

Maximize Your Sauna Benefits with Aromatherapy



Use 100% pure essential oils for healing.

“Your sense of smell plays a significant role in your daily perceptions and how we react emotionally, physically, and mentally to what’s going on around you.

The use of essential oils for aromatherapy is a practice that is thousands of years old.

Just as important as your sense of sight, your sense of smell plays a significant role in your daily perceptions and how we react emotionally, physically, and mentally to what’s going on around you.

Aromatherapy is becoming more recognized as a viable and scientific alternative to addressing certain ailments such as depression, lack of appetite, exhaustion, and many others.

Aromatherapy is often used in conjunction with other treatments while dealing with more serious diseases.

Buying essential oils can be an inexpensive, yet effective investment in the struggle to prevent disease and to maintain a level of health and sanity in an otherwise chaotic world.

The following are some oils that can be used in the steam room facilities of the Tyron Lewis Community Gym to get the maximum benefits from your steam room experience.

Make sure the label says 100% pure essential oil; chemical reproductions will not evoke the biochemical response that pure botanicals do and therefore you will not experience the healing capabilities.

For Depression: Bergamot, Clary Sage, Lavender, and Grapefruit (reduces appetite, treats obesity, reduces water retention).

For Anxiety: Cedarwood, Frankincense, Jasmine, Rosewood.

See ‘Prescription for Nutritional Healing’ for more information.

Colonialism is Bad for Your Health

New Time! Every Sunday 2:00-4:00 PM

Critical health information on

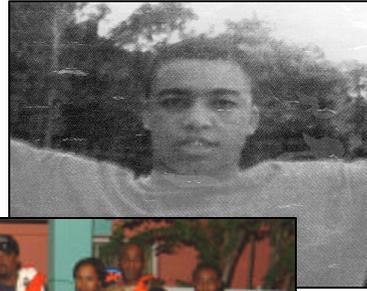
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Your Host
Iyapo Ngina

10 Years Later: Commemorating the life of TyRon Lewis



(Continued from Page 1)

commemorating the life of TyRon Lewis and the fifth anniversary of the Gym and Wellness Program.

The program, with over a hundred people in attendance, featured statements by Ironiff Ifoma, President of African People's Education & Defense Fund and Omali Yeshitela, Uhuru Movement founder and leader. Iyapo Ngina, host of the internet UhuruRadio.com show "Colonialism is Bad for Your Health" was MC.

"In the past ten years there has been a land grab in the African community of the worst kind," said Omali Yeshitela. "This gentrification and the so-called economic development promoted by the City has been at the expense of the African community. Our struggle is to



Family members of TyRon Lewis pose in front of the gym wearing their commemorative T-shirts "St. Pete Will Never Forget."

institutionalize the process where the community itself can be uplifted, can begin to own the resources in this community."

The Lewis family presented a beautiful "Gone but not forgotten" banner to APEDF with a poem and photos of TyRon from a baby to a teen.

Banquet style refreshments and cake were served, blood pressure testing was available, and gym tours with special membership offers were given.



Sister Deanne Lewis thanked the community for coming out and APEDF for keeping TyRon's memory alive and continuing to struggle for economic and social justice.

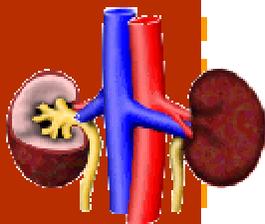
Krown of Bombai (left) gave a meaningful rap performance, and children from the Lewis family also performed.



TyRon Lewis Community Gym members show their Community Appreciation Awards for long term membership. Many of the awardees have come consistently for the five years since the gym opened. L to R front row: Eddie Morgan, Hepburn Rainford, Ray Welch. Back row: Doug Tuthill, Omali Yeshitela, Rob Spann, Antonio Welch, gym trainer Nate Washington. Not pictured: Bathiah Bat-Levi, James Bryant, Anthony Foster, David Washington, Richard McClendon, Rob Perry, Carson Skinner.

"Our struggle for economic development is to institutionalize the process where the community itself can be uplifted, can begin to own the resources in this community" — Omali Yeshitela

Your Kidneys: Neglected Chief Organs



*More than 3,000
year ago the
Chinese already
understood the
significance of the
kidneys as the
Chief Organs or
the 'Root of Life'.*

*Did you know
that Osteoporosis
might be linked
to a decline in
kidney function?*

vitamins.

The importance of the kidneys are rarely discussed until they are near failure. Although there are four other major eliminative organs (lungs, skin, liver, & intestines), they cannot compensate for detoxification if the kidneys fail.

Did you know? The kidneys are responsible for filtering fluids, excreting wastes, maintaining blood volume, regulating pH and blood pressure, erythrocyte concentration (the hormone that stimulates red blood cell production in the bone marrow), and producing vitamins.

The importance of the kidneys are rarely discussed until they are near failure. Although there are four other major eliminative organs (lungs, skin, liver and intestines), they cannot compensate for detoxification if the kidneys fail.

In this brief description of the responsibilities of the kidneys you can begin to see the significance of preventative kidney care.

The kidneys affect everything from density of your teeth and bones to the production of red blood cells.

Unfortunately, there is readily accessible information out about caring for your kidneys; not like there is about the heart for example. You always hear about the importance of "Heart Health" and all the things necessary to better the health of your heart, but you have to really search for that kind of information on the kidneys. We'll give you the info you need!

According to Eastern thought (particularly Traditional Chinese Medicine [TCM]), the kidneys play an even bigger role in overall health than in the Western thought.

In the East, the Kidneys are called the Chief Organs or the 'Root of Life'. In TCM, the 'Yin' organs (or your internal organs) do more than just their physical jobs; they house the emotions and affect the overall human experience.

Each Yin organ has a joining Yang organ (or external organ). The concept of Yin and Yang represents balance; so in TCM the kidneys are the foundation for the yin and yang of all the other organs.

Other functions of the kidneys in Eastern thought are that they store the Essence, govern birth, growth, and reproduction, produce marrow, fill the brain (fluid), control the bones, govern water, control the reception of Qi (energy), open into the ears, manifest in the hair, house will power, and control strength and skill.

Kidney dysfunction manifests itself in many ways; for example common signs of kidney dysfunction are backache. In yang deficiency it manifests as a tendency to obesity, in yin deficiency a tendency to thinness. Depression, sexual dysfunction (esp. in men), exhaustion, osteoporosis, poor hearing, issues with your teeth, and insomnia are a just a few other signs of kidney deficiency.

Kidneys, continued

In the West, some of the causes of kidney dysfunction are smoking (constricts the tiny blood vessels within the kidneys), over-consumption of alcohol, severe infections such as streptococcal sore throat, and overeating.

Kidney failure can accompany or result from many other disorders, such as congestive heart failure, diabetes, chronic hypertension, liver disease, lupus, and sickle-cell anemia.

The most important symptom of kidney problems, according to the West, is edema which occurs when the kidneys produce less urine because they are unable to properly excrete salt and other wastes, so the fluid builds up in the body.

In the East, the main causes of “declining kidney essence” and general kidney dysfunction are hereditary weakness (your pre-heaven Qi is formed at the time of your conception), emotional strain (fear and anxiety are the emotions pertaining to the kidneys), excessive sexual activity (this includes masturbation and menstruation), chronic

illness, overwork (the most common cause of kidney-yin deficiency in the West), and old age.

TCM offers a range of herbs and treatments that are proven to be very effective in dealing with issues of the kidneys including Qi Gong, Tai Chi and Acupuncture.

For prevention, here are some things that you can do to care for your “Neglected Chief Organs”:

1. Rid your life of any toxic habits such as smoking, drinking, drug abuse, excessive consumption of fats and animal protein.
2. Take probiotics such as acidophilus.
3. CoQ10 is a powerful antioxidant that removes harmful substances from the body.
4. Take Vitamin B6 to help reduce fluid retention.
5. Avoid all dairy products except those that are soured (yogurt, cottage cheese, buttermilk).
6. Drink celery and parsley seed juice to regulate uric acid levels which are often high in those who consume a lot of animal protein.
7. Drink only steam-distilled or reverse osmosis water as pure water is essential in removing deadly toxins from the body. Drink a

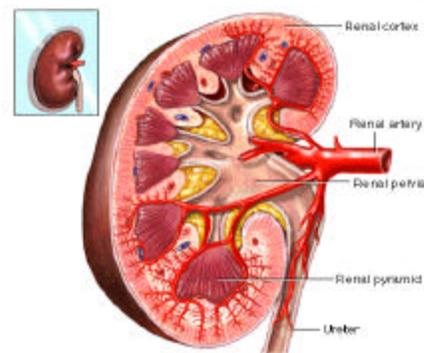
minimum of eight 8oz glasses daily (the accurate amount is 1/2 your body weight in ounces, i.e. if you weigh

250lbs you should be drinking a min. of 125 oz of pure water daily [no, tea doesn't count]).

8. If you have diabetes, high blood sugar, or high blood pressure, you are at much greater risk for developing kidney disease (which can be fatal). Start a regimen to overturn these conditions.
9. Lastly, always exercise; you'll live a healthier & happier life.

The chances of developing kidney disease are greatly increased if you're diagnosed with diabetes, hypertension, or cardiovascular disease. Confronting these diseases with a life promoting regime will greatly reduce your chances of developing any further complications. A healthy diet, regular exercise and if needed, proper medication dosing is key.

On the other hand, continuing to indulge in unhealthy habits such as smoking, drug abuse,



eating high fat and high salt diets, and refusing to participate in any regular exercise can greatly increase your chances of developing a complication such as kidney disease.

Once your kidneys have reached stage 5 kidney disease, they are no longer ridding the body of toxins and removing excess fluid. Dialysis is your only chance for survival. There are two types of dialysis: hemodialysis and peritoneal dialysis. While you are being dialyzed, another option to consider is a kidney transplant.

It is important to remember that kidney disease is completely irreversible. That old saying "a lot of anything can be harmful" can be applied to kidney disease. The kidneys have stopped filtering the blood, so even a build up of key nutrients such as potassium, phosphorus, or calcium can be deadly. Smoking and drug abuse can no longer be tolerated. And diet restrictions along

Make a Difference: Volunteer with APEDF



APEDF volunteers can help shape the future for our children.

The African Peoples Education & Defense Fund offers endless volunteer opportunities for those who want to make a difference in the community and the world.

- **HEALTH**

If you are interested in health, you can do research and/or write for the Healthy Connections Newsletter. You can join the Wellness Committee to put on free monthly health seminars. Or you can be on the outreach team to get the word out about these dynamic programs.

- **EDUCATION**

If you are interested in education, you can volunteer to

tutor the Uhuru Basketball teams. If you have more time, then you might be interested in leading a free community tutoring program.

- **ECONOMIC DEVELOPMENT**

If you are interested in economic development, then we have a couple of areas that need immediate attention. APEDF needs a donation coordinator. This would require some research

to seek out businesses, companies, churches, and corporations looking to make contributions to non-profit organizations. Our mission statement makes us applicable for many resources.

To volunteer, donate or for more info call 727-821-2437.

APEDF Spotlight: Uhuru Furniture

This holiday season, you can make a difference!

Uhuru Furniture, a project of the African People's Education and Defense Fund, invites you to donate, volunteer and shop in support of economic development and social justice for the African community.

Located at 945 Central Avenue in St. Petersburg, and open from 10:00 am to 5:00 pm Monday through Saturday, Uhuru Furniture is a unique shopping experience.

Uhuru Furniture & Collectibles is one of three national stores that raise resources for programs of African People's Education and Defense Fund.

Uhuru Furniture began in Oakland, California in 1989



and expanded to Philadelphia, Pennsylvania in 1994 and St. Petersburg, Florida in 2002.

Donating, volunteering, and shopping mean more at Uhuru Furniture. In the city of St. Petersburg, approximately 70% of the African community south of Central Avenue live at or near poverty level, and similar statistics can be found throughout the entire country.

The African People's Education and Defense Fund is for those who want to see resources flowing back to the African community. It is for those who want to see an end to racial profiling, police brutality, and gentrification. It is for those who believe in equal and quality education for the African community.

Donating, volunteering and shopping at Uhuru Furniture lets you feel positive about the future.

Uhuru Furniture invites you to donate and enjoy conscientious holiday shopping. Uhuru Furniture sells top quality, gently used furniture, antiques and collectibles at bargain prices. Uhuru Furniture schedules and picks up tax deductible donations quickly and on a regular basis.

Uhuru Furniture invites students, professionals and retirees alike to join the ever-growing group of proud volunteers who make a

difference at Uhuru Furniture! Volunteers participate in retail work, furniture pick-up, marketing/promotion of community events and forums.

Uhuru Furniture volunteers support genuine economic development in the African community. Two to five hours a month go a long way towards ending the economic and social disparities faced by African people in the U.S. and around the world. Uhuru Furniture has many exciting volunteer programs that fulfill student course requirements.

Support Uhuru Furniture to help impact and transform the lives of African people in St. Petersburg and throughout the world! To volunteer, donate or get more info, call 727-896-4577, or visit us at www.apedf.org.

Treat Yourself to a Gourmet Uhuru Breakfast

Every Saturday 9am - 2pm at St. Petersburg's Saturday Morning Market Central & 1st Street, downtown St. Petersburg

SCRAMBLED EGG Platter

\$6.00

Served with Herb Seasoned Homefries, Grilled Nine Grain Bread, and Fruit Garnish.

OMELETTE Platter

\$7.00

Served with Herb Seasoned Homefries, Grilled Nine Grain Bread, and Fruit Garnish

Choice of: Mushroom & Italian Cheeses, OR Spinach & Feta Cheese, OR Cheese only (cheddar/jack)

BREAKFAST WRAP

\$6.00

Scrambled eggs, cheddar/jack cheese, homefries & salsa. Grilled in a flour tortilla, with fruit garnish.

SIDE ORDERS & COLD DRINKS AVAILABLE * All proceeds benefit programs of APEDF



Recipe: Southern Oven-Fried Chicken

Calories: 353

Fat: 10g

Sodium: 304mg

Automatic change is hard to make, so the following recipe is for those who may not be able to live without the "fried" chicken. This recipe is lower in saturated fat, cholesterol, and salt than regular fried chicken.

With all the GMOs and hormones in mass produced chicken, I suggest that you buy free-range, organic chicken if possible. It is available at all local health food stores (which do take food stamps for those who are on a fixed income) and at several grocery stores in the organic/natural foods sections. Use organic products whenever possible.

One 2 1/2 to 3lb chicken (fryer)

1/4 tsp salt

1/2 tsp garlic powder

1/4 tsp curry powder

1/4 tsp ground cumin

1/4 tsp paprika

1/4 tsp ground red pepper (opt)

1/4 tsp ground black pepper

1/2 cup all-purpose flour

1/4 cup yellow cornmeal

1/2 cup low or non-fat buttermilk

1 Tbsp. low-sodium

Worcestershire sauce (or Bragg's liquid aminos)

1 Tbsp. mustard

Pam spray

1. Preheat oven to 350°F.

2. Remove skin & fat from chicken. Cut into desired pieces.

3. In a bowl, combine the next seven ingredients. Mix well and reserve 1/2 tsp of mix; sprinkle the remaining seasoning over the chicken and set aside.

4. In a shallow baking dish, combine the flour, cornmeal, and the reserved seasoning; mix well and set aside.

5. In a medium bowl, beat together the milk, Worcestershire sauce, and mustard. Add



the chicken and coat well, then roll into the flour mix.

6. Place on a baking sheet (lightly sprayed w/ Pam). Lightly spray each piece of chicken (keeps moist).

7. Bake for 30 minutes.

Submitted by Iyapo Ngina

The African Peoples Education & Defense Fund strives to develop and institutionalize programs to defend the human civil rights of the African community, and to address the grave disparities in education, health, healthcare, and economic development faced by the African community.

Our Mission

African Peoples Education
& Defense Fund
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Convenient Hours:

Monday - Friday
6 AM - 9 PM
Sat 8 AM-4 PM
Sun. 12-4 PM

We've been shaping up!

- **More new equipment** - cardio/aerobic and strength train
- **Bigger gym area** - 600 sq ft added with more to come!
- **Now accepting credit cards**
- **Smoothie Sensations Bar**
Fresh fruit smoothies
Healthy sandwiches & soups
Breakfast and snacks
- **Steam room & shower**

**Nov & Dec
Special -
Join & get
January free!**

* New or expired members only