

# DETROIT NATIVE SUN

UNITING &amp; ENLIGHTENING THE COMMUNITY

www.DetroitNativeSunonline.com

## Secret health weapons

By Ma'at Seba  
SUN COLUMNIST



There are so many products advertised in the media that claim to work miracles which makes it quite hard to know if it is a really effective product or not or just great marketing.

There are many products that are quite effective and multi-purposed in what they do which makes it a cost effective choice as well as cutting down on how many products that you need to achieve the desired health outcome. The products listed are not well known but are powerful secret health weapons:

**Harataki Fruit:** has a long history of use in Ayurveda, the traditional medicines of India, also called the "King of Medicine" by the traditional healers. Harataki is known to have antibacterial, anti-diabetic, antifungal, antiviral, anti-mutagenic, antioxidant, antiulcer, anti-inflammatory respiratory and wound healing properties. It also: acts as bowel and bladder tonic, eye wash, gargle, improves skin/hair, increases oxygen and more. It is rich in Vitamin C, used in treating and preventing mouth and sore throat illnesses, enhances brain function and much more. It is said to have some spiritual and metaphysical benefits such as helping to tap into a deeper level of mental and spiritual awareness and it is said to aid in opening the third eye.

**Optimum 4:** is a colloidal blend of powerful potent minerals which contains:

- 1) Platinum - DNA repair, promotes mental focus and concentration, improves memory, supports neurological and tissue regeneration, promotes lucid dreaming
- 2) Gold - improves mental and emotional states, increase libido, mental focus, has anti-bacterial, anti-fungal, anti-Candida proper-

ties.

- 3) Silver - used in ancient times to prevent spoilage of water, milk, food and wines. It is known that disease causing pathogens cannot survive around silver such as cancer, bacteria and viruses.
- 4) Copper - known to be very effective as an anti-inflammatory, promotes wound healing, supports cardiovascular health as well as the brain and the nervous system

**35% Hydrogen Peroxide (food grade):** is very effective for sanitizing, as a vegetable and meat soak, teeth whitener, a bath soak, mouthwash, treats mold and mildew, promotes seed germination, as a plant spray, it has anti-fungal properties as well. When used with extreme caution it has been used for fungal based issues such nail fungus, candida, MERSA and cancer.

**Soursop Leaves (Graviola or Paw Paw):** is a popular fruit native to Central and South America that grows up to 10-15 pounds and is enjoyed in beverages, smoothies and desserts. It is rich in antioxidant properties thus promoting general health. It has growing in popularity for its cancer fighting properties. Also known to have anti-parasitic properties, it helps treat coughs, lowers blood pressure, enhances wound healing, reduce inflammation and assists in promoting sleep.

**Optimum Liniment:** an ancient Chinese herbal blend liniment that is very effective for reducing pain, inflammation, swelling, bruising and sprains. This pain rub is so effective that it is common to reduce and even eliminate the pain and swelling within 2-5 minutes. It greatly benefits arthritis, bursitis, sports and work related injuries and accident injuries.

For further information on any of the products listed or to purchase exclusively at: Loving Life Health Store, 15224 W. 7 Mile Rd., Detroit, MI. 48235, (313) 861-1118. Mon-Fri. 10-7 pm, Sat. 10-6 pm.

## For Veggie Sake

By Melody Thompson  
SUN COLUMNIST



As another year came to a close, one of the things we want to leave behind is stress!

Stress is a normal and natural part of everyday life. Stress occurs when the demands placed upon us exceed our body's ability to cope. The body's response to

stress, often referred to as the "flight-or-fight" response, occurs automatically at these times. It's when stress becomes chronic, or on-going, that it can create problems. Stress hormones have other, not-so-obvious effects. They play a role in metabolism, inflammation, and immune system responses. So, when our body is continually stressed, that is, continually bombarded by high levels of cortisol and corticosterone, our digestive function can become impaired - leading to increased appetite and weight gain, our nervous system can be damaged - leading to anxiety or depression, and our immune system can be suppressed - leading to sickness or even autoimmune diseases.

So, while we don't want to "turn off" the stress response, we also don't want to remain in a state of continual stress. This is where "Holy Basil" comes in.

It is a potent herb and is one of the most sacred plants in India. In Hindu mythology Tulsi symbolizes the goddess Lakshmi, the wife of Vishnu, who is one of the religion's most important deities. The herb has been valued for centuries because of its benefits for the mind, body, and spirit. Holy basil possesses its greatest potential in the areas of stress relief and

relaxation and in the fast-paced world in which we live, we owe it a closer look. Holy Basil has also been used for thousands of years to treat colds, coughs, and the flu. promotes purity and lightness in the body, cleansing the respiratory tract of toxins, and relieving digestive gas and bloating.

As the name would imply, holy basil has spiritual as well as medicinal significance in Ayurveda

Other Health Benefits of Holy Basil

- Acne
- Asthma
- Fever
- Headache
- Heart disease
- Inflammation
- Kidney Stones
- Lung disorders
- Respiratory disorders

How to Use Holy Basil

Use holy basil freely in your cooking and in making freshly brewed tea. If you're making tea, simply cover 2 teaspoons of fresh holy basil with 1 cup of boiling water, and let it steep for about 5 minutes. Strain the leaves before drinking.

To benefit from the health-promoting effects, nibble on a few leaves every day. If you're taking holy basil for stress relief, try growing your own plant from seeds or cuttings (directions on how to grow your own plant are below).

You can also take holy basil in capsule or tablet form. Dosages will depend on your particular health concern. Talk to your health care practitioner to determine what dosage would be best for you.

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

## Tips for relieving joint pain in the New Year

(StatePoint) The health benefits of regular exercise are undeniable, and the U.S. Department of Health and Human Services recommends 30 minutes of exercise at

least five times per week. However, high-impact exercises like running and weight training can lead to joint pain, especially if you have a joint condition. The good news is that smart exercises with low impact can alleviate joint pain and deliver the same health benefits.

Here are a few tips to consider for a healthy start to 2020:

**Keep Moving**

Trying to protect your joints by not moving actually does more harm than good. Regular exercise can actually help joint pain and ease symptoms of chronic joint conditions, according to the Centers for Disease Control and Prevention. Just be sure to talk to your doctor about your exercise plan before you get started.

**Go Low Impact**

You don't need to put tremendous weight on your joints or jump up and down in order to break a sweat or elevate your heart rate. When you're already in pain, this type of exercise can actually make things worse. Instead, opt for high-quality, low-impact workouts.

There are now exercise machines available for home use that provide the same quality low-impact workout you'd get in physical therapy. Consider the Teeter FreeStep Recumbent Cross Trainer, a seated exercise machine that takes the weight off the joints while torching calories.

Unlike other recumbent machines which can be bad for the knees, the

FreeStep mimics a natural stepping motion that prevents knees from traveling over the toes, as well as stabilizes the back and hips. And you don't have to sacrifice work-

out quality - in fact, research shows that FreeStep users burn 17.4 percent more calories than when using a recumbent bike at the same level of effort. Beyond calorie burn, it also offers full-body resistance training, which is especially important, as weak

muscles can be a root cause of pain.

**Hydrate**

It may seem obvious, but ensuring that you drink the recommended daily intake of water is vital to reducing pain in your joints.

Proper hydration helps your body eliminate wastes and toxins that can lead to painful joint conditions. Plus, it helps to keep the joints lubricated and flexible, reducing friction and inflammation and helping to maintain healthy tissue.

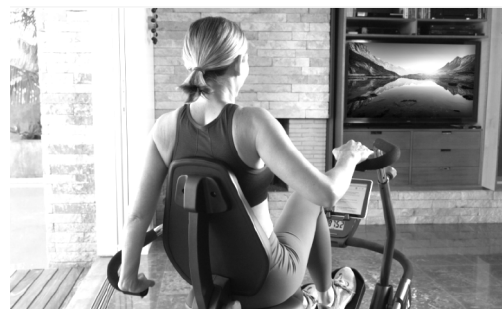
**Stretch Daily**

Stretching increases flexibility and range of motion, improves movement and function, reduces pain and stiffness and prevents further injury. Just remember to move slowly and keep it gentle.

At the very least, spend a good five to 10 minutes in the morning stretching your hamstrings, quadriceps, calf muscles and hip flexors.

For a free photo guide to "5 Daily Stretches to Relieve Knee & Joint Pain," plus a code for \$75 off the FreeStep (good through January 31, 2020), visit teeter.com/freestep-guide.

With the right exercises and maintenance program, you can improve your health and get a stronger body, without pain.



HURRY!

**BOOST YOUR BUSINESS**

Advertise with us

**313.457.5944**