

DETROIT

NATIVE SUN

The bitter, the better

By Ma'at Seba
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The use of bitter herbs can be traced back thousands of years to African, Asian and other indigenous cultures. One of the oldest healing sciences still used today is called Ayurveda, which was developed about 5,000 years ago in India. One of the

main principles in Ayurvedic medicine is that consciousness, the mind and body work together to maintain balance. As it relates to nutrition, the teachings say that each meal should consist of 6 "tastes". While foods fall under those tastes, so do spices and herbs. Unfortunately, the typical American diet consists of mainly sweet and salty so the body is lacking the astringent, pungent, sour and bitter foods/herbs and therefore the benefits of them.

Listed are some examples, however you can research online for more complete lists:

- 1) Sweet - grains, legumes, sweet fruits, butter, sweet potatoes, beets
- 2) Salty - sea salt, Himalayan pink salt, Celtic salt, black salt, kelp (bladderwrack), sea weed/algae
- 3) Pungent - cayenne, ginger, hot peppers, onions, garlic
- 4) Sour - lemons, lime, sauerkraut, yogurt, vinegar, cheese, wine
- 5) Astringent - turmeric, rye, quinoa, lentils, cranberries, coffee, tea, pomegranates
- 6) Bitter - dandelion, kale, spinach, olives, bitter melon, neem, horehound, black seed

The knowledge and use of "bitters" unfortunately had become a lost art in this modern day society because the wisdom of herbs and the proper preparation of food which was known and practiced by the grandmothers and healers was not passed down to the successive generations. However, the use and benefits of bitters is becoming

Helping your child overcome trauma and thrive

(StatePoint) Life can be complicated and unpredictable. And while there is no such thing as a "perfect parent," there are strategies that can help your child become better able to deal with difficult circumstances as they arise.

Known in the pediatric community as Adverse Childhood Experiences, traumatic circumstances like death, divorce and poverty cause children stress, which over time, can become toxic, impacting a child's health now, and potentially in the future. In fact, adults who've experienced one or more adverse experiences as a child or who are exposed to ongoing chronic social inequities over time are at higher risk of depression, cancer, heart disease, diabetes and other health conditions during their lifetime.

On the other hand, safe, stable, and nurturing relationships can act as a powerful, protective buffer against the biological harms of toxic stress on children and are key to building resilience, according to the American Academy of Pediatrics (AAP). When children feel connected and supported in the early years, says a newly updated AAP report, they are more likely to become healthy, competent and educated citizens later in life.

"One of the most important ways to strengthen a child's resilience is to spark moments of connection. This may be through shared book reading, for example, or participating in family routines and community traditions. Relational health is key to combating adversity, and promoting skills like collaboration, connection and communication that are essential to help children develop resilience and thrive," said Dr. Nerissa Bauer, a pediatrician who specializes in behavioral health.

After troubling events, the AAP says to remember the 3 Rs: reassure, return to routine and regulate:

ing more widely known. Some of the results that people are experiencing is: weight loss, blood pressure normalizing, more energy, blood sugar normalizing, improved skin conditions, improved circulation, reduced inflammation, increased stamina and more.

There are several types and brands of bitter herb products and their ingredients are all different but ultimately their benefits are basically the same such as:

- Stimulates the flow of bile to prevent the accumulation of waste in the liver
- Helps relieve acid reflux by stimulating the sphincter muscle of the esophagus which prevents the stomach acid from coming back up through the esophagus
- Releases the digestive enzymes from the pancreas, duodenum and liver
- Regulates the secretion of pancreatic hormones which regulates the insulin, glucagon and regulate the blood sugar
- Helps to enhance the vitamin and mineral absorption
- Helps relieve gas and bloating
- Helps promote regular bowel movements
- Helps reduce sugar cravings

When first experiencing taking the bitters it can be very distasteful which could be an indication that your digestive system desperately needs a dietary change, because one of the main benefits of the bitters is that it stimulates proper digestion. Over a short period of time of daily ingesting the bitters it is not unusual to notice the bitter taste beginning to lessen to the degree that you barely taste the bitterness, if at all.

Some of the ingredients in the bitters are: black seed oil, moringa, soursop, Zam Zam water, burdock, slippery elm, sheep sorrel, turkey rhubarb, blessed thistle, red clover, kelp, ginger, turmeric, fennel, clove, thyme, milk thistle, garlic, bitter melon, marshmallow, aloe vera, senna, angelica root, ginkgo biloba, neem, fenugreek, dandelion and more.

For more information, contact: Optimum Natural Distributors - 307 Industrial Pk. Dr., Belleville, MI. 48111, (800) 680-2429 Ext.1

1. Reassure. Remind your child that they are safe and loved, using words and touch and by creating safe spaces in the home.
2. Return to routine. Try to maintain regular daily routines and be sure to explain any changes in the schedule ahead of time. This can promote a sense of safety and normalcy for your child and let them know what to expect.
3. Regulate. Help your child learn "self-regulation" skills to calm themselves and manage their emotions and behaviors. This may include belly breathing, stretching or taking breaks.

Dr. Bauer also recommends turning to your pediatrician when parenthood gets challenging. Pediatricians are trained to not only monitor your child's physical growth, but also their social-emotional health. They can help your family build a support system-whether a child is relatively healthy, has ongoing developmental or behavioral concerns, or if your family is going through hard times.

Pediatricians also want to know how parents and household members are doing and if they feel supported. At appointments, your pediatrician may invite you to share stories about your family life and the daily stresses and struggles of parenting, as well as ask about your own childhood experiences and current living circumstances. So, bring your questions and concerns.

The American Academy of Pediatrics provides tips and guidance on improving relational health, and helping children build resilience and cope with trauma. To learn more, visit healthychildren.org.

"We want to ensure all children and their families have the resources and skills needed to thrive," Dr. Bauer said. "Pediatricians will always be ready to listen, without judgment and with compassion."

By Melody Thompson
SUN COLUMNIST



In last month's issue I encouraged healthy lunches by making your own lunch meats, and making the children part of the process introduces them to something new. This month I'm sharing another way to introduce children to more

exciting ways of eating by introducing them to foods from other countries. We all want to raise kids who are kind, respectful, and accepting of others. One way to do this is to introduce them to cultures that are different from their own. Trying a new-to-you recipe or food opens up the opportunity to discuss the many different ways people live, eat, and play.

Additionally, in many countries some of the foods that are allowed in the USA have been determined non consumable and thus banned. So, trying foods from other countries are not only exciting but can be healthier as well.

Plus, it gives kids an opportunity to find new foods that they like!

Books are a wonderful way to introduce a child to a new topic—including food! A quick visit to your local library or bookstore will show you there are tons of children's books about food and culture. Not only is reading a story educational, but it also counts as food exposure. Most kids

For Veggie Sake

need more than one exposure to a food before they will try it, so this is a great way to get them comfortable before interacting with the food itself. Here are a few choice books to try.

CARMEN TAFOLLA

What Can You Do with a Paleta?

As the winner of the Tomas Rivera Mexican American Children's Book Award, this book follows a little girl who introduces readers to this delicious Mexican treat and all of the different ways it can be served.

KEVIN NOBLE MAILLARD

Fry Bread: A Native American Family Story

This incredible depiction of the modern Native American family told in verse won both the 2020 Robert F. Sibert Informational Book Medal and 2020 American Indian Youth Literature Picture Book Honor.

TAMI CHARLES

Freedom Soup

This beautiful Notable Children's Books in the Language Arts Award winner immerses you into a celebration in the kitchen as a family makes their traditional New Year's soup and share the history of Haitian independence.

REEM FARUQI

Lailah's Lunchbox: A Ramadan Story

Lailah learns that she can make new friends who respect her beliefs as she celebrates Ramadan with fasting for the first time around at a new school far away from her home. This wonderful story has won a multitude of awards including the 2019 Daybreak Children's Picture Book Award.

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

Start the school year strong and prevent illness



(StatePoint) The excitement of a new school year unfolds each year when families flood the superstore aisles to buy classroom supplies, tape afterschool schedules on the fridge and organize carpools with friends.

Common to each family is a desire for children to remain healthy, active and ready to learn.

To prepare children and teens to be at their best - physically, mentally, socially and emotionally - the American Academy of Pediatrics (AAP) recommends regular visits with the pediatrician, as well as immunizations that help keep all family members healthy. Recent outbreaks of measles, a highly contagious disease, have shown how quickly some infectious diseases can spread within a community.

"The best way to strengthen a child's immune system and keep them healthy is by getting them vaccinated," said pediatrician, Dr. David M. Higgins. "An illness like measles can keep children home and away from school and activities for days. Immunizations allow children to enjoy learning, playing and getting together with friends and family."

As of June 13, 2024, a total of 151 U.S. measles cases were reported this year-to-date in 21 different states, according to the Centers for Disease Control and Prevention. These recent measles outbreaks have affected unvaccinated people. Choosing to not vaccinate your children not only leaves them susceptible to measles, but also exposes other children to this potentially serious disease. This includes infants who are too young to be vaccinated and

those who are unable to be vaccinated due to other health conditions.

"Everyone in our community deserves to be healthy, and part of being healthy means getting immunized for all illnesses, including influenza and COVID-19 and, if eligible, respiratory syncytial virus (RSV). It benefits all of us if every child in our community is vaccinated, because it means that all of us are more likely to be healthy," says Dr. Higgins.

Families can also stop the spread of infection by encouraging hand washing with children throughout the day. Help or remind them to wash their hands:

- Before eating (including snacks)
- After a trip to the bathroom
- Whenever they come in from playing outdoors
- After touching an animal, like a family pet
- After sneezing or coughing if they cover their mouth
- When someone in the household is ill

The AAP calls for the immunization of all children and adolescents according to its policy, Recommended Immunization Schedules for Children and Adolescents Aged 18 Years or Younger, United States. More information can be found at healthychildren.org.

"Your pediatrician can answer any questions about recommended vaccines and when your child needs them," Dr. Higgins said. "There is a schedule for their recommended timing because that is when research has shown they are most effective during a child's development."