

DETROIT NATIVE SUN

Enlightening the Community

Natural remedies for arthritis

By Ma'at Seba
SUN COLUMNIST



Natural Remedies
for Arthritis

Arthritis is defined as joint inflammation and is actually referencing over a hundred types of rheumatic diseases that can cause stiffness, pain and swelling of the joints such as: Gout (symptoms typically occur in lower limbs and first target the big toes), Rheumatoid arthritis (typically affects the small finger joints, wrists, knees and toes, all joints of the body, however, are a potential target), Osteoarthritis (can affect any joint, but commonly occurs in the hips, knees, feet and spine), lupus, fibromyalgia, juvenile arthritis, bursitis and scleroderma.

Arthritis can affect both women and men of almost all age groups and of all races. However, women are three times more vulnerable to arthritis than men. About 80 percent of patients of Rheumatoid Arthritis are between the ages of 35 and 50 but 65 to 85 percent of patients with Osteoarthritis are over the age of 65.

Add to your diet: alkaline water, alkaline foods, fresh pineapple, brown rice, rye, black or tart red cherries, (fresh or juice), lecithin, olive oil, flax oil, calcium, Omega 3 oil, magnesium, multi-vitamin, B vitamin complex, copper, zinc, DMG, enzymes

Useful Herbs: Moringa, alfalfa, cayenne, garlic, chlorella, chlorophyll, apple cider vinegar (raw unfiltered), kelp, cats claw, nettle, noni, white willow, ginger, feverfew

Avoid These Trigger Foods: white potatoes, beef, tobacco, peppers, eggplant, hydro or partially hydrogenated oil, tomatoes, corn, pork, bacon, wheat, eggs, milk, coffee, white sugar, colas and soda pops, oranges and rye breads, the wrong fats in the diet (corn, vegetable and canola oils), milk, dairy, red meat, tobacco, all white sugar and products with white sugar in them, paprika, citrus fruits, salt and caffeine.

For Pain and Inflammation: Glucosamine, MSM, silica, bromelain, turmeric (curcumin), chondroitin (do not use if allergic to fish), shark cartilage, quercetin, SAMe, CoQ10, arnica, capsaicin, boswellia (frankincense), boron, yucca, soak in an Epsom salt bath and castor oil (and a castor oil pack)

Castor oil pack: To make a you will need several tablespoons of cold pressed castor oil, 2-3 pieces of flannel or white cotton (towel or T-shirt), a piece of plastic larger than the towel or flannel and a heating pad or hot water bottle. 1) Rub 1-2 tablespoons of castor oil onto the affected area for about 15 minutes, 2) pour two or more tablespoons (depending on the size of the affected area) of castor oil onto the flannel or cloth and place the flannel on the affected area, 3) cover the flannel with plastic (which holds the heat in) then cover the plastic with another towel, 4) place the heating pad over the area at the warmest tolerable temperature for about an hour. If using a hot water bottle, refill it as it begins to cool down, 5) general use is to use the pack for at least three consecutive nights, then skip three nights, until results are experienced or longer as needed.

Visit Loving Life Health Store for more information on colon cleansers call, (313) 861-1118 or stop by 15524 W. 7 Mile Rd, Detroit, MI. 48235, Mon-Fri, 10-7 and Sat. 10-6.

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Ebenezer Baptist Church in early 1900s

under the plan.

"Today was a landmark moment in our history as faith and science joined together to stand against this deadly plague attacking the Black Community," Debra Fraser-Howze, founder of the Choose Healthy Life Black Clergy Action Plan and advisor to two U.S. Presidents on HIV and AIDS from 1998 to 2003 said. "Together, with our partners at Quest Diagnostics, the United Way of New York City, and Resolve to Save Lives, we will work to ensure that our communities are informed, our voices are heard and our communities remain safe."

More than 50 black clergy leaders from across the country participated in a virtual discussion last month with scientific experts and the nation's top doctors including Fauci.

"We must work together with community leaders like those from the Black Church to provide accurate information, build trust and ensure a successful rollout of the COVID-19 vaccine," Dr. Nancy Messonnier said. "Today's dialogue with the Choose Healthy Life Black Clergy Leadership Council was a critical step in community outreach and engagement between the medical communities and local faith leaders."

Participants hope the collaboration will help put an end to skin tones being a pre-existing condition for receiving medical treatment.

"United Way of New York City participated in a powerful dialogue between leaders of the scientific and faith communities on the urgency of COVID-19 testing, prevention and vaccination," Sheena Wright, President and CEO of United Way of New York City, said. "Low income Black communities are being disproportionately devastated by COVID-19 and UWNYC is proud to partner with our nation's Black clergy to strengthen community-based efforts for increased COVID-19 public health education, awareness and testing."

Renewed faith in medicine is expected to spread throughout African American communities as clergymen offer prayers along with lifesaving information.

"(The) summit featured a critical exchange of ideas and emphasized the historic importance of the Black Church in fighting public health crises in the Black community," Rev. Calvin O. Butts said. "Following the methods deployed by Debra Fraser-Howze in the 1980s and 1990s, Black religious leaders are now taking the lead in providing testing and critical information to the Black community during the COVID-19 pandemic."

As information brightens black communities, healthcare injustices will start to fade. No longer will the color of one's skin be viewed as a pre-existing condition for receiving treatment.

"Judge a man not by the color of his skin, but by the content of his character," Dr. Martin Luther King, Jr. said.

By Melody Thompson
SUN COLUMNIST



Happy New Year!

Many of us are eager to say farewell to 2020, mostly, because it has been dominated by sickness in many cases death.

Last year also came with the reality check of a pandemic and its path of destruction. However, entering a new year does not guarantee positive change regarding the effects of a pandemic.

Here's one thing that we know regarding our health and how COVID-19 can affect those with underlying conditions. The media has reported that African Americans are the largest group affected by COVID-19. Meanwhile in African countries scientists are baffled as to why so few Africans have succumbed to the deadly COVID-19.

The United States to date have had 20.2 million cases and 348 thousand deaths. While Namibia has had zero cases. I'm not a scientist by any means, just taking an educated guess I'd say that the biggest reason is that Africans don't consume the abundance of sugar and processed foods that African Americans do. Obesity has been linked to impaired immune function

and we now know that obesity increases your risk of hospitalization and death from complications due to COVID-19.

Even before the pandemic of 2020, nearly half of all deaths in the United States are linked to having a poor diet. We are over consuming salt, processed meats, and sugary-sweetened beverages while we are under-consuming fruits, vegetables, nuts, whole grains, vegetable oils and fish. It's not easy, we have to fight daily to eat better, and to keep in mind that we are fighting a billion-dollar industry that wants to keep us sick. Unfortunately, its big business to eat unhealthily. African Americans are doing much better when it comes to being more aware of the foods that we consume. You're not alone in the struggle to eat right. Taking a moment to read the nutritional information on the foods you buy can help you understand how the ingredients will fit into a balanced daily diet. This is, in my opinion our most effective way to beat COVID-19.

I'm excited to announce that in the coming issues. I will be bringing awareness to the diet of African countries and some of the wonderful recipes that come from the motherland! Stay safe and continue the daily fight to eat better.

For more information, ideas or questions contact us at
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Four New Year's resolutions black women can make to improve heart health



(StatePoint) High blood pressure -- the leading risk factor for heart attack and stroke -- continues to disproportionately affect communities of color. Addressing this health inequity is especially important right now, as people with hypertension and serious heart conditions are at an increased risk for more severe outcomes if they acquire COVID-19.

According to the American Heart Association, the prevalence of high blood pressure among Black adults in the U.S. is among the highest in the world, with the prevalence of high blood pressure in Black women nearly 40 percent higher than white women in the U.S.

While many long-standing inequities and stressors produced by structural racism have created and continue to exacerbate these conditions, there are steps individuals can take to help improve their blood pressure right now. The New Year is a great opportunity to prioritize self-care and get started.

This is why the American Medical Association (AMA), the AMA Foundation, Association of Black Cardiologists, American Heart Association, Minority Health Institute and National Medical Association have launched the "Release the Pressure" campaign with ESSENCE. The campaign is aimed at partnering with Black women to help improve their heart health and be part of a movement for healthy blood pressure, with a shared goal of engaging more than 300,000 Black women.

As part of the campaign, the AMA and this coalition of national health care organizations encourages Black women to take a pledge to be part of a healthy blood pressure movement at [ReleaseThePressure.org](https://www.releasepressure.org). Specifically, the pledge encourages Black women to take the following four steps:

1. Set a blood pressure goal: Schedule an appointment with your physician or other health care professional, in-person or virtually, to work in partnership on understanding your blood pressure numbers and knowing your goal for optimal blood pressure.
2. Monitor blood pressure numbers at home: Once you learn your blood pressure numbers, take and keep regular records of your blood pressure.
3. Activate a personalized wellness plan: Identify specific goals for fitness and heart healthy eating and connect virtually with family members and friends from your "squad" to keep you on track.
4. Make regular check-ins with your "squad": Lean on your family and friends to help you achieve your heart health goals by checking in with them on a daily basis.

"Preventive care is vital to breaking the devastating impact of high blood pressure within the Black community, particularly during the ongoing COVID-19 pandemic," says Patrice A. Harris, M.D., MA, president of the AMA. "At the individual and family level, it starts with understanding blood pressure numbers and taking action to manage blood pressure."