

DETROIT NATIVE SUN

UNITING & ENLIGHTENING THE COMMUNITY

www.DetroitNativeSunonline.com

It's time to go green!

By Ma'at Seba
SUN COLUMNIST



There is a lot of talk now about "Going Green" which usually is in the context of people becoming more aware of Mother Nature and taking care of her in a natural and holistic manner. Well the human body is no different; we need to become more aware of it and to begin living in a more holistic manner. We obtain our primary sustenance from the herbs, fruits and vegetables that we are consuming. The days of good old fashioned home cooked meals seem to be virtually gone. In today's fast paced society a growing number of people are consuming more fast foods and processed foods which leads to a host of health challenges. If that is your lifestyle, there are foods that will provide you with the nutrients that are

essential to your body functioning properly providing it with a rich amount of vitamins, nutrients and minerals. The foods listed below are commonly called "Green Foods" and can be consumed by themselves or in combination, especially in juiced form with other vegetables or fruits. Juicing has proven to improve overall health and in some cases it has reversed diseases such as cancer, it enhances the immune system and it is an excellent and proven to promote healthy weight loss.

Alfalfa - its roots can grow to well over 30 feet into the earth making it one of the most mineral enriched foods that there are. It contains a wide array of vitamins and minerals including: Vitamins K, B, C and A (Beta Carotene), calcium, magnesium, phosphorus, iron, potassium and it is one of the best natural sources for protein (containing 25%). Alfalfa an excellent source for people with vitamin deficiency and it is also known to reduce cholesterol and blood sugar levels, it relieves pain and stiffness of arthritis/bursitis, improves liver functions, it is a natural detoxifier, increases energy levels and reduces fatigue, aids in digestion and strengthens the immune system.

Barley Grass - contains trace amounts of vitamins B2, B3, B12, C and E. It is high in minerals that are responsible for the structural formation and metabolism in the body, it acts as a purifier, and it is known to have unique digestive enzymes not available in such high concentrations in other foods. It is also useful against ageing and degenerative illnesses, it strengthen all body tissues including those of the heart and arteries and the strong digestive properties of barley grass may enhance those with a sluggish liver, slow digestion and aids in protecting the inner lining of digestive tract.

Chlorella - is a single-celled water grown algae which contains large amounts of chlorophyll. It also contains trace minerals; all of the B vitamins, vitamins C and E, amino acids, carbohydrates and protein, and it is very high in RNA and DNA and has more vitamin B12 than liver. Chlorella contains pound for pound, the highest concentration of chlorophyll of any known plant. It also has been shown to be an excellent detoxifier of such heavy metals as cadmium, lead, mercury and copper. It is known to be very useful for allergies, arthritis, Arteriosclerosis, lowering blood pressure, gastritis, weight loss, Cancer, reducing cholesterol, constipation, hypertension, liver and bowel toxic-

ty, radiation sickness, skin conditions, ulcers and stimulates the production of interferon.

Chlorophyll - is known as the "blood" of plants, it is useful as an anti-inflammatory and an excellent purifier, as well as providing basic renewal. The anti-inflammatory part of chlorophyll, called Superoxide Dismutase, plays a vital role in reducing inflammations throughout the body. The purification attribute stops the growth of bacteria in wounds, eliminates odors of the body, reduces bad breath, and removes chemicals from your body through detoxification. The renewal and builder of blood is due to the similarity of chloro-

phyll to hemoglobin, which are virtually identical, with the exception of the central atom (Chlorophyll contains magnesium in the central atom, whereas Hemoglobin contains iron.) Kelp (also known as Bladderwrack) - a seaweed rich in B vitamins, minerals, cell salts and trace minerals and it is very high in iodine which makes it ben-

eficial for treating thyroid problems. It is also good for people with mineral deficiencies, it protects against the effects of radiation, is useful for hair loss, obesity, ulcers, it absorbs waste from the body fluids, binds with poison, and then carries them off to be excreted. It is a good antioxidant, diuretic, endocrine tonic, heart disease, rheumatism, arthritis and infectious diseases.

Moringa - has been used for medicinal purposes in many countries for various illnesses and diseases such as: diabetes, cholesterol, arthritis, prostate, fungus, thyroid, liver conditions, common cold, warts, HIV/AIDS, Herpes Simplex, nervous disorders, colitis, migraines/headaches, diarrhea, flatulence, asthma, psoriasis, intestinal worms, blood pressure, bronchitis, anemia, urinary disorders, colitis, painful joints, skin infections, diarrhea, ear and eye infections, lactation, hysteria, insect bites and much more. It is also anticancer, antibacterial, antifungal, antiviral and is the perfect survival food. Although its presence and benefits are not widely known in the United States, its popularity is growing quickly.

Spirulina - is an algae which is extremely high in protein (65%), it also contains all the essential amino acids, chlorophyll, vitamin B12, high levels of vitamin E, gamma linoleic acid (GLA), iron, calcium, magnesium, manganese, potassium, zinc and bioflavonoids, concentrated amount of linoleic acid which is an essential fatty acid that the body uses to produce anti-inflammatory agents. It is very beneficial for relieving the symptoms of conditions such as rheumatoid arthritis and diabetic neuropathy, building the immune system, certain liver disorders, ADHD, and asthma. Wheatgrass - Wheatgrass is one of the richest, most natural sources of chlorophyll, it contains approximately 25% of the recommended daily value of protein. These proteins are deposited more efficiently into the bloodstream and tissue, they are also essential in the building and repairing of tissues, and is an important building block for the bones, muscles, cartilage, and skin. Wheatgrass also contains enzymes which digest the toxins in the body; they also play vital roles in slowing the cell deterioration process thus slowing the aging process and it is excellent for healing boils, sores and diabetic skin ulcers.

For additional information, 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.



By Melody Thompson
SUN COLUMNIST



This month I want to introduce another super food that can be added to a healthy smoothie, the "Hemp Seed". Hemp seeds are the seeds of the hemp plant, *Cannabis sativa*. They are from the same species as cannabis (marijuana) but a different variety. However, they

contain only trace amounts of THC, the psychoactive compound in marijuana. Hemp seeds are exceptionally nutritious and rich in healthy fats, protein and various minerals. Technically a nut, hemp seeds are very nutritious. They have a mild, nutty flavor and are often referred to as hemp hearts.

They contain over 30% fat and are exceptionally rich in two essential fatty acids, linoleic acid (omega-6) and alpha-linolenic acid (omega-3). They also contain gamma-linolenic acid, which has been linked to several health benefits. Hemp seeds are a great protein source, as more than 25% of their total calories are from high-quality protein. That is considerably more than similar foods like chia seeds and flaxseeds whose calories are 16-18% protein. These seeds are also a great source of vitamin E and minerals, such as phosphorus, potassium, sodium, magnesium, sulfur, calcium, iron and zinc. They can be consumed raw, cooked or roasted. Hemp seed oil is also very healthy and has been used as a food and medicine

The DeMarco Project Speaks: Honor You

By Kim J. Clark
Aka Expanding Love



In last month's article we talked about the importance of self-care. The theme was, "You cannot give what you do not have." This is not to say you should not help a veteran/friend/your mate or co-worker who may need a helping hand through a rough patch. The point is, when you put self-care first in your life, you are positioning yourself to be of greater "healthy" support for those facing mental, physical and emotional challenges.

Be willing to ask yourself this question, "Do I expect someone else to make me happy?" If you hesitated at all, the answer is yes. So, for yourself, become committed to your well-being. Make a soul contract with yourself. On the days when you miss the mark, dust yourself off and recommit. The number one key is, don't quit your commitment to take care of you.

With that said, you may ask, "What exactly does self-care mean? According to Psych Central, "Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health." To view the full article go online to: <https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/>

When I shared the rough draft of this article with Jodi Luster, principal of Bellwether Network, and consultant to the DeMarco Project, she reminded me of another aspect of self-care. According to Jodi, a licensed social worker, "What is often missing from worldly definitions is the focus on the spiritual and emotional aspects of people. Emotions effect our mental state. However, emotions are important enough to have special attention of their own."

in China for at least 3,000 years! Let's get into some benefits of these magical seeds.

. Hemp Seeds

- Are Incredibly Nutritious
- May Reduce Your Risk of Heart Disease
- Seeds and Oil May Benefit Skin Disorders
- Hemp Seeds Are a Great Source of Plant-Based Protein
- Hemp Seeds May Reduce Symptoms of PMS and Menopause
- Whole Hemp Seeds May Aid Digestion

The Bottom Line

Though hemp seeds have only recently become popular in the West, they're a staple food in many societies and provide excellent nutritional value. They are very rich in healthy fats and several minerals.

However, hemp seed shells may contain trace amounts of THC (< 0.3%), the active compound in marijuana. People who have been dependent on cannabis may want to avoid hemp seeds in any form.

Overall, hemp seeds are incredibly healthy. They may be one of the few superfoods worthy of their reputation.

Strawberry Banana Hemp Seed Smoothie

3 cups strawberries

2 bananas

1 cup fresh coconut water

2 tbsp hemp

Ice as needed

Directions

Blend in your blender until smooth. Enjoy!

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

The condensed version, according to this writer is, one must address the whole being. Mind, body and spirit.

On numerous occasions, when this writer has shared with people, that the primary focus in my life at this time is self-care, typical responses from both women and men has been something to the effect of, "Yes, by all means, go shopping, get your hair and nails done... pamper yourself!" This is not at all, what I'm talking about.

Because of the extreme emotion pain and trauma experienced as a result of my son committing suicide, I am of the belief, the very best information I can offer readers is my healing steps. Practicing some form of self-care every day, has help me to move through the darkness, and move back into light, so to speak. As was shared in the last article, when you are feeling "low" call some who is positive. Someone who will hold the "high watch" for you and with you.

Develop a practice of "loving on yourself." Some examples include learning how to meditate; turn the television off and learn to become comfortable with the silence, take spiritual baths; journal- let your mind run free: join a faith based spiritual group or church; or begin an exercise program. These suggestions are provided to help clarify what is meant by "loving on yourself." Whatever you decide to do, this writer highly recommends sticking with the practice at least 30 to 90 days. Typically, new things are not comfortable and deserve to be fully investigated before moving on to something else.

We celebrate you in making the commitment to Honor You! With your commitment to taking care of yourself, we can work together to help others.

Kim is the mother of a veteran who loved his country and was willing to lay his life down for the freedoms he believed in. She is the Founder and CEO of The DeMarco Project, Non-profit organization. Her life's mission it to save veteran lives and improve the quality of life for traumatized military service persons. If you would like to support her in the work, donations are welcome. Visit the website www.TheDeMarcoProject.org.