

DETROIT

NATIVE SUN

Natural remedies for arthritis

By Ma'at Seba
SUN COLUMNIST



Arthritis is defined as joint inflammation and is actually referencing over a hundred types of rheumatic diseases that can cause stiffness, pain and swelling of the joints such as:

Gout (symptoms typically occur in lower limbs and first target the big toes), Rheumatoid arthritis (typically affects the small finger joints, wrists, knees and toes, all joints of the body, however, are a potential target), Osteoarthritis (can affect any joint, but commonly occurs in the hips, knees, feet and spine), lupus, fibromyalgia, juvenile arthritis, bursitis and scleroderma.

Arthritis can affect both women and men of almost all age groups and of all races. However, women are three times more vulnerable to arthritis than men. About 80 percent of patients of Rheumatoid Arthritis are between the ages of 35 and 50 but 65 to 85 percent of patients with Osteoarthritis are over the age of 65.

Add to your diet: alkaline water, alkaline foods, fresh pineapple, brown rice, rye, black or tart red cherries (fresh or juice), lecithin, olive oil, flax oil, calcium, Omega 3 oil, magnesium, multi-vitamin, B vitamin complex, copper, zinc, DMG, enzymes

Useful Herbs and spices: Curcumin (turmeric), Moringa, alfalfa, cayenne, garlic, chlorella, chlorophyll, apple cider vinegar (raw unfiltered), kelp, cats claw, nettle, noni, white willow, ginger, feverfew, ashwagandha

Avoid These Trigger Foods: white potatoes, beef, tobacco, peppers, eggplant, hydro or partially hydrogenated oil, tomatoes, corn, pork, bacon, wheat, eggs, milk, coffee, white sugar, colas and soda pops, oranges and rye breads, the wrong fats in the diet (corn, vegetable and canola oils), milk, dairy, red meat, tobacco, all white sugar and products with white sugar in them, paprika, citrus fruits, salt, caffeine, fast food, junk foods, processed and packaged foods, deep-fried foods.

For Pain and Inflammation: Glucosamine, MSM, silica, bromelain, curcumin (turmeric), chondroitin (do not use if allergic to fish), shark cartilage, quercetin, SAMe, CoQ10, arnica, capsaicin, Boswellia (frankincense), boron, yucca, soak in an Epsom salt bath and castor oil (and a castor oil pack)

Castor oil pack: To make a pack you will need several tablespoons of cold pressed castor oil or black castor oil (has more ash in it which gives it a brown look), 2-3 pieces of flannel or white cotton (towel or T-shirt), a piece of plastic larger than the towel or flannel and a heating pad or hot water bottle.

1) Rub 1-2 tablespoons of castor oil onto the affected area for about 15 minutes
2) pour two or more tablespoons (depending on the size of the affected area) of castor oil onto the flannel or cloth and place the flannel on the affected area, 3) cover the flannel with plastic (which holds the heat in) then cover the plastic with another towel
4) place the heating pad over the area at the warmest tolerable temperature for about an hour. If using a hot water bottle, refill it as it begins to cool down,
5) general use is to use the pack for at least three consecutive nights, then skip three nights, until results are experienced or longer as needed.

Another little-known cause of some types of arthritis are parasites. Parasitic arthropathy is arthritis caused by a parasitic infection where the body's immune reaction to the parasite triggers inflammation in the joints, thus leading to arthritis-like symptoms. Some of those parasites are: Toxoplasma Gondii (leads to polyarthritis), Onchocerca Volvulus (causes inflammatory arthritis and soft tissue swelling). The conventional medical industry does not look for, nor really recognize parasites as being a potential causing arthritic symptoms and it can be challenging to diagnose and treat the parasitic infection.

Lifestyle Modifications

- Maintain a regular daily routine getting proper sleep and meals on time
- Perform gentle exercises like yoga, Tai chi, Chi Gong, stretching, or walking to support joint flexibility
- Practice meditation and to reduce stress and balance
- Include oil massages with warm herbal or essential oils to ease stiffness
- Avoid exposure to cold weather and keep the joints warm
- Stay hydrated with warm water

Optional Natural Relief Techniques
Certain natural relief techniques can help manage pain, stiffness, and inflammation and are remedies that are simple and safe

Hot & Cold Therapy

Hot and cold therapy can provide quick arthritis pain relief naturally. Use warm compresses or heating pads to relax stiff joints and apply cold packs to reduce swelling or acute pain. Alternating between the two can improve flexibility and comfort and the hot therapy can be enhanced with rubbing on warm oil such as the castor oil and wearing gloves can be useful to hold the heat onto the hands.

Massage

Regular massage helps lubricate joints, reduce stiffness, and improve circulation, making it an excellent complement to Ayurvedic medicine for arthritis.

Aromatherapy

Aromatherapy is the use of essential oils such as eucalyptus, frankincense, myrrh, lavender, basil, rosemary which may help reduce pain and promote relaxation. The oils can be blended with coconut, olive, jojoba, grapeseed or evening primrose oils to enhance absorption.

Five things to do to lower your healthcare costs

(StatePoint) Healthcare is expensive. Families feel it every time they pay an insurance premium, pick up a prescription, open a medical bill, or put off care because of worries about the cost.

For many people, it's getting even harder. Changes to Medicaid, healthcare tax credits, and new program rules will make it more difficult for some families to keep their insurance or afford care. Advocates say that people should not have to fight this hard to see a doctor or pay for medicine and that healthcare should be about helping people live healthy lives, not about confusing bills, paperwork, high costs, and record profits.

Big changes are needed to make healthcare more affordable. But there are practical steps you can take now to help avoid extra costs.

1. Use what you've got. If you have health insurance, federal law says most health plans must cover preventive care at no cost to you. This includes annual check-ups, vaccines, blood pressure checks, cancer screenings, and other basic care to keep you healthy. These visits matter. Detecting a health problem early can help you avoid a bigger, more expensive problem later.

When you schedule your next doctor's appointment, ask two simple questions: "Is this preventive care?" and "Will I have to pay anything for this visit?" Researching ahead can help avoid a surprise bill.

2. Shop around. Not every doctor, hospital, or pharmacy costs the same. Your insurance plan usually has a list of "in-network" doctors and facilities where care costs less. Before you make an appointment, check whether the doctor or clinic is in your network. If you go out of network, you could

pay much more. If you don't have insurance, some cities support occasional access to free health screenings and care.

Also ask where a medical test or procedure will cost the least. Sometimes the same scan, blood test, or treatment costs more at a hospital than at a clinic, imaging center, or outpatient office. A call to your health insurance plan may save you big bucks.

3. Ask for help. Don't ignore bills you cannot afford. Call the billing office and ask for help. You can ask: "Do you offer financial assistance?" "Do you have charity care?" "Can I get a payment plan?" "Can this bill be lowered?"

Many hospitals and clinics have programs that can reduce bills for people who qualify. You can also ask them to check for mistakes. Medical bills are confusing, and errors happen.

4. Take care of your health. No one can control everything about their health, and many people face barriers that make it harder to stay healthy. But small steps can help prevent bigger health problems and bigger bills.

If you are able, take your medicine as directed. Keep up with care for conditions like diabetes, asthma, high blood pressure, or heart disease. Try to move your body, eat nourishing foods, and get help when something feels wrong.

5. Speak up and take action. One person cannot fix America's healthcare affordability crisis alone.

One Nation, Overcharged is a grassroots movement that is bringing people together to demand better. That means speaking up, sharing your story, and calling for a system that puts people over profits.

Dr. Kay Speaks: Rewire your brain, create a mind that serves you

By Kay Vonne Cason Psy.D.LP

Rewiring the brain is not a mystical idea. It is not positive thinking or pretending that life does not hurt. It is a real, practical process grounded in well-established science. Your brain was designed to change. It has been changing your entire life based on what you have repeatedly thought, believed, and experienced. The encouraging truth is this: if your brain learned certain patterns through repetition, it can learn new ones the same way. No matter what you have been through, you are not stuck with your current mental wiring. Start rewiring your brain today!

Repeated thoughts, emotions, and behaviors strengthen specific neural pathways in the brain. In simple terms, what you consistently think about and practice becomes more automatic. The brain adapts to what it rehearses. If you rehearse fear, doubt becomes familiar. If you rehearse courage, confidence grows. Your daily "thought life" is not neutral; it is training your brain in one direction or another. Every day you wait is another day reinforcing patterns that may be holding you back.

This means that even in the midst of difficult life circumstances such as loss, betrayal, trauma, financial strain, and even health challenges, you are not permanently defined by your past conditioning. You may have developed patterns of fear, self-doubt, or limitation, but you are not required to keep rehearsing them. The longer you allow them to run unchecked, the stronger they become. The moment you decide to interrupt them, you begin taking your power back.

Imagine your brain as a well-worn hiking trail. Every time you think a familiar negative thought, for example, "I am not good enough," "Nothing ever works out for me," "I will always struggle," this causes you to walk the same trail again. The path becomes clearer, wider, and easier to access. Over time, it feels automatic and true. But if you begin to intentionally choose different thoughts, even if they feel unfamiliar at first; "I am learning," "I can grow through this," "This situation does not de-

fine me," then you begin cutting a new trail. At first, it feels unnatural. There are branches in the way. It requires effort. Yet with repetition, that new pathway strengthens, and the old pathway weakens from disuse. The question is not whether change is possible. The question is whether you are willing to do the work consistently. Why should someone commit to this work, especially when life is already hard?

Answer: Because the quality of your internal dialogue determines the quality of your lived experience. Two people can endure similar circumstances and emerge very differently. One becomes bitter and defeated. The other becomes resilient, wise, and empowered. The external event may be the same; the internal wiring is not. Rewiring the brain does not deny pain. It changes your relationship to it. Instead of interpreting hardship as evidence of personal failure, you begin to see it as information, feedback, and opportunity for growth.

Becoming the highest vision of yourself is not about pretending circumstances are perfect. It is about refusing to let circumstances dictate your identity. It is about consciously choosing the beliefs that support your growth rather than rehearsing the ones that keep you confined.

The work requires repetition, patience, and self-compassion. Yet the reward is profound: A mind that serves you rather than sabotages you. In choosing to rewire your brain, you are choosing authorship over your life. Even in difficulty, you are shaping who you become. The opportunity is in front of you. Begin today.

Practicing psychologist for over 25 years. Author of "I Rewired My Brain: My Journey to Freedom," "Workbook 'I'm Rewiring My Brain: My Journey to Freedom,'" and "Vibrational Shift: A Global Awakening to 5th Dimensional Consciousness." All books are available on Amazon. YouTube: Dr. Kay Speaks TikTok: @drkayspeaks Website: DrKaySpeaks.com Email: Drkayspeaks@gmail.com. If you are interested in psychotherapy call (734)785-8128.

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