

# DETROIT NATIVE SUN

UNITING &amp; ENLIGHTENING THE COMMUNITY

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## An apple a day keeps the doctor away

By Ma'at Seba  
SUN COLUMNIST



The apple and its many benefits are very ancient and are known throughout the world. Apples contain enzymes, iron, boron, minerals, trace minerals, pectin and are an excellent source of fiber. The product of the apple, which is credited with being one of the most powerful healing and cleansing elixirs, is raw, un-distilled Apple Cider Vinegar (or ACV). Apple Cider Vinegar is even traced back to the Egyptians as far as 3000 B.C. and is written about in the annals of history in other countries. ACV is known to have hundreds of uses such as a cleaning and deodorizing agent, body deodorant, healing tonic, disinfectant, germ and virus fighter, it kills bacteria and common mold, and it is used as a flavoring, pickling and marinade in cooking.

The health benefits of consuming raw ACV far out-weigh any other food source. Some of the more popular uses for ACV are: weight loss, acid reflux, joint pain, chronic fatigue, sinus problems (congestion and headaches), sore throats, mental alertness, high cholesterol, corns/calluses/warts, skin tonic, yeast and fungus infections, varicose veins, skin, breaking up mucus, problems, insect bites/stings, dry/thinning/itchy scalp, sore muscles, digestive problems, kidney/bladder/gallbladder problems, mucus, douches, constipation, burns and much more.

True ACV is raw, unfiltered and organic, that is cloudy and has a sediment called "mother". The clear distilled vinegar's found in the supermarkets have no health value and from a nutritional standpoint are worthless. The distillation process destroys and leaches out important and vital minerals and enzymes, which are necessary for the body to function properly and to maintain health such as:

1. Sodium - maintains proper water balance and blood pH and is needed for stomach, nerve and muscle function.
2. Iron - required for a healthy immune system, and energy production, important

## Are you at risk for Hepatitis C?

(StatePoint) Approximately 2.5 million people in the U.S. are living with chronic hepatitis C virus (HCV), according to the Centers for Disease Control and Prevention (CDC), and as many as 75 percent of people with the disease don't know they're infected. Untreated, HCV can lead to liver damage, cirrhosis and liver cancer. While these numbers may sound startling, there's good news, too.

Thanks to the recent development of direct-acting antiviral medications, treatment of HCV has evolved significantly to be shorter in duration, cause fewer side effects and have cure rates higher than 90 percent for those treated.

To encourage testing, treatment and wellness, the American Liver Foundation (ALF), the nation's largest patient advocacy organization for people living with liver disease, and Lincoln Financial Group are offering the following tips:

### Get Tested

HCV is called "the silent disease" because many with the virus show no symptoms. Therefore, testing -- often a simple blood test -- is important for higher risk populations, especially baby boomers. May, which is Hepatitis Awareness Month, is a great time to schedule it.

### Get Treated, Get Cured

If you test positive, your healthcare provider will suggest which medication treatment options are right for you based on your particular circumstances. Today's treatments typically involve eight to 12

for the oxygenation of red blood cells, and for the production of hemoglobin and myoglobin.

3. Copper - aids in the formation of hemoglobin, red blood cells and the formation of the bone, needed for healthy joints and nerves, is essential for the formation of collagen (a protein in the formation of bone, skin and connective tissues).

4. Magnesium - prevents the calcification of soft tissue, protects arterial linings, helps reduce and dissolve calcium phosphate kidney stones, reduces cholesterol levels, and aids in maintaining the body's proper pH balance and normal body temperature.

5. Trace minerals - minerals in trace amounts needed for the formation of blood and bone, the proper composition of body fluids, healthy nerve function regulation of muscle tone including the cardiovascular system muscles. Vitamins do not work without the aid of minerals.

6. Amino acids - the chemical building blocks that make up proteins (which are the necessary part of every living cell in the body, and make up the hair, many vital fluids, nails, glands, organs, tendons and ligaments).

7. Enzymes (digestive & metabolic) - protect the blood from waste materials, break down food for storage in the liver or muscles, help the blood to coagulate, assist in the removal of wastes from the liver, lungs, colon, skin and kidneys, assist in the construction of nerve cells, new muscle tissue, bone, skin and glandular tissue.

8. Potassium - is a vital mineral important for a healthy nervous system, in controlling the body's water balance, muscle tone and regulating cellular nutrition. Potassium deficiencies include poor muscle tone, weakness and fatigue, skin problems, edema, growth impairments, high cholesterol, low blood pressure, nerve problems and pre-mature aging.

The uses and benefits of ACV are so vast that it is almost hard to believe that a tablespoon a day in a glass of water can renew and rejuvenate your body, which will bring you great health, vitality and youthfulness.

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.

weeks of oral medication, and are well tolerated with few side effects.

"With continued improvements in detection and treatment, understanding your risk for HCV can save your life," says Tom Nealon, president and CEO of ALF. "We encourage those high-risk populations to get tested, so they can get treated and get cured."

### Pursue Liver Health and Wellness

Once you've received treatment, stay on the path to wellness. To protect your physical health, keep all your medical and lab appointments, see your physicians regularly, eat healthfully, pursue hobbies, exercise and avoid alcohol and recreational drugs. Getting the support you need to overcome these challenges helps the healing process. For resources, visit [liverfoundation.org](http://liverfoundation.org).

### Pursue Financial Well-Being

After treatment, it's important to recognize and overcome the financial challenges created by the disease. If you were denied life insurance in the past, consider speaking with a financial advisor to determine how to get affordable coverage. Some insurance providers have incorporated the most up to date HCV information into their underwriting approach, allowing for expanded eligibility and lower costs of coverage.

"Those with Hepatitis C are now more empowered to secure their financial futures," says Dr. John Greene, vice president and chief medical director at Lincoln Financial Group.

By Melody Thompson  
SUN COLUMNIST



As we continue our journey on smoothies that will help us to maintain a much healthier lifestyle, we want to address the myths of diabetes and fruit consumption.

The longstanding myth and general concern with a lot of diabetics is that because fruits contain high levels of natural occurring sugars, consuming fruits will inevitably make your blood glucose count go up.

In fact, most fruits have a medium to low glycemic index, which means that their sugars release slowly into your blood stream. Incorporating fruits into your diet can help lower the risks of developing health problems, including heart diseases, strokes, obesity and cancer.

For people with diabetes, it is even more important to consume healthy amounts of fruit and vegetables as the mentioned health problems can be more likely to affect them. There is no one-size fits all solutions when it comes to diet and diabetes but talking to your doctor or dietitian and forming a food plan that is wide and varied in natural fruits and vegetables can help transform your life. Almost every single fruit you can pick up from the grocery store contains natural sugar, but they also contain a high level of important minerals, vitamins and essential fibers that your body needs to thrive.

As a diabetic, your main focus will be on managing your blood glucose. Maintain-

## Eight tips to make the most of your doctor's visit

(StatePoint) Visits to the doctor can be very productive with a little preparatory work in advance of the appointment, say experts.

"For some people, visits to the doctor can be daunting or even scary, but there are steps you can take beforehand that will improve the experience, foster communication, and, in turn, improve health outcomes," says Barbara L. McAneny, M.D., president of the American Medical Association (AMA). "By being open and honest with your physician and by asking questions, you can play a key role in preventing the progression of chronic disease and in charting a healthier course."

Here are eight ways to get more from your next doctor's visit:

1. Know your history. A family health history can help your physician and other health care practitioners identify whether you're at a higher risk for particular conditions and diseases. With this information, they can make informed care decisions, from recommending particular treatments or diagnostics to helping you plan lifestyle changes that will help keep you well. Before your next visit, gather as much information as you can to share with your doctor.
2. Be honest. Your doctor will likely ask you about such health habits as alcohol, tobacco, and drug use as well as the amount of exercise you get. It is important to be honest and accurate when answering these questions. Ask your doctor if you use tobacco, drugs or alcohol, and need help quitting.
3. Make a list. Even if you are just going in for a regular check-up, make a list of the things you want to discuss during your visit

ing a healthy weight, as well as normal blood pressure is also of importance, while living with Diabetes. Fruits and vegetables all play a major role in keeping healthy levels of blood glucose, blood fats and blood pressure. In fact, some berries have been studied and proven to be of benefit to those with type 2 diabetes.

Fresh or frozen fruits are better than processed fruits straight from a can or jar, such as applesauce and canned fruit. Processed fruits also include dried fruit and fruit juices. People with diabetes should eat processed foods sparingly or avoid them completely. The body absorbs processed fruits more rapidly, leading to higher blood sugar levels.

### Berry Blast Smoothie

#### Ingredients:

- 1 cup frozen blueberries
- 1 cup frozen blackberries
- 1 cup frozen raspberries
- small handful frozen mango chunks
- 2 cups unsweetened, pure coconut water
- 3 kale leaves
- 2 TBS flax meal

#### Directions:

1. Place all ingredients into a high-powdered blender and blend until smooth.
2. Serve topped with some fresh berries (they will eventually sink and it's fun to scoop them out at the end... like finding hidden treasures!)

For more information, ideas or questions contact us at [forveggiesake@yahoo.com](mailto:forveggiesake@yahoo.com).

and bring it to your appointment. Topics may include symptoms you've experienced, ailments you've suffered and more.

4. Get screened. Ask your physician about needed health screenings based on your age, sex and other risk factors including family history. Healthfinder.gov is a good resource for finding recommended preventive services.

5. Learn your risk and take action. Talk with your doctor about your risk for developing type 2 diabetes. Before your appointment, you can take a free online self-screening test at [DolHavePrediabetes.org](http://DolHavePrediabetes.org) to learn whether you have prediabetes. During your visit, your

doctor will need to confirm a prediabetes diagnosis and can help you develop an individualized plan to prevent it from progressing to type 2 diabetes.

6. Get immunized. Please discuss with your physician the importance of vaccination. Many immunizations require boosters after time has passed. Make sure you are up-to-date on your immunizations.

7. Get help. Tell your doctor if you haven't been feeling like yourself and you think you might be suffering from depression.

8. Know your numbers. Track health data such as your height, weight, body mass index and blood pressure in order to share trends with your doctor and take action if needed. Visit [LowerYourHBP.org](http://LowerYourHBP.org) to learn about your blood pressure numbers and the life-altering risks of uncontrolled high blood pressure -- also known as hypertension -- and find a list of questions to ask your doctor to help get your blood pressure under control.

By being prepared with the right questions and information, you can make the most of your next doctor's visit.

