

DETROIT

NATIVE SUN

Sea Moss - The best kept secret

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 most popular 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 coastal areas 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 essential 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, hair growth, skin health and much 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: 1) Green - has the highest chlorophyll of all the sea mosses and is a rich source of vitamins, antioxidants, and said to cleanse the blood. It is also dried in darker environments to preserve the color and nutrients. 2) Purple - is higher in antioxidant properties than of the other mosses, it is harvested on rocks in the ocean in deeper levels and is also dried in darker environments. 3) Red - has the same properties as the purple but it is dried with more exposure to the sun. 4) Gold - it contains phytonutrients like iron, phosphorous, zinc, and magnesium: it is the most popular sea moss and the most available however (it also is the easiest to buy the poorest quality) and it has the longest exposure to the sun thus basically bleaching the 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 and the cheapest, dirtiest and the poorest quality moss comes from Vietnam, China, Singapore or Japan. The optimum moss is wild crafted (hand-picked) and ocean grown is very firm when dried, very little salt is left on it and it is exceptionally nutrient rich and is harvested in clean waters such as the Caribbean Islands and Jamaica. Sea moss is also being sold as a powder or in 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. The most popular form of sea moss is sea moss gel which is the moss soaked, rehydrated and blended with water or juices. There are many companies and individuals selling the moss online, however, care should be taken because the quality of the moss might be cheap and some people are making the moss out of their homes so there is no assurance of cleanliness in the area that it is made in. It is best to buy our moss gel from a reputable company that meets state regulations and quality assurance standards.

For more information and to purchase the finest quality Sea Moss, contact: Optimum Natural Distributors - 307 Industrial Pk. Dr., Belleville, MI. 48111, (800) 680-2429 Ext.1

For Veggie Sake

By Melody Thompson
SUN COLUMNIST

This month we continue the healthy benefits of smoothies by adding the super food, flaxseed.



They're absolutely packed with fiber, omega-3 fatty acids, B vitamins, antioxidants, and cancer-fighting lignans. Some call it one of the most powerful plant foods on the planet. There's some

evidence it may help reduce your risk of heart disease, cancer, stroke and diabetes. That's quite a tall order for a tiny seed that's been around for centuries.

Cancer

Recent studies have suggested that flaxseed may have a protective effect against breast cancer, prostate cancer, and colon cancer. At least two of the components in flaxseed seem to contribute.

The lignans in flaxseed may provide some protection against cancers that are sensitive to hormones without interfering with the breast cancer drug tamoxifen. Lignans may help protect against cancer by blocking enzymes that are involved in hormone metabolism and interfering with the growth and spread of tumor cells.

Some of the other components in flaxseed also have antioxidant properties, which may contribute to protection against cancer and heart disease.

How Much Do You Need? The health benefits noted in the studies above were observed with just 1 tablespoon (10 grams) of ground flax seeds per day. However, it's recommended to keep serving sizes to less than 5 tablespoons (50 grams) of flax seeds per day.

Cardiovascular Disease

Research suggests that plant omega-3s help the cardiovascular system through several different mechanisms, including anti-inflammatory action and normalizing the heartbeat.

If you have questions, email forveggiesake@yahoo.com.

Women and Breast Cancer

My name is Michelle Abd'Elaziz. I am the spokesperson for Minister Lee's Black Women and Breast Cancer Campaign. Black communities in the United States are disproportionately affected by cancer. We have a higher cancer burden and face greater obstacles to cancer prevention, detection, treatment, and survival than the national average. This is due to a complex interplay of social, economic, and environmental factors. On June 24th from 4 pm to 8 pm at the International Institute located at 111 E. Kirby, we are having Open Mic to discuss Housing, Breast Cancer Awareness, Employment. We want you to join us. We will have professionals there who can assist with free credit repair for those hoping to purchase property and Boldline Solutions Staffing Agency connecting people to jobs. So come out and try to begin the process of dealing with your health, credit worthiness, and employment. We are going to have a great time, and we definitely got the plug to help you aspire and grow! Here are some resources minister Lee has assembled to help raise awareness about cancer in the Black community: * here is the link to the data bank it contains more than 500 videos and articles about black women and breast cancer.

<https://drive.google.com/drive/folders/1XoUHL3UYD11-Z1504rl7sQKslip5z1fW?usp=sharing>

Please share these links with 5 other Black women. This is the link to the free book Black Women and Breast Cancer.

<https://drive.google.com/file/d/1RkCLX0HIHCgHUUKQ8yBjK1JixyHF93DN/view?usp=sharing>

Black women dying of breast cancer - this is important because black children are being abused and murdered in foster care. Please share these links with 5 other Black women. I am a social scientist, Talbiyah Inc. CEO (collaborating on community outreach events- www.talbiyahinc.org), and a realtor. I see the problem of housing affecting our health in the black community. I support the initiative "Housing First" to stabilize our community. Housing is more than just security. It is a tool that helps us have a vision to make change and grow our communities.

We at the Women of The Women of Courage Show WHPR 88.1FM need your help. We are trying to reach a million Black women in Michigan and beyond with the message Black women must get an annual mammogram regardless of their age for the rest of their lives to save their children. During our research we learned that an inordinate number of Black women are dying of breast cancer because Black women are one of the largest female populations in this country to ignore their health. Black women work long hard hours at low paying jobs just to provide housing for their children. They become tired, frustrated and depressed experiencing an Allostatic load thereby ignoring their health. Since there are two places a person can count on finding Black women either in church or at the beautician is why we are asking that beauticians and barbers call us so we can share how you can help. We want you to do two things share our flyer with your customers and give them information where to find the free book Black Women and Breast Cancer.

Calling all Stylists and Barbers who are willing to work with Michelle Abd'Elaziz about spreading the awareness of breast cancer prevention, housing first, and employment to our community; please call Michelle Abd'Elaziz at 248-219-9879 to learn more on how we can work together to tackle these issues and begin to heal and grow our community.

We hope to see you June 24th from 4 pm to 8 pm at the International Institute located at 111 E. Kirby, we are having Open Mic to discuss Housing, Breast Cancer Awareness, Employment. We want you to join us.



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