

African Traditional Herbal Research Clinic

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NEWSLETTER

June 2006

Diabetes Cases Rise From 30 Million to 230 Million In 20 Years

Christian Nordqvist

**Medical News Today
11 Jun 2006**

During the last 20 years the total number of people with diabetes worldwide has risen from 30 million to 230 million, according to the International Diabetes Federation. China and India now have the most diabetes sufferers in the world.

Today, out of the top ten countries with diabetes sufferers, seven are developing countries. The Caribbean and the Middle East have regions where the percentage of adults with diabetes has reached 20%. In certain parts of Africa developing diabetes can mean a short route to death. While patients in developed countries, with access to proper treatment, can expect to live for several decades, in countries such as Mali and Mozambique developing diabetes often means a life expectancy of one or two years.

The International Diabetes Federation released its data at the American Diabetes Association's 66th Scientific Sessions. *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, Uganda 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.

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10 am to 4:00 pm Saturday
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The spread of diabetes type 2 today is due to lifestyle, diet and genetics. Many more people today have better access to food, eat more of the wrong nutrients and do much less exercise. This combination of bad diet and inactivity leads to weight gain, which in turn raises the risk of developing diabetes type 2.

Here are some facts

-- The number of people with diabetes is expected to reach 350 million by 2025.

-- Top five countries with the most diabetes sufferers in 2003 were: India (35.5 million, China 23.8 million, USA 16 million, Russia 9.7 million and Japan 6.7 million.

-- Top five countries with the highest percentage of adults with diabetes in 2003 were: Nauru 30.2 %, United Arab Emirates 20.1 %, Qatar 16%, Bahrain 14.9%, and Kuwait 12.8%.

-- The number of diabetes sufferers by 2025 is expected to: Double in Africa, the Eastern Mediterranean and Middle East, and South-East Asia, and rise by 20% in Europe, 50% in North America, 85% in South and Central America and 75% in the Western Pacific.

-- There are 6 million new diabetes sufferers in the world each year.

-- Every ten seconds someone in the world dies as a result of having diabetes - 3 million deaths a year.

-- Diabetes is now the fourth biggest cause of death worldwide.

-- Half of all diabetes sufferers around the globe do not know they have it. In some parts of the world 80% of sufferers don't know.

-- Diabetes causes more cases of blindness and visual impairments in adults than any other illness in the developed world.

-- One million amputations each year are caused by diabetes. A diabetes sufferer is up to 40 times more likely to need a lower-limb amputation when compared to a person who does not have diabetes.

-- Diabetes raises the sufferer's risk of developing a cardiovascular disease by two to four times. Cardiovascular disease, the number one cause of death in the industrial world, will soon be the number one cause of death globally.

-- It is estimated that diabetes accounts for 5% to 10% of most nations' health budgets.

-- If more money were spent on early detection of diabetes and diabetes prevention the economic savings would be massive.

-- Good control of blood glucose levels significantly reduces the diabetes patients' risk of developing complications. Managing hypertension and raised blood lipids is also crucial.

-- One quarter of all the countries in the world have not made any specific provision for diabetes care in their health plans.

International Diabetes Federation

<http://www.medicalnewstoday.com/healthnews.php?newsid=44967>

Blacks Hit by Diabetes Epidemic

San Francisco Sun Reporter- April 15, 2002

The facts are clear: The diabetes epidemic that is sweeping the U.S. is hitting the African American community particularly hard, according to doctors. They report: Of the 16 million Americans with diabetes, an estimated 2.3 million are African Americans. For every six white Americans who develop diabetes, 10 African Americans develop the disease. Death rates in people with diabetes are 27 percent higher for African Americans compared with whites.

African Americans with diabetes are more likely to develop diabetes complications and experience greater disability from the complications than whites. These include kidney failure, vision impairment and amputations. Meanwhile, the Joslin Diabetes Center in Boston has recently received initial funding from Alameda, CA-based Thera Sense, which manufactures and markets the FreeStyle blood glucose monitoring system, to begin a diabetes awareness campaign targeted specifically at African Americans.

"This effort is particularly timely given the results of a recent study by the Harvard School of Public Health published in the March 13 issue of the *Journal of the American Medical Association* showing a gap in the

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AFRIKAN SPIRITUALITY

The Origins of African Religions - Part II

By NAIWU OSAHON

From the Osirian reign, Africans began to civilise the rest of the world in earnest by teaching farming, industrialisation, commerce, religion and how to organise cities and nation states. The first beneficiary of African civilising missions abroad was Mesopotamia, invaded by a group of African Astronomer-priests from Egypt called the Chaldeans.

Pharaoh Akhenaton was the first to divert attention from TuSoS, the uncreated Creator. Akhenaton marginalised the priests of Amon and installed himself as spiritual and political head of Egypt. This selfish, ill-informed action condemned the African race to the dust bin of history because it exposed Africa to incessant invasion by any and all. Without the spiritual energy that provided racial cohesion, comfort and even ensured triumph in earlier epochs, the African race did not only become vulnerable, she was helpless to defend herself.

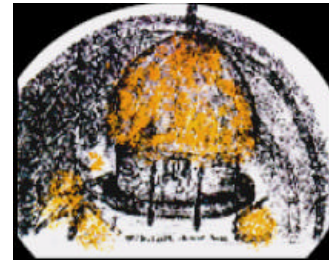
Tu-SoS is wisdom, cosmic consciousness or intelligence. Tu-SoS is Boundless and Limitless in time and space. Tu-SoS does not ask to be worshipped and is not worshipped by any one in the world. Every soul carries a tiny portion of Tu-SoS within by birthright. In other words, the germ is the Christo. It is left to the individual to let Tu-SoS occupy the individual fully by thoroughly cleansing his or her temple (body) of all dirt, spiritual or otherwise. The Jews call Tu-SoS, En-Sof who is the Ultimate Source of Universal Power. Africans call the One Source variously Chukwu, Osanobua or Olodumare. Africans do not worship Tu-SoS but the attributes or intermediaries in the guise of Sango, Ogun, Olokun, Amadioha because Tu-SoS is too colossal, too all embracing to define, image or approach directly.

Moses adopted his Ten Commandments from the ancient 147 Egyptian laws called the 'Negative Confessions,' and gave the Hebrews credit for African customs, some already quite ancient during his time. One classic example was the adoption of the rite of circumcision, an Egyptian custom, thousand of years old by Moses' day.

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The traditional shrine as a symbol of our cultural history

Other African customs borrowed by the Hebrews include, the transference of sins to a scapegoat, usually an animal; not eating pig, considering it unclean, but on the other hand using it in religious rites, implying some sanctity of the animal; the Passover Feast, which was really an old African custom connected with the celebration of the Spring Equinox and passing over of the Sun from the South to North of the Equator. Libations or sacrificial drinking such as in the Sabbath Evening Service by the Rabbi, which is a traditional African practice dating back thousands of years.

Christianity and Islam took their dogmas from the Old Testaments of the Jews. African human personification of God in the Trinity of Osiris, Isis and Horus 4100 years before Christianity, with Osiris sitting in judgment over the dead, reinforced the human and masculine attributes of the Christian and Islamic God (Yahweh), who created man in His image and likeness. Yahweh is Kether, one of Judaism's ten attributes of En-Sof just like the African Sango, Ogun or Olokun are attributes of Tu-SoS, the Supreme Source.

Early Christian religion emphasised the African concept that the germ is the Christo planted in man according to his individual capacity to receive higher wisdom. Paul said so much to: "Know ye not your own selves, now that Jesus Christ is within you? This makes every man the "Son of Tu-SoS, from birth. We all have the Christ within yearning for personal growth. Christ was mythological, not historical. Church Fathers invented historical Jesus Christ some five hundred years after the advent of Christianity to install a Messiah.

During the early stages of Christianity reincarnation was accepted. Church Fathers condemned this as heresy several centuries later and planted vicarious atonement in its place.

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FEATURED ARTICLES

The Dirty Secret about Diabetes

Tariq M. Sawandi, M.H.

In the medical establishment, controversy continues over the possible cause of diabetes. The third leading cause of death among Africans in America, diabetes affects one in ten Africans in America, twice the rate of white Americans at all adult age levels. Its incidence is on the rise in the African American community, with the estimated number of diabetics doubling every fifteen years.

Diabetes is a chronic disease characterized by an overabundance of blood sugar due to insufficient insulin production in the pancreas or inability of the body to use insulin. This accumulation of sugar in the blood leads to excessive thirst, excessive urination, fatigue, and other symptoms. Ninety percent of those affected are non-insulin dependent, termed "Type II", adult onset. People with this type of diabetes can make normal amounts of insulin. However, because of the insulin resistance in their bodies, they often require an oral medication to lower blood sugar levels. Another ten percent of the black population are insulin-dependent, called "Type I", juvenile onset. People with this type of diabetes do not make sufficient amounts of insulin and require insulin injections.

Our susceptibility to this disease begins early and increases with age, usually between the ages of forty-five and sixty-five. Diabetes is especially common among older African American women over the age of fifty-five: one out of four has diabetes.

Most of the public knowledge about the cause of this devastating disease has focused on diet and heredity as the main triggers. Physicians tell us that the contributing factor in the high rate of diabetes in Blacks, is due to a "genetic mutation" which occurred sometime after their captivity from Africa. Conditions such as blindness, amputation and kidney failure, nerve damage, foot ulcers, and gangrene are among the symptoms common to this disease. At its worst,

diabetes can lead to a condition called "lactic acidosis" which can cause death. But the cause of diabetes is far more complex than the medical doctors imply.

There is a dirty secret about diabetes which the medical establishment will not share with you.

Not completely satisfied with the established explanation for why Blacks contract diabetes at a higher rate than other racial groups, I decided to research medical literature which would reveal the first cases that diabetes appeared among slaves in the 1800's. There were few cases. In fact, before 1940, diabetes was relatively rare among African Americans. What changed in the health conditions of African Americans after 1940? Well, the answer to this question was unsuspecting and shocking.

More than fifty years ago, Joe Nichols, a physician and surgeon who founded the Natural Food Associates in Atlanta, Texas, reported that surveys on farms throughout the United States were using a new government-recommended chemical pesticide called "DDT". After 1940, thousands of farmers across the country inaugurated a new era of chemical poisons to rid their crops of an insect called the "Boll Weevil". The book, "Nutrition and the Sol" by Sir Lionel J. Picton, convinced him that the metabolic diseases such as cancer, heart trouble, and diabetes, was indeed the result of chemical poisons dumped on fertile soil.

When Nichols realized what was happening to the country as a result of both chemical fertilization and chemical pesticides, he sought other doctors and scientists who had made the same discoveries. Together they formed the Natural Food Associates, of which Nichols became the first president. Their goal was to start correcting the problem with a nationwide campaign to get the facts before the public, with the logic that only an aroused public opinion could save America from poor food grown on poor soil. As Nichols puts it:

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"The truth is that America is the most fed and the worst nourished nation on earth. America today is suffering from a biological blight. We are facing metabolic disaster. We are a nation of sick people. Heart disease is rampaging through America, it is our Public Enemy number one. It is the leading cause of death among Americans. Fifty years ago coronary thrombosis was rarely seen by a physician. Today it strikes even the young...Cancer, diabetes, arthritis, dental caries, and other metabolic diseases are rapidly increasing. Even children are falling victim to them."

Almost immediately the agricultural chemical industry and the food processors attempted to discredit the NFA, calling them food "faddists", "quacks", and "charlatans". They were accused of being "unscientific". The initial detractors were soon joined by the U.S. Department of Health, Education and Welfare, operating through the Food and Drug Administration, and even the American Medical Association! University professors, in search of fat grants, supported the claims of the FDA. In other words, a campaign was launched to make Americans believe that what the Natural Food Associates were saying was pure myth. Soon after, newspaper and magazine articles, even entire books, were published in a huge effort to destroy the effect of NFA and its credibility with the public.

To discredit the Natural Food Associates and their public campaign, the American Medical Association and the Food and Drug Administration organized a "Congress on Quackery", which toured the United States, holding seminars on food faddism and quackery. According to Nichols, "They were really after men and women whose espousal of 'natural foods' or 'organic foods', or 'health foods' threatened to lower the profits of the food industry.

To help strengthen the food industries position, the American Medical Association used Dr. Fred Spare and Dr. Jean Mayer, chairman of the Department of Nutrition at Harvard University's Medical School, to stress to the public that to get a proper balanced diet all an American had to do was go into the nearest grocery store and get a variety of the four food groups: fruit and vegetables; milk and dairy products; cereals; meat and eggs. This was an all-out propaganda tool, supported by the U.S. Public Health Department, food processors and chemical trusts that make the poisonous food additives. It wasn't enough, the government hired science editors, food editors, and medical editors

in the daily newspapers to lend credibility to poisonous food additives and pesticides.

The fact is, DDT is a cancer-producing chemical which also produces other metabolic diseases including diabetes, and heart disease. DDT (Dichlor Diphenyl Trichlor) is a colorless, odorless, water-insoluble crystalline insecticide that tends to accumulate in the ecosystems and has toxic effects on humans, animals, and plants. DDT and other pesticides also go straight to the seed oil of corn, grains, and cotton. Once these chemicals are put into the soil, there is no way to remove them, and they are completely cancer and disease-causing. Research points out that DDT and its derivatives last a long time in the soil, decaying slowly and appearing in plants, and animals that eat it. This is one of the reasons why diabetes can take a long time to develop in some adults.

After a decade of poisoning, the FDA finally banned DDT in the 1970's, but soon after, pressure from agricultural interests caused the FDA to revoke its ban on DDT in milk, and established a legal tolerance for the amount of DDT allowable in milk.

Though DDT was largely banned by the FDA, it was replaced by its successors Dialdrin, Aldrin, and Heptachlore which are equally poisonous, and considered by many experts to be disease-causing. Whatever dangers attributed to DDT, can now be attributed to its successors. Cows, steers, hogs, sheep, and chickens are still being fed grains which are infected with poisonous pesticides, singularly and in combination with other drugs which the FDA suspects are carcinogenic when ingested by humans.

The end result of over fifty years of chemical farming is disease, first to the land, then to the plant, then to the animal, then to humans. "Everywhere in the world where chemical farming is practiced the people are sick. The only ones to benefit are the companies that produce the chemicals", says Nichols. Thus, a series of deadly chemicals have been unleashed into the human immune system like a ticking time bomb waiting to mutate and develop into leukemia, diabetes, hepatitis, Hodgkin's disease and other degenerative diseases. Research shows that there is a clear correlation between DDT and diabetes. Let's look at two very interesting studies.

Diabetes and the Milk Connection

In the course of its functioning, our body manufactures approximately 100,000 different chemicals everyday, and

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FEATURED ARTICLES

The Bitter Truth About Sugar

Arron Muhammad

Now a few words about the largest drug addiction in the world, refined (white) sugar. Let me start by saying that it (white refined sugar) has no food value and contains no nutritional value. White sugar is considered an empty carbohydrate, no value! Whenever I mentioned sugar throughout this article, I'm speaking of white refined sugar.

In the process of making sugar from both cane and beets, they are heated and calcium hydroxide (lime), which is a toxin to the body, is added. This is done to remove those ingredients that interfere with the complete processing of sugar. Carbon dioxide, which is another toxin, is then used to remove the lime (and according to my studies, not all is removed).

The sugar turns from a sticky black substance to a clear juice which is heated to remove other impurities. And if that's not enough, the sugar is then bleached white with a chemical solution that uses pork by-products (blood albumin and/or animal charcoal). The sugar is processed at least three times before it's in the form that we would normally use and by that time it no longer resembles a food and is now a drug and an artificial substance.

Sugar is used for different purposes. There is the grade that is commonly used for table sugar. Then there is the grade used in processed food (such as cakes, ice cream, candy and soft drinks). Sugar is also used for non-food purposes such as making plastic, cement mixing, and leather tanning. I have used table sugar along with white flour for years to make glue for hanging posters. So, if you don't mind having your intestines glued shut, then feel free to continue eating this deadly substance.

The chemicals used in sugar processing (phosphoric acid, acid calcium phosphate and others) are potent and health-debilitating. Sugar has a

tremendous amount of carbonic acid which disturbs the nutritional balance in the body. Sugar robs the body of almost all nutrients, especially the minerals chromium, zinc and calcium, and vitamins C and B-complex.

Sugar destroys food digestion enzymes in the mouth, stomach, the small intestines and the pancreas. It also reduces the amount of hydrochloric acid (a necessary digestive acid) in the stomach. Without enough hydrochloric acid the food isn't broken down properly. Therefore, we can't properly absorb the nutrient and we will have frequent bouts with constipation.

Sugar interferes with activities of the small intestine which digests the food. The small intestine pushes the waste along and most importantly releases the nutrients in the food to give us energy and nourish cells. But when we eat sugar, digestion is disturbed. Consequently, the amount of food nutrients available to the body is limited. In addition to this, sugar is released into the blood. This toxifies the blood and puts too much carbon in it which further damages the body cells. Since there is no real nutrition in sugar, it represents a toxic waste material in the blood that the body will try to get rid of. The lymphatic system will grab some of this waste in an attempt to purify the blood. When the lymphatic system becomes overloaded, health problems occur, which could have been avoided. Too much sugar, salt, and starch can work together to create an excessive appetite. These food cravings create an imbalance in the body.

The body really desires nutrition. Cravings are symptomatic of this. The body wants food to give it nutrition. When you give empty foods it still craves nutrition which is one reason people gain weight. The other reasons are addictions to certain foods (e.g. sugar, salt, caffeine, etc.) and the lack of exercise. Sugar moves very slowly out of the stomach

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This creates over-acidic conditions in the stomach which influence the secretion of enzymes and hydrochloric acids to help digest our food. This over-acidic condition also affects the entire body.

Such diseases as cancer, diabetes, high blood pressure and others are the results of eating too many highly acidic foods. Americans consume entirely too much sugar. Americans consume more than 125 pounds of sugar annually! And they may not be aware of it. That's because sugar is hidden in many foods such as cereals, ketchup, canned foods, frozen foods, etc. In fact almost 70 percent of the sugar that we consume is hidden in foods. For instance, a typical 12-ounce soda contains 10 teaspoons of sugar. The typical candy bar is almost all sugar. Why even pizza has a considerable amount of sugar in it. The sweetness of the pizza is hidden by putting in a lot of salt and other ingredients which give a semi-sweet taste.

<http://www.blackherbals.com/ASK-Sugar.htm>

High Fructose Corn Syrup Causes Diabetes

December 17, 2005

Fructose, the sugar found in the corn-syrup sweeteners [High Fructose Corn Syrup is what is shown on food labels] used in many processed foods, may trick the body into thinking it's hungrier than it really is, causing people to eat more and risk becoming obese.

That's the disturbing finding of a group of University of Florida researchers` who believe it may help explain why there is a growing obesity epidemic in America today.

Dr. Richard Johnson and his colleagues identified fructose as part of a biochemical process that leads to weight gain and other precursors of Type 2 diabetes. They also found that fructose causes an increase in blood uric acid that can block the action of insulin, the hormone that regulates how body cells use and store the sugar they need for energy.

Frequent occurrences of increased uric acid levels may develop into features of metabolic syndrome--obesity, elevated blood cholesterol levels and high blood pressure. [Uric acid also causes gout (gouty arthritis,

joint pain). High acidity also causes deterioration of bones (osteoarthritis, osteoporosis).]

The Florida researchers fed rats a high-fructose diet for 10 weeks. All the rats experienced an increase in uric acid in the bloodstream and also went on to develop insulin resistance.

"When we blocked or lowered uric acid, we were able to largely prevent or reverse features of the metabolic syndrome," said Dr. Johnson, professor of nephrology and chief of nephrology, hypertension and transplantation at the university's College of Medicine.

"We were able to significantly reduce weight gain, we were able to significantly reduce the rise in the triglycerides in the blood, the insulin resistance was less and the blood pressure fell."

The research appears in the December issue of the journal Nature Clinical Practice Nephrology and in the online edition of the American Journal of Physiology-Renal Physiology.

<http://www.rense.com/general69/fruc.htm>

Continued from page 5 – Blacks Hit by Diabetes Epidemic

quality of health care African Americans receive in many areas, including diabetes," said a spokesperson. "Research shows that people with diabetes can have a profound influence on how the disease affects them long-term and short-term. People who effectively use weight management, diet, exercise, home blood sugar monitoring and medication to keep their blood sugars in as close to normal a range as possible can reduce their risk of diabetes complications by nearly 60 percent."

www.blackherbals.com/blacks_hit_by_diabetes_epidemic.htm

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WE CAN MAKE YOU HEALTHY AND WISE

Continued from page 5 – The Dirty Secret about Diabetes

performs literally billions of chemical and electrical operations. To do that, it needs 50 or so raw materials each day. Equally important, the body needs to avoid receiving substances that are toxic to its delicate, complex and balanced operations.

Pesticides such as DDT, Dieldrin, Aldrin, and Heptachlor and among the most toxic chemicals known to science, designed to *kill living creatures*. Along with other industrial fertilizers and chemicals, they run off into our lakes, rivers and oceans, contaminating both water supplies and marine animals. These chemicals become more concentrated as they move up the food chain.

Not only farm animals, but fish in fresh water and even in the ocean are gradually being poisoned by a combination of pesticides and herbicides. Yet the DDT which wiped out fish and small game, left its prime target, the boll weevil, alive and kicking.

Farm animals also concentrate in their fat and livers, toxic chemicals in their food. Since these chemicals are livers of prime animals are confiscated much of the time in all food now, it is impossible for this concentration not to occur, even in animals that are raised organically. The livers of prime animals are confiscated much of the time because they contain abscesses and toxic substances. Commercially grown chickens have arsenic and stilbestrol in their bodies and much of it winds up in the liver. The liver is the detoxifying organ of the body, and that's where these poisons go. Today, virtually all livestock now receive heavy doses of antibiotics to counter the diseased conditions associated with chemical pesticides.

These higher chemical concentrations, as we move up the food chain, are confirmed in tests. In a study from 1964 to 1968, for instance, it was found that, compared to the average pesticide residues found in plant foods:

✚ dairy foods had about three times as much;

✚ meat, fish and poultry had about six times as much.

In the food chain of life, plants play an essential role, as man cannot ingest essential elements directly from the soil. They must be brought to him through the nourishing elements of living plants, which likewise feed all animals, directly, or indirectly. Through plant and animal our bodies grow out of the soil. However, when toxic chemicals are added to the soil, vegetables, grains, and seeds absorb these toxins, converting them into "mutated pathogens".

Every time the body must devote resources to the attempt to detoxify and expel these toxins, energy is taken away from other and better uses. Sometimes the body simply doesn't have the time or ability to deal with them, and so it stores them away in the tissues, organs, or muscles. This build-up of toxins and poisonous chemicals in the organs is what leads to disease.

In this connection with pesticides, there is a startling relationship between the consumption of milk and dairy proteins and insulin-dependent diabetes. Because of the "legal amount of DDT allowable in milk" established by the Food and Drug Administration, most cow's milk continues to be contaminated by DDT and other pesticides. According to a study by the New England Journal of Medicine in 1992, cow's milk and other dairy proteins somehow leads to an autoimmune reaction aimed at the pancreas and ultimately to impairment of the pancreas' ability to produce insulin.

Pesticides concentrate in milk of both farm animals and humans. A study by the Environmental Defense Fund found widespread pesticide contamination of the human breast milk among 1,400 women in forty-six states. The levels of contamination were twice as high among the meat and dairy-eating women as among vegetarians. There seems to be a growing consensus among scientists and nutritionists that dairy proteins play a major role in the genesis of metabolic disease. This suggests that the milk and animal proteins that people have been ingesting since 1940, is the real reason for diabetes and other metabolic diseases.

To better understand how diabetes develops in the body, we must look at how "pesticide contaminated milk proteins" mutate in the human immune system. Amino acids, the basic units that make up proteins, are the building blocks for all living cells. When normal protein in our food is properly broken down by the digestive system into amino acids, it does no harm to the immune system. However, proteins contaminated with DDT molecules, are absorbed into the blood cells, provoking an immune response. Repeated exposure to these proteins disrupts normal immune function and may eventually lead to diabetes. When we develop disease, it is most often due to immune system damage and dysfunction.

On top of this, cow's milk contains many proteins that are poorly digested and harmful to the immune system. It appears that milk protein such as casein, lactalbumin, and lactoglobulin is the most usual culprit. In addition, many people do not produce enough of the enzyme "lactase" to digest "lactose" (milk sugar). This condition gives rise to a condition known as "lactose intolerance". Black people

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FEATURED ARTICLES

How Food Helps the Body Heal Itself

Prof. Charles Ssali, MBChB FRCS (ED)

Human life was meant to be sustained by the use of nutrients from natural sources. These sources are the foods from plants, vegetables, fruits, and herbs but not from animal sources.

It is these nutrients that the body requires to build tissues that are used to renew itself and replace those that are damaged. The body has its own defence mechanism which is the immune system. It is the immune system that defends the body against the numerous bacteria and viruses in our environment. For as long as the body has an intact immune system, these bacteria, viruses and fungus will have no adverse effect on the health of the individual. A person may be in perfect health despite the presence of bacteria, fungus and viruses on the skin, inside our intestines, lungs and in our blood circulation. The organisms are sometimes beneficial to us by their ability to produce some essential vitamins in the gut. This symbiotic coexistence is only maintained for as long as we keep our body well supplied with food that is properly balanced in order to maintain our immune system intact. The immune system has what are called defence cells and chemical weapons called antibodies.

It is these two parts of the immune system that keep the potentially offensive organisms at bay.

If an individual fails to keep the body supplied with the essential nutrients, then the bacteria and viruses get the upper hand of the defences and produce disease in our systems.

If we eat foods, which are low in nutrient value, we become deficient and susceptible to diseases like diabetes, asthma, cancer and virus infections.

Diseases like AIDS, Scurvy and rheumatic fevers and joint pains are just a few out of so many others that

are secondary to some form of nutritional breakdown or deficiency. Whenever that deficiency is corrected by the resumption of a balanced diet, then the problem is solved and the disease disappears with all its symptoms and signs. Failure to achieve that means that one has not taken enough of the nutrients. A disease only becomes incurable if it is left for too long untreated till body tissues become destroyed beyond repair. In other words all diseases should be treatable using nutritional supplements to make up the deficiency.

Clinical experience shows that all deficiency diseases can be reproduced in the body if the nutrient responsible is withheld from the individual.

By the same token, all diseases should be treatable if the lacking nutrients are identified and supplied in liberal quantities.

The use of food items that have been artificially altered by the addition of preservatives, artificial colours, sweeteners or genetic manipulation may cause disease in the individual using them.

Foods like refined sugar where the natural composition has been changed by the removal of minerals and vitamins may cause degenerative diseases like diabetes, rheumatoid arthritis and many others. This is the reason why the animals that feed on molasses that we through away do not suffer from deficiency diseases which affect people that own them. Our close relatives the primates that live naturally in the forests are healthier than ourselves. It is because of their balanced diet that they do not suffer from diabetes, asthma, arthritis, lupus, hepatitis and even cancer at the rate they occur in human beings. Monkeys do not cook their food or try to refine it like us and hence they do not destroy the nutrients that are naturally occurring in foods like unpolished rice,

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wheat and raw cane sugar which give the brown colour to those foods. Research has shown that by supplementing our diet with concentrated vitamins, minerals, plant hormones, enzymes and amino acids, we can eliminate most of those diseases that now afflict man. The pharmaceutical products that we use to treat many of our ailments are the very ones that produce the toxicity symptoms that the doctors treat with even more toxic drugs to compound the problems of their patients. An individual treated for high blood pressure ends up needing treatment for secondary impotence or muscle pains caused by the drugs prescribed for him. Those on treatment for diabetes often die from stroke or coronary heart disease both promoted by the treatment.

Cancer patients are more likely to die from the chemotherapy and irradiation treatment used to treat the cancer itself. Those that do not seek medical treatment in hospitals often live longer despite the doom predicted by their doctors.

Radiotherapy and chemotherapy destroy tissues and the immune system that are necessary for the recovery of the patient from cancer. The cancer starts in the body where the immune system has been weakened because of factor like chemicals used as medicines, poor nutrition, irradiation etc.

Therefore these same agents could not be reasonably used to treat the very diseases that they caused!

By the same token, toxic chemicals like AZT cannot treat successfully an immune disorder like AIDS without causing a further deterioration of the immune system.

In Uganda the author has used nutrients to improve the status of health of over 18000 people who had contracted HIV/AIDS. In 80% of these patients, improvement occurred within a short time when they started on herbal nutritional supplements combined with an increased intake of vegetables and fruits.

These results were met with violent opposition from the multinational pharmaceutical companies alarmed by our new found success based on our ancestral heritage. It is because they cannot patent these nutritional supplements from foods and herbs for financial gain and monopoly.

Supplements from natural sources are capable of successfully treating conditions like arthritis, diabetes, asthma, lupus, cancer and viral diseases like HIV/AIDS

and hepatitis.

It is this potential healing power of herbs that prompted the pharmaceutical companies of the world to formulate the CODEX Alimentarius that threatens to take away the use of vitamins, minerals and herbs from the public through United Nations legislation. The war against this multinational drug companies' greed has started and it is destined to succeed. The deception is being exposed by the truth about the value of alternative medicine and the importance of nutrition. Medical doctors are experiencing an ever increasing demand for holistic medicine as opposed to allopathic chemical based drugs of the pharmaceutical industries. This is just the beginning and the end of the struggle is not yet in sight.

In Honorable Memory of

Professor Charles Ssali, the founder of Mariandina Herbal Health Products in Uganda, now distributed worldwide.

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do not produce enough lactase to sufficiently digest milk products, and therefore, have a high rate of lactose intolerance.

So why is it that black people seem to have one of the highest rates of diabetes than most Americans. Well, people in different parts of the world eat varying amounts of dairy food. What determines whether it becomes a health risk food seems to depend on two things: your innate resistance (how well your body can cope with the proteins, fats, sugars, and chemicals) and how much of it you consume. The milk proteins along with the pesticide chemicals somehow leads to an auto-immune reaction aimed at the pancreas and ultimately to impairment of the pancreas' ability to produce insulin.

In the past, I have put some of my diabetic patients on a diet with very low amounts of fat, sugar, and dairy. Usually, in about eight weeks, over 60% of the patients no longer needed insulin! Eventually the figure rose to 70%, and those that still needed insulin, needed much smaller amounts. Eventually, those patients were given a complete herbal and diet program, and were able to stop using insulin all together.

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A diet without dairy products is closer to the African diet. In fact, no animal in the wild consumes milk or dairy products past the period of nursing. Neither did Africans until their enslavement in the Americas. We apparently had no problem with diabetes during the time we consumed mostly a herbivore diet in Africa.

Mounting evidence shows that the onslaught of decades of pesticides and other poisonous chemicals in our food and milk is the real cause of diabetes. If you or anyone in your family have diabetes and is experiencing health problems and dairy is a part of your diet, it makes sense to completely eliminate the dairy and observe the results.

Tariq Sawandi is a Master herbalist, nutritionist, and consultant on holistic health.

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Continued from page 3 – African Spirituality

Africans gave the world the concept of Heaven and Hell, good and evil, truth and lie (deceit) and the feather of truth (i.e., that truth is weightless and lie requires several layers of lies to sustain). That righteousness is superior to might and steel. That virtue will be rewarded in Emyrean-abode of blissful spiritual life after death and

that our ancestors do not die.

Africans strongly believe in reincarnation. They say that the dead come back or is born again and again; that the spirits of our ancestors live on for ever. And why not? If Tu-SoS is infinite, everything in nature must also be infinite.

Organised religions see re-incarnation in terms of renewed faith in God. They call this born-again in Christianity, but it is not physical or deeply spiritual. All organised religions accept the African concepts that there is a beginning to the universe and the beginning is Tu-SoS, misinterpreted by organized faiths as God; that although the universe appears infinite, its creator can also terminate it; that Tu-SoS gives, Tu-SoS takes away. Islam dropped the notion of future life and ancestor worship from their canon. Christianity dismissed the beliefs as mere superstition while practicing exorcism and declaring an endless number of apparitions of their Virgin Mary. Africans smell hypocrisy and hang on to their beliefs even as they proclaim themselves devoted Christians and Moslems.

With the banning of African mysteries in 4 AD and finally in 6 AD, Africans fought back. As they got increasingly frustrated in their long painful unsuccessful efforts to liberate themselves, they began to turn the venom of their sorcery on each other. Africans have completely lost their African essence and feeling of self-worth after centuries of slavery, colonial and neocolonial dehumanization and exploitation, they have gradually, in the last five hundred years, forgotten their illustrious pioneering history and stopped seeing themselves as equal to the other races.

Without a vibrant native religion or spiritual movement of their own and without a common tradition to bind, cushion and inspire them as a family, they are unable to mobilize, at least, their intellectual wherewithal for their collective development or make appropriate peculiar impact in the world of ideas. A race without a strong, active, lively spiritual (therefore philosophical) outlook of its own is not only voiceless in world affairs; it is as good as dead.

*More details on this article 'The African origin of religions' are provided in the new book: **The Secrets of the Ages** Written by Naiwu Osahon, Leader, World Pan-African Movement E-mail: obw@infoweb.abs.net*

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

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Herb of the Month

Bombo/Cerasse

Momordica balsamina, Momordica charantia

Momordica is native to Africa, the Middle East and the Mediterranean area. It was introduced to Brazil by African slaves and from there it spread to the rest of Latin America and the West Indies. **Momordica** also grows wild in Asia where it is used medicinally, and as a vegetable.

A tea, made of the vine is used for diabetes, hypertension, worms, dysentery, malaria and as a general tonic and blood purifier. It is also very effective to relieve constipation and colds and fevers in children.

Women in Latin American and the West Indies use the leaf for menstrual problems to promote discharge after childbirth. The tea is taken for 9 days after giving birth to clean out and tone up all the organs involved in the delivery. **Momordica** is also used as a natural method of birth control, by taking two cups each day after intercourse, for three days. It is said that women who drink **Momordica** daily will not conceive during that time.

As a wash, the tea is used externally for sores, rashes, skin ulcers and all skin problems. A **Momordica bath** is good for arthritis, rheumatism, gout and other similar ailments.

In Brazil, **Momordica tea** is used as a tonic and remedy for colds, fever and pains due to arthritis and rheumatism. In Curacao and Aruba, the tea is used to lower blood pressure. In Cuba, **Momordica tea** is used as a remedy for colitis, liver complaints, fever and as a skin lotion. A tea of the root is used to expel kidney stones. The juice of the ripe fruit, which contains valuable enzymes and minerals, is taken for diabetes.

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