

DETROIT

NATIVE SUN

For Veggie's Sake

Candida Albicans: The hidden culprit

By Ma'at Seba
SUN COLUMNIST



In today's fast paced society, stress levels are on the increase, while maintaining a healthy lifestyle is on a decrease. The days of a daily diet of fresh fruits and vegetables and nightly home-cooked are becoming a thing of the past. It has become commonplace to stop at a fast food restaurant for lunch and dinner, gas station or party store to pick up snacks, junk food and pop. Unfortunately this type of dietary lifestyle causes the body to become extremely acidic, which creates the perfect environment for excessive "Candida" or yeast growth.

Candida albicans, is a single-celled fungus that naturally exists in the body (in the mouth, throat, genital and intestinal tracts) and is a normal part of the bowel flora. It has many functions inside of the digestive tract, one of them is to recognize and destroy harmful bacteria. Without Candida albicans in the intestines, we would be defenseless against many pathogen bacteria. When your immune system is working properly, the amount of Candida in your body is kept in balance. When your immune system is compromised due to excessive stress, birth control pills, antibiotics, insufficient physical activity, not getting enough sleep or when other factors occur such as consuming unhealthy amounts of sugars and carbohydrates, the Candida can grow out of control and ultimately cause infection. In severe cases, Candida travels through the bloodstream invading the organs and causing a blood poisoning called Candida Septicemia. This usually occurs in serious illnesses such as AIDS or cancer.

The conventional medical community generally does not look for Candida to be the source of illnesses or disease so the symptoms are usually misdiagnosed. The symptoms of Candida are very vast and range from what is considered to be common to very severe. Some of the symptoms of Candida are: intense cravings for sugars, sweets and breads, feeling sick all over, have seen many physicians and have not found any cause, food allergies, frequent stomach pains and digestion problems, skin problems (skin infections, eczema, psoriasis, acne), foggy brain or trouble concentrating, PMS, constant tiredness and exhaustion, anxiety, sexual dysfunction, asthma, ADD, allergies, mood swings, Obsessive Compulsive Disorder (OCD), anger outbursts, irritability, headaches, itchy skin, sinus inflammation, Fibromyalgia, chemical sensitivities, Crohns, Autism, abdominal gas, headaches, migraines, excessive fatigue, crav-

ings for alcohol, vaginitis, rectal itching, diarrhea, constipation, jock itch, hyperactivity, earache, irritability, Endometriosis, slow sex drive, muscle weakness, learning difficulties, sensitivity to fragrances, cognitive impairment, thrush, athlete's foot, sore throat, indigestion, acid reflux, chronic pain, persistent cough, Leaky Gut, ringworm, fingernail and toenail fungus, Multiple Sclerosis, muscle and joint pain, clinical depression, repeated urinary tract infections, hormonal imbalances, migraines, digestive disturbances, Menopause, Lupus, chronic pain, Tourette's, rheumatoid arthritis and many more.

If you have experienced any of these symptoms there are several steps that you can take to begin to rid yourself of excess yeast:

1. Change your diet eliminating any foods that contain sugar and foods that metabolize into sugar or contain yeast (because Candida thrives on sugar and causes cravings for it): carbonated drinks, alcohol, junk food, breads, fast foods, dairy, aged cheeses, dried fruits, potatoes, sugars and sweeteners including honey, pickles, all gluten grains (barley, wheat, rye and oats), soy sauce, baked foods, chocolate, citrus fruits (oranges, lemons, limes, pineapple, tomatoes and grapefruit).
2. Develop an alkaline diet and lifestyle
3. Eat plain yogurt that is sugar and fruit free, acidophilus, bifidus, vegetables, fish and gluten-free grains (brown rice and millet)
4. Use Aloe vera, olive leaf extract, Pau d'Arco, clove tea, colloidal silver, garlic, CoQ10, Vitamin B complex, oregano oil, cayenne pepper and flax seed oil/
5. Begin a whole body detoxification through: bowl cleansing, parasite cleanse, liver, kidney and gallbladder cleanses, exercise especially if it promotes sweating.
6. Do not use oral contraceptives or corticosteroids. Avoid moldy and damp places which can make the symptoms of Candida worse.
7. There are several products available which can assist in a Candida cleanse, however the diet and consuming sugar in any form will hinder the process of eliminating Candida.

Because the symptoms of Candida are so vast, it might be a good idea to follow the above steps and if Candida is the hidden culprit, the symptoms should start to decrease within a short period of time, of course the more chronic conditions will take more time to resolve. This would best the simplest first choice rather than experiencing a more invasive, expensive and non-effective alternative.

For further information on any of the products listed or to purchase exclusively at: Optimum Natural Distributors, (800) 680-2429 Ext.1

By Melody Thompson
SUN COLUMNIST



In this month's issue I want to bring attention to the world's water crisis. Many of us are so used to having quality water, especially in Detroit. We take it for granted that the water that we've known all our lives is the same water. It's not, in fact it is changing rapidly, and we now have to seek better water choices outside of turning on the faucet. Our water crisis is being caused by overuse, increasing demand, pollution, poor management, lack of infrastructure, and changes in weather patterns due to global warming. I see many residents buying cases upon cases of water, and that has encouraged me to enlighten 5 worse and the 5 best waters to consume. All water is NOT created equally

TOP 5 WORSE

1. Nestlé Pure Life: Nestlé Pure Life bottled water doesn't come from reputable sources by any means. In fact, it comes directly from water used by local municipalities. Essentially due to its lack of treatment, you're better off drinking straight-up tap water. Out of all of the bottled waters out there, this one is the most lackluster and slightly hazardous.
2. Poland Spring Owned by Nestlé,
3. Dasani: Dasani had to remove its product from the U.K. due to too much bromate, a harmful chemical compound that heightens the risk of cancer.
4. Aquafina: PepsiCo is the major conglomerate behind Aquafina. PepsiCo admitted that Aquafina is nothing more than tap water, which is why they heavily emphasize the intense filtration process.

tion process. The Aquafina label lists PWS, which stands for Public Water Source.

5. Deer Park A Nestlé brand, TOP BEST

1. Fiji: Since 1996, Fiji has offered clean, rain-forest water to 60 countries. Sourced from an ancient artesian aquifer surrounded by dormant volcanoes, its purity is simply due to the fact that it's naturally filtered by volcanic rock. This allows the water to collect substantial amounts of electrolytes and minerals including silica, calcium, and magnesium, which enhance its effortless, pleasant taste. Some also view Fiji as luxury water.
2. Evian: Evian comes straight from nature without any enhancements or additives. In fact, this unadulterated water is sourced from a glacial plateau in the majestic French Alps that was formed almost 50,000 years ago! The filtration process leaves in naturally occurring electrolytes and minerals, with a pH of 7.2 When you drink Evian, it's a guarantee that you'll drink crisp, rejuvenating bottled water that hydrates your entire body quickly.
3. Icelandic Glacial: With a high pH level of 8.4, Icelandic Glacial is positioned as a special hydrating elixir filtered for 5,000 years through layers of lava rock, then sourced from one of the most immaculate ecosystems in Iceland.
4. Voss: Sourced from an aquifer beneath the earth, with minimal Total Dissolved Solids (TDS). If you're not in the mood for still water, you can opt for sparkling, adding vigor to your day.
5. Waiakea: This brand says its water is known as "purity in its ultimate form." The process to pump this water is intricate and starts in the bio-diverse forests of Hilo. On the eastern base of the Mauna Loa volcano is a deep well where the water from the snowmelt slowly filters through porous, volcanic rock.

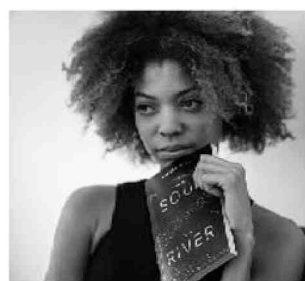
PLEASE share this information with FIVE WOMEN

This Information Can Save Your Life

Do Not Assume You know All of The Ramifications of Breast Cancer

Early Detection Can Saves Lives

From: Minister Gloria G. Lee, Host of The Women of Courage Show WHPS-TV 15.2 Comcast Detroit 90 Tuesday 9 to 10 am Thursday 10 to 11am - Radio 88.1FM Friday 3 to 4 pm and Sunday 8 to 9 am.



There are two books that you must read this year. These two books were written to save your life. One book is free and the other book costs \$14.95. The free book is entitled **Black Women and Breast Cancer**. You can download a copy of the free book at <https://touchedbythelight.us> The commercial book is entitled **The Prayer Jar**. You can only purchase **The Prayer Jar** at God's World 13533 W 7 Mile Rd, Detroit, MI. Again, these are two powerful books. Both books were written to save your life. If you do not want to find yourself dying leaving your young children behind to be abused fending for themselves, you will read these books. The most wretched person in the world is a motherless

child. Why should your child be one? The first book **Black Women and Breast Cancer** will give you all the information you need to get you to go in and get a mammogram today. You will learn the importance of early detection; you will learn what happened to women who ignored getting a mammogram and you will learn about what happened to their children when they died. No child should be left to live without their mother. The most important question you must ask yourself today is, "Do I want to live? If the answer is yes, you will make an appointment to get your mammogram. You need to answer this question. Your life and the destiny of your child depend on your answer. If you want to be a good mother, you will take care of their health so you can remain in your child's life? Much is contained in your answer. To live a better life, you must sit down and take a really good look at yourself. Not your neighbor next door or your husband or boyfriend. You must sit down and take a really good look at yourself and be honest and ask yourself what do I want and what do I need. Truth and honesty in life is a very important ingredient in living a fulfilling life. Now the second book, **The Prayer Jar**, is equally important because we all know prayer changes things. Years ago, my brother would tell this joke, there was a man who was in trouble. He was not a religious man, and he was not much of a sinner, but he did something stupid and got himself in trouble. He could find no way out of his trouble. Finally, the man said to himself I wonder if I pray would God help. I haven't prayed in years. The pain of his situation got so intense he finally decided to pray. The first thing he said to God was, Lord, I know I have not prayed in more than 30 years but if you help me this time, I guarantee you I will not wait 30 more years to pray to you again. Prayers help. Cancer does not care how old you are so help us get the word out that **earlier detection saves lives**. Download the booklet **Black Women and Breast Cancer** and purchase the book **The Prayer Jar** to help us in our mission. If you need prayer email us at murderedvoices@gmail.com. If you are fearful, email us. If you just want to talk, email us. You are not alone. We, the women of this country, are going to fight this disease until we win. If you do not have a god, find one, a god is good to have around when you are dealing with cancer. So do not fear. You are not alone. We broadcast on television and the radio four days a week to encourage you to fight for your life. Why not join us? Our shows are archived on the **Youtube channel Touched By The Light Publishing**. You can view our videos on breast cancer. Your life will be changed when you watch our videos and read the book, **Black and Breast Cancer Too Many Black Women Are Still Dying of Breast Cancer**. We need to be more aggressive in our fight. Please join with the **Women of Courage Show** to help save women from breast cancer by purchasing a book to raise awareness of this issue. We support ourselves by selling books. Our entire collection can be seen at www.touchedbythelight.us If you are not willing to fight for your life by getting a mammogram today I want you to go to youtube and watch the video, **Baby Elephant Separated From His Mom Cries For Help**. The baby elephant is screaming for his mother

No child should be left without his or her mother. Do not say you love your child if you are not willing to fight for your life. You also can go to www.nisv.info and download the pdf file **Black Women and Breast Cancer** and send the PDF file to 5 of your friends, family members, coworkers, or neighbors. With a little assistance you can help us fight this disease. For more information call 734 786 3233 leave a message we will get back with you When we work together, we win! Thank you, Minister Gloria Lee.

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