

# DETROIT NATIVE SUN

## Uterine Fibroids

By Ma'at Seba  
SUN COLUMNIST



Uterine fibroids are typically benign (non-cancerous) growths which can form in the interior or exterior walls of the uterus. Fibroids are abnormal muscle cells which attach themselves to the uterus by what is referred to as a stalk. They usually

develop in about 20-30% of women and seem to be more prevalent in African-Amer-

Chasteberry (or Vitex) - helps normalize estrogen levels by stimulating progesterone production

Wild Yam - contains compounds similar to progesterone, relaxes muscle spasms and reduces inflammation. If used in cream form, it should be applied to soft tissue areas such as the outer thighs or the inner arm.

Cramp Bark - relieves muscle cramps, including uterine cramps  
Dandelion - stimulates bile flow which helps decongest the liver, cleanses and detoxifies the blood and liver

Milk Thistle, Red Clover and Burdock - detoxifies the liver and blood thus improving its ability to remove excess estrogen

By Melody Thompson  
SUN COLUMNIST



For thousands of years, garlic was believed to have medicinal properties. Science is now beginning to confirm it. Current research shows that garlic may have many real health benefits. Scientists now know that most of garlic's health benefits are caused by sulfur compounds formed when a garlic clove is chopped, crushed, or chewed. I remember that my father always smelled like garlic. It was because he always took garlic pills. I've read so many good things about garlic that I, like my father have added a clove or more of garlic to my daily diet. It was difficult at first because of the very strong flavor, I have since began to enjoy the taste. If you can stand it I do encourage you to give it a try. Benefits of garlic include:

1. The sulfur compounds from garlic enter your body from the digestive tract. They then travel all over your body, exerting strong biological effects.
2. Calorie for calorie, garlic is incredibly nutritious. A single clove (3 grams) of raw garlic contains
  - Manganese: 2% of the daily value (DV)
  - Vitamin B6: 2% of the DV
  - Vitamin C: 1% of the DV
  - Selenium: 1% of the DV

- Fiber: 0.06 grams
3. Garlic can help protect against illness, including the common cold. Garlic supplements are known to boost the function of the immune system.
  4. The active compounds in garlic can reduce blood pressure. Human studies have found garlic supplements to have a significant impact on reducing blood pressure in people with high blood pressure.
  5. Garlic improves cholesterol levels, which may lower the risk of heart disease. For those with high cholesterol, garlic supplements appear to reduce total and LDL cholesterol by about 10-15%.
  6. Garlic contains antioxidants that may help prevent Alzheimer's disease and dementia. Oxidative damage from free radicals contributes to the aging process. Garlic contains antioxidants that support the body's protective mechanisms against oxidative damage.
  7. Garlic may help you live longer. The potential effects of garlic on longevity are basically impossible to prove in humans.
  8. Eating garlic may help detoxify heavy metals in the body. At high doses, the sulfur compounds in garlic have been shown to protect against organ damage from heavy metal toxicity.

Garlic side effects

Bad breath. There are also some people who are allergic to it.

If you have a bleeding disorder or are taking blood-thinning medications, talk with your doctor.

For more information, ideas or questions contact us at [forveggiesake@yahoo.com](mailto:forveggiesake@yahoo.com).

## Recognizing stroke signs and symptoms could save a life



lights the importance of speedy emergency care, which can help prevent disability and death, and may lead to a better quality of life post-stroke. It's also important to understand that 25% (1 in 4) of stroke patients will experience a second stroke within the first five years. However, with lifestyle changes and proper care, patients can reduce

(StatePoint) Stroke continues to remain a leading cause of death and disability worldwide. With over 12.2 million new strokes occurring each year, experts at the National Institute of Neurological Disorders and Stroke say that every minute counts, as fast treatment may lessen the brain damage that a stroke can cause.

Stroke can affect anyone at any age, at any time, making it critical that everyone, especially those with known risk factors, understand and recognize the signs and symptoms of stroke, as well as their options as patients.

The signs of stroke can be subtle and hard to recognize, so educating yourself and others is key to noticing and responding quickly. One easy way to remember the signs of stroke is with the acronym FAST from the American Stroke Association. This stands for:

- F - Face Drooping
- A - Arm Weakness
- S - Speech Difficulty
- T - Time to call 911

The sudden onset of any of these signs, as well as confusion, severe headaches and vision problems, could mean that someone is having a stroke, which is why it's important to call 911 immediately when a stroke is suspected.

Disability is common post-stroke, and recovery periods can be lengthy. This high-

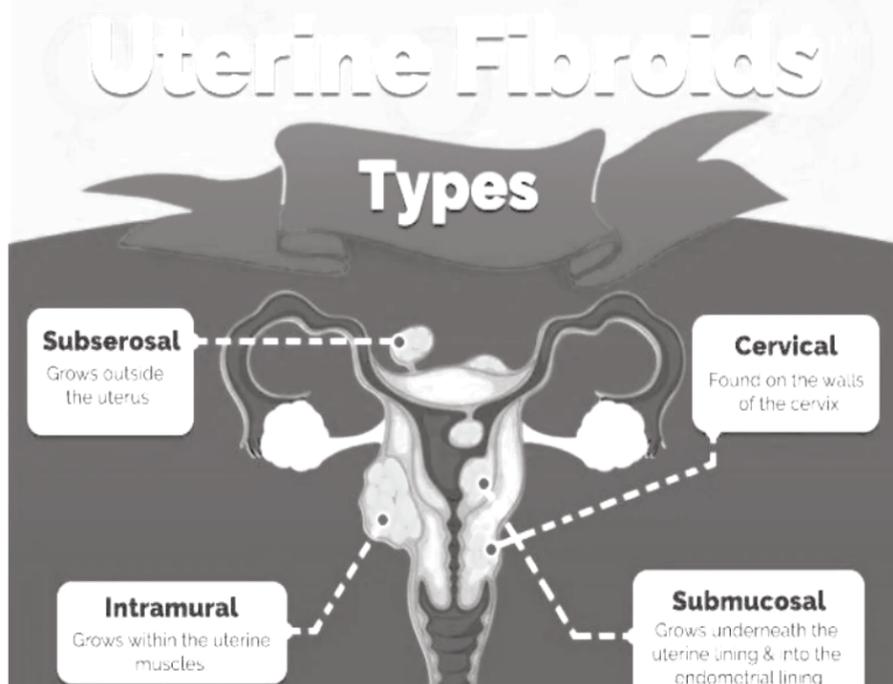
lights the importance of speedy emergency care, which can help prevent disability and death, and may lead to a better quality of life post-stroke. It's also important to understand that 25% (1 in 4) of stroke patients will experience a second stroke within the first five years. However, with lifestyle changes and proper care, patients can reduce

their risk  
"Everyone should be familiar with the signs and symptoms of stroke to ensure that they or a loved one receive appropriate and timely care. Going to the emergency room at the onset of symptoms can impact the care a patient receives, including their eligibility to enroll in a clinical trial, so it's vital to seek immediate medical attention at the first sign of stroke," says Clay Johnston, PhD, MD, MPH, Chief Medical Officer and Co-Founder, Harbor Health.

One particular clinical trial, Librexia STROKE, is currently recruiting patients to evaluate an investigational medication for recurrent stroke prevention, but eligibility is time-sensitive and participants must enroll within 48 hours after the onset of their stroke symptoms. Delays in seeking care following the initial symptoms of a stroke can limit access to these types of innovative treatment options.

Learn life-saving stroke prevention and treatment by visiting [www.stroke.org/en/about-stroke/stroke-symptoms](http://www.stroke.org/en/about-stroke/stroke-symptoms).

"The opportunity to receive the best possible treatment and care begins with widespread awareness of the signs and symptoms of stroke and the urgency of seeking immediate emergency medical attention when a stroke is suspected," says Dr. Johnston.



ican women, and also seem to have a genetic link. They are influenced by fluctuations in the female hormones called estrogen and progesterone. An increase in estrogen production can be caused by pregnancy or because of being overweight.

Sometimes fibroids go undetected because they can have no symptoms until they are discovered during a pelvic examine. In other cases fibroids can have symptoms such as: increased vaginal discharge, heavy bleeding during/between periods, fatigue and weakness resulting from blood loss, painful intercourse, bleeding after intercourse, pain in the legs, back and/or pelvis, feelings of pressure on the bowels or bladder.

Depending on the position and severity of the fibroids, treatment could range from no treatment, to having surgery for their removal, to a hysterectomy. Because women with high levels of human growth hormones seem more prone to develop fibroids, it is suggested to avoid oral contraceptives or avoid those with high estrogen levels. It is also suggested to avoid meats such as low-quality chicken, turkey and beef because they can contain certain hormones which are given to them to make them grow faster and larger, thus affecting the hormone levels in the humans who ingest them. Look for the highest quality meats such as Amish meats, Kosher, Halal or meats from companies who state that the animal was free-range, grass-fed, hormone free or organic etc.

It is also important to detoxify the blood because fibroids are fed by the blood, so taking a detox tea or formula, or developing a body detoxification program is beneficial as well. Some natural herbs supplements known to help with fibroids are:

Black Cohosh - helps regulate estrogen levels, reduces estrogen levels when it is high and stimulates its production when the levels are low, treats uterine bleeding and pain

Blackstrap Molasses (unsulphured) - is rich in nutrients such as iron, manganese, copper, B6, magnesium, potassium, selenium, has antioxidant properties, and has been reported to reduce tumors. Take 1-2 tsp. In water daily.

L- Arginine - an amino acid that retards the growth of tumors by enhancing the immune system

L-Lysine - an amino acid that aids in the production of hormones and also it is needed to balance the L-Arginine

Liquid Iron - to replace the iron lost if there is heavy or excessive menstrual bleeding which could lead to anemia

Vitamin B Complex - helps the liver to metabolize estrogen fore effectively

Vitamin C with bio-flavonoids - helps to strengthen the blood capillaries and to alleviate heavy menstrual bleeding

It is very important to watch the diet and eliminate fast/junk foods, fried foods, and dairy, avoid animal meats and proteins, products made with or containing white and refined sugars, saturated fats, hydrogenated fats (trans fats), refined carbohydrates, butters/margarines, breads and pastries and pops. Eat a diet mostly consisting of high fiber, organic fruits and vegetables, limited soy products (soy contains estrogen) preferable raw or juiced and alkaline water. Make sure the bowels are regular and exercise as frequently as possible because fat produces estrogen and so weight loss can also help to reduce estrogen levels. There is an old remedy to reduce fibroids that has gotten excellent results (every woman's outcome is different):

- 1) Begin this process by Starting 10 nights before your cycle and continue each step each night for 10 nights in a row
- 2) Fill 2-3 empty #000-00 capsules with molasses (un-sulfered blackstrap) and insert vaginally at night before going to bed
- 3) Douche with chamomile tea each morning using (1) teabag steeped in 8-12oz. of purified water for 15 mins. then add to douche bag with 32oz. warm water, check temperature for comfort before douching
- 4) Drink 1-2 Tbl. of molasses in water or juice daily
- 5) Repeat this process for the next 3 months and then follow up with your doctor to see if there has been any change in the uterine size

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