

AFRICAN PEOPLE'S
EDUCATION AND
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.

Healthy Connections

AUGUST 2008

Ten Affordable, Healthy, Life-Saving Products to Add to Your Kitchen

By *Iyapo Ngina, Alternative Medicine Student*

1. Probiotics & Prebiotics

Probiotics are “good/friendly” bacteria important for a strong immune system. They fight off “bad” bacteria such as yeast (candida), and create certain essential nutrients.

Prebiotics are fiber, which is crucial to the health of the intestines to feed the good bacteria and prevent colon cancer.

2. Spirulina—Blue green algae

65-71% complete protein, with all essential amino acids in perfect balance. One of the few plant sources of vitamin B12 and high in vitamin K. Regulates blood sugar, purifies blood.

3. Apple Cider Vinegar

Great for high blood pressure, gout, arthritis, insomnia, sore throats, acid reflux, and more.

4. Bee products: Bee pollen, propolis, and royal jelly

Good for allergies and enhanced immune function. Increases stamina (good for athletes).

5. Chromium

Many African people are deficient in chromium, especially those with diabetes or pre-diabetes. Cinnamon is

a good source for chromium, regulates blood sugar, and is a warming herb that increases metabolism.

6. Coenzyme Q10

is necessary for heart/cardiovascular health.

Cholesterol drugs deplete the store of COQ10 in the heart, contributing to heart failure.

7. Ginger increases metabolism (good for weight loss), breaks up and gets rid of mucus, good for circulation, and relieves heartburn, nausea, morning sickness, motion sickness.

8. Siberian Ginseng

(Euluthrococcus) - not to be confused with any other type. Good for stress: repairs damage to adrenals from chronic stress. Use DGL if you have high blood pressure.

9. Ignatia/Nat Mur Homeopathic remedies for extreme grief and shock.

10. Milk Thistle

A power house of detoxifying herbs. Boosts production of glutathione which get rid of toxins; repairs the liver; an antioxidant (anti-cancer).

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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.

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Host Iyapo Ngina

Join the APEDF Wellness Committee!
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- * Help write articles & take photos for the Healthy Connections Newsletter!
- * Help plan and promote free monthly health education seminars!

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