

# African Traditional Herbal Research Clinic

Volume 1, Issue 4

NEWSLETTER

April 2006

## Natural Treatments for Stomach Ulcers

**Kiwanuka Lewis**  
**Afrikan Traditional Herbal Research Clinic**

A stomach ulcer (also called a peptic ulcer) is a small erosion (hole) in the gastrointestinal tract. The most common type, duodenal, occurs in the first 12 inches of small intestine beyond the stomach. Ulcers that form in the stomach are called gastric ulcers. An ulcer is **not contagious** or cancerous. Duodenal ulcers are almost always benign, while stomach ulcers may become malignant.

Peptic ulcers are caused by stomach acid eating away at the lining of the stomach. In addition to some prescribed medications, there are various natural treatments that can prevent and control this condition

### Ulcer Symptoms

The most common symptom of peptic ulcers is abdominal pain which can last anywhere from a few minutes to several hours. Ulcer pain is often worse

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## 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.

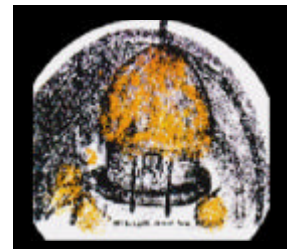
Traditional healers are the major health labor resource in Africa as a whole. In Uganda, indigenous traditional healers are the only source of health services for the majority of the population. An estimated 80% of the population receives its health education and health care from practitioners of traditional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

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**

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at night and early morning. Pain from ulcers often comes several hours after a meal when the stomach

is empty. The pain is usually in the upper middle part of the abdomen, above the belly button (navel) and below the breastbone. An ulcer pain can feel like burning or gnawing and it may go through to the back. The pain may be relieved by food, antacids, or vomiting.

Stomach ulcers occur when acids eat away at the stomach lining. This produces small open sores inside the stomach or intestine, which may cause moderate to severe gastric distress or bleeding. Other causes associated with this condition are the use of medications such as ibuprofen, naproxen and aspirin. These medications should be avoided since they can irritate the stomach lining and increase the risk of ulcers.

Researchers have found that ulcers can also be caused by infection from the bacteria *Helicobacter pylori*. *H. pylori* was found present in most people suffering from stomach ulcers. These bacteria can be eliminated through the use of antibiotics, usually resulting in a cure for the ulcer treated.

Diet can also trigger ulcers. Foods that are spicy can produce ulcers although some research has shown that the substance capsaicin, a pepper derivative, has the opposite effect. Alcohol, nicotine and stress also play a role by producing excess stomach acid, which increases risk. Contrary to past belief, milk can also be a contributing factor. It was once thought that milk was an excellent food to treat ulcers. However, it has been found that the calcium in milk increases production of stomach acid. Although antacids lower the quantity of acid in the stomach and can be a great aid for the pain and bloating, the use of calcium antacids should be avoided if stomach ulcer problems are present.

In addition to over-the-counter and doctor-prescribed medications, there are several natural remedies that work very well to prevent, control and sometimes cure stomach ulcers.

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## **Natural Remedies**

---Fresh cabbage juice is an excellent ulcer treatment. It produces an amino acid that increases blood flow to the lining of the stomach and helps to ---Honey has been used for hundreds of years as a topical preparation to promote the healing of wounds. Ingested, it heals and strengthens the stomach lining and kills harmful bacteria.

---Unripe plantains promote strong stomach linings by producing a mucoid substance that coats the stomach lining, giving it protection against acids. Bananas offer protection in the same manner.

---Eating a diet that is fiber-rich is an added ulcer protection. Fruits, vegetables, legumes and whole grains produce substance, which help to protect the stomach lining.

When a person who has peptic ulcer disease is taking any regular medication, either over-the-counter or prescribed by a doctor, a physician should be consulted before embarking on any self-treatment program because of possible drug reactions.

## **Diets for Stomach Ulcers?**

This diet is a guideline that may help to decrease gastric irritation and excessive gastric acid secretion. This diet may also help prevent uncomfortable side effects such as heartburn.

- Eat three small meals and three snacks evenly spaced throughout the day. It is important to avoid periods of hunger or overeating.
- Eat slowly and chew foods well.
- Be relaxed at mealtime.
- Sit up while eating and for 1 hour afterward.
- Avoid eating within 3 hours before bedtime. Bedtime snacks can cause gastric acid secretion during the night.
- Cut down on caffeine-containing foods and beverages, citrus and tomato products, and chocolate if these foods cause discomfort.

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## AFRIKAN SPIRITUALITY

By Paulo Wangoola, Director, Mpambo Multiversity

### The Creation Story

Needless to say, there is no one Afrikan Creation Story, but a multiplicity of stories. For purposes of this paper, we propose to put the spotlight on one creation story of Ssewamala, the Son of God, and Namala, his wife. According to this story, the Creator Kyetonda Ttonda Namugereka, is Pure Living Spirit, with two essential attributes of males-female. Indeed, the Creator's full names attest to this duality. Kyetonda Ttonda is the male, and Namugereka, the female. In the same duality of Pure Living Spirit, the Creator sent to the earth his son, Ssewamala and his Namala. The two as Pure Living Spirit, contracted the first Holy Matrimony, and on consummating it, begot and delivered the first twins, Musoke, a boy and Namusoke, a girl. By that act, the creator set in motion and gave an order to all living things to reproduce themselves into pairs and sets of male and female, in perpetuity. The Creator, as well, gave instructions by which life in perpetuity would be a reality.

This story is of tremendous importance to relationships of honour, first, of self with self; self with and among others; people with nature; and people with their Creator. According to this story, Afrikans see themselves to be the direct offspring of the Creator, as Pure Living Spirit. It is in this sense that we are made in our Creator's image. We are born good and great; **the Creator being** only infinitely greater. That is why we worship the Creator. We are like him/her, but s(he) is infinitely greater. Further, Kyetonda Ttonda Nnamugereka, simultaneously created female and male, and created them equal. Female did not come out of the male, nor did male come out of female. In Afrikan Spirituality therefore, this is the divine basis of the equality between female and male, between woman and man, between boy-child and girl-child. As Pure Living Spirit, the Creator is male-female; and on earth we have woman and man, boy and girl. Kytetonda is like Ssalongo (father of twins) on earth; while Nnamugereka in the human world becomes Nnalongo (mother of twins). Thus in the beginning there was simultaneously man and woman; boy and girl; or father and mother, as well as boy and girl.

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

Indeed every now and then humans eternalize their creator-likeness when they too have twins. Twins and their parents are revered because they are a reminder of when they too have twins. Twins and their parents are revered because they are a reminder of when the Creator created all living things. Finally, as the offspring of the Pure Living Spirit of Kyetonda Ttonda Nnamugereka, the first children, and every child, is born a Wangari Maathai, A Mandela, and Einstein or a Mother Teresa. Actually, because children stand on the shoulders of all the great people before them, they can be even greater. In this sense, therefore, children are closer to God.

Our Afrikan creation story does not only establish the divine goodness of children, as well as the equality between and among them, it also establishes the divine attributes, of all living things. When the Creator ordered all living things to reproduce themselves in pairs and sets of male and female, this became possible because the Creator allocated part of his/her pure living spirit to each of the species and individual plants and animals. In that sense therefore, all living and non-living things are also made in the image of their Creator. In Afrikan spirituality this explains why men, women and children are raised to respect and honour the Whole of Nature; in this order of things, men, women and their children are not apart from or above nature; they are an integral part of it.

Because everything (living and non-living) everywhere has within itself part of the Pure Living Spirit of the Creator, as originally inherited at creation, everything is sacred. Indeed, it is on this basis that in Afrikan spirituality we know that Kyetonda Ttonda Nnamugereka (God) is everywhere. In this sense therefore, everything has a divine spirit force on the basis of equality. The earth is, as well, sacred and living, and land cannot be relegated to a mere "disposable factor of production."

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### FEATURED ARTICLES

## The 2005 Nobel Prize in Physiology or Medicine

Press Release

October 3, 2005

The Nobel Assembly at Karolinska Institutet has awarded The Nobel Prize in Physiology or Medicine for 2005 jointly to Barry J. Marshall and J. Robin Warren for their discovery of "the bacterium *Helicobacter pylori* and its role in gastritis and peptic ulcer disease"

### Summary

This year's Nobel Laureates in Physiology or Medicine made the remarkable and unexpected discovery that inflammation in the stomach (gastritis) as well as ulceration of the stomach or duodenum (peptic ulcer disease) is the result of an infection of the stomach caused by the bacterium *Helicobacter pylori*.

Robin Warren (born 1937), a pathologist from Perth, Australia, observed small curved bacteria colonizing the lower part of the stomach (antrum) in about 50% of patients from which biopsies had been taken. He made the crucial observation that signs of inflammation were always present in the gastric mucosa close to where the bacteria were seen.

Barry Marshall (born 1951), a young clinical fellow, became interested in Warren's findings and together they initiated a study of biopsies from 100 patients. After several attempts, Marshall succeeded in cultivating a hitherto unknown bacterial species (later denoted *Helicobacter pylori*) from several of these biopsies. Together they found that the organism was present in almost all patients with gastric inflammation, duodenal ulcer or gastric ulcer. Based on these results, they proposed that *Helicobacter pylori* is involved in the aetiology of these diseases.

Even though peptic ulcers can heal by inhibiting gastric acid production, they frequently relapsed, since bacteria and chronic inflammation of the stomach remained. In treatment studies, Marshall and Warren as well as others showed that patients could be cured from their peptic ulcer disease only when the bacteria were eradicated from the stomach. Thanks to the pioneering discovery by Marshall and Warren, peptic ulcer disease is no longer a chronic, frequently disabling condition, but a disease that can be cured by a short regimen of antibiotics and acid secretion inhibitors.

### Peptic ulcer -- an infectious disease!

This year's Nobel Prize in Physiology or Medicine goes to Barry Marshall and Robin Warren, who with tenacity and a prepared mind challenged prevailing dogmas. By using technologies generally available (fibre endoscopy, silver staining of histological sections and culture techniques for microaerophilic bacteria), they made an irrefutable case that the bacterium *Helicobacter pylori* is causing disease. By culturing the bacteria they made them amenable to scientific study.

In 1982, when Marshall and Warren discovered this bacterium, stress and lifestyle were considered the major causes of peptic ulcer disease. It is now firmly established that *Helicobacter pylori* causes more than 90% of duodenal ulcers and up to 80% of gastric ulcers. The link between *Helicobacter pylori* infection and subsequent gastritis and peptic ulcer disease has been established through studies of human volunteers, antibiotic treatment studies and epidemiological studies.

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### **Helicobacter pylori causes life-long infection**

Helicobacter pylori are a spiral-shaped Gram-negative bacterium that colonizes the stomach in about 50% of all humans. In countries with high socio-economic standards infection is considerably less common than in developing countries where virtually everyone may be infected.

Infection is typically contracted in early childhood, frequently by transmission from mother to child, and the bacteria may remain in the stomach for the rest of the person's life. This chronic infection is initiated in the lower part of the stomach (antrum). As first reported by Robin Warren, the presence of Helicobacter pylori is always associated with an inflammation of the underlying gastric mucosa as evidenced by an infiltration of inflammatory cells.

The infection is usually asymptomatic but can cause peptic ulcer

The severity of this inflammation and its location in the stomach is of crucial importance for the diseases that can result from Helicobacter pylori infection. In most individuals Helicobacter pylori infection is asymptomatic. However, about 10-15% of infected individuals will some time experience peptic ulcer disease. Such ulcers are more common in the duodenum than in the stomach itself. Severe complications include bleeding and perforation.

The current view is that the chronic inflammation in the distal part of the stomach caused by Helicobacter pylori infection results in an increased acid production from the non-infected upper corpus region of the stomach. This will predispose for ulcer development in the more vulnerable duodenum.

### **Malignancies associated with Helicobacter pylori infection**

In some individuals Helicobacter pylori also infects the corpus region of the stomach.

This results in a more widespread inflammation that predisposes not only to ulcer in the corpus region, but also to stomach cancer. This cancer has decreased in incidence in many countries during the last half century but still ranks as number two in the world in terms of cancer deaths.

Inflammation in the stomach mucosa is also a risk factor for a special type of lymphatic neoplasm in the stomach, MALT (mucosa associated lymphoid tissue) lymphoma. Since such lymphomas may regress when Helicobacter pylori is eradicated by antibiotics, the bacterium plays an important role in perpetuating this tumour.

### **Disease or not -- interaction between the bacterium and the human host**

Helicobacter pylori are present only in humans and has adapted to the stomach environment. Only a minority of infected individuals develops stomach disease. After Marshall's and Warren's discovery, research has been intense. Details underlying the exact pathogenetic mechanisms are continuously being unravelled.

The bacterium itself is extremely variable, and strains differ markedly in many aspects, such as adherence to the gastric mucosa and ability to provoke inflammation. Even in a single infected individual all bacteria are not identical, and during the course of chronic infection bacteria adapt to the changing conditions in the stomach with time.

### **Antibiotics cure but can lead to resistance**

Helicobacter pylori infection can be diagnosed by antibody tests, by identifying the organism in biopsies taken during endoscopy, or by the non-invasive breath test that identifies bacterial production of an enzyme in the stomach.

An indiscriminate use of antibiotics to eradicate Helicobacter pylori also from healthy carriers would lead to severe problems with bacterial resistance against these important drugs. Therefore, treatment against Helicobacter pylori should be used restrictively in patients without documented gastric or duodenal ulcer disease.

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### FEATURED ARTICLES

## HONEY - Nature's Perfect Food

Tariq Sawandi, M.H.

The basic cause of disease is a lack of wholeness, which can also be described as lack of integration. Another way of looking at it would be to identify separation of the human body as the cause of disease. The various parts of our being are separated and hence we have the aim of bringing everything together in healing. We could look at the cause of disease at the physical level and see that the body's biochemistry is out of balance because of our various desires for the wrong foods and the lack of different nutrients, minerals and vitamins, which are needed to sustain life. It is important to follow the laws of health in terms of rest, exercise, the right foods, and healthy thoughts. Hence the African holistic approach to medicine covers all these aspects and attempts to produce wholeness.

The basic tenet on which African holistic therapy rests is the promotion of vitality of the human body. The energy body (called the Sahu by the ancient Egyptians), or bio-plasmic body has three main functions: to receive energy from the sun; to assimilate and circulate it to all part of the body; and to act as the template or blueprint for all physical growth. It also acts as the mediator, like the bridge between our higher states of consciousness and the physical brain and nervous system. Therefore, it's extremely important that the Sahu body is maintained and augmented throughout life if we are to receive the right signals, or channels via our brain and nervous system.

All of the natural therapies, whether we are using acupuncture, herbal medicine, naturopathy, homeopathy, or certain vitamins and minerals, help to restore balance within the energy body.

Where does the honey come in? Honey fills in any gaps that might occur in our daily food intake. The ancient Africans of West Africa ate it daily for that reason. West African healers had a great respect for the nutritional wisdom of the bee, which goes into the fields and selects the materials for the making of a perfect food. Honey carries within it the healing power of the divinity "Oshun". She symbolizes clarity and flowing motion; she has power to heal with cool water; she is also the divinity of fertility and feminine essence. Women appeal to her for child-bearing and for the alleviation of female disorders; she is fond of babies and is sought if a baby becomes ill. She is known for her love of honey.

People who know the food value of honey are more likely to eat it regularly than those whose knowledge of it is vague. A healer who familiarizes himself with what honey can accomplish in the human body is very apt to prescribe it when rearranging a patient's daily food regimen.

It is no mere theory but has been proven that bacteria cannot live in the presence of honey because honey is an excellent source of potassium. The potassium withdraws from the bacteria the moisture, which is essential to their very existence.

For ages, honey made by the bees from flower nectars was the one food of pure sweetness available to humans. In recent years, there have been many substitutes for honey, in the form of manufactured sugars, intended to replace honey on our tables. Honey still remains the one sweet however, offering life-giving qualities not found in any other.

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In light of the fact that the body has mineral requirements, which must be met to establish and maintain good health, let us examine the mineral content of honey. It is important because most of us have only just begun to realize that the diet of the average African-American is distinctly lacking in needed minerals. We habitually eat too many foodstuffs (sweets, cakes, white sugars, white flour, salt, coffee, etc.) that have been robbed of their natural mineral content through processing and are therefore devitalized when we get them. For this reason, we need to know what mineral shortages there are in the average daily food diet and how minerals can be restored.

Iron, copper, manganese, silica, chlorine, calcium, potassium, sodium, phosphorus, aluminum, and magnesium are all present in honey. They are all derived from the soil in which plants grow, and are passed through the plant to the nectar which is the base substance used by bees to make honey. Therefore, honey will vary in mineral content according to the mineral resources in the soil where its evolution starts.

Years ago, Western nutritionists discounted the minerals in honey, on the assumption that their quantity was too small to make them important. Now it is known, however, that numerous minerals are needed by the human body in very small amounts to keep the body in mineral balance. Honey contains minerals, in about the right quantity, to serve the needs of the normal individual.

As we all know, melanin is the brown or black substance, which is naturally found in the skin of humans and is also contained in the soil and earth. Melanin gives life to the plants that grow in the soil and is a life giver to humans as well. Melanin can bind and release most elements and minerals including calcium, iron, sodium and zinc, which are essential for body metabolism. The essential minerals such as copper, iron and manganese seem to be in larger quantity in dark honeys than in light. From a nutritional standpoint, iron is important because of its

relation to the coloring matter of the blood, or oxidized hemoglobin, which is red. We build hemoglobin out of our food and it has a certain ability to carry oxygen to our body tissues. Were it not for its iron content, hemoglobin would not have this property of holding oxygen.

Copper seems to unlock the therapeutic powers of iron, in restoring the hemoglobin content of the blood in patients afflicted with anemia. In other words, copper promotes the action of iron.

The mineral manganese is also a valuable supplement to the diet. It functions more or less interchangeably with copper, or as a supplement to it, aiding the formation of hemoglobin in the blood. There is also evidence that manganese has a very specific function of its own in nutrition. Herbalists have used it for its ability to strengthen the kidneys, liver, spleen, pancreas, brain, heart, and lymph.

What is the vitamin content of honey? Being a perfect food of nature, it may be expected by definition to contain vitamins. The pollen of many flowers has a higher vitamin C content than almost any fruit or vegetable. Honey contains pollen. Obviously, honeys with the largest amount of pollen will have more vitamin C than others.

One of the most important facts established is somewhat surprising, namely that honey is an excellent medium for vitamins. This is not equally true of vegetables and fruits. For example, spinach will lose 50% of its vitamin C content within 24 hours after being picked. Fruits lose their vitamin content to a degree during storage. Like most foods high in sugar, honey is low in thiamine but fairly well supplied with riboflavin and nicotinic acid. Nevertheless, honey contains all of the vitamins which nutritionists consider necessary to health.

Honey is a welcome variation and delicious addition to the diet, and it is a builder food, packed with the things the body needs to build and rebuild itself. It gives a quick energy release, which makes it appealing as a breakfast complement as it quickly supplies the energy needed to start the day right. Some of the advantages of honey over other sugars are:

### Microbial origin of other chronic inflammatory conditions?

Many diseases in humans such as Crohn's disease, ulcerative colitis, rheumatoid arthritis and atherosclerosis are due to chronic inflammation. The discovery that one of the most common diseases of mankind, peptic ulcer disease has a microbial cause, has stimulated the search for microbes as possible causes of other chronic inflammatory conditions.

Even though no definite answers are at hand, recent data clearly suggest that a dysfunction in the recognition of microbial products by the human immune system can result in disease development. The discovery of *Helicobacter pylori* has led to an increased understanding of the connection between chronic infection, inflammation and cancer.

<http://nobelprize.org/medicine/laureates/2005/press.html>

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### Continued from page 7 – Honey

1. It is non-irritating to the lining of the digestive tract.
2. It is easily and rapidly assimilated.
3. It quickly furnishes the demand for energy.
4. It enables athletes and others who expand energy heavily to recuperate rapidly from exertion.
5. It is, of all sugars, handled best by the kidneys.
6. It has a natural and gentle laxative effect.
7. It has sedative value, quieting the body.
8. It is easily obtainable.
9. It is inexpensive.

Yet for me the crowning glory of honey is its medicinal value. Being an herbalist, I would naturally be interested in a substance, which experience, study and experimentation has convinced me, that is a help in living this life literally, from the cradle to the grave. As a medicinal, honey is good for:

1. Calming down the nervous system.
2. Producing sleep at night.
3. Relieves annoying coughs.
4. Has a laxative action, which is effective yet mild.
5. Relieves pain in arthritis.
6. It is antiseptic
7. Cures bed-wetting in children.

8. Controls muscle cramps.
9. Relieves burns.
10. Relieves stuffy nose.
11. Treats hay fever.
12. Relieves nasal sinusitis.

Very interesting medicinal results are obtained by honey. Because of the lack of space, I will not go into honey's many applications here. I have assembled here some examples of conditions, which I have found to be benefited by treatment with honey.

### Honey and Bed-Wetting

It may surprise some that African holistic medicine finds in honey a most efficient remedy for prevention of bed-wetting in children. When it continues after three years of age, bed-wetting at night becomes a problem. Yet it is one of the most common conditions met with in children and is disturbing both to child and family.

For a very long time Western doctors, when asked what could be done to prevent bed-wetting at night, have replied that time would take care of it, the child would outgrow it. This indicated that no definite remedy was commonly known.

Symptoms of a habit of bed-wetting are clear-cut. In the majority of cases there is a common characteristic of frequent passing of urine during the day. As a rule these children are highly sensitive to stimuli such as excitement. The majority of children are able to control their bladder during the day. Bed-wetting generally occurs every night, usually once or twice a night.

In carrying out an active form of treatment, we seek a therapeutic agent, which combines a marked ability to attract water and hold it, with a sedative effect upon the child's body. This treatment agent must be suitable for a long-range treatment program, and must be harmless to the child. It must be adaptable for continual daily use, or for use when needed only at certain times. Most important of all, it must be acceptable to the child. African holistic medicine finds these requirements are met in honey. Supposing your child has the habit of bed-wetting at night, what would African holistic medicine have you do?

At bedtime give the child a teaspoonful of honey. It will act in two ways. First, it will act as a sedative to the nervous system. Second, as has been said, it will attract and hold fluid during the hours of sleeping. In attracting and holding the fluid, it spares the kidneys.

As you continue using honey for this purpose you will learn when to use it. You will recognize conditions that are conducive to the child's pattern. For example, attendance by the child at a children's party, with the accompanying excitement and liquid refreshments, will suggest the wisdom of a teaspoonful of honey at bedtime. Also, any increase in liquid intake, especially after five o'clock in the afternoon, will lend you to anticipate that an accident may occur during the night if nerves and kidneys are not protected.

When you have learned to control the situation with the honey at bedtime, begin to experiment by omitting it, to learn if it is possible to establish normal night bladder control. You will soon learn the signs of the safe and unsafe nights. Use your African wisdom.

**To Control muscle cramps, Use Honey**

Cramps in the body muscles, which may appear from time to time, occur mostly in the legs and feet during the night. Taking two teaspoonfuls of honey at each meal can generally control this muscle cramping. Usually it will disappear within a week and the honey should be continued indefinitely, for it is a way to prevent return of the difficulty.

**Honey for Burns**

In African medicine, honey has long been used as a very successful treatment for skin burns. When applied, it relieves the painful smarting and prevents formation of blisters. It produces rapid healing of the burned area.

*Tariq Sawandi is a Master herbalist, nutritionist, and consultant on holistic health. Dr. Sawandi is renown for his in-depth knowledge of African holistic medicine, including Chinese and Japanese medicine, Ayurveda, Naturopathy, and North American Indian herbology. Dr. Sawandi is a contributing author at [www.blackherbals.com](http://www.blackherbals.com).*

- Antacids should be taken in the prescribed dose, One-hour and 3 hours after meals and prior to bedtime. This regimen is most likely to keep the acidity of the stomach at the most stable and lowest level.
- Milk and cream feedings should not be used as antacid therapy. Although milk protein has an initial neutralizing effect on gastric acid, it is also a very potent stimulator. Hourly feedings of milk have been shown to produce a lower pH than three regular meals.
- Caffeine-containing beverages (coffee, tea, and cola drinks) and decaffeinated coffee cause increased gastric acid production but may be taken in moderation at or near mealtime, if tolerated.

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**African Saying**

*There comes a time when the best adults can do is to follow their children (Omuto akuba engoma, omukulu yakina)*

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

**AVAILABLE NOW**

**WE CAN MAKE YOU HEALTHY AND WISE**

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## Herb of the Month

### *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.”***

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### CALENDAR OF EVENTS

SPECIAL EVENT: CLINIC OPENING

PLACE: AFRIKAN TRADITIONAL HERBAL RESEARCH CLINIC

TIME: FEBRUARY 6, 2006 – NOW OPEN

**Afrikan Traditional Herbal Research Clinic**  
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**Phone: 256 (0) 412 530 456**  
**Email: clinic@blackherbals.com**

ADDRESS CORRECTION REQUESTED

## Garlic

*Allium sativum*

The common **Garlic** is a member of the same group of plants as the onion. The active properties of **Garlic** depend on a pungent, volatile, essential oil. This oil is rich in sulfur but contains no oxygen. The penetrating odor of **Garlic** is so diffusive that even when the bulb is applied to the soles of the feet, the lungs exhale its odor. Interest in **Garlic** as a medicine, is centered on its application in heart disease (high blood pressure, high cholesterol and the easiness of the blood to form clots), cancer and infections. The strongest evidence is for benefit in decreasing cholesterol levels.

**Garlic** has been found to be anti-microbial, diaphoretic (induces perspiration), expectorant, stimulant, hypotensive and anti-spasmodic. Its daily usage aids and supports the body in ways that no other herb does. It is one of the most effective anti-microbial plants available, acting on bacteria, viruses and alimentary parasites. As an antiseptic, its use has long been recognized. The volatile oil is an effective agent and because it is largely excreted via the lungs, it is used in infections of this system such as chronic bronchitis, respiratory catarrh, recurrent colds and influenza. In general, it may be used as a preventative for most infectious conditions, digestive as well as respiratory. For the digestive tract, it has been found that **Garlic** will support the development of the natural bacterial flora while killing pathogenic organisms. In addition, **Garlic** has an international reputation for lowering both blood pressure, blood cholesterol levels and generally improving the health of the cardio-vascular system.

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