

African  
People's  
Education  
& Defense  
Fund, Inc.

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### Our Mission

- Develop and institutionalize programs addressing the grave disparities in education, health, healthcare, and economic development faced by the African community.

- Defend the human and civil rights of African people.

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# Healthy Connections

NOVEMBER 2006

## Silence is Death: The Crisis of HIV/AIDS in Florida's Black Communities - Free Seminar

**Thursday, March 29th 6:30pm**

**APEDF Wellness Center**

**1327 Dr. MLKing Jr. St. So., St. Petersburg**

In 2004, Florida accounted for 11% of the total number of acquired immunodeficiency syndrome (AIDS) cases in the United States, ranking third behind New York and California. Florida also

had the second-highest reported AIDS diagnosis rate. Non-Hispanic blacks accounted for 14% of the Florida population but 52% of the 77,421 persons in Florida living with human immunodeficiency virus (HIV)/AIDS.

Come to this free seminar Thursday, March 29th at 6:30pm at the APEDF Wellness Center. Representatives from the Pinellas Health Dept. will be discussing the "Silence is Death" campaign.

## Why Black People Should Detoxify

*By Iyapo Moyende Ngina*

African people (all black people in the U.S.) suffer disproportionately from several of the major disease killers. According to the Center for Disease Control, as of 2004, African males



between the ages of 32 and 45 have the highest rates of high blood pressure of any group of people represented in the world!

And similarly, African women over the age of 45 represent the second largest

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# Why Black People Should Detoxify,



*“... regularly occurring events such as waiting for a check that’s late, the police pulling you over without obvious cause, the store clerk following you around the store. In a word, the study cited systemic racism as a major cause of the “Black Stress” as experienced by African people.”*

numbers of hypertension. The average life expectancy of an African in the U.S. is six to eight years less than that of white people. Although imposed, socio-economic conditions play a monumental role in such disparities, and such conditions can only be overcome as a consequence of collective social transformation; it my opinion that until such changes are won, black people would greatly benefit from regular detoxification.

## **Stress as a Major Factor**

Today, vast information exists on how our emotions play huge role in the development of disease and dysfunction. “A team of researchers has discovered that severe emotional distress... accelerates the aging process up to a whole decade” according to an article from Wellness Magazine. Even, allopathic medicine is slowly beginning to admit the link between stress and disorders such as GERD, IBS, cancer, and hypertension.

According to James Balch, M.D., stress is the number one hidden cause of cancer. Stress is linked to accelerated aging, chronic fatigue, depression, and many other dysfunctions. Now knowing the link between stress and disease, one can begin to uncover the underlying cause of the disproportionate rate of disease as experienced by the African community

within the U.S.

## **Black Stress**

Barbara M. Dixon, RD, L.D.N., author of *Good Health for African Americans*, cites studies done on the effects of what scientists call “Black Stress” on the health of African people. The study evaluates how an average person experiences stressful life events (such the death of a spouse or child, the loss of a job, etc) in peaks and lows, giving a person the ability to recover from the stressful event. However, when specifically studying African people, the study showed black people experiencing stress as a constant high plateau of stress leaving the body no time to heal and recover.

The study cited such regularly occurring events as waiting for a check that’s late, the police pulling you over without obvious cause, the store clerk following you around the store. In a word, the study sited systemic racism as a major cause of the “Black Stress” as experienced by African people.

## **Access to Info & Care**

The importance of recognizing the socio-economic implications on health, are paramount. Many believe the main reasons African people are suffering more are, that information tends to take longer to reach poor and impoverished communities, and because in the daily

struggle to provide the necessities of food, clothing and shelter, often poor people consider “good health” just the ability to be able to work, relatively free from pain.

With these being common scenarios, poor people often will not get regular physicals (for fear of finding out something is wrong), will ignore painful symptoms until absolutely unbearable, and then will only then go to an emergency room. The result of this delay can be deadly: while prostate cancer is one of the most successfully treated cancers in the U.S., the mortality rate is much greater in African men than any other group of men.

## **Quality of Food**

Lastly, good quality food is often not readily available or affordable in poor communities. Along with this is the propagation of many toxic substitutes such as McDonald’s, Churches Chicken, KFC, etc.

In addition, on every counter in every convenience store in the black community are highly toxic items that one never finds in the same stores in the white community, such as pickled pigs parts (ears, feet, lips, and nose), hot pickles, hot pickled sausages, malt liquors, and “Kools” and Newport menthol cigarettes.

Detoxification for African people can not only be “good,” but can absolutely

# Why Black People Should Detoxify, cont.

save lives. If large numbers of African people knew that prevention and simple things that can be done at home could save their lives and the lives of their children, I believe we would do what we could to change.

## **Our Children Need it too!!**

African children are not excluded from the necessity of detoxification. According to the Intercultural Cancer Council, the third leading cause of death for African children between the ages of one and fourteen in the U.S. is cancer.

Could this be due to an overexposure to both toxins in the environment (food and otherwise) and toxic emotions fueled by obvious racial disparities? And perhaps African children have a much more significant disadvantage because of stress they experience in utero (in the womb). Africans should probably be detoxifying from day one based on this!

## **The Environment as a Factor**

Another factor in the necessity for Africans to be detoxifying is a little known violation sometimes called "environmental racism." Studies have shown that intentional placing of hazardous waste sites, landfills, and other toxic and life-threatening facilities in predominately African, Latino (Mexican), Indigenous, and poor communities where the people are viewed to be weak and less likely to oppose such activity for fear of loss of livelihood or just an inability



The third leading cause of death for African children between the ages of one and fourteen is cancer which is preventable!!!

to fight back because of the daily struggle just to live. Irwin Weintraub sites in his article, "Fighting Environmental Racism", the landmark study, Toxic Waste and Race in the United States that revealed "race was the most significant variable associated with the location of hazardous waste sites." Incidents in the country where the largest landfills, the highest concentration of toxic waste, largest numbers of incinerators are located in African communities in America.

## **Why the Need to Detoxify**

An estimated three out of every five black and Hispanic families live with one or more toxic waste sites; more than thirty-seven percent of black people are living below the poverty level; there is self-medication in the form of illegal drugs, alcohol, cigarettes, comfort eating of toxic waste in the form of food, and unprotected sex as a way to cope with toxic emotions. This mixture is clearly the reason African people, for the sake of their lives, have to be informed of

the need to and methods to detoxify.

## **Nothing New for African People**

Self-healing (detoxification) is nothing new for African people. Africans have a rich history of being traditional healers, functioning as everything from midwives to master herbalists using such detoxification methods as fasting, juicing, sweating, and colon therapy. For many years this knowledge was handed down from generation to generation as "poor man's medicine", the knowledge has been lost and has to be recaptured by the people who need it most.

## **In Conclusion**

The African community within the United States is currently experiencing a health crisis of epidemic proportions, but there is an affordable solution for the African community. It is prevention through detoxification!!! Certainly, several external factors can only be overturned with a political struggle for self-determination, but in the meantime, Africans should adopt a lifelong lifestyle of detoxification.

*"Africans have a rich history of being traditional healers functioning as everything from midwives to master herbalists, using such methods as fasting, juicing, sweating, and colon therapy."*

# March is National Colorectal Cancer Awareness Month



**African people have the highest death rate from colon and rectum cancer of any racial or ethnic group in the US.**

*Death rates... are about 30% higher than among whites and two times higher than other groups.*

Since this month is Colorectal Cancer Awareness Month, we here at the African People's Education & Defense Fund thought it important to arm you with some facts about how this disease affects us as African people living in the U.S. This information is from the Intercultural Cancer Council.

## **Cancer deaths**

For Africans in America, about 140,000 new cancer cases are expected to be diagnosed in 2007. Further, cancer is the second leading cause of death, surpassed only by heart disease. In 2001 it was estimated that 63,500 African Americans died from cancer. In general, Africans with cancer have shorter survival than whites at all stages of diagnosis.

## **The Numbers**

For both African men and women, cancer of the colon and rectum and cancer of the pancreas rank third and fourth as leading causes of cancer death. Colon and rectum cancer is the third leading cause of cancer death among both African men and women. An estimated 6,800 African died from these types of cancers in 2001.

African Americans have the

highest death rate from colon and rectum cancer of any racial or ethnic group in the US. Death rates for cancer of the colon and rectum among African are about 30% higher than among whites and more than two times higher than for Asian Americans, Pacific Islanders, American Indians, and Hispanics.

Colon and rectum cancer is the third most common cancer incidence among Africans, both men and women. In 2001, approximately 14,100 Africans in the U.S. (6,500 men and 7,600 women) were diagnosed with the disease.

## **Prevention**

There are few immediate precautions you can take to shield yourself from this terrible disease.

## **Fiber**

The number weapon is FIBER! According to the FDA the recommended daily allowance is a minimum of 24g, but the average African in the U.S. gets about 5-10g of fiber a day! This means toxins are sitting around in the colon much longer than they are supposed to, causing free radical damage. Most alternative practitioners

believe that as much as 35g daily is needed for optimal health.

## **Water**

The next weapon is WATER! According to one report, increasing your water intake by just 5 glasses daily decreases your chances of developing up to 7 different types of cancer by up to 35%! The general rule of thumb is to consume half your body weight in ounces daily (i.e. if you weigh 200lbs you should be consuming 100oz of water daily).

## **Exercise**

Equally as important is EXERCISE! Simply walking 20 minutes can be powerful in the fight for prevention. Exercise increases the transit time of food passing through the small and large intestine, thus preventing toxic food byproducts from being re-circulated in into the blood stream.

<http://iccnetwork.org/cancerfacts/>

# Make a Difference: Volunteer with APEDF



**APEDF volunteers come from all walks of life.**

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.**



## Healthy Recipe: Vegetarian Hoppin' John

*Yield: 6 to 8 servings*

1 pound dried black eye peas  
2 quarts plus 3 cups water  
1 medium onion, chopped  
3 cloves garlic, minced  
1 (7 ounce) can diced green chiles

2 teaspoons ground cumin  
1/4 teaspoon pepper  
1/4 teaspoon baking soda  
1 dried or canned chipotle chile  
1/2 cup brown rice  
3 large tomatoes, peeled and chopped  
Salt to taste



1. Rinse and sort through peas.
2. In a deep pot, bring 2 quarts water to boil over high heat. Add peas. Let water return to boil; then boil uncovered for 2 minutes. Remove pan from heat, cover and let stand for 1 hour.
3. Drain and rinse peas, discarding cooking water.
4. In crockpot, combine onion, garlic, green chiles, cumin pepper, baking soda and chipotle chile. Stir in peas; pour in remaining 3 cups water. Cover and cook on LOW until peas are tender to bite (9 to 10 hours).
5. Remove and discard chipotle chile; stir in rice and tomatoes.
6. Increase heat to HIGH; cover and cook until rice is tender (45 to 55 minutes more). Season to taste with salt.

# Toxin Report

## Fluoride Is a Poison!

The 1984 issue of Clinical Toxicology of Commercial Products lists fluoride as more poisonous than lead and just slightly less poisonous than arsenic. It has been used as a pesticide for mice, rats and other small pests. A 10lb infant could be killed by 1/100 of an ounce and a 100lb adult could be killed by 1/10 of an ounce of fluoride.

The Akron Regional Poison Center indicates that a 7 ounce tube of toothpaste contains 199 mg. of fluoride, more than enough to kill a 25lb child. Even Procter & Gamble, the maker of Crest, acknowledges that this is true "theoretically, at least." There are documented deaths of infants and children caused by "normal dosage" of fluoride tablets or treatments.

## The Facts

Fluoride is a neurotoxin and lowers IQ, causes brain lesions & dementia, causes cancer, changes bone structure and strength, causes birth defects and perinatal deaths, proven ineffective for cavity prevention, impairs immune system, increases lead and arsenic exposure, causes osteoarthritis, causes permanent disfigurement of the teeth in many children, suppresses thyroid function, causes large numbers of acute poisonings, and is banned in many countries.

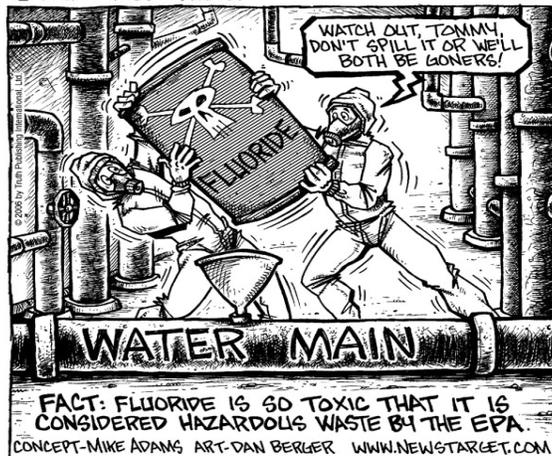
## Protect Yourself

1. Avoid anything that you know has fluoride.
2. Drink only Reverse

Osmosis water (i.e. Dasani, refill water jugs at a store, and/or get a Reverse Osmosis filter for your kitchen sink). Note: boiling water removes chlorine, but concentrates fluoride.

3. Since fluoride is abundantly absorbed through the skin, it is wise to get Reverse Osmosis shower heads (must be replaced annually).
4. Use fluoride-free toothpaste: Tom's, Tea Tree, and others are available from health food shops (or good old fashioned baking powder).
5. Don't drink black tea (herbal teas don't apply). Tea contains between 4.4 and 12 ppm of fluoride. Just one cup can be enough for an overdose.
6. Take vitamin B6 and C supplements.
7. Take supplements of calcium and magnesium salts to help reduce fluoride absorption from the stomach and assist in elimination.
8. Avoid using non-stick kitchen ware. Non-stick coatings such as Teflon, are made of fluoride. Scrapes and other damage can release a significant amount of fluoride into cooking.
9. Avoid fluoride-containing drugs. If you are taking the following, contact your doctor for a fluoride-free alternative: Prozac, Rohypnol, Diflucan, Flixonase, Flixotide, Stelazine, Fluaxol, Depixol, Floxapen, and asthma

## COUNTERTHINK



drugs Ventolin and Becotide that use propellants containing fluoride.

10. High concentrations of fluoride can be found in sodas, fruit juices (esp. grape), and infant formulas.

## References:

1. [www.fluoridealert.org/](http://www.fluoridealert.org/)
2. [www.mbschachter.com/dangers\\_of\\_fluoride\\_and\\_fluorida.htm](http://www.mbschachter.com/dangers_of_fluoride_and_fluorida.htm)
3. <http://nccn.net/~wwithin/fluoride.htm>
4. [www.wholywater.com/fluoride.html](http://www.wholywater.com/fluoride.html)

# Tips from Nate

1. Eat smaller, more frequent meals.
2. Limit your intake of processed foods.
3. Eat a variety of proteins.
4. Drink plenty of water — 1/2 your body weight in ounces. For example, if you weigh 200 lbs, you'll need to drink 100 oz (slightly over 3 qt.) of water daily.
5. Eat a minimum of 24g of fiber daily. You can supplement with ground flaxseeds or psyllium husks.
6. Add soy to your diet (only fermented and organic).
7. Eat slower. Do not watch T.V. while eating.
8. Get plenty of sleep.
9. Keep your starchy and simple carbs very low.
10. Add EFAs (essential fatty acids) such as fish oils, olive oil, nuts, seed butters, fish.
3. Vegetables
4. Nuts and seeds
5. Beans
6. Yams
7. Winter squash

## High Protein Foods

1. Poultry (fish, chicken)
2. Fish
3. Dairy (fat free milk, low fat yogurt)
4. Eggs
5. Soy

## Good Carbs

1. Whole grain cereals
2. Fruit (berries, bananas)

## Avoid:

- Chips
- French Fries
- Doughnuts
- Sodas
- All fried foods

**By Nate Washington**  
**Personal Trainer,**  
**All People's TyRon Lewis**  
**Community Gym**



# Top Antioxidant-Rich Foods

Antioxidants are substances that may protect cells from the damage caused by unstable molecules known as free radicals. Free radical damage may lead to cancer.

Antioxidants interact with and stabilize free radicals and may prevent some of the damage free radicals otherwise might cause.

Examples of antioxidants include beta-carotene, lycopene, vitamins C, E, and A, and other substances.

Want to maximize your intake of disease-fighting antioxidants? The following 20 foods contain the highest antioxidant concentration.

1. Pomegranates
2. Small red beans (dried)
3. Wild blueberries
4. Red kidney beans
5. Pinto beans
6. Blueberries (cultivated)
7. Cranberries
8. Artichokes (cooked)
9. Blackberries
10. Prunes
11. Raspberries
12. Strawberries
13. Red Delicious apples
14. Granny Smith apples
15. Pecans
16. Sweet cherries
17. Black plums
18. Gala apples
19. Black beans (dried)
20. Plums

Antioxidants are naturally occurring nutrients that help prevent heart disease, cancer, and aging. Little is known about how antioxidants work and what affects their ability to function properly.

Scientists believe that some antioxidants are more potent than others, and their potency can be affected by how they're cooked or how they're digested. For example, the antioxidants in blueberries lose their potency when cooked, while the antioxidants in tomatoes become more potent when cooked.

For more information go to <http://www.crumcreek.com/library/antioxidant.html>

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Sun. 12-4 PM

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- **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  
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Breakfast and snacks
- **Steam room & shower**

\* New or expired members only