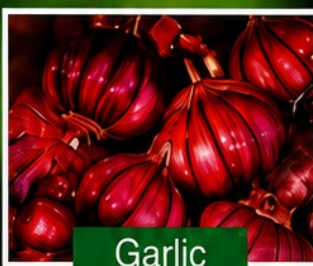


NATURAL HERBAL & PREVENTIVE MEDICINE

VOL.V Revised Edition 2026



Aloe vera



Garlic



Moringa



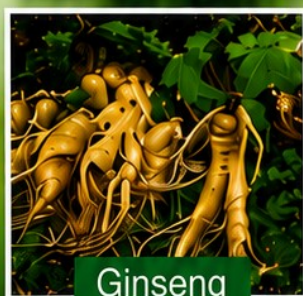
Honey



Comphery



Snail



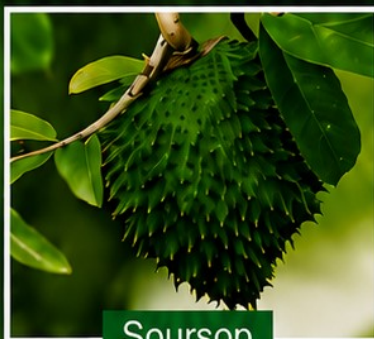
Ginseng



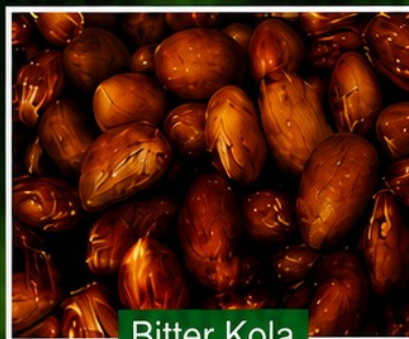
Charcoal



Dandelion



Soursop



Bitter Kola

A 21ST CENTURY HEALTH GUIDE FOR EVERY HOME

MORE THAN 150 DISEASES AND THEIR CURATIVE HERBS

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PREFACE

This book is only a reference document. It is not a medical manual. The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor since there are no two people with the same biomedical composition. I will however, welcome suggestions, corrections and criticism.

DEDICATION

To my Lord Jesus Christ who gave me wisdom and brought meaning to my life.

ACKNOWLEDGEMENT

This work is a sum total of the contributions, suggestions and criticisms of many people of all walks of life. I therefore wish to express my special gratitude to all those who provided me with professional support and especially those who transferred to me the indigenous knowledge that was handed over to them by their parents. In the light of the above, I express a strong sense of gratitude to Professor Lantum Daniel, National Coordinator of Traditional Medicine in Cameroon who created and championed the general concept of traditional medicine and made it recognized by the Cameroon government.

In addition, I wish to thank Dr. Tikum Mbah Azonga and Dr. Asobo Napoleon who accompanied me to many villages and helped to translate some indigenous languages for me. My heartfelt gratitude also goes to members of REPAMP CAM (Researchers and Promoters of Medicinal Plants) and members of our production team at home who were part of this research. In this regard, special acknowledgment is hereby accorded Mr. Santum Prophet, Dr. Mbah Roland. Mr. Asaah Armstrong Mr. Bofia Adiaba, Mr. Timah Kingsley and Penn L. for their untiring support.

Similarly, I wish to extend my sincere gratitude to my lovely wife, Madam Matho Lydia Mofor who stood by me to see this research work realized. Furthermore, my profound gratitude goes to my writer, Mr. Amin Kieran Tazifor, who proofs and edits the manuscript.

In addition, my deep gratitude goes to my dad and mum, Mr. and Mrs. Tenghe who raised me up and sacrificed so much to see me an accomplished man. My profound gratitude also goes to Prof. Awa Emmanuel, Mr. Ndong Napoleon, Mr. Nyamuloum Gustav, and my sisters, Madam Chantal, Madam Vera, and Miss Benedicta for all their immense support.

I wish to acknowledge Pastor Valery for fueling me with spiritual food that helped in changing my life.

Finally, I am deeply grateful to all professionals who influenced my thinking and my efforts over the years, especially researchers, educationists, clinicians and pharmacologists all over the world whom I consulted their works regularly to bring out this vital health revelation.

INTRODUCTION

This book is a compilation of the results of the work done with medicinal plants throughout the world. It is also puts together the result of many years of plant hunting in Cameroon. This is done at a time when the majority of humankind has moved away from life's natural ways, when many illnesses caused by a changed attitude to life threatens and when life tends to be meaningless. It is at such a time that we have decided to take a U-turn again to medicinal herbs which God in his greatness had provided to us since time immemorial for free. The Abbe (Father) in his book says, "there is a plant for every illness."

Everyone can improve his or her health by timely gathering and making use of herbs. This can be drunk daily as a tea or as a way of treatment. Extracts of herbs can also be used as a compress or as a poultice. Once the decision to use herbs is taken. it is wise to start with herbs which purify the blood such as ginseng, dandelion, comfrey and stinging nettle. Such a treatment is never harmful when used exactly as prescribed.

I grew up in a society where various herbs were used to treat different illnesses.

Recently. I have personally seen how medicinal herbs have successfully treated conditions that pharmaceuticals products could scarcely handle. Herbs and conventional drugs are therefore complimentary.

Part one of this book presents the potential of herbs to treat and some advice and safety precautions about using them. The direction of use, methods of gathering the herbs, preparing and preserving have also been discussed. This is based on personal experience as well as an extensive data base of scientific information about the various chemicals and compounds found in plants. In part two. I have applied a rating system as a way of highlighting the herbs and the herbal remedies that I believe can be most effective for each of the diseases and health problems raised.

In part three. I have discussed intensively the importance of preventive medicine, factors that can make you sick, and how to overcome them.

CHAPTER ONE

Question 1: What is a herb?

To a botanist, the word herb has a specific and limited meaning. It is any plant with no woody stem that dies down at the end of a growing season. In the field of pharmacognosy (the science of drugs production from natural extracts such as vegetables, animals and minerals) yeast, ergot, Iceland, moss, carrageen and certain sea weed or plants with neither stems nor leaves are considered as herbs. Such definitions are neutral. They say nothing about the potential of herbs to harm, which will be discussed later. However, since the word is also accepted as any plant claimed to have medicinal use, herbs have come to be thought of as naturally health giving. In a society that is increasingly suspicious of chemicals, and the synthetic substances in drugs and foodstuffs, products taken directly from nature have a particular appeal which is what is encouraging herbal medicine today.

Remedies listed in herbal guides to the properties and practical uses of plants from ancient China, Africa and Rome attest to the importance of plants to deal with human diseases.

The Ebers. Papyrus, an ancient Egyptian compilation of medical texts contains lists of herbal remedies used by the Egyptian physicians some 35 centuries ago. Health practitioners in contemporary societies around the world continue to prescribe herbal treatment. Of course, most important modern medicines are derived originally from herbs. For example, one of the most effective drugs for congestive heart failure is still digitalis, which was discovered in 1776 when a British Physician investigated a herbal tea he had learned about from a Shropshire farm woman. The brew contains leaves of a common fox-glove. (*Digitalis purpurea*).

Similarly, reserpine is extracted from the root of the *Rauwolfia* species, Quinine is produced from the bark of the *Cinchona* plant while ephedra.

aspirin is made from salicylates, which are found naturally in willow barks, Herbal remedies constitute the foundation of modern medicine. Thus the processes of discovery, derivation and application continues to evolve. For example, the Ebers papyrus shows 22 remedies that can be derived from a single familiar herb, garlic. A research paper presented in 1984 to an international organization of Chemists asserted that a constituent of garlic is highly effective in preventing blood clot. It is no wonder then that the word herb is surrounded by a halo of favourable connotations. From the current popularity of herbal teas and books on herbal lore, it would appear that many people are convinced that herbs are helpful and safe. In addition, the adjective herbal when used to describe a tea, a diet or a remedy is virtually a proof that the substance is beneficial. Unfortunately, this is not true. Herbs also have the potentials to harm.

Question II: Why should we encourage herbs?

The great remedial properties of herbs and the juice of fruits and vegetables have been recognized and appreciated from time immemorial. It was not until Theophrastus Hohenhen started using chemicals during the 16th century to cure diseases that people started looking for and depending on medicine artificially prepared from chemicals. Furthermore, people have been diverted from the true healing remedies by misleading advertisements. As a consequence of this, today, chemical poisons are very easy to obtain.

Despite the fact that people were deceived to think that herbal medicine has no place in our healthcare system, it is important to note that at last they are beginning to see the bad side effects of synthetic drugs. As a consequence, they are now looking for something better. When the Saxon invaders entered Great Britain, they took with them much concerning herbal healing. Today the Bakas, what we called the pygmies of the eastern region of Cameroon are well known for their frequent use of natural and herbal medicine. It will therefore be a blessing to this land of abundance, Cameroon, which is rich in fauna and flora, if people are taught the value of herbs. If this is done, more than half the sicknesses and deaths could be reduced and chronic sufferers from all kinds of ailments could become rare. Only those who know the value

of herbal medicine can appreciate the wonderful effects of herbs.

Despite all our formal scientific knowledge, we have to admit that Africans, North American Indians and natives of other countries though ungrounded in formal education and without any knowledge of anatomy, physiology or chemistry, use simple herbs to prevent and cure diseases that baffle the best efforts of the medical doctors.

Herbal healing was the first method of healing that the world knew. My parents and grand parents originally from Santa in North-west Region taught me much about herbal medicine. I gathered many of them as a small child and was taught their uses and how to prepare them.

Herbs are nature's remedies and have been placed here by an all-wise creator. There is a herb for every disease that the human body may be afflicted with. The use of herbs is the oldest medical science. Herbs were mentioned in the Bible from the beginning of creation. Much has also been written about herbs throughout history,

Question III: What is the view point of the Bible on herbs?

When God created the world and planted a beautiful garden in Eden, he placed the tree of life in the center of the garden, (Genesis 2: 8, 9). This tree corresponds to the tree of life, found in the paradise of God, of which the redeemed will someday eat freely. "The angel also showed me the river of the water of life, sparkling like crystals and coming from the throne of God and from the lamb and flowing down the middle of the city's street. On each side of the river was a tree of life, which bears fruits 12 times a year, once each month; and its leaves were for the healing of the nation." (Rev 22:1, 2 Good News Bible)

On the third day of creation, he also made all kinds of plants for food. Then he commanded, "let the earth produce all kinds of plants, those that bear grain and those that bear fruits and it was done. So the earth produced all kinds of plants and God was pleased with what he saw." (Genesis 1:11:12, Good News Bible). After he had created human beings, God told them what he had made for them to eat. "And God said, behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in which is the fruit of tree yielding seed; to you it shall be for meat." (food)

(Genesis 1:2)

After man was driven out of the Garden of Eden, and he no longer had access to the tree of life, God added herbs to man's diet. He also instructed us to use them to keep us from getting sick; "Thorns also and that thistles shall it bring forth to thee, and thou shall eat the herbs of the field." (Genesis 3:18)

Herbs are one of God's remedial agents for afflicted humanity. His plan was that everyone should raise herbs in his garden, and also gather those that grow wildly everywhere and use them whenever the need arises. This is what our parents did. Consequently, they were never sick. So they never called a doctor. If we could only return to God's original desire for the human family, sickness would be rare instead of common. Some of the first things Moses taught the Israelites after they left Egypt was how to keep their premises clean, wash their clothes and their bodies and discard all harmful articles including the lustful diet of the flesh that they had been eating while they were slaves in Egypt. They were taught to live on simple nourishing food and use herbs as their medicine. David, in the psalms wrote that the grass was caused to grow for the cattle and herbs for the source of man. (Psalms 104:14) The prophet Ezekiel said that the fruit of the tree was for man's meat (food) and the leaves for man's healing. (Ezekiel 47:12)

The great Apostle Paul said, when referring to the human body, "don't you realize that you yourself are the temple of God and that God's spirit lives in you? God will destroy anyone who defiles his temple, for his temple is holy. That is exactly who you are." (1 Corinthians 3:17)

After he was taken as a captive to Babylon as a young man, and while studying in the royal court of King Nebuchadnezzar, Daniel decided not to defile himself with the king's rich food nor with the wine. After partaking of nothing but vegetables and water for a period of only ten days, he was found to be healthier and stronger than all the young men who had been eating the royal food. You can read this interesting story for yourself in the Bible. It is found in Daniel 1:1-6.

Solomon, the wisest man that ever lived said, "Better is dinner of herbs where love is than fatted ox and hatred with it." Proverbs 15:17

When Samuel, one of the famous prophets, was training young men for the ministry or the priesthood, he taught them the use of herbs.

And Ahab (King of Israel) spoke unto Naboth saying, "give me the vineyard that I may have it for a garden of herbs because it is near to my house." (2 Kings 19:26) For the land, whither thou goes into

posses it, is not as the land of Egypt from whence ye came out, where thou sowed the seed and water it with thy foot as a garden of herbs" (Deuteronomy 11:10)

The priests in Christ's time were well acquainted with herbs. They used to take herbs to counteract their gluttonous attitude. They also used them as food Rue which they used quite freely is a wonderful medicine to calm and soothe the nerves and give clearness to the head." Then one went unto the field to gather herbs and from a wild vine lap full of wild gourds and returned and cut them up into the pot of pottage for they were unknown to them. So they poured out for the men to eat but as they ate the pottage, they cried out: oh man of God, there is death in the pot and they could not eat it. (2 Kings 4.39-40). This scripture teaches everyone that when using herbs a conscious attempt should be made to know the plants thoroughly in order to avoid gathering poisonous herbs.

Question IV: How do we gather and preserve herbs?

It is worthy to note that experience and knowledge of herbs are both needed to successfully gather and preserve them. It is a study of a lifetime. The lack of knowledge about preservation techniques can render herbs ineffective and make them lose their medicinal value. Knowledge of the soil is also necessary. Plants grown in virgin fertile soil will contain far greater medicinal value than those grown on poor depleted soils. In addition, similar plants grown in different localities will show a great difference. There is a great variation between those cultivated and those that grow in their natural wild habitats. For instance, the ginseng growing wildly has more medicinal properties than the one that is cultivated. Wild herbs are more effective for use in medicines than those cultivated.

Gather herbs only in dry weather preferably when the plant is in full bloom and when the fruits are getting ripe.

BARKS

Barks of trees should be taken when the sap is rising. Shave off the rough outer part, then peel the inner part from the trunk of the tree and dry it out in

the sun for a short time (If desired) then complete the drying in the shade. Make sure the pieces of the bark are thoroughly dry. If there is any moisture left in them, they will mould.

ROOTS

Dig up the roots either in the dry season or the rainy season. Slice and dry the roots in the shade, the them up in small bundles and put them in a place where they are to be kept dry.

FLOWERS, SEED AND LEAVES

Flowers, seed and leaves should be gathered when they are in their prime. Only the perfect ones should be dried in the shade. When thoroughly dry put them in heavy brown paper bags.

Do not preserve herbs in glass because sometimes the glass sweats. If any moisture comes in contact with the herbs, mould will affect them.

When barks, roots or other herbs are thoroughly dried and kept dry, they will retain their medicinal value for years..

Barks roots, flowers, seeds or leaves may all be dried for a short time in the sun but always complete the drying process in the shade. Too much exposure of herbs to the sun tends to lessen their medicinal value; they may be dried entirely in the shade in an airy place. The only thing gained by putting herbs out in the sun for a short time is to hasten the drying process.

METHODS OF PREPARATION

INFUSION:

Fresh herbs are cut and the prescribed quantity is placed in a tea pot or other non-metallic container, water is poured over the herbs. Fresh herbs are steeped for a very short time approximately thir-ty minutes. The tea has to be quite light, light yellow or light green. Dried herbs are steep for a longer period (between one - one hour thirty minutes.) A tea prepared in this manner is more wholesome and also pleasing to the eye.

Roots are placed in a required amount of cold water and steeped for 3 days. In general, it is always advisable to take one tea-spoon of herb in one quarter liter of water.

COLD INFUSION

Some herbs should not have boiling water poured on them because their healing power may be destroyed due to the influence of heat. A tea from these kinds of herbs is obtained by cold infusion. The prescribed quantity of these respective plants is steeped in cold water eight to 12 hours mostly over night and then warmed to a drinking temperatures only.

TINCTURES (ESSENCES)

Tinctures are about extracts, which are won with a 38% to 40 strength of corn and fruit alcohol. A bottle or other sizable container is loosely filled with the appropriate herbs and whisky or Wodka is poured over them and allowed for fourteen days or for a much longer period. Thereafter it is advisable to sieve and squeeze out the residue. Tinctures are taken internally in drops or diluted with herbs tea or applied externally as compresses or massages.

HERB POULTICES

Poultice can be fresh or dry. The are softened and put on the affected parts.

THE HARMFUL EFFECTS OF HERBS AND HOW TO REMEDY THEM

However, as a Cameroonian of good will and somebody who is well dressed in herbal medicine, it will be completely misleading if I say that herbs are completely save. This is why I will end part one with the harmful effects of some herbs. Honestly. I will like to advise herbalist and tradipractitioners to be very cautious with the identification, management, conservation, preparation and preservation of plants because once something goes wrong at any of these stages herbs can turn

out to become very harmful. Similarly it is also important to work on packaging. dosage and timing. Personal hygiene also counts a lot. It is preferable to allow diagnoses in the hands of specialists.

In the face of all these, I would like to propose to herbal practitioners. herbalists and users of herbal medicine that they should follow the following precautions.

THE ROLE OF MODERATION IN THE USE OF HERBS

here is much truth in the Hindu proverb that "Even nectar is poisonous when taken in excess The truth is certainly applicable to herbs. All plants are miniature chemical factories often producing a wide variety of compounds such as alkaloids, glycosides acids, tannin, and essential oils all of which can have a profound effects on the human body. The process of concentrating the chemicals which are often unknown or poorly understood in some concoctions is very risky. Furthermore, when various herbs are brewed into a tea and consumed on a regular basis without pulsing, this can equally cause harm. An

example is cited in the May 20th 1983 Journal of the American Medical Association which told of a young woman who was suffering from excessive menstrual bleeding. The usual scientific test failed to reveal the cause. It was subsequently found that the patient had been drinking large quantities of herbal tea several times a year. In two weeks prior to the bleeding episode, she had consumed twenty pots of this tea which analysis show to contain Tokas beans, sweet woodruff, three substances that reduce the natural clotting ability of blood.

The basic solution to all these therefore, is to identify, isolate and synthesize the active elements and use them in acceptable quantities. Studying how herbs work, evaluating them clinically and testing their toxicology is also a step in the right direction. This is more appropriate as compared to the traditional drug testing processes in which scientists usually begin with a known substance. one they think is effective. The test process then attempts to confirm the drug's effectiveness and to show how and why it works. Identifying the active elements in a herb may be much more difficult because of the complex chemical structures

that herbs often have. Synthesizing such elements is even more challenging. Much of the information contained in traditional herbal medicine merely represents what has been copied and recopied uncritically over time and

throughout the centuries by simply incorporating myths, anecdotes and folklore. The developed countries and some responsible manufacturer of herbal products in Africa and Cameroon carefully take into consideration present and emerging scientific knowledge. Whereas other manufacturers within the milieu place poisonous herbs in their products, mix herbal products with dangerous levels of prescription and fail to provide a full and accurate list of ingredients. Similarly, these quacks do very little to stop the passing on of false or even dangerous information on herbal products and food supplements. As a way forward, I would like to recommend that the Cameroon government should come up with an act governing the sale of herbal medicines. A strict and precise standard governing the sale of herbal or any other products for which a health claim is made-whether

directly or indirectly should be established The sellers of such prior to marketing prove that they are sale and effective for the conditions they claim to treat.

Some consumers assume that the very fact that a product is marketed openly is proof that it meets the safety and other standards of the law. Unfortunately that is not true. However, as a practitioner in the

field. I will like to suggest some precautions. Before ingesting any herbal product, the consumer should be wise to ask questions and take a number of precautions.

Look for the list of ingredients. Are the herbs listed familiar? How was your knowledge about that herb acquired?

Determine who makes or markets the product, is he/it a reputable person, company or association? Can you have any legal redress if the product proves unsatisfactory?

When visiting your doctor be using no matter how inconsequential such details may be. Tell him about any herbal product you are

As indicated earlier, excessive consumption of herbs or allergic reactions may be the key to otherwise baffling medical problems. Thus, the consumer should not assume that all herbs are safe or that the claims made about the herbs are necessarily true or that the knowledge on herbs is infallible or that all manufacturers of herbal preparations are equal in quality control, knowledge or a sense of responsibility. Finally, refraining from ingesting excessive amounts of any herbal product no matter how good it is: is the best option.

CHAPTER TWO

DISEASES AND RESPECTIVE CURATIVE HERBS AGING

B

cing an apostle of "glocalisation". I have a particular interest in herbs that retard the aging process. But I am forced to admit that, changes in lifestyle due to healthy eating regular exercises, proper use of pure water, rest, avoidance of alcohol and smoking are good mannerisms that are even more important than herbs. Stress free people will normally do better than those who are stressed-up. These form the foundation of any anti-aging herbal treatment that you decide to try. In addition to this, there are several herbs which you should know about that hold back the ravages of age.

GINSENG PANAX (PANAX Quinquefolia)***

Common names: Five-fingers root, American ginseng, ninsin, red ber-ry. garantogen sang.

The Chinese and the Koreans see ginseng as the Fountain of Youth. Ginseng is known as the wonders of the world and the root of heaven because of its healing effect. Thorough research shows that ginseng has more than 50% active medicinal properties needed by the human body. Its scientific name. panax is an indication that ginseng is a solution to nearly all health problems. The Chinese consider this herb as a tonic for elderly people because it tunes the skin and muscles, improves appetite and digestion and restores depleted sexual energy.

While on a trip to Santa in Pinyin in 2009 for the purpose of investigating Ginseng, one old Fon told me not to waste this herb on young people. He suggested that I should preserve it for myself when I am old. This was an indication that ginseng could be best for older people since it retards the aging process.

Ginseng contains vitamin A. B. B2, B3. folic acid and elements of C. Fe and Mg. It will help in combating the following; aging, hyper-tension and

hypotension, diabetes, gastric and insomnia. It also re-stores intellectual concentration, promotes proper functioning of the nervous system and treats urinary tract infections. It is also very good for general body maintenance.

Ginseng is slowly gaining supporters amongst American physicians and herbal doctors. One big advocate of ginseng is Andrew Weil M.D., a herb advocate, professor at the University of Arizona College of Medicine in Tucson and an author of Natural Health, Natural Medicine. He believes that ginseng should be used by everybody irrespective of age, mentality, sex and race. He frequently recommends ginseng to help strengthen people who are weakened by age. Taking ginseng regularly as a normal tea will actually retard the aging process. The Chinese maintain their youthfulness and live longer because they live on ginseng, believe in ginseng and consider ginseng as part and parcel of their community. I strongly encourage fans of ginseng to continue taking ginseng in order to enjoy their old age.

ii) Ginkgo and Evening primrose** are also other herbs that will help retard the aging process. Take them constantly as a normal tea for a long time and see their dramatic effect on aging.

iii) Aloe Vera should be used constantly too in our cosmetics to smoothen the body in order to keep it in its natural state. Instead of using cosmetics or make ups that will maintain the body temporary, aloe vera should be applied regularly to maintain the natural state of the body permanently.

Postology: mix with your cosmetics and apply.

ARTHRITIS

Arthritis literally means joint inflammation. There are more than 100 diseases that produce joint pain and inflammation, but when people say "arthritis". they usually mean osteoarthritis. This is also known as degenerative joint disease. Osteoarthritis is the most prevalent of more than the dozen different kinds of arthritis. The hips, the knees, spine, tiny joints of the hands of the feet are most frequently affected. Osteoarthritis usually develop gradually beginning with minor aches that eventually lead to extended pains, stiffness, swelling and limited range of motion. Symptoms sometimes subside with gentle physical activity. However, this is not always the case with most

victims since there are no two people with the same biological composition.

Another common form of arthritis is the rheumatoid variety. Rheumatoid arthritis has a nasty reputation because it can cause crippling and joint deformation. Frequently, both hands are affected with other joints as well. In addition to joint pain, swelling is also a symptom. Other indicators include fatigue, fever, loss of appetite, enlarge lymph nodes, numbness under the skin and muscle stiffness after sleep and or inactivity.

Stiffness usually subsides with moderate activity.

Fortunately, Dr Mofor has researched on a number of herbs that can help the situation.

TREAT ARTHRITIS WITH GINGER (ZINGIBER Officinale)

Common names; black ginger, race ginger. African ginger

In one study. Indian researchers gave three to seven grams i.e. 1½ to 3% teaspoons of ginger a

day to 18 people with osteoarthritis and 28 with rheumatoid arthritis. More than 75% of those participating in the study reported at least some relief from pain and swelling signs. The normal dose can be 1 to 3%½ teaspoons of ginger mixed with pure honey. Which implies ginger for 50 FRS should be able to save some-body with arthritis just for a week ie. 7days. However, studies have indicated that even taking ginger constantly for 2 years in high doses have little or no side effects. So, I will advise victims of arthritis to spice their food, drinks, salad with much ginger. The Curcumin inturmeric is an important compound found in ginger that helps a lot to manage arthritis.

Promote relief with pineapples. * *

Some intriguing research suggests that bromelain, a chemical in pineapple help prevent inflammation. I think it is also a good base for people with arthritis. Bromelain can help the body get rid of immune antigen complex. compounds that are implicated in some arthritic conditions. It also helps digest fibrin, another compound suspected of being involved in some type of arthritis. Postology: eat much fresh ripe pineapples and experience the dramatic changes it will bring to arthritis patients.

SWEDDISH Bitters,

is a curative powder that can also bring relieve to victims of arthritis. glass taken morning and evening for 21 days will be of great help.

GINSENG,

which is a panacea for many health problems should not be left out when considering treatments for arthritis. Take ginseng as a normal tea for about 2months and experience its curative power in the treatment of arthritis.

ASTHMA

Asthma is a chronic respiratory ailment that causes wheezing, coughing, chest congestion, shortness of the breath and tremendous anxiety about being unable to breathe. Doctors treat Asthma with a variety of drugs like theophylline, (Aerolate, Theo-Dur) that opens up the bronchial tubes. These drugs, known as bronchodilators are often taken with an inhaler.

When it comes to asthma, it is good to follow a physician's recommendation. This is a potentially fatal illness. As far as I am concerned, if my doctor suggested (theophylline) as treatment for asthma, I will prefer to get it from its many natural sources, the chief among them is the plant containing caffeine.

CAFFEINE***

Coffee, tea, caffeinated colas and cocoa as well as chocolate candy are derived from plants that contain caffeine and count as herbal products. All reportedly contain two other major natural anti-asthmatic compounds, theobromine and theophylline which along with caffeine belong to a family of chemicals called xanthenes. These chemicals help stop bronchus spasm and open constricted bronchial passages.

The level of these anti-asthmatic compounds present in each item varies depending on the strength of the brew and other factors.

But in general, a cup of coffee has the highest levels (about 100 milligrams of caffeine per cup) of caffeine thus it can help the situation.

Breathe better with eucalyptus**: eucalyptus leaves when boiled and drunk will also help asthmatic people.

Breathe better with stinging nettle***, Four hundred years ago, the British

herbalist Nicholas Culpeper claimed that nettle roots or leaves used in juice or tea were "safe and sure medicine to open the pipes and passages of the lungs"

For many years, Australians have viewed nettle as a good treatment for asthma. Aussies drink the juice of the roots and leaves mixed with honey or sugar. They firmly believe that it relieves bronchial troubles. A scientific study was published in America showing that nettle is a potent antihistamine. Now nettle is increasingly recommended for hay fever such as asthma. Friends with asthma should dig up the roots, boil and drink about ½ a glass morning and evening for about 21 days. Ginseng mixed with honey will also help to purify the lungs. Superior cure which is produced by Dr Mofor contains 75 natural plants

that can clear asthma within 21 days. Garlic mixed with lemon juice and honey can also be effective for asthmatic patients.

The sand plant**

is also good for asthmatic patients. When the bark is mixed with bitter kola it could purify the lungs and promote proper breathing. Get a little bit of the bark and chew with one bitter kola, morning and evening for seven days and see its dramatic herbal potentials.

SMOKING

Smoking is estimated to cause one-third of all cancerous deaths and one third of fatal heart attacks in the World. The American Lung Association estimates that 350 000 Americans die every year from smoking. Smoking damages the blood vessels that supply the penis, so men who smoke have an increase risk of impotence. Smoking also damages the capillaries in women's face which is why women smokers develop wrinkles before non-smokers; this drastic change is similarly reported among men who smoke. But somehow, this particular anti-smoking argument seems to score more points with women than with men.

As we noted above, smoking is one of the causes of lung cancer. However, the following herbs can help smokers:

Use Licorice as a cigarette substitute. I don't have much scientific evidence here but I have used Licorice as a substitute of cigarette to help smokers. I

have also heard a lot of positive stories about people kicking the habit with the help of Licorice. But how does this work? A Licorice root happens to look just like an old cheroot cigar. You can keep a stick of Licorice root handy and suck on to it in place of a cigar. I believe it works because it helps to satisfy the oral craving that people who are addicted to cigarette seem to have. I would give this a try if I were a smoker.

Combat cancer with carrots: When I was a student, I advised many people to chew at least a carrot after smoking.

Carotenoids: the chemical relatives of vitamin A that give carrots their orange color also help prevent cancer especially if the carotenoids come from carrots or other whole foods rather than from capsules.

Generally, if you isolate one beneficial chemical or take it out of the context, you will be missing on a whole lot of other chemistry that could also be helpful. If cigarettes are cancer sticks, then carrots are anti-cancer sticks. Take more fruits and vegetables. When you eat these items often it will be most unlikely that you will develop any major cancer including lung cancer. Thus if you can't quit smoking, endeavor to eat more carrots.

ERECTION PROBLEMS

Not long ago, doctors and psychologists believed that 90% of erection

difficulties were psychological and that a stimulating partner was all a man needed. Now authorities in the field of medicine agree that most erection impairment has a physical cause: clogged arteries, alcohol or other drugs, diabetes, pelvic injuries, sleep, deprivation, smoking or prostate surgery. Impotence is the inability to rouse or sustain an erection that is inadequate for intercourse and ejaculation. Many Cameroonians experience some form of impotence. Some take prescription medication such as viagra; others get penile implants. However, the following herbs can help victims of impotence and erectile dysfunction.

Boost blood flow with raw groundnut mixed with onion. **

Eating raw groundnuts alongside raw onion will help people with erection problems.

Ginseng improves blood flow through the brain and can also boost flow into the penis thus supporting an erection.

INFERTILITY

If a couple is infertile, this means that they have been unable to conceive a child after 12 months of regular sexual intercourse without birth control. An estimated 20% of couples have trouble conceiving. Rising maternal age is also a contributing factor. As women are increasingly having babies later in life, the risk of infertility will continue to rise. Among men, falling sperm count may also be part of the problem.

Treating infertility has become a huge medical industry during the past few decades with doctors doing everything from prescribing fertility drugs to arranging for test-tube babies (in vitro fertilization). These well publicized procedures cost a lot of money.

While some infertility problems especially in women can be addressed by having children much earlier in life; managing growth and fibroid in the womb; cleaning and blowing the tubes; diagnosing and treating chronic infections of the reproductive system; and other medical means, men on their part should look for means of increasing their sperm count. Infertility is a major heartache and it requires going closer to natural medicine. Before you try a high-tech solution, you should thoroughly explore possible causes with your doctor to find out whether there are lifestyles or other changes that can make you improve your chances of conception. While you are at it, consider some natural alternatives. The following section highlights primarily the natural alternatives that can be helpful for men and women.

Enhance Potency with ginseng**

A California herbalist, Kathi Keville, author of *The Illustrated Herb Encyclopedia* and *Herbs for Health and Healing* tells two stories of infertile men who started taking ginseng, and ginger to build up their physical stamina. Sometime later the wives of both men became pregnant. On the other hand, the Chinese have been using ginseng to solve problems of infertility for centuries. Drink ginseng constantly as a normal tea for weeks and see its dramatic result.

Ginseng has been considered in Asia for many centuries as a male potency and longevity tonic. There is some research with animals suggesting that

ginseng stimulates sexual activity and, of course, you need that to conceive.

Stimulate sperm with ginger**

According to reports of research conducted on animals in Saudi Arabia. ginger significantly increased sperm count and motility. Prepare ginger tea and spice your food with much ginger to get the desired out-come.

Build your meals around foods rich in Vit B6**

People who advocate the use of micronutrient and supplementation often recommend vitamin B6 for infertility. The best source of this nutrient in some plants in descending order of potency is cauliflower, watermelon, bananas, onions, broccoli and kale. In addition to this, having enough rest, avoiding alcohol and taking much fruits can also be of great help. However, I have seen people in the East and Northwest Region who treat this problem of infertility with a combination of herbs whose identification in a book like this can be difficult since there are some harmful plants that look like their harmless counterparts. So if the health situation described above persists after applying the treatment indicated then you can contact me to show you the plants or prepare you a more holistic herbal combination.

INHIBITED SEXUAL DESIRE IN WOMEN

Any man or woman can lose interest in sex. In women, the condition used to be called frigidity, but sex therapist have dropped that judgmental term in favour of the more neutral term loss of libido or inhibited sexual desire.

Many factors can cause loss of sexual desire, this includes illness; emotional stress (especially when a relationship is on rocks); excessive alcohol consumption and some prescription medication, particularly antidepressants.

I suggest that before you go to a psychotherapist or write yourself as asexual, make a list of all the medications that you take both prescription and over the counter drugs. Then take the list to your doctor or pharmacist and ask if any of these medications have side effects that could be affecting your sex life. If so, ask your doctor if you can substitute with other medications that could help you restore your sexual desire.

RESTORE SEXUAL DESIRE WITH GINSENG

Even though ginseng has been long considered a plant for men, I have read reports of women who felt greater sexual responsiveness after consuming it. Nowadays, several herbalists I know suggest ginseng for loss of sexual desire in women. The herb is very expensive in many parts of the world. So, few people take it. The normal dose is a glass every morning and evening for about a month.

Use Chinese angelica as aphrodisiac***

The Chinese say that this herb, which is also known as dang gui, does for women what ginseng does for men. It is an all purpose sexual re-productive tonic. Because of its reputation as a sex-enhancer, it is one of the most widely used herbs in Chinese women's medicine. Typically, three to six teaspoons of powdered root are added to a pint of boiling water, women drink up to 3 cups of the tea a day.

(NB: Do not take this herb if you are pregnant).

MENOPAUSE

Menopause means the cessation of menstruation. Most women experience menopause during their late forties and early forties. Some-times it happens quickly. More frequently it takes a few years for menstrual periods to cease. As menopause develops, estrogen production declines, often causing one or more discomforts like: anxiety, breast tenderness, depression, dry skin, headache, hot flashes, insomnia, irritability, nervousness, night sweats and vaginal dryness.

Among this list, hot flashes are most common affecting about 85% of menopausal women. Hot flashes usually occur without warning, but some women noticed that emotional stress, exercise, alcohol and certain foods may trigger them.

Hot flashes and other menopausal symptoms are rare in vegetarian cultures especially amongst people who consume a lot of legumes like black beans, mung beans and soya beans. Why? Because beans and many others have mild estrogenic activity; these compounds include isoflavones, lignans, phytosterols and saponins.

Phytoestrogens are weaker than the body owned estrogen. In premenopausal women, phytoestrogen compete with women's own oestrogen. More potent estrogen reduces the total effects of estrogen. As a woman's estrogen production falls, phytoestrogens supplements this hormone. Put another way. when women have too much biological estrogen, phytoestrogens lower the burden: when they have too little, phytoestrogen add the burden.

However, a number of specific herbs can help relieve many symptoms associated with menopause,

Ginseng has demonstrated estrogen activity***

The roots can be used to make a pleasant tea that can help to trigger lupus in sensitive individuals. Garlic will also be of great help.

Black cohosh hong**

This is highly recommended for "female complaints" and cool down

hot flashes. This herb contains estrogenic substances that help relieve menopause discomforts especially hot flashes. In one study of 110 menopausal women, half were given black cohosh root extracts while the other half an inactive preparation. After 10 weeks, blood tests showed significant estrogenic activity in women taking the herb.

OVERWEIGHT

In 2010, a journalist in Cameroon interviewed me about the natural secrets of weight control. For the most part, they are no secrets just eat a low-fat diet rich in fiber, whole grain and get plenty of exercise. You might try these herbs that can also help control your weight.

Plantain**

This is a leafy plant and psyllum is the seed of the plant. In an Italian study, scientist gave women who were seriously obese at least 60 per-cent over their recommended body weight-three grams of plantain in water 30 minutes before meals. The group that was administered plantain lost weight than a similar group of women who depended only on their diet.

Fight fat with mustard seeds***

In an experiment, researchers at Oxford Polytechnic Institute in England measured the metabolic rates of people on standardized diet, then added

a teaspoon of mustard to every meal. The study showed that the hot herbs raised metabolic rates as much as 25%.

SPICY FOOD

If you are trying to lose weight, you can get another benefit from eating spicy foods. The hot spice stimulates thirst, so you drink more liquids. If you fill up on water instead of food, you will obviously take in fewer calories and gain less weight.

So hot spicy foods can help keep your weight down.

Shed fat with Ginseng and Lemon**

This herb has quite a folk reputation as a slimmer. The Chinese are use to this tonic. They make sure it is taken in all sort of ways, ranging from cosmetics to food and drinks. Try ginseng tea for a month and see what happens.

CHICKWEED

Some people eat it in salads whereas some steam it and drink as a tea. When mixed with other vegetables like dandelion, it burns fat faster.

PROSTATE ENLARGEMENT

The prostate is a small gland that only men have. It sits just above the rectum and provides a good deal of the fluid in semen. Unlike most body parts, the prostate gland grows larger as men age, a condition known as benign prostate hypertrophy (B.P.H). By age 40, about 10 percent of men have some degree of prostate enlargement. At age 60, the figure is about 50% and it keeps increasing as the years pass. Why does this call for concern?

The male urethra, the tube through which urine passes is encircled by the prostate gland. As the prostate grows larger it pinches the urethra causing BPH prostatic symptoms. It becomes harder to urinate and men will now find it difficult emptying the bladder. Herbal medicine has proven to be more effective than some modern medicine or surgery for controlling BPH, which is also called noncancerous prostate enlargement. Here are some of the herbs that can be used to control prostate enlargement.

Pumpkin***

This is of great importance to victims of prostate enlargement. The seeds

of pumpkins are very medicinal. The seeds had been used as ational treatment for BPH in Bulgaria, Turke and Ukraine. The recommendation was a handful of seed a day for about a month.

The fatty oil in pumpkin seed is a powerful diuretic that in-creases urine flow.

However, some people believe that increase in urine flow have nothing to do with relief from BPH pumpkin seed. However, it contains chemicals like cucurbitacins that appear to pre-vent some transformation of testosterone into dipy drotestosterone. In addition, pumpkin seeds contain zinc. Naturopaths Joseph Pizzorno N.D. President of Bastyr University in Seattle, Michael Murray, co-author of A Textbook of Natural Medicine, suggest that pumpkin seeds should be taken for treating BPH.

Zinc has been shown to reduce the size of prostate. Pumpkin seeds are rich in zinc. The amino acids- alanine, glycine and glutamic acid found in pumpkin are also of great importance to prostate victims. Dr Murray and Dr Pizzorno report that in a study of 45 men who were given supplements of these amino acids (200 milligrams of each) every day, the regimen significantly relieved BPH symptoms.

Half a glass of pumpkin seed contain 1.150 to 1.245 milligrams of alanine, 1800 to 1930 milligrams of glycine and 4.315 to 4635 milligrams of glutamic acid that is anywhere between 5 to 20 times the doctor's daily recommendation.

Cucumber *

This was also of great relieve to the prostate victims. Eat cucumber constantly as a fruit.

Ginseng***

Contains a compound that prevents the conversion of testosterone to dihydrotestosterone. Take as a normal tea for a period of about 2 months and see its dramatic relieve.

HEMORRHOIDS (Internal and External Pile)

It looks like hemorrhoids affects many Cameroonians today. Hemorrhoids are the varicose veins of the anus. They expand during defecation and shrink back to normal size afterwards. However, repeated straining during defecation as a result of constipation can interfere with the normal functioning of these veins. They may become permanently swollen, causing

pain and itching. The best way to deal with hemorrhoids is to prevent them and the best way to do so is to avoid constipation. However, eating properly and drinking plenty of nonalcoholic fluids will be of great help to victims of hemorrhoids. Carrots and apples are also good for this problem.

If you are a victim, you should try the following herbs,

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If you are a victim, you should try the following herbs;

Comfrey

This is rich in allantoin, a wound-healing chemical that is anti-inflammatory, stimulates the immune system and hastens the formation of a new skin. You can moisten powdered comfrey with vegetable oil and apply the paste.

Make use of plantain poultice**

Plantain has a strong folk reputation as a hemorrhoid remedy. The herb contains allantoin, the same soothing compound found in comfrey.

Prevent constipation with Ginseng;

In one study, 51 people with hemorrhoids received ginseng, more than 85% reported an improvement in their conditions, less pain and less itching. bleeding and discomfort during defecation. Doctor Mofo recommends the chewing of a teaspoonful of ginseng a day for the treatment of hemorrhoids. Ginseng is now considered as a commercial product all over the world because of its dramatic healing potential for constipation.

The umbrella herb**

This is also very effective for people with pile. It has a soothing, cooling and an astringent effect thus it can help relieve hemorrhoidal pain and itching. Put the herb in banana leaves and cover it with the hot wood ash in your kitchen fire. After a few minutes remove it and mix it with kernel oil and apply on the anus, morning and evening for about 4 days.

Olive oil mixed with lemon juice will also be of great help to victims of pile, mixed two teaspoonful of olive oil in a glass of lemon juice and take it every morning and evening for a week.

HIGH BLOOD PRESSURE

High blood pressure or hypertension is generally defined as a blood pressure greater than 140/90. The first number (systolic) is the force that blood exerts on the artery walls when the heart is pumping. The second number (diastolic) is the residual force that remains when the heart relaxes between beats. Any blood pressure below say 138/88 is safer but you should try getting it down closer to what is considered normal 120/80. That is because any elevation in blood pressure raises your risk for heart attack and stroke.

More than a million Cameroonians have high blood pressure which is referred to as a silent killer. While the condition itself causes no symptoms, it sets the stage for heart attack or stroke. In a few decades doctors and other health professionals have made a big push to detect high blood pressure and treat it more aggressively. The rate of heart attacks has indeed gone down. But the problem in my opinion is that doctors are too quick to treat this with synthetic drugs. There is plenty of solid evidence that diet and lifestyle changes including regular exercise, stress management and self-monitoring of the condition using home pressure devices work just as well as drug and do not have any side effects.

Diet and lifestyle modifications all tend to provide a sense of control that is beneficial. The reason is clear. Don't expect the pharmaceutical industry to encourage the natural ways. They are certainly scared that it could cut down their market for hypertensive medication. However there are a number of

herbs that can help control blood pressure.

Enjoy garlic in large quantities***

This good herb will not only normalize blood pressure but it can also reduce cholesterol. In a scientifically rigorous study, people with high blood pressure were given about one clove of garlic a day for 12 weeks. Afterwards,

they exhibited significantly lower diastolic blood pressure and cholesterol levels. "We know that garlic can reduce hypertension, even in quantities as small as a half ounce per week," says Varro Tyler, PhD, Dean and professor Emeritus of Pharmacognosy (The Science of Drug Production from Natural Extracts) at Purdue University of West Lafayette, Indiana. If you cook with garlic and use it in your salads, getting that much should be a snap. If you haven't yet developed a taste for garlic, mix in honey for sometimes and take one clove everyday for about 100 hundred days and see it dramatic change in reducing hypertension. With so many health benefits associated with this herb. I will like to recommend that my fans should find many ways to enjoy it in their food.

Help your heart with hawthorn**

Hawthorn extract can widen (dilate) blood vessels especially the coronary arteries. According to a report published in the Laurence Review of Natural Products, a respected newsletter, Hawthorn has been used as heart tonic for centuries. You can try a tea made from a teaspoonful of dried hawthorn herb per cup of boiling water and drink up to 2 cups a day for a week.

HIGH CHOLESTEROL AND THE SLIPPERY SUBJECT OF FATS

"So there was food every day for Elijah and for the woman and her family. For the flour was not used up and jug of oil did not run dry in keeping with the word of the lord spoken by Elijah." (1 Kings 17:15-16)

Have you ever tried to explain something simply and clearly and then realized that your explanations raised more questions than answers? So it is with the subject of fats. In the 1980s salt and cholesterol became practically synonymous with sin. Our focus has been turned to low fat and fat free products.

Nutritional Research is quite a different matter. They are more questions than wees in it. The result is that you and I see contradictions and controversy then leaves us confused What are we going to do? First lets find out what is good for us, what kind of fats there are and which one should be regarded as the best-choices. We need some fats!

First of all, fat in itself is not bad. Our body needs fats to transport the fat-soluble vitamins (A, D, E and K), convert carotene from plant food to vitamin A in order to protect vital organs, regulate temperature, provide a concentrated source of energy, provide the essential fatty acid to silence hunger and add wonderful flavor t many dishes.

Even cholesterol is not bad. Cholesterol is necessarily part of all cells, especially nerve, brain, blood and liver cells. It assists in nutrient and waste transport in and out of the cells, assists in the forming of bile and vital hormones and lubricates the skin. Our body uses much more cholesterol than our food provides. We do not want to cast fat aside but to regulate it.

What kinds of fat are there? Just as dietary fiber, all fats are not in the same form. The four basic known forms of fat are polyunsaturated, saturated, mono-unsaturated and cholesterol. All vegetable oils contain a combination of the first three forms but no cholesterol. Some vegetables are high in polyunsaturated fat while some are more highly saturated. All animal fat contain a combination of saturated, polyunsaturated, and mono-unsaturated fat, plus cholesterol. Among animal foods, fish are lowest in saturated fat and cholesterol and contain valuable polyunsaturated omega-3 fatty acids.

How can fat affect weight control?

The confusion and controversy surrounding these fatty foods involves their various effects on health especially with regard to cancers, heart disease and weight control. The least confused issue is the effect of fats on weight control. All fats no matter the form they are contain nine calories per gram twice as many calories as a gram of protein or carbohydrate. A highfat diet, very simply, adds too many calories to people especially in combination with a refined carbohydrate diet that contains inadequate dietary fats. Limiting overall intake of fat of all kinds is a very effective way of healthy living.

Other Problems with Fat and Oils

Many research studies have shown a correlation between heart diseases and fats. The most well established link to date is that of diets that are higher in saturated fats. This raise blood cholesterol levels and are a leading contributor to heart diseases. This is the reason for which we have been cautioned to reduce the intake of meat and dairy products and have been encouraged to use more vegetable oils, because they are much higher in polyunsaturated fats. Other research shows that polyunsaturated reduce blood cholesterol. Yet other studies indicate that too much polyunsaturated oil may lead to certain forms of cancer. One reason for this is the high susceptibility of polyunsaturated vegetable oil to rancidity. Rancid oil in the body is carcinogenic. Refined oils extract the vitamin E which acts as a natural preservative. Heating oils during cooking increases the risk of rancidity. It also converts some of the G's form of polyunsaturated oil and cause them to be transformed. Saturated and monounsaturated fats are less susceptible to this conversion.

What about hydrogenated vegetable fat, margarine and butter?

Added to the extraction of nutrients in oil processing is the hydrogenation of fat. Hydrogenation adds an extra hydrogen molecule to give oils a longer shelf life. Oils lightly hydrogenated will be thicker yet still liquid at room temperature. Heavily hydrogenated oils will be solid at room temperature.

All vegetables are often made from more highly saturated fat beginning with Oriso which is made from hydrogenated soya bean and palm oil (51%) saturated. Hydrogenation also changes the natural form of fatty acids into Tran's fatty acids. Some nutritionists maintain that the body cannot utilize the transformation of fatty acids. According to Warren N. Levin, MD member of the International Academy of Preventive Medicine says, "these trans-fatty acids do not fit into the body machinery and tend to gum up the works". Therefore Dr Levin recommends butter over margarine although butter is a saturated fat. Carbon Fredericks PhD also wrote a magazine "Hotline to Health prevention. (December 1986 p.39). A recent report in the journal of Nutrition (October 1979 pp. 1759-65 warns that excessive intake of

trans fat tends to aggravate existing deficiencies in essential fatty acids. We

are inclined to agree with these findings on the basis that man's chemical alterations of real food repeatedly have been found wanting in their effects upon human health. There may be quite a bit we don't know concerning the effects of trans fatty acids on human health that we will wish later that we did know. This is the reason I recommend the use of real butter or vegetables oil in baking.

In the meantime as we are faced with this fat dilemma, modern research is turning up exciting new information about olive oil.

BODY ODOUR (BO)

The chemistry of armpits is rather interesting. Much of our body odour comes from elimination of the apocrine sweat glands. Most of which are located in the underarm area. If we do not wash it regularly every six hours or so bacteria will begin to colonize this apocrine secretion which can later develop to body odour.

In addition to poor hygiene, body odour may be caused by zinc deficiency, diabetes or liver disease. chronic constipation and certain parasites. Vegetarians claim that meat eaters have more body odour. Bathing is probably the best way to control body odour.

However, herbs also have a long and illustrious history of controlling (BO).

Some of these herbs have antibacterial action against the microorganism that makes our apocrine secretion smell unpleasant. Here are some to try:

Ginger, Rosemary, licorice and the white eucalyptus tree***

These herbs have antibacterial action and should be used constantly.

You can powder the herbs and rub them into your underarms.

Inhale eucalyptus and constantly make use of plants, fruits and herbs that are rich in zinc.

COLDS AND FLU

The common colds, an infection of the upper respiratory tract is caused by any of 200 different viruses. The viral infection and immune system's battle against it produce the all too-familiar symptoms: sore throat, nasal congestion, runny nose, watery eyes, hacking cough and sometimes fever.

Colds are spread directly from person to person by coughing or sneezing or

by hand to hand contact. The virus gets on one person's hands and can spread to the hands of others. Once your viral contaminated hands touch your nose or eyes, you are most likely to catch a cold. The virus can also live for several hours on everyday surfaces like counters and door knobs. Your hands can literally pick it up that way as well. (That is why it is good to wash your hands very well during cold and flu seasons). If you are getting more than your fair share of cold, then your immune system may need help. May be the right herbs will help you.

There are quite a few herbs that can help boost your immune system's cold fighting power.

Battle colds and flu with garlic**

Eat enough garlic and the germs will stay away from you. Garlic contains many excellent compounds, including allicin, one of the source of potent broad spectrum antibiotics.

Any one who has ever had garlic breath knows these herbs aromatic compounds are readily released from the lungs and respiratory tract putting garlic's active ingredients right where they can be most effective against viruses that cause colds.

Prevent colds with ginger**

Pouring a cup of boiling water into a couple of fresh, shredded ginger roots to make a good hot tea really makes a lot of sense as a treatment for colds. This is because this herb contains nearly a dozen of anti viral compounds.

Scientists have isolated several chemicals in ginger that have specific effects against the most common family of cold viruses. Some of these chemicals are remarkably potent in their antirhinovirus effects.

Still other constituents in ginger, gingerols and shogaols help relieve colds and other symptoms because they reduce pain, fever, suppress coughing and have a mild sedative effect that encourages rest.

Ginger has one more thing going for it. It's tasty. I would like to say that there are a lot of good reasons to make ginger a regular part of your treatment for colds.

CONSTIPATION

fruits, vegetables and whole grains out of your diet. I am not just Here is a sure formula to eliminate constipation. Take all the fiber-rich and vegetable help prevent constipation. In folk medicine the foods that get talking about prune juice. Every whole grain item and every fiber-rich fruit special recognition as laxatives include almonds, apples, avocado, dandelion. paw-paw and water melon.

If you are constipated, the first thing you should do is to change your diet Eat five fruits and five vegetables a day but do not take fruits and vegetables

at the same time because fruits digest faster than vegetables so they would rather cause constipation. Reduce your intake of low fiber foods like meat and tea if constipation is a and refined bread. Also encourage people problem to them. Tea is rich in tannins which help bind stool and hold back bowel movements. Constipated people should avoid too much white sugar and milk. Always take a laxative at least 2 times every year.

Several herbs can also help prevent and treat constipation.

Chewing ginseng***

Dry ginseng will be very effective for constipated people. As a herbal treatment for constipation take much ginseng tea and see how it dramatically changes your condition. Garlic**

This is also very effective for constipated people. Take a clove of garlic in its natural form twice daily for about a week.

Take psyllium seeds**

Tiny psyllium seeds contain a fiber called mucilage which absorbs a great deal of fluid in the gut. This makes the seeds swell. They add bulk to stool, and as the stool becomes bulkier, it presses on the colon wall, triggering muscle contractions

Make use of the King Seeds

Dr. Mofo is right about this. It contains a natural laxative compound rich in Fiber. Remember that its laxative action can be pretty powerful. But take a table spoon of red oil if you want to control its laxative action. A seed or two can make a good dose. However, I suggest that you should try other methods first since there are no two people with the same biomedical composition.

COUGHING

The common cough is perhaps more common than cold.

Roughly of the people seeking medical care in the dry season suffer from inflammation of the respiratory tract, with cough and other related symptoms.

No matter what causes it, coughing is pretty much the same. Coughs bring up mucus, while non productive or dry, hacking coughs do not.

Remember, if you have a cough that just won't go away, it means that your body is sending out a message. It could be something as "stop smoking" or "get your sinus infection clear up". While you are treating your cough, you also need to pay attention to what your body is trying to tell you. If home remedies do not seem to help and your cough persists for several days, see your doctor.

Regardless of the cause, herbs can provide some relief. Herbal cough treatments have been recommended since ancient times. Here are some that I recommend:

Quiet your cough with ginger***

Several compounds in ginger (gingerols and shogaols) have been shown in studies using laboratory animals to have cough-suppressing, pain-relieving and fever-reducing action. I believe that ginger can help relieve cough. You can try adding it to whatever you take for coughs.

Clear your throat with Lemon***

Clear your throat with lemon. Here is a formula from Christopher Hobbs, a fourth-generation California herbalist and author of several books on herbal medicines. Steep 2 teaspoons of organic lemon, 1 teaspoonful of sage in boiling water for 15 minutes; add the juice of ½ lemons and tablespoonful of honey. I am so sure of lemon; I think this remedy is good to try. In fact, drink it 2 to 3 times a day.

PREMENSTRUAL SYNDROME, ABDOMINAL DISORDERS, INFLAMMATION OF THE OVARIES AND FIBROIDS.

Premenstrual syndrome (PMS) describes a variety of possible symptoms that can occur as a woman approaches menstruation. Anxiety, bloating, breast tenderness, irritability, moodiness and weight gain. Most authorities believe

that all of these symptoms are caused by changes in the levels of female sex hormones, estrogen and progesterone, that precede menstruation,

The higher, the estrogen level, scientists say the greater the risk of PMS. Estimates vary but say some 25 to 50% of menstruating women suffer some degree of PMS with 8 to 15% experiencing severe symptoms. On the other hand, Amenorrhea is the absence of menstruation. Menstrual cramps have to do with painful spasms. If a lady experiences intense menstrual pain, doctors recommend she should get a check-up to make sure that the cramps are not brought up by an underlying problem such as endometriosis or a pelvic infection. Once your doctor rules out other causes, try one of these herbs to help ease your monthly cramps:

Banish Cramps with Ginseng***

Under the name cramp root, this herb was recognized as a treatment for menstrual cramps in most countries in Asia. The tea contains at least four substances that help relax the uterus. The tea also helps relieve muscle cramps with so much folklore and science to recommend it. Ginseng would be one of the first remedies that I suggest to victims of menstrual cramps.

I recommend five packets of ginseng in 5 liters of water plus six lemon fruits, allow it get fermented for a day and drink a glass morning and evening for 14 days.

Relax With raspberry leaf tea**

Many women herbalists I respect recommend raspberry leaf tea for easing menstrual cramps. One study showed that this herb helps relax the uterus. It is also popular for soothing the uterine irritability

associated with pregnancy Researchers do not know the active compound in raspberry but they speculate that it might be pycnogenol (an oligomeric procyanidin) that makes sense to

me. In one study, taking 200 milligrams of O.P.C. daily over two cycles eliminated or significantly relieved menstrual cramps and premenstrual syndrome in 50 to 60% of the women who took them. Among women who took OPCS for four cycles, the number who benefited was even higher, 66 to 80%.

Spare your women problems with Yarrow. (*Achillea Millefolium*) (common

Soldier's herb)**

Yarrow is a herb that would be difficult to be without. It is of great value for many illnesses but first and foremost it is a herb for women. "Women could spare many troubles, if they just take Yarrow tea from time to time". Be it a young girl with irregular menstruation or an older woman during menopause or already past it for everyone young and old. It is important for everyone young or old to drink a cup of yarrow tea.

For inflammation of ovaries, yarrow will often relieve the pain and the inflammation will slowly but surely get to normal.

For bed-wetting of children and older people, as well as white discharges, 2 cups of yarrow tea should be drunk daily as well.

For infected uterus, mixed yarrow with ginseng and king grass and take for a long time, 2 cups daily for about 21 days.

For fibroids, ginseng, yarrow, 2 unripe paw-paw and a handful of the king grass should be taken until a medical check-up shows no sign of hem anymore.

A girl of nineteen had problems and was unable to menstruate. A gynecologist prescribed pills for her. Her breast became quite large but there was no menstrual flow. She refused to continue with the pills.

Her mother came to see me and I told her to give her a cup of yarrow tea on an empty stomach every morning. After 4 weeks everything was in order and she has had no problems since then.

A woman during menopause should take advantage of yarrow tea and save herself a lot of inner restlessness and other problems. For neuritis in arms, legs, foot, bath with an addition of yarrow.

In old herbal teas, yarrow is called "cure of all ills" and can be used in cases that seem hopeless. Its blood cleansing action expelled many illnesses in the body. Yarrow is good on the bone marrow and thus stimulates bone renewal. It is therefore helpful for disorders of the bone marrow and caries. The tea activates sluggish kidney, rectifies lack of appetite, expels stomach cramps and beneficial for stomach disorder, inflammation of the gastrointestinal tract and regulates the movement of bowels. The tea is beneficial for bleeding,

indigestion heart burn for colds hack or rheumatic pain yarrow tea is drunk as hot as possible and in large amounts.

DIRECTION

Infusion Pour a liter of boiling water on the herb and allow for about 15 minutes and take a glass twice a day

Tincture: Yarrow flowers, which are picked in the sun are placed loosely into a bottle and whisky is poured over them and the bottle is left in the warm place for 14 days

Ointment: unsalted butter is heated and fresh leaves and flowers of yarrow are added. The next day it is slightly warmed, pressed through a piece of linen, poured into a clear jar and store in the refrigerator and apply it 2 x daily on the affected spot.

Sitz Bath: 100 gm of the whole herb are steeped in cold water over night. Boil the next day and add to bath water.

SWEDISH BITTERS CURRATIVE POWER (Cures more than 45 common diseases)

If they are taken frequently breathed in or sniffed, the base of the skull is moistened. This dispels pain and dizziness and strengthens the brain and memory

They help dim eyes and take away redness and all pain, even if the eyes are inflamed. They rid them of spots and cataracts; a moistened piece of cloth is applied close to the eye-lids.

For stomach cramp, 1 table spoon full is taken.

For tooth ache, a table spoon of these drop is taken with water and kept in the mouth for a little while. The pain soon eases and the putrefaction disappears. The tea gets rid of gas and cools the liver. Eliminate troubles of the intestines and stomach. Thus it helps constipated people.

Blisters on the tongue or other infirmities of the tongue are frequently moistened with the drops and healing soon occurs.

Eczema of all kinds and scars on the body are expelled if well managed. For colic, 3 table spoons are taken slowly, one after the other and relief will soon be felt

For dropsy. 1 tablespoon is taken in a glass of palm wine every morning for 21 days.

It is beneficial for pain in the gall bladder. Take 1 table spoon in the morning and evening. If after birth, when the milk dries up and inflammation develops, it will quickly subside if a moistened piece of cloth is applied.

In the last 4 days of pregnancy, if 1 table spoon is taken morning and evening.

it eases childbirth especially the expulsion of the after birth. A coffee spoonful hot is given every 4 hours until the afterbirth is expelled without pain.

For morning sickness 1 table spoonful is drop in red wine and given the victim, morning and evening for 3 days.

For pain and buzzing in the ear, a piece of cotton wool is moistened and put into the ear. It is very beneficial and brings back lost hearing.

They get rid of pustulas in children. The children are given drops according to age, diluted with water. If the pustulas start to dry up they are moistened with these drops and no scars will develop.

For corns a cotton ball moistened with drops is applied and kept moistened.

Each drop is applied and kept moist. After 3 days the corns fall out or can be removed painlessly.

They heal frost bitten hands and feet; Drops are taken morning and evening and a moistened cloth is applied on the affected parts.

Rheumatic pains in the limbs are eased if the tea is taken morning and evening for a long time.

It heals all burns and scalds; be they caused by fire, hot water or fat, if the injuries are moistened frequently. No blister form, heat is taken and the burns soon disappear.

For jaundice very soon all complaints disappear if 1 table spoon of these drops is taken 3 times daily.

The open all hemorrhoids, heal kidney, rid the body of all unnecessary liquids without further pain, encourage proper digestion and expel constipation.

If the menstrual flow ceases for a woman or it is too heavy, she is advised to take 3 drops daily and repeat after two weeks.

This remedy also expels white virginal discharges.

If someone is afflicted with epilepsy, he has to be given these drops spot and he should then take this remedy exclusively since it strengthens the affected nerves as well as the body and rids all sickness.

They serve against swelling and bruises, be they caused by a blow or a fall. If someone cannot eat with appetite it brings back the lost appetite.

In anemic cases, they bring back the lost colour if taken for a long period in the mornings. They cleanse the blood and promote proper circulation. This remedy also gets rid of cramps.

For constipation, take the tea morning and evening on an empty stomach and continue the treatment for 6 weeks.

They heal lameness and rid you of dizziness and indisposition.

They heal bites of mad dogs and other animals if applied and also taken internally since they heal and destroy all poison.

For plague and other infectious diseases, it is good to take this tea repeatedly since they heal plague, boils and swellings even if they are already in the throat.

He who cannot sleep at night takes a glass before going to bed. A drunk can sober on the spot with 2 tablespoonfuls.

He who takes this tea in the morning and evening needs no further medication since they strengthen the body, tone up the nerves and the blood, take away trembling and dizziness. In fact it takes away many illnesses.

The drops also heal cancer, warts and chopped hands.

N. B. All stated amounts of Swedish Bitters should be taken diluted with herb tea or water.

O.

The wonderful healing power of this herb is shown in the above text of the "old manuscript". It can be said and rightly so that there is hardly any illness where Swedish Bitters cannot cure.

DIRECTIONS

1 table spoonful diluted with half a cup of herb tea. For dispositions of any kind, 3 tablespoons diluted with water can be taken. For serious diseases 2 to 3 tablespoons are taken as follows; 1 tablespoon diluted with half a cup of herb tea, half of it is sipped half an hour before and the other half an hour after each meal.

Compress: Depending on the affected spot, a piece of cotton wool is moistened with Swedish Bitters and applied to the affected spot.

The compress can be left on it for 2 to 4 hours depending on the illness. After removal the skin is powdered.

DIABETES

Diabetes is on the increase in Cameroon and will continue to be in front of all illnesses with cardiac infection. Our diet of too much and the wrong types of food are often the cause of this illness especially in children. Yes, not only adults but many children suffer from the disorder of the pancreas and are therefore diabetic. I therefore like to advise people to restrict children from certain types of food, sugar and sweet stuff. Injecting insulin once in a while may also be of great help. Many diseases of our time show that easy circumstances are not always good for us. We should therefore tighten the belt and eat more wholesome food. You are what you eat. This notwithstanding, this disease can be controlled with natural herbs.

Bitter leaf (*Veronia Coloratia*)* * *

The curative properties of bitter leaf depend on the time of gathering. They should only be gathered in the dry season. When gathered at the right time they are a clinically proven remedy for diabetes. Bitter leaf contains Myrtillin which not only reduces the blood sugar but remedies the illness. The Myrtillin content in the bitter leaf is called and rightly so "vegetable insulin". Despite the excellent properties of bitter leaf, treatment with this vegetable should only be taken under medical supervision. However, it is worth noting that no side effects have been recorded by those who took it in excess. Chewing the leaves raw can be of great help to diabetic patients. It can also be mashed in five liters of water and drunk as a tonic morning and evening for about ten days.

Another popular remedy for diabetes is carrot**. Research has proven that constant consumption of carrot remedies almost all disorders of the pancreas. It is therefore beneficial for diabetic patients to live on carrot for life.

Blueberry Leav

Blue berry leaves are added to two liters of cold water and boiled until the water is reduced to half the amount. Half the glass is then consumed morning and evening for about three days.

Ginseng panax

Constant consumption of ginseng is beneficial for diabetes. Extraction should be well managed and at the right time. The plant should be fully developed when it is already five years old ranging from 8 to about 16 inches tall with a head or stomach and perhaps curve legs with toes and fingers. Therefore, the tea should be recommended to diabetic patients. Taking it like a normal tea without sugar for a longer period of time may be a way forward for patients.

(Pear seeds) Avocado**

The seeds of the avocado can also be of great importance to diabetic patients. Get 10 seeds, grind and boil in 10 liters of water, take a glass in the morning and evening for about 15 days.

Garlic (Alium Sativum)**

Constant consumption of garlic by diabetics will also bring a drastic change. It should be taken raw. However, diabetic patients should make use of much spring water, avoid meat and live in foods rich in fiber, green vegetables. coco-yam leaves, bananas, water melon will be good for diabetic patients. Exercise and body work should not be left out.

CATARACT AND GLAUCOMA

Glaucoma is not only a disorder of the eye rather it is caused by a malfunction of the kidneys. In most cases it occurs together with rheumatic pains in the joints. Two to three cups of tea made from stinging needle, calendula and Horsetail with a teaspoon of Swedish bitter added to each cup and drunk daily will be of great help. For Cataract, Swedish bitter are brushed across the eyelids frequently. For Glaucoma.

Horsetail baths are very important since they relieve pressure from the eyes caused by a malfunction of the kidney. These baths are so beneficial that the pressure is sometimes taken off during the bath.

However, superior cure which is a popular drug today in the market with

the combination of more than 24 plants including horsetail stinging nettle and speedwell will be a great remedy for victims of Glaucoma and Cataract Victims of glaucoma and cataract should therefore contact the author of this work through the number 7071RRIG

BED WETTING

INDIAN CORN (Zen Mays)

Con is cultivated in many parts of the world and in recent years it has become popular in Europe. From the husks or ears hang many soft filaments called the "Silk". This is the part that has medicinal properties. It is cut off before the pollen drops from the flowers and dried quickly in the shade Should a reliable diuretic be needed then innk Con silk tea which is also an effective harmless weight reducer (of interest to many overweight people in our affluent society). If com silk is stored and used judiciously it will be very effective for bed- wetting since it also regulates the bladder. Corn silk is also very effective for disorders of the urinary tract, formation of stones, edema, and fluids in the heart, cystitis, gout and rheumatism. It will therefore be very effective for bed wetting of children as well as old people. For all this disorders, take one teaspoon of the tea every two to five hours three times daily

Direction

Infusion: 1/4 liter of hot water is poured over 1 heap teaspoon of corn silk. Infused for a short time and ¼ a glass is taken two to three times daily.

KIDNEY DISEASE

Butternut bark, lungwort, nettle, peppermint, pleurisy root, poplar, saffron, sweet balm, tansy, golden seal, saw palmetto berries, wild cherry, wood betony, sage, angelica and hyssop.

LIVER and GAUL BLADDER

DANDELION (TARAXACUM OFFICINALE)****.

Common names; Priest's Crown, Blow-Ball and Swine's Snout. This plant looked upon as a troublesome weed in lawns. It is nature's greatest aid for suffering mankind. Its flowers in April and May in meadows and grasslands.

It forms blankets of yellow flowers which turn a place to a beautiful site, Dandelion shuns wet places. It has two outstanding qualities. It is useful in disorder of the liver and of the Gall bladder. Gather leaves at the time of flowering and the roots in early dry season. The whole plant has medicinal properties. I have made it a habit to use it as a salad plant. When mixed with potatoes and boiled, it will be of great help to people with Liver and Gall Bladder problems. Eating it constantly as salad and vegetables in all meals would bring quick relief to victims of liver problems.

Research has proven that constant consumption of Ginseng** alongside chick weed would be very effective. As a blood purifier it brings relief to people with cardiovascular problems. It also cleanses the blood stream, improves the function of the pancreas. It is also good for anemic patients and breast tumor, Victims of hepatitis A and B will also benefit from this wonderful herb.

DIRECTIONS

Infuse three handfuls of dandelion in 5 liters of water and allow it for a day. Then a glass is taken morning evening for about ten days. Its roots should be taken raw to purify the blood. Dandelion roots have a diuretic as well as a stimulating effect. Old Herbals state that when used constantly on the face, it removes dark spots and keep women in their original beautiful state.

RASHES and EZEMA

Dandelion**

Could also be very effective for skin diseases. The leaves are mashed and mixed with the king grass and applied on eczema, ringworm and other complicated skin diseases. It can also be taken internally to cure the disease within.

- N. B. Superior cure which is a combination of many plants including Dandelion will also be very effective for many skin diseases.

DISEASE OF THE BONE

Yarrow

4 cups of yarrow tea are drunk daily since yarrow is beneficial for the production of blood cells in the bone marrow. Additionally, two cups of calendula tea and two cups of stinging nettle tea are drunk to improve quick bone formation. A tablespoon of Swedish bitter is added to one cup tea of ginseng tea and drunk half an hour before and after each meal. Yarrow tinctures are used as a friction several times a day to massage the broken or affected bone. Comfrey tincture is also very effective if there is a great tumor on the bone. Should the pain in the bone be caused by an accident or any metal, yarrow mixed with king grass should be mashed and massaged with constantly.

DISEASE OF THE BREAST (Breast Cancer) Pawpaw (Carica Papaya)***

Seeds of the male pawpaw. The seeds of the male pawpaw will be of great relief to victims of breast cancer. A handful of the seeds should be ground and mixed with coconut water alongside milk and taken ½ a glass morning and evening for about 2 weeks.

Plantain Leaves**

Plantain Leaves are applied as a poultice constantly on the whole breast twice daily for about four days.

Swedish Bitter**

If there is a great pain, Swedish bitters as a compress and horsetail as a poultice are applied.

However, medical attention would be needed to properly diagnose the cause of the problem.

WHITLOW

King Grass (Ageratum Corozuaodes)***

Victims of whitlow should mash the king grass and apply on the affected finger for sometime.

Chamomile**

The affected finger should be bath with chamomile infusion for ½ an hour several times a day. Afterwards, an ointment like Olive oil should be applied constantly.

Garlic

An old remedy mentioned bathing the hand in milk in which garlic had been boiled for an hour. If the finger is festering, a poultice of Linseed meal is applied. Should the abscess break the finger should be bathe in warm chamomile infusion or 3 cloves of garlic are ground, mixed with honey and lemon and applied on the affected finger.

Elder Flowers

Fern roots, Lesser Burnet and Mash Mallow. The finger is bath in an infusion of the above herbs twice daily and powdered with calabar chalk for two day's.

The finger can also be inserted in a cocoyam for sometime.

MIGRAINE (FRONTER HEADACHE)

King Grass**

Seven heads of the king grass are harvested and applied on the forehead (frontal part of the head) every morning for seven days.

ULCERS

Technically an ulcer is a sore. But when people say that they have an ulcer, they almost always mean an internal sore on the stomach or duodenum, the gate way to the small intestine just down stream from the stomach. These kinds of ulcers are also called peptic ulcer because they occur in areas that are exposed to the digestive enzyme pepsin.

An estimated 30 percent of Cameroonians have an ulcer at some point in life. Allergies some how make people ulcer- prone. In one study, 98 percent of people with peptic ulcers also had respiratory allergies.

Not long ago scientists thought that stress also caused ulcers. It may well play a role but now we know that real source is often an infection caused by the bacteria *Helicobacter pylori* sometimes known as *Campylobacter pylori*. However, simply having pylori bacteria in your system doesn't mean that you will have an ulcer, although more than 75% of people with ulcers shows evidence of the infection.

These days' doctors generally treat ulcer caused by pylori bacteria with a combination of antibiotics plus bismuth (pep tobismol) or similar drugs. However, herbal medicine in recent times have proven to be more effective in treating ulcers. You might try a number of herbal anti ulcer approaches

cited below

Hit ulcer with a ginger**** mixed with honey combination, use ginger as herbal alternative to cimetidine (tegument), ranitidine (Zantacs) and famotidine (pepad).

Ginger is well known for its anti-inflammatory activity, but it's considerably less known as a herbal treatment for ulcers. In fact ginger contains 2 compounds that have demonstrated anti-ulcer effects.

Eating honey with ginger is a pleasant tasting treatment for ulcers according to Paul Schlock, New England herbalist and a fan of ginger. Commonly spiced foods with much ginger, cabbages and carrots will be a wonderful drug for victims of ulcers. The combination of honey and ginger is particularly effective, he notes. In addition to the antibacterial compounds that are available in ginger, honey also has antibacterial action, and when the two are combined they seem to produce synergistic effect.

This recommendation is based on the medical tradition of Asia, the Middle East and Europe. plus dozens of scientific studies literally put.

Licorice***

Contains several anti- ulcer compounds including glycyrrhizin ac-id. Licorice and its extracts are servings for normal use in moderate amounts up to about 3 cups of tea a day. However long term use on a daily basis longer than six weeks or injection of excessive amounts can produce symptoms such as headache, lethargy, sodium and water retention, excessive loss of potassium and high blood pressure.

These side effects however could be largely eliminated by using a slightly processed form, a herb called licorice (DGL). In one good study, Licorice was at last effective in speeding up ulcer healing as the newest study of pharmaceutical drugs shows. Histamine blocking agents were designed to do this Licorice also seems to protect the di- gestive lining from aspirin's ulcer.

This has protective effect.

Get rid of ulcers with ginseng and kennel oil**, Ginseng when mixed with kennel oil is effective in treating ulcers.

Hit ulcer with horse weed". Chewing the leaves of the horse weed will help

ulcer victims.

Hard labor

Use Comella Bengalensis for hard labor. Mashed a handful of the plant in 1 liter of water and drink a glass-morning and evening a few days to your delivery date

Warty

Warts are benign skin tumors caused by at least 35 different members of one family of viruses called papilloma virus. The common warts of the body typically appear on the hand. Especially in older children but warts can occur in other parts of the body as well (planter warts are the kinds that show up only on the feet). Researchers have observed that individuals with suppressed immune systems are far more susceptible to warts than those with normal immunity

Here are the herbs you might want to consider if you are fighting this annoyingly persistent problem.

Kill the virus with celandine***

Celandine contains some compounds as blood root (chelery thrine sanguinarine and proteolytic enzymes). Celandine juice can inhibit the wart virus or even kill it. According to Rudolph Fritz M.D. dean of German medical herbalist and author of herbal medicine, if you have access to the fresh plant you might apply the yellow juice directly to the wart once or twice a day for seven days and take a tea made from the dry herb.

Treat warts with castor bean oil**. Many people in the world treat wart with castor bean oil. We suggest that you should massage the oil directly into the wart several times daily.

There are a number of ways that you might try to give the oils antiwart effect a little boost. I will suggest putting a handful of willow bark into the oil and letting it steep for a couple of days. Willow contains aspirin like compounds known as salicylates which might prove helpful. Other herbalists drop in a few cloves of garlic, another folk remedy for warts and allow the mixture to steep for a few days.

EPILEPSY

Use Black cohosh, elder, mistletoe, Peruvian bark, vervain, valerian, skullcap. lady's slipper. Three hips of any of above herb should be boiled in 10 liters of

water and a glass taken morning and evening for 14 days. Garlic combined with honey is also good for epileptic patients.

HEART BURN

Mixed garlic with honey and chew a cube morning and evening for 5 days. Charcoal made from coconut shells is also effective when mixed with kernel oil. Mixed a tea spoon of charcoal with a tea spoon of kernel oil and take

morning and evening for 3 days, MENSTRUATION PROBLEMS

Boil 3 packets of ginseng in 5 liters of water and 15 cubes of garlic and take a glass morning and evening for 7 days,

MALARIA

Green paw-paw leaves mixed with ginseng, moringa and garlic is very effective. Put 14 leaves of paw-paw in 5 liters of water, a handful of moringa and 3 packets of ginseng and boil for 10 minutes. Take a glass morning and evening for 7 days.

TYPHOID

Ginseng mixed with the juice of onkonghobong will be effective. 6 and 15 cubes of garlic. Boil for 10 minutes and take a glass morning and evening for 14 days.

ASTHMA

Comfrey, black berry, lady's slipper and garlic can be combined to manage asthma. Burn the bark of the white eucalyptus tree, mixed with kernel oil and take a tea spoon morning and evening for 21 days.

WRINKLES AND STRETCH MARKS

Wrinkles result from collagen, the protein that makes up the fibrous portion of your skin. Collagen is what holds you together. This makes up one third of your body's total protein and 70% of your connective tissue. Young skin and connective tissue contain mostly elastic or soluble collagen and as a result it can absorb moisture and plump- up. This ongoing process of moisturization and swelling keeps young elastic skin looking sleek and smooth. But cigarette smoking, exposure to sunlight and normal ageing processes cause oxidative damage to the skin. The damage is the same sort of thing that happens to iron when it rusts. In the body, this chemical process causes the formation of

insoluble collagen which is inelastic and unable to absorb water and does not

phimp-up

With the loss of elasticity and moisture, lines and wrinkles form, especially in the areas exposed to sunlight-the face, the neck and the back of the hands. Most natural anti-wrinkle treatments rely on antioxidants and emollients. Antioxidants are substances that mop-up free radicals, the highly reactive oxygen molecules that are responsible for the oxidative damage. Emollient help prevent dryness while moisturizing and softening the skin. Here are some natural treatments that might prove

helpful, Chase off free radicals with horse chestnut and with hazel.

Japanese scientist tested 65 plant extracts and found seven that showed sufficient antioxidant activity that have potentials against wrinkles. The four on which you can lay hands on are horse chestnuts, witch hazel, rosemary and sage, but the researchers singled out horse chestnut and witch hazel as the best. Both of these are strong antioxidants. Soothing and astringent in these herbs are effective for smoothening of the skin.

For healthy skin, eat carrots, these are rich in vitamin A and a deficiency of this leads to dryness of skin and wrinkling. Carrots also contain the antioxidant; beta carotene. I therefore encourage people to eat at least two carrots a day. Carrots also contain cancer preventing chemicals.

You might also consider the application of carrot oil. Its high content of vitamin A makes it a good sunscreen, according to Aubrey Hampton, author of "Natural organic hair and skin care". Mash carrot in a blend and apply on your face and see how handsome you will look.

Use cocoa butter, a major emollient used in skin lotions and cosmetics. Cocoa butter is the leading anti-wrinkle suggestion of a pharmacognocist, Albert Leung Ph D. It melts at body temperature and remoisturizes the dry skin. especially around the eyes.

Use 14 of a glass of honey, one quarter a glass of the jelly from snail, one quarter of aloe vera gel and one quarter coconut water, mix these and apply on wrinkles, birth and stretch marks and witness a dramatic change. Stress can also be a factor.

CHAPTER THREE

STD (SEXUALLY TRANSMITTED DISEASES)

Sexually transmitted diseases, or STDs are infections that can be transferred from one person to another through sexual contact. Most STDs are treatable. However, even those easily cured like gonorrhea have become resistant to many of the older traditional antibiotics. Other STDs, such as AIDS, and genital warts, all of which are caused by viruses, have no cure. Some of these infections are very uncomfortable, while others can be deadly. Syphilis, AIDS, genital warts, herpes, hepatitis, and even gonorrhea have all been known to cause death.

Many STDs can lead to related conditions such as pelvic inflammatory disease, cervical cancer, and complications in pregnancy. Therefore, education about these diseases and their prevention is important.

It is important to recognize that sexual contact includes more than just intercourse. Sexual contact includes kissing, oral-genital contact, and the use of sexual "toys", such as vibrators. There really is no such thing as "safe" sex. The only true safe sex is abstinence. Sex in the context of a monogamous relationship where neither party is infected with an STD is also considered "safe". Most people think that kissing is a safe activity. Unfortunately, syphilis, herpes and other diseases can be contracted through this apparently harmless act. All other forms of sexual contact also carry some risk. Condoms are commonly thought to protect against STDs. Condoms are useful in helping to prevent certain diseases, such as HIV and gonorrhea. However, they are less effective protecting people against herpes, trichomoniasis, and Chlamydia. Condoms provide little protection against HPV, the cause of genital warts.

1. CHLAMYDIA Type: Bacterial Modes of Transmission:

Vaginal and anal sex.

Symptoms: Up to 75% of cases in women and 25% of cases in men are asymptomatic. Symptoms may include abnormal discharge, and burning during urination in both men and women. Women may also experience lower

abdominal pain or pain during intercourse, and men may experience swelling or pain in the testicles.

Treatment: Infection can be cured with antibiotics. However, it can- not undo the damage done prior to treatment.

Possible Consequences for the infected person: If untreated in women, up to 30% will experience pelvic inflammatory disease (PID) which in turn often leads to ectopic pregnancy, infertility and chronic pelvic pain. In men, if untreated, Chlamydia can cause epididymitis, an inflammation of the testicle (where sperm are stored), which may result in sterility. Infected individuals are at greater risk of contracting HIV if exposed to the virus.

Possible Consequences for the Fetus and Newborn: Premature birth, infant pneumonia and neonatal eye infections may result from trans- mission of the disease during delivery.

Prevention: Abstaining from vaginal and anal sex with an infected person is the only 100% effective means of prevention. Condoms can reduce but not eliminate the risk of contracting the disease.

2. GONORRHEA Type: Bacterial

Modes of transmission: Vaginal, anal or oral sex.

Symptoms: Though some cases may be asymptomatic, when symptoms do appear, they are often mild and usually appear within 2-10 days after exposure. The symptoms include discharge from the penis, vagina, or rectum and burning or itching during urination.

Treatment: Infection can be cured with antibiotics. However, it can-not undo the damage done prior to treatment.

Possible Consequences for the Infected Person: When it is untreated in women, it causes pelvic inflammatory disease, ectopic pregnancy, infertility, pelvic inflammatory disease (PID), which can lead to ectopic pregnancy. infertility, and chronic pelvic pain. It can cause sterility in men. Untreated gonorrhea can infect the joints, heart valves and/or the brain. Possible Consequences for the Fetus and Newborn: Gonorrhea can cause blindness and systemic diseases such as meningitis and septic arthritis in infants infected during delivery. To prevent blindness, all newborns delivered in hospitals have their eyes treated with medication specific for gonorrhea.

Prevention: Abstaining from vaginal, anal and oral sex with an infected person is the only 100% effective means of prevention. Latex condoms can reduce but not eliminate the risk of contracting the disease during sex.

3. HEPATITIS B (HBV) Type: Viral

Mode of Transmission: Vaginal, oral and especially anal sex, sharing contaminated drug needles, piercing the skin with contaminated instruments such as those used in dental and medical procedures; and receiving contaminated blood or blood products through transfusions.

Symptoms: About one-third of people with HBV are asymptomatic. When symptoms are present they include fever, headache, muscle aches, fatigue, and loss of appetite, vomiting and diarrhea. Symptoms of liver involvement include dark urine, abdominal pain, yellowing of the skin and white eyes.

Treatment: There is no known cure. Most infection clears up by themselves within 4-8 weeks. Some individuals become chronically infected.

Possible Consequences for the Infected Person: For those individuals who are chronically infected, the disease can lead to cirrhosis, liver cancer and immune system disorders.

Possible Consequences for the Fetus and Newborn: Pregnant women can transmit the disease to their unborn children. Some 90% of infants infected at birth become chronic carriers and are at risk of liver disease and liver cancer. They are also capable of transmitting the virus. Infants of infected mothers can be given immunoglobulin and vaccinated at birth, potentially eliminating the risk of chronic infection.

Prevention: Abstaining from sex with an infected person, especially anal

sex, where body fluids, blood, semen or vaginal secretions are likely to be exchanged, is the only 100% effective means of preventing the sexual transmission of Hepatitis B. Latex condoms can reduce but not eliminate the risk of contracting the disease during sex. Avoid illicit drugs use and sharing needles. Discuss with health care providers the precautions that are taken to avoid transmission of Hepatitis B, especially when receiving blood products or blood transfusions. A vaccine is available and is recommended for those at risk of contracting Hepatitis B. Additionally, the vaccine has been added to the routine pediatric immunization schedule recommended by the American Academy of Pediatrics.

GENITAL HERPES (HSV-2)

Type: Viral

Modes of Transmission: Herpes is spread by direct sexual skin-to-skin contact with the infected site during vaginal, anal or oral sex. Another strain of the virus, Herpes Simplex Type 1 (HSV-1) is most commonly spread by nonsexual contact and usually causes sores on the lips. However, HSV-1 can also be transmitted through oral sex and can cause genital infections.

Symptoms are often very mild and may include an itching or burning sensation, pain in the legs, buttocks or genital area; or vaginal discharge. Blisters or painful open sores may appear, usually in the genital area, buttocks, anus and thighs, although they can erupt anywhere. Sores heal after several weeks but may reoccur.

Treatment: There is no known cure. An anti-viral drug is usually effective in reducing the frequency and duration of HSV-2 outbreaks.

Possible Consequences for the Infected Person: An infected person with sores present has an increased risk and exposure to HIV and the AIDS virus.

Possible Consequences for the Fetus and Newborn: Women who develop a first episode of genital herpes during pregnancy may be at higher risk of premature delivery. Outbreaks present during labour usually indicate the need for a cesarean delivery because infection passed to the newborn during childbirth may result in possible death or serious brain damage.

Prevention: Abstaining from vaginal, anal and oral sex with an infected person is the only 100% effective means of preventing the sexual transmission of genital herpes. Latex condoms can reduce but not eliminate the risk of contracting the disease during sex. However, it is still possible to contract genital herpes, even when one is using a condom, via sores in the genital area.

Treatment: There is no known cure. Warts can be suppressed by chemicals, freezing, laser therapy and surgery.

Possible Consequences for the Infected Person: HPV is the virus that causes genital warts. Some strains of the virus are strongly associated with cervical cancer as well as cancers of the vulva, vagina, penis and anus. In fact, HPV is the cause of more than 90 percent of all cervical cancer, which kills about 5,000 American women every year.

Possible Consequences for the Fetus and Newborn: Infants exposed to the

virus in the birth canal can develop warts in the throat which can obstruct the airway and must be removed.

Prevention: Abstaining from vaginal, anal and oral sex with an infected person is the only 100% effective means of prevention. Condoms provide almost no protection against contracting the disease during sex.

5. SYPHILIS

Type: Bacterial

Modes of Transmission: The most common way of the disease is through

vaginal, anal or oral sex. However, it can be spread by non- sexual contact if

the sores rashes or mucous patches caused by syphilis come in contact with the broken skin of a non-infected individual. Symptoms: In the initial phase, the disease produces painless sores or

"chancres" that usually appear on the genitals but can appear anywhere on the body, if untreated, the disease progresses to other stages of infection which include a rash, fever, sore throat, hair loss and swollen glands throughout the body.

Treatment: The disease can be cured with penicillin; however, damage done to body organs cannot be reversed.

Possible Consequences for the Infected Person: If untreated, syphilis may cause serious damage to the heart, brain, eyes, nervous system, bones and joints and can lead to death. A person with active syphilis has an increased risk of contracting HIV thus exposure to HIV will lead to infection because the sores (chancres) provide an entry point for the AIDS virus.

Possible Consequences for the Fetus and Newborn: If untreated, a pregnant woman will usually transmit the disease to the fetus. Stillbirth and death within the neonatal period occur in 25% of these cases. 40-70% cases deliver infants with active syphilis. If undetected, damage may occur to the infant's heart, brain and eyes

However, the following herbs have been proven to be more effective in treating sexually transmitted diseases.

GONORRHEA:

Bitter sweet leaves chick weed, golden silk, and red root will be very effective if mixed with garlic and lemon. So victims of gonorrhea should get a handful of any the above herbs in five liters of water plus a handful of garlic, Boil for ten minutes and take a glass morning and evening for about two weeks.

SYPHILIS:

Corn silk, ginseng, dandelion, gentian root, white yam, yarrow and marjoram will be used to treat many urinary tract problems including syphilis. The above herbs should be combined and boiled in about ten liters of water. Take a glass in the morning and evening for about 14 days.

CHLAMYDIA:

Victims of Chlamydia should boil six packets of ginseng plus 15 cubes of garlic alongside ten lemon fruits in five liters of water. Then take a glass in the morning and evening for two weeks.

HEPATITIS B (HVB):

Hepatitis B can be managed with yarrow, corn silk, ginseng and dandelion. The above herbs should be combined and boiled in five liters of water. Then take a glass in the morning and evening for about 2 weeks.

GENITAL BURNING AND ITCHING:

In case of itching and burning sensation during urination, the following herbs can be used: chick weed, raspberry leaves, marshmallow, slippery elm and ginseng. Combine a handful of each of the aforementioned herbs and boil with two packets of ginseng, 15 cubes of garlic and take a glass in the morning and evening for about ten days.

LEUKORRHEA (WHITES):

The following will be very effective; bistort root, comfrey, cubeb berries. golden seal and myrrh (douche and also take internally).

INFLAMMATION OF THE TESTICLES:

Chickweed, mullein, saw palmetto berries should be taken when testicles are swollen and painful. The above herbs are to be used in a mixture as a poultice or taken internally.

URETHRITIS: Cubeb berries, juniper berries, wild alum root, yarrow, bloodroot, elder, plantain, yellow dock, saw palmetto, wild Oregon grape, red clover, Echinacea, prickly ash, golden seal, poke root and sea wrack.

CHAPTER FOUR

VIRAL AND YEAST INFECTIONS

VIRAL INFECTIONS

Viruses are very strange. They are incredibly small and so tiny that while ordinary microscope can see the body's cells and the bacteria that may infect them, you need much more powerful electron microscopes to see virus particles.

I use the word particle because by most definitions of life, viruses aren't really alive. They contain only genetic material (DNA or RNA) surrounded by a protein capsule. Viruses don't ingest food, breathe oxygen or eliminate wastes. All they do is to reproduce after having infected cells that are susceptible to them.

Antibiotics are generally useless against viruses; they work most actively against bacteria. Since the discovery of penicillin in 1928 mainstream medicine has come up with dozens of antibiotics.

The good news is that several herbs used in traditional herbal medicine have scientifically documented antiviral effects. They are what I use when I have colds, flu and other viral infections. Try the following herbs to defeat viral infections. *** Defeat viruses with Echinacea.

This is by far the most popular anti viral herb. Echinacea fights viruses in two ways. It contains three compounds with specific antiviral activity. Caffeic acid, chicoric acid and echinicea. Root extracts of Echinacea have also been shown to act like an interferon, the body's own antiviral compound. In addition, Echinacea is an immune stimulant that helps the body defend itself against viral infection more effectively.

Commission E, the German expert committee that judges the value of herbal medicines for the German government, has approved Echinacea for treatment of influenza-like symptoms. This constitutes a significant scientific endorsement of this herb which is native to America.

** Improve immunity with astragalus also known as Huang quid: this is an

immune boosting herb from China. In one small Chinese study, ten people whose heart muscles were infected by coxsackie B virus, which causes the heart inflammation known as myocarditis, received injections of astragalus extract for three to four months. The activity of their natural killer cells, a component of the immune system rose 11 -45%. They also showed increased levels of alpha and gamma- interferon, the body's own antiviral compounds, Surprisingly, their symptoms improved. European studies suggest that as with Echinacea, many of the immune-stimulating compounds in astragalus are active when taken orally.

Jump on the juniper bandwagon. Even among herbalists, it's not widely known that juniper contains a potent antiviral compound (deoxypodophyllotoxin). Juniper extracts appear to inhibit a number of different viruses including those of flu and herpes. Sometimes when I feel a cold coming on, I make a juniper tea.

Drink a natural lemon balm, also known as Melissa, this herb is highly recommended as an antiviral especially against herpes. I would try lemon balm for treating any antiviral infection. It makes a very pleasant tea.

Manage viral diseases with ginseng and garlic. Six packets ginseng should be boiled in 5 liters of water plus a handful of powdered garlic and consume for about two weeks.

YEAST

Most people consider yeast infections like candidacies as a plaque on women; this is not true as a man can also develop candidacies. A man with yeast may show no symptoms but each time his partner is treated and the infection gotten rid of, he will re-infect her. Thus if you are a woman who is a victim of constant infection, make sure your partner is also checked.

Yeast infection is caused by a group of yeast-like fungi called Candida. Candida albicans is the most culprits but is not the only one. Yeast lives in moist areas of the body such as the lining of the mouth and the vagina. They are harmless but can sometimes overgrow, causing infection. The vagina is the main site though yeast infection can also develop in the mouth, between the toes, in the respiratory tract, (bronchocandidiasis) and on the skin (dermatocandidiasis).

Yeast has become popular of recent because several modern drugs spur yeast over growth. Among them are antibiotics, steroids and birth control pills.

However, women have also contributed in making themselves victims of yeast infection. They use the wrong material for douching. Similarly, they do not know when to douche and how to douche. They hardly sun their pants or iron them. They make use of synthetic pants that generate heat and harbor bacteria. In order to control the rate of infection, they should know exactly what to use for douching. In addition, they

Should buy cotton and not plastic pants

-Should always sun or iron their pants.

However, the following herbs can be used to treat yeast infection in the vagina.

Defeat infection with Echinacea. This herb's immune stimulating action seems to be helpful for treating yeast infections. In studies, using laboratory animals, treatment with the herb protected mice from *Candida albicans* infections. It stimulated white blood cells to gobble up yeasts, a process known as phagocytosis. Drink a tea from Echinacea, a glass in the morning and in the evening for 14 days. This will get rid of yeast infection.

***Combat yeast with Ginseng: researchers in Asia, China and Cameroon encourage the use of Ginseng for yeast infection. Ferment 3 packets of Ginseng in 5 liters of water, plus 3 lime fruit and drink a glass morning and evening for 10 days.

***Kill fungi with garlic. Garlic is well known as an anti-bacterial herb. It also inhibits fungi growth quite well and can be used to treat both vaginal Candidacies and thrush. The typical oral dose may range up to a dozen chopped raw cloves taken 2 or 3 times a day in a juice or honey. You have to like the taste of garlic pretty well to live with this particular treatment. You can also try blending it with carrot; it has a similar effect or less potent effect.

CHAPTER FIVE

BROAD SPECTRUM HERBS

GARLIC (*ALLIUM SATIVUM*)

Garlic is a very good herb. The living bible talks much about Garlic. Shortly after they had been delivered from slavery by Moses and were traveling through the bleak desert country of the Sinai peninsula, they began complaining of their food and wishing for the same things they had been eating while they were slaves: "Oh, that we had some of the delicious fish. We enjoyed so much in Egypt and the wonderful cucumbers and melons, leeks, onion and garlic." (Number 11:5, The living bible)

Garlic is mentioned in the literature of all great ancient world kingdoms: Babylon, Medo Persia, Greece and Rome. The great Roman naturalist, Pliny the elder recommended "garlic for intestinal disorders, dog and snake bites, asthma, tuberculosis, convulsion, tumors and scorpion bites." In his "Historia Naturalis", Garlic was probably introduced into Japan from Korea along with Buddhism in about 30 BC. The chief medical officer in the Roman army in the first century AD used garlic to treat intestinal worms.

Garlic is used to treat all sorts of diseases. Some of the most common of these are: living problems including pneumonia, asthma, and bronchitis; various skin disorders such as athlete's foot, dandruff and ring worm; intestinal illnesses such as gastric ulcer, gastritis, constipation, diarrhea, worms, hemorrhoids, pinworms, cholera, amoebic dysentery, arthritis, rheumatism, high blood pressure, tuberculosis and some forms of cancer, diabetes, anemia, heavy metal poisoning, whooping cough, cold, conjunctivitis, snake bites and high blood pressure.

Because of the strong disagreeable odor, garlic is most often used today only in small amounts mixed with other foods. Garlic contains vitamin A, C and B as well as the mineral copper, iron, Zinc, tin, Calcium, Potassium, aluminum Sulphur, Selenium and germanium. The limited amount that is eaten prevents these nutrients from being significant factors in our diets.

Garlic whose scientific name is *Allium Sativum* belongs to the lily family and is closely related to onion, leeks, scallions. All of these are known for their pungent, irritating and unpleasant odor.

Garlic is one of the best plant sources of sulphur. There are about 67 mg of sulphur in every 100 grams of garlic. It is mainly the sulphur containing compounds in garlic that are responsible for its medical effects.

Garlic may be eaten raw; the extract from garlic can also be very beneficial. When used with honey, the offensive odour is neutralised,

During the 1940s, Arthur Stoll, a chemist working in Switzerland was able to extract an oil from garlic that he named allin. He also discovered an enzyme in garlic to which he gave the name allinase. Allinase was found to change the allin to allicin when the garlic was crushed. It is the allicin that is responsible for the garlic odour as well as the antibacterial properties. Garlic is an oxidizer and a strong disinfectant. When diluted with water 1/80,000 or even as much as 1/120,000 it is still able to kill the germs that cause cholera and typhoid fever. Garlic contains more allicin than any of its close relatives onions and leeks. The allicin can be destroyed by heating the garlic; heat also destroys the other nutrients that are present. Allicin is also slowly destroyed by aging; it takes nearly two years for all the allicin to become inactive, the other nutrients survive the aging process, Interest in the possible medicinal uses of garlic has increased.

Within the last decade, many experiments have been conducted in animals as well as in humans. The effect of garlic on the cardiovascular system (the heart and the blood vessels) has been the subject of much recent investigation. Studies show that animals fed with garlic extract have increased physical endurance, decreased blood pressure, and less build up of fatty deposits in the walls of the blood vessels.

Garlic is also an antibiotic and also an anti cancer agent. Garlic has been used in China and Japan to treat high blood pressure. I have been able to lower the blood pressure of more than 2000 patients with garlic. The blood pressure decreased 20 mm Hg or more after two weeks of treatment.

Some studies have shown that garlic acts to prevent the blood from clotting so readily. The compound responsible for this action has been named as ajoene. Garlic has been regarded as having the effect of a broad spectrum antibiotic

the active ingredients being alicin. Garlic was reported to save many lives during the great plagues of the middle ages that swept through Europe killing millions. Even as early as 1858, Louis Pasteur noted the mild anti bacterial effect of garlic.

Near the turn of this century, several reports indicated that garlic was remarkably effective in the treatment of tuberculosis. During both wars garlic was used successfully as an antiseptic and as a disinfectant to prevent infection in wounds. Dr Albert Schweitzer while working as a medical missionary in Africa, used garlic to treat cholera, typhus and also amoebic dysentery with apparent good results. In Russia today, garlic is used extensively in treating various infections: in fact it has earned the name "Russian penicillin". Garlic juice has been found to be active against many fungi and yeast as well as bacteria. It even inhibits the growth of several bacteria that are found to be resistant to some antibiotics

Garlic has also been studied as a possible cure for cancer. During the 1950s and 1960s, several animal studies were published that gave encouraging results. Germanium and Selenium which are both found in garlic have also been investigated as possibly having a curative effect on cancer.

While the majority of the studies have given encouraging result, a few problems have arisen. When raw garlic was fed to rats in high doses, it was found to cause anemia, weight loss. The nearly universal agreement regarding the unacceptable odour of garlic that affects not only the breath but also the perspiration is another problem. Moreover an exceptional person will be found allergic to garlic and will develop red skin, itching and loss of blood if taken too much

However these limitations can be solved with honey since honey is a natural detoxifier. Using honey to manage garlic will be the best solution. For example get 100 cubes of garlic infused 1½ litres of honey. Allow it get fermented for 21 days. Then eat one cube every morning for 100 days.

GINGER (ZINGIBER OFFICINALE)

Common names: black ginger, race ginger, African ginger. Part used: Roots: Medicinal properties: stimulant, pungent, carminative, aromatic, sialagogue condiment, diaphoretic. Description and uses:

Description and uses. Young dandelion leaves have been used in much the same way as in fresh green salad. Dandelion contains 28 parts sodium. The natural nutritive salts purify the blood and help neutralize the acids in the blood. Anemia is caused by a deficiency of proper nutrients in the blood and

really has little to do with the quantity of blood. Dandelion is one of the old well-known remedies. The root is used to increase the flow of urine when there are liver problems.

It is a splendid remedy for jaundice and skin diseases.

Scurvy, scrofula and eczema; Useful in all kinds of kidney troubles, diabetes, inflammation of the bowels and fever.

It has a beneficial effects on the female organs.

Increases the activity of the liver, pancreas, and spleen, promote bile formation. The roasted ground root makes an excellent substitute for coffee and good for dyspepsia and rheumatism. Drink a glass daily

If in capsules take only three times daily

ECHINACEA (ECHINACEA ANGUSTIFOLIA)

Common names: Sampson root, purple cone, flower black, Sampson, red sun flower.

Parts use

Roots

Medicine properties

Alternatives, antiseptic, tonic depuratives maturing febrifuge.

Description and use

An excellent blood cleanser used for blood poisoning, fevers, eczema, boils. peritonitis, syphilitic conditions, gangrenous conditions, poisoning insects or snakes tonsillitis sores, infections and wounds. Use as a gangre for sore throat combined with myrrh, it is an excellent remedy for all of these purposes. It acts powerful to cleanse the morbid matter from the stomach and to expel poison, toxins, and pus or abscess formations. Excellent for typhoid when combined with ginseng. Boil a handful of the root in 3 liters of water for 10

minutes and drink half a glass morning and evening for 7 days. In severe cases use two capsules four times a day or 10 to 25 drops of the tincture every two hours in water.

Corn Silk (zea mays)

Common names: corn, inchan, corn maize jagnog, Turkish corn.

Part used: Fresh or dried flower pistils.

Medicinal properties: Anodyne, diuretic, demulcent.

Description and uses:

Corn silk is one of the best remedies for kidney, bladder and prostate troubles for pain or burning urination and for difficulty in starting urination. It is useful in preventing bed wetting. Infuse 2 handful of the herb in hot water and drink a glass two times daily.

CELERY (APIUM GRAVEDENS)

Common names: small age, garden celery. Part use: Roots, seeds.

Medicinal properties: Diuretic, stimulant, aromatic.

Description and uses: excellent for liver troubles, good for rheumatism, neuralgia and nervousness. It is often used as a table relish and the ground seed for flavoring soups.

CHICKWEED (STELLANA MEDIA)

Common names: star weed, starwort, satin flower, addeo's mouth, Indian chickweed, star chick weed, tongue grass, winter weed stitch- wort.

Part used: Herb.

Medicinal properties: Alternative demulcent, refrigerant mucilaginous, pectoral resolving, discontent.

Description and uses: Chick weed can be used in many ways. It is considered a great nuisance by gardeners. It may be used fresh, dried powdered, in poultices. Fermentation or made into a salve. Good in all cases of bronchitis. coughs, cold, rheumatism, inflammation or weakness of the bowels and stomach lungs bronchial tubes. Good for all sorts of internal inflammation and heals and soothes anything it comes in contact with. It is good for external application to inflame surfaces, skin diseases, boils, scabs burns inflamed or sore eyes. Tumors, piles, cancers, swollen testes, ulcerated throat and mouth

Corn silk is one of the best remedies for kidney, bladder and prostrate troubles for pain or burning urination and for difficulty in starting urination. Also useful in preventing bed wetting, infuse 2 handful of the herb in hot water and drink a glass two times daily.

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Chickweed salves should be applied after bathing. Apply at night and leave on. Give several applications during the day if possible. It will also cure burning and itching genitals. Anyone who is covered with any kind of sores should take a chick weed herb bath, and then apply the chickweed salve.

Bather the surface with the decoction and the swelling and inflammation will go down. In blood poisoning it should be taken internally and poultice applied externally. For constipation when the bowels are completely obstructed, take three heaping tablespoonful of the fresh herb, boil in a quart of water down to the pint. Take a cup full of warm water every five hours until the desired results are obtained

CARROT (DANUS CARROT)

Common names: Carrot bee's, nest plant, Bird's nest root, wild carrot

Part use: Root and seed Medicinal properties. Anthelmintic, carminative, diuretic and stimulant.]

Description and Uses

If carrots were use more extensively as aegetable they would prove of great benefit to mankind. Patients are often put on a carrot diet for a short period of time for cancer, liver, kidney and bladder troubles Carrots are very useful for grave in the bladder, painful urination, to increase menstrual flow and in expelling worms in the bowels, Graded carrots make an excellent poultice for ulcers, abscesses, carbuncles, scrofulous and cancerous sores and bad wounds. The seed of carrot, grind to powder and taken as tea relieve colic and increase the flow of urine.

BLOOD ROOT (CANADENSIS)

Common names: Red puccoon. Indian plant pauson, red paint root, redroot

tetterwort

Part used: Root

Medicinal properties: Emmenagogue tonic, diuretic, stimulant, febrifuge, emetic, sedative, and rubefacient.

Description and uses

It is an excellent agent in adenoids, nasal polyps, sore throat and syphilitic troubles.

When combined with equal part of golden seal it is more effective.

Bloodroot is also excellent for piles by using the strong tea as and enema. Effective remedy for cold, cough, bronchitis and typhoid fever. Also good for pneumonia, catarrh, faundice, ringworm. Whooping cough, running sores, eczema and skin diseases. Small doses stimulate the digestive system. Large doses act as a sedative and narcotic. Bloodroot was use as body paint by The American Indians.

CAUTION:

Bloodroot is a powerful herb and should be used under competent supervision.

ALOES

(Aloe Socrota), (Aloe Barbadosia), (Numbers 24:6/Jn 19:37)

Common Names: Bombay aloes, Turkey aloes, mocha aloes, Barbados aloes, and Curacao aloes.

Part used: Leaves

Medicinal properties: Cathartic, stomatic, aromatic emmenagogue, emollient and vulnerary.

Description and uses

Promote suppressed menstruation. Will expel pinworm after several doses. Aloe is one of the most healing agencies we have among herbs. It is used in many cathartics since it is one of the herbs to clean out the colon. I am acquainted with people who have live on aloe for years to manage all stomach problems and cleansing of bowel.

Aloe is one of the finest body cleansers and brings out what is not needed in the body. It cleans the morbid matter from the stomach, kidney, bladder and it is the best colon cleaner known. If combined with Shelly from snails and honey, it will be very effective in treating many skin diseases including stretch marks, eczema, ring worm, birth marks. It is used in any case where a laxative is needed, aloe will be good for all kinds of sores, burns and wounds. It is also good for piles. Infuse a leave in a glass of water for about ten minutes and drink to clean the digestive system. It stimulates cell regeneration, anti fungi, and anti bacteria.

COMPHREY (*Symphytum officinale*)

Common names (blackwort, bruise wort, gum plant, healing herb knit back, slippery root, and nepbone.

Part used: Roots

Medicinal properties: Demulcent, astringent, pectoral, vulnerary, mucilaginous, static nutritive.

Description and uses

Powerful remedy in coughs, catarrh, ulceration or inflammation of the lungs. Constipation, hemorrhage and excessive expectoration in asthma and

tuberculosis. It is also very good in ulceration and soreness of the kidney, stomach or bowels. The best remedy for bloody urine.

Apply a formation out of the fresh leaves for serious bruises, swellings, sprains and fractures. A poultice of the fresh leaves is excellent for ruptures, sore breasts, fresh wounds, ulcer, burns, insect bites and pimples. The tea taken internally is useful in anemia, dysentery, diarrhea, leidkorrheea and female debility. Take one or two teaspoon full in a glass of warm water for about two weeks and see its dramatic efficacy. You can also boil one root in one quarter a glass of water and drink instantly for two weeks.

PAW-PAW (Carica Papaya)

Part used: Roots, Leaves, stems and fruits

Roots: They are good for tooth decay, whitlow, rheumatism, arthritis and convulsion. Boil the roots alongside the bark and drink for convulsion.

Leaves will be good for malaria, high blood pressure, urinary tract infections and pile. Boil leaves with ginseng and garlic and consume.

Fruit will be effective in reliving allergies, calming gastric pain.

The seeds will be good for worms. The fruits when mixed with ginseng and the king grass will be good for growth and fibroid in the womb.

Onion will be good for revitalization of the body, excellent in respiratory tract infections, stimulates the digestive system, relieve kidney problems and excellent for low sperm count and impotence. Eating it raw, taking it juice is a fast class remedy of numerous diseases of the throat, stomach, cough, bronchitis, asthma and lower abdominal problems. Boiled onion is one of the remedies for kidney problems when mixed with lemon. For gall bladder problems, onion is very effective. I do advice men who are victims of erectile dysfunction to always chew ginseng and raw groundnuts on daily bases.

EUCALYPTUS (EUCALYPTUS GLOBULUS)

Part used: leaves and roots

Medicinal properties: Antiseptic, stimulant, expectorant, antispasmodic. The wonderful eucalyptus trees from which eucalyptus oil is made, has a wide range of uses. The leaves and bark are very good for fever, acute and chronic bronchitis, asthma and similar ailments. The oil from the leaves should be inhaled by asthmatic victims. The leaves can be boiled and drank for sore throat. The antiseptic properties make it useful for wounds and ulcers. The oil can also be applied externally to the neck and chest for cough; good for body odor.

Moringa oleifera

Moringa is considered to be one of the plants with many functions. The whole plant is medicinal. Moringa leaves have been consumed by Asian people for years as a healthy food product. It contains more than 90 nutrients and 46 antioxidants. Moringa's vivid green leaves are nature's superpower food.

Moringa is the sole genus in the flowering plant family Moringaceae. The name is derived from the Tamil word murunggae or the Malayalam word muringa. Both refer to moringa oleifera. It contains 13 species from tropical and sub tropical climates that range in size from tiny herbs to massive trees. Moringa's medicinal qualities are tantalizing. Moringa is good at lowering blood sugar thus good for diabetic patients. Moringa is very effective in treating gastric ulcer. It is good for the nervous system. Moringa is a good cure and preventive against cardiovascular diseases. Moringa is very good for pregnant women. Moringa leaves increase the volume of milk. Moringa leaves are completely safe for consumption. They have no known negative side-effects or toxic elements. It is popularly known by many countries as a "miracle plant",

Moringa oleifera earned its reputation because of the wide range of its nutritional and medicinal properties which can be acquired from almost any part of the tree. Moringa grows in places which have tropical, sub tropical and semi-arid climate.

The moringa tree is indigenous to North-western India, particularly in the Southern foothills of the Himalayas. It is currently cultivated extensively in central and south America, Africa, Indonesia, Mexico, Malaysia, Philippines and India. Luckily we have moringa in this land of variety, diversity and abundance, Cameroon.

Moringa's benefits are quite plentiful and these are clearly evident in its exceptional value and remarkable medicinal properties. This miracle plant is overflowing with vitamins such as vitamin A, B, C, D, E and minerals which include potassium, calcium, iron, selenium and magnesium.

The moringa tree alone is a treasure of potent and disease preventing nutrients, as well as essential amino-acids. This is something which is not very common for a plant source.

When compared to other plants moringa leaves are more potent in nutritional and medicinal value. Its vitamin C content is seven times more than that of oranges, thirteen times more vitamin A than spinach and amino acids, 2500

times more than green tea and 242 times more than apple.

Moringa leaves can be used to make moringa tea. Since the leaves are full with

exceptional nutritional value, they are infused into one of the world's most highly-prized herbal tea. Moringa contain a combination of potent variety of antioxidants, such as flavonoids which help in inhibiting the effects of free radicals. Moringa can be used to stabilize blood pressure, manage glucose levels in people with diabetes. It is also a booster. A natural booster unlike energy drinks, like coffee, colas and other tea, it does not contain caffeine or other stimulants which may cause health problems.

The seed of moringa can be mashed, mixed with olive oil and used for massage and aromatherapy procedures.

It is also a good natural antiseptic, which is very useful in alleviating and soothing discomfort from insect bites, rashes, minor burns, bruises and scratches. The moringa tree from the leaves, bark, seed and roots is highly medicinal.

Order the following products from the miracle plant from us by calling: 79,

71.88.16/77 78 60 88

Moringa powder Moringa tea Moringa seeds

Constant consumption of moringa as a tea will booster strength, reduce stress, treat impotence and sterility in women, treat cardiovascular diseases, prevent prostate enlargement, treat pre and post menopausal problems, detoxify the body and booster of the immune system.

Take a teaspoonful of the powder tea with a teaspoonful of honey every morning for 21 days and see its dramatic transformation.

CHAPTER SIX

THE VALUE OF CHARCOAL, HONEY, AND LAND SNAILS THE

VALUE OF CHARCOAL

For medicinal purposes, fresh charcoal made from the finest woods should be used. The best charcoal is obtained from boxwood, shells of coconuts, willow, pine, and other soft woods.

Charcoal is an absorbent and it will adsorb and condense many times its own volume of various gases. It is very useful as an antiseptic due to its absorbent and oxidizing qualities. It is excellent taken internally to avoid constipation, gastric and heartburn.

Dosage: One teaspoonful is diluted and taken in a glass of water after every meal. Put the charcoal powder in a cup, add water enough to make a paste, dilute and drink at once.

Charcoal is a valuable remedy in cases of decomposition of foods in the stomach and bowels and can be used as either a preventive or curative measure. Give a tablespoonful in half-a-glass of hot water. As a preventive, take a teaspoonful after each meal in a liter of hot water.

For inflammation of the bowels or dysentery, give a tablespoonful in half-a-glass of hot water and repeat as often as necessary. Also give charcoal poultices over the bowels and stomach.

Charcoal mixed in a strong smartweed tea makes an excellent poultice for bruises and inflammation.

A charcoal poultice is good for relief of inflammation in the eyes. It is also the most excellent poultice for gangrene, old ulcers, and sores.

Charcoal is made more effective when heated before administering. Charcoal is truly a universal antidote. Its use dates back at least to the time of Hippocrates, who lived around 370 B.C. Activated charcoal is black, shiny, odorless and tasteless substance made by burning certain types of wood under controlled conditions so that a very large absorptive surface is produced. All impurities are removed so that it is 100 percent vegetable matter. When examined under

the microscope, it is seen to be extremely porous, having the appearance of a sponge with rigid walls. Charcoal is absorptive in its action. That is, it acts like a magnet attracting substances to itself and holding them tightly on its surface. Charcoal can adsorb up to 250 to 350 times its own weight. One quart of charcoal can adsorb nearly 90 quarts of ammonia gas. The surface area of all the particles in a small piece of charcoal only 2/5 of an inch square would cover an area more than 33 yards square. It has a strong affinity for adsorbing impure and toxic gasses which makes it a wonderful remedy for use when fermentation occurs in the intestinal tract with the production of excessive gas, bad breath, heart burn, nausea, sour stomach, and headache. It also absorbs many poisonous chemicals, drugs, and toxins, such as opium, cocaine, morphine, nicotine, salicylates, strychnine, kerosene, barbiturates, and antidepressant pills. It is of little or no value in lye and caustic alkalis, alcohol, mineral acids, iron and cyanides. In fact, cyanide actually interferes with the normal absorptive properties of charcoal.

In 1830, a pharmacist by name P.F. Touery, in an attempt to prove that charcoal was an excellent antidote, took a massive dose of strychnine (ten times the usual lethal dose) with 15 grams (half an ounce) of activated charcoal before the French Academy of Medicine in Paris and suffered no apparent ill effects. During World War I, charcoal was used as an absorbent in gas masks to protect the soldiers from poisonous gases. Following the war, the use of charcoal in the United States was largely neglected. Two factors that may have contributed to this lack of interest were:

1) The use of burnt toast as a home remedy for poisoning in the place of charcoal gave disappointing results; and

2) The use of the so-called "universal antidote." This consisted of two parts charcoal, one part magnesium oxide, and one part ionic acid. Because of the added substances, it was usually not as effective as using charcoal by itself. No home should be without charcoal and the knowledge of how to use it effectively. It is a marvelous antidote for many kinds of poisons and is excellent to use for infections. Charcoal is also an excellent air deodorizer when placed in a dish in the refrigerator or anywhere that unpleasant odors are present. It may be used either internally or externally. Charcoal has been found to be harmless when ingested or when used on the skin and may be applied in powdered form directly to skin ulcers or wounds, especially if they are infected.

and indigestion. The average adult dose is either 1 tablespoonful of charcoal powder stirred in enough water to make a thick soup- like mixture, or 6 to 8 tablets or 4 capsules twice a day. The charcoal should be kept tightly sealed in a glass or metal container. It is best not to take charcoal when there is food in the stomach. In case of poisoning, take five times the weight of charcoal as the estimated weight of the ingested poison. If there is food in the stomach, 5 to 10 times the weight of the poison should be given in the form of finely powdered charcoal. One tablespoonful of charcoal equals about 10 grams. The sooner the charcoal can be taken after the poison is ingested, the more effective it will be. That is why it needs to be readily available in the home, on field trips, or wherever it may be needed on a short notice. To obtain the maximum effect, it must be ingested before the poison is absorbed from the intestinal tract. As John Holt, M.D., makes clear in the Journal of Pediatrics: "it is shown that this agent (charcoal), presently somewhat neglected, has a wide spectrum of activity and when properly used is probably the most valuable single agent we possess..... as an emergency antidote for the treatment of ingested poisons.....a bottle of charcoal on every medicine shelf would go a long way to combat serious poisonings in the home." For a long time, there has been some difference of opinion as to whether or not charcoal will absorb necessary nutrients as well as the poisons. Dr. Holt states: "it is now very clear that activated charcoal will absorb not only poisons but also vitamins, digestive enzymes, amino acids, and other valuable nutrients from the gut. Such losses if contained will seriously affect health, but are of no importance in situations of acute poisoning." Poultices made of charcoal are excellent for insect bites, stings, poison oak, inflammation around the ears and eyes and to dress and disinfect wounds, cellulites, boils, carbuncles, and abdominal pain. They also act as a deodorant and an antiseptic.

THE VALUE OF HONEY AND THE SIDE EFFECTS OF WHITE

SUGAR

"Eat honey my Son for it is good.....If you find honey eat enough.....It is not good to eat too much". Proverbs 24:13, 25:16, 27.

Why do we seek out sweet foods? When man gathered food from the wild. sweet plants were usually safe in contrast to the bitter ones which were often poisonous. It was probably man's instinct for the sweet taste that led him to

seek out sweet fruit containing nutrients such as Vitamin C and natural quick energy-producing sugars. It is not our inherent drive for sweet things that is at fault. It is the many refined food products that retain the sweetness but not the nutrients. Food companies know that we love them and therefore, spend million of dollars yearly to advertise sweet food.

Sugar was first cultivated in India in 325 B.C but remained a scarce luxury for many centuries. It became a common food only in the last 100 years. By the 1980s the average yearly sugar consumption in America had reached about 120 lbs per person- over 500 calories per day. In the 1990s sugar consumption came down somehow, much of it due no doubt to the availability of food products sweetened with natural means. Food manufacturers continue to produce a wide variety of new sweets to feed our inherent desire.

Not all will agree that refined sugar is death in the pot. Its effects on health have been extensively researched. Sugar has been implicated in the following effects on bodily health:

Increased blood cholesterol and triglyceride levels that contribute to heart disease.

Displacement of more nutritious food with empty calories contributing to obesity and lowered resistance to most health problems and degenerative diseases.

Increase uric acid in the blood leading to gout.

Upset of the homeostasis (balance) mechanism which causes a perpetual craving for sugar- sugar addiction.

Reduction of phosphates in the blood that prevents bone calcification and leaching of calcium from the bones that contributes to osteoporosis.

Alter Ph (acid/base) balance in the mouth which causes tooth decay.

Reduce effectiveness of white blood cells to kill bacteria, thus encouraging infections.

What then are some ways to reduce refined sugar consumption? What are the alternatives? If we lived on a sugar plantation, we could chew sugarcane, a whole nutrients package. Chewing sugar cane is not the same as consuming white sugar from which all the original fiber and nutrients are extracted. Fresh fruits are best sources of natural sweets. These are widely available. There are good deserts requiring little or no preparation. Nevertheless most

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The biblical record for honey sets aside the argument that honey is no better than refined sugar. God's word is clear about this particular food. "Eat honey. my son, for it is good, but not too much. "We wonder if God had this century in mind. He created honey as a whole natural food with a wealth of nutritional value, minute as the amount may be. Arguments that these amounts are too small to count are presumptuous. Besides, God gave the Israelites a land flowing with milk and honey. Would He have expected them not to eat the honey? Its goodness is extolled by those who have learned to appreciate it.

Containing 39 percent fructose, honey is an important anti fatigue food. Since it is predigested it builds up alkaline reserves in the blood and tissues, and provides a maximum of shock to the digestive system. Sugar laden foods overload the bloodstream in 15 minutes while honey is absorbed over a period of four hours.

There is no energy producing food on the market such as honey, nor will there ever be. All synthetic glucose products are inferior to honey not only for the speed with which they bring about a sense of wellbeing but also for the production of real lasting energy and alkalinizing of the body.

Honey contains B-Vitamins, Vitamin C and at least 12 minerals. It has many other properties not fully understood, including bee pollen protein of high value.

Honey is easily and rapidly assimilated. It provides a natural gentle laxative effect and is easier for kidneys to process than all other sugars. The nutrients in honey assist in its panel digestion. When combined with whole - grain flour high in dietary fiber and B-vitamin, the body can digest honey very well without depleting stored nutrients.

We must also heed to the biblical warning not to eat too much honey. Start by reducing the number of deserts and sweets. Honey can also be taken in the place of white sugar. The strong flavor curbs appetite too. The flavor depends on what flowers the bees visited to collect nectar. Lighter honey has a milder flavor. The best quality honey is unheated, undiluted and unfiltered honey. Top quality honey is a very expensive health food. Purchasing directly from a local beekeeper will be the surest and least expensive. Honey can be stored indefinitely. The following methods can be used to identify pure and good honey.

Even a drop of pure honey can be picked on the floor

Pure honey will bring up a flame when struck with a match

Pure honey will penetrate a glass full with water without floating on the surface.

Pure honey will not wet a typing sheet of paper.

Pure honey will attract bees and not ants.

Eat and swallow your spit after 50 seconds, if the saliva is bitter, then it has been mixed with saccharine.

Turn the honey upside down if it divides in the container, then items of illegal pendulous have been inserted into the honey. It may be sugar, banana or garri.

Pure honey will not frost in the refrigerator even after 100 years.

Pure honey will bounce on urine.

NUTRITIONAL AND MEDICINAL VALUES OF LAND SNAILS

The land snails consumed in Southwest Region of Cameroon provide its consumers with multifarious nutritional and medicinal benefits. Concerning nutrition, oral evidence gathered from snail consumers indicates that snail meat is tasty, tender and nutritious. Its tenderness and texture makes it the most suitable meat for all ages. Snail meat is also an excellent source of protein. Its protein content is about 37-51 percent compared to that of guinea pig (*caviq porcellus*) 20.3 percent, poultry (*Gallus domesticus*) 18.3 percent, fish 18 percent, and cattle (*Bos indicus*) 17.5%, sheep (*Ovis aries* Linnaeus) 16.4 percent and swine (*Sus scrofa*) 14.5%. Nine of the 10 amino acids needed by

humans are in snails protein the essential ones being Lysine and Arginine. These amino acids are crucial to human health and growth.

Written evidence indicates that snails contain 3 percent minerals as compared to 0.8 percent for guinea pig 1.0 percent for poultry, 1.0 percent for sheep and 0.7 for swine. The consumers of snails therefore suffer less from dehydration.

Moreover the meat of snail is an excellent source of enzymes. For instance, B-gluconidase which is found in the liver of mammals (cattle in particular) is present in the digestive glands of snails

Moving now to the medicinal value of snails, it is imperative to make the point clear that as medicinal animals, snails have an age-old history in Southwest Cameroon. Aged informants from the surveyed groups asserted that the sticky liquid from snails is used as gum for fresh lacerated wounds and that its meat and shell is also combined with palm oil and taken orally as treatments against stomach disorder and constipation.

As treatment for wounds, the shell is burnt and ground into powder and applied on the affected wound. Application should be repeated daily for 5 days. This slippery substance helps to stop bleeding.

Snail meat is also rich in red blood corpuscles and thus good for prevention and treatment of Anemia.

It is also an important preventive against malnutrition and kwashiorkor. Snails' meat also stimulates the movement of the fetus and thus eases delivery in pregnant women.

Aged informant especially among the Banyang related several instances in which women who had suffered from delivery complications stopped from suffering when they began to eat huge quantities of snails' meat during pregnancy.

The consumption of snails' meat also promotes fertility thus it cures sterility in women. Social and medical research demonstrates satisfactorily that snail meat is an excellent antidote against hypertension due to its high calcium and phosphorus content, the consumption of snails by nursing mothers made the baby to be stronger and healthier with strong bones and teeth. This evidence is self explanatory on the basis of the high calcium and phosphorus content of snail.

Snail meat is also easily digested and good for stomach disorders.

Traditional practitioners among the Banyang recommended that shells of snails should be used as cups for drinking water because this also serve as treatment against salt throat.

The shell of the snail with some concoctions that is the king grass and alagator pepper prevents and cures stammering.

Put 21 heads of the king plant and 21 heads of alagator pepper in the snail shell, add water into it and drink a glass every day for 21 days..

Traditional practitioners in Northwest and the Eastern Region also believe in the magicoreligious importance of the cup made of snail shells. Many patients have been treated with this therapy.

Snail shells mixed with aloe vera is a good treatment for skin diseases even stretch and birth marks. Mix the shells with aloe vera and apply on the affected spot.

Victims of asthma should consume snail meat in large quantities.

Snails' meat is also excellent in strengthening and treating infected kidneys.

Informants related several instances in which kidney infections were treated

solely by eating fresh snail meat. Snail meat also acts as a preventive against diabetes and hepatitis.

Snail jelly are also good in maintaining the skin and preventing it from scabies and ring worm. Apply the shells on the affected skin.

CHAPTER SEVEN

COMPRESSES AND FORMENTATIONS

TECHNIQUES OF APPLYING COMPRESSES

Whenever water in any form is used for treatment, there must be close observation of the patient to be sure the reaction that is produced is beneficial. The wrong type of reaction may be caused by not following the proper technique during the treatment. The blame may then be placed on the therapy itself, instead of the incorrect way in which it was given. Therefore, always listen carefully to what the patient is saying during the treatment and watch the skin reaction.

A compress is composed of several layers of cloth. When a cool compress is required, wet the cloth in the exact water temperature desired, wringing out just enough water so that it will not drop and place it upon the affected body part.

A cold compress is prepared by placing crushed ice between the layers of cloth. This, of course, does not need to be renewed so frequently.

In applying compresses to delicate parts of the body, great care should be taken not to injure the part. A very thin compress should be used in such cases.

The effects of a compress are very similar to those of a poultice.

The wet girdle, leg pack, wet sheet pack, chest pack and wrapper, and half-pack are simply large compresses.

Heating Compress

A heating compress actually feels cold when it is first applied, but after only a short time it starts to heat up as the body reacts against the cold. Such a compress, when applied to the throat, is very good for the treatment of sore throat, tonsillitis, laryngitis, whooping cough, and colds.

Use a strip of thin cotton cloth long enough to wrap around the neck. four times and wrap them around the neck twice. They should be wide enough

to cover the entire neck and also should be pulled up well under the ears; usually three or four inches wide is enough.

You will also need a strip of flannels or wool cloth to use as a covering and long enough to wrap around the neck twice. It should be about an inch or two wider than the cotton. Cut a piece of plastic, from a

disposable trash bag, long enough to go around the neck once and about one-half inch wider than cotton.

The following steps should be performed to give a heating compress to the throat:

Dip the cotton in cold water and wring it out until it no longer drips.

Wrap it around the neck, making it fit as close to the skin as possible.

It is very important that there are no air pockets or wrinkles. Cover it completely with the piece of plastic.

Cover this with the flannel or woolen strip to be sure that all of the moist cloth is covered. Tighten the cover but not so much that it is Uncomfortable for the patient.

Leave the compress in place overnight. It should be dry when re- moved in the morning.

The compress will draw blood to the skin surface that will warm and dry the cotton; and as a result, congestion of the structures deeper in the neck will be relieved.

After the compress is removed, rub the neck with a cool cloth and dry thoroughly to prevent chilling.

If the patient's circulation is poor and the cold cotton cloth will not warm up, wring the cloth out of hot water instead and use it in the same way.

The same type of compress may be applied to the abdomen. It is useful in constipation, indigestion and helps to promote sleep. You will need the same items as for the throat compress but the cotton strip should be thicker, 8 to 10 inches wide, and long enough to wrap around the abdomen one and a half times, overlapping in the front. The flannel or woolen binder will need to be about 12 inches wide and the same length as the cotton or slightly longer. A strip of plastic 12 inches wide and long enough to wrap around the body once can be used between the cotton and flannel to make the effect of the compress last longer. As noted earlier, a piece of plastic of the proper size cut from a disposable trash bag may be used.

How to give a heating compress to the abdomen

Spread the strip of flannel on the bed so that when the patient lies down on it.

it can be folded over the abdomen.

If plastic is to be used, it should be spread on the flannel

Wring the cotton out of cold water (or hot, as noted under throat compress) and place it on the flannel (or plastic). Be sure all the wrinkles are smoothed out.

Have the patient lie on the compress on his back and fold the layers over the abdomen, the cotton layer first, so that it overlaps on the front of the abdomen. Smooth each layer and remove all air pockets.

Cover completely with the plastic and/or flannel and pin securely in place.

Air must not get to the moist cotton or the heating effect will be spoiled.

Remove the compress in the morning, rub the skin with a cold cloth, and then dry thoroughly.

If the cotton does not heat up as it should, try putting a hot water bottle on the compress for a short time. Check to make sure that the flannel is snug and that it is completely covering the cotton. If neither of these suggestions seems to help, it may be necessary to apply the cotton compress only over the abdomen and not wrap it completely round the body. If the patient feels chilly during the wet compress treatment, it is usually because air is getting to the moist cotton.

FOMENTATION

Fomentations are local applications of moist heat and are used to relieve pain and muscle cramps and also to increase the circulation. They may be used with benefits in such conditions as arthritis, colds, influenza, bursitis, sprains, strains, muscle joint and nerve pain and gout infection to name only a few. The fomentation cloths can be made of half cotton and half wool or synthetic fabric, or a thick flannel may also be used. Each foot should be about three feet square and folded three times so that the final fomentation pad is three layers thick and about one by three feet in size.

Have all the following materials ready before starting the treatment:

Three fomentation pads, folded and ready to use.

Three covers to wrap around the fomentations, made of the same material and about the same size.

A pan of ice water and two clean cloths. At least four large Turkish towels.

A sheet or blanket to cover the patient.

A large pan or other container of boiling water.

A large piece of plastic or a rubber sheet to protect the bed.

How to give fomentation treatments:

Place a fomentation pad length wise on the bed so that when the patient lies down the pad will be along the spine. Cover it with several layers of towel so it will not burn. The patient should be warm and comfortable, lying on the spinal fomentation and covered with a sheet or blanket. The feet should be in a pan of hot water at 41°C-42°C. Be sure to keep this water in the footbath hot during the treatment.

Cover the area to be treated with two of the towels for the first fomentation and with one towel thereafter.

Twist one of the folded fomentations slightly and dip it into the boiling water until it is thoroughly soaked, leaving four or five inches of each end of the towel. Wring out the fomentation as dry as possible by grasping each end and twisting in opposite directions. Pulling the fomentation on each end and stretching it as much as possible will help get more of the water out.

The wetter the fomentation, the hotter it will feel for the patient. Untwist it.

Wrap it quickly in a fomentation cover and place on the towels that you have already positioned on the patient. Cover the fomentation with a towel.

Be certain not to burn any protruding bones or sensitive areas. Additional protection may be needed over such areas.

If the fomentation starts to burn the patient, raise it briefly and rub the skin with your hand to remove the moisture. As soon as the fomentation starts to cool, usually in three to five minutes, remove it, dry the skin well with a dry towel, and replace the fomentation with a fresh one. Have the new fomentation all ready to use as soon as the cooler one is removed. Never leave the treated part exposed to the air.

Place a cool wash cloth on the head when perspiration begins and renew it every three to four minutes. These clothes should be wrung out of ice water. For a stronger reaction, the skin can be rubbed with a cloth or a piece of ice between the fomentations. Ice should not be used if the patient is having

severe pain. Be sure the skin is dry before the next fomentation is applied. Be sure the towel on the patient remains dry. If it gets moist replace it with a dry one.

Usually a total of three fomentations are enough. Constantly dry the skin rapidly and thoroughly between each one. After the last fomentation is removed, wipe the skin with a cool cloth and dry thoroughly.

Following the treatment, lift the feet from the hot tub, pour cool water over them and dry thoroughly. The patient should be cooled with a neutral bath or shower or with an alcohol rub; then dried carefully and completely, cover with a sheet or blanket and allow to rest for 30-60 minutes. Fomentations may be repeated two or three times a day if necessary.

Thermosphere pads that provide a moist treatment are also available. Their time of application should be limited to 30 minutes.

Fomentations relieve internal congestion by drawing the blood to the skin surface. Very hot applications should be used to relieve pain; hot, short applications (three to five minutes) alternating with cold should be used if a tonic or stimulating effect is desired; five to ten minutes treatment with milder heat should be used to produce relaxation.

In addition to those conditions listed earlier in this section, fomentations may also be employed in acute inflammations, local pains, chest congestion, neuralgia, toothache, pleurisy and muscles spasm in order to help produce sleep, to increase circulation and to help eliminate toxins by causing sweating.

The following precautions should be observed when giving fomentations.

Do not use fomentations on unconscious patients or on the legs and feet of diabetics, or on any part of the body with a lack of feeling or poor blood supply. Use with caution in weak or elderly patients, in children, and patients who are drowsy or semi conscious.

Do not apply fomentations to the abdomen on anyone suspected of having acute appendicitis. Fomentations draw blood to the area being treated, so they should not be used if bleeding is present or suspected. Place an ice pack over the heart for patients with a weak heart. Keep the patient well covered at all times and protected from drafts.

Do not leave the patient unattended. Have the patient drink some water at about body temperature during the treatment.

HOW TO GIVE A BLANKET PACK

If possible, have two part-wool double blankets and one partwool single blanket. You will also need a large tub or kettle of boiling water and also a small basin of very cold water (ice water is preferable) to be used in making compresses for the patient's head.

Give a hot footbath while the blanket pack is being prepared. If the patient is able to sit up, have him sit by the bed to have a footbath. If he cannot sit up, have him lie on his back on one side of the bed with

his feet in hot water. It is well to give a hot herb tea at this time, such as yarrow, sage, or ginseng, to aid in producing perspiration. Keep the patient covered with a sheet.

Place first a double blanket and then a single blanket on the bed: these are to be wrapped over the wet pack. Take the other double blankets and fold the two longer edges over until they almost meet in the center, then fold one side over the other. This will form a long strip four layers thick, the full length of the blanket. Place the folded blanket in the boiling water and thoroughly saturate it. Do this carefully, so as not to disturb the folds. Leave about ten inches of each end of the blanket out of the water, so that two people can take hold of the ends and twist and pull the blanket in opposite directions until all the water is out. After the blanket has been wrung out, open it and quickly place it on the bed on the single blanket. Remove the footbath. Place the patient on the hot blanket as quickly as possible, as it cools rapidly when opened. Wrap the patient first in a hot wet blanket, then the dry single blanket, and then the dry double blanket. Be sure the feet are well wrapped and warm, and the dry blanket securely wrapped over the wet one. Wrap the blanket so the arms are next to the blanket not the body.

ALCOHOL RUB

An alcohol rub is usually given as a cooling procedure, either after a heating treatment of some kind has been given or to reduce the body temperature in patients with a fever. Sometimes it is used as a tonic.

Rubbing alcohol should be used if it is available but pure grain alcohol (95%) may be used if it is diluted with water, two parts of alcohol to one part of water.

The patient should be kept covered with a sheet, exposing only the part to be rubbed. Do not pour the alcohol directly onto the patient. Put some in your

cupped hand, rub your two hands together and then apply it to the patient's arm, starting with the hand and applying the alcohol up to the shoulder in one stroke. Bring the hands back down the arm, rotating them as you do. make sure the entire arm is moistened. Strike rapidly and lightly, using both your hands and be sure that all the alcohol has been evaporated and the skin is dry before proceeding to the next part.

After the first arm is finished, cover it with the sheet and proceed to the opposite arm, treating it in the same way. Then rub the chest, legs, abdomen, and back. Leave the patient completely dry and comfortable. Do not apply alcohol on open sores or on irritated skin and do not use on infants or very young children.

ICE PACK

The ice pack is very useful in treating acute sprains, acute joint inflammation and bruises. It should be applied as soon after the injury as possible. It contracts the blood vessels, keeps the swelling to a minimum and relieves the pain. The moist cold of an ice pack or compress is of more benefit than the dry cold produced by an ice bag or ice cap, and the ice pack fits more snugly around the joints.

How to use an ice pack

Cover the skin area to be treated with a flannel cloth. Never place ice directly on the skin.

Place a layer of crushed ice about one inch thick on a towel or piece of flannel big enough to cover the area completely. Cover this with a second towel.

Now place the ice pack over the painful area.

Pin a piece of plastic or rubber sheet over the compress. Be sure the bed is protected if the treatment is to be given in bed.

Leave the pack on for thirty minutes and keep the limb elevated. After the ice-pack is removed, dry the skin and keep the area covered with a dry towel or piece of flannel.

Repeat this treatment every two hours for a total of 8-12 hours or longer if necessary.

Make sure that the skin does not freeze.

In acute joint sprains, this treatment can be continued for one or two days and then alternate hot and cold may be used as previously described.

If ice is not available, the injured part can be placed in ice water or cold tap water for thirty minutes. This can be repeated every two hours for 8-12 hours or longer if necessary.

ICE BAG OR ICE CAP

The ice bag is very useful when ever cold treatment is indicated. It should not be left on for longer than fifteen or twenty minutes at a time. However, some of its most common uses are for acute sprains and strains, on the back of the neck for nose bleed and headache, on insect bites and stings, for itching hemorrhoids and many other conditions.

Fill the ice bag about half full with small pieces of ice.

Flatten the bag out on a flat surface to remove as much of the air as possible, and then put on the cap.

Wrap a thin towel around the bag.

Place a piece of plastic or rubber sheeting on the bed for protection. Leave on for twenty to thirty minutes.

Remove the same length of time keeping the area covered and then replace the ice bag. This may be continued for 8-12 hours as indicated.

COLD MITTEN FRICTION

This is an excellent tonic for the body in the morning and it will greatly improve the general circulation. People who have poor circulation are much more likely to get sick with colds and more serious illnesses than those who have good blood flow to all parts of the body. As people grow older, circulation tends to slow down and the blood vessels become more pliable. This tonic friction bag can be used by nearly everyone. It is simple to learn, requires no expensive equipments, and will certainly improve your health and sense of well being as well as your general resistance to disease.

Short cold applications or heat treatments followed by cold tend to make the chemical reaction of the blood more alkaline due to the oxidation of waste products. The blood normally has an alkaline reaction but during infections, fevers, etc these alkalinity is reduced and the blood shifts towards an acidic reaction, although blood never actually becomes acidic in its reaction. There is also a moderate increase in the number of red blood cells in the circulation as well as an increase in hemoglobin and a marked rise in the

number of white blood cells that fight infection. Not only is there an increase in the number of white corpuscles, but they also become much more active in fighting disease. The effects of a cold treatment lasts about one to three hours and while one treatment can not be expected to produce a marked or lasting effect, frequent cold treatments, specially with added friction, will produce a permanent and decided improvement in the circulation and an increase in the blood corpuscles and hemoglobin. "Most persons would receive benefits from a cool or tepid bath everyday, morning or evening. Instead of the liability to take cold, a bath, properly taken, fortifies against cold, because it improves the circulation; the blood is brought to the surface and an easier and regular flow is obtained. The mind and the body are alike invigorated." How to take a cold mitten friction

1. As usual keep the room warm and free of dirt.
2. Fill the wash basin or other container with tepid water at about 29°C -35°C.

3. If you do not have a regular friction mitt and do not wish to purchase one, select a rough wash cloth, deep it in the water and make it nearly dry.
4. In order to build up a tolerance, you should start gradually. On the first morning/occasion, rub only one arm from the wrist to the shoulder. Keep rubbing rapidly and vigorously until the skin have a tinkling sensation.
5. Stop and dry the arm thoroughly with a warm towel.
6. The second morning/occasion, rub both arms till for a longer time First start with one and then move on to the other. Dry each one when you are through with the process.
7. On subsequent days add the chest, abdomen, right and left legs, and the back. It is advisable to have someone else rub your back because rubbing this area vigorously can be quite awkward and trying.
8. As you make progress from day-to-day, you should make the water a little cooler until you are finally able to use ice water without feeling chilly. The cloth can be a little wetter, but never dripping, if a more vigorous reaction is desired
9. Eventually you should be able to complete the entire friction bath in less than ten minutes
10. When giving the treatment to another person, start with one arm until you have produced a good reaction, then dry it well and do the other arm chest, abdomen, legs and back. Keep all parts of the body that are not being treated well covered.

PRECAUTIONS

If at first you get unduly tired from the rubbing, stay on the same part for several day's and add other areas of the body at a slower rate. Rest if you need to, but don't give up until you can complete the entire body.

Old or very weak or ill persons may find this treatment too exhausting or they may not be able to obtain a good skin reaction; if that is the case, the cold mitten friction should not be used.

SEDATIVE TREATMENT

This treatment is given to relieve stress and tension.

Warm the feet with a hot foot bath. If the patient is a diabetic or has poor circulation, wrap the feet in a warm blanket.

Use fomentations. The fomentations that are used in a sedative treatment should be allowed to cool slightly before being placed on the patient. They should not be used while extremely hot.

Put the patient on one fomentation that extends the full length of the spine and place a second one across the abdomen.

Apply cold compresses to the head and neck and change them every two or three minutes.

As soon as the fomentation begins to cold, remove it, dry the skin, and apply a fresh one. Change the long fomentation on the spine first. Do not rub the skin with ice between fomentations. Change the fomentations three times. Then cool the patient with an alcohol rub or a warm bath or shower. Dry the patient thoroughly, make him comfortable, and encourage rest and sleep.

ARTHRITIS TREATMENT

Alternating between hot and cold treatments are many times very helpful in relieving the pain of arthritis. This treatment is mainly for arthritis of the hand, wrist or feet.

This treatment is simple to give and only minimal equipment is needed. You should have two containers large enough to accommodate hands or feet. One of the containers should be filled with hot water at 41°C-43°C and the other

should contain cold water at 16°C to 21.4

This is about the temperature of water that comes from the cold water faucet. There should be enough water in the container to reach the elbows or knees. Use a bath thermometer to determine the water temperature.

The parts indicated above should be placed first in the hot water for three minutes and then in the cold water for thirty seconds. Several complete changes should be made, ending with the hot water.

This can be done two or three times a day.

If the hot water causes increased swelling, the temperature can be decreased 141° or the time in the hot water can be reduced to two minutes and the time in the cold water increased to one minute.

If there is poor circulation, the hot water should never be more than 41°C. For extremely painful joints, an ice pack can be used until the swelling subsides and then the alternate hot and cold treatments will be used. Many people with arthritis will obtain more relief from this treatment.

HEADACHE TREATMENT

Most headaches are caused by stress, muscle tension, dilated blood vessels in the head, or a combination of these. In one person out of several hundred, headaches are likely to be caused by a life-threatening illness such as a brain tumor. The next time you have a headache while at home, try the following program or better still, for greater success with this treatment start as soon as

you feel a headache coming on. Warm the bathroom to between 21°C and 27°C.

Undress and take a hot footbath, as described earlier. For this treatment it is best to sit on the edge of the bathtub and fill the trough with hot water over four ankle. Start with water at 51°C.

Keep yourself warm by wrapping a sheet of cloth.

Have a pan of ice water, wring it out well and place it over your forehead and eyes. Change the wash cloth every two-three minutes.

Rub the back of your neck to relax muscles. Slowly rotate your head in a circle once or twice, relaxing the muscles as much as possible, and then apply a cold cloth to the back of the neck.

When your feet have become nice and pink, fill the tub with water at 27°C to

32°C. Then get in the tub, place a folded towel behind your head, lean back, and soak for 15 to 20 minutes. Keep the cool cloth over your forehead and eyes.

Dry thoroughly. Blot the skin. Do not rub.

As soon as you get dry, go straight into a warm bed. Make the room dark and eliminate any noises that can disturb you. You may even take the phone off. Close your eyes, relax, and try to remove all irritating, stressful and unpleasant thoughts from your mind.

SALT GLOW

The salt glow is a vigorous peripheral circulatory stimulant and a general tonic. It increases resistance to diseases of all kinds, re- moves dead skin. opens and cleanses out the pores. Patients obtain a reaction to the salt glow easier than to a cold mitten friction.

Wet two pounds of common coarse salt with water just enough to enable it stick together. Have the patient stand or sit in the shower with the feet and ankle deep in a pan of water that is 410C warm. Keep the patient well covered except for the part that is to be treated. Begin by wetting one arm. Fill your hands with the moist salt, place your hands on each side of the patient's arm and rub up and down the arm vigorously with to-and-fro movements until the skin is aglow. Follow the same procedure with the opposite arm, legs, chest, back, and buttocks. Omit the abdomen if you wish. Use a lighter pressure over bony and sensitive areas. After completion, remove all the salt with a tepid shower. Dry the skin thoroughly and have the patient lie down, cover with a sheet or blanket, and encourage rest for a short time. A salt glow should not be applied if a skin disease is present.

Fasting and healthy eating

There is much said in the Bible about fasting. We will consider some of its uses and benefits. God instituted fasting for both spiritual and physical blessings. The priests in Christ's time fasted twice a week. Throughout the history of the Old Testament, the people fasted and prayed in order to gain victories. Fasting has two useful purposes: First it builds up the body and spiritual enriches the soul. Christ fasted for 40 days to get victory over appetite on man's behalf. On this point of appetite our first parents fell, and

thousands have gone to an untimely grave because of excessive graving and consumption of unwholesome meals.

I have made many experiments with fasting. I fasted for one day a number of times just to get the victory over appetite and to gain spiritual strength. I have also fasted a number of times for three days. Once I fasted for 21 days from morning till late at night without resting even once. Another time I fasted for 23 days, and worked everyday. I could have fasted 40 days but since I was working too hard, I could not sustain.

There are persons who advocate long fasts for health (and otherwise), but I WARN EVERYONE AGAINST LONG FASTS, as they do not benefit physically and are not a spiritual requirement.

Short fasts for a day or two are very beneficial, both spiritually and physically. Make sure you drink plenty of water and take the deep- breathing therapy. To abstain from rich food and eat very little plain food, even for days or weeks, would be very beneficial. This would give the system a chance to purify itself of poisonous substances. This notwithstanding, the weak, sick and undernourished should avoid fasting.

During an outing with some friends, we ordered for food and started eating but noticed that there was a man besides us who was not eating. I went to him and asked, "Friend, do you have anything to eat? We have plenty and some to spare." This man replied, "I am fasting. I do not want anything to eat." I proceeded to ask him why he was fasting. He said, "I used to have chronic rheumatism which made me unable to do anything. All the doctors and their medicine didn't help me. One day a man came to me and said if I could fast for two days a week, my rheumatism would leave me." I asked him to tell me who the man was. He replied that he did not know the man and that he had never seen the man before, and had never seen him ever since. However, he concluded, "I followed his advice, and after a short time my rheumatism was gone, and I have never had it since. This was a number of years ago."

In Bible times when one fasted an entire day, it was counted that he had gained a victory. I know some people who fasted for one day, but then in the evening after sundown they ate a lot of food. This should not be considered as fasting for one day. Fasting for one day means abstaining from eating food all day long from morning till mid- night. A serious mistake is often made

when too much food is taken after the fast. When this happens, much injury is done to the system. A great deal of the effect of a fast is lost when it is abused, There are several medical complications that may arise as a result of fasting. In this regard, even though fasting may be beneficial, it should not be carried on for longer than a day or two. Those who participate in fasting should watch out for the following possible complications:

Kidney stones

Low blood pressure

Gouty arthritis

Headaches or light-headedness

Abdominal pain or nausea

Decreased urine output

Severe cramps

If any of these or other complications occur, the fast should be stopped immediately. Apart from spiritual and health reasons, fasting is also used to treat obesity and certain convulsive disorders. It has also been used with varying degrees of success as a means of political protest. In India, Gandhi who is well known for his peaceful resistance to colonialism, fasted as a political protest many times and for as long as three weeks, on the last three occasions. In quite recent times ten men from the Irish Republican Army died in prison, following fasts ranging from 45 to 61 days. The longest fast which we have ever record was that of an obese 27-year old man. While under constant medical supervision, he fasted for 82 days and lost a total of 276 kilograms.

I am thoroughly convinced that a great many people eat too much. Americans are the most overweight group of people in the world, but this does not necessarily mean that they are properly nourished. In fact, many eat food that under nourished them. It is also true that many people are undernourished because they eat deitaminised (refined) food that is improperly prepared. Similarly, they eat improper mixtures of food that ferment and cause poor blood circulation.

But if we eat food as God made it with all its natural vitamins and minerals, we will not get nervous, irritable and unreasonable and out of sorts. When the minerals, vitamins and other nutrients that can keep the body healthy are removed from the food during its preparation, we become malnourished and subjected to all kinds of diseases. When we feel so tired all the time, it is because those nutrients that give us strength and make us strong have been removed from our food. I have seen many herds of horses, cattle, sheep and other animals, which all look alike because they eat the food the way God made it for them. Just stop and think! Everything that is found in any of the meats is also found in the grains, hay and grass that the animals eat. Why eat it second hand? Let's eat it in its pure original state. What do you say?

A diet of acid-forming foods and combinations that cause waste matter in the stem in turn causes wrinkles and makes us look old. A change occurred in a man whose skin was wrinkled, pale, and old-looking after he was put on a correct diet and given sweat baths and herbs to cleanse the bloodstream and intestinal tract. The change was so great that people who knew him said he looked 20 years younger. I have seen this change take place many times over. Today, I am a living example of such a change.

There is so much written about foods today that it becomes confusing. They write about calories, acid-forming foods, alkaline foods, vitamins, minerals etc. One writer who claims to be an authority says one thing, while the other one says the contrary. I have heard people say many times that they do not know what to eat any more. It is true that different kinds of fruits, grains and vegetables have different properties but I would not recommend that anyone should choose a particular food and live on it to the exclusion of all the others.

As large variety of food as possible should be eaten. This is very important. But if the natural life-giving properties, which are in the foods as God made them, were not destroyed in their preparation, we would not have to worry about calories, or alkaline and acid forming foods. If a wide selection of food from the four basic food groups is eaten everyday, the body will be kept in perfect health and there will be no need to wonder whether or not we are getting the proper amount of protein, carbohydrates, fats, vitamins and minerals. I was born and raised in a family where everything was eaten quite often in its natural form. My grandparents lived to a very old age because of their diet.

In reading the following description of herbs, it would appear as if many of them have the same qualities. This is not true. I give the description so

that you can be able to obtain the herbs. However, you can obtain a different one that has the desired qualities. This is because different herbs grow in different parts of the world. Thus a good knowledge of the qualities of each of the herbs enables you to obtain one that has the elements you need. This means that no matter where you live, a remedy can be found locally.

CHAPTER EIGHT

WATER AS A MEANS OF TREATMENT

Water benefits the body in many different ways. When taken by mouth, some of it is absorbed from the intestines. This enters the bloodstream to increase its volume. The size of the blood vessels is thus increased (although they are never expanded to their fullest extent) due to an increase in the volume of their contents. The blood becomes more fluid, and as a result, the circulation is quickened.

Except for air, water is the most transient substance taken into the body. It is eliminated in four ways: through the lungs, skin, kidneys, and intestines. By its solvent action, the poisons that have been

eliminated by the tissue cells are dissolved and then excreted. When the volume of blood is increased, more water comes in contact with the waste matter in every part of the body. Thus, undesirable waste is re- moved. This is shown by an increase in urinary output and increased activity of the skin (perspiration).

Abundant water drinking increases elimination by the mucous membrane lining of the intestinal tract, an important organ of excretion. The result of this increased activity is that the contents of the intestines become more fluid, thus helping to correct the common problem of constipation. It also removes from the blood some of its poisonous waste material, rendering the blood cleaner for the building up of tissues. In this way both elimination and repair are aided.

The use of water assists in all the vital processes by increasing the renewal of tissues. It is a false idea that bathing renders a person more susceptible to colds. Colds are caused by a disturbance of the circulation. Frequent bathing makes the skin more active, thereby in- creasing the circulation. A person who takes a daily cold imorning bath increases his immunity against colds and is not nearly so susceptible to changes in temperature. Colds contracted after bathing result from not taking proper precautions during and after the bath. Diseases do not exist without some disturbance in the circula- tion. In health,

each part of the body receives its necessary share of blood. Therefore, in any disease, one of the first things to do is to bal- ance the circulation. Prolonged applications of cold water on a particular spot contract the tiny blood vessels there thus the amount of blood in this part is lessened. The same may sometimes be accomplished by applying hot water to some distant part of the body so that the surplus blood will be drawn there and thus relieve the diseased organ.

Applications of heat may be applied to the part where there is not enough blood. At the same time you can apply a cold application to some other part of the body. This will help to send more blood to the deficient area. Very often hot and cold applications can be combined advantageously, because one part of the body cannot contain too much

blood without some other part being deprived of its due portion.

Regulation of body temperature is closely associated with circulation, and the two are controlled by the same remedies given in the same way. A part that becomes inflamed and contains too much blood usually causes a fever. A cold application will relieve this.

When you wish to reduce the temperature of any part, the water must not be extremely cold. Use warm or tepid water just a few degrees below body temperature. This can be continued for some time without injury, until the temperature is reduced to normal. Many times one or more organs become inactive, the skin and liver in particular. When the blood vessels become inactive and distended, congestion results. Alternate hot and cold applications. When this done for thirty minutes, it can relieve congestion more quickly than any other remedy. Pain may be caused by a disturbance of the circulation because the overfilled blood vessels exert pressure upon the arteries especially to nervous persons. This because the sudden application of cold is always a shock.

A great many times the body temperature is reduced even though the skin glows and feels warmer. The only accurate way to determine temperature is with a thermometer. It is probably best not to use cold applications at all on person who are very ill or tired, or in those who dislike cold treatments, or

in those who have severe kidney or heart trouble. Before starting any cold treatment, the person should feel warm and not cold or even chilly.

It is important to remember that some people may react poorly to cold water. especially if extreme cold water is used. In such cases, it is better to stop the treatment or use water at a more moderate temperature.

USING WATER TO PRESERVE HEALTH

Water, so valuable for remedial purposes, is fortunately one of the most abundant elements in nature. The human body is composed of about two-thirds water. The fluid secretions and excretions are more than nine-tenths water. Perspiration and saliva are both close to 100 percent water. while blood is 90 percent and muscle is between 80 and 90 percent water.

EFFECTS OF HOT WATER

Hot baths or applications should be given above a temperature of 98°F. A short local application of heat causes dilatation of the blood vessels with increased circulation to the part. As with cold water, the effects differ according to the length of the application.

Intense heat acts at first to stimulate the body, but if it is continued a definite depressive reaction occurs. A full hot bath causes an increased pulse rate. A bath given from 106 to 108°F, will increase pulse rate. A bath given from 41°C to 42°C, will increase the pulse from normal to between 38°C- to 49°C- beats per minute in a short time. A bath several degrees hotter, up to 44°C-, will increase the pulse to more than 150 beats per minute. When the pulse increases to between 80 and 85 beats per minute during the treatment, an ice bag should be placed over the heart. When giving an extremely hot bath, always apply a cold compress to the head and sponge entire body with cool water every fifteen or twenty minutes. Extremely hot baths are seldom required. It is better, as a rule, to have the water temperature around 39°C. Don't forget to end each hot treatment with some kind of a cool or cold application, in order to close the pores in the skin and reduce the chance of chilling. This will also help to restore the normal alkaline reaction of the

blood that applications of heat tend to lower.

There are very few agents that will so rapidly and powerfully excite and stimulate the body metabolism as a short hot bath. The undesirable results of hot baths are due to irrational or incautious use. But these same results are proof of their power.

EFFECTS OF WARM WATER

The temperature of warm bath is between 33°C and 37°C. A warm bath never exceeds the temperature of the body. Warm baths decrease the temperature and pulse as do cold baths, but they differ in that there is no shock when taking a warm bath. Therefore, it is not followed by any undesirable reaction. The blood pressure is also decreased.

Warm baths greatly increase the activity of the skin, through perspiration and absorption. When a warm bath is continued for two or three hours, the body weight will be increased as the skin absorbs some of the water. The general effects of a warm bath are mild and soothing, doubtless because of the close

approximation to the normal body temperature. It provides favorable conditions for the performance of the natural bodily functions.

Thus, we see that when water is applied at the proper temperature, it is the most natural and powerful means of either depressing or increasing the vital activities of the body. Water applications are wholly of a sympathetic character, and all parts of the body and mucous membranes are closely connected as has been described.

There are many ways of administering water at any temperature and each different temperature will produce some modification or general effect in the body.

CHARACTERISTICS OF WATER

The composition of water is represented by the chemical formula, H_2O , which means that it is composed of two gases, hydrogen and oxygen; proportionately two parts of the former to one of the latter. Both are odorless, colorless, and tasteless and burn readily. Oxygen is the greatest supporter of combustion in life. Hydrogen is one of the lightest gases known.

Water exists in the form of ice when its temperature is below 32°F. When it is

at or above 100°C, (the boiling point) it is changed into vapor. Between 0°C and 100°C, it is a liquid. Water requires a greater amount of heat to elevate its temperature to a given number of degrees than any other substance, and it absorbs more heat during temperature elevation than any other substance.

When changing from the ice to the liquid state, it absorbs a great amount of heat from the objects it comes in contact with. Water conducts heat much more readily than air does, giving its heat to bodies with which it comes in contact, but it also removes heat when it is at a lower temperature.

Rainwater

Of any water attainable, rainwater comes the nearest to being pure. But even rainwater is often unwholesome because it gathers many impurities as it falls through the atmosphere. Filtered rainwater and distilled water are perhaps the purest forms. Hard Water

When water is hard, it will not produce an abundant lather with soap. The hardness is due to salts and lime gypsum, chalk, and other minerals which make it less suitable for use both externally and especially internally. Hot mineral spring water

This water contains solutions of the salts of magnesium and iron, as well as other chemicals such as iodine, arsenic, and sulphur, which give it a medicinal taste. Such water has been used extensively for cures of chronic ailments in the form of hot baths etc, but it is absolutely unfit for drinking or cooking purposes. It contains no particular value for cleansing; therefore, one would naturally know that since it is unfit to cleanse the outside of the body it could not be of much benefit internally either.

WATER AND THE HUMAN BODY

With the exception of pure air, there is no other element in nature that is so important for sustaining life or that has such an important relation to the human system as pure water. A person can live a week or sometimes even much longer on water alone, but dies quickly if he is deprived of it. A large proportion of our food is composed of 15 to 90 percent water.

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Water undergoes no change in the body, but its presence is absolutely essential for the performance of the vital functions, as it enables various

organs to perform their work so that life is sustained. The circulatory system is especially dependent upon water. Water composes a large percentage of the fluid portion of the blood that suspends the blood corpuscles as well as the nutritive and waste elements. With the aid of water, nutrients enter the blood and are conveyed to critical areas of the intricate human mechanism where repair and growth are needed.

There is no other substance that is so well adapted for this exact purpose as water. It circulates through the most delicate capillaries without friction, and even passes through membranes into parts of the body that are not accessible by natural openings. Water is continually passing out of the body through one or more of the organs of elimination—skin, kidneys, lungs, or intestines. If the kidneys become obstructed, we all know there will be serious trouble. The dry air constantly entering the lungs during normal breathing absorbs moisture from the pulmonary membranes.

Therefore, it is necessary to supply the body with an abundance of pure water at all times. The average person eliminates about five pints of water in twenty-four hours, and an equal new supply must be

provided in order to preserve the fluidity of the blood. People who work hard physically and perspire profusely naturally require more water than others.

It should also be noticed that the diet has a great deal to do with the amount of water demanded by nature. People, who eat largely animal products and use salt, pepper, spices, and condiments freely, require considerable more water to dissolve and cleanse the system of these unhealthy things. On the other hand, people who eat mostly fruits, vegetables and grains, and avoid the use of stimulating foods and drinks, require less water because vegetable and fruit contain more water

Water is the only substance that really quenches thirst. Other beverages will relieve thirst only in proportion to the amount of water they contain. Most of these drinks are unwholesome because of the injurious substances that are added.

The skin, which is the largest organ in the body, performs several important duties. One of the most important is excretion. This fact could be easily

demonstrated if a coat of paint or varnish were applied all over the body. Such a person would die almost as quickly as if a dose of poison had been given to him or her. The millions of little sweat glands, located just beneath the surface of the skin are constantly engaged in separating impurities from the blood, which if retained would cause disease and eventually death.

The skin is also an organ of respiration. It absorbs oxygen and eliminates poisonous gases, although by far most of this work is done by the lung. In some of the lower animals, all the work of respiration is done by the skin. The skin not only absorbs oxygen but it also absorbs liquids to a great extent. Absorption through the skin is increased when it is warm and moist. If a person stays in a warm bath for some time, the weight of the body would be increased when it is warm and moist. Seamen when adrift on the ocean and deprived of fresh water, have been known to wet their clothing with seawater. Since the skin will absorb some of the water without absorbing the salt.

The skin is a great help in the regulation of body temperature. It is non-conducting and dense hence it prevents to a considerable degree the escape of essential body heat. When the body becomes overheated from strenuous vital activity, fever, or external heat, the skin relieves the tissues by favoring the

escape of heat. This is exactly what happens with fever when you drink plenty of water or do anything to produce perspiration. The moisture passes from the sweat glands out onto the skin surface where it evaporates, resulting in a powerful cooling action...

The skin is also an organ of touch; in fact, it is the largest organ of sensitivity in the body. Through extensive network of nerves, the skin is very closely connected with all the great nerve centers in the body. That is why water treatments applied to the body surface are so beneficial and have such a good effect on diseases affecting the nervous system. The skin's unique quality has made the Chinese come up with acupuncture and massaging as possible cures for many diseases of the body. This is an opportunity not to miss.

The tiny nerve endings that come to the blood vessels in the skin also have a direct connection with the blood vessels deep inside the body. Thus, if either hot or cold is applied to the skin there will be a reaction in the deeper organs

also. For example, placing an ice bag over the right lower abdomen in a patient with acute appendicitis will cause a constriction of the blood vessels in the appendix and in this way help to relieve the congestion and inflammation. Every opening of the body leading to the surface is lined with mucous membrane. Mucous membrane lines the air passages and lungs, the urinary and genital organs, and the whole intestinal tract from the mouth to the rectum. Mucous membrane resembles the skin in that, like the skin, it is made up of several layers. It also secretes and excretes. It excretes foul material (as the exudation in diphtheria) and secretes useful substances when they are in a fluid state.

The importance of the skin as an organ of elimination is made obvious by the offensive odor of perspiration, which will have the distinctive odor of tobacco if the person uses it in any form. This shows that the skin not only eliminates normal body wastes, but eliminates poisons from the body as well. Urea, sodium chloride, lactic acid and potassium are some of the substances that are lost in sweat.

Every movement we make destroys a tiny portion of the living tissues. These dead tissues have a poisonous effect on the body and must be removed. Some of the substances that are normally excreted by the system can be very deadly under certain circumstances, such as some of those contained in the urine, bile, gall bladder etc. They must be eliminated as quickly as possible and here the marvelous

properties of water are again exhibited. Pure water dissolves these poisons whenever it comes in contact with them. Then, after being brought by the circulatory system to the proper organs-liver, skin, kidneys and lungs- the poisons are expelled.

The skin has millions of pores, from which constantly flows a stream of poisons from the disintegration of body cells. As we perspire, these dead cells or poisons are left on the skin. If the skin is normally active, it takes several days for these dead cells to form a new layer, which could be compared to a thin coating of varnish. Unless a person bathes properly and often, these dead cells and poisons continue to accumulate and increase until they start to undergo a process of decomposition and subsequent re-absorption into the

blood, thus placing an additional load on the organs of excretion

We all know that a person who does not bathe often has a very unpleasant odor. This is unhealthy to oneself. This accumulation obstructs the work of the millions of little pores, and some of the poisons are reabsorbed, thus contaminating the system. Frequent cleansing with water will keep the skin free from poisonous elements. It can easily be understood why so many people have torpid skins. This is because it is not uncommon to find those who have never taken a real general cleansing bath in their lives to develop this. It is unfortunate that most people do not bath quite often despite the benefits outlined above.

A cleansing bath should be taken everyday if possible. You wash your face and hands daily, why not your entire body? A cleansing bath taken daily will keep the skin supple and clean. The bath should be indispensable to a woman as her mirror. Many very refined and fastidious people who spend hours dressing, including women who use creams, lotions and make up to beautify the portions of the skin exposed to view would be quite shocked to learn the true condition of unwashed skin. Of course, we do not say that this is true of everyone but is true of a great many.

Inactivity of the skin due to improper bathing is one of the main causes of skin disease, especially if coupled with an aggravated condition caused by wrong dietary habits. The relation between the skin and kidneys is very close and inactivity of the skin is often associated with kidney disorders.

The value of water in preventing disease was recognized by ancient peoples and baths were used by them to a far greater extent than in modern times.

Moses, the great Hebrew lawgiver, required his people to be scrupulously clean, and made bathing a part of their religious duties. His example was followed by Mohammed, who ordered his people to bathe before each of their daily prayers. Thus many have believed that cleanliness is next to godliness. The Greeks regarded the bath as a very essential means of securing physical health. Daily baths were practiced by them from the youngest to the oldest. The Romans also made a luxury of the bath.

The most renowned physicians from Hippocrates down to Galen, Celsius, Sebastian and Melville C Keith believed that bathing was an invaluable means

of preserving health. Nevertheless, as people have become more enlightened and civilized, bathing for health has been more and more disregarded.

During the dark ages in Europe, the bath was unknown. Michelet, a noteworthy historian, tells us that in his opinion, this accounted for the terrible plagues and pestilence of that period. Mankind then felt the need for something new and started using poisonous drugs.

Bathing is a natural instinct, and all nature shows the importance of baths.

Rain is the natural shower bath. The influences of it are shown in the fresher, brighter and more erect appearance of all living plants. Birds and animals do not neglect their baths. If mans instincts had not been perverted by the habit of modern civilization, he would value the baths highly and bathe frequently, as do the more humble creatures whose instincts are still true to nature

Man's intelligence has made it possible for him to become grossly perverted in almost everything food, appetite, bathing. etc. Man does not go astray from nature because he lacks intelligence or instinct, but because he wishes to gratify his own desires.

Many are afraid to use one of God's greatest blessings-pure water-because they have never experienced its beneficial effects.

AMOUNT OF WATER NEEDED DAILY

The average person does not drink enough pure water. At least six to eight glasses must be taken daily. More is better depending upon the kind of food eaten. Cool water is good but ice water should not be taken. Babies and delicate patients should be given water as carefully as food.

When one drinks an abundance of pure, fresh water the blood and tissues are bathed and purified thereby being cleansed of all poisons and waste matter. Water is also an essential constituent of the tissue cells and all body fluids such as the digestive juices, etc.

Water dissolves nutritive material in the course of digestion so that it can be absorbed into the blood and carried to various parts of the body to repair and build tissues and remove waste.

Water keeps all mucous membranes of the body soft and prevents friction of their surfaces.

Water aids in regulating body temperature and body processes. Make a special effort to obtain the purest water available. Recent scientific evidence suggests that elderly people may not feel thirsty even when their bodies are actually in need of water. It was also found that despite the body's need for more fluid, the kidneys of older people do not tend to conserve fluid as would be expected under these circumstances. These factors may lead to the formation of kidney stones and contribute to constipation, an all-too-common problem in the elderly. Therefore, as you grow older, it is even more important that an adequate supply of fluid be obtained every day.

THE HEALING POWER OF WARM WATER IN THE MORNING

1. It prevents premature aging
2. It alleviates pain from menstrual cramps
3. It helps weight loss
4. It improves digestion

5. It improves blood circulation

6. It aids constipation

7. It endues sleep

Take a glass of warm water early in the morning with an empty stomach for life.

CHAPTER NINE

PREVENTIVE MEDICINE

The fundamental principle of true healing consists of the return to natural habits of living. A proper diet has more value than medicine in the production and maintenance of good health. There is a greater menace to civilization today than war. This menace is malnutrition.

We eat too much and quite often what we eat is poison in our body. In addition to eating too much, we do not masticate our food thoroughly since many of our diseases can be traced to improper diet. The cure of most ailments is a well balanced diet. We eat in order to stay alive.

A true diet is not based on calories but on the organic and inorganic elements that promote and sustain life. Many of our most common diseases are caused by wrong habits of eating and drinking, including the use of tobacco, alcohol and drugs. This has been proven by recent scientific experiments in recent years. When food is absorbed by the body it will nourish, repair and furnish life force and heat to the body, but if in its preparation and processing, the life giving elements are taken away, it can not furnish life force but it will instead chill the normal functioning of the body and result in many disorders.

Many diseases can be avoided by getting rid of poisonous substances in the body. When we assist nature in expelling impurities and re-establishing right conditions in the system, we can overcome diseases

The human race has been growing more and more self-indulgent until health is being sacrificed on the altar of appetite. God gave our first parents food that he designed for the human race to eat. It was only after the world was destroyed by flood that he gave the permission to eat fleshy food since all the vegetable were destroyed. However, only clean animals as stated in the bible in Leviticus chapter eleven were recommended by God. Animal foods are not however the most healthful foods for humans. Recent scientific research has proven this beyond reasonable doubt. The diet given to Adam

and Eve in the Garden of Eden did not include fleshy foods. We should learn to avoid diseases by correct eating and drinking habits

NORMAL DIET FOR AN AVERAGE PERSON

First observe the following rules for eating

Diet rules

Do not eat fruits and vegetables together. Do not drink any liquids with meals Allow five hours between meals,

Secondly, more care should be exercised in cooking food every day in order not to destroy the minerals, vitamins and other life giving properties in it.

Thirdly, 75 to 85 percent of alkaline food should be used in everyday diet. Your food should have at least 90 percent alkaline base forming foods. Eating acid foods gives us diseases, while alkaline foods overcome and help to prevent them.

Fruits

Consume the following fruits constantly; all berries, grapefruits, pineapples, bananas, oranges, apples, lemons, grapes, melons, pears, plums and limes.

Do not use cane sugar as a fruits. Do not eat bananas unless they have dark spots on the skins and the ends are not green. Do not mix more than two kinds of fruits at a meal. It is best to eat raw fruits.

Vegetables

Cabbage (uncooked), onions, carrots, cucumbers, tomatoes, dandelion, Irish potatoes (unpeeled), lettuce, pumpkin and beans are vegetables.

Legumes

Soybeans, green beans, dried beans of any kind, lima beans and peanuts are legumes.

Legumes are very high in protein and therefore are useful as meat substitute. As an example peanut butter contains four grams of protein per table spoon. The protein contained in legumes is adequate for meat proteins, if they are combined with protein in wheat or corn products.

Raw Diet

I believe in eating everything raw in its natural state if it can be digested faster. In the beginning, fruits, grains and nuts grew all the year round and The beans, barley, there was no need to can, cook and bake as it is done today wheat and nuts were never as hard and dry as they are now. A long time ago, there were many fresh fruits and grains that were eaten in their natural state These scarcely needed any digestion. When our green corn is in its natural state, it needs no time to digest since it needs very little cooking. However, when it matures and gets dry, it turns to a starchy state which takes a longer time to digest. Therefore it needs to be ground and baked. If properly baked it turns the starch back to grape sugar to a great extent.

Starch comes only from plant foods. There is an abundance of it in our food supply. Some foods which are rich in starch are nuts, grains, peas, dried bean, sunflower seeds, potatoes and parsnips corn.

Much impurity is produced in the system by too much protein. Now we should learn how to prepare our food and also what food to eat to balance the amount of protein intake in the body and other elements.

I will advice my fans to make use of food rich in fiber.

A great deal has been written during the past years about fiber in the diet in scientific journals, laymen publications and essays by people who are interested in their health. Many of us will want to know about fiber, what it is, how to get it and what it is good for. Even several well known cereal

manufacturers are promoting the large amounts of fiber that are present in some of our products. Drugstore counters display many bulk and fiber-type laxatives and claim that there are high fiber cookies and cornflakes to keep you a normal healthy state but this is not true.

Sometimes you may hear the term "bulk" or "roughage" used but this really means essentially the same thing, so we will refer to them as fiber. Fiber is the tough structural part of plants such as the stems, leaf, coverings of the seed and fruits.

The beneficial effect of fiber is nothing new. About 2400 years ago. Hypocrite's test said "wholesome bread clears up the gut and passes through

as excrement." Dr. John Harvey Kellogg, a vegetarian who founded the famous Battle Creek Sanitarium in Michigan in the late 1800s was one of the early American promoters of heavy fiber.

The benefits of a diet containing adequate fiber are no longer in doubt. Those who are troubled by chronic constipation can be immediately relieved by an intake of fiber. According to recent statistics, those in urban areas are most affected victims of the lack of fiber intake. Most of them have found it necessary to take a laxative at some time during their lives. It is possible to become "addicted" to a type of laxative. After using it daily over a longer period of time, it can become impossible for the bowels to move normally by themselves.

When eating the average Western-type highly-refined food, it takes the food about three days to digest and pass completely through the intestinal tract.

The result is a small hard stool that requires much straining. This therefore develops a very high pressure in the colon in order for the bowels to move. This increased pressure is responsible for other problems in the colon and elsewhere. How does fiber help? In the first place, it increases the bulk of the stool and this makes it pass through the digestive tract about half the time that is required. This increased bulk results in decreased pressure built up in the colon. Fiber also attracts and holds water like a sponge, making the stool much softer and easier to pass through the anus. It also contributes to lowering the number of people who suffer from constipation. The following are some helpful suggestions.

Increase the amount of Fiber in your diet

Drink one or more glasses of water in the morning about 30 to 60 minutes before breakfast. Use the water as it comes out from the tap or try heating it slightly. Take your time. Do not gulp water down in a hurry. Your stomach like your body requires a daily morning bath. Similarly:

Eat lots of fresh fruits and vegetables.

Drink 6 to 8 glasses of water a day between meals.

Exercise daily for at least 30 minutes. Walking is good.

Use whole grain and nuts.

Do not resist the natural urge for your bowel to move

Avoid late night eating

Allow your stomach to rest after each meal.

Beside constipation, there are many other physical problems that appear to be related to a low fiber diet. Dennis Burkett of London, England is the person who has done more than anyone else in recent years to investigate and promote the use of fiber in the diet. He had this to say in a recent article: "There is now a fairly well defined list of diseases that are recognized as characteristic of modern western culture. All of them have their maximum presence in economically more developed countries and are rare in rural communities in the third world." This is the same situation in Cameroon. Those infected mostly are those in urban areas who are not closer to food that is rich in high-fiber. This disease include heart disease, gallstone, diabetes, obesity, varicose, veins, deep vein thrombosis, hiatus homier, appendicitis and hemorrhoids. There is evidence to suggest that all the diseases in this list are diet-related.

Appendicitis has been linked to the amount of fiber we eat. Dr. Burkett who spends 20 years as a physician in Uganda, Africa states that he rarely saw a case of appendicitis during his time. When schools in Europe started eating a Western - type diet low in fiber, the incidence of appendicitis began to

increase dramatically. Those children that remain at home and ate their customary diet had no trouble with appendicitis.

Colon cancer now causes about 60 000 deaths each year in the USA. It is one of the most common cancers. More evidence is accumulating daily that it is not only related to the amount of fat intake but it is also related to the amount of fiber intake. A diet high in fiber helps to protect against colon cancer because the fiber speeds up the passage of the stool through the colon, which decreases the amount of time for the potentially cancer-causing toxins to come in contact with the lining membrane of the colon.

A very common and irritating affliction of western society is hemorrhoids. These dilated veins frequently become painful and irritated. This often leads

to bleeding. These are very frequently seen in those with chronic constipation and are thought to be caused by excessive straining while attempting to move the bowels. Hemorrhoids are rarely seen in those who regularly eat a high bulk diet. The Emperor Napoleon was suffering from hemorrhoid during the battle of Waterloo, and it is interesting to conjecture whether the outcome of the battle could have been different had he been given bran sometime before the conflict in which case his attention might have been more on the battle than on his buttocks.

The amount of fiber in the average American diet is about 15-20 grams a day. This explains why they are more victims of this illness in America than elsewhere in the world. However these problems can be managed by observing the following rules:

Read the nutrition labels on bread and eat only bread that is made from 100 percent whole grain.

Eat breakfast of cereals that have a high fiber content

Eat fresh fruits instead of cooked or canned ones. Also eat the skin whenever possible.

Cook vegetables as little as possible.

Eat legumes such as beans.

Use nuts moderately.

MEAT VERSUS VEGETARIANISM

Meat of all kinds is unnatural food. Flesh, fowl and sea foods most likely contain a number of bacteria that infect the intestines causing colitis and many other diseases.

Research has shown that a meat diet may produce cancer in some cases. I treated patients who had been suffering from severe headaches for many years. Every remedy had been tried without relief but when meat was excluded from their diet, they had better results,

Excessive uric acid is caused by too much consumption of meat which may result in rheumatism, gout, Brigit's disease, kidney stone, gout and gallstone. A diet of potatoes is an excellent way to rid the system of excessive uric acid. Increased uric acid excretion in the urine comes from the following two Sources:

1) Uric acid is taken into the body through meat: A kilo of meat contains about 14 grams of uric acid. This accounts for the stimulant which causes us to eat meat since uric acid is a close chemical relative to caffeine.

2) Uric acid is taken in the body from nitrogenous foods: It is an established fact that meat protein causes putrefaction twice as quickly as vegetable protein.

There is no ingredient in meat except vitamin B that cannot be procured in products of the vegetable kingdom. Meat is an expensive second-hand food material and will not make healthy pure blood or form good tissues. The nutritive value of meat is practically nothing as compared to vegetables. It always contains acid and other poisons that help to destroy the body.

The argument that flesh must be eaten in order to supply the body with sufficient protein is unreasonable. Protein is found in abundance in beans, peas, soy beans, nuts of all kinds.

Whereas, before the flood when flesh was not eaten, men regularly lived over 900 years: after the flood, when flesh was added to man's diet the life expectancy soon decreased to a little over 100 years.

The meat we eat is composed mainly of part of a muscle from an animal along with varying amounts of fat and other tissues such as nerves and blood vessels. These contain many toxic substances that we cannot see. At the time of slaughter, all the vital processes that were taking place in the animal came to an abrupt end thus toxins in the tissues at the moment of death remained there. Some of these toxins are urea, uric acid, keratinize, phenol acid, adrenalin. possibly various bacteria and parasites, which are either alive or dead. Various hormones, antibiotics, pesticides, herbicides and other elements the animal had been exposed to or eaten while still alive are always part of what we eat when we consume meat. Chemicals occasionally found in fish in some areas are lead, mercury, calcium. Cadmium, zinc, antimony and arsenic.

Dr. Wander of the American Health Federation stated, "it is our current estimate that some 50% of all female cancers in the western world and about one-third of all male cancers in the western world are related to nutritional factors." As the consumption of animal fat and protein increases, the incident of breast cancers in the western world increases in both sexes. Women who eat large amounts of meat have a tenfold greater chance of developing breast

cancer than those who eat little animal fat

A one-pound charcoal-broiled steak meat, which is well done contains 4 to 5 micrograms of benzopyrene, an amount equal to what a person would get from smoking about 300 cigarettes. During broiling fat from the meat drips onto the charcoal producing benzopyrene that distills back up unto the meat. benzopyrene is one of the agents found in tobacco smoke

In Iceland, where large amounts of smoke fish containing benzopyrene are consumed, there are large numbers of patients with cancer of the stomach and intestinal tract

Furthermore, food additives also increase the chances of cancer development.

Nitrate added to some meat to help it keep a healthy pink color may change to nitrosamines that are highly carcinogenic.

Animal proteins somehow alter the way that some bacteria act in our intestines

These bacteria change bile acids into potential cancer forming compounds. and a low fiber (meat) diet promotes constipation and prolongs the contact of these toxic compounds with the lining membrane of the colon in this way

promoting the development of growth of colon tumors.

The fat content of chicken has more than doubled in the past 20 years because of modern production techniques. In 1960 raw chicken contained 5 grams (about one teaspoonful) of fat in every 100 grams of edible meat. By 1980 this had tripled to 15 grams of meat. In summary, meat has the following effects on our health:

Increases the risk of colon, breast and possibly prostate cancer

Increases formation of atherosclerosis in the arteries

Causes softening of the bones by increasing the excretion of calcium.

Alters the normal immune mechanism

Decreases stamina and depletes energy reserves.

A low-fiber diet results in constipation and hemorrhoids.

Increases blood cholesterol and triglyceride levels.

Toxins found in animals before they are slaughtered are eaten with meat.

Magnifies the risk of ingesting parasites such as beef and nag worms and bacteria

Creates possible allergic problems from substances added to meat.

In conclusion, most nutritionist feel that it is possible to obtain a nutritionally adequate diet without the use of meat. We should therefore revise our diets since numerous scientific studies have proven that a well-planned vegetarian diet can be nutritionally adequate with a supplemental source of vitamin B12 needed by strict vegetarians who use neither milk nor eggs.

Many people especially those in rural areas and nutritionists are turning to vegetarian diets due to their relative values. There are many kinds of vegetarians, each eating some different types of meatless diet.

The three most common groups are the following:

1. Lacto-ova vegetarians- the largest group who include eggs as well as milk and milk products in their diet.
2. The Lacto-vegetarian who does not eat eggs but uses milk and milk products in addition to plant food.
3. The total (pure) vegetarian, a vegan, who eats no animal products of any kind. Fewer people follow this type of vegetarian diet than the other two. Vegans therefore, have to be especially careful in order to obtain enough of the following nutrients in their diet:

Calcium:

Vegetarians in general need less of this mineral than those who eat meat since less calcium are required when there is a reduced in take of protein. Calcium is present in dark green leafy vegetables. Soybeans, dried fruit, citrus fruit, ginseng and lemon are good sources of calcium. Children should take much soya milk to be sure of developing strong bone and teeth.

Vitamin D:

This vitamin is obtained either by exposure of the skin to sunlight for 15 to 20 minutes each day or by drinking fortified soya milk. If daily exposure to sunlight is not possible vitamin D increases the absorption of calcium and phosphorus from the intestine.

Zinc:

Found in legumes and whole grains. Wheat is high in Zinc. One of the causes of body odour is deficiency of zinc.

Iron:

Iron is found in legumes, dried fruits and green leafy vegetables. It is also present in whole grains especially if eaten in yeast bread. The yeast destroys the phytates in the grain so that they cannot combine with iron and zinc and render them unavailable to the body. The 10 mg of iron required daily in meals is readily obtained in a vegetarian diet of a variety of food high in iron.

It is eaten but the 18 mg of iron required by females is much more difficult to obtain without the use of fortified foods.

An iron deficiency anemia is frequently found in women throughout the world. This may result in inadequate intake of foods containing iron. An increase of fiber and phytates in a vegetarian diet may also result in the decreased absorption of both iron and zinc from the intestine. Taking some vitamin C at the same meal increases the absorption of these two minerals and tends to counteract the action of phytates. Cooking in silver and cast iron pot will also increase your iron intake.

A recent study has proven that the iron intake of meat eaters and vegetarians is essentially the same. Vegans must be sure to eat food with a high iron content everyday. If this is not possible, they should take an iron supplement. Infants or women that have heavy menstrual flow and women who are pregnant need more iron.

Riboflavin:

Found abundantly in green leafy vegetables and mushrooms is good.

Vitamin B12:

The question of vitamin B12 always comes up when vegetarianism is discussed. This is the vitamin which we need in very small amounts. Only three million of a gram per day. Vitamin B12 is found in plant sources. Only the total vegetarian has any difficulty in obtaining enough vitamin B12. Since large amounts are found in milk and eggs perhaps the best way for a vegan to obtain a sufficient amount of this vitamin is to take B12 supplements or use fortified soya milk. Comfrey is also a source of vitamin B12. Ginseng should also be taken constantly. Two tea spoons of ginseng a day are needed to fulfill the body need of this vitamin. A fermented soybean product used as a flavoring agent, can also be used as source of vitamin B12. If children on a total vegetarian diet have difficulty in eating enough of this type of food, soya

milk that is fortified with calcium riboflavin and vitamin D and B12 can be used. Some people who have been total vegetarian for 15 to 20 years are still found to have normal blood level of Vitamin B12 while others have the same blood levels after being on the same diet for only three or four years. The reason is not known but it has been established that vitamin B12 may be stored in the liver for many years. It has also been recognized that the re-absorption of vitamin B12 from the intestine is very efficient.

My recent study in the Northwest Region of Cameroon showed that a low protein intake and a largely vegetarian diet could stop the advance of various kidney diseases in many persons. Such diseases include diabetes, high blood pressure, constipation and gout. Many persons with these diseases are saved from a kidney transplant operation by using a nearly totally meat free diet.

My advice therefore is that we should respect the following:

Eat less animal (saturated fat)

Increase the intake of unsaturated vegetable oils and other polyunsaturated fats, substituting them for saturated fat whenever possible.

Eat less food rich in cholesterol

If one is overweight, it is advisable to reduce calories intake so that a desirable weight is achieved and maintained.

Start to apply these dietary recommendations early in life.

Maintain the principles of good nutrition that is important with any change in diet. Professional nutritional advice may be necessary in order to assure that correct adherence to the diet will not result in any imbalance or deficiency.

Obey the above dietary recommendations so that a decrease in the concentration of blood fat may be both achieved and maintained.

Make sound food habits a family affair so that the benefits of proper nutritional practice-including the avoidance of high blood fat level may occur to all members of the family.

In addition, obey the following health law in order to stay long:

1. Eat just enough even nectar taken in excess is poisonous.
 2. Keep at least 5 hours between meals
 3. Eat whole grain bread
 4. Eat a light evening meal.
 5. Take a walk after meals and breathe deeply.
 6. Chew your food thoroughly to facilitate digestion.
- Drink plenty of pure water everyday.
8. Use honey for sweetening and not white sugar.
 9. Your best diet should be nut, fruits, and vegetables. Man's original diet (Gen 1:29).
 10. Room temperature should also be normal. That is 65
 11. Have a current of fresh air in your room

12. The bedding including pants and under wears should be exposed to sunlight or iron.

13. Get out of doors many hours a day even in bad weather.

14. If possible take a sun bath weekly

15. Rest on one full day a week (Ex 20:8-11)

16. Have your vegetable farm

17. Exercise vigorously every day.

18. Two vacations every year in or out of the country could be fine

19. Avoid pork meat

20. Do not use saccharin

21. Do not eat too much salt

22. Avoid alcohol

23. Avoid smoking

24. Do not stay up late at night

25. Do not stress yourself or think too much. Stress kills.

26. Do not cook in aluminum pots, silver and iron pots would be better.

Belief in God and tell him your troubles. Follow his instructions.

Finally trust him, worry ends where faith begins.

In summary some of the important benefits of the above laws include:

Less colon, breast and lung cancer

Greater bone strength

Low blood pressure

Lower serum cholesterol and triglycerides (blood fat)

Less obesity

Less expensive

Less heart disease

Fewer problems with constipation and hemorrhoids (pile).

Less chance of developing varicose vein

Less exposure to toxins present in meat

Conservation of world's food supply

No danger of ingesting parasites, bacteria, carcinogenic and other toxins found in meat.

Vegetarianism does not require the cruel treatment and slaughter of animals.

CHAPTER TEN

FEMININE HYGIENE

The question as to what constitute proper feminine hygiene is one of considerable concern to women and health professionals.

Advertisement for so-called feminine hygiene products cite many beneficial effects but these often contrast with a generally more negative view of such products held by most medical professionals. Beliefs about feminine hygiene practices are influenced by several factors including personal and cultural. It also has something to do with an understanding the female anatomy and its physiology. In a 2008 survey, for example women who douche were twice as much as those who did not think of the vagina as unclean.

Today, a young girl may be introduced to the subject of feminine hygiene through a variety of sources: female relatives, friends, a physician or the media. Because this information is always conflicting, there are many wide misconceptions about normal bodily functions, sexual activity, menstruation and cleanliness.

To better appreciate the concept of feminine hygiene, a basic understanding of the female anatomy and its physiology should be a call for concern. In fact, women should be able to know how the vagina is structured and how it functions. A rational criterion for making decisions about the use of douches, sprays and feminine hygiene product should be a call for concern. Identification of the major parts of the external female genitalia should be the first step to start with.

To begin with, the entire outer area of the genital-urethral organs is called the vulva. This includes the labia majora (large lips), labia minora (small lips), the clitoris, the urethral opening (leading to the bladder) and the vaginal opening. The labia majora are soft protective skin folds covered with hair and sebaceous (oil secreting) glands. The underlying labia minora are smaller and play an important role in sexual activity becoming engorged during sexual excitation. The labia contains specialized skin glands that produce a mild, characteristic normal odor that also acts as a sexual stimulant. This odor is quite different from that malodorous discharge associated with a vaginal infection. The notion that any vaginal odor should be covered up is unwarranted and may even be harmful if it causes the treatment of an infection to be delayed.

The labia surround the entrance to the vagina, an elastic organ some three to five inches in length. The external opening of the vagina lies between the urethral opening, in front, and the anus, in the back. Because of these anatomical relationships, it is important for a woman always to wipe from front to the back after a bowel movement or when washing, to reduce the chance of introducing bacteria from their rectum into the vagina. Therefore, women should always wipe from front to the back and not from back to front.

At the internal end of the vagina is the cervix, or mouth of the uterus. When a woman stands normally, the vagina tilts at a slight angle upward and backward from the external genitalia.

The vaginal canal is normally moist. A normal secretion or discharge is produced by a combination of cervical mucus and vaginal cells which continuously slough off in small numbers. The amount, consistency, and odor of this secretion vary from individual to individual and alters with the phases of the menstrual cycle. Cervical mucus production reaches its peak at ovulation so that the overall amount of vaginal secretion is noticeably increased at this time in most women. The secretions of the vagina remain either neutral or alkali until puberty, at which time they become mildly acidic and remain so throughout a woman's childbearing years. After the menopause, the secretions become alkaline again. Vaginal acidity is influenced by hormones, especially estrogen.

Three biological features of the vagina are relevant to the consideration of feminine hygiene. First, the slight natural acidity of the vagina during child bearing years helps to maintain the proper balance of the bacteria that normally inhabit this organ. The healthy vagina contains relatively few pathogens (infection causing bacteria) owing to the presence of a specific kind of bacteria, known as lactobacilli, that protect against infections and maintains vaginal acidity by forming lactic acid as a metabolic waste product. Estrogen encourages the growth of lactobacilli thus, the lactobacilli are present in great numbers during

a woman's childbearing years. This decreases after menopause when estrogen level diminishes. The maintenance of vagina acidity serves to inhibit the growth of most pathogenic organisms.

with the exception of fungi. Historically, a primary objective of douching has been to maintain or enhance vaginal acidity by using a slightly acidic douche fluid:

for example, one containing vinegar. However, changes in vagina acidity brought about by douching are transitory, and the douching process itself may remove the very bacteria responsible for maintaining a healthy vaginal environment.

Antibiotics also reduce the number of lactobacilli and may in addition allow certain pathogenic bacteria to multiply and cause vagina infections.

A second important feature of the vagina is its inherent self-cleansing function.

As mentioned above, normal secretion helps keep the vagina moist and their downward flow carries with it cells, mucus and at the time of menstruation. blood. Douching may be interfering with the process by drying out the vagina membranes. In contrast. simple soap and the water washing of the vagina has not been found to interfere with the normal production of vaginal secretions.

A third major physiological feature of the vagina is the rich blood supply which permits rapid absorption of most chemicals that come in contact with the vagina walls for this reason: there are questions about the safety of topically applied vaginal products, which could have potentially toxic or cancer-causing effects.

Vaginal Douches

In the context of feminine hygiene, douching refers to irritation of the vaginal canal. It is one of the oldest known medical procedures. Therapeutic douching was mentioned in the Ebers papyrus (c. 1550 BC) as treatment for menstrual disorders (garlic and wine) and pelvic inflammations (cassia oil and cow's bile). The ancient Greeks believed that a mild douche was beneficial in treating vaginal infections. Today most physicians agree that douching on a regular basis is rarely-if ever-necessary.

The few recent studies performed concerning douching indicate both positive and negative effects. One of the most extensive evaluations of vaginal

products was conducted by a US Food and Drug Administration (FDA)

panel between 1973 and 1983. Aside from this comprehensive review of

over-the-counter (ie, non-prescription) vaginal products, no major scientific

study on the subject of feminine hygiene has been conducted to date.

However, I do identify purposes or intended effects of douching: 1. To cleanse, 2. To soothe and refresh: 3. To deodorize: 4. To relieve minor irritations: 5. To alter the acidity in order to encourage growth of normal vaginal bacteria. 6. To produce an astringent effect, and 7. To remove vaginal mucus or secretions. The first three purposes, I consider as "cosmetic", since any washing results in cleaning and may also soothe and deodorize. I consider the other four "drug" effects.

A wide variety of ingredients have been used in homemade douching solutions, but there are no scientific data evaluating their comparative benefits. For routine cleansing, some authorities recommend either a vinegar douche (one tablespoon per quart of water) or a saline douche (one to two teaspoons of table salt per quart of water). A sodium bicarbonate solution (one tablespoon per quart of water) may relieve symptoms of itching and burning associated with yeast infections. Douches containing lactobacilli may be helpful in re-colonizing the vaginal bacteria and restoring normal acidity.

Surveys indicate that most women prefer the sitting position for douching: however, many physicians feel that it is less effective than a reclining position. Their reasoning is that gravity and the natural slope of the vagina in the sitting position cause the douche fluid to run out more quickly than in the reclining position, thus making the process less thorough.

The douche bag should never be elevated more than two to three feet above the hips, another measure to prevent excessive fluid pressure. A bathtub faucet is a good location for hanging the bag. The curtain rod or shower head should not be used because the greater height produces unacceptably high pressure. Douche preparations should be mixed in exact accordance with the manufacturer's directions to avoid chemical injury to the vaginal tissue from an overly concentrated solution. After filling the douche bag, a woman should release the clamp before placing the nozzle in the vagina; this expels any

air inside the tubing. Some authorities recommend that to avoid excessive pressure from the douche fluid, the woman should not compress the lips of the vagina around the nozzle. The equipment should be carefully washed with soap and water and allowed to drain prior to storage. Similar precautions apply to use of either the bulb syringe or the disposable kit. A woman should expel any air from bulb syringe prior to use and be careful to avoid excessive force while using any of these methods. If douching results in pain, irritation, itching, or dryness, it should be discontinued.

Hazards of douches:

Allergic reactions and localized irritation are the most common side effects experienced by users of vaginal douches. Symptoms include localized redness and swelling around the vaginal opening, as well as a burning sensation with urination, often mistaken as a symptom of a bladder infection. Burning, itching, or dryness may be caused by either an allergic reaction or the irritation of vaginal tissues from which normal lubricating secretions have been removed. The possibility of an allergic reaction increases with the number of ingredients in the preparation. Some premixed douches have as many as 11 ingredients. In general, the fewer ingredients, the safer the product. The highly susceptible individual may react intensely to even a small amount of an irritating substance. Sometimes an allergic reaction does not occur the first time the product is used but may develop following repeated use. To avoid tissue irritation, follow the manufacturer's directions carefully; solutions should be prepared in accordance with the instructions, and first-time users might consider preparing the solution at half-strength.

The most significant medical hazard of douching is the possibility of causing infection of the internal female reproductive organs- specifically the uterus and fallopian tubes. Some case reports suggest that douche fluid containing vaginal bacteria may occasionally enter the uterus and fallopian tubes, causing serious inflammation or infection (pelvic inflammatory disease). It is believed that this complication may result from improper douching techniques, involving excessive fluid pressure. Women with a past history of pelvic inflammatory disease may be at somewhat greater risk for this particular complication.

A rare and serious medical condition, known as air embolus, has also been reported in association with douching techniques that exert high fluid pressure. In this condition, air introduced into the vagina enters the uterus and becomes absorbed into the blood stream, subsequently causing blockage of one of the arteries of the lungs.

Douching may also involve some medical risks if it causes needed medical care to be delayed. Over reliance on douching as a form of self-medication may be hazardous if, for example, a sexually transmitted infection is suspected. Gonorrhea, and other sexually transmitted diseases are more easily

cured in their early stages, when they are also less likely to cause pelvic inflammatory disease or other complications. Likewise, prolonged self-treatment for symptoms such as itching or irritation may delay diagnosis of a serious health problem. Chronic itching around the vulva, for instance, may be a symptom of diabetes.

Commonsense Precautions

There are times when douching is contraindicated. Pregnancy is one instance in which authorities agree that douching can be harmful and should be avoided. During pregnancy, douching may rupture the fetal membranes.

introduce infection into the womb, or cause bleeding. Also, cases of air embolus have been reported in women who douche during pregnancy. Since this complication is also somewhat more likely during the six weeks postpartum, after an abortion or miscarriage, and during menstruation, douching should be avoided during these times as well. Douching should be avoided for at least one week after certain types of female surgery, such as D & C (Dilation and Curettage).

Douching is not an effective method of birth control. If a woman uses a contraceptive cream or jelly, she should not douche for six hours after its application because douching reduces its effectiveness.

A woman should avoid douching during the 24 hours before a gynecological exam: douching may temporarily alter the vaginal secretions, thus making it difficult for the doctor to identify infection-causing organisms and other sources of disease or discomfort.

Feminine Hygiene Deodorants

Apart from douches, vaginal or genital deodorants are products that are widely advertised for feminine hygiene. These products, which were introduced in the US in the 1960s, are formulated either as sprays or as powders and usually contain perfume and alcohol as their main ingredients. Whereas douches attempt to deal with odor by removing the source such as menstrual secretions, semen, or vaginal discharge, vaginal deodorants are advertised and used solely for their ability to mask odor. The use of these once popular products has diminished considerably in recent years because of widespread publicity about high rates of allergic reactions, lack of effectiveness, and their potential to conceal certain kinds of infections that require medical treatment. If they must be used, deodorant sprays

should be sprayed from a distance of at least six inches from the genitals. In order to do so, the labia should be closed to protect the vaginal opening from direct contact with the spray.

The decision to use feminine hygiene products is strictly a personal one and may have both positive and negative consequences. In order to use such a product, a woman should be aware of the ingredients it contains, follow the directions carefully, and be alert to possible signs of reactions. Self-treatment of minor vaginal irritations should be limited to one week; after that, if no significant improvement has occurred-or if a sexually transmitted disease is suspected-a physician should be consulted.

Added to the above literature on feminine hygiene, women should avoid synthetic pants and avoid using toilet tissue during menstruation. Similarly, they should make sure that they sun and iron their under wears especially pants.

SOUR SOP (Anti-cancer fruit)

Part used: Leaves and Fruits

Health benefits and uses

Soursop is a fruit that's popular for its delicious flavor and impressive health benefits

It's also very nutrient-dense and provides the body with wonderful medicinal properties.

Soursop health benefits includes suppressing cancer, supporting health, relieving inflammation and cleansing the digestive tract kill intestinal parasites relieving pain, reducing stress load, relieving respiratory tract ailments, promoting liver health and boosting immunity. Nutritional value of soursop

Soursop is very low in calories

Calories-66

Fiber-3g

Folic acid 14g

Vitamin C 20.6mg

Magnesium-21mg

Potassium 270mg

Starting out with perhaps the most prominent effects of soursop. it destroys cancer cells, it leaves also suppress cancer cells to the efficiency of about 80% that makes it a promising alternative remedy portent chemotherapeutic drugs. Extract the juice from the fruit and take regularly.

1) Soursop is good for your eyes. The soursop fruit is loaded to the brim with anti-oxidants, which helps reduce oxidative load in the body. In this case you can think of vitamin A vitamin C vitamin E zinc and many natural carotenoid compounds which help to preserve the health of your eyes by delaying the rate of macular degeneration. Therefore it also destroys cataracts Optimal eye function can be maintained much longer by living on soursop as a fruit.

2) Help relieve inflammation. Soursop combats inflammation by virtue of its high anti oxidant content, this refers to more direct inflammation. such as that in arthritis.

3) Treats diabetes

Soursop has a long evidence of treating diabetes but only recently

did a study in Nigeria proved it scientifically it was found that consuming soursop leaves treats diabetes. The mechanism behind this action is likely to be inhibited of enzymes which helps break down complex carbohydrates into glucose. The use of the leaves was found to decrease the effect of oxidative damage on the liver.

Furthermore soursop helps the pancreas to produce new insulin producing cells, which can compensate in cases where the cells stop functioning. Boil about a kilogram of the leaves in 8 liters of water and take a glass two times daily for about 21 days

4) Promotes health of the stomach.

Soursop consumption is associated with decrease stomach ulcer development as it help strengthen the structural integrity of the mucus lining. Soursop also helps decrease the effects of oxidation of these organs. possibly helping to offset chronic diseases.Soursop, also safeguard against stomach bacteria pylori which is implicated in a significant amount of stomach cancer and gastric ulcer. Live on soursop as a fruit.

5) Can kill intestinal parasites Drugs that kills intestinal worms are known as anti-helminthic, which is what soursop leaves extract can be called. The extract made from soursop leaves was found to be able to kill worms.

6) Can help relieve respiratory tract ailments.

When the common cold hits, it usually occurs with an associated cluster of symptoms, including many affecting the respiratory tract, commonly sneezing, sore throat and cough are among these symptoms. However, soursop can help to stop mucus secretion, relieve throat irritation and even act as a mild expectorant eliminating many associated symptoms.

7) Promote liver health.

The liver processes waste material as well as every single thing you ingest, day after day tirelessly. However, there are times during which things may go wrong, and such is the case that occurs during jaundice, which is a byproduct from the breakdown of all red blood cells.

Normally, bilirubin is further broken down and sends out through urine and feces. Jaundice is highly visible by looking at the eyes which

appear starkly yellow. Soursop helps to reverse jaundice caused by side effects of medication.

8) Helps reduce your stress load.

When you are under high stress, your body produces an increase amount of adrenalin and cortisol. These hormones are essential for your overall health. In fact chronically high circulating levels of cortisol is implicating in a number of negative health effect, ranging from insomnia to anxiety and alerted sexual function. Soursop consumption can buffer the negative effect of cortisol elevation reduce anxiety and promote restful sleep. Part use; fruit.

9) Soursop relieves pain.

It also relieves inflammation. Individuals suffering from arthritis suffer from both inflammation and pain. Extracts of soursop leaves boiled and taken hot will be very effective.

10) Boost immunity.

It is well established that soursop is loaded with anti-oxidant compound which by themselves offer great protection against many threats our bodies face on a daily bases. By improving your white blood cells that protects the body from the majority of foreign pathogens it may come across.

Bitter kola (*Garcinia kola*) Part use; seed

Reduces eye pressure that may lead to glaucoma.

Good for the voice, it clears the voice thus very good for singers.

Anti

poison: The seeds are eaten with bark of the seed.

Will be very effective for food poison.

Improves lungs functions.

Improves fertility in men thus good for impotent.

Relieves cough and diarrhea.

Bitter kola repels snakes, sprays grind bitter kola around the compound to prevent snakes.

Helps to combat weight loss.

Reduces intoxicating effects of alcohol. Before taking alcohol chew 2bitter kola.

Encourages longevity and retards aging.

Reduces inflammation.

Facilitates digestion, thus fights constipation.

Chew 2 bitter kola everyday for about a month and experience its wonderful medicinal benefits.

Amazing healing power of pure honey

The natural and medicinal power of pure honey.

The quality of honey is a function of the plants and environment from which pollen, sap, nectar and resins were gathered.

Other substances found in the environment including traces of heavy metals, pesticides and antibiotics can affect the quality of honey positively or negatively. However, the value of honey depends on the quality of the medicinal plants visited by the bee during nectar collection.

Honey had been used since ancient times both as food and medicine. (Apiculture)the practice of bee farming dates back to at least 700BC.

For many centuries, honey was regarded as sacred due to its wonderful medicinal properties,honey also has variety of medicinal and cosmetic purposes. The frequent biblical references to milk and honey(Proverbs 24:13. Judges 14:9, Exodus 16:31,Mathew 3:4)

It is interesting to know that even Jesus was entertained with a meal of honey and fish, Solomon, John the Baptist and other great prophets all lived on honey.

Test for pure honey

It has been proven scientifically that honey has a complex of naturally flavor sugar as well as minerals, Vitamins and Amino acids. The colour, flavor and thickness of honey differs depending on the bee's nectar source Also, the taste is not constant However, the plants use in foraging, the time of harvest, method of storage and smoking level also affects pure honey..

High quality honey can be distinguished by fragrance, taste and consistency.

1. High quality honey at 20°C should flow from a knife in a straight stream without breaking into separate drops.
2. After falling down the honey disappears fairly quickly indicating high viscosity, if not, it indicates excessive water content (over 20%).
3. In jars, the fresh honey should appear consistent and not in layers.

4. Pure honey when strike on match brings a flame.
5. When poured in a glass of water it should not scatter in the glass, it goes down and settles under thus; separating itself from water.
6. Most often pure will not white a piece of paper.
7. Most often pure honey will attract bees and not ants.
8. Pure honey will not coagulate even in the refrigerator

Health benefits of honey and other wonderful medicinal plants.

Weight loss:

Honey and lemon:

Honey and lemon can relieve you of your weight problem. Obesity is the physical condition of the body when excessive deposition of fat takes place in the tissues, putting a strain on the heart, and ankles. Fasting on honey and lemon juice, an alkaline food is highly beneficial in the treatment of obesity without loss of energy and appetite.

Method of use, mix 1 teaspoon of honey in warm water with the juice squeezed out from 1 lemon and take this as a wake up drink once in the morning on an empty stomach for two months.

However, in every successful weight loss program do bear in mind that good health habits diet and exercise will facilitate the treatment.

High blood pressure:

Get ten seeds of avocado (pear), cut into pieces dry and grind into powder ,mix with honey and take 1teaspoon two times daily for a month.

Severe cough:

Get about 10pieces of bitter kola mix with half a litter of original honey.

Take 2 tablespoons 3x daily for 14 days.

Hair breakage(mbamba):

Get 1 bottle of olive oil and a bottle of honey mix together and warm for few minutes, use the mixture to rub and wash your hair.

Fatigue, sleeplessness:

Lise the honey and ginseng as tea.

Rheumatism:

Get avocado mix with celery leaves and plenty of honey, warmed to drinking temperature and take a glass 2x daily.

Chest pain:

Boil water and mix with honey, drink with an interval of 4 to 6 hours daily for two weeks.

Wounds and sores:

Dress the surface of the wound with original honey.

Burn or fire accident:

Apply honey on the affected spot.

Sore throat:

Mix honey and lime stone in warm water, and gaggle 2xdaily for 7days

Bleeding gums, mouth odours tooth ache:

Mix honey onion, garlic and lemon juice add a teaspoon of salt use this solution use this solution regularly as a mouth wash.

For chronic toothache:

get a clove of garlic and bite on the affected spot.

Boil and whitlow:

Mix equal part of honey and wheat flour, wrap it on the affected tooth.

Facial treatment:

Mix honey with egg (the white part) add lemon juice to it, apply on the face in the night before going to bed.

After shave:

Apply honey immediately after shave, you may wash it off after 30mins.

Bladder infection and bedwetting:

Use corn silk and honey as tea regularly.

Pimples:

Mix honey, calabar chalk and aloe Vera gel and apply on the affected spot.

Stammering tongue:

Drink water in the snail's cup for 1 month.

Weak erection:

Combine lion kola with cocca grind and take a tea with a teaspoon of honey daily for about one month.

Filarial:

Use the white burning grass (crashing grass) gets a hand full of it, smash in three liters of water and takes a glass 2x daily for 7 days.

Pumpkin:

Dried pumpkin seed is a good against prostate enlargement.

Grind the seeds and take a tea spoon in a glass of warm water two times daily for two months.

Cassava Leaves:

Part use: good for anemia. Extract the leaves and take half a glass in the morning and in the evening for 21 days.

Cassava leaves are also good for nose bleeding. Drop two drops in your nostrils two times daily for 3 days.

External Pile:

The white cocoa yam leaves (makabo) take one leaf closer to the pile everyday for about 7 days.

Also take a lot of water. fruit and vegetables to facilitate a proper functioning of the digestive system.

Arthritis:

Get 1 glass of turmeric powder plus 5 table spoon full of black pepper combine and take a tea spoon in a glass of warm water 2 times daily for one month.

Hard Labour:

Get a handful of water plant juice and take a glass of 250mlg once closer to your delivery period.

Poison:

Juice a glass of water leaf and drink immediately after you have been poisoned.

Night Poison:

Take 7 virgin heads of king grass plus 7 grains of alligator pepper and chew 2 times daily for 3 days.

Difficulty for walking for little Children:

Juice half a glass of water plant (i deny for die me) and pump the child with.

Fungi and Eczema:

Use casia seme (Eczema leaf with yellow flowers)

Method of use:

Boil 5 hundred leaves in 10L of water and drink a glass of 250mlg 2 times daily for 21 days, also apply the leaf on the affected spot.

Fibroid and Growth:

Get 2 unripe papaw. 2 glasses of pure ginseng plus 5 table spoon of Togo yaro plus 14 virgin heads of the king grass, boil in 10 litre of water and a glass taken 2 times daily for 21 days.

Malaria:

Take half a tea spoon of Arthemesia powder in a glass of warm water and take 2 times daily for 14 days.

Gastritis:

Chew a table spoon full of ginseng powder 3 times daily for 21 days.

Nose bleeding:

Juice cassava leaf and drop in the nostrils 2 times daily for seven days.

Also take a lot of cabbage.

Hepatitis B:

Get 500 casia seme leaf (Eczema leaf with yellow flower) boil in 5 litre of water and take a glass two times daily for 14 days. Also pump with the leaves once a week while on treatment.

The above treatment should be repeated for 14 days.

Also take turmeric powder mix with bush pepper for 2 months. A teaspoon of turmeric is combined with 5 grains of grind bush pepper and taken in warm water 2 times daily for 1 month.

Sexual Weakness and Low Sperm count:

Ferment 6 packets of ginseng in five litre of water plus 6 lime fruit for 24 hours and take a glass 2 times daily for 21 days.

- Also take a least 3 bananas everyday.

- Combine half a glass of tiger nuts, half a glass of cocoa. half a glass of date fruit and take a teaspoon in a glass of warm water with a teaspoon of honey two times daily for one month.

- Also avoid alcohol and too much bad sugar.

Frontier Headache:

Get 14 virgin heads of the king grass smash and rub on the affect spot two daily for seven days.

Painful Menstruation, abdominal pain, irregular flow of menses, virginal

itches and discharges:

Ferment six packet of ginseng powder in five litre of water. add 15 cloves of grind garlics and 6 lime fruits, ferment for 24 hours and take a glass two times daily for fourteen days.

Typhoid Fever:

Boil a glass of ginseng powder in five litre of water plus one hundred Okonghobong leaves. plus five tables spoon of Arthemisia power, plus six lemon in five litre of water and take a glass two times daily for fourteen days.

Toothache:

Get (the plant called "eye for fowl" with yellow flower) combine with garlic and alligator pepper and apply in an affected tooth two time daily for three days.

Whit-low:

Get one cocoyam (Makabo) grind mix with the king grass and honey and apply on the affected finger. Also insert the affected finger into the cocoyam.

Wounds:

Wash Guava leaves and apply on the wounds.

Ear Problem:

Warm the plant called bryophyllum pinnatum (miracle leaf) and drop in the affected ear two times daily for three days.

Warm castor oil and drop in the affected ear two time daily for three days.

Stroke:

Pound a good quantity of papaw roots in 10 litre of water and take a glass two daily for one month.

Pressure in the eyes:

Take turmeric powder and bush pepper as tea for three months.

Scar in the eyes:

Drop the plant call water plant (comenila bengalensis) in the affected eye two time daily for seven days.

Belly fat:

Take turmeric and black pepper as tea in a glass of warm water with half a lemon fruit every morning with an empty stomach for three weeks.

Missile:

Grind red garlic and pump the child with once every morning for three days.

Chronic Constipation:

Chew a teaspoon full of ginseng two times daily for seven days.

Blood Cancer:

Boil a glass turmeric powder, five tablespoon of bush pepper, 21 sour sop leaves, 12 lemon fruits and take a glass two times daily for twenty one days. Dosages should be repeated.

NB: Take a lot of Sour sop fruit, take bitter gourd, make use of sour sop leaves as your tea during treatment. Avoid sugar and frozen food.

Pimples:

Apply turmeric and honey on the affected spot.

Lack of Sexual desire for women:

Take a teaspoon of ginseng powder in a glass of warm water morning and evening for seven days.

Gout:

Boil one glass of turmeric powder, half a glass of moringa leaves, seven bulbs of red onions, three tablespoon of arthemisia powder, two tablespoon of dogo yaro in ten litre of water and take glass two times daily for twenty-one days. Also avoid red meat.

Ring worm:

Apply comelina bengalensis commonly called water plant on the affected spot two times daily for four days.

Chronic Cough:

Get a juice of red garlic, red onion, ginger roots, lemon juice mix with honey and take a tablespoon two times daily for seven days. Get sand leaf. grind and mix with palm oil and take a table spoon two times daily for seven days.

Liver Disease:

Get the root of dandelion boil in 5 litre of water with half a glass of turmeric powder and 3 tablespoon of grind bush pepper and take half a glass two time daily for 14 days. Dosage should be repeated. Avoid alcohol.

Nerves Problem:

Combine a glass of turmeric powder with 3 tablespoon of grind bush pepper and 50 gloves of grind garlic in five liters of water and take a glass warm with a teaspoon pure honey two time daily.

Diabetes:

Get 20 bitter gourd fruits juice in five litre water and take a glass once daily for fourteen days. Dosages should be repeated. Equally take soursop as tea for two months, while on treatment take half a glass of contry bitter leaf juice after every three days for one month.

Kidney Stone:

Take minimum 12 glasses of water everyday. Get 300 garden egg leaves boil in five liter of water and take a glass two times daily for fourteen days. Equally take zea mays (bears of the corn) as tea daily for 21 days.

External Pain:

Apply cayenne pepper on the affected spot.

Ngeti-ngeti, Navel Problem, Cough for Children:

Get two leaves of bryophyllum pinnatum (miracle leaf) plus two leaves of massopo plus three (eye for fowl plant) plus five grains of alligator pepper combine with a bit of black kernel oil and take a teaspoon two times daily for seven days.

Equally give one quarter teaspoon of nime oil to the affected child. Children below one year should take two drops of nime oil.

Sinusitis Congestive flu:

Grind lion cola and inhale a bit once daily for seven days. Also use the oil eucalyptus as an inhalant.

LET YOUR FOOD BE YOUR MEDICINE

Avocado (Pear)

avocado also called pear is hight in fiber, sodium free and cholesterol free food that provides many essential nutrients to the body.

1. Avocado is rich in healthy mono-unsaturated and poly-unsaturated fats
2. Avocado is rich in mega-3 fatty thus helps the heart to function well.
3. Pear contains an fiber that helps to usher cholesterol out of the body.
4. Pear contains oleic and potassium, this nutrients help lowering cholesterol and reducing the risk of high blood pressure
5. Avocado also helps in addressing hormonal in balance. It helps to improve a woman's fertility potential. In fact, the architectural shape of the avocado is exactly like the shape of a woman's womb and a woman's breast which gives the picture of a pregnant woman with a well formed in the womb. Thus, the avocado is always pregnant with a baby in it's womb. Woman should make avocado their favorite fruits.

Bananas:

Bananas contain three natural sugars; (sucrose, fructose and glucose).

1. Bananas give an instant, sustained and substantial boost of energy.

Eating bananas regularly helps in preventing cardiovascular diseases

3. Bananas contain tryptophan, a type of protein that the body convey into serotonin which helps to relax and feel happy. Reason why monkeys are happy all the times.
4. Bananas are rich iron that stimulate the production of hemoglobin and so helps in cases of anemia.

5. Bananas are rich in fiber. It is even shaped like a well-formed stool to give us the architectural code that it can regulate and restore bowel action helping to overcome constipation.

6. Very ripe banana is good for those suffering from heart burns or gastric ulcers.

7. Snacking on banana between meals help to keep sugar level up for those with hypoglycemia (low blood sugar)

8. Banana improves male potency. thus good for men. It is even shape like the penis. Its well formed shape like that of a penis gives us the architectural code that it may restore male potency.

9. Banana will help people trying to quite smoking. The vitamin B-12 and B-6-they contain as well as potassium and magnesium found in them help the body to recover from the effects of nicotine withdrawal.

10. Eating banana as part of your regular diet can cut the risk of dead from stroke. A banana a day keeps the doctor away.

Papaw (Carrica Papaya)

It is one of God's wonderful gift to humanity. It is an excellent source of vitamin C, Potassium and fiber.

1. Papaw is good at expelling intestinal worms. Chewing a tea spoon full of papaw seeds with an empty stomach first thing in the morning and last thing in the night helps to expel worms. This is done for four days.

2. Papaw is a healthy food for cancer patient.

Coconut:

1. It is rich in magnesium which is very good in relieving and preventing asthma.
2. Coconut is rich in fiber. Its oil is what makes coconut a remarkable food and medicine.
3. Coconut oil is a rich source of good fat.
4. It is also a good source of energy.
5. Its oil helps to reduce seizures, thus, good for epileptic patients.
6. It is good for the skin health. Many people use it for cosmetic purposes to improve the appearance of the skin.
7. Coconut oil protects the skin.
8. Coconut oil is good for the hair, thus, protects hair damage.
9. Coconut oil penetrates hair strands, thus, making it more flexible and increases their strength from breaking.
10. Coconut oil can be used as mouth wash. It reduces the count of harmful bacteria in the mouth.
11. Coconut oil is a good anti-oxidant

Garden-egg

Garden-egg is a good source of dietary fiber and other mineral and vitamins such as vitamin B. Potassium, Magnesium, manganese and copper.

1. It promotes weight loss. Eating garden-egg especially the greenish type is beneficial in weight reduction, because they contain low carbohydrate and calories essential for weight management.
2. They are rich in vitamin B. Vitamin B plays a vital rule in promoting good health and wellbeing. It helps the brain health making the immune and nervous system works properly.
3. It promotes bone health. Consuming garden-egg is highly beneficial in preventing the risk of bones degradation.
4. It helps in digestion. Garden-eggs are fibrous fruits that helps in proper food digestion and control bowel movement. Due to this high fiber content in the fruit, they reduce constipation and improve digestion.
5. Garden-eggs are good for pregnant women. These fruits are packed with minerals and vitamins that plays a crucial rule during pregnancy. These properties in garden-egg helps both pregnant women and unborn children. It is rich in folic acid which is good for pregnant women.
6. Garden-egg prevents anemia. Garden-egg serves as a natural medicine remedy for treating diseases such as bronchitis.
7. It maintains blood pressure levels. It contains a high amount of calcium, magnesium, potassium and phosphorous. This mineral helps in maintaining electrolyte balance in our body.

8. Prevents diabetes. Garden egg which are a source of fiber and carbohydrate, can help to control and prevent diabetes. Foods that are rich in fiber and carbohydrates help in the regulation of blood and sugar level and glucose absorption.

9. It is an excellent food for people who have diabetes and can prevent type 2 diabetes.

10. Prevent heart disease. Garden egg are rich in vitamin B. and B. for proper functioning of the heart and circular respiration. The Potassium in garden egg also help in blood regulation.

11. Garden egg leaves improve and cure kidney disease when combine with pear leaves. It helps prevent dialysis. These leaves also act as a detoxifies to the kidney.

12. It also prevents any form of kidney related issue especially those that disrupt blood filtration and purification like kidney failure. The mineral potassium which is present in garden egg leaves also help the kidney to function well.

Method of Use

Boiled three hundred garden egg leaves and two hundred pear leaves in five litre of water and take a glass of 250mlg 2 times daily for 14 days. The above treatment should be repeated again for 14 days.

Apple:

1. An apple a day they say keeps the doctor away. What exactly are in the apple that keeps the doctor away? An apple is rich in pectin that removes toxic from the digestive track, thus, making it easier for the liver to handle the toxic load during the cleansing process.

2. Apple also lower excess cholesterol

3. Apples consumed on a regular basis will prevent lung cancer, breast cancer, colon cancer, liver cancer and diabetes.

Lemon

1. It is a power house of essential vitamins and minerals.
2. Lemons are rich in potassium which is good for the heart health.
3. They also reduces the chances of cancer because they contain powerful antioxidant.
4. Lemon fights infection
5. It prevents and fight cancer cells.
6. Good for joint movement
7. Helps to boast immunity
8. Helps strengthen the immune system against germs that causes common cold and flu.
9. Excellent for weight loss.
10. Lemons are good for throat infection
11. Lemon is hight in vitamin C which boast collagen and improves hair growth by stimulating hair follicles. If you have been suffering from hair loss, you can mix two table spoon full of lemon juice with aloe-vera gel and apply this on your scalp 25mins before bath.
12. Drinking freshly squeezed lemon in a glass of lukewarm water with a tea spoon of honey helps to stimulate the liver and detoxify the body.

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