

### WESTERN LIFESTYLE

## Study: Soft Drink Ingredient Sodium Benzoate May Lead to Cirrhosis, Parkinson's

By Griff

May 29, 2007

New findings regarding the dangers to health by soft drinks has caused fear in the UK and is sure to cause concern in other parts of the world, according to a report published in the Irish Independent.

Soda could be doing more damage than you think. According to recent research, carried out by Sheffield University in the UK, a preservative that is commonly found in soft drinks can cause essential parts of human DNA to stop working, leading to serious health problems.

The health problems most commonly thought to arise from this preservative are not what most would associate with drinking a soda or fruit juice, but more with the aging process and excessive alcohol consumption.

Many of us know today that too much soda should be avoided as it can lead to dental problems. But the new research reveals that the preservative commonly found in soft drinks can also lead to cirrhosis and Parkinson's.

*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, UG 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. Our purpose is to raise public awareness and understanding on the value of African traditional herbal medicine and other healing practices in today's world.

The Clinic is open and operational. Some of the services we offer are African herbal medicine, reflexology, acupuncture, hot and cold hydrotherapy, body massage, herbal tonics, patient counseling, blood pressure checks, urine testing (sugar), and nutritional profiles. Spiritual counseling upon request.

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*Cont'd from page 1 – Soft Drink Ingredient Sodium Benzoate*

The head expert that worked on the study, Peter Piper, took a close look at this common preservative, known as E211, otherwise called sodium benzoate. Piper told the Independent that "these chemicals have the ability to cause severe damage to DNA in the mitochondria to the point that they totally inactivate it, they knock it out altogether. The mitochondria consumes the oxygen to give you energy and if you damage it then the cell starts to malfunction very seriously."

Sodium benzoate or E211 has been used in soft drinks for many years. This isn't the first time this commonly used preservative has been the subject of controversy. Last year it was causing fear over its potential to cause cancer if it was combined with vitamin C. It was found that when E211 was combined with Vitamin C, a carcinogenic was created, called benzene. Last year the Food Standards Agency in the UK investigated a number of soft drinks that had this combination and found four to have unsafe levels of benzene. As a result these four drinks were taken from store shelves.

Many may be wondering what the purpose of E211 is and why it is so commonly used. The reason E211 is used is that it keeps the soft drinks fresh by not allowing mould and other harmful bacteria to grow. E211 isn't just found in soft drinks, it can be found in other food products such as salad dressing.

Both the food agencies in the US and Europe have sodium benzoate as an approved safe to use substance. However, Piper was quick to point out that the test carried out by these two food agencies were old and now inaccurate.

Piper said, "By the criteria of modern safety testing, the safety tests were inadequate. Like all things, safety testing moves forward and you can conduct a much more rigorous safety test than you could 50 years ago. We are feeding vast amounts of them to children inadvertently. Is this a completely safe process?"

<http://healthy.net/scr/news.asp?Id=9175>



## **British Study: Artificial Food Additives Linked to Children's Behavioral Problems**

**May 9th, 2007**

In a new study that may have major implications for the food industry, scientists at the University of Southampton

have found what they believe is a definitive link between artificial food additives and hyperactivity and restlessness in young children. The research was commissioned by Britain's Food Standards Agency (FSA) and is set to be peer-reviewed and published later this year.

Researchers tested six artificial colorings; tartrazine (E102), ponceau 4R (E124), sunset yellow (E110), carmoisine (E122), quinoline yellow (E104), and allura red AC (E129) and one preservative, sodium benzoate. All of the tested chemicals were associated with some sort of medical risk, including hyperactivity, mood swings, asthma, allergic reactions, and intolerance.

While the FSA and the University refuse to issue any authoritative statements about the study until it is peer-reviewed and published, numerous food-safety experts are urging parents to remove these substances from their children's diets until more information is released.

Significantly, the new findings support and confirm research that was conducted by the FSA earlier this decade in a project known as the Isle of Wight study. That study noted that "significant changes in children's behavior could be produced by the removal of colorings and additives from their diet [and] benefit would accrue for all children from such a change and not just for those already showing hyperactive behavior or who are at risk of allergic reactions." Yet, the FSA had deemed their previous study "inconclusive" because it relied too heavily on "anecdotal evidence," paving the way for the follow-up research that was recently completed at the University of Southampton.

In a somewhat bizarre posting on the FSA website, FSA chief scientist Andrew Wadge said, "The Agency is currently working with the scientists who carried out this research to ensure the findings go through a rigorous peer-review process and are published in a scientific journal." Wadge adds that the history of the peer-review process dates back to 1665, and he also makes the point that all of the substances in question are "approved for use and currently permitted for use within the U.K." (Some of the artificial colors have been banned in the U.S. already.)

To many experts, however, the FSA is engaging in potentially dangerous stall tactics by waiting through the peer-review and publication process. Professor Vyvyan Howard, an FSA expert on food additives, suggested that parents use caution when determining whether or not to include these additives in their children's diets. "It is biologically plausible that there could be an effect from these additives," he said, cautiously. "While you are waiting for the results to come out you can choose not to expose your children to these substances. These compounds have no nutritional value and I personally do not feed these

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## AFRIKAN SPIRITUALITY

# Hopi Warnings to the World

Brenda Norrell

HOTEVILLA, Ariz. - From Hopiland, a spiritual vortex for Native people, spiritual leaders Dan Evehema and Thomas Banyacya became the voice of the voiceless: the birds and animals. Warning of the impending apocalypse, they urged all people of good hearts to join them.

Even in their last years, Evehema and Banyacya warned that material greed and ignoring spiritual truth results in climate change, and, ultimately, the destruction of the world.

Hopi Snake Priest Evehema said the disease in the world today is greed, and the final insult for this country's aboriginal people is the loss of ceremonial land.

"We are now faced with great problems, not only here but throughout the land. Ancient cultures are being annihilated. Our people's lands are being taken from them. Why is this happening? It is happening because many have given up or manipulated their original spiritual teachings.

"The way of life that the Great Spirit has given to all people of the world, whatever your original instructions, are not being honored. It is because of this great sickness called greed, which infects every land and country," Evehema said, at the age of 105, in a statement to all humanity.

"Now we are at the very end of our trail. Many people no longer recognize the true path of the Great Spirit. They have, in fact, no respect for the Great Spirit or for our precious Mother Earth, who gives us all life."

Evehema said Hopi long ago were told that someone would go to the moon and bring something back. Because of this, nature would show signs of losing its balance.

"Now we see that coming about. All over the world, there are now many signs that nature is no longer in balance. Floods, drought, earthquakes and great storms are occurring frequently and causing widespread suffering.

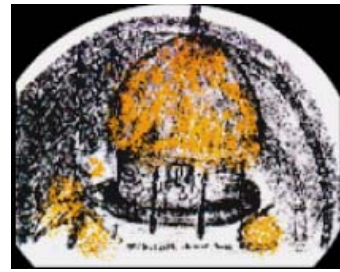
"Now we must look upon each other as brothers and sisters. There is no more time for divisions among people."

Evehema said there is no freedom of the press for traditional Hopi speaking the truth because newspapers only publish what the government wants printed. He said the leaders in the White House and the Glass House (United Nations) have

Managing Editor: Nakato Lewis

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

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been warned of what is to come, but have not listened. "So, as our prophecy says, it must be up to the people with good pure hearts that will not be afraid to help us to fulfill our destiny in peace for this world."

Banyacya was among the Motee Sinom (Hopi for first people) who urged the United Nations in 1992 to listen. Banyacya said traditional Hopi follow the spiritual path given by Massau'u (the Great Spirit).

"We made a sacred covenant to follow his life plan at all times, which includes the responsibility of taking care of this land and life for his divine purpose. We have never made treaties with any foreign nation, including the United States, but for many centuries we have honored this sacred agreement. Our goals are not to gain political control, monetary wealth nor military power, but rather to pray and to promote the welfare of all living beings and to preserve the world in a natural way."

In 1948, traditional Hopi spiritual leaders chose Banyacya and others to carry the message forward. Repeating the wisdom, Banyacya said the Creator made the first world in perfect balance, but humans turned away from moral and spiritual principles and only a handful survived the earthquakes.

The mistakes were repeated in the second world, and freezing in the great ice age destroyed the people. The third world lasted a long time and, as in the previous worlds, the people spoke one language. They invented technologies still unknown to modern man, but eventually turned away from natural laws and pursued material things.

"They gradually turned away from natural laws, pursued only material things, and finally only gambled while they ridiculed spiritual principles. No one stopped them from this course, and the world was destroyed by the great flood that many nations still recall in their ancient history and religious teachings.

"The elders said again only small groups escaped and came to this fourth world where we now live. Our world

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### FEATURED ARTICLES

## Behind the Label: Diet Coke

*Far from being the healthy drink implied by its sports sponsorships, Diet Coke is a worrying cocktail of neurotoxic and potentially carcinogenic chemicals*

**Pat Thomas**

**June 1, 2006**

Diet Coke was first introduced in the US in July 1982 and today it is the fourth most commonly consumed carbonated beverage in the world.

Apart from being the beverage of choice for sugar-phobic individuals the world over, Coca-Cola is one of the longest standing 'corporate partners' (since 1974) of the Fédération Internationale de Football Association (FIFA). In 1998 the company signed an unprecedented eight-year agreement to sponsor FIFA events – not just the prestigious World Cup, but also the Women's World Cup, the Confederation Cup, various youth championships and the upcoming World Cup Trophy Trip, a roadshow that will take the FIFA World Cup Trophy on tour to cities throughout the world.

Last year Coca-Cola extended its FIFA sponsorship commitment until 2022, a move that prompted the preposterous statement by company Chairman and CEO, E. Neville Isdell, that Coke's recommitment to the world's most popular sport 'affords us a new opportunity to bring people closer together through football'.



It also helps them shift a lot of cans and bottles. A recent study by marketing information company ACNielsen revealed that the Coca-Cola brand is the global leader among beverages, generating well over \$15 billion in sales globally each year. Coke and Diet Coke each generate more than a billion dollars in sales yearly.

Five countries – the US, the UK, Germany, Canada and Brazil – guzzle more of this supposedly healthy, sugar-free alternative to regular Coke than anywhere else in the world.

Aggressive marketing like the FIFA sponsorship and clever jingles like 'Always Coca-Cola' keep Coke in our consciousness, but before you 'grab a Coke and a smile' at this year's main event, consider just what you are putting into your body. Although Diet Coke has a strong association with sport and health, it is actually a worrying mixture of neurotoxic and potentially carcinogenic high intensity sweeteners (aspartame and acesulfame K), tooth and bone destroying acids (phosphoric acid) and DNA damaging colourings (sulphite ammonia caramel), as well as psychoaddictive caffeine and other undisclosed 'flavourings'.

It also contains sodium benzoate, which can be broken down into the listed carcinogen benzene in the presence of strong acids, such as the citric acid found in this product.

Soda manufacturers have been aware of this synergistic possibility since the 1990s, but without pressure from regulatory authorities to change their formula to prevent the formation of benzene, have continued to mix benzoates and acids.

Ironically, the high fructose syrups used in regular drinks seem to slow this reaction down, and the formation of benzene appears to be most problematic in diet drinks.

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## INGREDIENTS IN SOFT DRINKS

| Ingredients                      | Purpose                 | Adverse Effects   |
|----------------------------------|-------------------------|---|
| Aspartame                        | Sweetener               | Breaks down easily in heat and during storage to its neurotoxic components phenylalanine, aspartic acid and methyl alcohol. According to the FDA aspartame is associated with headaches, dizziness, loss of balance, mood swings, nausea, memory loss, muscle weakness, blurred vision, fatigue, weakness, skin rashes, joint and musculoskeletal pain. (For a full report on aspartame toxicity see the Ecologist September 2005). The most recent evidence shows that aspartame ingested at levels that are currently found in daily soft drink consumption raises the risk of otherwise rare brain tumours known as lymphomas. |
| Acesulfame K                     | Sweetener               | Causes cancer in animals. Acetoacetamide, a breakdown product, has been shown to affect the thyroid gland in rats, rabbits, and dogs. Although it is commonly blended with aspartame to cover its bitter taste, there are no studies to show if the combination is safe or whether it produces other toxic by-products.   |
| Phosphoric acid                  | Acidifier               | Can contribute to erosion of tooth enamel; leaches calcium from bones. Children with high intake of phosphoric acid suffer from brittle bones and a higher risk of fractures that follow them throughout life. Children consuming at least six glasses (1.5 litres) of phosphoric acid-containing soft drinks daily have more than five times the risk of developing low blood levels of calcium, compared to children who don't drink sodas.   |
| Citric acid                      | Preservative, acidifier | On its own relatively harmless, though it can be harsh on tooth enamel. When mixed with potassium or sodium benzoate (see below) during storage, and especially at raised temperatures, it can aid the formation of carcinogenic benzene.   |
| Caffeine                         | Flavouring              | A stimulant, psychoactive compound that can provoke mood changes, lethargy and headache. Caffeine is addictive and ingestion of high levels can cause miscarriage as well as contribute to peptic ulcers and heart ailments. At the levels added to soft drinks caffeine adds virtually no flavour but does, if consumed regularly, trigger caffeine addiction. Children consuming caffeine have higher incidences of illness, headaches, sleep problems and iron depletion. A 330ml bottle of cola contains about half the caffeine of a cup of coffee.  |
| Sodium Benzoate (E211)           | Preservatives           | People who suffer from asthma, rhinitis or urticaria may find their symptoms get worse following the consumption of benzoates. In acidic solutions (such as sodas), benzoates can break down into benzene, a known carcinogen. Surveys have shown that levels in soft drinks can be up to 40 times higher than recognised 'safe' doses.   |
| Sulphite ammonia caramel (E150d) | Colouring               | Made by heating sugar, ammonia and sulphite-containing compounds, the sugar can sometimes come from GM maize. Ammonia is toxic by all routes of exposure, and caramels made by an ammonia process may damage genes, slow down growth, cause enlargement of the intestines and kidneys and may destroy vitamin B. This colouring has never been fully evaluated for its potential carcinogenicity or reproductive toxicity.  |

[http://www.theecologist.org/archive\\_detail.asp?content\\_id=636](http://www.theecologist.org/archive_detail.asp?content_id=636)



### FEATURED ARTICLES

## Stealth Salt

By Sally Kuzemchak, RD  
Prevention Magazine

*Hidden salt — 470 mg in a Starbucks bran muffin — is the next big health issue and here's the long list of reasons why.*

Your salad dressing has a dirty little secret. (Your bran muffin and ham sandwich are in on it, too.) These foods—and, indeed, nearly everything you might eat in a day—are loaded with a mineral that some experts fear may be slowly killing you. It's sodium, and even if you don't have high blood pressure, you need to start thinking about it.

We know what you're thinking: Yawn. Well, wake up. Our national "salt tooth" is so bad that the American Medical Association recently asked the FDA to remove sodium from its list of food additives generally recognized as safe.

That's right. Saccharin can stay, but sodium's got to go. Call it the physicians' preemptive strike. "There's no way to tell which chronic health problems will result after years and years of a high-salt diet," explains Stephen Havas, MD, vice president of science, quality, and public health for the AMA. "We'd rather people not be put at risk at all."

Problem is, the stuff is everywhere. It's crammed into cheese slices and canned vegetables and sprinkled into cinnamon-raisin bagels and sandwich bread. You can consume a day's worth of the mineral with an order of mu shu pork with rice from your local Chinese restaurant, according to an analysis by the consumer group Center for Science in the Public Interest, in Washington, DC. As much as 80% of the sodium we get every day comes from these processed and prepared foods—not the salt shaker.

It's true that the occasional sodium-filled microwave dinner or slice of double-cheese pizza is nothing to call the EMTs about, especially if you're generally healthy. But as the number of made-from-scratch, at-home meals we consume has dwindled, we've all unwittingly become sodium junkies.

The most recent Dietary Guidelines for Americans recommend that healthy adults get no more than 2,300 mg of sodium a day, the amount in about a teaspoon of salt. (If you are over age 50, are African American, or already have high blood pressure, your limit should be 1,500 mg.) Still, most of us scarf down close to 4,000 mg by day's end, according to the latest government surveys. But my blood pressure is normal, you're thinking. Great. However, a high sodium intake affects far more than that. Take your bones. In a 2-year study of postmenopausal women, researchers found that the higher a woman's sodium intake, the greater her bone loss at the hip.

There's also evidence to suggest that high-sodium diets may up the risk of gastric cancer. And in a small study from Colorado State University, a high-salt diet (more than 5,000 mg per day) worsened lung function in people with exercise-induced asthma, which occurs in as many as 90% of asthmatics. A low-salt diet improved it.

More research is needed in all these areas, but sodium's role in hypertension is well documented. The mineral triggers your body to conserve fluid; that causes blood volume to swell, straining your heart, whose job it is to push blood through the circulatory system. Over time, weakened vessels and an overworked heart become prime targets for strokes and heart attacks.

Sodium has a greater effect on certain people who are "salt sensitive"—those whose blood pressure ping-pongs in response to high or low sodium intake—but there's no easy test for this. It's thought to occur in about a quarter of those with normal blood pressure and nearly 60% of those with hypertension, says Myron Weinberger, MD, director of the Hypertension Research Center at Indiana University School of Medicine. It's also likely inherited.

But like laugh lines and wisdom, salt sensitivity tends to increase with age. One possible reason is that kidney function naturally starts to decline around age 50, says Weinberger. "As your body becomes less efficient at regulating sodium levels, you may become increasingly salt sensitive."

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Your healthy-as-a-horse grandmother who never met a salt shaker she didn't use? She got lucky—but it doesn't guarantee that you will. "Maybe you could handle a high-sodium diet in your 20s and 30s, but if you keep it up, your blood pressure may eventually rise," says Edward J. Rocella, PhD, coordinator of the National Heart, Lung, and Blood Institute's National High Blood Pressure Education Program.

"Put it this way: From a public health perspective, we don't know who'll get into a car accident, but we tell everyone to wear their seat belts.

"If you can feel your blood pressure rising just from reading all of this, relax: There are easy ways to shake your salt habit without completely overhauling your diet (or shredding all of your take-out menus). "This isn't about total restriction; it's about making wise choices," says Rocella. Start with a few of these strategies.

#### **At the Store**

Choose fresh first: Buy foods in their most natural forms whenever you can; it's the processing that ups the sodium. For instance, pick raw almonds instead of flavored ones, or freshly grilled chicken or turkey instead of lunchmeat. "If you choose more foods in their natural state, you're automatically cutting your sodium intake," says Suzanne Farrell, RD, a spokesperson for the American Dietetic Association.

Select by the numbers: Many foods have huge ranges of sodium, brand for brand (spaghetti sauce can vary from 270 to 770 mg per 1/2 cup), so choose the one with the lowest amount you can find. A good rule of thumb is to select single-food items with 300 mg or less per serving and whole meals (such as microwave dinners) with 600 mg or less per serving, says Pat McGinty, RD, assistant director of clinical nutrition services at Ohio State University Medical Center.

Read the fine print: Low sodium and very low sodium are good bets, but check numbers on products marked reduced sodium or less sodium. By definition, they must contain only 25% less than the original version, so the totals may still be high.

#### **In the Kitchen**

Be stingy: When a food product comes with a seasoning or sauce packet, use only half (or less); most of it is salt. In 1 cup of chicken-flavored rice, you'll avoid more than 500 mg of sodium.

Stretch it: If you love rice and pasta mixes, toss in naturally low-sodium foods such as steamed fresh vegetables, tofu, or grilled chicken. You'll increase the total volume of food, spreading out the sodium over more

servings.

Drain, rinse, repeat: Canned veggies and beans are literally swimming in salt water. The sodium content on the label includes the liquid, so draining and rinsing off these foods can reduce sodium counts by 35%, says Farrell.

The bonus of all this sodium slashing: You'll soon start tasting the real flavors of food. And it won't take long, say Purdue University researchers: After 12 weeks on a low-sodium diet, study subjects rated lower-salt foods just as appealing as regular foods.

<http://health.msn.com/dietfitness/articlepage.aspx?cp-documentid=100155296&GT1=9033>



## **Less Salt in Diet 'Cuts Heart Disease Risks'**

20th April 2007

SIGNIFICANTLY reducing salt intake in the diet could cut the chances of developing heart disease by a quarter, a new study shows.

Researchers also found that cutting the amount of salt on food lowers death rates by up to a fifth.

Previous research has shown that high salt consumption can contribute to high blood pressure, which can lead to heart disease and stroke. But until now, there has been limited evidence of the effect it has on subsequent levels of cardiovascular disease.

The study, published online by the British Medical Journal, provides some of the strongest evidence to date that lowering the amount of salt in the diet reduces the long-term risk of future heart disease.

Associate Professor Nancy Cook and colleagues at the Brigham and Women's Hospital, Harvard Medical School, followed up participants from two trials completed in the 1990s which had analysed the effect reducing salt in the diet had on blood pressure.

All the participants had "high normal" blood pressure, which put them at greater risk of developing heart disease.

In both trials, participants reduced their sodium intake by between 25 and 35 per cent, alongside a control group who did not cut back on salt.

The results showed that these pre-hypertensive individuals were 25 per cent less likely to develop cardiovascular problems over the course of the ten to 15

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### FEATURED ARTICLES

## Every Minute, 6 People Die From Diabetes...

Destination Santé (Nantes)

NEWS

January 19, 2007

Every minute across the world, 6 people die of diabetes... Either directly, or indirectly as the result of a complication. In total this disease is therefore the cause of almost 4 million deaths per year! Which is as many as those caused by AIDS. These are the figures put forward by the World Health Organization and the International Diabetes Federation (the IDF). It's a genuine massacre which shows no sign of stopping.

Quite the opposite in fact, as the prevalence of diabetes on a global scale is increasing at an alarming rate. In 2000, there were around 171 million diabetics. Today there are 246 million. And by 2025 this figure is expected to reach 380 million! Mainly due to a lack of healthy living...

The IDF is clear about this, "80% of diabetics are also obese". Hence the importance of adopting a healthier lifestyle: eating a balanced diet to control blood sugar levels (that is glycaemia), better stress management and high quality medical attention. Giving up smoking is imperative also, as of course, is regular physical exercise.

There are in fact two types of diabetes: type I and type II; and these refer to different conditions. The former, which used to be known as insulin-dependent diabetes, is the result of insufficient insulin production by the body. It can occur from a very young age but is far less common than type II diabetes, accounting for only about 10% of diabetes cases worldwide.

Type II diabetes appears later in life and is continuing to spread.

**The Arab world is suffering the effects of too much sugar!**

The Arab world is suffering badly from this scourge. In the Middle East, 9.2% of the population appear to be affected. We should take notice of this - it's the

world record. And almost 50% of those aged 40 to 59 are affected.

Looking again at the Arab world, over 24% of people in Qatar are diabetic.

Almost one in four!

And the countries of the Maghreb are not lagging behind. The WHO estimates that at least 4.5% of those over 20 years old suffer from type II diabetes.

A percentage that is expected to rise to 6% or even 7% by 2025. In Morocco, 8% of the population suffer from type II diabetes - ie 2 million people out of a total of 30 million.

This form of diabetes generally appears at around the age of forty, but there has been a very marked trend in recent years towards an increasingly younger age group. There are now many adolescents presenting with this form of diabetes. To blame is the spread of American dietary habits, which are extremely unbalanced.

Type II diabetes is not caused by a lack of insulin, but by the body's failure to use it correctly. This form of diabetes is closely linked to lifestyle: an increasingly sedentary way of life, aggravated by a diet over rich in fats and sugars - leading to serious cardiovascular complications.

### **Africa: 15 million diabetics by 2025**

The continent of Africa has not escaped this powerful global rise in diabetes. Already hard hit by AIDS and malaria, it now has to deal with a growing number of diabetics. For example in Uganda, which has over a million diabetes sufferers, out of a population of 28 million! To blame, as we have already seen, is the spread of the Western lifestyle... with its consequent obesity.

In 1972, only 254 Ugandans suffered from diabetes. As the number is now in excess of a million, it is not surprising that the ministry of health believes that "the problem is a serious one. People have changed their

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lifestyle", say the authorities. "They are less physically active. Instead of walking, they take their car".

And just as in the richer countries, one sufferer in two is unaware that he has diabetes. According to a Ugandan specialist, "the only explanation for this virtual epidemic of diabetes is the change of diet and a more sedentary lifestyle". So is there anything particular about the Ugandan population?

Maybe not Ugandan, but African yes, there may well be. Specialists are referring increasingly to type 1B diabetes, also known as "African diabetes". But what is this exactly?

This is an atypical form of diabetes which particularly affects women and men of sub-Saharan origin. The disease, which initially resembles type I diabetes, gradually develops into type II diabetes.

According to Professor Jean-François Gautier, a diabetes specialist at the Saint-Louis hospital in France, the continent of Africa "must make diabetes a public health priority in the same way as AIDS, tuberculosis and malaria".

And with good reason. As in the developed world, there is an explosion in the number of people who are overweight or obese. The International Diabetes Federation believes that the number of sufferers will increase from 7 million in 2003 to 15 million in 2025!

The problem is that Africa is not ready to take up the challenge this presents to public health. There is a lack of suitable structures in place, a shortage of qualified staff, insufficient means for screening for the disease, etc. Africa is struggling to contain the epidemic. And before you can tackle diabetes first of all you need to screen for it!

Only a rapid response to tackling the disease - change in diet, medical treatment - and early cholesterol monitoring will prevent the vascular problems associated with the disease. Not forgetting, of course, that diabetics need to manage their condition, keeping a close watch on their eyes ... and their feet. Diabetes causes vascular complications that can lead to blindness. And it also increases considerably the risk of developing lesions, with serious complications... Even requiring amputation. First a foot, then one leg, then the other... Are you diabetic? Then make sure your doctor examines your feet at least once a year.

### **And then ... get active!**

Because contrary to received wisdom, diabetics should take physical exercise. Especially if they are overweight. Walking, running or gardening - just a little

exercise will help to lower the sugar level in your blood.

This is a major concern for diabetics because it can't be regulated by diet alone, however balanced this may be.

If you suffer from type II diabetes, you don't need to take any special precautions ... except of course, like everyone, have a medical check-up before you start exercising. For type I diabetics, on the other hand, additional expenditure of energy can pose a problem. But don't worry! Your doctor will recommend a suitable diet. This will include complex glucids - pasta, starchy foods ...before exercise and simple glucids during exercise, if continuing for any length of time.

When it comes to choosing your sport, there's a wide range available.

Swimming, cycling, gym work...don't hesitate to give it a go. Your body is crying out for it. Also remember those little things that can make all the difference. For example, leave the car at home, take the stairs not the lift, get off the bus one stop early and walk the rest of the way... and of course make your body a smoking-free zone.

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<http://allafrica.com/stories/200701190920.html>



## **Diabetes Drug raises Fears of Another Vioxx**

*Discovery of heart risks with popular pill renews criticism of drug regulators*

**The Associated Press**  
**May 22, 2007**

First the painkiller Vioxx; now the diabetes drug Avandia. Another big drug safety issue has consumer groups, doctors and congressmen calling for an overhaul of the U.S. Food and Drug Administration.

On Monday, a medical journal published an analysis suggesting that Avandia raised the risk of heart attacks and possibly deaths. More than 6 million people worldwide have taken the drug to control blood sugar since it came on the market eight years ago, and about 1 million Americans use it now.

Cases like this will continue "until we are able to get a better system of drug approval and surveillance," said Dr. Jerry Avorn, a Harvard Medical School professor and author who has criticized the FDA for not watching more closely for problems with drugs it has approved.

*Continued on page 10*

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***Continued from page 2- Artificial Food Additives***

sorts of foods to my 15-month-old daughter.”

Professor Tim Lang of London’s City University told The Guardian, “The stakes are very high; these are additives that children have been exposed to for years.

I can understand the FSA wanting to be sure no one can accuse it of breaking scientific protocols, but these findings need to come out quickly.”

<http://www.newsinferno.com/archives/1568>



***Continued from page 7 - Less Salt in Diet cuts Heart Disease Risk***

years since the trials were conducted. There was also a 20 per cent lower mortality rate. This risk reduction was evident in each trial. The recommended daily limit for salt is 6g, about a teaspoonful.

<http://thescotsman.scotsman.com/index.cfm?id=607602007>



***Continued from page 9 – Diabetes Drug raises Fears***

The consumer group Public Citizen said the FDA has failed to require Avandia’s maker to adequately warn about the dangers of the drug. And Consumers Union called on the agency to make results of all consumer drug testing public “so doctors, researchers and patients can more quickly know about a drug’s possible risks.”

Pooled results of dozens of studies on nearly 28,000 people revealed a 43 percent higher risk of heart attack for those taking Avandia compared to people taking other diabetes drugs or no diabetes medication, according to the analysis published online Monday by the New England Journal of Medicine.

**Particularly hazardous link**

The findings are frightening because two-thirds of the people with Type 2 diabetes, the most common form, die of heart problems, so a drug that boosts this possibility is especially hazardous for them.

Still, the actual risks to any single patient appear small. Diabetics should talk to their doctors before stopping any medication, said a statement issued by the American Diabetes Association and two groups of heart doctors.

Avandia’s maker, British-based GlaxoSmithKline PLC, disputed the results of the analysis but acknowledged that its own similar review found a 30 percent increased risk — information it gave last August and possibly even

earlier to the Food and Drug Administration. But the company said that more rigorous studies did not confirm excess risk.

FDA officials issued a safety alert on Monday and said they likely would convene an advisory panel, but planned no immediate changes to the current side effect warnings on the drug’s packaging.

**Legislators announce hearing**

Several members of Congress expressed alarm. Rep. Henry Waxman, D-Calif., chairman of the House Committee on Oversight and Government Reform, announced a hearing for June 6 on FDA’s role. On the Senate floor, Charles Grassley, R-Iowa, criticized the agency for not acting more swiftly.

“Do we have another Vioxx on our hands with Avandia? I am not sure, but I intend to find out,” he said, referring to the blockbuster arthritis drug withdrawn in 2004 because of safety problems. “Tens of millions of prescriptions have been written for Avandia, and Medicare and Medicaid have paid hundreds of millions of dollars for this drug.”

Avandia is used to treat Type 2 diabetes, which is linked to obesity and afflicts 18 million Americans and 200 million people worldwide. This form of diabetes occurs when the body does not make enough insulin or cannot effectively use what it manages to produce.

Avandia, or rosiglitazone, helps sensitize the body to insulin and was considered a breakthrough medication for blood-sugar control. It also is combined with metformin and sold as Avandamet. Only one other drug like it — pioglitazone, sold as Actos and Actoplus Met by Takeda Pharmaceuticals — is sold in the United States.

Avandia had total U.S. sales of \$2.2 billion in 2006, slightly trailing \$2.6 billion for Actos, according to IMS Health, a healthcare information company. About 13 million Avandia prescriptions were filled in the U.S. last year. A one-month supply of Avandia sells for between \$90 and \$170.

**Shadow cast on potential Alzheimer's therapy**

GlaxoSmithKline also has been testing Avandia to try to prevent diabetes in those at high risk of it, and, in separate studies, to prevent Alzheimer’s disease.

However, the new analysis casts a pall on its prospects for prevention as well as treatment, many specialists said. The study was led by Dr. Steven Nissen and statistician Kathy Wolski at the Cleveland Clinic. Nissen accepts no personal fees for consulting for any drug makers.

*Continued on page 11*

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### ***Continued from page 10 - Diabetes Drug raises Fears***

While the analysis doesn't spell out the actual the rate of heart attacks among Avandia users, the 43 percent excess risk is in line with what a similar analysis found for lower doses of Vioxx use, Nissen said. Another context for that number: Heart attack risks are lowered about 25 percent by cholesterol-reducing statin drugs — ample reason to prescribe them.

The Avandia studies Nissen analyzed were not designed to look for heart risks and many of them were so short — some only 24 weeks — that risks may only appear over the longer term, he said.

Dr. David Nathan, chief of diabetes care at Massachusetts General Hospital, agreed.

“This analysis is just scratching the surface of what may be there. It needs to be taken seriously,” said Nathan, who reviewed the paper for the medical journal and has no financial ties to any diabetes drugmakers.

The situation “reflects very badly on the FDA and on Glaxo,” Nathan said. “It’s the FDA’s responsibility to be monitoring this stuff.”

The drug “represents a major failure of the drug-use and drug-approval processes in the United States,” Drs. Bruce Psaty and Curt Furberg wrote in an editorial in the *New England Journal*. Psaty is with the University of Washington in Seattle and Furberg is with Wake Forest University.

When the drug was approved, evidence of its benefits were “at best mixed,” wrote the two doctors. Both have been frequent critics of the FDA’s failure to spot dangers in the drug approval process and its conduct involving Vioxx.

Avandia’s label already warns about possible heart failure and other heart problems when taken with insulin. The drug also raises LDL or bad cholesterol, and can cause fluid retention and weight gain. Glaxo also has reported some patients suffered more bone fractures, swelling of the legs and feet, and rare reports of swelling in the eye that can cause vision problems.

However, in a conference call Monday, Dr. Lawson McCartney who leads Glaxo’s diabetes drug development, said: “We remain very confident in the safety and of course in the efficacy of Avandia as an important diabetic medicine.”

#### **FDA says risks not clear-cut**

Dr. Robert J. Meyer of the FDA’s Center for Drug Evaluation and Research, also defended the agency’s actions, saying information about risks is not clear-cut.

“We’ve tried to weigh the risks of going forward with an

uncertain message ... with the level of uncertainty about the safety signal before us,”

Glaxo’s shares trading in the United States closed down \$4.53, or 7.9 percent, at \$53.18.

Nissen used publicly available information from an earlier \$2.5 million Glaxo settlement with the state of New York to do his study. He also led earlier research that derailed a similar diabetes drug, Pargluva, that seemed headed for FDA approval until safety issues emerged. A fourth drug in the same class, Rezulin, was withdrawn in 2000 after it was linked to liver problems.

<http://www.msnbc.msn.com/id/18783816/>



## **Health Fears as Japan Falls for Fast Food**

*Type-2 diabetes soars after US chains expand*

**Justin McCurry in Tokyo**

**April 8, 2007**

**Observer**

Japan, the home of sushi, seaweed cuisine and the world's longest life expectancy, is rearing a generation of young sugar addicts who are destined to spend their adolescence fighting obesity and acne, according to a report that paints a devastating picture of the country's health crisis.

In Tokyo, the fast food of choice is a towering concoction of four hamburger patties, with all the trimmings, crammed into a single bun and children happily line-up around the block for a calorie-laden doughnut.

But while the queues outside the Krispy Kreme doughnuts in the Shinjuku area of the capital, which opened recently, point to an extraordinary Japanese success story for the fast-food industry, they also symbolise a health disaster in the making for consumers.

Up to a fifth of Japanese children aged from five to 12 who are overweight suffer, or are at risk of developing, metabolic syndrome, a range of symptoms including high cholesterol and large waistlines, according to a study released last week. Left untreated, it can lead to serious illnesses such as strokes and heart disease. Nationwide, the condition afflicts an estimated 23 million Japanese, the health ministry warns.

Although middle-aged 'salarymen' are at greatest risk, children as young as nine are now suffering from type-2 diabetes, a phenomenon unheard of in Japan only a few years ago. Experts say the looming health crisis is being

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**Continued from page 11 – Health Fears as Japan Falls for Fast Food**

fomented by a surge in demand for highly calorific food sold by the top US food chains.

When Krispy Kreme opened people waited more than an hour to sample its doughnuts - some of which pack several hundred calories each. An estimated 10,000 people visited the restaurant in the first three days.

Cold Stone Creamery, which serves up portions of ice cream mixed with fruit, nuts and biscuits, opened three new outlets in Japan last month and plans to open two more this month, while Burger King is about to launch its second assault on the Japanese market. Last week McDonald's in Japan reported monthly sales of just over 43bn yen (about £183m), the highest in its 36 years in the country. The US chain sold 1.7 million Mega Macs - four burger patties in a bun - in four days in Japan, as outlets struggled to keep up with demand.

Experts blame adults for setting a poor example. 'Ultimately it is up to parents to take greater responsibility for what their children eat,' says Fumi Hayashi, a researcher at the National Institute of Health and Nutrition.

'The problem is that they are just as guilty of bad habits rather than eating a balanced diet.'

Now diseases associated with obesity will strike Japan faster, and with greater ferocity, than anything seen in the West. 'When you have rapid transformations in lifestyles, that's when you see the worst health outcomes,' says Tim Gill, Asia-Pacific regional co-ordinator for the International Obesity Task Force.

The rapid changes taking place in the Japanese diet, combined with a greater susceptibility to metabolic illness, will lead to dramatic rises in strokes, diabetes and hypertension, he warned. 'The potential is there for a disaster.'

In the absence of government intervention - limiting TV advertising aimed at children, or banning special promotions - the fast-food industry is enjoying unprecedented success in Japan. Held responsible for contributing to health problems of American and British children, the same firms are setting their sights on a lucrative market in Asia, the world's most populous region.

Krispy Kreme's marketing machine, combined with the mouth-watering sight of freshly made doughnuts emerging on a conveyor belt, is proving irresistible to Japanese teens. 'Krispy Kreme is the epitome of how to cram maximum calories into the smallest amount of food,' Gill says. 'All you can do with doughnuts is to

point out what crap they are.'

More than 1,300 people across the region have had weight reduction surgery since the beginning of last year, according to the Asia Pacific Bariatric [Obesity] Surgical Society.

<http://observer.guardian.co.uk/world/story/0%2C%2C2052390%2C00.html>



## **High-Salt Diet Linked to Ulcer Risk**

**Daily Monitor**  
**May 24, 2007**

The bug that causes stomach ulcers may be more likely to cause disease when exposed to high concentrations of salt, a US team of researchers has said. Two genes associated with potency of *Helicobacter pylori* become more active if a lot of salt is present. Presenting the results at the American Society for Microbiology conference, the researchers said research had shown salt was linked to gastric cancer. Experts said the finds suggested how salt and *H Pylori* may interact. *H pylori* lives in the stomach, and accounts for up to 90% of duodenal ulcers and up to 80% of gastric ulcers.



## **New Study - Low Doses of Aspartame Cause Cancer**

**June 14, 2007**

Environmental Health Perspectives, the Journal of the U.S. National Institute of Environmental Health Sciences ranks first among more than 200 environmental science and occupational health journals and is read in 190 countries.

At New York's Mt Sinai School of Medicine DR. MORANDO SOFFRITTI was honored in April with the Irving J Selikoff Award for Outstanding contributions to the identification of environmental and industrial carcinogens, and his promotion of independent scientific research.

The prestigious Selikoff Award is only granted for groundbreaking cancer research. It was created 1993 by the Collegium Ramazzini, an academy of 180 internationally renowned experts in occupational and environmental health from over 30 nations. It has been awarded just twice before being presented to Dr. Soffritti.

*Continued on page 13*

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### **Continued from page 12 – Low Dose of Aspartame Cause Cancer**

His research was conducted for 36 months using 1,800 rats. It forced the conclusion that aspartame is a multipotential carcinogen. Cancers aspartame produced included leukemia, lymphoma, kidney, and cranial peripheral nerves among others. Only the rats fed aspartame got malignant brain tumors. This prodigious work was peer reviewed by 7 world experts.

This work confirmed studies presented to the FDA 25 years ago that documented a catalogue of brain, uterine, ovarian, testicular, mammary, pancreatic and thyroid tumors. Based on the evidence FDA denied approval of aspartame for 16 years from the time it was discovered.

Then Don Rumsfeld, who was the CEO of NutraSweet's parent, the G. D. Searle Co., went to Washington to be newly elected Ronald Reagan's Secretary of Defense. The existing FDA Commissioner was asked to resign and aspartame was approved by Arthur Hull Hayes appointed by President Reagan. He did this over the objections of the FDA's scientific Board of Inquiry who had revoked the petition.

President Reagan had written an executive order making FDA powerless to do anything about aspartame until Hayes could get to FDA. Now the floundering Searle became profitable. The compromised FDA had full knowledge of aspartame's toxicity and the approval of this deadly carcinogen sentenced millions to disability and death.

An Atlanta Journal Constitution article dated 9/25/85 was titled "Reagan Says He Quit Using Sweeteners". It was in 1985 there were two congressional hearings over the outrage of the public being poisoned. In this article it states: "President Reagan says he quit using artificial sweeteners because "we don't know what is in them,".. Unfortunately it was too late for the public as the U.S. Circuit Court of Appeals for the District of Columbia ruled in favor of NutraSweet, even though it was known that the FDA had asked for the indictment for Searle, and revoked the petition for approval.

Soffritti's new study "Lifespan Exposure to Low Doses of Aspartame Beginning During Prenatal Life Increases Cancer Effects in Rats" focused on damage from low-dosage aspartame consumption over the long term and clearly demonstrated a great danger to unborn babies and children. Newly identified is risk of breast cancer as the aspartame using child matures.

Exposures were at low doses. A 20 kg (45 pounds) child drinking 2 cans of diet soda a day brings into his body 400 mg. of aspartame.

Food & Drink Weekly reports that soda is the most commonly consumed beverage among children and soft

drink consumption is up 500% over the last 50 years. American consumption has skyrocketed to over 600 12-ounce servings per person per year, and climbing. Cokes goal is to jump sales 25% annually.

The aim of Soffritti's new study was to identify the cancer risk aspartame presents, starting with the mother's ingestion before the fetus is born. The study was conducted on groups of 70-95 male and female Sprague Dawley rats, administered aspartame with feed at concentrations of 2000, 400, or 0 ppm from the 12th day of fetal life until natural death. The results of this carcinogenicity bioassay confirm and reinforce the earlier studys demonstration of aspartame's multipotential carcinogenicity. Further, the study demonstrates that when lifespan exposure to aspartame begins during fetal life, its carcinogenic effects magnify.

Dr. Philip Landrigan, Chairman of Community and Environmental Medicine at Mt. Sinai Medical Center, says Dr. Soffrittis study on rats strongly implies human risk. He advises parents of young children to think very very carefully about giving drinks and other aspartame-contaminated foods to children. He advocates federal action be taken to review regulation of aspartame and that the chemical be submitted for precise critical investigation.

The abstract and link to the full text to be published on EHP online, is on the homepage of the European Ramazzini Foundation: [www.ramazzini.it](http://www.ramazzini.it)



## **Elite Class Takes to Fast Foods**

**Stephen Abili**

**Daily Monitor  
May 8, 2007**

What is with Kampala's elite working class and fast foods nowadays?

Apparently, there's a growing trend of people in the city turning to quick service fast food restaurants, which in passing are mushrooming at a quick rate, to sate their hunger pains. With busy professionals, working parents and singles increasingly craving for this cuisine, the restaurants are ruthlessly cashing in and will continue to make a killing provided the bandwagon effect is in full play.

The food in these eateries, is usually cooked in advance and kept warm, or re-heat to order. Operational mainly as stand-alone franchises, any fast food joints in the city centre also offer delivery services on request by a customer free of charge. There are also simpler fast-food outlets, such as stands or kiosks, which may or may not provide shelter or chairs for customers.

*Continued on page 14*

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**Continued from page 13 – Elite Class Takes to Fast Food**

Most of these are found in the downtown reaches like in the taxi Park, Bus Park and buzzing market areas. Because the capital requirements to start a fast-food restaurant are relatively small, and given that health codes are non-existent or poorly enforced by Kampala City Council, small individually owned fast food joints are commonplace.

But restaurants such Nandos, Steers, Antonios Grill, Dominos Pizza et al, where the customers sit down and have their food orders brought to them are also considered fast food.

Besides, they are take-away or take-out providers, often with a “drive-through” service, which allows customers to order and pick up food from their cars if they wish, but most people prefer to savour their delicacies on the premises of the restaurant.

**Common Trend**

Nearly from its inception, fast food has been designed to be eaten “on the go”, and often does not require traditional cutlery and is eaten as a finger food. Common menu items at fast food outlets include French fries (chips), chicken, sausage, fish, pizza, beef and liver, salads and ice cream.

“Because of the fast food concept relies on speed, uniformity and low cost, fast food products are often made with ingredients formulated to achieve a certain flavour or consistency and to preserve freshness.

This requires a high degree of food engineering, the use of additives and processing techniques that substantially alter the food from its original form and reduce its nutritional value,” says Cyrus Mubiru, a nutritionist with Makerere University. “Apart from reducing the diversity of local cuisines, any fast-food menu items are unhealthy and excessive consumption can easily lead to obesity,” warns Mr Mubiru.

According to the General Manager of Steers, for some reason chicken and chips remain the most widely consumed items on their menu, although the pizza is also picking up. “This is not necessarily because they find the prices cheap, but may be they are affordable to them.”

Unlike in countries like United States and the UK, fast foods here are more expensive than local or traditional dishes.

“As people progress in life their habits change according to their status. But overall, fast food has a lot to do with convenience...You just pick up a takeaway box [complete] with cutleries, napkin and other condiments. When you are through with supper, you stash everything and go to bed.” she explains.

**Clientele**

The Steers clientele comprises students, young professionals, white tourists and a sprinkling of middle aged people, some of whom are regular patrons while others drop by occasionally for a dietary amend or to sample a different kind of food.

Fast food outlets have become popular with consumers for several reasons. “Although some people dislike fast food for its predictability, it can be reassuring to a hungry person in a hurry or far from home,” says Joseph Ssendaula, an accountant and regular patron at Antonios Grill eatery.

The Assistant Operations Manager of Nandos, Richmond Wandera, believes peoples’ infatuation with ready-made meals has got to do with hygiene, fast service and the quality of food on offer. Just like Judith, he is unequivocal on how many people in Kampala are moving towards convenience food as they get busier and secure wads of disposal income. Sales growth of ready made meals is being driven by many factors. Some dual income families can afford to be “too tired to cook.” Wandera says through they register a low turn-up of customers on public holidays, their sales peak at the end of the month.

By and large, as quick-service restaurants milk the bulging windfall, struck on them is a leech; conventional retailers are promptly infringing on their territory.



## Trees vs Sugarcane\*

*Can sugarcane growing be an alternative to the natural rain forest?*

(\*Editor’s note – \*sugarcane is used in make white-refined processed sugar – natural sugarcane is healthy for the prostate)

**Daily Monitor  
April 8, 2007**

While there seem to be very few advantages of taking sugar, there are also very few disadvantages of keeping intact forests. Is cutting down a forest for a sugarcane plantation worth it? Below are some of the many harmful effects of consuming sugar that health experts have always warned us against. The case of forests is also given.

**Harmful effects of Sugar**

In addition to throwing off the body’s homeostatis, excess sugar may result in a number of other significant consequences. The following is a listing of some of sugar’s metabolic consequences from a variety of medical journals and other scientific publications.

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*Continued from page 14 – Trees vs Sugarcane*

- Sugar can suppress your immune system and impair your defences against infectious disease. It upsets the mineral relationships in your body: causes chromium and copper deficiencies and interferes with absorption of calcium and magnesium.
- Sugar can cause a rapid rise of adrenaline, hyperactivity, anxiety, difficulty concentration, and crankiness in children. Sugar can produce a significant rise in total cholesterol, triglycerides and bad cholesterol and a decrease in good cholesterol.
- Sugar causes a loss of tissue elasticity and function, feeds cancer cells and has been connected with the development of cancer of the breast, ovaries, prostate, rectum, pancreas, biliary tract, lung, gallbladder and stomach.
- Sugar can increase fasting levels of glucose and can cause reactive hypoglycemia. Sugar can weaken eyesight, cause many problems with the gastrointestinal tract including: an acidic digestive tract, indigestion, malabsorption in patients with functional bowel disease, increased risk of Crohn's disease, and ulcerative colitis.
- Sugar can cause premature aging, lead to alcoholism, cause your saliva to become acidic, tooth decay, and periodontal disease and contributes to obesity.
- Sugar can cause autoimmune diseases such as: arthritis, asthma, multiple sclerosis. Sugar greatly assists the uncontrolled growth of *Candida albicans* (yeast infections).
- Sugar can cause gallstones, appendicitis, hemorrhoids and varicose veins. Sugar can elevate glucose and insulin responses in oral contraceptive users. It contributes to osteoporosis, causes a decrease in your insulin sensitivity thereby causing an abnormally high insulin levels and eventually diabetes.
- Sugar can lower your Vitamin E levels, increase your systolic blood pressure, cause drowsiness and decreased activity in children.
- High sugar intake increases advanced glycation end products (AGEs) (Sugar molecules attaching to and thereby damaging proteins in the body). Sugar can interfere with your absorption of protein, can cause food allergies and toxemia during pregnancy.
- Sugar can contribute to eczema in children, cause atherosclerosis and cardiovascular disease and can more so impair the structure of your DNA. It too can change the structure of protein and cause a permanent alteration of the way the proteins act in your body.
- Sugar can make your skin age by changing the structure of collagen. It can cause cataracts and nearsightedness, in addition to emphysema.
- High sugar intake can impair the physiological homeostasis of many systems in your body. Sugar lowers the ability of enzymes to function. Sugar intake is higher in people with Parkinson's diseases.
- Sugar can increase the size of your liver by making your liver cells divide and it can increase the amount of liver fat. Sugar can increase kidney size and produce pathological changes in the kidney such as the formation of kidney stones.
- Sugar can damage your pancreas; increase your body's fluid retention. Sugar is enemy number one to your bowel movement. Sugar can compromise the lining of your capillaries. Sugar can make your tendons more brittle. Sugar can cause headaches, including migraines.
- Sugar can reduce the learning capacity, adversely affect school children's grades and cause learning disorders. Sugar can cause an increase in delta, alpha, and theta brain waves which can alter your mind's ability to think clearly.
- Sugar can cause depression. Sugar can increase your risk of gout. Sugar can increase your risk for Alzheimer's disease. Sugar can cause hormonal imbalances such as: increasing estrogen in men, exacerbating premenstrual syndrome, and decreasing growth hormone. Sugar can lead to dizziness.
- Diets high in sugar will increase free radicals and oxidative stress. High sucrose diets, of subjects with peripheral vascular disease significantly increases platelet adhesion. High sugar consumption of pregnant adolescents can lead to substantial decrease in gestation duration and is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.
- Sugar is an addictive substance can be intoxicating similar to alcohol. Sugar given to premature babies can affect the amount of carbon dioxide they produce. Decrease in sugar intake can increase emotional stability.
- Your body changes sugar into two to five times more fat in the bloodstream than it does starch. The rapid absorption of sugar promotes excessive food intake in obese subjects.

*Continued on page 16*

- Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder. Sugar adversely affects urinary electrolyte composition. Sugar can slow down the ability of your adrenal glands to function.
- Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.
- I.V.s (intravenous feedings) of sugar water can cut off oxygen to your brain. Sugar increases your risk of polio. High sugar intake can cause epileptic seizures. Sugar can cause high blood pressure in obese people.
- In intensive care units: limiting sugar saves lives. Sugar may induce cell death. In juvenile rehabilitation camps where children were put on a low sugar diet, there was a 44 percent drop in antisocial behavior. Sugar dehydrates newborns. Sugar can cause gum disease.

### **A Case of Forest**

Forests act as a protective canopy against global warming and the ozone layer. They increase cloudiness which helps cool the planet.

They provide clean water. By slowing rainwater so that it can be absorbed into the ground, forests help filter pollutants and sediment from our waters while replenishing aquifers and keeping annual stream flows steady.

Trees, of course, provide homes and shelter for all kinds of animals and organisms – providing essential environmental stabilization through bio-diversity.

They harbor mammals, birds, reptiles, amphibians, snails, butterflies and native vascular plants. Additionally, people often forget the vital role that trees and plants play in soil sequestration.

Communities rely on intact forests for herbal medicine.

They are a source of economic growth due to recreation-based tourism.

Forests provide clean air. Healthy forests play an important role in sequestering atmospheric carbon, which could aid in mitigating the negative effects of climate change.

They are a link to our past and reassuring future. Most forests have a long human history, with many locales acquiring cultural significance and meaning.

They are a source for self-discovery, public education and a place of spiritual renewal.

They foster the idea in the back of our mind that we can have the integrity to leave a place alone.



is in terrible shape again even though the Great Spirit gave us different languages and sent us to four corners of the world and told us to take care the Earth and all that is in it."

Banyacya said mankind is in the final days of the prophecy. "What have you, as individuals, as nations and as the world body, been doing to take care of this Earth?" Banyacya asked the United Nations.

"In the Earth today, humans poison their own food, water and air with pollution. Many of us, including children, are left to starve. Many wars are still being fought. Greed and concern for material things is a common disease." Banyacya said Hopi foretold of the "gourd of ashes" (atomic bomb) that destroyed thousands in Hiroshima and Nagasaki. Hopi believe that the Persian Gulf would have been the third great war if use of the worst weapons had not been stopped.

"We do have a choice. If you, the nations of this Earth, create another great war, the Hopi believe we humans will burn ourselves to death with ashes.

"Nature itself does not speak with a voice that we can easily understand. Neither can the animals and birds we are threatening with extinction talk to us. Who in this world can speak for nature and the spiritual energy that creates and flows through all life?" Banyacya said it is necessary for human beings that have not separated themselves from the land and nature to speak out.

Finally, he said, the first people and the spirit of the ancestors are giving loud warnings. He pointed out that there are increasing floods, hurricanes; hail storms, climate changes and earthquakes. "Even animals and birds are warning us with strange changes in their behavior, such as the beaching of whales. Why do animals act like they know about the Earth's problems and most humans act like they know nothing? "If we humans do not wake up to the warnings, the great purification will come to destroy this world just as the previous worlds were destroyed."

Evehema and Banyacya died within three weeks of one another in early 1999. Evehema died at the age of 108 on Jan. 15, 1999. Banyacya, born in 1910, died on Feb. 6, 1999.

Their voices live on.

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<http://www.indiancountry.com/content.cfm?id=1096410637>



**COME BACK TO YOUR ROOTS**

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# Biofuels could lead to Mass Hunger Deaths: U.N. envoy

By Stephanie Nebehay

June 14, 2007

GENEVA (Reuters) - Diverting sugar and maize for biofuels could lead to hundreds of thousands of deaths from hunger worldwide, the United Nations' food envoy warned on Thursday.

Jean Ziegler, U.N. special rapporteur on the right to food, accused the European Union (EU), Japan and the United States of "total hypocrisy" for promoting biofuels to cut their own dependency on imported oil.

Fears over climate change have boosted the demand for alternative fuels in wealthy countries, but the rise of biofuel has been criticized by some who say it will put a squeeze on land needed for food.

"There is a great danger for the right to food by the development of biofuels," Ziegler told a news briefing held on the sidelines of the U.N. Human Rights Council.

"It (the price) will be paid perhaps by hundreds of thousands of people who will die from hunger," he added.

However, a senior official at the U.N. Food and Agriculture Organization (FAO) said recently that biofuels were getting a bad press and that rather than being a threat to the poor, they could boost food production.

Ziegler said that more and more sugar cane plantations in northern and eastern Brazil were being used for biofuels, leaving less land for subsistence farmers.

Brazil is the world's biggest producer of cane-based fuel ethanol, most of which is destined for the domestic market to meet rapidly growing demand from flex-fuel motorists.

In some regions of Mexico, the price of maize rose by 16 percent last year, because of rising demand for use in biofuels, according to the independent U.N. envoy.

"I can understand the Brazilian and Mexican policies which as very indebted countries want to earn hard currency....But from the point of view of the right to food, which must be the decisive one, it is a catastrophe," Ziegler said.

Some 854 million people worldwide -- or one in six -- suffer from hunger, according to the sociologist and former Swiss parliamentarian who cited U.N. figures.

Ziegler said famine and chronic hunger were driving many in sub-Saharan Africa to risk their lives on rickety boats bound for Europe, often Spain's Canary Islands or Lampedusa, Italy.

An estimated 2 million people try to enter the European Union (EU) illegally every year, and about 2,000 of them drown in the Mediterranean Sea, he said. "Nobody knows how many thousands of other people have died trying to make the journey, but bodies regularly wash up on the beaches or fishermen catch them in their nets," he said.

Ziegler called for Western countries to grant so-called "refugees from hunger" a temporary right of asylum. This would require amending a 1951 U.N. convention granting refugee status to people fleeing racial, political or religious persecution.

<http://www.reuters.com/article/environmentNews/idUSL1490977120070614?pageNumber=2>



## Let's Start a Sugar Revolution

Alan Tacca

Daily Monitor

April 22, 2007

When you think about it, the Mehta group and their political godfathers believe they can hold Ugandans hostage over Mabira Forest partly because of our consumption habits. During a recent interview, President Museveni divulged that he had picked sugar for licking without his mother fully approving.

The President's revelation reflects a common attitude; namely, that the sweetness of sugar is so desirable that it is "understandable" when a youngster (whose judgement is not yet fully developed) abuses or steals sugar or candies.

Not being a grave sin, a ruling President can freely admit this childhood mischief. It is not so difficult to outgrow the sweet tooth, but the social pressure against excessive sugar consumption is almost non-existent, except among the tribe of walking pencils aspiring to mutate into models".

Indeed, for many affluent people, the affection for both their urbanized children and their "old people" back in the village is very often expressed in terms of refined sugar. Pump all those ice creams and junk drinks for the kids and carry plenty of sugar and sweetened bread for the village folk. More love, more refined sugar. The subconscious argument against the alternative of fresh fruits is that they are not "modern". They are not instantly consumables; it takes a bit of preparation before you can eat them. They often cost less and therefore have less "value". They will be less appreciated.

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However, the pedestal on which sugar stands can be demolished. Scientists have already given us quite a vivid picture of the kind of punishments our bodies could take if we ride recklessly down the sweet highway. Apart from the old warning about teeth, obesity, diabetes and heart disease, tales of sugar's interference with liver function, brain neuro-transmitters, growth hormones and the immune system are now getting more widely told. The verdict is that refined sugar is one of the poisons on which we should be declaring war. And we can, although Africans tend to zealously pursue the full course of Western man's sins before looking for redemption.

From personal experience, I know that you can reduce your sugar intake by two-thirds over a period of only a few months. The trick is to first view (with horror) the amount of sugar you are adding to your coffee, tea or fruit juice. For a standard cup of tea, make your target less than one teaspoon. Your resolution should be to gradually cut by about a quarter of a spoonful every week. For most people, the taste buds will adjust to every new level. Your progress in clear weekly steps gives a special kind of satisfaction.

Never yield to the temptation to increase the amounts, once you have stated the regime. If you must have a sweetened fizzy drink on your outings, order a bottle of water and a glass as well. Mix, as your requires. Disregard what other people think of your "punch" and the more unused fizzy stuff, the better. When the honchos of the junk drink industry hear that people are mixing their products with more water and leaving behind many half-bottles, they will realize how nauseatingly sweet their "poisons" are.

Are you a revolutionary? We could start a revolution right here. Is there an iron-cast law that a Coke must never have less sugar than it does at present? With the newly conditioned taste buds, all the sweetened factory-processed drinks, cakes, and other junk breads will be too sweet for you. Openly express your contempt for them; or better still, don't consume them.

If we are as many in this "conspiracy" as the millions opposed to the enemies of Mabira Forest, you will be surprised how quickly the manufacturers beg you to try their new low- sugar products. By that time, with two other big plants in place, even if there are convincing reasons for boycotting it, we may just not need Mehta's sugar. And to breed a more honest society, mothers of future leaders will spank their children for stealing sugar just as they do for stealing roast meat.



## **Confessions of A Soft Drink Addict - The Splenda Ruse**

**By Andrew K.**

**June 15, 2007**

I have been a serious coke drinker since I was a kid. It was referred to in my home as nothing short of "the elixir of life," almost half jokingly. It used to be that an ice cold Coca-Cola was something you had on a hot day, or with a special meal out. My grandmother would keep those great little 6 oz glass bottles in the door of her fridge and anytime we visited, a Coke was the "treat." That was in the late 60s. A soft drink was something you occasionally imbibed, and there was nothing better on a sweltering hot day than pulling a 6 or 12 oz. frosty cold Coke from a slotted vending machine at a gas station and getting a shot of the "real thing."

By the mid 70s, drinking soda pop became a staple. You could buy enormous plastic liter jugs of the stuff and keep it around. The days of the glass bottle were passing, and soon coke on ice supplanted milk, water, iced tea, lemonade and fruit juice at almost every meal and between meals it became perfectly normal to knock back two or three tall glasses or cans per day. I began to find Coke-a-Cola to be mildly addictive. I found myself quite often 'jonesing' for a coke at the strangest times. The excess caffeine and sugar only compounded my insomnia (if not the absolute source of it) and by the late 70s, early 80s, it was not uncommon at all for me to get in my car and bounce over to the nearest get-n-go that had a soda fountain and fill a pre-purchased 32oz hard plastic traveler mug at 2am. Open all night for all addictive pleasures, naturally. It was also during this time that the sugar free "diet" variety became popular and though I was originally mortified by the taste, being a coke addict and purist, I forced myself to graduate to Diet Coke to keep from gaining too much weight. It was a simple issue: I had to have a lot of Coke and in order to do that without throwing myself into type II diabetes (or worse) and gaining 100 lbs, the diet concoction was the only way to go. I learned to love it.

To my surprise, the diet Coke was several times as addictive as original (then donned "classic" Coke after the big "new coke" ruse) Coke-a-Cola. It didn't have more caffeine and there was no sugar, so it had to have been either something else they were adding to it, or the Nutrasweet (aspartame) artificial sweetener itself causing the increased addiction. I continued to drink large amounts of diet Coke for many years. It seemed I was never without one, or would stop and fill my 32oz traveler mug when I was out and about. In addition to increased insomnia and

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other sleep disturbances, I also noticed short-term memory loss, trembling, night sweats, strangely intermittent joint pains, periodic muscle weakness and dizziness. I did not associate any of these things with my intake of diet Coke at the time, and neither did any of the many physicians I saw looking for the source of my many strange maladies. No doctor could ever nail the source of my problems, so I just learned to live with it. One doctor recommended I switch from caffeinated to caffeine-free diet Coke to resolve my insomnia and sleep disorders, but this had little or no effect on my overall condition, which seemed to just get worse and weirder with every passing year. I felt like I was rapidly aging, despite doing all sorts of things to combat my severe fatigue and neuralgia (I tried many different diets and vitamin routines. The one thing I did not take away was the diet Coke. That wasn't even on the table as a choice, as my addiction made sure of that).

Eventually I learned of the revolutionary new Diet Coke made with Splenda and bought the sales pitch about it being natural and made from sugar hook, line and sinker. I was elated that there was an option to Nutrasweet/Aspartame for an artificial sweetener because I slowly was learning of the dangers of phenylketonurics which contains phenylalanine. This stuff was nothing more than glorified formaldehyde and another component in Aspartame apparently converts into methyl-alcohol during digestion. I was resolved to get off regular diet Coke, even if it meant going back to classic Coke and putting on the extra pounds. But Splenda came and saved the day. Or so I thought. I started drinking the Diet Coke with Splenda and continued my horrible habit of drinking the stuff continually (roughly 2-3 liters a day). Just like with Classic Coke, and regular Diet Coke, the Splenda version was still perfectly addictive. I craved it constantly and guiltlessly satisfied my craving without any thought to it being harmful. Many of the symptoms I had suffered with Nutrasweet vanished with the Splenda variety almost overnight, which also worked to sucker me into being a big fan of Splenda. I would later learn, Splenda was Sucralose.

"Splenda (sucralose) is created in the lab, using a complex process involving dozens of chemicals you and I can barely pronounce - let alone consume. Basically, the chemists force chlorine into an unnatural chemical bond with a sugar molecule, resulting in a sweeter product, but at a price: a huge amount of artificial chemicals must be added to keep sucralose from digesting in our bodies. These toxic substances prevent (hopefully) the dangerous chlorine molecules from detaching from the sugar molecule inside the digestive system, which would be a carcinogenic hazard."

For more than two years I consumed Diet Coke with Splenda, thinking I was doing the safest possible "diet" colating, when in reality I was ingesting something if not equally dangerous as Aspartame, perhaps even MORE dangerous. It was during the last year of drinking Diet Coke with Splenda that I developed a very serious and troubling heart ailment. Being a stubborn fool, I'm not one to run the doctor over every little thing, and having no health insurance and not being financially well to do, anything involving doctors and exams and treatments were reserved for the absolutely life-threatening. Likewise, some part of me was simply resolute that I had finally aged enough, smoked enough, eaten enough crap and gotten little or no exercise to the point that I was on the verge of congestive heart failure. In a more-or-less consigned state of depression and personal disappointment, I just accepted my own armchair diagnosis and procrastinated endlessly as to whether I should see a doctor and get a cardio exam.

Weeks became months and I had done nothing. I had developed a constant, frightening arrhythmia that left me weak and short of breath. My heart was skipping and missing beats almost continually, jerking around in my chest powerfully, and though painless it felt like someone was physically squeezing it or thumping it and knocking it out of rhythm. Each time it would skip or slosh weakly through a beat, I felt like my breath was being taken away, only to find it returning to normal for 20-30 minutes at a time, then resuming. Some days the amount of time my heart would fall out of rhythm would last so long that I had to lay down. I kept waiting for this to turn into something with pain, but it never did. And I thought more and more that it was terribly odd that I could have this happening so constantly and not have some episode or dramatic decrease in health enough to shove me into either the emergency room or to a cardiologist. Like with the Nutrasweet side-effects, combined with my stubborn ignorance (and fear), I learned to live with the arrhythmia. It never seemed to get worse (any worse would have been intolerable, perhaps even deadly). Stupid, yes. I know. But that's me. Stubborn Irish stock, slow to learn, self-destructive and mule-headed.

One afternoon I trekked to the local supermarket to stock up on my beloved "elixir" and found there was none. I went from store to store, but no Splenda Diet Coke anywhere. I thought this was really strange and inquired with several store managers, who told me they had heard it was going to be discontinued, that not enough people bought it, etc. The thought of going back to regular Diet Coke with Aspartame was mortifying to me, but providence had it that I would be without Splenda Coke for more than 4 days, due to a fluke in distribution in my area.

Lo and behold, I noticed by day 2 without the Splenda, my

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heart rhythm was perfectly normal. Not so much as a skipped beat! By day 4 and 5 I was entirely convinced, it was the Splenda which was directly affecting my heart rhythm. For well over a year I suffered this debilitating and frightening condition, and then it was absolutely gone. Several months passed and still, no return of the arrhythmia at all. Splenda, without a doubt, was attacking my heart. I don't know if that continued off-set of proper rhythm would have led to something worse or not. It was miserable and baffling, and to find that it was Splenda/Sucralose doing it was a shock. I wondered if others had the same or similar experiences and probably have seen doctor after doctor only to find that they haven't a clue what the source of the problem is.

I still have not overcome my addiction to Coke, though I've resorted to drinking considerably less and only regular Coke with the sugar (and have paid for that with the added pounds), but as with all addictions, its one day at a time and I know I can eventually kick it entirely. But I write this not to warn about addiction (as much of that may simply be my own nature and metabolism) but to warn about the very powerful and debilitating side effects of both Nutrasweet and Splenda. Don't make the mistakes I made. Don't buy the marketing bull crap. Both Nutrasweet and Splenda, even in small amounts, are poisonous and are causing, as I have learned, much suffering in people the world over. Even in those who did not drink the abnormal amount I did. Now we hear that soft drinks of any kind contain sodium benzoate..."which can be broken down into the listed carcinogen benzene in the presence of strong acids, such as the citric acid found in this product. Soda manufacturers have been aware of this synergistic possibility since the 1990s, but without pressure from regulatory authorities to change their formula to prevent the formation of benzene, have continued to mix benzoates and acids. Ironically, the high fructose syrups used in regular drinks seem to slow this reaction down, and the formation of benzene appears to be most problematic in diet drinks."

Bottom line...stop drinking soft drinks. Switch to tea or fruit juice, purified water or make fresh lemonade. If you just have to have something carbonated, make sure it is not commercially produced with Sodium Benzoate, Aspartame, Phenylketonurics, Acesulfame K (ace K), Splenda /Sucralose. There is a wonderful, all natural sweetener called Stevia, an herb, which you can get at any health food store in liquid or powder form and it works excellently with non-carbonated drinks as a sugar supplement. It has no side effects and may even promote better digestion, among other potentially positive benefits.

<http://www.rense.com/general76/soft.htm>

## **Alert: FDA Attempting to Regulate Supplements, Herbs and Juices as "Drugs"**

**By Mike Adams**

**April 11, 2007**

A new FDA "guidance" document, published on the FDA's website, reveals plans to reclassify virtually all vitamins, supplements, herbs and even vegetable juices as FDA-regulated drugs. Massage oils and massage rocks will be classified as "medical devices" and require FDA approval. The document is called Docket No. 2006D-0480, Draft Guidance for Industry on Complementary and Alternative Medicine Products and Their Regulation by the Food and Drug Administration.

The FDA was accepting public comments on the docket until April 30th. They tried to sneak this under the radar, but word got out and now the natural health community is up in arms over this rule. If you wish to protect your access to nutritional supplements, herbs, essential oils, homeopathic medicine or any other "complementary" or "alternative" modality, it is crucial that you take action to post your comments with the FDA right now and write your representatives in Washington to put a stop to this outrageous effort to destroy natural medicine.

This move by the FDA is designed to once and for all destroy the 1994 DSHEA law that has made supplements "legal" while eliminating nutritional supplements and natural medicine from the United States, ensuring monopoly profits and control by drug companies and the FDA. It is the latest action item by the FDA / Big Pharma conspiracy that will not stop until health freedom has been abolished, drug companies rule the nation, and every citizen is diagnosed with a fictitious disease and drugged up on monopoly-priced pharmaceuticals.

FDA "experts" will decide what's a drug or medical device. Under these proposed guidelines, FDA "experts" (the same corrupt officials who reapproved Vioxx after it killed over 50,000 Americans) will decide whether herbs, supplements, vitamins or simple devices like massage stones are to be regulated as drugs and medical devices. If the FDA experts, in their infinite wisdom, decide that these things are to be reclassified, they will essentially be outlawed, stripped from the shelves, and regulated out of existence. Anyone who dares to manufacture, promote or sell such products may be branded a criminal and rounded up by armed FDA agents who have a well established history of suppressing natural medicine.

[http://www.organicconsumers.org/articles/article\\_4803.cfm](http://www.organicconsumers.org/articles/article_4803.cfm)



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Sunday – closed  
Phone: +256 (0)41 530 456  
[Clinic@blackherbals.com](mailto:Clinic@blackherbals.com)

Composed by Ritah

## 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:

**Afrikan Traditional Herbal Research Clinic**  
**1175A Mukalazi Road, P.O. Box 29974**  
**Bukoto, Kampala, Uganda East Africa**  
**Phone: +256 (0) 41 530 456**  
**Email: clinic@blackherbals.com**

ADDRESS CORRECTION REQUESTED

## Herb of the Month

### Wild African Basil (Omujaaja)

Apart from being a general tonic and vitalizer, Omujaaja has since ages been employed in hundreds of different formulations for the treatment of a range of ailments. In Africa, Omujaaja has been traditionally used to treat disorders of the mouth and throat, lungs, heart, blood, liver, kidney and the digestive, metabolic, immune, reproductive and nervous systems. It has been frequently used to treat coughs, colds, flu, catarrh, head and earaches, rheumatism and arthritis, malaria, fever, allergies and various skin diseases. It is used in reducing the toxicity of various poisons, including insect and reptile bites, to expel intestinal parasites, repel insects and purify the air. Modern research on this wonder herb has revealed many of its less known qualities. Basil protects against and reduces stress; enhance stamina and endurance. It helps increase the body's efficient use of oxygen; boost the immune system; reduces inflammation; protect against radiation damage, stems rapid ageing, supports the heart, lungs and liver; has antibiotic, antiviral, and antifungal properties and enhances the efficacy of many other therapeutic treatments. It provides a rich supply of antioxidants and other nutrients. Recent research in its utilisation for diabetes, has demonstrated its ability to lower blood sugar and to regulate thyroid functions. In addition, it has been found that basil is a premier adaptogen, helping the body and mind adapt and cope with a wide range of physical, emotional, chemical and infectious stresses and trauma. It helps restore disturbed physiological and psychological functions to a normal healthy state. It is used spiritually to ward off evil spirits.

The essential oil inhibits the growth of *S. aureus* and gram negative bacteria belonging to *E. coli*, *Salmonella*, *Klebsiella*, *Proteus* and *Pseudomonas*. Its ancient use in the culinary arts gives it another reason to utilise wild basil in the kitchen to inhibit the growth of bacteria in foods.



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