

DETROIT

NATIVE SUN

Have a healthy holiday!

For Veggie Sake

By Ma'at Seba
SUN COLUMNIST



The last year or so has been quite challenging with the onset of Covid and the major impact that it has had on people globally. What is least talked about is that many that died from Covid had pre-existing health conditions. So the existing health of a person is a great factor on their ability to fight off illness and diseases as well as the strength of their immune system. One of the most important ways to boost the immune system is by monitoring the type of foods that you eat.

The holidays are usually a time for lots of festivities and especially eating lots of food. Unfortunately, people have a tendency to overindulge in their eating which can result in indigestion, acid reflux, constipation, bloating, feeling tired and sleepy etc. Everyone loves a delicious meal but it shouldn't cause discomfort afterwards, so why not make this season a healthier one by making different food choices, start by:

- Incorporating a lot of high fiber foods - including raw fresh fruits and vegetables (including the skins), brown rice (instead of white rice), whole grains, bran and raisin muffins (instead of rolls and biscuits), a bowl of nuts and seeds (to snack on before the dinner), barley, dried beans, etc.
- Try fish as the main meat of your meal which only takes a couple of hours to digest (followed by chicken or turkey), instead of beef which takes 2-4 days to digest, or pork which has parasites in it.
- Try new dishes from other cultures, or delicious vegan or vegetarian dishes (there are many Youtube/Facebook influencers that show how to make healthy dishes like Tabitha Brown and Dr. Farid Zarif).
- Use a vegetable stock, or smoked turkey instead of pork as a vegetable seasoning base. Using green pepper, onion, olive oil, sesame seed oil, sea salt and pepper and liquid smoke as the seasonings for any of your greens, beans or cabbage is an excellent substitute (most people think that meat will be in it!)
- Cook with healthy oils (flax, extra virgin cold pressed olive, coconut, walnut, peanuts, sunflower, etc.) instead of corn, canola and vegetable oils.
- Eat cheese-less dishes or substitute the cheese with tapioca, veggie, or rice cheeses.
- Reduce the amount of sugar in the desserts or substitute with a different kind of natural sugar (sucanat, raw cane, turbinado) or sweetner (agave, stevia). Also instead of having 3 or 4 different types of desserts, maybe only have one or two.
- Use "Kudzu" as a natural thickening agent instead of flour or corn starch. It's other benefits are that it has been used for centuries for suppressing alcohol cravings, lowering blood pressure, relieving

headaches and has been used to treat alcoholism and gastrointestinal problems.

- Have some Peppermint and/or Ginger tea on hand for assisting in any stomach or digestion problems.
- Drink plenty of alkaline water (especially before the meal which will cut down on the amount of space in your stomach which will cause you to eat less). Also drink plenty of alkaline water 30 minutes after the meal to assist the body in its digestion and elimination process, also after consuming alcohol it helps to reduce hangovers.
- Take digestive enzymes, which breaks food down so that the nutrients from these foods to be easily absorbed into the bloodstream and carried throughout the



body.

Some other helpful hints are to: take some natural fiber based colon cleansers a couple of days before and after your holiday dinner, exercise regularly to help metabolize and break down the fat in the body and drink plenty of alkaline water.

Remember that food is your medicine! So before you eat ask yourself, is this for pleasure or healing? Is this the healthiest choice for me? Food for some people serves as an emotional pleaser, however the results usually end up with unwanted pounds. When that is the case, monitor your mental/emotional triggers which unconsciously stimulate your old eating behavior patterns sparking cravings and addictions. Also, be conscious of the types of people that you are around and their habits, which might cause you to lapse into the old addictive habits that you are trying to break.

Eating for the holidays does not have to have unpleasant side effects; it is just a matter of choosing to make healthier choices. Create a plan of several alternatives of foods to eat that are satisfying and healthier, as well as discovering restaurants that serve ample choices of fruits, salads or vegetables. Have a Happy, Healthy and Safe Holiday Season!

By Melody Thompson
SUN COLUMNIST



As Thanksgiving approaches, this month's article focuses on how to prepare for vegetarian guest. Lately more and more people are beginning to follow a vegetarian diet. That means that there's a good chance that a vegetarian may be coming to your Thanksgiving dinner this month. If you're not a vegetarian, you may be wondering how to accommodate an herbivore while keeping your favorite foods on the table. With a few simple recipe tweaks, you'll be able to please both the meat and non-meat eaters without having to overhaul your entire menu.

- Vegetable broth- When cooking recipes that call for chicken or beef stock, simply swap it for vegetable broth. Most of the flavors in both eat and veggie broths come from the spices anyway, so there won't be a big flavor change. A nice bonus is that it takes far less time to make a vegetable broth than a chicken or beef broth if you're preparing it from scratch.
- Dairy- If your vegetarian guest also doesn't eat dairy, swap out the milk and butter for non-dairy replacements like soy milk, almond milk, coconut milk and dairy-free spreads.
- Stuffing- Set some stuffing aside that hasn't actually been stuffed in the bird. To enhance the filling factor of your bread-based stuffing, you could add toasted nuts and dried fruit. Forget the meat! If your using meat as more of a garnish for certain dishes, like

bacon bits etc., keep them on the side for guest to sprinkle on if they wish.

If you have a favorite meat-based dish that you just can't do without, just make sure to have enough well-rounded vegetarian dishes to satisfy all of your guest. If you already know that you will be expecting guest who are vegetarian, you could always ask your guests ahead of time what they will or will not eat. Many people who call themselves vegetarians have different guidelines when it comes to eating poultry, fish, dairy and eggs. Knowing what you can serve in advance will help make menu planning easier and you can rest assured knowing that everyone will enjoy your Thanksgiving feast!

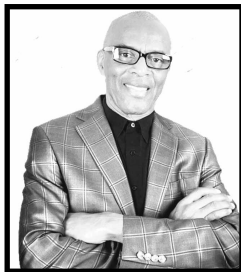
Here's a guide to the types:

- Lacto-ovo-vegetarians eat plant-based foods, dairy products, and eggs, and exclude meat, poultry, and fish.
- Lacto-vegetarians eat plant-based foods and dairy products, and exclude meat, poultry, fish, and eggs.
- Ovo-vegetarians eat plant-based foods and eggs, and exclude meat, poultry, fish, and dairy products.
- Pesco-vegetarians eat a vegetarian diet but also include fish.
- Semi-vegetarians may eat dairy products or eggs, as well as a little fish and chicken, and generally exclude meat; also called partial vegetarians.
- Vegans eat plant-based foods only, excluding all foods of animal origin; also called strict vegetarians.

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

Overcoming late night eating

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



Most people will have some experience of how eating late at night can affect sleep. A large meal late at night may mean lying awake as the body works hard trying to digest too much food. Too little and you feel hungry and unsatisfied and find it hard to sleep. Finding the right balance that will satisfy hunger and help you sleep, is a difficult balancing act. For some people the night is a dangerous time. They find it easy to control eating during the day but consume more during the evening and late at night. They may even wake up during the night and eat more...This night time 'binging' adds on the pounds and causes loss of sleep. Research has shown that obesity is linked to not having enough sleep. The hormones that regulate hunger are affected by sleep causing a craving for instant energy in the form of sugary high calorie foods on waking.

Social Pressures

Feeling tired after a restless night it is easy to skip breakfast. Rushing to work, taking the children to school or tackling other chores mean many people start the day with just a cup of coffee. The rest of the day may pass with little more than a sandwich. Many weight conscious people get through the day with little nutrition - willpower, more coffee and an occasional snack keep away hunger.

By the evening, willpower has diminished and hunger increased. With a long evening to face it is not surprising that food becomes the dominant interest. Socializing nearly always includes eating. Drinking causes late night hunger. Late night eating may mean eating anything and everything.

After a day and night of erratic eating it is not surprising that the body finds it hard to settle and sleep is affected. Combine this nutritional deficiency with an intake of alcohol and caffeine and you have the perfect recipe for a restless night. Come the morning and fatigue will mean either reaching for another donut for a 'quick fix' or avoiding food altogether.

Food and Sleep

Most people are aware of the stimulating effects of caffeine. Many have also experienced how alcohol affects sleep. Food can also affect the body's ability to sleep. Sugar also affects hormones. Levels of Adrenalin and Cortisol rise when blood sugar levels dip. These keep the mind stimulated and affect the body's ability to repair itself and protect against aging.

Women, Sleep and Serotonin

Many women will recognize the problem of Night Time Eating. Social pressures such as work, dieting, and looking after children means that they may not be eating the right food for sleep. Many women are deficient in Serotonin. Experts suggest a number of reasons for this: including the fact that women are slower to manufacture Serotonin than men.

Melatonin regulates the body's sleep/wake cycle. Without enough Serotonin the body is unable to make enough Melatonin which affects not only how you sleep, but how you feel.

Dr. Farid Zarif is a healthcare professional and highly sought leader in human nutrition science. He holds advance degrees in human nutrition science and naturopathy. He is a former instructor of patient standardization at Western University, School of Medicine. He is also a frequent national and community lecturer and authority on the effects of our human circadian rhythms. His research focus is on people of African descent and our role in family and community empowerment. His approach is designed to explore ideas from the past which can be used as contemporary tools for rebuilding families and communities.

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