

# DETROIT NATIVE SUN

Enlightening the Community

## Uterine fibroids

By Ma'at Seba  
SUN COLUMNIST



Uterine fibroids are typically benign (non-cancerous) growths which can form in the interior or exterior walls of the uterus. Fibroids are abnormal muscle cells which attach themselves to the uterus by

what is referred to as a stalk. They usually develop in about 20-30% of women and seem to be more prevalent in African-American women, and also seem to have a genetic link. They are influenced by fluctuations in the female hormones called estrogen and progesterone. An increase in estrogen production can be caused by pregnancy or because of being overweight.

Sometimes fibroids go undetected because they can have no symptoms until they are discovered during a pelvic exam. In other cases fibroids can have symptoms such as: increased vaginal discharge, heavy bleeding during/between periods, fatigue and weakness resulting from blood loss, painful intercourse, bleeding after intercourse, pain in the legs, back and/or pelvis, feelings of pressure on the bowels or bladder.

Depending on the position and severity of the fibroids, treatment could range from no treatment, to having to have surgery for their removal, to a hysterectomy. Because women with high levels of human growth hormones seem more prone to develop fibroids, it is suggested to avoid oral contraceptives, or avoid those with high estrogen levels. It is also suggested to avoid meats such as low quality chicken, turkey and beef because they can contain certain hormones which are given to them to make them grow faster and larger, thus affecting the hormone levels in the humans who ingest them. Look for the highest quality meats such as Amish meats, Kosher, Halal or meats from companies who state that the animal was free-range, grass-fed, hormone free or organic etc.

It is also important to detoxify the blood because fibroids are fed by the blood, so taking a detox tea or formula, or developing a body detoxification program is beneficial as well.

Some natural herbs supplements known to help with fibroids are: Black Cohosh - helps regulate estrogen levels, reduces estrogen levels when it is

high and stimulates its production when the levels are low, treats uterine bleeding and pain

Blackstrap Molasses (unsulphured) - is rich in nutrients such as: iron, manganese, copper, B6, magnesium, potassium, selenium, has antioxidant properties, and has been reported to reduce tumors. Take 1-2 tsp. In water daily.

Chasteberry (or Vitex) - helps normalize estrogen levels by stimulating progesterone production

Wild Yam - contains compounds similar to progesterone, relaxes muscle spasms and reduces inflammation. If used in cream form, it should be applied to soft tissue areas such as the outer thighs or the inner arm.

Cramp Bark - relieves muscle cramps, including uterine cramps

Dandelion - stimulates bile flow which helps decongest the liver, cleanses and detoxifies the blood and liver

Milk Thistle, Red Clover and Burdock - detoxifies the liver and blood thus improving its ability to remove excess estrogen

L- Arginine - an amino acid that retards the growth of tumors by enhancing the immune system

L-Lysine - an amino acid that aids in the production of hormones and also it is needed to balance the L-Arginine

Liquid Iron - to replace the iron lost if there is heavy or excessive menstrual bleeding which could lead to anemia

Vitamin B Complex - helps the liver to metabolize estrogen fore effectively

Vitamin C with bio-flavonoids - helps to strengthen the blood capillaries and to alleviate heavy menstrual bleeding

It is very important to watch the diet and eliminate fast/junk foods, fried foods, and dairy, avoid animal meats and proteins, products made with or containing white and refined sugars, saturated fats, hydrogenated fats (trans fats), refined carbohydrates, butters/margarines, breads and pastries and pop. Eat a diet mostly consisting of high fiber, organic fruits and vegetables, soy products (soy contains estrogen) preferable raw or juiced and alkaline water. Make sure the bowels are regular and exercise as frequently as possible because fat produces estrogen and so weight loss can also help to reduce estrogen levels.

There is an old and very effective recipe/remedy to dissolve fibroids available for purchase (under \$20), for further information, contact Loving Life Health Store (313) 861-1118.

By Melody Thompson  
SUN COLUMNIST



As we step confidently into another year of eating healthy, I want to share the importance and the proper way to wash our fruits and veggies. The risk of foodborne diseases has increased in recent years.

Washing produce is important to prevent foodborne illness and substantially reduce your exposure to pesticides. Washing your products before eating them can help to avoid ingesting pesticide or *E. coli* outbreak. Always wash them just before eating or cooking because washing them early can speed up the rate of spoiling. Almost no food is 100% free of pesticides, surprisingly, even organic produce may contain some pesticide residues. *There are very real risks for those exposed to pesticides!* A large body of evidence links exposure to pesticides to an elevated rate of chronic diseases including:

- Cancer and diabetes
- Neurodegenerative diseases such as Parkinson's, Alzheimer's, and ALS
- Birth defects and reproductive disorders

Asthma, COPD, and more

Many of the more severe cases often happen to agricultural workers who are exposed to pesticides on the job. This is one reason the average migrant farm worker in the U.S. is reported to live only to the age of 49.

## Tips to protect from the coronavirus

By Dr. James Robb, MD FCAP  
SPECIAL TO THE SUN

I was a professor of pathology at the University of California San Diego, I was one of the first molecular virologists in the world to work on coronaviruses (the 1970s). I was the first to demonstrate the number of genes the virus contained. Since then, I have kept up with the coronavirus field and its multiple clinical transfers into the human population (e.g., SARS, MERS), from different animal sources.

The current projections for its expansion in the US are only probable, due to continued insufficient worldwide data, but it is most likely to be widespread in the US by mid to late March and April.

Here is what I have done and the precautions that I take and will take. These are the same precautions I currently use during our influenza seasons, except for the mask and gloves.

- 1) NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.
- 2) Use ONLY your knuckle to touch light switches, elevator buttons, etc.. Lift the gasoline dispenser with a paper towel or use a disposable glove.
- 3) Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.
- 4) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
- 5) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
- 6) Keep a bottle of sanitizer available at each of your home's entrances. AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.
- 7) If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

What I have stocked in preparation for the pandemic spread to the US:

## For Veggie Sake

When buying farm produce, choose organic foods whenever you can because they are less contaminated with pesticides. Sometimes it might not be possible because of the prices. Some organic foods cost three times the normal price. Maybe you can't always choose organic produce. But you can make informed decisions about what fruits and vegetables are best to buy organic. Here's a helpful tool: The Environmental Working Group compiles a list every year of the most and least contaminated produce and updates it every year.

Here is their list of the most contaminated produce (most important to buy organic) known as the Dirty Dozen: Strawberries, Spinach, Nectarines, Apples, Grapes, Peaches, Cherries, Pears, Tomatoes, Celery, Kale, Potatoes.

And here is their list of the least contaminated produce known as the Clean 15: Avocados, Sweet corn, Pineapples, Cabbage, Onions, Sweet peas, frozen Papayas\* Asparagus, Broccoli, Eggplant, Honeydew Melon, Kiwi, Cantaloupe, Cauliflower, and Mushrooms.

Almost everyone washes their produce with cold running water. This method has proven to remove some pesticide residues. Scientists found that washing vegetables or fruits with running water removed nine of the 13 tested pesticides. That's not bad, however when washing your fruits and vegetables, making your own baking soda or salt solution (50/50 mixture) may be the best option.

For more information, ideas or questions contact us at [forveggiesake@yahoo.com](mailto:forveggiesake@yahoo.com).

1) Latex or nitrile latex disposable gloves for use when going shopping, using the gasoline pump, and all other outside activity when you come in contact with contaminated areas.

Note: This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! BUT all the surfaces where these droplets land are infectious for about a week on average - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon.

This virus only has cell receptors for lung cells (it only infects your lungs) The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

2) Stock up now with disposable surgical masks and use them to prevent you from touching your nose and/or mouth (We touch our nose/mouth 90X/day without knowing it!). This is the only way this virus can infect you - it is lung-specific. The mask will not prevent the virus in a direct sneeze from getting into your nose or mouth - it is only to keep you from touching your nose or mouth.

3) Stock up now with hand sanitizers and latex/nitrile gloves (get the appropriate sizes for your family). The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.

4) Stock up now with zinc lozenges. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand available, but there are other brands available.

I, as many others do, hope that this pandemic will be reasonably contained, BUT I personally do not think it will be. Humans have never seen this (edited: animal)-associated virus before and have no internal defense against it.

HURRY!

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