

# DETROIT

# NATIVE SUN

## Herbs and their uses - A to Z part 2

## For Veggie's Sake

By Ma'at Seba  
SUN COLUMNIST



Herbs have been used throughout our history in all cultures to heal the body of practically every known illness. Herbs have very few side effects as opposed to the prescribed medicines. Keep this list to assist you in educating yourself on

some of the most commonly used medicinal herbs and their uses.

Blessed Thistle - is used to strengthen the heart, and is useful in all remedies for lung, kidney, and liver problems, also used as a brain food for stimulating the memory, used in remedies for menopause and for menstrual cramping and to stimulate blood flow to the mammary glands and increases the flow of milk.

Blue Cohosh - is used to regulate the menstrual flow. It is also used for suppressed menstruation. Native Americans used this herb during childbirth to ease the pain and difficulty that accompany birthing, as well as to induce labor. This herb should not be taken during pregnancy, and should be taken in very small amounts in conjunction with other herbs, such as Black Cohosh. Boneset - useful for treating severe fevers, as well as flu and catarrh conditions, is a decongestant, loosens phlegm, increases perspiration, calms the body, good for fever-induced aches and pains.

Borage - for treating bronchitis, rashes, and to increase mother's milk, useful as an eyewash, contains minerals and essential fatty acids needed for cardiovascular function and healthy skin and nails.

Boswellia - very useful for arthritis, gout, low back pain, fibromyalgia, and myositis, has anti-inflammatory, anti-arthritis, antibacterial and antifungal properties. Boneset - very good for loosening mucus and phlegm, acts as a decongestant, diuretic, laxative, it is useful for bronchitis, flu, colds and fever induced aches and pains.

Borage - used as an adrenal tonic and gland balancer, has valuable essential fatty acids and minerals needed for healthy skin and nails as well as cardiovascular function.

Burdock - used to treat skin diseases, boils, fevers, inflammations, hepatitis, swollen glands, some cancers, and fluid retention. It is an excellent blood purifier, restores liver and gallbladder function, good for indigestion, helps clear persistent teenage acne if taken for three to four weeks. Used with dandelion root for a very effective liver cleanser and stimulator.

Butchers Broom - very useful for circulation problems, varicose veins and vertigo, reduces inflammation and treating carpal tunnel syndrome, obesity and bladder and kidney problems.

Cascara Sagrada - acts as a colon cleanser and mild laxative, also useful in treating constipation, colon disorders and parasites.

Catnip - is effective alone or in herbal remedies for colds, flu, fevers, upset stomach, and insomnia. Particularly good

for children with upset stomachs in a very mild infusion.

Cats Claw - stimulates the immune system, cleanses the intestinal tract, useful in treating allergies, arthritis, ulcers, viral diseases (herpes, shingles) and it acts as an antioxidant and anti-inflammatory. Cayenne (pepper)- also called capsicum, is very effective added to liniments for all sorts of arthritis and muscle aches. Internally it benefits the heart and improves circulation, also used to normalize blood pressure. It will stop bleeding both externally and internally, making it excellent for use with ulcers, aids digestion, useful for arthritis, rheumatism, heart, kidneys, lungs, stomach and spleen.

Chamomile - for nerves and menstrual

cramps stimulates the appetite, good for stress and anxiety.

The tea is also useful for babies and small children with colds and stomach troubles, used to calm the body for inducing sleep in insomniac conditions, good wash for sore eyes and open sores. Do not take if you have ragweed allergies or with alcohol. Chaste tree (chaste berry or vitex) - helps regulate and normalize hormone levels and menstrual cycles, increases and improves breast milk,

good for PMS and menopause symptoms, relieves muscle cramps (do not use if pregnant).

Chickweed - a source of many B& C vitamins and various minerals is used for bronchitis, pleurisy, coughs, colds, and as a blood builder. Externally it is good for skin diseases, and the tea added to the bath is good for soothing skin irritations and rashes.

Cinnamon - warms the body, enhances digestion, helps metabolize fats, useful for diabetes, weight loss, yeast infections helps relieve nausea and diarrhea, aids with circulation (avoid using large amounts if pregnant)

Clove - has antiseptic, anti-parasitic, antifungal and anti-inflammatory properties, clove oil will stop a toothache when it is applied directly to the cavity, however, it is very strong and should be diluted with water or olive oil. It is very warm and stimulating to the system, and is very useful with people who have cold extremities. Cloves will promote sweating with fevers, colds, and flu, is often used in remedies for whooping cough, safe and effective for relieving vomiting during pregnancy.

Coltsfoot - used to treat respiratory problems, bronchitis, pneumonia, coughs, laryngitis, and is soothing to the throat, stomach and intestines, in old remedies it has been used as a soothing cough syrup when combined with horehound, ginger, and licorice root.

Comfrey - relieves pain and speeds the healing process from injuries and degeneration from rheumatoid arthritis, wounds and some skin conditions. A poultice of comfrey heals wounds, incisions, burns, sores, bed sores, bites, stings and bruises, a powerful remedy for coughs, ulcers, healing broken bones and sprains, and is used in treating asthma. Large amounts or dosages can cause liver damage, but there are no problems with using it externally. Used internally, it is best and safest to use a tea, rather than capsules.

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By Melody Thompson  
SUN COLUMNIST



If you're trying to cut down on your meat consumption, there are plenty of vegan products you can try. Burger King, White Castle, all have vegan "bleeding" burgers on the menu, for example. Supermarkets are now stocked with everything from

plant-based chicken to meatless meatballs, which look, cook, and taste like the animal-based product they're trying to emulate.

These products are undeniably better for the environment, and they're better for your health than the animal-based alternative. But if you're looking for something a little less processed and a little more whole-food based, there are also plenty of brands you can choose from. But first let's talk about what is the new fake meat made of?

Plant- and fungus-based substitutes are frequently made with soy (tofu, tempeh, and textured vegetable protein), but may also be made from wheat gluten as in seitan, pea protein as in the Beyond Burger, or mycoprotein as in Quorn.

Is veggie meat healthy?

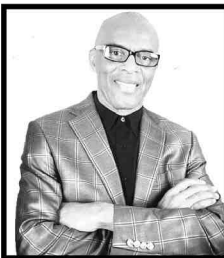
The answer is yes, according to new research funded by the U.S. National Institutes of Health. It found the imitation meats to be a good source of fiber, folate and iron while containing less saturated fat than ground beef. But the researchers said they also have less protein, zinc and vitamin B12 — and lots of salt.

Is plant-based meat processed?

Plant-based meats are highly processed products, foods that have undergone pro-

## Best exercise for daily workout

By Farid Zarif, PhD, ND, MPH  
SPECIAL TO THE SUN



The best way to get started with an exercise regimen is to think about what muscles you use in your daily activities. No worries about missing the other muscles, as you improve and strengthen yourself, your body

will scream for something more challenging. But exercising is about more than working these and other popularly understood muscles. Instead, it's important to incorporate various unpopular exercises into your regimen. So, that includes walking your pets, playing with your children, or moving to your favorite music.

The five exercises below are ones that you probably aren't doing but should be.

1. Cardio

Cardio (Cardiovascular) exercises include: movements that cause your heart rate to increase and gives you a temporary shortness of breath. "Cardiovascular exercise is any type of exercise that increases the work of the heart and lungs," says Tommy Boone, PhD, a founding member of the American Society of Exercise Physiologists. "Walking, jogging, and running are common forms of cardiovascular, or aerobic, exercise."

From running and walking, to swimming, elliptical cross-training, biking, Stairmaster, and rowing -- to name a few -- the physical benefits of cardio exercise abound, explains says Len Kravitz, PhD, senior exercise physiologist for IDEA Health and Fitness Association. They include: Reduced risk of heart disease Improved blood cholesterol and triglyceride levels, Improved heart function, Reduced risk of osteoporosis, and Improved muscle mass.

"The American College of Sports Medicine and the CDC recommend, for health,

cessing (frozen, canned, dried, baked pasteurized) and contain additives such as "a lot of extra sugar, salt, oil, and calories." Highly processed foods generally contain the big no-no's for a healthy diet including dextrose and maltose so choose carefully.

Does plant-based meat have chemicals in it?

Beyond Meat says it uses no genetically modified or artificially produced ingredients. The Impossible Burger is made with similar basic ingredients but it gets its protein largely from soy and potato, and it uses an iron-containing compound from soy called heme to enhance the burger's meaty flavor

Is plant-based meat healthier than real meat?

It is lower in calories if you're looking at calorie count alone, plant-based protein wins the fight against animal-based meat. In fact, The Impossible Whopper from Burger King is lower in calories, fat and cholesterol than your traditional Whopper. To help you choose the better ones, here are 5 of the top plant base products.

1. Gold & Green

This is the first vegan meat of its kind and focuses on creating plant-based foods that are easy, healthy, environmentally-friendly, and most importantly, delicious. Made from only five ingredients — oats, yellow peas, fava beans, cold-pressed canola oil, and salt — there are no hidden it has even more protein than beef. It also has fewer calories and less fat content than beef, and is a rich source of magnesium and beta-glucans. However this plant-based product is currently available only in supermarkets across the Netherlands and Finland. Next year, it will be available in selected U.S. restaurants and soon, potentially, in U.S. retailers too.

that adults should accumulate 30 minutes of moderate-intensity physical activity on most days of the week," says Kravitz. "And to improve cardiovascular endurance, they recommend 20 to 60 minutes on three to five days per week."

2. Squats.

Squats work the largest muscle groups in the body, which include: thighs, glutes and hips. They build these muscles at the same time they strengthen ligaments, tendons and bones throughout the lower body. A squat is performed with a bar braced behind the neck on the trapezius muscle. The exercise involves bending at the knee and lowering the upper body toward the ground. Improperly performing squats can result in injury.

3. Pull-ups.

Pull-ups are a compound exercise working a number of muscles in the back. They're classified as a closed chain exercise because your body has to overcome a fixed bar rather than manipulate a moving weight as in lat pulldowns. It's impossible to train for pull-ups so you just have to start doing them even if it's only possible to do one at the beginning.

4. Tricep extensions.

In the rush to build and define biceps, other arm muscles like the triceps tend to get ignored. Isolate exercises like the bicep curl do nothing for other muscles in the arm so it's important to diversify your arm workout to include tricep extensions. Tricep extensions are performed by grasping a dumbbell overhead and slowly lowering it behind the back.

5. Forearm reverse curl.

The forearm may not seem important but working the forearm helps create even definition across the arm so that your biceps don't get huge while the rest of your arm stays tiny. The reverse curl is performed with a barbell. Simply hold the barbell with palms down, shoulder width apart and lift it up until your forearms are vertical then return to the starting position.