

# African Traditional Herbal Research Clinic

Volume 1, Issue 3

NEWSLETTER

March 2006

## Bird Flu Basics - Bird Flu Facts

The rapid spread of bird flu, which is not uncommon among chickens and other fowl, has caught the attention of global health authorities. There are at least 15 different types of avian influenza that routinely infect birds around the world. The current outbreak is caused by a strain known as H5N1, which is highly contagious among birds and rapidly fatal. Unlike many other strains of avian influenza, it can be transmitted to humans, causing severe illness and death.

Bird flu is not the same as SARS (severe acute respiratory syndrome). Although their symptoms are similar, completely different viruses cause SARS. Influenza viruses are more contagious and cannot be as readily contained as SARS by isolating people who have the infection.

Influenza viruses are highly unstable and have the ability to mutate rapidly, potentially jumping from one animal species to another. Scientists fear the

*Continued on page 2*

## What is the African Traditional Herbal Research Clinic?

*We can make you healthy and wise*

**Nakato Lewis**

**Blackherbals at the Source of the Nile, (U) Ltd.**

The African Traditional Herbal Research Clinic located in Bukoto is a modern clinic facility created to establish a model space whereby indigenous herbal practitioners and healers can upgrade and update their skills through training and certification and respond to common diseases using African healing methods and traditions in a modern clinical environment.

Traditional healers are the major health labor resource in Africa as a whole. In Uganda, indigenous traditional healers are the only source of health services for the majority of the population. An estimated 80% of the population receives its health education and health care from practitioners of traditional medicine. They are knowledgeable of the culture, the local languages and local traditions.

This is a joint venture between the **National Council of Traditional Healers and Herbalists Associations in Uganda and Blackherbals at the Source of the Nile, Uganda, LTD.** Our purpose is to raise public awareness and understanding on the value of African traditional herbal medicine and other healing practices. We are now open.

**Hours: 9:00 am to 6:00 pm Monday thru Friday  
10 am to 4:00 pm Saturday  
Sundays - Closed**



### INSIDE THIS ISSUE

1	What is the African Traditional Herbal Research Clinic? Bird Flu Basics – Bird Flu Facts
2	Report: Tamiflu is 'Useless' for Avian Flu
3	African Spirituality – Kabona Mugalula
4	Feature– Researchers Reconstruct Killer 1918 Flu Virus
5	Love the One You're With by Qaaradin
6	Featured- Got Melanin Anyone? Unblind Africanus
10	Herb of the Month – Eucalyptus Tree

*Continued from page 1*

bird flu virus could evolve into a form that is easily spread between people, resulting in an extremely contagious and lethal disease. This could happen if someone already infected with the human flu virus catches the bird flu. The two viruses could recombine inside the victim's body, producing a hybrid that could readily spread from person to person.

The resulting virus likely would be something humans have never been exposed to before. With no immune defenses, the infection could cause devastating illness, such as occurred in the 1918-19 Spanish flu pandemic, which killed an estimated 40 million to 50 million worldwide.

In rural areas, the H5N1 virus is easily spread from farm to farm among domestic poultry through the feces of wild birds. The virus can survive for up to four days at 71 F (22 C) and more than 30 days at 32 F (0 C). If frozen, it can survive indefinitely.

So far in this outbreak, human cases have been blamed on direct contact with infected chickens and their droppings. People who catch the virus from birds can pass it on to other humans, although the disease is generally milder in those who caught it from an infected person rather than from birds.

If the virus mutates and combines with a human influenza virus, it could be spread through person-to-person transmission in the same way the ordinary human flu virus is spread.

The current outbreak of bird flu is different from earlier ones in that officials have been unable to contain its spread. An outbreak in 1997 in Hong Kong was the first time the virus had spread to people, but it was much more quickly contained. A total of 18 people were hospitalized with six reported deaths. About 1.5 million chickens were killed in an effort to remove the source of the virus.

Unlike the 1997 scare, this outbreak has spread more rapidly to other countries, increasing its exposure to people in varied locations and raising the likelihood that the strain will combine with a human influenza virus.

Bird flu can cause a range of symptoms in humans. Some patients report fever, cough, sore throat and muscle aches. Others suffer from eye infections, pneumonia, acute respiratory distress and other severe and life-threatening complications.

Flu drugs exist that may be used both to prevent people from catching bird flu and to treat those who have it. The virus appears to be resistant to two older generic flu drugs, amantadine and rimantadine. However, the newer flu drugs Tamiflu and Relenza are expected to work – though supplies could run out quickly if an outbreak occurs.

Currently there is no vaccine, although scientists are working to develop one. It probably will take several months to complete and may not be ready in time to stop a widespread human outbreak, if one occurs.

Rapid elimination of the H5N1 virus among infected birds and other animals is essential to preventing a major outbreak. The World Health Organization recommends that infected or exposed flocks of chickens and other birds be killed in order to help prevent further spread of the virus and reduce opportunities for human infection. However, the agency warns that safety measures must be taken to prevent exposure to the virus among workers involved in culling.

**Sources: AP, CDC & WHO**

<http://www.blackherbals.com>

\*\*\*\*\*

## **Report: Tamiflu is 'Useless' for Avian Flu**

**United Press International**

04 December 2005

London - A Vietnamese doctor with experience in treating avian flu says Tamiflu, the drug being stockpiled for treatment of avian flu is useless against the virus.

Dr. Nguyen Tuong Van of the Centre for Tropical Diseases in Hanoi has treated 41 victims of H5N1, following World Health Organization guidelines and administering Tamiflu to her patients. She told the Sunday Times of London the medicine had no effect.

*Continued on page 7*

---

## AFRIKAN SPIRITUALITY

By Kabona Mugalula Wamala

The most potent weapon the colonial-neo-colonial oppressor has against Black people is the mind and memory of Black people. By disorganizing our thought processes, erasing our memory and taking away our languages, we think in a mixed-up way, forget who we are, lose meaning in our words and attach new meaning to demean ourselves, our culture and heritage. Eventually we are rendered rootless, and therefore vulnerable to all manner of hostile propaganda. At some point we can no longer count on the protection and defense of our Creator. To drive this point home, I will proceed to define some key words and concepts in Afrikan Spirituality whose meaning has been distorted by the Church as a method of struggle to erase Endhikiriza y'Obudhaadha; that is Afrikan Philosophy and Spirituality. For example...

### *Okusamira*

This is probably the most demonized and most feared word, concept and praxis; most feared and demonized by the Church. And it is not surprising! *Okusamira* is the act of calling (*okukowoola*) our ancestors and the Creator so that we can directly communicate with our ancestors and the Creator, for them to bless us, as well as guide and direct us on what to do, so that we follow a life consistent with the Creator's Original Instructions.

To prove this concept of *kusamira*, I can analyse the word further by saying that this word is a sister to the word *kusaamira*, which means playing special music to white ants (*enswa ennaka*) to lure them out of their place of abode in the anthill. Indeed when appropriate arrangements are made, and the timing is right, the white ants will stream out of the anthill, responding to the special music. The same thing happens with the Creator when men and women *basamira*.

### *Lubaale*

“*LUBAALE*” is derived from “*Orubaale*”; the force which hangs and keeps all the Spirits in space or the universe. It is in *Orubaale* where the eternal life of all living things can be found through the air we breathe. When *Orubaale* descends on earth it settles in every homestead as *Lubaale*, to provide protection and sustenance to all God's children.

Managing Editor: Nakato Lewis

PUBLISHER: KIWANUKA LEWIS

Published monthly by BHSN and NACOTHA for the African Traditional Herbal Research Clinic



*The traditional shrine as a symbol of our cultural history*

---

### *Omusaambwa*

The Creator, *Omutonzi Kyetondeka-Ttonda Nnamugereka* is Spirit, all-Spirit and only Spirit, not visible with the bodily eyes or bodily sight. The same is true with spirits, which are derived from The Creator, *Kyetondeka Ttonda Nnamugereka*. When in space, the Creator is all-Spirit, and only Spirit. However, during the course of their work, Spirits descend on earth. When they descend on earth, spirits take on forms which are visible with bodily eyes, for example people, snakes and reptiles, birds, rivers, trees, etc. The bodily form, which spirits take on earth to accomplish their work is what is called *Omusaambwa*.

It follows therefore that in descending on earth The Creator *Kyetondeka Ttonda Nnamugereka* is variously hosted in any and all living and non-living things on earth. Each one of us and every other creation is potentially or in reality a *Musaambwa*. Indeed it is for this reason that people who understand and walk in the Ways of The Creator, *Kyetondeka Ttonda Nnamugereka* respect the sacrosanctity of humanity and all living and non-living things and their right to life or to be in perpetuity.

*Continued on page 8*

\*\*\*\*\*

### *African Proverbs*

*When a dying man cries, it is not because of where he is going which he knows nothing about, but because of what he wishes he would have done in the world he is leaving behind.*

\*\*\*\*\*

### FEATURED ARTICLES

## Researchers Reconstruct Killer 1918 Flu Virus

The Associated Press  
October 5, 2005

ATLANTA - It sounds like a sci-fi thriller. For the first time, scientists have made from scratch the Spanish flu virus that killed millions of people in 1918.

Why? To help them understand how to better fend off a future global epidemic from the bird flu spreading in Southeast Asia.

Researchers believe their work offers proof the 1918 flu originated in birds, and provides insights into how it attacked and multiplied in humans. On top of that, this marks the first time an infectious agent behind a historic pandemic has ever been reconstructed.

The scientists involved in the project contend there's no real risk to public safety. The vials of this frightening germ — about 10 of them — are locked away at the federal Centers for Disease Control and Prevention in Atlanta, said Terrence Tumpey, the CDC research scientist who constructed the virus.

However, at least one ethicist thinks there should be a broader public discussion before scientists take such bold steps.

"There isn't much input from the public. I think there should be," said Dr. Arthur Caplan, director of the University of Pennsylvania's Center for Bioethics.

### 'A big day for science'

Like the 1918 virus, the current avian flu in Southeast Asia occurs naturally in birds. In 1918, the virus mutated, infected people and then spread among them. So far, the current Asian virus has infected and killed at least 65 people but has rarely spread person-to-person. But viruses mutate rapidly and it could soon develop infectious properties like those seen in the earlier bug, said Dr. Jeffery Taubenberger of the U.S. Armed Forces Institute of Pathology. "The effort to understand what happened in 1918 has taken on a new urgency," said Taubenberger, who led the team that did the gene-sequencing for the project.

The research involved everything from excavation of human remains to application of the latest laboratory technology. "It's the sort of story you could tell high school students to get them excited about science," said Dr. William Schaffner, a vaccine specialist at Vanderbilt University.

The Spanish flu of 1918 was a worldwide contagion that in a few months killed an estimated 20 million to 50 million worldwide, including roughly 550,000 in the United States.

In severe cases, victims' lungs filled with fluid and they essentially drowned in a disease process that took less than a week. It was known for being particularly dangerous to young adults, a group usually less susceptible to flu complications than older people.

Some public health experts believe the virus was also devastating because of the malnutrition and poor living conditions that existed in that period at the end of World War I.

The reason the scientists believe their reconstructed virus poses no public health threat is that based on previous research, modern-day medicines are effective against the 1918 flu, and they think most people today are already at least partially immune.

The subtype of virus that caused the 1918 pandemic is now common, and so it would not be as unknown to the immune defense systems of people today. In other words, it would not be as deadly, said Adolfo Garcia-Sastre, microbiologist at the Mount Sinai School of Medicine in New York. "In each pandemic, it's been a new subtype of virus," not an existing one, said Garcia-Sastre who participated in the effort to reconstruct the virus.

In their research detailed Wednesday in the journals *Science* and *Nature*, the scientists explained how they reconstructed that 1918 virus.

Continued from page 4

Using the remains of a female flu victim buried in the Alaskan permafrost in 1918, federal researchers sequenced the virus's genetic information.

Tumpey also confirmed the 1918 virus's avian-like characteristics by injecting it in fertilized bird eggs. It killed the eggs, just like the Asian bird flu does. Other modern-day flu strains that are human-based don't kill fertilized bird eggs, he noted. Scientists had already believed the 1918 virus was a bird-adapted agent. This offers evidence of that.

The researchers also refined their focus on one gene, the HA gene, that encodes the hemagglutinin surface protein that help the virus attach to cells and multiply. The 1918 virus is deadly with the HA gene, but when the gene was replaced, it was not virulent, Tumpey said.

#### **Why the virus was so deadly**

The virus's genetic properties may explain why it was able to settle deeper in the lungs than most current flu strains, causing the drowning condition, he said.

The gene sequencing information from the new research is being placed in GenBank, a public database operated by the National Institutes of Health. Sequence information for smallpox and other deadly infectious agents is also stored there. It is accessible to scientists and others, including some who may have harmful intent.

But it won't be simple for terrorists or anyone else to reconstruct their own versions of the 1918 virus, said Diane Griffin, chair of molecular microbiology and immunology at Johns Hopkins University's Bloomberg School of Public Health. "These are not easy viruses to reconstruct," she said. "You're not going to do this in a cave in Afghanistan."

Researchers say their work was carefully reviewed before they were allowed to complete the reconstruction. Among the sign-offs was an approval from the National Science Advisory Board for Biosecurity, a panel created last year to advise federal health officials on biological research that might threaten public health.

© 2005 The Associated Press.

<http://www.msnbc.msn.com/id/9598565/>

\*\*\*\*\*

## **Bird Flu Scare Hits Uganda**

**Peter Nyanzi & Rodney Muhumuza**

March 5, 2006

**Kampala, Monitor Online**

<http://www.monitor.co.ug/sunday/news/news03052.php>

THE unexplained death of thousands of birds on poultry farms in several districts has thrown health and veterinary authorities into a panic fearing that it could be avian influenza commonly known as bird flu. Thousands of birds have died on poultry farms in several districts in central and eastern Uganda in the past week alone.

Dr Christopher Rutebarika, the assistant commissioner for veterinary health and disease control in the Ministry of Agriculture, confirmed the deaths in a telephone interview on Friday. He said samples had been taken out of the country for tests but that the results were yet to be known. "We are awaiting the results of the tests," he said. "It is after we get the results that we shall determine what action to take."

But on a positive note, he said, bird flu testing kits have arrived in the country; hence there will be no more need to send samples abroad for testing.

According to the World Health Organisation, bird flu is a highly infectious disease in birds and is caused by the flu virus H5N1. The disease could kill 100 percent of the domesticated birds in a very short time.

Rutebarika allayed fears that human beings could be in danger of catching the disease saying the "disease is a disease of poultry and not human beings". Besides, people do not catch the virus by eating chicken.

The government has undertaken several preparatory steps to counter the virus, should it strike. A multi-sectoral National Task Force has been constituted comprising Ministry of Health, Ministry of Agriculture, Ministry of Tourism and Trade, Uganda Wildlife Authority, poultry associations and other partners to prepare and set up an emergency response mechanism.

The Task Force, chaired by the acting Director General of Health Services, Dr Sam Okware, held an emergency meeting on Friday. Veterinary and health workers at both the national and district level have been sensitised on the avian flu epidemic. Okware could not be reached for a comment on Friday but he had told Sunday Monitor earlier in the week that the first "inter-ministerial steering

*Continued on page 8*

### FEATURED ARTICLES

## GOT MELANIN ANYONE?

### Unblind Africanus

It is a sad and unfortunate fact that many people of Afrikan descent need to be reminded of their history, in order for them to grasp at a few straws of self-awareness. The minds of these victims are too busy trying to emulate European behavior and “civilization” to initiate a serious exploration and “inploration” into their true essence. This goes to many extremes and is something that affects our situation negatively. I am often dismayed but no longer surprised at the amount of my brothers and sisters who lack knowledge of self to the extent that, they are not aware of what melanin is. This fundamental determinant, which makes us who we are as a people has not been taught to them and they have not taken the initiative to find out about it.

To start at the beginning: Melanin is a Greek name (from melanos) which denotes the color black. It is true however that before the Greeks appropriated Afrikan civilization and science, in KMT or Egypt (which is a Greek misguided name) the ancient black Egyptian (Metu Nefer) word that had the blackest connotation was KMT and they named themselves by it (kamau). On a psychological level, the study of melanin is a key to unlock mental slavery of black people. Melanin is the fundamental unit of the universe and can exist in four forms including Cosmic Melanin, Planetary Melanin, Plant Kingdom Melanin (chlorophyll) and Animal Kingdom melanin (black pigmentation). The latter is the appropriate field of study for Afrikans.

In humans, tyrosine, an amino acid, is the main nutrient. Tyrosine is a precursor of melanin and lays the foundation for melanin to be produced. The body **must contain** an enzyme known as tyrosinase and copper to be able to use tyrosine to create melanin. In humans there are three types of melanin. The first being Eumelanin which has a high electric charge, high molecular weight and density and gives rise to colors from dark brown to blue black.

weight is known as pheo-melanin or pseudo-melanin. It has been established that those with no melanin have quite a few more cancers and genetic disorders than those with pheo-melanin. It is also true that people with pheo-melanin have also quite a few more cancerous developments than those with Eumelanin.

The organ of the human body with the largest surface area is, of course, the skin. Many people are aware that the deep concentration of melanin in African peoples skin makes them black and enables them to use the rays of the sun more effectively than our less “melanated” counterparts, but what few know is that melanin is not only present in our skin but it permeates our whole physical being. It is contained in a small battery cell called a Melanosome. The degree of blackness in various organs in Afrikan people depends on the type of melanin contained and its weight.

Melanin is present in each organ and regulates the workings of our brain. Within the human brain stem are 12 centers of black melanin. On the earth, only humans have deep pigmentation of all twelve-brain centers. The brain center with the deepest pigmentation is the Locus Coeruleus or Black Dot. The Locus Coeruleus supplies the pineal gland with norepinephrine. The pineal gland controls the flow of melatonin during the night hours to activate R.E.M sleep, which allows us to communicate with internal memory pools or other dimensions of life in nature. Melanin also causes serotonin to flow more effectively in the waking state so to “experience” more spirituality. This also helps to keep us spiritually in tune with the universe. The less melanin in an individual, the more calcified the pineal gland and less access the individual has to the spiritual world.

Melanin exists also as biopigment for vision in the eyes of humans and all vertebrates. Color vision is produced in the retina by melanin through photo

A less dense form of melanin with lower molecular

*Continued on page 7*

These allow deeper melanin concentrations, offer protection from the sun as well as a fuller vision of the color spectrum. The melanin content in the inner ear also is of great importance. Through this ear pigmentation, it was found that increased melanin increases hearing frequencies. Melanin is also used to make the Black Dot more in touch with the universe. This Black Dot (Third Eye) was seen by our Kemetic ancestors as the access point to inner wisdom and divinity. This was the invisible door to the pyramid which when activated would decipher the mysteries.

Melanin in its most concentrated form is black. It is black because its chemical structure will not allow any energy to escape once that energy has come in contact with it. This gives us an insight and shows that melanin dominant people do not require the same amount of minerals and nutrients in their diet as people with less melanin.

Melanin absorbs light rays and stores them so that they can be used as energy later on. This is why Melanin dominant people are able to use sunlight more effectively. A perfect example of melanin's use is related to Vitamin D. Vitamin D can be found in the skin of melanin dominant individuals after sun exposure, whereas less "melanated" people require the intake of dairy products to secrete vitamin D. It is important for people with high melanin content not to indulge in dairy products because after the age of 5, 80% of highly melanated people are lactose intolerant. For our people, eating dairy leads to blockage diseases in the body. So instead of asking your brothers and sisters if they "Got milk?" you need to ask them the question, "Got Melanin?" This is just one example and also a brief look at the pervasive manifestations of melanin and its uses. It is a fact that we have ceased to know about our melanin and ceased to use it accordingly. The key to our liberation is the reactivation of our melanin faculties.

[www.blackherbals.com](http://www.blackherbals.com)

\*\*\*\*\*

## Love The One You're With

by Qaraandin

Ask almost anyone you know, "What would you do if you met the man or woman of your dreams?" It might take a while to get an answer. Not because the person

for most people the list of things to do with a dream lover is very long. Many of our ideas about what lovers do together come from movies, television, and books. We then want our real life love to match someone else's make-believe.

You would probably hear:

- take walks on the beach
- have dinner by candlelight
- take a trip to a tropical island
- send each other love letters
- oil each other's bodies

If, however, you were to ask the same person, "Do you do any of these things now?," he would probably say, "No, I'm waiting for that "special person" to do them with."

We have to be special to ourselves before anyone else can be special to us. We have to love ourselves before we can love anyone else. We have to give love to ourselves before we can expect to get love from anyone else.

Let's say we decide that we are going to love ourselves as we want someone else to love us. We decide to start taking walks on the beach. After all, that is what lovers do. We may find that we do not like the feel of sand under our feet. We may even realize we don't live anywhere near a beach and it is too much of a hassle to get to one.

When we try eating by candlelight, we may find that we prefer more light so we can see the food on our plate. But suppose we know we like eating by candlelight and walking on beaches. How can anyone else know we like doing these things if they never see us doing them? When you go to someone's house and see fresh flowers all over the place, you tend to believe he likes flowers.

We keep waiting for the person of our dreams to come into our lives so we can start living. We do not seem to realize that we are in each and every one of our dreams. And we already have a life. It's up to us how much living we put into it.

One of the requirements for maintaining our temples is that we love ourselves. When we wait for someone else to love us the way we want them to love us, we usually end up being angry, disappointed, and/or bitter. How can anyone else do all of the things we want them to do, and do them all of the time?

Continued on page 8

*Continued from page 7 – Love the One You’re With*

How can we expect someone else to love us enough to do anything for us when we do not love ourselves enough to take care of our own needs?

Folk place the same value on us we place on ourselves. When we show that we do not believe we are worth loving, they believe we are right. Love comes from inside ourselves and is reflected back to us through others.

**Sistah Qaraandin is the author of 'Maintaining Our Temples' and a featured writer on [www.blackherbals.com](http://www.blackherbals.com).**

\*\*\*\*\*

*Continued from page 2 – Tamiflu is Useless for Avian Flu*

"We place no importance on using this drug on our patients," she said. "Tamiflu is really only meant for treating ordinary type A flu. It was not designed to combat H5N1."

The newspaper said the finding casts doubt on the British government's pandemic flu policy. The nation's top medical official, Sir Liam Donaldson, has ordered 15 million doses of Tamiflu be stockpiled.

Van said the only way to keep avian flu patients alive is to "support" all their vital organs - including the liver and kidneys - with modern technology like ventilators and dialysis machines, the Sunday Times reported.

The WHO has acknowledge Tamiflu had not been "widely successful in human patients," but said it believes it would have been more effective in many Asian countries if it had been used earlier in the illness.

[www.sciencedaily.com](http://www.sciencedaily.com)

? ? ? ? ? ?

*Continued from page 5 – Bird Flu Hits Uganda*

committee meeting” would convene soon to discuss whether to have a total or partial ban on importation of poultry products and the issue of compensation to those who will lose their birds.

There have been reports of the disease in several African countries including Nigeria, Niger and Ethiopia. At an earlier ministerial meeting chaired by Prime Minister Apolo Nsibambi, a “temporary total ban” on importation of all poultry products was instituted until further notice.

The Okware task force has reportedly already conducted an assessment of sites of bird sanctuaries and carried out surveillance of bird movements in the country.

The task force has held a meeting with poultry association members to sensitise them on surveillance, prevention and control of the disease.

Okware, who is also the commissioner for community health in the Ministry of Health, said Ugandans should “brace themselves for the bird flu scare” but was optimistic that the situation was under control.

\*\*\*\*\*

*Continued from page 3 – Afrikan Spirituality*

### ***Omuzimu***

The essence of life is Spirit. At creation the Creator created spirit, i.e. ***muzimu***, and gave it instructions that govern whatever it inhabits. The ***muzimu*** does not die. At birth, the Creator builds a body around the spirit; and this spirit or ***muzimu*** is given instructions by the Creator, which instructions govern the finite body. When the body dies, the spirit (***omuzimu***) moves out, and continues to live on. The Creator’s real interest is in the everlasting ***muzimu***. The ***muzimu*** reappears with another body in endless rebirths. In Uganda these rebirths are recognized through the naming systems, whereby children are named after the dead ancestors.

A ***muzimu*** therefore was once a living human being. Indeed there is no human being that does not have within itself a ***muzimu***, or who was not a ***muzimu*** before. A ***muzimu*** is the living dead that was once a human being, or, indeed, some other creature. In essence therefore, everything on earth is ***muzimu***. It is for this reason that Afrikans look after burial grounds, as places where bodies, which once carried within themselves the ***muzimu***, have been interned.

### ***Kiwanuka***

The Creator is a Spirit, which sub-divides itself into seven spirits; together they constitute a coherent Spirit, The Creator. ***Kiwanuka*** is one of the seven spirits, the others being: ***Ndawula, Musoke, Musisi, Nnabamba, Kitinda and Kawagga.***

***Kiwanuka*** is the source of life, to who all living things are accountable. The Creator passes through ***Kiwanuka*** to deliver messages and honour to his creation. Through ***Kiwanuka***, human beings are given instructions on how to live and conduct themselves on earth. ***Kiwanuka*** is the *Continued on page 9*

---

*Continued from page 8*

Judge of the living, and as well, the Judge of the souls of those who die. **Kiwanuka** is the servant of The Creator who gets blessings and all the necessities of life and joy on earth and bestows them on humans.

### ***Why Do We Sacrifice?***

Sacrifices of healthy sheep, goats, cows and chicken are given on the instructions of the Creator. By offering sacrifice, we show our gratitude to the Almighty; and it is only through that act that the Creator forgives us. The blood of animals and birds washes away people's sins. The sacrifice of human beings is prohibited; and, indeed, human blood is not holy before the Creator.

We are aware that many adherents to Euro-Christianity fight tooth and nail to see that our communication with our Creator is severed, by forcing us to abandon the offering of sacrifices. They claim that the blood of one man, who died for us all, is enough to wash away all our sins for all time. Our own revelations tell us that the blood of one man is not enough to wash away all our sins. As a matter of fact, human blood has no divine force. Moreover, we have not run out of animals or birds, which we were ordered to give as offerings.

The same circles are eager to attribute present-day human sacrificing to Afrikan belief system and values. But if

this was the case, then human sacrificing would have been widespread before the advent of Euro-Christianity. Indeed I want to challenge all of you to give me names of people in your clan, family or village in living memory who were sacrificed, before the whiteman or even after the whiteman had come, but while our spiritual belief system and values were patently dominant. As none of you have such instances, one conclusion is inevitable: the need to investigate why human sacrifice has been on the increase with the spread and intensification of Euro-Christianity in our land?

Whatever and before the findings, I am inclined to hazard a guess. It seems human sacrifice is a Christian curse inherited following the sacrifice of Jesus Christ himself. Indeed since then blood has never ceased to flow in the name of Christianity. But in contrast, how many of you have sought to subdue, let alone kill, others so as to advance or secure Afrikan Spirituality, belief system and values? The battles we fight with Euro-Christianity/Arab-Islam are battles imposed on us; and are, therefore, battles in self-defense.

*Excerpts taken from Kabona Mugalula 's speech on "Indigenous Spirituality: The Only Key to the Self-Determination and Joy of an Oppressed People" at the Festival of Mpambo Afrikan Multiversity, Isegero Campus, Uganda, October 01-02, 2004.*

\*\*\*\*\*

**COME BACK TO YOUR NATURAL ROOTS**

**BLACKHERBALS AT THE SOURCE OF THE NILE, (U) LTD**

**FOR ALL YOUR HEALTH, WELLNESS AND HOLISTIC PRODUCTS**

**AVAILABLE NOW**

**WE CAN MAKE YOU HEALTHY AND WISE**

---

## Mission Statement

Our aim at **The African Traditional Herbal Research Clinic** is to propagate and promote the awareness in Afrikan peoples at home and abroad of their health, biodiversity, history and cultural richness. We gather pertinent information on these issues and disseminate these freely to our people in Uganda, the rest of the continent, and anywhere in the Diaspora where Afrikans are located.... One of the main ingredients for increasing poverty, sickness, exploitation and domination is ignorance of one's self, and the environment in which we live. Knowledge is power and the forces that control our lives don't want to lose control, so they won't stop at anything to keep certain knowledge from the people. Therefore, we are expecting a fight and opposition to our mission. However, we will endeavor to carry forward this work in *grace and perfect ways*.

***“Where there is no culture, there is no indigenous knowledge. Where there is no indigenous knowledge, there is no history. Where there is no history, there is no science or technology. The existing nature is made by our past. Let us protect and conserve our indigenous knowledge.”***

\*\*\*\*\*

## CALENDAR OF EVENTS

SPECIAL EVENT: CLINIC OPENING

PLACE: AFRIKAN TRADITIONAL HERBAL RESEARCH CLINIC

TIME: FEBRUARY 6, 2006 – NOW OPEN

**Afrikan Traditional Herbal Research Clinic**  
**1175A Mukalazi Road, P.O. Box 29974**  
**Bukoto, Kampala, Uganda East Africa**  
**Phone: 041 530 456**  
**Email: clinic@blackherbals.com**

ADDRESS CORRECTION REQUESTED

## Herb of the Month

### **Eucalyptus Tree**

The *Eucalyptus Tree* is native to Australia but can be found throughout Uganda. In Latin America and the West Indies, a tea of the leaves is used for asthma, bronchitis and diabetes. A refreshing bath of the tea is good for pains, colds, and chest congestion. The leaves can be simmered in an open pot and the vapors inhaled for sinus, hay fever, colds and chest congestion. The tea is also used as an antiseptic dressing for wounds, sores and open ulcers.

The dried leaves strewn around the house will keep away insects and deodorize and purify the air. Simmering the leaves in a pot has the same effect. The fresh leaves can be chewed to strengthen teeth and harden the gums.

The medicinal *Eucalyptus Oil* is one of the most powerful antiseptic of its class, especially when it is old. It is a powerful disinfectant, capable of destroying some of the lower forms of life. The oil, derived from steam distillation of fresh and partially dried leaves and young twigs, is a colorless mobile liquid (yellows on aging) with a somewhat harsh camphoraceous and woody-sweet odor. It blends well with thyme, rosemary, lavender, marjoram, pine, cedarwood and lemon. It can be used as a stimulant and as an antiseptic gargle. Many of the hundreds of cold and flu preparations available--cough drops, throat lozenges and chest rubs--contain *Eucalyptus oil* and its derivatives.

\*\*\*\*\*

BULK RATE	
US POSTAGE	
PAID	
PERMIT	No.
00000	

Mailing Address  
Street Number and Name  
City, Country, etc.