

Lupus

(Continued from Page 6) and all these other things, but they didn't pay attention to the lupus factor," said Ang, who has formed a family relationship with Doss through her association with the organization. "This is the problem with lupus because it's such a silent disease, but is it life threatening, you bet. So, we have to find good doctors who not only treat lupus but understand that it needs to be kept under control."

According to the organization, there is no exact cause of lupus and treatments have been known to lead to damaging side effects like kidney disease and heart failure.

Through a series of trial and error with doctors throughout the valley, once connected with the organization, Doss was eventually paired with a doctor who showed an immense amount of concern for her well-being. "I had a high level of blood pumped to my heart and it was so high I could have died, so they called me back to the hospital," said Doss. "That's when I knew I

finally found a doctor who cared."

A common problem discovered among those affected by lupus, is many family members find it difficult understanding the intensity of the disease. "We try to support the family and help them understand the pain is real, just as real as someone who has cancer," said Ang. "When you have an organization like ours that pays attention to the disease they eventually realize it's not a game."

In addition to the disease attacking her internal organs, Doss has also had to endure constant flare ups in her mouth, which, soon after her diagnosis, led to her teeth being removed. The organization is currently in the process of selecting Doss an appropriate dentist.

"Lupus is like an individualized disease," said Ang. "Flare ups attack in different ways and at different times. There is no standard."

More than 20 years after the diagnosis, Doss is still living with the pain. How-

ever, she counts it as a blessing because she's still living. "Sometimes the pain is so severe I have difficulty sleeping and it makes you wanna scream out, but sometimes you have to just deal with it," said Doss. "There are certain people you can hide it from, but you definitely can't hide it from yourself."

Through the pain, Doss finds comfort in her puppy, her plants, and her featured performances at open-mic karaoke. "I love to sing," said Doss, whose favorite karaoke song is Elton John's "Don't Let the Sun Go Down on Me." "That song is a reminder for me, like when you think you're gonna die, thinking no one loves you, or when you think you're here alone, it might take a minute to find them but you're not alone, there's always somebody there."

The organization will hold its inaugural gala, locally, June 27. For more information on this event, including sponsorship opportunities, visit the website www.colorsoflupus.org

Unhealthy colon promotes disease

By Ms. Jamila
Spa One Wellness Center
Special to The Answer

Did you know that a healthy colon is the secret to living a healthy lifestyle? Are you aware that thousands of peoples actually die from cancer of the colon every year? Still millions more suffer from terrible health problems caused directly by a diseased colon.

Why then does medical science still refuse to acknowledge that a toxic colon can cause health problems? Believe it or not, over 90 percent of all diseases are manifested and not inherited such as sugar diabetics, high blood pressure, etc.

Most medical experts also feel that a toxic colon has very little, if anything, to do with premature-aging. How can a procedure that is utilized by some of America's well-educated, health-conscience individuals, entertainers, and celebrities be so discounted by western philosophy?



MS. JAMILA

Around the turn of the century, doctors accused all sort of diseases on chronic constipation. It was thought that a slow transit time through the intestines caused toxic waste to build up, re-enter the blood stream and ill effect various organs of the body.

The theory was laid to rest after several researchers using the premature techniques, then available, had failed to identify any toxic substance in the blood.

Throughout this period of time, up to the early 1930s, a very ancient technique of in-

ternal cleansing referred to as "Colonic" was experiencing a period of popularity versus reaction. Gradually, colon hydrotherapy's reputation began to falter due to a couple important factors.

—The general public's knowledge and use of this valuable health procedure and theory were actually suppressed by the AMA and pharmaceutical companies.

—Unskilled individuals were performing the therapy using primitive equipment at that time. The AMA had taken a powerful stand toward drug enforcement and was against theories such as colonics and natural health care remedies. There were quoted as saying they are too "antiquated or primitive."

In spite of all the negative press, a small percentage of the United States populations still held on to the most logical explanation to the true cause of most diseases. They believe a simple fact; unhealthy colon promotes disease.

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