

DETROIT

NATIVE SUN

Enlightening the Community

The emotional sources of disease

By Ma’at Seba
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Health and healing are achieved by a balanced combination of the spirit, mind and body, in that order. The body talks to us all the time, which is probably where the term “body language” comes from. Our reality is as a result of our thoughts; we draw from life what we think into it. Thoughts create a vibrational mold, which sets according to the nature, energy, emotion and intent of the thought (be it positive or negative). This mold manifests into our physical reality, evidenced by our body’s experiences as either health or illness.

The body mirrors our inner thoughts, beliefs and feelings not only by posture, frowns, smiles, sighing, but also by aches, pains, illness and dis-ease. When we are faced with situations in life that we have not, or refuse to acknowledge or resolve on the spiritual and mental levels, then the last step is through a physical challenge, which usually gets our attention. For example:

- 1) **Spiritual level** - you’ve been having a “feeling” that you should stop eating so much fast food, pizza, cheeses and greasy foods etc. You ignore those feelings and keep eating them anyway. (Smoking, drinking, drugs and anything else that you feel you should not do will also bring about a physical challenge etc.)
- 2) **Mental level** - Every time you buy or eat those foods, all the while you are thinking and telling yourself: “I know I don’t have any business eating this”, “After this time I won’t eat it anymore” etc. but you continue to eat those foods.
- 3) **Physical level** - You start to have stomach problems including gas, bloating, severe constipation, sinus problems and more.

The same process is applied to and used for emotional issues which are unresolved, for example:

- 1) **Spiritual level** - You are in a toxic relationship where there is arguing and fighting all the time. At the very start of the relationship you had “feelings” that this person probably was not the one for you, but you ignored those feelings.
- 2) **Mental level** - You begin to see signs or “red flags” that this relationship is not healthy. In your mind you make excuses for the person’s behaviors and rationalize away certain things while asking yourself “Why am I putting up with this?” “How did I get into this?”. Still you remain in the relationship while you lie to yourself that they will or might change, or that it will get better just as soon as-----.
- 3) **Physical level** - You start to have problems with your neck and throat, your upper back aches all the time and you pull a muscle in your arm.

Review the chart below and compare it with any physical challenges that you are having now, or have had in the past. Each body part represents an emotional issue, which is usually unresolved and you are angry or fearful of it. Also, if the left side of the body is effected generally the unresolved issue has to do with a woman/female/feminine energy (or yourself if you are a woman). If the right side of the body is effected the issue has to do with a man/male/masculine energy (or yourself if you are a man). Think about what was going on in your life at the time that the physical challenge happened. You will begin to see the correlation to an issue that was unresolved. Once you begin to identify, acknowledge, address and resolve the issue, the physical challenge will begin to heal itself and go away, unless the physical problem has gotten so severe that the body cannot return total normalcy.

- Head or face represents: what the world sees about you (acne, rashes)
- Hair represents: strength, stress & tension in the scalp, strangles the hair shafts resulting in hair loss- more women now have hair loss when they enter into the “business world”
- Ears: capacity to hear/listen to others or yourself (earaches in children are common, possible because they have to listen to a lack of harmony within the home)
- Eyes: capacity to see - unwillingness to look at a truth or oneself in the past, present and/or future (children wear glasses earlier - not willing to see goings on in the home?)
- Neck: the inability to be flexible in thinking or being stubborn about situations, unwillingness to see the other side of situations
- Throat: ability/inability to “speak up” for yourself, also represents the flow to the body - a stifled communication or frustrated creative flow could manifest as a sore throat or tonsillitis & thyroid problems
- Arms: ability/inability to embrace life’s experiences (upper arm represents .the capacity/ lower arm reps. ability to hold onto)
- Hands: ability/inability to hold on - open-handed, tightfisted, butterfingers, penny pincher (arthritis, carpal tunnel)
- Back: support system, problems usually from feelings of being unsupported Upper back = lack of emotional support by a mate, friend, lover, boss. Middle back = guilt or feeling like being “stabbed in the back”. Lower back = financial worries
- Lungs: capacity to take in & give out (life/life’s problems) = asthma, pneumonia, other breathing/lung problems
- Breasts: mothering “over mothering” a person, things or an experience, not being mothers or nurtured = breast cancer usually caused by anger, deep resentment
- Heart: love, blood, joy, when we deny the self love & joy, the heart shrivels and becomes cold, blood flow gets sluggish, leading towards anemia, angina, heart attacks
- Knees: like the neck reflects flexibility/ inflexibility, unwillingness to move forward, unbending in pride or ego or to change
- Accidents: expressions of anger, rebellion against authority, anger at self, feelings of guilt needing punishment, cry for sympathy or attention (cuts, burns, car, falls etc.)
- Stomach: where we digest (or refuse to) all new ideas and experiences
- Genitals: how we feel about our femininity or masculinity. Problems stem from anger, guilt or feelings of discomfort regarding our sexuality (from rape. molestation, STD’s)
- Arthritis: criticism of self or others, unwillingness to let go, perfectionism
- Colon: constipation = lack of trust of having enough / diarrhea = fear of holding on to
- Strokes: negative thinking, stopping of joy, forcing change of direction
- Overweight: needing protection, insecurity
- Tumors: tormenting old hurts, not allowing healing
- *There are many more on this list, however space would not allow
- Learning to dissect the root cause of a physical challenge might take some patience, and deep analyzing. However, an honest analysis of the issues that you may not be addressing could be the very thing that will assure you a life of health and happiness. Remember, where you thoughts go, your body follows!

Visit Loving Life Health Store for more information on colon cleansers call, (313) 861-1118 or stop by 15524 W. 7 Mile Rd, Detroit, MI. 48235, Mon-Fri, 10-7 and Sat. 10-6.

For Veggies Sake

By Melody Thompson
SUN COLUMNIST



Happy October “For Veggies Sake” readers. Tis the season for the pumpkin, so it’s only fitting to put the mighty pumpkin in the spotlight for this month.

The pumpkin itself (not to be confused with artificial pumpkin spice flavoring) is actually one of the healthier foods of the season.

Here are six reasons it’s OK to be totally obsessed with this season’s super food.

1. **Feel Fuller**
Pumpkin seeds pack about 1.7 grams of dietary fiber per ounce, while mashed pumpkin has only 50 calories per cup and 3 grams of fiber. Fiber is instrumental in making you feel fuller.
2. **Boost Vision**
A cup of cubed pumpkin contains almost twice the recommended daily intake of vitamin A, which promotes good vision, especially in dim light, according to the National Institutes of Health. It has also been found to slow the decline of retinal function in those with retinitis pigmentosa, a degenerative eye disease that can lead to blindness. Bonus: Vitamin A also helps form and maintain healthy skin, teeth and bones.
3. **Lower Blood Pressure**
Pumpkin seed oil is full of phytoestrogens, which research shows are beneficial for preventing hypertension. When researchers fed rats a diet supplement with the oil, they found that it helped lower both systolic and diastolic blood pressure in just 12 weeks.
4. **Sleep Better**
Pumpkin seeds are rich in tryptophan, the amino acid that contributes to post-Thanksgiving dinner sleepiness. Tryptophan is also responsible for helping the body make serotonin, the feel-good neurotransmitter that helps you relax and unwind. Not only do pumpkin seeds promote

- better sleep, the serotonin will improve your mood
5. **Protect Your Package**
Pumpkins — especially the seeds — are rich in beta-carotene and other antioxidants with cancer protective properties. And pumpkin seeds could be especially healthy for men. Researchers in Taiwan found pumpkin seed oil blocked unhealthy prostate growth in male rats. A quarter cup of the seeds also contains about 2.75 mg of zinc (about 17 percent of the recommended daily intake for adults), which contributes to male sexual health. When young men in a Wayne State University study restricted their dietary zinc intake, they had significantly lower levels of testosterone after 20 weeks.
 6. **Have a Healthier Heart**
All that fiber can also help protect your ticker, research shows. One Harvard study of over 40,000 male health professionals found that those who ate a diet high in fiber had a 40 percent lower risk of coronary heart disease, compared to those who ate a diet low in fiber. A more recent study by Swedish researchers found that women who ate a diet high in fiber had a 25 percent lower risk of heart disease compared with women who ate a low fiber diet. Men benefitted less, likely because they’re more likely to get their fiber from breads, while women are more likely to get their fiber from healthier sources, like fruits and vegetables.
- The means pumpkin-laced desserts won’t quite cut it. For a healthier way to add pumpkin into your diet, adding pumpkin chunks to a roasted vegetable medley, or sprinkling pumpkin seeds on top of your salad. Feeling even more creative? Try pumpkin puree in place of nut butters as a spread. And for an energizing morning smoothie, blend a high-quality protein powder with coconut milk, chia seeds, pureed pumpkin and pumpkin pie spice. Happy fall indeed!
- For more information, ideas or questions contact us at forveggiesake@yahoo.com

Shop smart this October to benefit breast cancer patients

StatePoint) It is not always easy to tell how your charitable dollars are going to be used, especially during National Breast Cancer Awareness Month.

Honored every October, this is a time of year when many companies use pink logos on product packaging to symbolize support for breast cancer-related charities. Unfortunately, these symbols are not always backed by a promise that proceeds will directly support research or those living with breast cancer.

In the case of Susan G. Komen and its Live Pink program, the organization works closely with all its partners to ensure program details are transparent to consumers. And this year, 18 companies are donating a percentage of the proceeds from the sale of select products to Komen. As many consumers are doing much of their shopping online these days, Komen has created a site that makes it easy and safe to shop for a cause. Visit livepink.org to shop and learn more.

“It just takes a moment to get involved and make a difference in the fight against breast cancer,” says Sarah Rosales, vice president of Corporate Partnerships, Susan G. Komen. “We’re honored to have so many partners giving consumers an opportunity to support breast cancer patients and fund lifesaving research.”



- Want to ensure you are making the biggest impact possible? Before making any purchase you assume benefits the fight against breast cancer, Susan G. Komen recommends asking the following questions:
1. Who is the program supporting? Is it clear what charity is benefiting from the program? Susan G. Komen, for example, requires all of its partners to clearly state that their program benefits the organization. In many cases, they will include Komen’s iconic logo on their packaging.
 2. How will the charity use the donation? It should be clear where the proceeds go. Look for programs that support organizations which take a 360-degree approach to fighting the disease by funding breakthrough research, supporting compassionate public policy and providing patient support.
 3. How is the program structured? Transparency is key. Is the company clearly stating how the money is raised and how much will be going to charity? For example, if it’s a donation per purchase structure, ask how much of the purchase price benefits the charity. Is there is a minimum or maximum contribution? Is it a flat donation regardless of sale?
- By shopping savvy this National Breast Cancer Awareness Month, you can ensure your purchases are making the biggest impact possible.