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The 13 Best Foods for Instant Full-Body Detox

What are the best detox foods? It can be tough to figure out just which foods will help with a successful cleanse.

The trick is to understand the benefits of different choices, as well as the goals you're trying to obtain. For example, vegetables are a good source of glutathione, which is essential for the detoxification of the liver pathway, and an excellent source of insoluble fiber, which is essential for colon health.

Here's an easy A-Z guide that can help get you started:

Artichokes

Artichokes contain antioxidant plant compounds called caffeoylquinic acids, which are used to treat hepatic (liver) disorders because they stimulate bile flow. Bile helps the body digest fats, and efficient bile flow clears the system of potentially inflammatory substances contained in fatty foods.

Avocado

This fruit provides heart-healthy monounsaturated fatty acids and glutathione, a compound that blocks the absorption of certain fats by the intestines that cause oxidative damage AND is essential for liver pathway cleansing.

Beets

These are among the few edible plants that contain betalains, plant pigments that give some beets their deep

red color and have powerful anti-inflammatory and fungicidal properties. Betalains promote cell structure, repair and regeneration, especially in the liver—the body's primary detox center.

Broccoli

Broccoli is one of the cruciferous vegetables, which is named for its cross-shaped flowers and known for its powerful antioxidant properties. Science has shown that a diet rich in cruciferous veggies reduces the risk of certain cancers. Other cruciferous vegetables include cabbage, cauliflower, Brussels sprouts, and kale.

Collard

These greens increase bile acid binding, which makes it easier for bile to bind to large lipid molecules and pull them apart. Leftover bile acids are then excreted from the GI tract normally, taking leftover lipid molecules with them. Bile acid-binding, therefore, helps keep LDL "bad" cholesterol in check.

Dandelion Root

Dandelion root acts as a diuretic by increasing urine production.

Dill & fennel

These are plants rich in vitamins and anti-inflammatory chemicals. Dill contains chemicals that help with the activation of glutathione, a liver antioxidant that attaches to free radical molecules and disarms them. Fennel is rich in Vitamin C, which has anti-

microbial and antioxidant properties. Fennel is also high in fiber but low in calories—an ideal cleanse food.

Green Tea

This tea is richer in antioxidants than white, black, and oolong teas, even though they all come from the same plant. The caffeine in green tea also gives this energizing drink a diuretic effect, which helps to alleviate bloating by counteracting water retention.

Lemon

Lemons, like all citrus fruits, are rich in antioxidant Vitamin C.

Milk Thistle

This is one of the frequently researched plants in association with promoting liver detoxification. More scientific inquiry is needed for firm recommendations. However, milk thistle contains a mixture of polyphenolic compounds (plant protectors) that assist liver cells in removing toxins from healthy blood cells.

Onion & Garlic

They are both members of the allium family of vegetables, which provide pungent flavors to foods. These plants contain flavonoids that stimulate the production of glutathione, one of the liver's strongest antioxidants. As a result, onion and garlic have powerful anti-bacterial and immune-boosting properties.

Wheatgrass

It is a vitamin and mineral-rich



grass commonly served in powder or juice form. Wheatgrass contains vitamins such as A, B, C, and E and the minerals calcium, magnesium, potassium, and iron. It also contains chlorophyll, which helps stimulate red blood cell production.

Yogurt

When yogurt contains probiotics, which supplies healthy bacteria that fortify the GI tract's natural flora, aiding digestion and boosting the body's natural immunity. (Source: BlackDoctor.org by Keith Carlson, RN, BSN, BDO Contributing Writer)

Top 3 Mistakes Cooking Salmon (You Should Never Make Again)



Don't you just hate when you have your mind and taste buds set on a particular dish, but then it just doesn't

come out right?? Have no fear, we'll don't fear salmon at least. We've got the most common mistakes people make when they cook this popular and delicious fish. See below:

1. Taking Off the Skin

When you're cooking salmon, keep the skin on. Yes, I'll say that again for the people in the back: keep the skin on. Some of the best tasting salmon is cooked with the skin on! It provides a safety layer between your fish's flesh and a hot pan or grill.

Start with the skin-side down, and let it crisp up. It's much easier to slide a fish spatula under the salmon's skin than under its delicate flesh.

So when should you take off the

skin? You should only remove the skin when you're poaching or slow-roasting salmon—it will never get crispy in liquid and end up with a gummy, unpleasant texture.

If you do want to leave it on, just throw it away before eating.

2. Poach It In Plain Water

Speaking of poaching, don't poach your salmon in plain water. It's a missed opportunity to add flavor!

At the very least, spike the water with lemon or a half head of garlic.

Better yet, go all out and poach the salmon in dry white wine.

If you don't involve scents to cover up the smell in the poaching process, the salmon might stink up your kitchen.

and the last mistake...

3. Cooking Time & Temperature

This is the most common mistake and often results in overcooking, meaning your fish will turn into cat food instead of the elegant dinner you were envisioning.

If using a grill or a pan, sear salmon skin-side down on high heat until the skin is crispy.

Then, whether you flip your fish or not, finish cooking it on low heat. The fish's sections should give and pull apart easily — not flake into dry pieces. (BlackDoctor.org by Chef Dee Lawyne)

Biden Taps 1st Black Woman, LGBT White House Press Secretary

Jean-Pierre takes on the role as the White House faces an uphill battle to help Democrats hold onto the House and Senate in this fall's midterm elections, and as the administration struggles to address Americans' concerns about soaring inflation and the state of the economy. She also comes into the job as Biden faces a daunting array of foreign policy challenges, including the ongoing Russian invasion of Ukraine and North Korea's escalating nuclear testing program. Biden is set to visit South Korea and Japan later this month and Europe in June.

Biden is also bringing back longtime Democratic strategist Anita Dunn as his senior adviser. She had served in the Biden White House last year for several months after Biden was sworn into office.

"Karine not only brings the experience, talent and integrity needed for this difficult job, but she will continue to lead the way in communicating about the work of the Biden-Harris administration on behalf of the American people," Biden said in a statement praising Jean-Pierre, who has served as his principal deputy press secretary since Inauguration Day.

Psaki, who leaves the White House on May 13, praised her successor as a "partner in truth," noting the significance of the history-making appointment.

"Representation matters and she is going to give a voice to so many and show so many what is truly possible when you work hard and dream big,"

Psaki said.

She said Biden offered the job to Jean-Pierre Thursday in the Oval Office. White House staffers were gathered after the offer and greeted Jean-Pierre with applause, an official said. Two "warm bottles" of champagne were procured for a toast in White House paper cups, the official added, speaking on the condition of anonymity to describe the internal gathering.

When Jean-Pierre delivered her first press briefing last year, she told reporters, "it's a real honor to just be standing here today."

"I appreciate the historic nature, I really do," she said.

She had occasionally took the lectern in the press briefing room instead of Psaki and more frequently held off-camera "gaggles" with reporters when Biden was traveling on Air Force One. She traveled with Biden to Europe last fall and in March instead of Psaki, who had tested positive for COVID-19 before both trips.

Before joining the Biden presidential campaign, Jean-Pierre was the chief public affairs officer of the progressive group MoveOn.org and a former political analyst for NBC and MSNBC. She also worked in political affairs in the Obama White House and on his reelection campaign.

The press secretary is responsible for holding daily briefings with the news media and leading a department of more than a dozen staffers who help address queries from the press.

When she took the job, Psaki, who



President Joe Biden named Karine Jean-Pierre (left) to be the next White House press secretary, the first Black woman and openly LGBTQ person to serve in the role, with incumbent Jen Psaki set to leave the post next week.

has two young children, said publicly she aimed to remain in the job for about a year. She is expected to be joining MSNBC later this year.

Biden said Psaki "has set the standard for returning decency, respect and decorum to the White House briefing room."

"I want to say thank you to Jen for raising the bar, communicating directly and truthfully to the American people, and keeping her sense of humor while doing so," Biden said. "I thank Jen for

her service to the country, and wish her the very best as she moves forward."

Dunn is a partner at the Democratic consulting firm SKDK, and was a senior adviser on Biden's 2020 campaign, and previously chief strategist and communications director for President Barack Obama. The White House said she is returning to "assist in advancing the President's policy and communications objectives."

HBCU Players Selected in 2022 NFL Draft

Nationwide — Four college football players from HBCUs have been selected in the 2022 NFL Draft. This is a big deal because, in 2021, not even one HBCU student was drafted into the league.

The first HBCU player selected in the 2022 NFL Draft was Fayetteville State cornerback Joshua Williams, Kansas City Chiefs selected Williams, who stands 6-foot-3, with the 135th pick overall in the 4th round.

Secondly, South Carolina State cornerback Decobie Durant, who was awarded MEAC Defensive Player of the Year, was selected by the Los Angeles Rams with the 142nd pick overall in the 4th round.

Thirdly, Jackson State outside linebacker James Houston IV, who was

earned Newcomer of the Year, was selected by the Detroit Lions with the 217th pick overall in the 6th round.

Finally, Southern offensive lineman Ja'Tyre Carter, who has shown great blocking skills, was selected by the Chicago Bears with the 226th pick overall in the 7th round.

Meanwhile, former NFL star Deion Sanders, who is now Jackson State football coach, expressed his happiness with the recent draft.

"Let's go, NFL. HBCUs! Everybody that has anything to do with an HBCU, you should be shouting right now and dancing. As a matter of fact, hit the organ right now," he said in an Instagram video he posted.



From left to right Joshua Williams, Decobie Durant, James Houston IV, Ja'Tyre Carter