

DETROIT

NATIVE SUN

Have a healthy holiday

By Ma'at Seba
SUN COLUMNIST



The onset of Covid has had a major impact on people globally and two years later the world is still experiencing its impact. What is least talked about is that many that died from Covid had pre-existing health conditions. So the existing health of a person is a great factor on their ability to fight off illness and diseases as well as the strength of their immune system. One of the most important ways to boost the immune system is by monitoring the types and quality of foods that you eat.

The holidays are usually a time for lots of festivities and especially eating lots of food. Unfortunately, people have a tendency to overindulge in their eating which can result in indigestion, acid reflux, constipation, bloating, feeling tired and sleepy etc. Everyone loves a delicious meal but it shouldn't cause discomfort afterwards, so why not make this season a healthier one by making different food choices, you can start by:

- Incorporating a lot of high fiber foods - including raw fresh fruits and vegetables (including the skins), brown rice (instead of white rice), whole grains, bran and raisin muffins (instead of rolls and biscuits), a bowl of nuts and seeds (to snack on before the dinner) or adding barley, dried beans, etc.
- Try fish as the main meat of your meal which only takes a couple of hours to digest (followed by chicken or turkey), instead of beef which takes 2-4 days to digest, or pork which has parasites in it.
- Try new dishes from other cultures, or delicious vegan or vegetarian dishes and research the many Youtube/Facebook and Instagram influencers that show you step-by-step how to make healthy dishes).
- Use a vegetable stock, or smoked turkey instead of pork as a vegetable seasoning base. Using green pepper, onion, olive oil, sesame seed oil, sea salt and pepper and liquid smoke as the seasonings for any of your greens, beans or cabbage is an excellent substitute (most people think that meat will be in it!)
- Cook with healthy oils (flax, extra virgin cold pressed olive, coconut, walnut, peanuts, sunflower, etc.) instead of corn, canola and vegetable oils which are the most marketed but very unhealthy.
- Eat cheese-less dishes or substitute the cheese with nutritional yeast flakes, tapioca, veggie, or rice cheeses.

- Reduce the amount of sugar in the desserts or substitute it with a different kind of natural sugar (sukanat, raw cane, turbinado, molasses) or sweetener (agave, stevia, monkfruit). Also instead of having 3 or 4 different types of desserts, maybe only have one or two.

- Use "Kudzu" as a natural thickening agent instead of flour or corn starch. It's other benefits are that it has been used for centuries for suppressing alcohol cravings, lowering blood pressure, relieving headaches and has been used to treat alcoholism and gastrointestinal problems.
- Have some Moringa, peppermint and/or ginger tea and water with fresh lemon on hand for assisting in any stomach or digestion problems.

- Drink plenty of alkaline water (especially before the meal which will cut down on the amount of space in your stomach which will cause you to eat less). Also drink plenty of alkaline water 30 minutes after the meal to assist the body in its digestion and elimination process, and after consuming alcohol it helps to reduce hangovers.
- Take digestive enzymes, which breaks food down so that the nutrients from these foods to be easily absorbed into the bloodstream and carried throughout the body.

Some other helpful hints are to: take a natural fiber based colon cleanser formula with anti-parasite herbs in it a couple of days before and after your holiday dinner to assist avoid constipation and exercise regularly to help metabolize and break down the fat in the body.

Remember that food is your medicine! So before you eat ask yourself, is this for pleasure or healing? Is this the healthiest choice for me? Food for some people serves as an emotional pleaser, however the results usually end up with unwanted pounds and potential health challenges. When that is the case, monitor your mental/emotional triggers which unconsciously stimulate your old eating behavior patterns sparking cravings and addictions. Also, be conscious of the types of people that you are around and their habits, which might cause you to lapse into the old addictive habits that you are trying to break.

Eating for the holidays does not have to have unpleasant side effects; it is just a matter of choosing to make healthier choices. Create a plan of several alternatives of foods to eat that are satisfying and healthier, as well as discovering restaurants that serve ample choices of fruits, salads or vegetables. Have a Happy, Healthy and Safe Holiday Season!

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

What every woman should know about her sexual health at every age

(StatePoint) A woman's sexual and reproductive health needs evolve throughout her life. What's important at age 25 may look very different at 55. But are women talking about their experiences?

Mayne Pharma is committed to breaking stigmas and unabashedly encourages informed conversations. This framework guides women as they discuss and seek to understand their sexual and reproductive health needs throughout their lives.

20s and 30s: Building the Foundation: In these years, women should explore various contraception options and find the right fit for their lifestyle and family planning needs. Today's methods offer safe and effective choices, including both short-term and long-acting birth control solutions. A dialogue with one's healthcare provider can help women better understand the benefits.

Women should prioritize preventive care by performing breast self-examinations at home and by making regular visits with their primary care physician and gynecologist for screenings and further education. Open communication with healthcare providers is essential for addressing sexual health issues,

and to tailor treatments (if needed) that best fit a woman's health and lifestyle goals.

40s: Recognizing Change: For most women, their 40s is when they begin experiencing hormonal shifts due to the onset of perimenopause. Symptoms of perimenopause are wide-ranging and can include everything from irregular periods and low libido to changes in mood and even muscle and joint pain. Women should discuss their symptoms with their healthcare providers to understand what medical and non-medical interventions are best for them to help manage symptoms.

Despite the onset of perimenopause during this time, women must remain proactive about their reproductive health as they are fertile until menopause and may become pregnant. They should also continue with all recommended screenings and mammograms.

50s and Beyond: Navigating Menopause and Post-Menopausal Health: The average age of menopause in the United States, according to the National Institute on Aging, is 52. This stage often brings noticeable changes, such as hot flashes, sleep disturbances, and shifts in mood or sexual comfort that can affect daily life and overall well-being.

By Melody Thompson
SUN COLUMNIST



As Thanksgiving approaches this month's article focuses on how to prepare for vegetarian guest. Lately more and more people are beginning to follow a vegetarian diet. That means that there's a good chance that a vegetarian may be coming to your Thanksgiving dinner this month. If you're not a vegetarian, you may be wondering how to accommodate an herbivore while keeping your favorite foods on the table. With a few simple recipe tweaks, you'll be able to please both the meat and non-meat eaters without having to overhaul your entire menu.

Vegetable broth- When cooking recipes that call for chicken or beef stock, simply swap it for vegetable broth. Most of the flavors in both eat and veggie broths come from the spices anyway, so there won't be a big flavor change. A nice bonus is that it takes far less time to make a vegetable broth than a chicken or beef broth if you're preparing it from scratch.

Dairy- If your vegetarian guest also doesn't eat dairy, swap out the milk and butter for non-dairy replacements like soy milk, almond milk, coconut milk and dairy-free spreads.

Stuffing- Set some stuffing aside that hasn't actually been stuffed in the bird. To enhance the filling factor of your bread-based stuffing, you could add toasted nuts and dried fruit.

Dr. Kay Speaks: Train your brain for the life you desire

By Dr. Kay Vonne Cason Psy.D. LP
SPECIAL TO THE SUN



I am Dr. Kay, a psychologist and author who has been practicing for over 25 years. I have assisted thousands of people in re-wiring their brain so that they can live a more full-filling life.

Rewiring the brain is a powerful and life-changing process. It means changing the way your brain works by forming new habits, thoughts, and emotional patterns. This process is based on a scientific concept called *neuroplasticity*—a term that means the brain's ability to change, adapt, and form new connections throughout life.

Many people believe that we are stuck with the brain we were born with, or that we can't change once we become adults. But science now shows us that this simply isn't true. Your brain is like a garden: it grows and changes depending on what you plant, how you water it, and what you feed it. If you feed it negativity, stress, and fear, those patterns grow stronger. But if you begin to feed it positive thoughts, hope, and self-belief, you can literally change the structure of your brain.

Just as important, even if you rely on faith and prayer, whether you follow a religious path or consider yourself a spiritual Truth seeker, you must still do your part if you desire lasting change. The brain operates largely on autopilot, running the same habits and thought patterns that have been wired over time. To truly experience transformation, you need to install new mental programs. Rewiring your brain allows you to create those new patterns, empowering you to shape the life you truly desire. Here's how it works:

Inside your brain are billions of tiny cells called *neurons*. These neurons communicate with each other by sending signals along pathways. These pathways are like roads that your thoughts travel on. The more you think a certain thought or repeat a certain

Forget the meat! If your using meat as more of a garnish for certain dishes, like bacon bits etc., keep them on the side for guest to sprinkle on if they wish.

If you have a favorite meat-based dish that you just can't do without, just make sure to have enough well-rounded vegetarian dishes to satisfy all of your guest. If you already know that you will be expecting guest who are vegetarian, you could always ask your guests ahead of time what they will or will not eat. Many people who call themselves vegetarians have different guidelines when it comes to eating poultry, fish, dairy and eggs. Knowing what you can serve in advance will help make menu planning easier and you can rest assured knowing that everyone will enjoy your Thanksgiving feast!

Here's a guide to the types:

- Lacto-ovo-vegetarians eat plant-based foods, dairy products, and eggs, and exclude meat, poultry, and fish.
- Lacto-vegetarians eat plant-based foods and dairy products, and exclude meat, poultry, fish, and eggs.
- Ovo-vegetarians eat plant-based foods and eggs, and exclude meat, poultry, fish, and dairy products.
- Pesco-vegetarians eat a vegetarian diet but also include fish.
- Semi-vegetarians may eat dairy products or eggs, as well as a little fish and chicken, and generally exclude meat; also called partial vegetarians.
- Vegans eat plant-based foods only, excluding all foods of animal origin; also called strict vegetarians.

For more information, ideas or questions contact us at
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behavior, the stronger that pathway becomes. It's just like walking the same path in the grass every day—it gets more defined and easier to follow.

This is why habits, whether helpful or harmful, can feel automatic. If you've spent years thinking, *I'm not good enough*, your brain has built a strong pathway for that thought. But here's the good news: you can build new pathways by practicing new, healthier thoughts. With time and repetition, the old pathways fade and the new ones become stronger. This is what it means to rewire the brain.

Rewiring your brain can help you:

- Break free from negative thought loops
- Manage anxiety, depression, or self-doubt
- Build confidence and a more positive self-image
- Replace destructive habits with healthier ones
- Feel more calm, focused, and in control of your life

The process takes effort and consistency. You can rewire your brain through tools like mindfulness, journaling, visualization, affirmations, gratitude practices, therapy, and even by surrounding yourself with positive people. Every time you choose a new thought, you are sending your brain a message: *this is the new path we're taking*. Over time, your brain listens and adjusts. In conclusion, rewiring the brain is important because it gives us the power to change our lives from the inside out. It helps us move beyond fear, trauma, or limitation and into a life filled with possibility, healing, and joy. The science is clear: you are not stuck. Your brain can change—and so can your life.

Dr. Kay Vonne Cason is a practicing psychologist for over 25 years. Author of *"I Rewired My Brain: My Journey to Freedom," "Workbook 'I'm Rewiring My Brain: My Journey to Freedom,'* and *"Vibrational Shift: A Global Awakening to 5th Dimensional Consciousness."* All books are available on Amazon. YouTube: Dr. Kay Speaks TikTok: @drkayspeaks Website: DrKaySpeaks.com Email: Drkayspeaks@gmail.com. If you are interested in psychotherapy call (734)785-8128.