

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

AUGUST 2007

Better Out than In!

By *Iyapo Ngina*

What Is Colon Hydrotherapy?

Colon hydrotherapy is a safe, effective method of removing waste from the large intestine. By introducing filtered and temperature-regulated water into the colon, waste is softened and loosened, resulting in evacuation through normal peristalsis. Colon hydrotherapy is best used in combination with an adequate nutrient and fluid intake as well as exercise.

The colon has been referred to as "the sewer system of the body." It is the place where we store the waste material that most of us would rather not think about and most of us don't until our physical, mental, or spiritual health becomes compromised.

What Does It Do?

Colon hydrotherapy improves the function of all organs of the body resulting in more energy and vitality.

Normally, our organs are able to dump toxins into the bowel instead of holding them; however, when the colon is congested, the other elimination channels

it cleanses and rejuvenates that portion of the immune system that resides in the intestinal tract.

Colon irrigation provides external drainage from the rectum and internal drainage via the lymphatic system. The body is then able to release accumulated toxins and assimilate nutrition.

Colon cancer is a top cancer killer of African people!

The Importance of Colon Care & Benefits of Hydrotherapy Tues, Aug 28 6:30pm

APEDF Wellness Center

1327 Dr. MLKing Jr. St. So., St. Pete

*** Bring a friend * Free refreshments ***

Regeneration is possible because assimilation and elimination are brought back into balance, and the gentle movement of water exercises the peristaltic muscles resulting in increased

colon efficiency.

Historical View

Historians tell us that the practice of bowel cleansing was first used by the

(Continued on Page 6)

Toxin Report: MSG

MSG is slowly killing us!

When it comes to food additives, few, if any, have the controversial reputation of monosodium glutamate. MSG, as it's known, is made of water, sodium salt and glutamate, an amino acid that is also found naturally in foods as a component of protein. Used by the food industry as a flavor enhancer - and available in supermarkets for use as a cooking aid - it is created through fermentation, using starch, corn sugar or molasses from sugar cane or sugar beets.

Author John Erb made an amazing discovery while going through scientific journals for a book he was writing called **The Slow Poisoning of America**. In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies.

No strain of rat or mice is naturally obese, so the scientists have to create them. They make these morbidly obese creatures by injecting them with monosodium glutamate when they are first born. *The MSG triples the amount of insulin the pancreas creates, causing rats (and humans?) to become obese.* They even have a title for the race of fat rodents they create: "MSG-Treated Rats."

I was shocked! I went to my kitchen, checking the cupboards and the fridge. MSG was in everything! The Campbell's soups, the Hostess Doritos, the

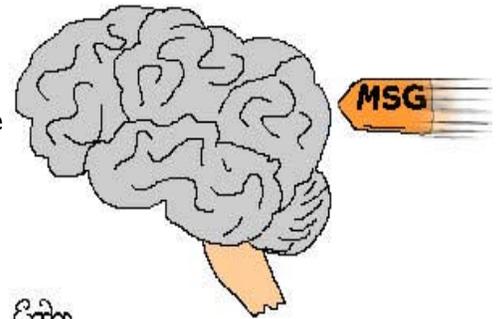
Lays flavored potato chips, Top Ramen, Betty Crocker Hamburger Helper, Heinz canned gravy, Swanson frozen prepared meals, Kraft salad dressings, especially the 'healthy low fat' ones. The items that didn't have MSG had something called Hydrolyzed Vegetable Protein, which is just another name for Monosodium Glutamate. They hide MSG under many different names in order to fool those who catch on.

But it didn't stop there. When our family went out to eat, we started asking at the restaurants what menu items had MSG. Many employees, even the managers, swore they didn't use MSG. But when we asked for the ingredient list, sure enough MSG and Hydrolyzed Vegetable Protein were everywhere.

Burger King, McDonalds, Wendy's, Taco Bell, every restaurant, even the sit down ones like TGIF, Chili's, Applebees and Denny's use MSG in abundance. Kentucky Fried Chicken seemed to be the WORST offender: MSG was in every chicken dish, salad dressing and gravy. No wonder I loved to eat that coating on the skin, their secret spice was MSG!

How can they claim it is safe when there are hundreds of scientific studies with titles like these:

- Obesity induced by neonatal monosodium glutamate treatment in spontaneously hypertensive rats: an animal model of multiple risk factors.
- Hypothalamic lesion induced by injection of monosodium



glutamate in suckling period and subsequent development of obesity.

Many more studies mentioned in John Erb's book link MSG to diabetes, migraines and headaches, autism, ADHD/ADD and even Alzheimer's. Our children are paying the price with obesity caused by an addictive food additive.

Some of the side-effects observed in rats during test studies are seizures, morbid obesity, stroke, high blood pressure, diabetes, neuroendocrine disorders (major problem), brain lesions, is highly addictive, extremely toxic to infants (even in the womb), nervousness, heart palpitations, and many other problems.

If you already suffer from high blood pressure, then it is ultimately important for you to watch out for this deadly toxin, and totally eliminate it from your diet.

For a list of products and alternate names of MSG go to <http://www.rense.com/general52/msg.htm>

This article from a submission to: <http://health.groups.yahoo.com/group/FluoridePoisoning/message/1908>

5 Exercise Tips for Optimum Wellness

Tip #1: Weight Train

If there is a such thing as a panacea, weight training is it. Weight training increases bone density, builds and tones muscle, burns fat and calories, improves posture, boosts self-esteem, releases anti-aging hormones, and prevents injuries.

If you're a newbie, the easiest way to create a realistic program is to join a gym [like the All People's TyRon Lewis Community Gym]. The trainers can guide you on how to use weights safely and effectively, and can help you customize a program that you can continue on your own.

Tip #2: Try Rebounding or Skipping

Skipping or using a mini-trampoline or rebounder stimulates the lymphatic system, which consists of millions of tiny channels that parallel our network of blood vessels. The lymph channels transport fats and other substances around the body and helps with the elimination of waste products from cells. Unlike blood, which has the heart as a pump, the lymphatic system doesn't have a pump. It relies on exercise and deep breathing to keep it moving.

The problem is that many people spend most of their time sitting down. To make matters worse, stress causes shallow breathing, which can further reduce lymph flow. The end result is sluggish lymph flow, leading to frequent

colds and flu, tiredness, and increased risk of chronic disease.

Skipping is the easiest way to target lymph flow (although any exercise will help). It's inexpensive and can be done at home or at the gym. The mini-trampoline, or rebounder, is another option. Five minutes every morning and night is sufficient for most people.

Tip #3: Balance Your Workout With Calming Exercise

Ancient practices such as tai chi, qi gong, and yoga improve flexibility and balance. They use breath, mind, and body to restore energy, reduce stress, and calm an agitated mind. These practices have become sufficiently mainstream that classes can be found in many neighborhoods.

Tip #4: Target Your Core

Your body's "core" - the area around your trunk and pelvis, including your abs and your low back - is where your center of gravity is located. Targeting these muscles not only gives you toned abs, but they support your low back. Over time, a weak core can make you susceptible to poor posture, low back pain, and injury.

Traditional abs exercises, like sit-ups and crunches, focus on the rectus abdominis, but it's important to work all the core muscles because one weak area can cause poor posture and make you susceptible to injury.

The best core exercises involve moving your limbs while stabilizing your abs. My favorite tool for working the core muscles is the exercise, or stability, ball. It's effective because you have to balance on the inflated ball while exercising (it looks like a big beach ball), which engages your core. There are many exercise videos available using the balance ball. The one I use is Gunnar Peterson's Core Secrets.

Tip #5: Use Bands and Ball;

Resistance bands and exercise, or balance, balls are two effective exercise tools:

Exercise ball - Performing exercises on an exercise ball enhances flexibility, balance, and coordination, and strengthens and tones muscles. Doing exercises on a wobbly ball builds a lean and strong core, which is the key to better posture.

Resistance bands - Resistance bands are another efficient way of exercising. You get more out of the return part of each movement compared to using free weights or machines.

Note: If you haven't exercised for a while or have a medical condition, get your doctor's okay to start.

From [Cathy Wong](#), Your Guide to [Alternative Medicine](#). About.com

12 Ways to Stay on To

Posted by [Gabrielle Reece](#)

Rejuvenate



“Stress suppresses the immune system so significantly that it is believed to be a major factor in the higher rates of STDs and high infant mortality in black people.”

You know how you have those weeks (or maybe months or years) that just seem to be loaded with stress? I know it's all relative -- one person's stress is another's holiday. People with two children think having just one child is a piece of cake, and so on. I've had one of those weeks -- dealing with an injury, work hasn't been going my way, and my three-year-old has been possessed by an alien. And I'm not talking about a friendly alien that wants to know what this planet is all about -- no, I am talking about someone who wants to launch a full-scale assault, but only in public places. All this piles up.

It takes a million years for one gene to change in our bodies. *One million years!* I'm bringing this up because, physiologically, we're the same humans we were 300 years ago. But look at how things have changed in that short time. Some things make life easier now: washers and dryers, transportation, abundance of food, electricity, etc.

But some things make life

today more insane: cell phones, traffic, increased population, fake food, TV, busy schedules. I heard a statistic from a doctor-friend that we make more decisions in one day than people used to make in a year. No wonder we're stressed out and reaching for doughnuts or alcohol to cope.

All this craziness and high-speed living isn't going away. Since we can't change our genes, we have to create a map to navigate this crazy life. What can you do to try and stay on top of the stress so it doesn't affect your health, happiness, or waistline?

It is important to mention that stress suppresses the immune system so significantly that it is believed to be a major factor in the higher rates of STDs and high infant mortality in black people. So we have an even greater reason to deal with our stress loads.

1. **Exercise.** Amen for endorphins. If you can't work out, then go take a brisk walk and get that blood flowing. It isn't about working out to lose weight -- it's about being healthy

and staying sane.

2. **Eat the real stuff.** Garbage food (fast, processed, and loaded with sugar) doesn't help your chemical brain and body handle stress. Living food, real food, helps support your mind and body while it's trying to deal with the million things coming its way.

Every time I reach for the chocolate, I'm looking to feel something from it. Don't get me wrong -- if it's just a little here and there because I enjoy the taste of it, great. But if I'm using it the minute I feel overwhelmed, then that's when that food is no longer OK to eat. It doesn't make the problem go away, and then I just feel bad about eating the food to pacify myself. Grab green food instead. Put things in your mouth that are going to support your immune function and keep you levelheaded.

3. **Notice.** Try not to let the stress overtake you. Recognize the situations that cause the stress and notice them coming your way. You have a better shot at fending off the full effects of the stress when you can anticipate it.

4. Get it off your chest.

Talk to a friend or partner about the stress. Sometimes just getting it off your chest can help unload some of the burden.

5. Keep your sense of humor.

If you do have the chance to talk about it, try to see the irony and humor in the wacky bits. Watch a comedy; laughing is the oldest medicine.

6. Stay grateful. My daughter has large lungs and verbal skills she likes to display. Just when I start to wishfully think about her being quiet, I remind myself to be grateful that she can talk to me at all.

In almost all of our problems are boatloads of blessings. "Oh, I don't feel like going to the gym." Well, be grateful that you have the means and the health to even be able to wrestle with the idea of going to work out. Make a habit of saying thank you. You will notice the sunny spots a lot more often, and not just the gray skies and storms.

7. Ask, "What's the hurry?" Have some fun. We're always so busy going somewhere, we miss just enjoying the moment. If an opportunity comes your way



Create some extra time to relax by unplugging from the tube.

to do something fun, take it.

8. Take a deep breath.

When you feel the stress getting to you, take a moment. Get away, even if it's just for an hour, to be with yourself and your thoughts. Some people like to take a walk, meditate, or lock themselves away in a beautiful bath. Find the peace and the silence.

9. Keep it simple.

Simplify where you can. Does Junior really need to be in 78 activities at the age of 5? Do you have to go to every little gathering you're invited to?

10. Turn off the TV.

A lot of it is bad news anyway, and it robs us of hours that we could use to be getting other things done. Since everyone complains that they have no time, create some by unplugging from the tube.

11. Sleep. If you're rested, you have a better shot at handling things. You may not stress out as easily if you have a chance to recover at night.

12. Drink water. I have said it before: Americans consume 21 percent of their calories through liquid consumption. Hydrate with water. Help your entire system function better just by drinking enough water.

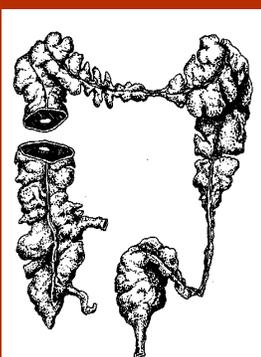
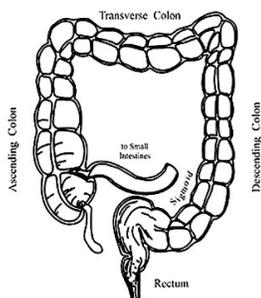
Oh, and by the way, if you don't think that weight loss and proper hydration have a relationship, think again. Shift the paradigm on its side -- don't think about exercise and nutritional eating just as something you have to suffer through to get into those jeans. Instead, think of them as armor that will protect you in this crazy world, with all of the bazillion details you deal with every day.

Additional Tips:

Feng Shui is the art and science of placement. According to this science, the most common cause of depression and stress is "clutter". Clutter stagnate and suppresses the flow of energy also known as "Qi". Consider buying an easy-to-understand version of Feng Shui and consider rearranging your home and furniture to get the most from your space and energy. Though it doesn't sound like much, it will make a world of difference in your energy level and the way you feel about yourself and your home. Some experts suggest that you make certain small changes with each change of the season. Also, "clearing negative energy from your home with such methods as playing loud (positive) music, opening the windows, and burning sage will also work wonders in lifting your mood and relieving stress.

Better Out Than In Continued

Healthy Colon



Diseased Colon

Did you know that 80% of your immune system function is inside your colon? Many researchers believe that more than 88% of ALL disease has its origin in the improper elimination of toxic fecal matter.

Egyptians. The Ebers Papyrus of the 14th century B.C. and the Edwin Smith Papyrus (c.1700 B.C.) both mention bowel cleansing and directions.

The 17th century became known as the "age of the enema." It was an acceptable practice in Parisian society to enjoy as many as three or four enemas a day, the belief being that an internal washing was essential to well-being.

By the late 19th century and the early 20th century, with the advent of rubber, the enema slowly gave way to colon hydrotherapy equipment, which greatly improved the cleansing of the colon.

Dr. John Harvey Kellogg, of the renowned Battle Creek Sanitarium, reported in the 1917 Journal of American Medicine, that in the treatment of more than 40,000 cases of gastrointestinal disease, he had used surgery in only twenty cases. The others were improved by the cleansing of the bowel, improved diet and exercise.

Colon hydrotherapy eventually gained the attention of James A. Wiltsie, M.D., who contended that "our knowledge of the normal

and abnormal physiology of the colon, and of its pathology and management has not kept pace with that of many of the organs and systems of the body."

He went on to say "As long as we continue to assume that the colon will take care of itself, just that long will we remain in complete ignorance of perhaps the most important source of ill health in the whole body."

AUTOINTOXICATION

Virtually all disease, no matter what its name, is caused by auto-intoxication. Simply stated, auto-intoxication occurs when the body absorbs too much of its own toxic waste.

Auto-intoxication is the outcome of an imbalanced diet and faulty bowel function. It is the root cause of many of today's disorders and illnesses. If waste cannot be eliminated and accumulates in the body, perhaps suppressed by drugs or extreme tiredness/fatigue, disease ALWAYS sets in!

Bacteria and acids accumulate causing the body's pH to go from an 80% alkaline balance, to as much as an 80% acid state. When the body's pH is in balance, most diseases can't possibly exist — it is only when we have a highly acidic state that disease can get a foothold.

SYMPTOMS OF AUTOINTOXICATION

- headaches & migraines
 - dementia
 - drowsiness
 - bloating
 - dermatological conditions
 - vision disturbances
 - heart arrhythmia
 - nausea
 - foul breath
 - irritability
 - flatulence
 - insomnia
 - ringing in ears
 - insanity
 - bad dreams
 - delirium
 - hypertension
 - hardening of the arteries
 - ovarian cysts
 - muscle atrophy
 - skin wrinkles
 - acne
 - leg pains
 - muscle inflammations
 - kidney disorders
 - bladder infections
 - back pain
 - depression
 - burning sensations in face, eyes, hands or feet
 - lack of ability to concentrate
 - fatigue
 - fibrocystic breasts
 - abdominal pains and cramps
 - sinus problems
 - hemorrhoids
 - body odor
 - diarrhea
 - coryza (common cold)
 - arthritis
 - cardia irregularities
 - coma
 - cataracts
 - hypo tension
 - appendicitis
 - tumors
 - organ degeneration
 - boils
 - itching
 - tonsil troubles
- The most effective treatment for dealing with auto-intoxication is colonic hydrotherapy.

Colonialism is Bad for Your Health

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Your host,
Iyapo Ngina



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Spicy Black Beans & Rice

4 servings

Prep: 15 min.

Cook: 15 min.

Ingredients

- 1 medium onion, chopped (1/2 cup)
- 4 cloves garlic, minced
- 2 tablespoons olive oil or cooking oil
- 1 15-ounce can black beans, rinsed and drained

- 1 14-1/2-ounce can Mexican-style stewed tomatoes
- 1/8 to 1/4 teaspoon ground red pepper
- 2 cups hot cooked brown or long grain rice
- 1/4 cup chopped onion (optional)

Directions

1. In a medium saucepan cook 1/2

cup onion and garlic in hot oil until tender but not brown. Carefully stir in the drained beans, undrained tomatoes, and ground red pepper. Bring to a boil; reduce heat. Simmer, uncovered, for 15 minutes.

2. To serve, mound rice on individual plates;



make a well in the centers. Spoon black bean mixture into centers. If desired, sprinkle with chopped onion. Makes 4 servings.

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