

Notas Y Más

September 2020

Community meetings and art events are currently on hold due to COVID-19. Check websites, FB or call for virtual meetings and arts programming in September, 2020. www.esperanzacenter.org



Submit to: lavoza@esperanzacenter.org
or send to

La Voz editor

922 San Pedro Ave.
SA, 78212

Visit esperanzacenter.org
to see previous issues of
the November La Voz de
Esperanza.

Call for Calaveras, Literary Ofrendas & Artwork for the November La Voz!

DEADLINE: October 5th!

Calaveras: Satirical poems mocking the death of a living person or of a timely situation. **350 words or less. Artwork accepted.**

Literary Ofrendas: Tributes dedicated to deceased loved ones. **350 words or less.**

Photos accepted.

Artwork: Copies of drawings or other artwork of calaveras or calacas.



Artwork by Aleida

SECC FEDERAL CAMPAIGN

**Give to the Esperanza
Peace & Justice Center at
your workplace, today!**

Use the appropriate code:

City of San Antonio: 8022

Bexar County: 8022

City/County I.S.D.s: 8022

**State of Texas Employee
Charitable Campaign: 413013**

Todos Somos Esperanza!

**For info:
call 210.228.0201
or email esperanza@esperanzacenter.org**



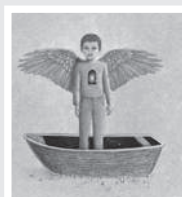
Spiritual Journeys Art Exhibit

August 29 - October 3, 2020



Barraza Fine Art, LLC

407 S. 5th Street, Kingsville, TX 78363



Santo Niño Migrante
by Lilliana Wilson

PARTICIPATING ARTISTS

Laura Lopez Cano
Louis A. Cano
Yreina Cervantez
Cecilia Colomé
Teodoro Estrada
Ian Etter
Yreina Cervantez

Berta Flores
Gilbert Flores
Sergio Garcia
Mary Jane Garza
Alex Guerra
Suzy González
Diana Kim
Angela M. LaPorte
Dorothea Grace Lemeh

Carlos Lowry
Michael Menchaca
Delilah Montoya
Felicia Morin
Amanda Muñoz
Fernando Muñoz
Marti Ontiveros
Sylvia Orozco
Peter F. Ortiz

Stephanie Ortiz
Adriana Perez
Yolanda Petrocelli
Marta Sanchez
Liliana Wilson
Edward Ybarra
Santa Barraza

Contact: (361) 360-5788 or info@santabarraza.com

Natural Medicine

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function), and Astragalus (a Chinese herb that boosts immunity).

Metabolic cardiologist Stephen Sinatra, M.D., mentions the importance of taking licorice root tincture (20 drops under the tongue, twice daily), resveratrol (found in the skin of grapes or as a supplement), and N-acetyl cysteine (NAC), which Sinatra describes as an amino acid that “serves as a building block for glutathione, your body’s most natural immune-supporting antioxidant.” Sinatra also believes everyone should start off with a high-quality daily multivitamin/mineral.

Sinatra recommends black elderberry as well, saying, “Available in syrup and gummy form, elderberry is a convenient immune booster for children and pill-averse adults.”

The afore-mentioned glutathione is vital in maintaining immunity. The title of a May 2020 article in the journal ACS Infect Dis. proclaims its importance in fighting COVID-19: “Endogenous Deficiency of Glutathione as the Most Likely Cause of Serious Manifestations and Death in COVID-19 Patients.” Michael Murray, N.D., says that “Lower levels of glutathione result in the combination of an impaired immune response, decreased protection against the virus and cellular damage, and an increased inflammatory response. The bottom line is that if you want to survive this pandemic, you need to take steps to boost your glutathi-

one stores and definitely avoid drugs like acetaminophen that can cause glutathione levels to plummet.”

Mark Menolascino, M.D., Director of the Meno Clinic in Wyoming, adds that probiotics play a crucial role in healthy immune defense. Probiotics in good yogurts and kefir, sauerkraut, kim chee, and in capsule form, are available at most supermarkets.

Refined sugar weakens the immune system. This may be unwelcome news to sugar-addicted Americans, but avoidance of sugar may be needed by those hoping to avoid infection, particularly if their diets are sub-optimal. Avoidance for the time being of alcohol and caffeine may also be advisable.

Why aren’t we hearing all – or even some - of this from those leading the discussion of COVID-19? It must be repeated that much of this information is not on the radar of conventional medicine or the press/media, for reasons suggested at the beginning of this article. This should nonetheless not prevent one from trying things that could, after all, help and do no harm. And meanwhile, we all should be getting adequate sleep, not freak out over corona fears, get some sunshine, and eat right to maybe enhance our survival at this difficult time.

BIO: Loretta Van Coppenolle is certified in holistic nutrition and functions as a pro bono nutritional consultant and natural health advocate.