

African Traditional Herbal Research Clinic

Volume 1, Issue 2

NEWSLETTER

February 2006

Malaria Develops in Immune System

Malaria parasites develop in the lymph nodes of the immune system, researchers have discovered. Scientists say the finding was unexpected, and underlines just how complex malaria infection can be. The immature parasites are known to travel to an infected person's liver, which, until now, scientists thought was the only place they could develop.

The study, by Pasteur Institute in Paris, features online in the journal Nature Medicine.

LYMPH NODES

Small bean-sized organs made up of densely packed lymphocyte cells
Clusters are widely distributed in the body
Essential to the functioning of the immune system
The main sites where immune responses are launched

The researchers hope their work could aid the development of better vaccines, which might potentially target the parasites before they develop in the liver.

Continued on page 2

What is the African Traditional Herbal Research Clinic?

We can make you healthy and wise

Nakato Lewis

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

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

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

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

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



INSIDE THIS ISSUE

- | | |
|----|--|
| 1 | What is the African Traditional Herbal Research Clinic?
Malaria Develops in Immune System |
| 2 | CIA Warns of Designer Bio-Weapons |
| 3 | African Spirituality – Kabona Mugalula |
| 4 | Featured Article – Malaria - Third World Killer |
| 5 | WHO Calls for Halt on Malaria Treatment |
| 6 | Featured Article - Role of Plants and Herbs in the Human Body as Food and Medicine – Kiwanuka R.G. Lewis |
| 10 | Herb of the Month – African Wormwood |

Continued from page 1

The researchers infected mosquitoes with fluorescently tagged Plasmodium parasites, and then allowed the mosquitoes to bite a mouse. From each mosquito bite, they found an average of 20 fluorescent parasites embedded in the animal's skin.

Path followed

The parasites were found to move through the skin at high speed in a random, circuitous path. After leaving the skin, the parasites frequently invaded blood vessels. This was no surprise, as they need to travel through blood vessels to get to the liver.

However, about 25% of the parasites invaded lymphatic vessels of the immune system, ending up in the lymph nodes close to the site of the bite. Their journey seemed to stop there, as the malaria parasites almost never appeared in lymph nodes farther away. Within about four hours of the mosquito bite, many of the lymph-node parasites appeared degraded. They were also seen interacting with key mammalian immune cells, suggesting that the immune cells were destroying them.

A small number of the parasites in the lymph nodes, however, escaped degradation and began to develop into forms usually found only in the liver. By 52 hours after the mosquito bites, no parasites remained in the lymph nodes, which suggest that they cannot develop completely there.

Immune influence

Lead researcher Dr Robert Ménard said only fully developed parasites can infect red blood cells and cause malaria - so the lymph-node parasites probably do not contribute to the appearance of malaria symptoms. However, he said even partially developed or destroyed parasites could significantly affect how the immune system responds to infection.

Parasites developing in the lymph nodes might alert the body that an invader is present, and activate a protective immune response. Alternatively, their presence might desensitise the body to the parasites, blunting the immune system's response to infection.

The researchers were also surprised to find that some of the parasites remained in the animals' skin for up to seven hours, raising the possibility that they might

be responsible for a second wave of infection.

Professor Brian Greenwood, of the London School of Hygiene and Tropical Medicine, agreed that the study would help scientists better to understand the immune response to malaria.

He said it had previously been thought that infection levels at the time when a mosquito bites were too small to trigger an immune response, which only came once the parasites started multiplying in the liver.

Story from BBC NEWS: January 23, 2006

<http://news.bbc.co.uk/go/pr/fr/-1/hi/health/4630760.stm>

CIA Warns of Designer Bio-Weapons

The Advertiser

17 November 2003

A GROUP of US scientists has warned the Central Intelligence Agency that recent advances in biotechnology could give life to "designer" biological weapons able to target selected groups of people, act with a delay and turn deadly in reaction to medicine, according to a CIA document made public in Washington.

The warning came during a closed-door seminar organised at the request of the CIA by the National Academy of Sciences to devise strategies for dealing with the dangerous by-products of the so-called genomic revolution.

The spy agency would not disclose when and where the meeting occurred, but its unclassified account of the seminar, dated November 3, was obtained by the Federation of American Scientists, a non-profit organisation. "The effects of some of these engineered biological agents could be worse than any disease known to man," the CIA report warns.

Scientists have cautioned that explosive growth in knowledge about genes and their functions could

Continued on page 3

AFRICAN SPIRITUALITY

By Kabona Mugalula Wamala

ABALONGO

We all respect and honour a man and woman who have twins. Have you ever reflected on why this should be the case? The reasons are deep, going back to the Creator and the nature of The Creator. **Obulongo** or twinhood is the formula The Creator **Omutonzi Kyetondeka Ttonda Nnamugereka**, employs to make and perpetuate life. In creation, The Creator always creates in twos, female and male. Indeed even The Creator first revealed Herself in the simultaneous twin-being of female-male, as the world's first twin (**obulongo**). This simultaneous male-female being is acknowledged and reflected in the Creator's names/titles. **Kyetondeka** is **Ssalongo** (male); while **Nnamugereka** is **Nnalongo** (female). Thus **Kyetondeka and Nnamugereka** together were the First Living Spirit; and in holy union triggered a chain of the multiplication of Life on Earth, female and male.

Following the logic of The Creator therefore, Afrikan Spirituality affirms that all-living things come in twos, female and male, as the basis for their living in perpetuity. In creating female and male, **Kyetondeka Nnamugereka** simultaneously created them, and created them equal. The female did not come out of male; nor did male come out of female. In Afrikan Spirituality therefore, this is the divine basis for the equality between female and male, woman and man.

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

Managing Editor: Nakato Lewis

PUBLISHER: KIWANUKA LEWIS

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



The traditional shrine as a symbol of our cultural history

Continued from page 2 - CIA Warns of Designer Bioweapons

make traditional means of monitoring weapons of mass destruction obsolete, according to the document. This could make weapons that now exist only in science fiction novels real over the next decade.

These new tools of war were likely to include binary biological agents made up of two components that are relatively harmless separately but that become deadly when combined, according to the CIA account. "A particularly insidious example would be a mild pathogen that when combined with its antidote becomes virulent," the report says.

It may well be possible in the future, experts explained, to design a virus that, acting alone, would cause just flu-like symptoms but that would turn deadly when its target takes an aspirin in the hopes of relieving a headache.

Other "designer" biological weapons could be taught to resist antibiotics, evade an immune response and permanently wreck a person's genetic make-up, the panelists told the CIA.

<http://www.theadvertiser.news.com.au/0,5942,7890639,00.html>

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

FEATURED ARTICLES

Malaria, Third World Killer

By Paul Benkimoun, Le Monde

April 26, 2005

This parasite officially kills a million people a year, especially in Africa. In reality, its record is three times worse.

Monday, April 25, was chosen as African Malaria Day 2005, an opportunity to highlight the ravages caused by this infectious illness caused by a parasite - of which four forms exist, the main one of which is *Plasmodium falciparum* - transmitted to humans by the bite of certain mosquitoes. There are ways to prevent the illness and effective treatments; however, about 40% of the world's population is exposed to malaria. Between now and 2010, half the planet's inhabitants, or close to 3.5 billion human beings, will be in that situation.

Africa is on the front line. About 90% of the million deaths attributed to malaria and counted by the WHO take place in this part of the globe, mostly among young children. The WHO also counts 300 million cases in the world every year. And it is most likely that these estimates are lower than reality. In the March 10 issue of *Nature*, the renowned epidemiologist Robert Snow and his co-workers just published new estimates of the geographic distribution of malaria episodes and crises in the world. They arrive at an average of 515 million malaria outbreaks with a range of between 300 million and 660 million. "These global estimates are as much as 50% higher than those reported by the WHO and 200% higher for the areas outside of Africa, which reflects the WHO's dependence on passive national deaths from malaria," concludes Robert Snow's team. Similarly, Jean-François Trape, who directs the UR 77 on tropical parasitology at the Dakar Institute for Development Research (IDR), gives a range of "2.7 to 3 million deaths a year," instead of the official figure of one million deaths from malaria. "The strong increase in mortality from the illness observed starting in 1989-1990 is directly linked to increased resistance

to chloroquine." The fight against this plague had, in fact, experienced a leap ahead with the development of chloroquine, a cheap, well-tolerated medicine, effective in the prevention and treatment of malaria.

Unfortunately, the appearance of forms of the parasite, the plasmodium, resistant to chloroquine has progressively posed a major public health problem. "Today," explains Jean-Marie Kindermans of Doctors Without Borders (DWB), "we count four times as many cases and three times as many deaths from malaria as during the 1970s." The levels of resistance to chloroquine are as high as 70% to 80% of cases, in some regions of Africa. Several other molecules have been used during the last few decades, but to these also, resistances have appeared. The real breakthrough is represented by "Artemisinin-based combination treatments" or ACT, a derivative of a variety of ginkgo used in traditional Chinese medicine. These combinations are very effective when one oral dose is taken daily. Starting in 2001, the WHO recommended that countries strongly affected by resistance to the traditional anti-malarials start using ACTs.

The supply of artemisinin is a problem that has not been resolved, and in spite of the warnings coming from DWB for the last year and a half about the interruption in raw material supplies, nothing has happened, and the available supply remains well below the demand.

No Vaccination for At Least Ten Years

"Research into an anti-malarial vaccine has progressed rapidly the last few years. However, it will most likely take a decade before an effective vaccination is available for wide usage in the countries where malaria

Continued on page 5

Continued from page 4

is endemic," deem the Lancet columns of Professor Bernard Greenwood of the prestigious London School of Hygiene and Tropical Medicine. The realization of such a vaccine slams up against the complexity of the parasite involved. The latter takes successive forms inside the human organism, each of which differs at the immunological level: immunity to one of these forms confers no immunity to other forms, and it has not been possible to experimentally provoke immunity against the plasmodium before its passage into the blood stream. Moreover, the parasite provokes disorders in the human immune system. Nonetheless, the completion of the complete genetic sequencing of the Plasmodium falciparum genome, as well as that of the mosquito which is the vector between it and humans, could offer an opportunity for research based on biotechnologies.

<http://www.lemonde.fr/web/article/0,1-0@2-3244,36-643123@51-643252,0.html>

WHO calls for Halt on Malaria Treatment

Agency fears improper use may lead to drug resistance

The Associated Press
January 19, 2006

WASHINGTON - The best treatment for malaria may be in jeopardy, the World Health Organization warned on Thursday, because of the way some pharmaceutical companies market the drug in poor countries.

The fear is that improper use of artemisinin will spur the malaria parasite to evolve to resist treatment with the compound, something that has happened to all previous malaria therapies. Resistance "will be a major disaster," WHO malaria specialist Dr. Pascal Ringwald said. "If this occurs, we will have no drugs that can cure

malaria anywhere for the next 10 years."

Malaria sickens up to half a billion people a year, and kills more than 1 million, many of them young children. Forms of artemisinin, developed in China from the wormwood plant, have become the leading treatment — but only when used together with older medications. This artemisinin combination therapy, known as ACT, is 95 percent effective in curing malaria.

Taking artemisinin drugs alone, or so-called monotherapy, will make resistance appear more quickly, Ringwald said. Thus, many groups that fund malaria treatments in developing countries now pay only for ACTs. But some private doctors in developing countries dispense artemisinin monotherapy because it's cheaper for patients who can't afford even the roughly \$2 cost of ACT, WHO said.

Worse, monotherapy often comes with manufacturer-written instructions to take it for only five days, WHO found. Resistance aside, five-day treatment with artemisinin alone isn't enough to cure anybody, Ringwald warned. WHO can't stop what doctors do in private practice. But Thursday, it issued an unprecedented public call to drug makers to stop selling artemisinin monotherapy. WHO cited more than a dozen manufacturers, most based in China, India or Vietnam. Also listed was the French-based drug company Sanofi-Aventis; a spokeswoman didn't return phone calls seeking comment.

Artemisinin resistance hasn't been documented yet, but there is laboratory evidence that the parasite is becoming less sensitive to the drug, Ringwald said. ACTs until recently actually were in short supply in many countries. But one leading ACT manufacturer, Swiss-based Novartis, announced Wednesday that it could more than triple production this year, to 100 million ACT courses, if malaria-ridden countries order that much. Also, simpler ACT formulations at half of today's cost should be available later this year. Currently, ACTs come in blister packs that package artemisinin and an older medicine together.

<http://www.msnbc.msn.com/id/10926211/>

FEATURED ARTICLES

ROLE OF PLANTS AND HERBS IN THE HUMAN BODY AS FOOD AND AS MEDICINE

Kiwanuka R.G. Lewis

I. Essential Nutrition

Food for Growth – Living Foods

Living foods are foods that are not changed by fire, artificial chemicals or by man. This includes foods that retain their natural substances such as nuts, seeds, tubers, fruits, vegetables, fresh fruit and vegetable juices and all foods that are not denatured. When we take food into our bodies, we generally take in fire, earth, air and metal elements, which are enveloped in the food substances. Air and water derangement are responsible for many of the sicknesses we are experiencing today. Medical science has done much to investigate the mechanisms behind disease, but it has only recently begun to study the reasons that people stay healthy based on the foods they eat.

Thousands of years ago, the ancient Egyptians had the unique perspective that human beings are more than flesh and blood, proteins, fats, and nucleic acids. They believed that the life-force is part of the spirit that animates all living creatures. The radiance, or frozen light that circulates in the body is a unique form of vibrational energy. This light energy is an aspect of human nature that is not taught in Euro-centric health science, nor well understood by most Western nutritionists. The ancient Egyptians maintain that we are beings of energy and light. If this is true, then it follows that our bodies can be affected by energy and light waves. From this perspective, one can begin to comprehend the ways of choosing foods, and medicines to maintain balanced health. Instead of conventional approaches to nutrition such as counting vitamins, minerals, proteins, fats, calories, etc., our African ancestors treated people with radiant food nutrition, also called "Photo-biogenics." The molecular arrangement of the physical body is actually a complex network of interwoven energy fields of light. Our unique energy systems are affected by our emotions and levels of

spiritual balance as well as through the foods that we eat. These subtle energies influence cellular patterns of growth, the aging process, and physical balance. Highly melanized people, African and Black people, must be treated with different health standards than whites. The current nutritional standards are based on white chemistry and the daily dietary requirements are prescribed according to the needs of whites, which do not store and radiate energy the way that blacks do. Whenever we ingest a particular food, its radiant energy can either correct or disturb the human energy system within our bodies. Not only can foods rebalance the physical body, but can also lift the consciousness and spiritual awareness. According to our ancient wisdom, food is the means by which we re-create the world as ourselves. Our spiritual nature interacts with the properties of the foods we eat. So through food, we embody the sun and the cosmic energies of the Universe to regenerate our spiritual essence.

II. Plants for Healing

Food and Herbs as Medicine

The use of herbs as medicine and as aids to health is an ancient African tradition. Thousands of years ago, our ancestors believed that health was a balance of physical, mental, emotional and spiritual elements. It is only when a system of medicine recognizes all of these levels in the individual can it be regarded as being truly "holistic". Today, we also know that most herbs have healing powers. Africans in the Diaspora have moved far away from their African lifestyles of foraging for wild herbs. However, we can reintroduce herbs into our daily regime and diet as we once did in Mother Africa. One of the major problems confronting the descendents of Africans today has been the rise of degenerative and chronic illnesses--the "diseases of Caucasian civilization." Heart attacks, high blood pressure, cancer, diabetes, hypertension and obesity are diseases connected to European culture, which appeared soon after the modern development of agriculture and the

Continued on page 7

Continued from page 6

domestication of animals for food production. It has become greatly apparent that the major illnesses suffered by African people today, are promoted by a mismatch between our genetic constitution and a variety of lifestyle factors inherited through American and European culture.

Herbal medicine is still the medicine of choice for three-quarters of the Earth's population. The basic principles of natural healing, herbal healing in particular, is that man is a part of nature and can, if given the right encouragement and support, heal himself. He can do this both emotionally and physically using the principles of right living and the use of mild herbs and raw foods. We also need to balance ourselves through diet, exercise, mental and emotional attitudes and experiences, which is called "freedom of the spirit." We need to balance health first through proper nutrition with the help of herbs serving as special foods for both body and mind. Because of our melanin constitution, African people are able to absorb more stimuli and utilize nutrients better, which brings Africans closer in harmony with nature. There can be no true healing with herbs if the diet remains the contributing cause in sustaining the disease.

We must introduce high quality foods in place of a lower quality diet in our bodies. This principle applies to all our major food groups. As we go higher on the scale of quality, the closer our food comes in the natural state in which it occurs; whole, raw and unrefined. In this condition, all enzymes are found intact. Amino acids are in their finest form. The minerals, proteins, hormones, vitamins, trace elements and carbohydrates capable of reproducing healthy tissue are present. When an individual makes a conscious choice to use natural herbs and foods to heal themselves, it encourages a respect for harmonizing one's self with nature and the universal forces. This is the plan of nature.

III. Plants for Cleansing the Body

Food as Toxins

There are many different types of ailments and when we recognize that most ailments have a common source then it becomes easier to understand the nature of such diseases. Arthritis, rheumatism, high blood pressure, etc., all of these are common ailments that result from the accumulation of waste in the system. Different types of waste are given different names. For example, when uric acid is present in the body and starts to lodge mostly in the muscles and joints, it is defined as arthritis and rheumatism. When the same waste lodges in the veins and arteries, it is called varicose veins and when it

lodges in the gall bladder or the urinary tract, it is called gallstones or kidney stones. Mucus is another type of waste that comes from such foods as milk, butter, eggs, cheese, rice, flour and "dead meats". These foods leave a lot of mucus and uric acid in the body. Mucus also lodges in the lungs and the breathing passages. Based upon the amount and where it lodges, it is known by different names such as asthma, bronchitis and emphysema. All of these are aspects of the same ailment, where mucus accumulates in the breathing passages and obstructs the flow of air to the lungs. The mucus, lodged in our bodies, provides the breeding ground for all types of viruses including the AIDS virus and any other type of virus, germ and bacteria.

Such an environment is the mucus from the foods we consume that allows different viruses and germs to breed and multiply and attack various systems of the body. They attack the immune system and do a number of things from that point of reference. We have to start taking certain precautions now to protect our family and to protect our community from these types of viruses and ailments that will be coming around. We have to deal with the everyday ailments that are based on our improper diet and lifestyle. Ninety percent of all ailments that affect us come from the accumulation of wastes in the body, wastes from different types of foods.

Many of these ailments have the same treatment, which is basically cleansing the blood, cleansing the stomach and the liver, cleansing the intestines and the bowels and cleansing the body cavity of accumulated mucus. Once you clean that waste out, you are going to get results, just by changing your diet alone. Any ailment you have is going to show improvement if you avoid milk, butter, eggs, cheese, rice, flour, chicken, red meat, can foods and wheat. These foods are not really compatible with our biological makeup as African people.

We have to go back to eating foods that are more compatible with our biological makeup—foods like millet instead of rice, an ancient traditional grain, and ground food such as cassava which are much more compatible. Cassava, for example, contains natural steroids, so we don't need to take unnatural steroids. Cassava, or any type of ground food, builds tissue and muscle and makes the skin very resilient. Also, cassava contains elements that prevent blood cells from sickling. These foods are very important to us as African people. Sick cell anemia is an ailment that appeared after we came out of Africa to the West and were deprived of certain foods that enable our cells to reproduce correctly. Over generations, the cells began to reproduce

Continued from page 8

Continued from page 7

in an abnormal fashion due to lack of the foods that are compatible with our biological makeup. This is what is called "sickle cell anemia". We could have eliminated sickle cell anemia in one generation just by changing our diet alone.

"In cleansing the body", the stomach, liver, intestines and the bowels are the major areas of concentration. These are the main breeding grounds for parasites. Ninety percent of all cancers and ailments have parasites. Parasites eat the living cells, pass waste and contaminate the cells around it. These parasites breed and multiply in your intestines, bowels and colonic areas. They come from the food that ferments, creating a great deal of gas and acid in the stomach. These are the same parasites that breed, multiply and contaminate the entire body. Anywhere the blood goes, these parasites can go. That's why cancer can spread to any part of the body. When cancer cells find an area to lodge, they breed and multiply and contaminate the entire area, then spread to other parts. Cut them off in the stomach, intestines and the bowels and you will cut down the population.

We need to return to our culture and our heritage. We need to go back to what our ancestors and grandparents did and how they used to deal with common ailments. The ailments that are affecting us today are not common to us.

In Jamaica, one of the ways we can do this is by taking bitters and wood root tonic. Jamaica is home to the Maroons, descendants of free Africans and runaway slaves who preserved facets of their African heritage, among them, the art of making bitters and wood root tonics. This forbidding tropical territory allowed them to preserve many of the African customs that could have been lost due to the enslavement of Africans. The art of making and using bitters and wood root tonics is believed to be the key to maroon battlefield victories in their defiance against the British Army and the secret of Africans surviving the prevailing conditions and European diseases that annihilated the indigenous people and caused many deaths among the immigrant races. For nearly five hundred years, generations of Jamaicans, especially those without access to medical care, have used bitters and wood root tonics as preventatives for various ailments. Wherever Africans are present in the Diaspora there is evidence of this knowledge, from the Bushmen of Surinam to the Afro-Brazilian community of Bahia.

Bitters are also very important, especially to African people. Bitters control the level of liquids in the body

including the bile, other digestive juices and the hormone levels and help to restore and maintain their balance within the body. Wood root tonic is a household remedy and general tonic for the blood, body and nerves. Various forms of bitters and wood root tonics are being used today, as they have been for generations, as home remedies for various ailments and to prevent health disorders such as the following: protection against epidemics and venereal diseases; removal of built-up toxins, mucus and wastes from the entire body community; for impotence and maintaining virility; for all digestive and gastrointestinal disorders; to promote circulation, strengthen the heart and normalize blood pressure; to normalize body weight; to strengthen the brain and the nervous system; to cleanse the liver, the lymphatic and glandular systems; for hormonal balance; to maintain kidney and urinary bladder function; for vigor, vitality and a feeling of general well-being. Bitters and wood root tonics are made with wild organic herbs, barks, roots, berries, seeds and spices imported from Jamaica and other tropical countries.

Notes:

Herbs harmonize vibrational energy – Laboratory drugs cannot do that. Herbs harness the life-forces in man – Laboratory drugs cannot do that. Herbs work on two levels: (1) physical and (2) spiritual aspects.

Human body operates with many energy forces such as vibrational energy, rotational energy, electrostatic forces, kinetic energy, potential energy, electromagnetic energy and quantum mechanics. All of these various energies make up "the universal unified field theory". The human body is a microcosm of the macrocosmic universe. The human body itself is a miniature universe. These energies drive the 7 principles of the human body, which are also called quantum mechanical fields: spiritual, physical, bioplasmic, astral, intellectual, superconsciousness, and pure spirit.

There are 7 planets in the solar system. There are also 7 systems of the body: circulatory, musculoskeletal, digestive, endocrine (hormonal), nervous, reproductive and the immune systems. Proper foods and herbs feed all of these naturally.

The balancing or harmonizing of the energy fields is the key to optimum health and to a good quality of life. This is achieved by eating the right foods and by cleansing the body regularly. Another important factor in the equation to consider is your thought processes and emotions. Negative emotions and thoughts create imbalances in the body and cause dis-ease in the body community.

Kiwanuka R.G. Lewis is the Managing Director of the Afrikan Traditional Herbal Research Clinic, President & CEO of RGL Enterprises/Blackherbals at the Source of the Nile, (U) Ltd., the publisher of www.blackherbals.com and the Afrikan Traditional Herbal Research Clinic Newsletters.

COME BACK TO YOUR NATURAL ROOTS
BLACKHERBALS AT THE SOURCE OF THE NILE, (U) LTD

FOR ALL YOUR HEALTH, WELLNESS AND HOLISTIC PRODUCTS

AVAILABLE NOW

WE CAN MAKE YOU HEALTHY AND WISE

LET'S WORK TOGETHER

THE AFRICAN TRADITIONAL HERBAL RESEARCH CLINIC

IS OPEN FOR BUSINESS

Mission Statement

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

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

CALENDAR OF EVENTS

SPECIAL EVENT: CLINIC OPENING

PLACE: AFRIKAN TRADITIONAL HERBAL RESEARCH CLINIC

TIME: FEBRUARY 6, 2006 – NOW OPEN

Afrikan Traditional Herbal Research Clinic

1175A Mukalazi Road, P.O. Box 29974

Bukoto, Kampala, Uganda East Africa

Phone: 041 530 456

Email: clinic@blackherbals.com

ADDRESS CORRECTION REQUESTED

Herb of the Month

African Wormwood

Artemisia afra (Asteraceae)

COMMON NAMES: Wormwood

PARTS USED: Berries, fruits, flowering tops and leaves.

MEDICINAL ACTIONS: Analgesic, Purgative, Stomachic, Antimicrobial, Antioxidative, Decongestant, Antihelminthic, Antihistamine

Artemisia is one of the most extensively used herbal medicines by indigenous populations. This is the bitterest of herbs. Wormwood's name is derived from its medicinal property of expelling intestinal worms for which it has been well known since ancient times. An Egyptian papyrus dated 1,600 years before Christ describes this bitter herb. It is been used for coughs, colds, chills, flu, croup, whooping cough, loss of appetite, dyspepsia, stomachache, for gout and as a purgative. It is usually used in the form of either a decoction or an infusion, and often this is made into syrup by adding sugar, especially as a remedy for bronchial troubles. Infusions are also used as a lotion to bathe haemorrhoids, in the ear for earache and as a hot bath to bring out the rash in measles. It is used in the mouth to ease the pain from gumboils and is taken for fevers and "blood poisoning". Artemisinin, developed in China from the wormwood plant, is the leading pharmaceutical treatment for malaria. *****

BULK RATE	
USPOSTAGE	
PAID	
PERMIT	No.
00000	

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