

African Traditional Herbal Research Clinic

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NEWSLETTER

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SOFT DRINKS – HARDCORE TOXICITY

Soft Drinks: We Drink this Stuff and Give it to our Children

BLACKHERBALS.COM

Our human body stops building bones at round the age of 30. After that it'll be dissolving about 8-18% of our bones each year through the urine depending on the acidity of the food intake (acidity does not depend on the taste of the food, but on the ratio of potassium/calcium/magnesium, etc. to phosphorus). All the dissolved calcium compounds accumulate in the arteries, veins, skin tissue, and organs. This affects the function of the kidney (kidney stones). Soft drinks do not have any nutritional value (in terms of vitamins and minerals). They have higher sugar content, higher acidity, and more additives such as preservatives and colorings.

For your info: The Average pH of soft drinks, e.g. Coke, Pepsi is pH 3.4. This acid is strong enough to dissolve teeth and bones!

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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, Uganda Ltd.

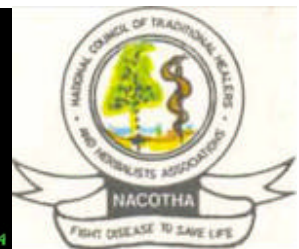
The African Traditional Herbal Research Clinic located in Bukoto is a modern clinic facility created to establish a model space whereby indigenous herbal practitioners and healers can upgrade and update their skills through training and certification and respond to common diseases using African healing 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.** Its purpose is to raise public awareness and understanding on the value of African traditional herbal medicine and other healing practices; contribute to the improvement of community health; promote the

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African Traditional Herbal Clinic

health services of traditional healers and herbalists through the prevention and maintenance of diseases; and to preserve African traditional and cultural healing practices. The survival of Africans/Blacks in the current global health crisis is dependent upon cooperation and communication between Africa and the Diaspora. This includes the merging of mother-tongue indigenous knowledge systems and technology, natural health practices with Western diagnostics, and building a sustainable bridge that links Africa with her descendents wherever we are in the world. Some of the services we will initially offer are non-invasive treatments for:

1. AIDS and TB
2. Malaria
3. Diarrhea
4. Heart problems (pressure, circulation)
5. Diabetes
6. Sexual Transmitted diseases
7. Respiratory ailments (asthma, colds)
8. Ulcers and other Digestive disorders
9. Skin problems
10. Arthritis and Rheumatism
11. Reproductive problems
12. Cancer

We also conduct seminars and workshops on health issues and gender-related subjects as well as on African history, African traditions and cultural practices.

WHO IS NACOTHA AND BHSN?

The National Council of Traditional Healers and Herbalists Associations (NACOTHA) is an umbrella, non-government organization of all traditional healers and herbalists associations in Uganda. Formed in 1990, its mission is to unite all of the traditional health practitioners in their association as their contribution to improving community health and health promotion through the strengthened collaboration of traditional healers and herbalists, orthodox medical practitioners, and community participation to strengthen traditional medicine as the primary health care practice in Uganda. Some of **NACOTHA**'s major objectives include building organizational capacity and knowledge of traditional healers, promoting conservation, protection and the propagation of medicinal plants, animals and cultural sites throughout the country, and conducting functional research in all aspects concerning traditional healing practices in Uganda.

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Soft Drinks

Some people like to take cold soft drinks after each meal. Guess what's the impact? Our body has an optimum temperature of 98.6 degrees F for the functioning of digestive enzymes. The temperature of cold soft drinks is much less than optimum, sometimes quite close to freezing. This will lower the effectiveness of the enzymes and put stress on the digestive system, digesting less food. In fact, the food gets fermented. The fermented food produces bad smelling gases, decays and forms toxins that are absorbed in the intestines, gets circulated in the blood and is delivered to the whole body. This spread of toxins can lead to the development of various diseases.

Think before you drink Coke or Pepsi or other soft drinks. Have you ever thought what you drink when you drink an aerated drink? You gulp down carbon dioxide, something that nobody in the world would advise you to do.

Recently, there was a competition in Delhi University "Who can drink the most coke?". The winner drank 8 bottles and died on the spot because too much carbon dioxide in the blood and not enough oxygen. From then on, the dean banned all soft drinks from the university canteen.

Someone put a broken tooth in a bottle of Pepsi and in 10 days it dissolved! Teeth and bones are the only human structures that stay intact for years after death. Imagine what the drink must be doing to your soft intestines and stomach lining! Try putting a common metal nail in a container of Coke and see how long it takes to dissolve.

People in the US consume more soft drinks than water!

Blackherbals Note: *Coke and Pepsi are sometimes used as a household remedy for cleaning the gunk (carbon deposits) off car batteries, which is required for recharging those batteries. Think about what it does to you!*

African Proverbs

"A man can not sit down alone to plan for prosperity

A single tree cannot make a forest.

When the right hand washes the left hand and the left hand washes the right hand, both hands become clean.

AFRICAN SPIRITUALITY

The health of Afrikan people everywhere has always depended upon the wholistic aspect of mind, body and spirit. Western medical concepts tend to ignore the spiritual needs of our people. Contrary to popular belief, the Afrikan Cultural Shrine (right) is a symbol of Afrikan spirituality and our cultural history. Afrikans have been told that practicing their traditional religions is practicing witchcraft. Nowhere in the world is Afrikan spirituality considered witchcraft. Many ceremonial/ritual aspects of the Hebrew-Christian religions are adaptations of Afrikan so-called "pagan" ways. In fact, witchcraft is not an Afrikan word. The word belongs to muzungu (white foreigners) and is used to frighten and stop Afrikans from practicing our traditional medicinal and spiritual ways, so that we "may" adopt muzungu's medicines and muzungu's religions. This is total enslavement. Once again we have allowed people outside our race to define who we are, what we should do, and how we should do it. Afrikan traditional medicine is the oldest health system on the planet and is a part of our cultural history. Afrikan health traditions are becoming very important in today's world because western health systems are failing. More importantly, our Afrikan traditions need to adjust to the modern conditions that Afrikans today find themselves, i.e., being able to deal with the toxic and chronic diseases that result from adopting western culture and lifestyles.

When we say we need to return to our Afrikan roots, we don't necessarily mean it literally. What we are trying to say is let's pull back from western systems, such as over-industrialization, fast food, the bio-chemical-environmental pollution of our planet (and ourselves), and return to simpler methods of doing things that are more in tune with Nature. We are a part of Nature and we certainly emanate from this planet. As we watch it being destroyed, we are watching ourselves be destroyed. Afrikan spirituality existed before any of the present modern man-made religions but does not share in their hypocrisy. The troubles that we have today result from our going against the laws of Nature, ignoring our past, who we are, and what we are capable of becoming. Let us as a people develop our Afrikan consciousness of mind, body and spirit. This is our answer to the world around us. This is where our power lies.

If everyone has a right to determine his or her own destiny, then it is time for we as a people to start developing our own.

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PUBLISHER: KIWANUKA LEWIS

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The traditional shrine as a symbol of our cultural history

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RGL Enterprises International is a Canadian-based company, recently registered in Uganda as **Blackherbals at the Source of the Nile, Uganda LTD. (BHSN)**. We specialize in the development, promotion and sales of traditional African herbal medicine and herbal health products. We are a "Black" marketing and promotion organization, designed to open markets for natural, herbal and holistic medicinal products through internet shopping. We also do import/export, business/business, wholesale and retail outlet servicing. We bring to this project expertise in traditional African herbal medicine as practiced in the Diaspora, particularly Jamaica. Through our website, www.blackherbals.com, we gather and disseminate information on health and wellness issues and related subjects as they affect Africa, Africans, and their descendants in the Diaspora. This, we think will edify and empower our people to better care for themselves and their children, who are our only future for tomorrow. Our objectives are to propagate the concept of natural and holistic living and lifestyle; the consciousness of spirit, mind and body; and to promote community outreach programs on current and historical issues of natural health and holistic living, African history, cultural diversity and the environment.

FEATURED ARTICLE

ASPARTAME

Pat Thomas

Aspartame is the most controversial food additive in history. The most recent evidence, linking it to leukaemia and lymphoma, has added substantial fuel to the ongoing protests of doctors, scientists and consumer groups who allege that this artificial sweetener should never have been released onto the market and that allowing it to remain in the food chain is killing us by degrees.

Once upon a time, the Pentagon listed aspartame as a biochemical warfare agent. Today it's an integral part of the modern diet. Sold commercially under names like NutraSweet and Canderel, aspartame can be found in more than 5,000 foods, including fizzy drinks, chewing gum, table-top sweeteners, diet and diabetic foods, breakfast cereals, jams, sweets, vitamins, prescription and over-the-counter drugs. This means that there is a good chance that you and your family, are among the two thirds of the adult population and 40 per cent of children who regularly ingest this artificial sweetener.

Because it contains no calories, aspartame is considered a boon to health-conscious individuals everywhere; and most of us, if we think about it at all, think it is safe. But independent scientists say aspartame can produce a range of disturbing adverse effects in humans, including headaches, memory loss, mood swings, seizures, multiple sclerosis and Parkinson's-like symptoms, tumours and even death.

Concerns over aspartame's toxicity meant that for eight years, the US Food and Drug Administration (FDA) denied it approval, effectively keeping it off the world market. This caution was based on compelling evidence, brought to light by numerous eminent scientists, litigators and consumer groups that aspartame contributes to serious central nervous system damage and had been shown to cause cancer

system damage and had been shown to cause cancer in animals. Eventually, however, political muscle, won out over scientific rigour, and aspartame was approved for use in 1981.

The FDA's about-turn opened the floodgates for aspartame's swift approval by more than 70 regulatory authorities around the world. But, as the remarkable history of the sweetener shows, the clean bill of health given to it by government regulators - whose sole reason for being should be to protect the public from harm - is simply not worth the paper it is printed on.

ASPARTAME REACTIONS: A HIDDEN EPIDEMIC

Aspartame has been linked to a host of devastating central nervous system disorders. When aspartame was approved for use, Dr HJ Roberts, director of the Palm Beach Institute for Medical Research, had no reason to doubt the FDA's decision. 'But my attitude changed,' he says, 'after repeatedly encountering serious reactions in my patients that seemed justifiably linked to aspartame.' Twenty years on, Roberts has coined the phrase 'aspartame disease' to describe the wide range of adverse effects he has seen among aspartame-guzzling patients.

He estimates: 'Hundreds of thousands of consumers, more likely millions, currently suffer major reactions to products containing aspartame. Today, every physician probably encounters aspartame disease in everyday practice, especially among patients with illnesses that are undiagnosed or difficult to treat.'

As a guide for other doctors, Roberts, a recognised expert in difficult diagnoses, has published a lengthy series of case studies, *Aspartame Disease: an ignored epidemic* (Sunshine Sentinel Press), in which he meticulously details his treatment of 1,200 aspartame-sensitive individuals, or 'reactors', encountered in his own practice. Following accepted medical procedure for detecting sensitivities to foods, Roberts had his

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patients remove aspartame from their diets. With nearly two thirds of reactors, symptoms began to improve within days of removing aspartame, and improvements were maintained as long as aspartame was kept out of their diet. Roberts' case studies parallel much of what was revealed in the FDA's report on adverse reactions to aspartame - that toxicity often reveals itself through central nervous system disorders and compromised immunity. His casework shows that aspartame toxicity can mimic the symptoms of and/or worsen several diseases that fall into these broad categories (see below).

CONDITIONS MIMICKED BY ASPARTAME TOXICITY

- Parkinson's disease**
- Alzheimer's disease**
- Fibromyalgia**
- Arthritis**
- Multiple chemical sensitivity**
- Chronic fatigue syndrome**
- Attention deficit disorder**
- Panic disorder**
- Depression and other psychological disorders**
- Lupus**
- Diabetes and diabetic complications**
- Birth defects**
- Lymphoma**
- Lyme disease**
- Hypothyroidism**

Many of the diseases listed by Roberts fall into the category of medicine's 'mystery diseases' - conditions with no clear origin or cause and few effective cures. And while no one is suggesting that aspartame is the single cause of such diseases, Roberts' research suggests that some people diagnosed with, for example, multiple sclerosis, Parkinson's or chronic fatigue syndrome may end up on a regimen of potentially harmful drugs that could have been avoided if they simply stopped ingesting aspartame-laced products.

The full report is in the September 2005 issue of the Ecologist magazine.

DIET COLA

Aspartame was introduced in colas as a sugar substitute to make them less fatty. But it has since been discovered that this drug suppresses serotonin (a neurotransmitter that regulate hunger), and make us crave for carbohydrates, resulting in obesity. The dangerous side effects of cola

consumption is seen more in developed countries like the US, where the per-capita consumption of soft-drinks is much higher than that in India.

Consumption of aspartame results in memory loss. This is due to aspartic acid and phenylalanine, two synthetic chemical compounds found in aspartame. Now labeled as neurotoxins, these man-made compounds were created to resemble similar amino acids found in human protein. Thus it goes past the brain's blood barrier and deteriorates the neurons of the brain. Phenylalanine, also used in MSG, breaks down in the body and becomes a brain tumor agent. As a result, the number of cases of Alzheimer's disease has gone up alarmingly in United States, with even men and women 30 years age being diagnosed with this disease. Aspartame is also a seizure triggering drug and has cited as a reason for an observed increase in epilepsy.

The methanol (wood alcohol) in aspartame converts to formaldehyde in the retina of the eye and can lead to blindness. Believe it or not, formaldehyde is grouped in the same class of drugs, as cyanide and arsenic that we all know are DEADLY POISONS! Formaldehyde is stored in the fat cells, particularly in the hips and thighs.

Aspartame is especially deadly for diabetes. Aspartame keeps the blood sugar level out of control, causing many patients to go into a coma. Many people argue that all things in excess can cause problems and if we consume soft drinks in moderation, there is no reason to worry. However, what we don't realize is these soft drinks are deliberately made addictive by the use of caffeine and other such additives, causing people to drink soft drinks in excess.

Due to the growing health awareness among informed people, we should be able to resist the temptation of excessive consumption. But our children easily fall prey to their ever-present advertising campaigns and become addicted. I can personally give an example of one of my friends whose 7-year old daughter died of diabetes. Though I have no definite proof that she became diabetic due to cola consumption, I know for a fact that she was addicted to Coca-Cola and used to drink it almost everyday.

Now you might wonder if drinking coke can be so dangerous, why we don't hear about cases of people dying? One reason is that the effects of these substances accumulate with use and take longer to kill. But people are dying, dying of tumors and seizures. They are suffering from multiple sclerosis, blindness, diabetes and memory losses.

www.blackherbals.com
www.aspartamekills.com

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.”

PLACE: **AFRIKAN TRADITIONAL HERBAL RESEARCH CLINIC**
HOURS: **MONDAY THRU FRIDAY 9:00 AM – 6.00 PM, SATURDAY 10:00 AM – 4.00 PM, SUNDAY - CLOSED**

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ADDRESS CORRECTION REQUESTED

Herb of the Month

Capsicum or Cayenne Pepper

Capsicum Frutescens⁽¹⁾

COMMON NAMES: Chilies, guinea pepper, goat pepper, bird pepper, red pepper.

Cayenne pepper is in the same botanical (nightshade) family as the tomato, eggplant, cucumber, bell or sweet pepper. All the different species of cayenne pepper have about the same medicinal and nutritional use, although they differ in taste and pungency. Peppers are rated in spiciness from 1 to 120. **Cayenne** is the most useful of the systemic stimulants. It stimulates blood flow, strengthens and feeds the cell structure of the heart, arteries, capillaries and the nerves so they will regain elasticity. As general tonic, it is specific for both circulatory and digestive systems. It may be used in flatulent dyspepsia and colic. It is also good for the kidneys, lungs, pancreas, spleen and stomach. **Cayenne** can also be used for debility and for warding off colds. It is particularly useful in the elderly, when body-heat is low, vitality is depressed and reaction is sluggish. **Capsicum**, the active ingredient in cayenne pepper is known for its antibiotic properties, since it helps the body to build and maintain its immune system. In West Africa, children are given pepper at an early age to increase their stamina and resistance to flu and viral infections. African women use diluted **Capsicum** as a douche to kill and prevent vaginal infections.

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