

HEALTH / NEWS

7 Daily Habits That May Be Damaging Your Liver

Many of us aren't aware of how vital our liver is to our overall health. Well, let me break it down for you. The liver performs over 500 vital jobs for us daily without a break. This includes discarding waste, maintaining blood sugar levels, regulating blood clotting, and more. In short, you can't live without your liver, so it's important to protect it in whatever ways you can. For some of us, this may involve paying close attention to our daily habits, which may be causing liver damage.

Soda, soda, and more soda!

While this sugary drink is good for when you want to indulge in a tasty beverage, it isn't good for much else. The average American drinks an astounding 45 gallons of soda every year or just shy of 400 pounds of soda annually. If you are like the average American, you are at greater risk of developing inflammation, fibrosis, and even cirrhosis.

"...If you are consuming soft drinks on a daily basis, or even worse, multiple times a day, it would be best to cut that down to limited quantities, as moderation is the best approach," Dr. Anthony Puopolo, the Chief Medical Officer at RexMD and a board-certified physician tells Eat This, Not That!

Too many supplements

We get it, "health is wealth", but sometimes taking unnecessary supplements may be causing us more harm than good. In fact, "large amounts of unnecessary supplements can place the liver in undue stress," according to Trista Best, MPH, RD, LD.

"...I recommend only taking

those vitamins and supplements that have been deemed necessary by your healthcare provider. This is primarily due to the strain that herbal supplements and remedies can place on the liver and kidneys," Best shares.

Overusing over-the-counter medications

When you're in pain, the only thing that is on your mind is getting the pain to stop. And while over-the-counter medications may be good for stopping the pain in the moment, they may be causing you long-term damage.

"Consuming too much of the liver-damaging drug acetaminophen a.k.a. Tylenol, in particular, is one of the fastest ways to permanently inflict liver failure on yourself. The danger here is that people often think that the lack of prescription instructions is an invitation to just take any OTC medication as much as they want when, in truth, the liver can be damaged regardless of what drugs are overconsumed. If taking medications is necessary, be sure to consult your physician and read the medicine's package insert about the dosage and frequency at all times," Christine Kingsley, a US Advanced Practice Registered Nurse (APRN) and the Health and Wellness Director of Lung Institute, advises.

Poor nutrition

Are you getting your nutrients? According to Kingsley, "medical health professionals [push healthy eating habits] for a reason, and it's because the liver can only take on so much."

So what exactly happens when we eat unhealthy? Our liver ends up

in a never-ending position of being pushed to its limits until it's unable to function the way it's supposed to and is forced to damage itself, Kingsley shares.

"Too much of the wrong food can easily overwork the organ, prompting it to store all the excess fat it failed to break down in its own liver cells which leads to liver inflammation and cell damage over time," she adds.

Not getting enough sleep

All that "I'll sleep when I'm dead" talk is not good for your health.

"...Along with plenty of other detrimental consequences on health, lack of sleep is particularly damaging to the liver due to its oxidative stress effects that lead to higher pressure on the liver. It creates an interference with the organ's ability to process fat efficiently, causing fat to amass which invites obesity, diabetes, and heart disease to be developed," Kingsley notes.

Not to mention the fact that an organ that has over 500 daily tasks needs a restful night's sleep to keep functioning properly.

"Be sure to get 8 hours of sleep each night to provide your system with all the benefits it needs to fulfill its duties in keeping you alive and well," Kingsley advises.

Not getting enough exercise

As you probably know by now, exercising is great for our overall health, and it is no different with our liver.

"...An inactive lifestyle increases hepatic fatty infiltration, as well as hepatic inflammation and fibrosis," Kingsley notes. This increases the



risk of non-alcoholic fatty liver disease and liver damage.

The best way to approach this is to find a balance between sitting and being comfortable vs being active.

Excessive alcohol

Drinking in moderation can offer positive benefits, but if you are a heavy drinker and/or exceed two drinks per day, your liver may be at risk. Heavy alcohol drinking can leave the organ constantly inflamed, which increases the risks of fatal conditions like cirrhosis, liver cancer, and liver failure, Kingsley points out.

Our liver plays a vital role in how we function on a daily basis. By being more mindful of our daily habits and the things we are putting into our bodies, we can prevent any further damage to our liver. The good news is that our liver is pretty resilient. (BlackDoctor.org by Jason Henderson)

Learning To Use The Healthiest Word In The Dictionary: No

We throw around the word busy with pride, as if it were a direct correlation to our level of success. We wear invisible #TeamNoSleep and #TeamTwoJobs badges like a Girl or Boy Scout merit badge. Some of us have become enslaved to accolades and the grinder mentality. While some of us are, indeed, busting our behinds to build empires and make a name for ourselves in pursuit of success, we are collectively abusing the word yes without acknowledgment of the potential repercussion of our personal health.

Many of us are stretched thin and forced to be everything for everybody while failing to be what we need for ourselves.

They say the hustle is sold separately, and while the boss mentality is admirable, someone needs to remind



us that we are our own most important ongoing project.

Bouncing from job, to gig, to networking event, to balancing freelancing, to family gatherings, to cocktails

with your girls, to only seeing your home

It shouldn't be your sanity.

'No' is quite possibly the healthiest word in the dictionary and needs to be worked into everyone's daily vocabulary.

No can be used as a full sentence and does not require further explanation or background information.

It can also be used as frequently as you desire, and in a plethora of scenarios.

Saying no is the idea of understanding that this one thing could weigh you down like a

Thanksgiving feast on a Styrofoam plate.

Saying no means knowing that no matter how rigorous your goals are, you can't get there if you wear yourself out before realizing them.

It's realizing that self-care is three priority and should not have to be made a priority.

Get comfortable saying no to others and yes to yourself.

Say yes to that paid time off, yes to that vacation you never thought you'd have enough time to slow down to take, and say yes to everything that you've always wanted to do for yourself, but constantly had to work around your responsibilities.

Reward yourself for all that you've accomplished by learning how to use the healthiest word in the dictionary: No. (Source: BlackDoctor.org by Brittany Wright)

Phi Beta Sigma Raising Funds for Jackson, Mississippi Water Crisis



BOTTLED WATER
for Jackson, Mississippi



The Brothers of Phi Beta Sigma Fraternity, Inc. are accepting donations to purchase and deliver water to the residents of Jackson, MS.

DONATE TODAY
<https://tinyurl.com/SigmaWaterDonation>



The Governor of the State of Mississippi declared a state of emergency for Jackson, the capital city, following a catastrophic failure of the city's clean water system. The loss of the city's sole clean water supply plant has created a public health crisis resulting in the closure of all public schools, countless businesses and the interruption of water services for nearly 200,000 citizens. It is unclear when the City's water plant operations will resume leaving virtually every neighborhood without reliable running water

for cooking, flushing toilets, fighting fires or meeting other critical service needs.

Phi Beta Sigma Fraternity's three Metro-Jackson chapters have partnered with the local chapters of Zeta Phi Beta Sorority, Inc., the City of Jackson and several other community civic groups to coordinate and facilitate bottled water distribution stations across the city. Managing the logistics involved in these efforts is a labor of love but it requires financial support. Donations from caring Brothers like you will go a long way in letting those local Brothers and Sisters know that we stand with them in this crisis.

Additionally, your support will reaffirm our stance on being consciously aware of how environmental calamities disproportionately impact Black and Brown communities, and when they do, they are deserving of an equitable level of resources during recovery.

The preliminary impact of homes with little or no water pressure, no portable water available, and not being able to purchase water is expected to last approximately three weeks.

The tentative plan is for the Mu Sigma, Alpha Beta, Beta Rho, Gamma Epsilon Sigma, and Kappa Epsilon Sigma Chapters to host a water distribution site and give away water starting September 3, 2022. This is contingent on their ability to purchase the necessary cases of water and secure delivery for the water to Jackson.

To Donate – scan the QR code or visit givelify.com/donate/pbs-impact-foundation-inc-washington-dc-2j7wy5OD-g4ODg3/donation/amount Choose your donation amount and select Blue Axe Contingency Relief. Donated funds will be used to provide relief to communities that have been affected by disasters.

Commentary - How Long Will This Recession Last?

By Robin Smith

America is in a recession. Americans knew that before the policymakers finally admitted it!

The intuition of most when prices go sky high is to cut their spending and to look for bargains, sales and alternatives to costly items. Simply stated, when government-induced inflation ballooned the prices of everything from gas to groceries, consumers responded by changing their shopping and spending habits.

That inflation is now a recession.

How long will the recession last? What's next?

It depends. It depends on whether those in positions of leadership are committed to solutions or just political talking points.

Exiting today's hostile political sniping to find a reasoned response to both inflation and

recession—a 1975 paper delivered

to a Miami monetary conference by a former journalist and author whose focus and research had been devoted to the economy and monetary policy for such publications as the New York Times, Newsweek, the Los Angeles Times and the Wall Street Journal—provides the answer. It's not a popular answer, which means it may be ignored because politicians typically pander, not problem solve.

Henry Hazlitt, deceased as of 1993, lived in a time when partisan rancor had not reached today's toxic levels. His writings on the economy expose a very simple cause, effect and correction of both inflation and recession. Let's see who commits to the fix.

Hazlitt, whose work inspired much of the work of Dr. Thomas Sowell, one of today's brilliant economic minds, made a simple declaration back when Sony introduced Betamax videos, the popular TV shows includ-

ed The Six Million Dollar Man, The Jeffersons, Kojak and Good Times and a gallon of gasoline cost 59 cents.

"The direct cause of soaring prices is printing too much paper money; the direct cure is to stop printing it. The indirect cause of inflation is government overspending and unbalancing the budget; the indirect cure is to stop overspending and to balance the budget," noted Hazlitt.

The printing of too much money means the ease of accessing money through credit and lower interest rates, through government spending, as well as through government spending that's excessive and beyond its own budget. Henry Hazlitt described completely and embarrassingly simple in 1975, both the cause and the cure for what ails Americans today.

Will the government stop its spending and spending beyond its budget? Most will say loudly and

consistently, "No!"

That means for Americans, the costs of goods and services will remain high and even increase. It also means that the labor market will change because of the pressures on companies to pay workers when their cost of doing business escalates, and consumers become thrifty out of necessity.

How will the labor market change? There will be fewer jobs and, in some cases, job losses.

If your skills need sharpening through education, certifications or training, get busy. Make sure to show yourself a valuable employee.

The days ahead, because the cure is unpopular, won't produce a rapid economic recovery. So, we'll all deal with the predicted pain.