

DETROIT NATIVE SUN

Enlightening the Community

You can't afford to get sick!

By Ma'at Seba
SUN COLUMNIST



In light of the panic and fear surrounding the current Covid-19 virus outbreak, people are now becoming more concerned and dedicated to living a healthy lifestyle. They now realize that their health is their

wealth. The bottom line is that you can't afford to get sick! Maintaining a healthy lifestyle should not be looked upon as an expensive, time consuming chore. If that is your belief then think upon these 4 things: 1) anything worth having is worth working for, 2) you only invest in that that you think has value, 3) an ounce of prevention is worth a pound of cure, 4) you only get one body, so it is wise to take care of it. Being healthy is a choice. Each time that you eat a meal, you are choosing to eat something that you know is healthy or unhealthy for you. Every choice in life that you make comes with results or consequences. The consequences of unhealthy eating might not be obvious immediately, but you will begin to notice subtle signs (gas, bloating, sluggishness, constipation, headaches, sinus problems, aches and pains, fatigue etc.) Unfortunately, generally people do not notice or respond to the subtle signs, which could then allow acute or chronic illness and disease to begin to develop, and they are very susceptible to viruses because of a compromised immune system.

Taking responsibility for oneself is the first step towards a healthy body. This can be done in several ways:

1) Educate yourself about your body and its functions so that you can take preventative measures to ward off illness. If you are already ill, self-education will equip you to make knowledgeable decisions and choices about your healing process. Learn about herbs, vitamins, supplements, food and food preparation.

2) Eliminate the excuses that you make when it comes to changing your dietary habits and lifestyle, such as: "I'll start next week", "O.K. this is my last time",

"I don't have the time", "It costs too much", "I don't know how to cook that kind of food", "I'm too tired to exercise" etc.

3) Set realistic goals for yourself when making dietary and lifestyle changes. Change is a process not an overnight success. In most cases it is necessary to wean oneself away from certain foods, especially those that have addictive qualities (sugar, cheese, breads, pop, meats, candy, junk foods), but then learn about the healthy satisfying alternatives that you can eat.

4) Monitor your mental/emotional triggers, which unconsciously stimulate your old behavior patterns, cravings and addictions. Companies pay millions of dollars to marketing firms to incite, arouse and stimulate you to buy their burgers, candy, pop, chips, donuts, beer and liquor, pizza etc. 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.

5) Create a plan of alternatives of foods to eat that are satisfying and healthier, as well as discovering restaurants that serve ample choices of fruits, salads or vegetables. It is easy to become frustrated and give up when you are constantly told what you cannot have and what you should not do.

6) Empower yourself by developing a realistic attainable plan which includes: 1) your goals (i.e. losing 1 pound per week, making your lunch for work, walking/exercising daily), 2) listing your limitations or challenges (i.e. financial, physical, emotional, geographical etc.). Once you have listed your limitations, and then research what the alternatives are, relative and realistic to your life. Making an investment in our health sometimes requires a paradigm shift or a change in your perceptions. Time, energy and money spent on your health now will not have to be spent on prescriptions, doctor and hospital bills later. If you do not spend money to fill your kitchen cabinet, you will be spending it to fill your medicine cabinet.

For additional information, visit Loving Life Health Store at 15224 W. 7 Mile, Detroit, MI. 48235 Mon-Fri. 10-7 pm & Sat. 10 - 6 pm. Call (313)861-1118.

For Veggie Sake

By Melody Thompson
SUN COLUMNIST



In last month's issue, we talked about foods that could build your immune system. In this month's article, I want to share some habits that could hurt your immune system.

1. Not Socializing Enough. This can be a challenge to fix during a time where social distancing is highly promoted. There are other ways to socialize.

- Call family and friends that you haven't spoken to in a while to catch up
- E-mail/text when you're too busy for phone calls

2. Not Getting Enough Rest

- Most adults need between 7-9 hours of uninterrupted rest every night. If you're tired when you wake up in the morning, you're not getting enough sleep.

3. Having a Negative Attitude

- When negative thoughts creep in push them out and replace them with positive thoughts

4. Taking Too Many Antibiotics

- Take antibiotics only for bacterial infections, use them right away, and take the entire course. Don't use antibiotics pre-

ventively unless prescribed by your doctor, and don't save or share unfinished courses.

5. Holding Emotions In

- Don't keep what's bothering you bottled up. People with type D personalities those who keep their opinions and emotions hidden, have killer T cells that are less active than those found in more expressive peers.

6. Stressing Out Too Much

- Do more of the things that help you relax. Take a hot bath, run on the treadmill, take a relaxing yoga class, or bake a desert. The important thing is that you unwind and recover from stress, since it's often hard to avoid in the first place.

7. Not Having A Pen With You

- That's right, having your own supply of pens can keep you from picking up a virus.
- Take your own wherever you go, and use it instead of the doctors, the delivery guys or waiters.

8. Not Exercising Enough

- Try 30 min of aerobic exercise, a brisk walk counts to sweep white blood cells back into circulation, making your immune system run more smoothly.

9. Not Laughing Enough

- Watch some comedies, read some silly jokes sent by friends and family.

For more information, ideas or questions contact us at

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are prioritizing patients with COVID-19, prenatal and postpartum care is being limited, and visitation and labor support professional policies are changing to allow one or no people to accompany birthing people," Katie Shea Barrett, Executive Director of March for Moms said. "Most dire, Labor and Delivery units are being closed to make room for COVID-19 cases. During these uncertain times, we must continue to be strong advocates for the support and dignity of mothers. This moment presents us with an opportunity to be creative about how we approach meaningful policy change for the mothers and families who now, more than ever, need our support."

Added support is needed to ensure mothers are able to care for the 116 million babies that are expected to be born during the COVID-19 pandemic.

"Millions of mothers all over the world embarked on a journey of parenthood in the world as it was. They now must prepare to bring a life into the world as it has become - a world where expecting mothers are afraid to go to health centers for fear of getting infected, or missing out on emergency care due to strained health services and lockdowns," Henrietta Fore, UNICEF Executive Director said. "It is hard to imagine how much the coronavirus pandemic has recast motherhood."

March for Moms is asking lawmakers to increase access to and payment for telehealth during pregnancy and postpartum; expand midwifery-led models and birth centers; and to highly consider the welfare of families and women, when making tough policy decisions at the Federal, State and health system levels.

"We commend the members of Congress and administration for working swiftly and tirelessly to meet the incredible needs of families in this public health crisis," Barrett said. "We are particularly pleased to see the strong support for paid leave, Medicaid continuation for pregnant people, and the financial support for states to address families' needs locally. At the same time, many unmet needs remain for growing families in particular which must be addressed as quickly as possible. This is particularly urgent for families with low-wage workers, immigrants and women of color, who already face deep inequities in maternal health outcomes and unjust barriers to health and well-being."

To better protect the well-being of unborn babies and infants, UNICEF suggest pregnant and nursing mothers take the following precautions:

- Follow precautions to protect themselves from exposure to the virus, closely monitor themselves for symptoms of COVID-19 and seek advice from the nearest designated facility if they have concerns or experience symptoms;
- Take the same precautions to avoid COVID-19 infection as other people: practice physical distancing, avoid physical gatherings and use online health services;
- Seek medical care early in if they live in affected or at-risk areas and have fever, cough or difficulty breathing;
- Continue breastfeeding their baby even if they are infected or suspect being infected as the virus has not been found in samples of breast milk. Mothers with COVID-19 should wear a mask when feeding their baby; wash hands before and after touching the baby; and routinely clean and disinfect surfaces;
- Continue to hold the newborn and perform skin-to-skin care; Ask their midwife or doctor where they feel is the safest place to give birth and have a birth plan in place to reduce anxiety and to ensure they get to the place on time;
- Continue medical support, including routine immunizations, after the baby is born.

"This is a particularly poignant Mother's Day, as many families have been forced apart during the coronavirus pandemic," Fore said. "But it is also a time for unity, a time to bring everyone together in solidarity. We can help save lives by making sure that every pregnant mother receives the support she needs to give birth safely in the months to come."

Meanwhile, Johnson and his two young sons will spend Mother's Day remembering their loved one.

"Kera deserved better. My sons deserved better. Women all over this country deserve better," Johnson said. "No statistic can quantify what it's like to tell an 18-month old that his mother is never coming home. There's nothing I can do to bring Kera back, but I can work to make sure we send mothers home with their babies."

And, we should cherish the gift of life during and after the pandemic.

Soon, March for Moms will be calling on Congress to take action. For more information, visit www.marchformoms.org.

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