

# DETROIT NATIVE SUN

UNITING &amp; ENLIGHTENING THE COMMUNITY

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## Sea Moss

By Ma'at Seba  
SUN COLUMNIST



One of the best kept secrets and most powerful herbalist and healers in the recent history is Dr. Sebi (Alfredo Bowman), who met a suspicious untimely death in 2016. He passionately taught and lectured on the power of using herbs, eating raw foods, alkaline foods, alkaline water and removing mucus from the body to obtain optimum health and to eliminate diseases and illness. Dr. Sebi had made claims of curing thousands of people from diseases such as HIV, AIDS, many cancers, hypertension, cholesterol etc. and it drew the attention of the government. Charges were brought up against him by the Attorney General of New York for claiming to heal people of any disease and to the surprise of the court, Dr. Sebi through the testimonies and verified medical documentations of at least 70 people, PROVED that his healing methods did in fact cure, and because of that the charges against him were dropped.

One of the remedies that Dr. Sebi highly and regularly suggested was Sea Moss. During his lectures, noting that he was in his 80's, he would routinely drop to his knees and get up unaided proving the benefits of sea moss for healthy joints. Sea moss is an algae that typically grows in the Atlantic and when it is re-hydrated it has the feel and consistency of a gummy bear. It is packed with at least 92 minerals of the 102 minerals that are nec-

essary for the body to function at its optimum. The minerals contained within sea moss are called trace minerals which are the vital minerals that are depleted in the soil from which our food is grown. Some of the many benefits of sea moss are: has antioxidant and anti-inflammatory properties, enhances male potency, reduces mucus in the body, helps balance thyroid hormones, eases joint pain, helps control cravings, boosts metabolism, improves blood flow and the oxygen delivery to tissues, lowers blood pressure and more.

Sea moss is growing rapidly in popularity because of Dr. Sebi and as a result of this there are many companies that are now selling sea moss. Depending on the origin of the moss determines the purity, cleanliness (radiation free) and potency of the moss. The moss also can vary in color from purple, to a reddish to the most popular golden moss. Some moss is "pool raised" which generally is devoid of the nutrients and is packaged with a lot of salt on it and the moss is very limp in texture. The optimum moss is wild crafted (hand-picked) and ocean grown and volcanic. Volcanic sea moss is very firm when dried, very little salt is left on it and it is exceptionally nutrient rich. Sea moss is also being sold as a powder or in a pill form, however, consider that if the company does not list the origin of the moss on the label, that you could be buying a very inferior product because it is the cheapest option for the company.

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.

## Celebrate the spirit of Detroit at the 2019 Kidney Ball

DETROIT, MICH. — Join us and have fun while celebrating the city of Detroit and its constant spirit of renewal on Saturday, December 7 at the National Kidney Foundation of Michigan's (NKFM) 2019 Kidney Ball. Enjoy a gritty yet glamorous party, starting at 6 p.m. with a cocktail hour featuring champagne, an open bar, appetizers, plus beer and wine tastings. The 15th annual Kidney Ball will be held at the Detroit Marriott at the Renaissance Center, 400 Renaissance Drive. Enjoy holiday shopping along several hallways of over 250 eclectic silent auction items, including the popular Kids Auction Toy Room. Dinner at 7:30 p.m. is followed by a short program and an exciting live auction. This year's live auction features eight tickets for a Detroit Tigers vs. Cleveland Indians package in a special suite near the Cleveland dugout, plus ticket and hospitality packages for fans of the Tigers, Detroit Red Wings, U.S. Tennis Open, Super Bowl and the Final Four. Afterwards, top off your night by visiting the candy "bar" and dancing to the band, Your Generation in Concert.

The Kidney Ball is considered to be "the most fun black tie event in metro Detroit" and is attended annually by more than 400 business executives and community leaders. The National Kidney Foundation of Michigan expects to raise \$500,000 for its

many community programs and services that help the more than 1,000,000 Michigan residents living with chronic kidney disease, and the many more at risk.

"The Kidney Ball is a wonderful event for so many reasons," said Linda Smith-Wheelock, President and CEO of the National Kidney Foundation of Michigan. "We raise funds that enable us to care for the one million people in Michigan with chronic kidney disease. We also use funds to support lifestyle and health improvement programs, such as the Diabetes Prevention Program. And we have a great time every year!"

The 2019 Kidney Ball Co-Chairs are Duane McLean, Executive Vice President, Business Operations, Detroit Tigers; and John Magee, MD, Professor of Surgery, Section Head of Transplant Surgery, and

Director, University of Michigan Transplant Center. The Honorary Co-Chair is Scott LaRiche, Executive Manager and Vice President, Lou LaRiche Chevrolet.

The 2019 Kidney Ball is sponsored by Meijer, Adrian Steel, General RV Center, Morley, Michigan Medicine, VTC Insurance Group, Miller Coors, Greenfield Health Systems, Northwest Detroit Dialysis, and many others.

Tickets for the Kidney Ball can be purchased at [www.nkfm.org/kidneyball](http://www.nkfm.org/kidneyball) or by calling the NKFM at 800-482-1455.

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.

## For Veggie Sake

Forget the meat! If you're 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](mailto:forveggiesake@yahoo.com).

## Living with multiple sclerosis? What to know about vaccines

(StatePoint) Can a person with multiple sclerosis (MS) get regular vaccines? According to a new guideline, the answer is yes.

Multiple sclerosis is an autoimmune disease that can affect a person's brain, optic nerves and spinal cord. People with MS often experience muscle weakness and have trouble with balance and coordination. While in the past doctors have encouraged those with MS to avoid certain shots in order to prevent flare-ups, the newly published guideline, developed by the American Academy of Neurology (AAN), recommends vaccination, including yearly flu shots.

The guideline, recently published in "Neurology," the medical journal of the AAN, is endorsed by the Consortium of Multiple Sclerosis Centers and by the Multiple Sclerosis Association of America, and updates the 2002 AAN guideline on immunization and multiple sclerosis.

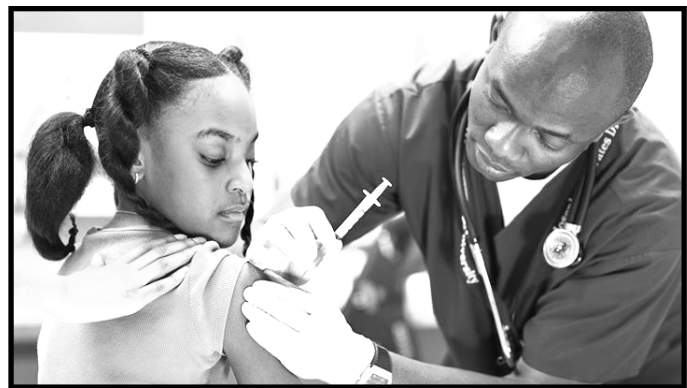
"We reviewed all of the available evidence and for people with MS, preventing infections through vaccine use is a key part of medical care," says guideline lead author, Dr. Mauricio F. Farez of the FLENI Institution and a member of the American Academy of Neurology. "People with MS should feel safe and comfortable getting their recommended vaccinations."

Here are a few additional items that those with MS should keep in mind before getting vaccinated, according to the new guideline:

- Make sure your neurologist or care team knows what MS medications you are using

before receiving vaccinations. There is some evidence that shows that certain vaccinations may not work as well with some MS medications.

- If you are experiencing an MS flare, consult your neurologist. You may want to consider waiting until the flare has passed before receiving vaccinations.



"After reviewing all the available evidence, we found that there is not enough information to say whether or not vaccinations trigger or

worsen MS flares," says Dr. Farez. "Still, experts urge their patients to hold off on scheduling their vaccinations if they are having an MS flare simply to avoid the potential for any complications."

- Some vaccines might not work well enough to prevent infection for some people with MS who take certain MS medications. However, it is recommended that people still work with their care team to maintain their regular recommended vaccinations, including the flu shot.

To learn more about MS, visit [BrainandLife.org](http://BrainandLife.org), home of the AAN's free patient and caregiver magazine focused on the intersection of neurologic disease and brain health, or follow Brain & Life on Facebook, Twitter and Instagram. For more information about the AAN, the world's largest association of neurologists and neuroscience professionals, visit [AAN.com](http://AAN.com).

If you have MS, talk to your neurologist about the latest guideline. Preventing infections through vaccines may now be a key part of your medical care.

HURRY!

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