar in a glass of raw apple juice

There are several websites online that have a natural detoxification gallbladder flush recipe for the gallbladder usually consisting of items that you might already have in your home (apples or apple juice, Epsom Salts, virgin cold-pressed olive oil, fresh grapefruit or lemons). Many people have gotten great results from this flush which resulted in them avoiding gallbladder removal surgery. If you feel that you have gallbladder issues, do as much research as possible to better educate yourself on your condition and always seek medical advice from your health professional.

For more information, contact: Optimum Natural Distributors - 307 Industrial Pk. Dr., Belleville, MI. 48111, (800) 680-2429 Ext.1

profession and the many achievements of its professionals, who use expertise in medical care, art and engineering to improve mobility.

"POP professionals make a lasting difference in the lives of their patients," said Catherine Carter, executive director at the American Board for Certification in Orthotics, Prosthetics & Pedorthics (ABC), the credentialing organization for professionals in the field. "They help people return to everyday life and the activities they love. No matter the mobility challenge, POP professionals meet their patients where they are and help them move forward."

During POP Month in March, more than 30 organizations that have partnered with ABC will host educational activities, open houses and more. Check out POPMonth.org to learn more and follow along on social media.

Do You Have Experience with POP?

- Share Your Story: Is there a POP professional in your life who helped you or someone you care about move better? Highlight them on social media using the hashtag #POPmonth2025.

For Veggie Sake

By Melody Thompson
SUN COLUMNIST



Can you really be hooked on sugar?

If you're like most people in the U.S., you eat 19 teaspoons or more of added sugar a day. That adds up to 285 calories, which health experts say is way too much. How much sugar should you be

eating? According to the American heart Association, no more than 6 teaspoons daily for women. That's about 100 calories. Men should get a max of 9 teaspoons. That's about 150 calories.

Simple carbs are also found in fruits, veggies, and dairy products. But these have fiber and protein that slow the process. Syrup, soda, candy, and table sugar don't.

Sugar can hide in foods where you least expect it. Although they don't seem sweet, ketchup, barbecue sauce, and pasta sauce can have loads of sugar. So can reduced-fat salad dressings, bread, baked beans, and some flavored coffees. Get in the habit of reading labels. Starchy foods are complex carbs that the body breaks down into simple sugars. Eaten without better foods, starches can make blood sugar surge and crash like sugar. White rice and white flour do this. Highly refined starches like white bread, pretzels, crackers, and pasta are worst. However, you can re-train your taste buds.

You don't need sugar as much as you think you do. In fact, you can train your taste buds to enjoy things that aren't as sweet. Try cutting out one sweet food from your diet each week. For example, pass on dessert after dinner. Start putting

An annual exam can help older adults stay healthy

(StatePoint) One of the best ways to prioritize your vitality is with an annual health exam. That's especially true for older adults, who tend to have more health issues to manage, according to Dr. Grant Tarbox, national medical executive with Cigna Healthcare's Medicare business.

Annual exams can vary and go by different names, depending on your coverage. Generally, they are offered at no cost to you through Medicare or Medicare Advantage (MA) and there are a host of reasons to get one, Tarbox said, including the following:

Having a health care team leader. It's important to have a trusted advisor leading your health care team. That is the purpose of a primary care physician (PCP). A PCP knows your family and treatment histories and concerns. They play an important role keeping a broad view of all your care needs and can help you navigate them. By visiting your PCP at least annually, you maintain a critical relationship that will serve you well when you need it.

Putting a plan together. Your annual exam is the time to discuss which health screenings and immunizations could be important for you based on your age, gender, and medical and family history. These include such things as a flu shot, a mammogram, or a colorectal screening. Talk to your doctor about what preventive care activities are right for you and put together a plan to get them. Most are covered at no extra cost through Medicare or MA.

Addressing conditions before they worsen. Aging increases the risk of certain chronic illnesses such as hypertension, heart disease, diabetes and arthritis. Ignoring these conditions won't make them go away. Always tell your health care provider about any recent changes you are experiencing. Working with your provider

less sugar in your coffee or cereal. Over time, you will lose your need for that sugar taste.

You don't have to give up sweetness. Just get it from other sources. Try fresh berries or pureed fruit on oatmeal instead of sugar. Explore fruit that's dried, frozen, or canned (without too much added sugar). A glass of low-fat milk or low-sugar yogurt can help.

If you make small, simple changes to your diet, it's easy to keep them up. Start by eating more fruits and vegetables. Drink extra water. Check food labels, and pick those that don't have a lot of sugar. Cut out a little bit of sugar each week. After a few weeks, you'll be surprised at how little you miss it.

Eating protein is an easy way to curb sugar cravings. High-protein foods digest more slowly, keeping you feeling full for longer. Pick proteins like lean chicken, low-fat yogurt, eggs, nuts, or beans. Fiber helps fight a sugar itch in many ways. First, it keeps you full. High-fiber foods also give you more energy. Choose fruits, vegetables, and whole grains. Or smear some peanut butter on an apple for a protein/fiber combo.

Exercise can help wipe out those sugar cravings and change the way you eat in general. You start to feel better and want healthier foods. Do what you like, such as walking, riding your bike, or swimming. Start out slow, and work toward at least 30 minutes at a time, 5 days a week. Honey, brown sugar, and cane juice may sound healthy. But sugar is sugar. Whether it comes from bees or sugar cane, it can cause your blood sugar to rise. Honey and unrefined sugars are slightly higher in nutrients, but their calories still count.

For more information, ideas or questions contact us at forveggiesake@yahoo.com.

to proactively manage a chronic condition before it worsens helps you to maintain your independence and vitality.

Reviewing medications. If you take one or more medications, an annual exam is a good time to review them with your PCP. You may even want to take your prescriptions to your appointment. Are these medications effective? Are you taking them as prescribed? Are there any undesirable side effects? Are there potential harmful interactions, including with over-the-counter drugs? You also can secure your refills and maybe even shift to home delivery for convenience or to save money.

Making lifestyle adjustments. Even small changes can help you live longer and better. Talk honestly with your health care provider about your lifestyle. They may recommend changes, such as exercising, stopping smoking, or eating healthy.

Checking on your mental health. Your emotional health impacts your physical health. Depression doesn't have to be a part of aging. Let your health care provider know if you are feeling sad, anxious or hopeless. They may recommend increasing your social interaction. Additionally, treatments, such as talk therapy, medication or both, may be covered by Medicare or MA.

For more tips on how to make the most of your annual exam, visit <https://www.cigna.com/medicare/member-resources/#media-resources>.

If those aren't compelling enough reasons to get an annual health exam, then consider the fact that some Medicare Advantage plans will even pay you an incentive to ensure that you get one, said Tarbox. He added that you may also want to see your dentist and eye doctor annually to ensure whole body health. Those visits are among the extra benefits often covered by an MA plan, he said.