



Healthwatch

by Steven Bailey, N.D.

Pre-menstrual Syndrome (PMS) affects millions of American women. As its name suggests, it is a syndrome (a set of symptoms which occur together) which occurs prior to a woman's menstrual period. These symptoms may include any or all of the following: mood swings (depression, tension, irritability), bloating, cramping, appetite changes (esp. sugar cravings), backache, dizziness, headaches, breast tenderness and pain, skin eruptions and respiratory problems (sinusitis, rhinitis, sore throats). The time of onset can be anywhere from a few days to a few weeks before the period.

While most women who suffer from PMS have symptoms throughout the year, many women experience intensified symptoms during the winter months. There are many reasons why PMS may be worsened during this time. To understand why these seasonal changes occur, we must understand why PMS occurs in the first place.

PMS occurs prior to and during the bleeding phase of a woman's monthly cycle. It has been closely correlated to high levels of the hormone estrogen relative to progesterone, a relationship that is most imbalanced immediately prior to menses. For this simple reason, most treatment programs attempt to lessen this estrogen/progesterone imbalance.

Increased production of estrogen as well as decreased breakdown can both worsen the symptoms of PMS. Likewise, decreased production and/or increased breakdown are beneficial processes in the reduction of PMS symptoms. Both of these latter processes can be aided through a variety of programs.

Diet, exercise and stress management are the cornerstones of a good PMS program. Diet can affect PMS in both positive and negative ways. High levels of simple sugars, coffee, soda pop, red meat and raw cabbage family (cauliflower, broccoli, etc.) can worsen the condition. Small meals high in complex carbohydrates, low in fats and simple sugars are ideal. Support foods include those high

in sulphur (eggs, garlic, onions), iodine (kelp, iodized salt), and the B-complex vitamins, as well as vitamins A, E and C. The minerals Chromium, calcium and magnesium play an important role in the normal hormonal regulation of women.

Stress both enhances estrogen production and decreases the breakdown of already existing hormone. Chronic stress may also worsen long-term nutrition and diminish the stored reserves of Vitamins C, E, B-6 and the B-complexes. Diet and relaxation techniques, and exercise can all help to modify the effects of stress.

Aerobic exercise is beneficial to women who suffer from PMS for a variety of reasons. As well as modifying stress, exercise also helps in fat cell breakdown (a source of estrogen) and aerobic exercise enhances the enzymatic activities of the liver. Increased enzyme activity in the liver means faster breakdown of circulating estrogen as well as stress hormones such as adrenaline and nor-epinephrine. Aerobic exercise should be added gradually. Recent studies show that brisk walking will accomplish most of the good done by more vigorous forms of exercise, so don't overdo your exercise program. You should feel refreshed after exercise, not run down!

We can see how winter brings on more intense symptoms in some women. We eat more simple sugars over the holidays and certainly have larger, higher fat meals as a whole. We exercise less with the shorter days and higher rainfall. Our general level of stress around the short, wet winter holiday season is individual but, as a whole, is higher than other times of the year for many.

There are many other things that we can do for PMS, and these may often be prescribed on an individual basis. If you suffer from PMS, take heart! You can take a more active role in your own care and, hopefully, experience much less intense symptoms in future cycles.



Along the Color Line

by Dr. Manning Marable

Dr. Manning Marable is professor of sociology and political science at Purdue University. "Along the Color Line" appears in over 140 newspapers internationally.

Show Trial in Grenada

Whenever any political system loses its legitimacy, or experiences a profound crisis, opposition movements emerge to challenge the status quo. Frequently, the ruling elites resort to "scapegoat politics"—deliberate lies, assaults and the jailing of political opponents. Prominent critics of a regime may be forced into the courtroom, and ordered to admit that they are guilty of outlandish or spurious offenses. Without due process, they are summarily convicted. These orchestrated events are called "show trials". Judge, prosecutor and jury are all formally or informally linked to the government.

Both communists and capitalists have resorted to show trials in the twentieth century. In the 1930s, the Soviet government of Josef Stalin ordered the public trials and executions of hundreds of thousands of prominent Communist Party leaders, trade unionists, intellectuals and military leaders. Millions more experienced imprisonment and internal exile. During the late 1940s and 1950s inside the United States, we experienced a series of show trials against accused leftists and domestic critics of the Cold War. Nearly one million workers were expelled from the Congress of Industrial Organizations for their political views. Thousands of artists, entertainers, teachers and writers were fired. Several states ordered the death penalty and/or life imprisonment for the espousal of Marxist ideas. Civil liberties and Constitutional rights of millions of Americans were grossly violated by McCarthyism and witch hunting. Nearly two decades later, Black Power advocates and Black Panthers were harassed by police officers, falsely arrested, and in several cases, were assassinated. In these and other cases, show trials and political intimidation was a deliberate tool of the political establishment, left or right.

One of the most flagrant contemporary examples of "show trials" are the current proceedings in the Caribbean island of Grenada. Eighteen members of the New Jewel Movement (NJM) are being "tried" in the U.S.-financed and sponsored attempt to purge all vestiges of progressive politics from Grenada. Many of the accused were prominent leaders in the island's revolutionary government and ruling party before October, 1983.

Since the U.S. invasion and the military overthrow of the legitimate government, the local political situation has become increasingly unstable. U.S. troops have trained a local paramilitary outfit, the Special Security

Unit, which has committed acts of terrorism and brutality against the Grenadian people. Unemployment had been reduced from 49 percent to almost 10 percent by the NJM government; but under the U.S.-backed regime, joblessness has soared upwards to at least 25 percent again. Labor leaders and prominent community leaders who had been sympathetic with the progressive NJM government have experienced various types of political and civic harassment.

Every year since 1984, the puppet regime has operated with a financial deficit—and each year, the American government has had to bankroll the new government. Health care, public education and low income housing programs have either ceased to exist, or have deteriorated. The many promises of U.S. firms relocating to the island generally have failed to meet expectations. This summer, Prime Minister Herbert Blaize signed an investment treaty with the Reagan administration, giving American corporations equal tax treatment with local Grenadian firms and providing for the repatriation of profits. This treaty will only promote long-term unemployment and economic underdevelopment.

A political "scapegoat" is required by the U.S. to explain away the island's continuing difficulties. This role if being provided by the NJM's former Finance Minister, Bernard Coard, and other NJM leaders, who have been subjected to inhumane treatment and even torture. To permit their "legal" railroading, the local press has published hundreds of prejudicial articles against the defendants. The defense has declared that the media campaign is a public "brainwashing process", which has literally made it impossible to obtain "an unprejudiced panel of jurors." Prosecution witnesses have been coached to deliver their "testimony". Coard has been placed in an underground jail cell devoid of light, has been beaten by police using steel handcuffs, and has been denied even the use of pen and paper to write his briefs.

To call for the defense of Coard and other NJM leaders is not to ignore the events leading up to the NJM government's overthrow. The inexcusable and tragic executions of Prime Minister Maurice Bishop and others who were politically opposed to Coard must be objectively examined and accounted for. But the current showtrial in Grenada cannot in any measure be justified; it is both illegal and immoral, and only serves to perpetuate the political subordination of all Caribbean people to the United States.

EDITORIAL/OPINION

Community Should Support Black United Fund

We, as African-Americans, should support the Oregon Chapter of the Black United Fund (BUF). The BUF is a non-profit charitable organization whose mission is to provide needed social services in the Black community. The BUF solicits all of its funding through payroll deduction plans.

Black entrepreneurs should establish payroll deduction plans at their business establishments. Likewise, Black employees should petition their employers to implement a payroll

deduction plan on the behalf of the BUF at their work places.

An organization such as the BUF is desperately needed in an effort to address the serious social problems afflicting Black communities throughout the nation.

This is why Black Oregonians should support the BUF. Traditional charitable organizations do not adequately respond to the needs of the Black community. By supporting the BUF, the Black community will be helping itself.

NAACP'S NEDCO Program Makes Sense

The nation's oldest civil rights agency, the National Association for the Advancement of Colored People (NAACP), announced during a recent convention held in Baltimore that it will make economic development as one of its priorities. Therefore, the 77-year-old organization has created an economic development corporation, NEDCO, as a subsidiary to the parent organization.

The NAACP and the Brown and Williamson Tobacco Company have agreed on a joint venture as the first step in furthering minority business development.

The joint venture, which is known as the Small Business Incubator Center (SBIC), will promote minority business development. SBIC will offer space, business and technical

service, and feed capital to young, growing businesses. SBIC will allow minority entrepreneurs to get everything from telephone answering to loan packaging and data processing at one site.

The decision by the NAACP to make economic development one of its top priorities is a good decision by the civil rights organization.

Economic development is the key to the survivability of the Black community. Furthermore, an economically sound Black community will help foster racial equality. The NAACP's NEDCO program is one vehicle to promote minority enterprise in America. NEDCO can assist in the economic growth and development of minority enterprises throughout the United States.

POSAF ON SOUTH AFRICA

Kodak Says No To South Africa

At a time when the American Friends Service Committee and other organizations across the country are supporting the concept of total economic disengagement from South Africa, the Eastman Kodak Company's announcement November 19th to leave South Africa is providing a real-life model. Henry J. Kaska, a Kodak spokesman said, "We decided we would not go half-way."

Kaska's use of the term "half-way" is in reference to the recent announcements by GM, IBM and other companies which have said they would sell their South African operations to local managers and continue to sell their products and services inside South Africa. It has even been implied in some reports that IBM and GM may have sold to local management so that they could once again supply the South African regime, free of U.S. sanctions restrictions.

Kodak, on the other hand, has announced that as of April 30, 1987, no Kodak unit anywhere in the world will be permitted to supply products or services inside South Africa. Kodak has stated that even if a buyer takes over Kodak's photo-finishing plant, the plant will not be supplied with Kodak products, nor will Kodak do any servicing of machines, replacing parts, etc.

In disengaging, Kodak cites worsening economic

conditions and a future in which "we cannot see with any certainty a time which South Africa will be free of apartheid" as reasons for its total pull-out. The implications of this situation have created a degree of business risk which Kodak does not consider prudent.

In 1986 there has been a rapid escalation of companies selling their South African operations, with 34 to date and others announcing their intentions weekly. In 1985, 39 companies completed their withdrawal. However, according to Timothy Smith, director of the Interfaith Council on Corporate Responsibility, only a handful of departing companies have actually eliminated sales of their products in South Africa. "Kodak is the largest company to make a full divestment," Smith said.

At a time when there is so much action around companies doing business in South Africa, a refinement of terminology is useful and necessary. The American Friends Service Committee, the American Committee on Africa (New York based) and other organizations involved in anti-apartheid work are attempting to provide some clarification. The term "divestment" refers to institutions at home (churches, schools, legislatures) withdrawing their funds from companies that do business in South Africa. The term "disengagement" refers to the company actually leaving South Africa.

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