

FOOD HABITS, NUTRITION AND YOUR HEALTH

by

Newton K. Amaglo

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Discover the secret of keeping yourself healthy and strong at minimum cost. These are natural health principles that have worked for centuries for anyone who cares to use them.

ACKNOWLEDGEMENT

The writer was privileged to provide a lecture on the subject to a group of Christian Women Leaders in Kumasi. Out of the enthusiasm showed, a second lecture was arranged which lasted for 3 hours. There have been several success stories of people improving their health as a result of those lectures. One of them is Mr.C.H. Ahiable-Addo who was relieved of his diabetic ailment after using these principles.

In response to the request for a written document from the discussions this material has been produced. To screen and validate the points raised in the book, a group of experts have been consulted for their professional contributions. The writer wishes to acknowledge the Team as:

1. Dr. Samuel Adjei; a Medical Practitioner and Director of Health Services – Efigya Sekyere District, Agona Ashanti Region – Ghana.
2. Mr George Kyei-Fram, A Practising Pharmacist and a Master's Degree student, Faculty of Pharmacy. K.N.U.S.T, Kumasi.
3. Mr C.H. Ahiable-Addo, A Senior Lecturer and Head of the Department of General Social Sciences and African Studies Faculty, K.N.U.S.T, Kumasi.
4. Mr Asare Tandoh. Former Headmaster of University Primary School Kumasi and now Headmaster of the Cambridge Educational Complex, Kumasi.
5. Mr George K. Mensah, Teacher- University Primary School, KNUST - Kumasi.
6. Mr Anthony Ansah, Ghana Food Distribution Corporation.

The writer acknowledges the immense contribution of these godly Christian women leaders and the team of experts who have worked on the manuscript from various points of view. Their invaluable suggestions are deeply appreciated.

The contribution of ECG Publication Centre to this publication is equally appreciated.

TABLE OF CONTENTS

TAKE TIME FOR 12 THINGS -----	iv
-------------------------------	----

CHAPTER ONE

A HEALTHY BODY GIVES A SOUND MIND-----	2
IS THERE A WAY OUT? -----	3
FOOD AS A MEDICINE -----	4

CHAPTER TWO

PRINCIPLES OF GOOD HEALTH AND NUTRITION -----	7
THE WAY TO A HEALTHY HEART -----	8
BOOST YOUR IMMUNE SYSTEM -----	9
CAUTION -----	9
IMPROVE YOUR DIGESTION -----	9
HOW TO SUPPORT YOUR DIGESTIVE SYSTEM --	10
REMOVE POISONS FROM YOUR BODY -----	10
SUPPORT YOUR LIVER AND KIDNEYS -----	10
DON'T RECYCLE BODY MUCUS! -----	11
HOW TO STRENGTHEN YOUR LUNGS -----	11
CONTROL YOUR BLOOD PRESSURE -----	11
TIPS TO BOLSTER YOUR REPRODUCTIVE SYSTEM -----	13

CHAPTER THREE

UNDERSTANDING FOOD GROUPS -----	16
ENERGY FOODS -----	16
BUILDING FOODS -----	16
PROTECTIVE OR REGULATING FOODS -----	16
NUTRITIONAL VALUES OF SOME COMMON FOOD-	

STUFFS -----	18
CHAPTER FOUR	
MOLASSES: THE PERFECT FOOD -----	25
MOLASSES AS MEDICINE -----	26
MOLASSES AS FOOD -----	27
METHOD OF TAKING MOLASSES -----	27
MORINGA AS A FOOD SOURCE -----	29
COMMON NAMES OF MORINGA -----	30
VANACULAR NAMES -----	30
APPLE CIDER VINEGAR AND HONEY -----	34
The Ten Health Commandments.	37
Food for thought	38
REFERENCES	39

TAKE TIME FOR 12 THINGS

- 1. Take time to Work; it is the price of success.**
- 2. Take time to Think; it is the source of power.**
- 3. Take time to Play; it is the secret of youth.**
- 4. Take time to Read; it is the foundation of knowledge.**
- 5. Take time to Worship; it is the highway of reverence which washes the dust of the earth from our eyes.**
- 6. Take time to help and enjoy Friends; it is the source of happiness.**
- 7. Take time to Love; it is the one sacrament of life.**
- 8. Take time to Dream; it hitches the soul to the stars.**
- 9. Take time to Laugh; it is the singing that help life's load.**
- 10. Take time for Beauty; it is everywhere in nature.**
- 11. Take time for Health; it is the true wealth and treasure of life.**
- 12. Take time to Plan; it is the secret of being able to have time to take time for the aforementioned eleven things.**

INTRODUCTION

“More than half of the world’s human population is either undernourished or malnourished. When we consider that in the 20th Century, one child out of three is born without any chance of living a normal life, we are forced to conclude that our civilisation is mutilating its human resources and reducing its chances of progress. It is intolerable that, the vast reservoir of knowledge and wealth, which exist in the world, is hardly being used for improving the lots of people who are desperately in need of it”. These words are from the opening passages of a manifesto issued in Rome in 1963 by 53 prominent world personalities, many of them, Nobel Prize Winners. Two-thirds of humanity live in abject poverty, while hundreds of billions of dollars are being squandered annually on armament that can destroy us...

That our Hospitals, Clinics and Pharmacy shops are becoming the busiest spots or centres of activity in recent times is evidence of bad health in our communities. Having to depend heavily on drugs and paying huge sums of money for hospital consultations and drugs have become the order of the day and many people living today cannot just afford this unfortunate state of affairs.

The implication of this sad trend of events under the hostile economic climate, which prevails in our country, makes the search for a way of escape desperately needful. As it is often said prevention is better than cure. Herbert Spencer (1859) once said, **“Whatever was the father of disease, an ill diet was the mother.”** According to Gaylord Hauser, **“The secret of longevity largely is eating intelligently.”** The writer hopes that this book will be helpful to anyone who is health-conscious and seeks to learn more about improving his/her health.



Good health is a priceless possession.

Build it with food.

“Let food be your medicine—.

*A wise man should consider that health
is the greatest blessing”:*

[Hippocrates (430 BC)]

CHAPTER ONE

A HEALTHY BODY GIVES A SOUND MIND

“A strong body makes a strong mind,” says Thomas Jefferson, but many of us have weak bodies... Others also abandon matters concerning their health solely unto the medical doctor. It is however a fact that **our health is something we either build or destroy anytime we eat and/or indulge in wrong food-habits.** The three major enemies of mankind, as it is always said, are poverty, ignorance and disease. Among all the needs of man, food is basic, hence hunger and malnutrition can impede our progress as human being. This is also true, because, as Dr. Watt Sabre Jr observed, **nutrition directly affects growth, development, reproduction and an individual’s physical and mental well-being. Our health depends on nutrition more than any other single factor.** If such is the situation, then some questions easily come to mind; for example, ‘What is food to man? What is good or bad (foodless) food? Once something tastes nice or can fill the stomach, does it then become food for man? These are all questions we want to try to answer in this Chapter.

Probably, nobody should blame Vasco da Gama when during his first sea voyage around Africa from Europe to India, 100 out of 180 of his crew died of scurvy. They died, because, he and his men were ignorant of the fact that, Vitamin C that is present in fresh fruits, like oranges, pawpaw, etc, prevented scurvy. These people paid the expensive price that many of us are also paying today owing to ignorance.

“Over half a million children die each year because of cutbacks in their health services in the Third World.” According to the source, “More than half of all children’s deaths in the Third World are due to malnutrition’s interactive effects on disease. Of these deaths, more than 80% are due to mild-to-moderate, not severe, malnutrition.”

The source again indicates that, "Children with severe malnutrition have a risk of death 8.4 times higher than children who are adequately nourished. Children with moderate malnutrition have a 4.6 higher risk, and those with mild malnutrition have a 2.5 higher risk." Oh, what difference it would make if their mothers knew the kinds of food that could prevent the illness of these innocent ones and could afford to provide them for their children. (EDN 1997)

The problem is further worsened by the fact that, "a billion people in the Third World are trapped under a heavy debt (we) can never pay back. Africa now spends four times more paying interest on its debts than on health-care. The poor are bearing the burden of debts incurred by previous governments or corrupt dictators. For a billion people in the Third World, development is being thrown into reverse gear."

In most developing countries like Ghana, people have to wake up and reach some hospitals by 4.00 am before they can have the chance of seeing the medical doctor due to long cues. At the same time, almost everything in some of our hospitals have been improvised, because, financial support is woefully inadequate. Some diseases like tuberculosis, whooping cough, etc that were almost under control are becoming more serious. New and incurable diseases like HIV/AIDS appear to have come to stay with us. All these are telling us that we need to give a second look at issues concerning our health, because, prevention is always better than cure.

IS THERE A WAY OUT?

It has been said that, "**The doctor of the future will give no medicine but will interest his patients in the care of human frame in diet and the cause and prevention of disease.**"

President Nyerere in a National broadcast also once said, "**If Tanzania is to give its children the heritage of health as well as freedom, the people must change their attitude toward food. They must learn from each other and from the world about the kinds of food-**

stuffs, which make a man healthy... By learning about better diet and by using this knowledge, we shall be reducing our ignorance, over-coming many of our diseases, and getting ourselves in a much better position to overcome our poverty. We shall be building up the nation's most important asset, i.e. ourselves as human beings."

The body must obey our strong wise mind. It is not the stomach that rules the body, but the intelligent and reasoning mind! The properly directed mind can therefore make good and well informed decisions about what to eat and when, thereby helping the body to become close to physical perfection. This is also true because **the human body is self-repairing and self-healing when you give it a chance.** Every human body has a built in healing mechanism. It is better therefore to cultivate your health instead of treating diseases.

FOOD AS A MEDICINE

For many years now, it has been established that food can cure. Food has been seen as a potential medicine for thousands of years. Hippocrates (the father of medicine who lived around 400 BC) was the first to say that food could be our medicine. He observed and recorded the changes that different foods have on the body.

Good food enables us to build up healthy strong bodies. A poor diet leads to poor bodies by destroying vital tissues. Many of the world's leading scientists and physicians are now prescribing common food-stuffs to their patients, on the basis of new understandings of the complex mechanisms of disease. **Making small changes in our diet and eating food items that have positive effect on our body can prevent or cure many acute or chronic ailments.**

Living under the conditions of this modern life, it is important to bear in mind that the refinement, over processing and cooking of food products either completely remove or partly destroy the important nutrients in the original food material. Let us take the trouble to understand the healing potentials of some common natu-

rally widespread foodstuffs around and their role in helping us to be healthy and strong. This is also true, because, of all, the knowledge that is most worth having is the knowledge about health! The first requisite of a good life is to be a healthy person.

It is important to make sure that we get a daily amounts of those naturally prevalent cancer-fighting biological substances, that are abundant in onions, garlic, soyabeans and other legumes, cabbage, cauliflower, broccoli, citrus, etc. The leading among them is tomato, which alone contains about 10,000 of such important phytochemicals.

In our part of the world, it is better to spend the limited resources on such foods instead of the more expensive “foodless foods” only to pay the inevitable high hospital bills. Every drug is potentially dangerous and has its own bad-effect(s) on our body, but there are common foodstuffs around us that can help improve our health and are completely harmless. “A fruit a day can turn away the doctor,” says Mr. O.K. Atubrah - a fruit specialist, Kwame Nkrumah University Science and Technology, Kumasi-Ghana. Dr. Dorothy Shepherd also said, “Let your foods be your medicine,” for, “the secret of longevity is eating intelligently” added Gaylord Hauser. In fact, there is a great deal of truth in the saying by Mahatma Gandhi that **man becomes what he eats.**

❖ *No system can “cure” disease. No person can “cure” you of ailments, aches, pains and diseases. Only the internal functions of your own body banish diseases. The human body is self-repairing and self-healing. Every human body has a built-in healing mechanism.*

- *Every three months you get an entirely new bloodstream so the blood does not get old.*
- *Every eleven months every cell in your body has renewed itself...so you get a practically new body once a year.*
- *Every two years you get an entirely new bone structure, so in three years you have a new body structure.*

[Patricia Bragg and Paul C. Bragg]

CHAPTER TWO

PRINCIPLES OF GOOD HEALTH AND NUTRITION

Life is man's most valuable possession and next to it is good health. One of our primary duties we owe as humans is to take good care of the body and to keep it in good health. It is a duty we owe to the Creator and ourselves. Often when people are in good health, they give little thought to the care of their bodies. When they begin to lose their health to one disease or the other, that is when they are awakened. Unfortunately, this awakening is often lost the moment they get well.

It is good if we accept to take charge of our life and live in the awareness of building upon our health everyday. A good health is nature's free gift to mankind and we should not destroy it. Nature is kind to us and we should learn to be kind to ourselves. To a large extent, many diseases are avoidable.

There are those who can sincerely agree that they have mismanaged their health and are paying dearly for it already. To such people we want to say, there is hope. All is not lost, once there is life. There was an elderly man who once came to a point like that. After the lessons, he was advised and he also agreed to eat a fruit or some fresh vegetables every breakfast. Within three months he had significantly improved his health and was beginning to enjoy better health. Never will he destroy it again.

Generally the following principles hold for a good health and nutrition:

- ❖ Keep your emotions under control. Worry, fear and anxiety add to stress build-up and these greatly reduce one's lifespan.

- ❖ Drink more water; enjoy sunshine and fresh air.
- ❖ Eat less fat and less animal protein.
- ❖ Eat more fiber-rich carbohydrates,
- ❖ Eat more fruits, vegetables and whole grains.
- ❖ Eat less salt and less sugar.

The Way to a Healthy Heart

Every day the average heart beats 100,000 times and pumps 2,000 gallons of blood for nourishing the body. In 70 years, that adds up to more than 360 million faithful heartbeats and that is a lot of work. For this reason, it is good to decide to be kind to one's own heart, for, a sound heart and circulatory system are the basis of good health. There are lifestyle choices you can make to prevent problems from developing in your heart and circulatory system. Making positive lifestyle changes, such as daily exercise, healthy eating, eliminating stress and educating yourself about heart disease will help lower your risk of disease. The following suggestions can also help.

- ❖ Take diets, which are low in cholesterol, fat and sodium.
- ❖ Reduce stress to the barest minimum.
- ❖ Maintain a desirable weight.
- ❖ Engage in regular breathing exercise.
- ❖ Keep your blood pressure under control.
- ❖ Monitor your cholesterol level, which should remain below 200 mg/dl.
- ❖ Increase your consumption of the "good" fats such as Omega-3 fatty acids, which are found in deep-sea fish such as salmon and swordfish. Omega-3 has proved to lower blood cholesterol levels.
- ❖ Consume more dietary fiber and antioxidant nutrients from whole grains, fruits, and vegetables.

BOOST YOUR IMMUNE SYSTEM

Enjoying diets rich in immune system boosting nutrients, avoiding of negative habits, the maintenance of emotional health, and a general sense of well-being are all important ways of supporting your immune system. As expounded by Hippocrates "The natural healing force within us is the greatest force in getting well".

You can **Support Your Immune System** with the following suggestions.

- ❖ Eat sensibly, including plenty of fruits, vegetables, legumes, and whole grains. These contain high amounts of the following immune system-strengthening nutrients: beta-carotene, vitamin E, vitamin C, vitamin B₆, folic acid, zinc and selenium
- ❖ Get in the habit of exercising regularly.
- ❖ Avoid habits that can compromise your immune system, such as smoking of cigarettes, excessive alcoholic intake, drug-use, and having multiple sexual partners without appropriate protection.
- ❖ Keep your chin up: try to maintain emotional stability and a positive outlook.

CAUTION

Please, avoid all self-drugging, such as aspirin and similar drugs, painkillers, sleeping pills, tranquillisers, antihistamines, milk of magnesia, laxatives, strong cathartic and fizzing bromides. You are not qualified to prescribe drugs for yourself. The result(s) of such self-mediations can be serious.

IMPROVE YOUR DIGESTION

Most digestive difficulties can be avoided simply by maintaining a healthy lifestyle. Both alcohol and tobacco corrode the walls of your intestine and should be avoided. Tea and coffee, even when decaffeinated; increase stomach acid and can cause a stomach upset. Like-

wise, stress and anxiety can pose unnecessary burdens on your digestive system.

On the positive side, eat plenty of fresh fruits, vegetables, whole grains, and beans. The natural fiber in these foods dilutes cancer-promotive compounds in your colon and speeds them along through your digestive system. Fiber also discourages the growth of unhealthy bacteria;

How to Support Your Digestive System

- ❖ Include plenty of fresh fruits, fresh vegetables, whole grains and beans in your diet. The fiber in these foods is your best natural defence against constipation.
- ❖ Avoid large meals.
- ❖ Reduce or eliminate your consumption of coffee and tea.
- ❖ Don't eat when angry or under stress
- ❖ Don't smoke and if you drink alcohol, do so in moderation.

REMOVE POISONS FROM YOUR BODY

The liver and the kidney are the main organs responsible for removing poisons from the body. They play a very important role in regulating the levels of chemicals in the blood. Your kidneys and urinary system are also prone to a variety of infections, especially when your body's defences are low. Frequent use of antibiotics, poor diet, and constipation are common causes of problems in this system.

Support Your Liver and Kidneys

- ❖ Drink at least 8 glasses of water daily.
- ❖ Eat a variety of whole foods.
- ❖ Make sure you practise good hygiene.
- ❖ Avoid frequent use of antibiotics.
- ❖ Take time out from your busy life to rest. Remove excess stress from your life.
- ❖ Take Vitamin C from fresh oranges and pawpaw

- ❖ Eat yoghurt to renew the beneficial bacteria that combat infections.

DON'T RECYCLE BODY MUCUS!

Your body's machinery works hard to collect the mucus and then pushes it out through the nose and mouth. So, when it is ready to get out spit, or cough-blow it out! Never recycle mucus by swallowing it! It is not good for the body and thus dangerous!

How to Strengthen Your Lungs

- ❖ Don't smoke. When others smoke around you, they are unfairly jeopardising your health.
- ❖ Eat a well-balanced, vitamin-packed diet.
- ❖ Support your lungpower by getting lots of breathing exercise.
- ❖ Get plenty of fresh air. While we all can't live in the countryside, caution should be exercised in the cities that have pollution problems. One should be careful if one's occupation exposes one to much dust. The necessary precautions should be taken to protect our lungs under such conditions.

Control Your Blood Pressure

High Blood Pressure is becoming increasingly prevalent in our society today, and affects both sexes.

According to medical experts, in over 85% of people with high Blood Pressure, there is no underlying specific cause. Risk factors associated with this type of hypertension include overweight, stress, alcohol abuse, increasing age, and others. Hypertension is the persistent raised blood pressure above what is normal for a person's age. This condition carries an increased risk of early death from stroke, heart attack, heart failure and kidney failure.

Non-Drug Measures To Control Your Blood Pressure:

- ❖ Low salt intake
- ❖ Regular exercise
- ❖ Weight reduction (in obese people)
- ❖ Maintaining an consistent (ideal) body weight
- ❖ Avoid tobacco and alcohol
- ❖ Maintaining a relaxed state of mind; emotional balance.

Dietary Measure in Control of Blood Pressure

1. Low salt (*Sodium Chloride*) intake

- Musrooms (see pg 20)
- Soya bean (see pag 22)
- Fruits (see pags 22-23)

2. *Onions*

Onion as a good blood medicine is effective in reducing high blood pressured. Among others, it lowers blood cholesterol, retards clothing and a regulates blood sugar.

3. *Garlic*

Garlic contains potent compounds that help retard heart diseases and causes a lowering of Blood Pressure, and its associated complications.

4. *Apple cider Vinegar and Honey*

High Blood pressure and its accompanying symtoms disappeared withing a month after patients in an Italian study began taking regular doses of two parts cider vinegar mixed with one part honey

Tips to Bolster Your Reproductive System

Fertility is the ability to have children without difficulties. Healthy children are borne to women and men who lead healthy lives. While traditionally the emphasis has been on the woman's lifestyle, increasing evidence shows that a father's lifestyle also has an impact on the health of his newborn child. **For healthy and successful pregnancies, a well-balanced diet, regular exercise, a stress-free, loving and nurturing emotional environment are essential.** The following tips are equally necessary:

- ❖ Eat well and maintain normal weight.
- ❖ Do kegel exercises to strengthen the muscles of your reproductive system.
- ❖ Remain sexually active.
- ❖ Get fresh air and exercise.
- ❖ Avoid tobacco and alcohol. During pregnancy, women should also avoid caffeine and recreational drugs.
- ❖ Think positively to avoid stress build-ups.
- ❖ When planning to become pregnant, women should consume plenty of folic acid (from leafy green vegetables,) and Vitamin B6 (from whole grains, green beans, bananas, and potatoes).

We must take steps to reduce the levels of stress in our lives, and we can do this by making changes in our life-style. Exercise, for example, is one of the best stress reducers. It is also important not to suppress your anger; try to talk out your difficulties. You must identify the source of your stress. Is it a relationship or your job? Either reduce the stress from that source, or eliminate the source from your life.

Please remember that, happy people always look younger, live longer and have fewer health problems.

Wake up each morning and say to yourself:

“Today I am going to be happier, healthier and wiser in my daily living. I am the captain of my life and am going to steer it for 100% healthy lifestyle living. I will this day live a simple, sincere and serene life, repelling promptly every thought of impurity, discontentment, anxiety, discouragement and self-seeking. I will cultivate cheerfulness, happiness, charity and the love of brotherhood; exercising economy in expenditure, generosity in giving, carefulness in conversation and diligence in appointed service. I pledge fidelity to every trust and a child-like trust in God. I will be faithful in these habits of prayers, study, work, physical exercise, deep breathing and good posture. I shall eat as much as possible only natural foods and get sufficient sleep each night. I will make every effort to improve myself physically, mentally and spiritually”.

❖ *“Of all, the knowledge that is most worth having is the knowledge about health! The first requisite of a good life is to be a healthy person”:*
[Herbert Spencer]

❖ *“The doctor of the future will give no medicine but will interest his patients in the care of human frame in diet and the cause and prevention of disease.”*
[Thomas Edison]

❖ *“The natural healing force within us is the greatest force in getting well”.*
(Hippocrates)

CHAPTER THREE

UNDERSTANDING FOOD GROUPS

Each one of us must eat from the three major food-groups for optimum health. A balanced diet is ideal and very difficult to attain. Making it a rule of eating from these three groups brings you close to the demands of a balanced diet

ENERGY FOODS

These foods provide energy for work and play. There are two kinds of energy foods: (1) Staple foods like maize, boiled tubers (e.g. yam, cassava, etc.) plantain, sorghum, rice and (2) oils and fats such as coconut oils, vegetable oils and animal fat.

BUILDING FOODS

These foods help us to grow new tissues i.e. make us bigger and taller. They also help growing organs to develop well. Examples include groundnut, cowpea (beans), egg, fish, meat etc.

PROTECTIVE OR REGULATING FOODS

They include vitamins and minerals; they help the body run smoothly and the blood to circulate well. The vitamins help to protect us against illness and help the body to get well quickly. Examples include vitamins A, B complex, C, D and E. They are abundantly present in most fruits and vegetables such as Orange, Pawpaw, Mango, Carrot, Cabbage, Lettuce, Tomatoes, Cucumber, Pineapple, various leaf vegetables, etc. Minerals are needed for the formation and functioning of body tissues. Examples include potassium, iron, iodine, calcium and zinc and are found in foods such as dairy products, meat, fish, green vegetables and pulses.

Vitamin	Benefits and Effects	Sources
Vitamin A	Healthy skin, teeth, gums and bones, good eyes	Liver, fish oils, milk, egg yolk, leafy green vegetables, orange and yellow fruit and vegetables.
B Complex Vitamins (B ₁ , B ₂ , B ₃ , B ₅ , B ₆ , B ₁₂ , Folic acid)	Essential for tissue growth, healthy skin, mouth, eyes and hair, blood production or synthesis.	Meat, liver, diary products yeast (marmite) eggs, leafy green vegetables, nuts, and seafood.
Vitamin C	Essential for the immune system. Help protect body against toxins and pollutants, and aids in healing. It promotes iron absorption and is an anti-oxidant	High in citrus fruits, pawpaw, pineapple moderate amounts in all vegetables and fruits.
Vitamin D	Healthy hearts, eyes, bones, teeth, and nervous system.	Oily fish liver, eggs, fish oils, diary produce, fortified breakfast, cereals, and sunshine.
Vitamin E	Muscle health, circulation of blood. Anti-oxidant.	Unrefined vegetable oils, whole grain cereals, nuts and leafy green vegetables.

Nutritional Values of Some Common Foodstuffs

Yoghurt

Yoghurt is a natural antibiotic; it treats and prevents intestinal infections, controls diarrhoea, contains chemicals that prevent ulcers, improves bowel functions, lowers blood cholesterol and strengthens the immune system. Scientists have found several cancer-fighting properties in yoghurt that may help block colon cancer.

Beneficial Nutrients: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sulphur, Zinc, plus Vitamins A, B₁, B₂, B₆, B₁₂, Folic Acid, Niacin, Pantothenic Acid and C.

Honey

Honey is one of the best disinfectants for wounds and sores. It is also recommended for the relief of asthma, soothing sore throats, calming nerves and inducing sleep.

Adverse effect: Don't give honey to infants under one (1) year of age. Bacterial botulism spores can germinate in an immature intestine and make a deadly toxin.

Beneficial Nutrients: Calcium, Phosphorus, Potassium plus Vitamins A, B₁, B₂, B₆, Folic Acid, Niacin, Pantothenic Acid and C.

Carrot (*Daucus carota*)

Research shows that the beta-carotene in carrots substantially cut down the chances of contracting cancer of the pancreas, and smoking related cancers. Carrots are good for the eyes, hairs, and nails and are also eaten to prevent constipation. The carotene strengthens the eyes, helps counteract night blindness and lowers cholesterol levels, reducing the risk of heart diseases. It also soothes indigestion, relieving diarrhoea, gas and heartburn.

Beneficial Nutrients: Calcium, Phosphorus, Silicon, Sulphur plus Vitamins A, B₁, B₂, B₆, Biotin, Folic Acid, Niacin, Pantothenic acid and C.

Onion (*Allium cepa*)

Onion is a good antiseptic; it stimulates activity of the digestive organs and therefore relieves problems associated with poor digestion. It is valuable in intestinal infections, relieves gas, and effective in reducing high blood pressure. As a good blood medicine, it lowers blood cholesterol, retards clotting and regulates blood sugar. It is also used to relieve bronchial congestion and to kill bacteria. Recent studies have shown that *Allium* vegetables, such as onion and garlic, help prevent stomach cancer.

Beneficial Nutrients: Potassium, Sulphur plus Vitamins B₁, B₂, B₆, Biotin, Folic Acid, Niacin, Pantothenic Acid and E.

Garlic (*Allium sativum*)

Garlic is known as “the cure all.” It was widely used for medicinal purposes by the ancient Egyptians, Greeks and Romans. Garlic treats lung ailments, bronchial congestion and infectious diseases such as cold and flue; also it kills parasites. Garlic contains potent compounds that help retard cancer, heart diseases and lowering of blood pressure, thus reducing the risk of strokes. It has proved useful in the treatment of asthma and whooping cough.

It is a natural antibiotic, and also stimulates the activity of the digestive organ, hence it relieves problems associated with poor digestion. It is used to emulsify the cholesterol and loosen it from the arterial walls. The secret is in a vital ingredient found in garlic, onions and shallot called **allyl disulphate**, which helps to prevent and disperse blood clots. The Roman physician Galen (AD 131-200) maintained that garlic was the best antidote against all kinds of poison, and many other writers, including Socrates and Aristotle, praised its ‘miraculous’ powers.

Beneficial Nutrients: Calcium, Copper, Phosphorus, Sodium, Zinc plus Vitamins B₁, Folic Acid, and C.

Ginger (*Zingiber officinale*)

The medicinal part is the root and rhizomes. Hot ginger prepared as tea promotes cleansing of the body through perspiration. It helps in reactivating suppressed menstruation; it relieves indigestion, gas, morning sickness and nausea. Root ginger helps control diarrhoea and vomiting that often accompanies gastro-intestinal flux.

Beneficial Nutrients: Calcium, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Sodium, Zinc plus Vitamins A, B₁, B₂, B₆, Biotin, Folic Acid, Niacin, Pantothenic Acid and C.

Lettuce (*Lactuca sativa*)

Lettuce is good for sleeplessness and slows the digestive effect on the intestinal tract.

Beneficial Nutrients: Calcium, Chlorine, Iron, Potassium, Sodium plus Vitamins A, B₁, Folic Acid, Niacin and C.

Cabbage (*Brassica oleracea*)

Cabbage is rich in Vitamin U. This vitamin is used to lower the risk of cancer, especially of the colon: It also kills bacteria and viruses and its juice is drunk to prevent and heal ulcers.

Beneficial Nutrients: Potassium, Sodium plus Vitamins A, B₁, B₂, B₆, Biotin, Folic Acid, Niacin, Pantothenic Acid, C, E and U.

Mushroom

Mushrooms lower blood cholesterol, thin the blood, inactivate viruses and stimulate the immune system. A Japanese study in 1986 shows that several mushrooms have anti-tumour powers; e.g. button, shiitake, enoki, staw, and oyster mushrooms interfere with the late-stage growth of cancer.

Beneficial Nutrients: Iodine, Phosphorus, Potassium plus Vitamins B₁, B₂, B₆ Biotin, Folic Acid, Niacin, Pantothenic Acid C and E.

Fish

The Omega - 3 oils in fish are firmly linked to preventing heart disease. Omega-3 oils thins the blood, lowers blood cholesterol, lower blood pressure and inhibits blood clots reducing the risk of heart attacks and stroke. Fish also combats early kidney disease, regulates the immune system and recent studies have shown that fish oils have reduced tumours in animals.

Beneficial Nutrients: Calcium, Copper, Iron, Magnesium, Manganese, Phosphorous, Potassium, Zinc plus Vitamins A, B₁, B₂, B₆, B₁₂ Biotin, Folic Acid, Niacin, Pantothenic Acid and C.

Beef

Beef is a good brain, gland and nerve food. It is high in protein. Beef is also recommended for the treatment of anaemia.

Beneficial Nutrients: Phosphorus, Potassium plus Vitamins A, B₁, B₂, B₆, B₁₂. Biotin, Folic Acid, Niacin and Pantothenic Acid.

Tomato (*Lycopersicon esculentum* Mill)

Tomato is highly praised as a protector against acute appendicitis. Tomatoes supply beta-carotene, Tomatin and Lycopene, which are anti-cancer agents. It also has anti-fungal properties and is used in treating oral thrash.

Beneficial-: Nutrients: Chlorine, Potassium, Sodium plus Vitamins A, B₁, B₂, B₆ Niacin, Panthenic Acid and C.

Okro (*Abelmoschus guineensis*)

Okro is good for ulcers and is used to soothe the irritated membranes of the intestinal tract.

Beneficial Nutrients-: Chlorine, Calcium, Sodium plus Vitamins A,

B₁, B₂, B₆, Niacin, Panthenic acid and C.

Whole Wheat Bread

Whole wheat bread is an effective laxative; it helps regulate blood sugar and lower blood cholesterol. Wheat is high in protease inhibitors. Protease blocks the activation sites of some cancer causing chemicals in the intestinal tract. Whole wheat bread should be preferred to white bread.

Beneficial Nutrients: Chlorine, Phosphorus, Silicon plus Vitamins B₁, B₂, B₆, Niacin, Pantothenic Acid and E.

Soyabean (*Glycine max*)

Soyabeans regulate functions of the colon, cure constipation and haemorrhoids and other bowel problems. It is also used to reduce blood cholesterol, regulate blood sugar and lower blood pressure. Soyabeans also contain chemicals called lignans that help fight off breast and colon cancer. This legume is also useful in controlling insulin and blood sugar.

Beneficial Nutrients: Calcium, Chlorine, Iodine, Iron, Phosphorus, Potassium, Sodium plus Vitamins A, B₁, B₂, Niacin, Panthotenic acid and C.

Orange (*Citrus sinensis*)

The fruit protects the arteries from disease, fights arterial plaque and lowers blood cholesterol. Citrus fruits have definite anti-cancer capabilities.

Beneficial Nutrients: Calcium, Magnesium, Potassium, Sodium plus Vitamins A, B₁, B₂, B₆, Biotin, Folic Acid, Niacin and Pantothenic Acid C and E.

Banana (*Musa sapientrum*)

Bananas lower blood cholesterol, prevents and heal ulcers by strengthening the surface cells of the stomach lining and form a barrier against noxious juices.

Beneficial Nutrients: Calcium, Chlorine, Potassium, plus Vitamins A, B₁, B₂, B₆ Biotin, Folic Acid, Niacin and Pantothenic Acid C and E.

Pawpaw (*Carica papaya*)

It is high in digestive properties and has a tonic effect on the stomach. It is used to treat ulcers, intestinal disorders and fevers. The fruit is an excellent antacid, contains papain, which has chemical properties similar to pepsin, an enzyme that helps to break down protein in the body. Pawpaw is thus good for metabolism of protein, increased energy, gastro intestinal problems and it helps relieve indigestion.

Beneficial Nutrients: Chlorine, Magnesium, Sodium, sulphur plus Vitamins A, B₁, B₂, B₆ Niacin, Pantothenic Acid and C.

Pineapple (*Ananas comosus*)

Pineapple is an excellent blood builder. It is used to aid digestion and catarrh conditions.

Beneficial Nutrients: Calcium, Iodine, Magnesium, Sodium, plus Vitamins A, B₁, B₂, B₆ Folic Acid, Niacin, Pantothenic Acid and C.

❖ *“I conceive that a knowledge of books is the basis on which all other knowledge rests”:*
[President George Washington]

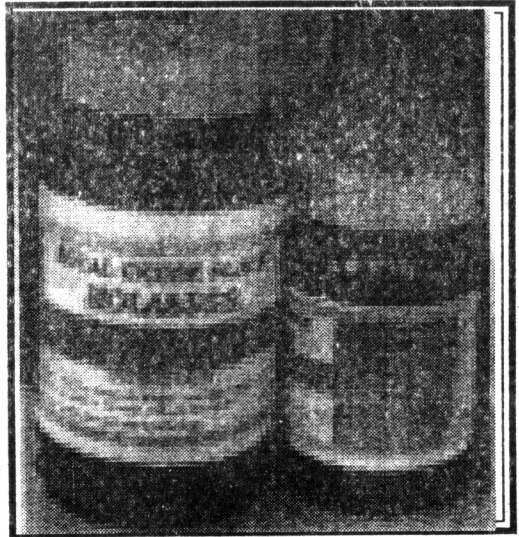
❖ *“When you sell a man a book you don’t just sell him paper, ink and glue, you sell him a whole new life! There is heaven and earth in a real book. The purpose of books is to trap the mind into its own thinking”:*
[Christopher Morely]

CHAPTER FOUR

MOLASSES: THE PERFECT FOOD

Crude black molasses is a thick black, treacle-like substance derived from the juice of sugar cane. It is a by-product of the sugar industry and rich natural source of important nutrients such as the B group of vitamins and minerals, including Potassium, Calcium, Sodium and Magnesium.

Crude black molasses has been called the 'perfect food' and, if taken once a day, it helps to combat each day's deficiency diet, in and to keep the blood and cells in a healthy condition. Being a natural product, it has no known harmful after-effects.



According to Cyril Scott, molasses has a therapeutic effect on anaemia, bad nerves, bladder troubles, constipation, arthritis, varicose veins, ulcers, heart diseases and other disorders. The case histories he presents constitute an eloquent testimony to the healing power of molasses.

Analysis of Molasses reveals the following:

	%
Sucrose	- 39.5
Invert sugar	- 11.5
Ash	- 9.0
Water	- 22.5
Organic matter	- 17.5

The quantity of insoluble matter is negligible. The 9% ash represents soluble mineral matter largely consisting of potassium and calcium salts. A more detailed analysis reveals the presence of iron, copper, sodium and magnesium. Molasses is also a rich source of most of the Vitamins of the B family with the exception of Vitamin B1. According to the notable diet expert, Gaylord Hauser, molasses is extremely high in Vitamin B6, Pantothenic Acid and Inositol

Molasses as Medicine

A combined deficiency of phosphoric acid and potassium in the human body causes a general breakdown of the cells, especially those of the brain and nerves. Because of the natural and assailable combination of essential nutrients in Crude Black Molasses, curative and prophylactic effects have been successfully achieved, (as reported in "Crude Black Molasses, Nature's Wonder Food", by Cyril Scott) on a very wide range of ailments including Cancer, Anaemia, Growths (Fibroid, Tumours, etc.), Arthritis, Ulcers, Dermatitis, Eczema, Psoriasis, High Blood Pressure, Angina Pectoris, Weak Heart, Constipation, Colitis, Rheumatism, Strokes, Dullness and Backwardness (Demensia), Tuberculosis, Sinus Trouble, Pyorrhoea, Bladder Troubles, Difficult Urination, Prostrate Enlargement in elderly men, Bad Nerves, Loss of Hair, Grey Hair and Tooth Decay among several other disorders.

Molasses As Food

1. According to the late Dr. Forbes Ross in his book, "Cancer: Its Cause and Cure", workers in sugar-cane plantations, who were constantly sucking the crude sugar-cane juice, showed immunity from cancer. Crude sugar contains a large proportion of potassium salts.
2. Potassium salts are the salts in particular, which require constant replenishing, as they are the most soluble salts (especially pot, phos.) easily lost when foods are cooked or boiled. Hence the advisability of taking molasses at least once a day.
3. Molasses should be put on one's table regularly as such, and used as sugar substitute on cereals, porridges, stirred into milk and eaten instead of jam, jelly or marmalade.

Method of Taking molasses

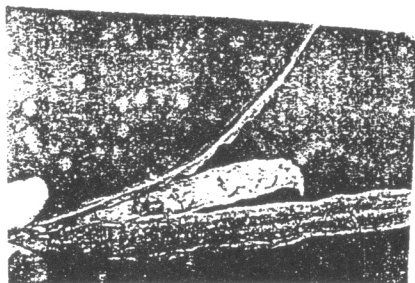
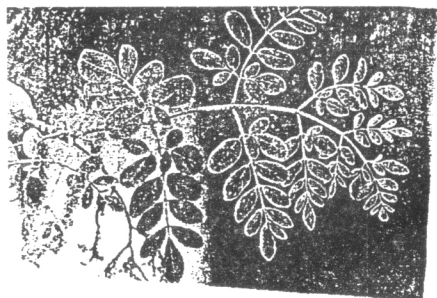
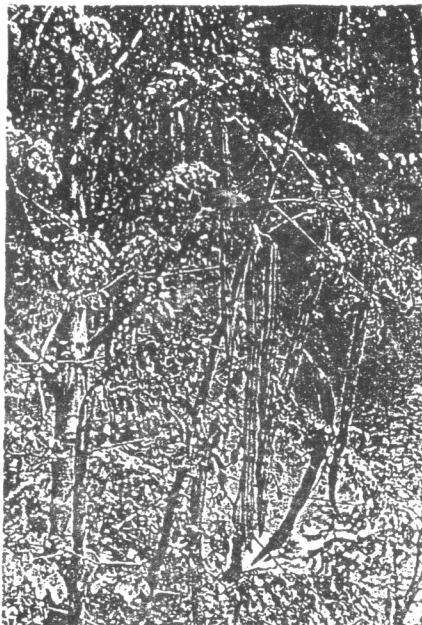
1. Anytime convenient before, during or after meals.
2. Dosage is 1-2 teaspoonfuls, dissolved in hot water, then cold water added to make it just warm. It should be taken warm for easy assimilation, once or twice a day. For children, half this dosage is enough.
3. Molasses can be taken neat, e.g. on bread, but hot water or beverage should go with it.
4. In severe cases, e.g. for growths, molasses should be taken last thing at night and on rising, as well as during the day.
5. Water mixture should not be gulped down like nasty medicine so as to produce flatulence, but should be sipped.
6. Molasses can be taken with milk and honey in hot water as a beverage or added to porridge, cereal, tea in place of white sugar.

7. Add a little molasses to your jam and marmalade to balance the nutrient lost in cooking them.
8. Molasses may be used as enema (1 teaspoonful in warm water of blood heat temperature) for growths in the bowels or colitis etc.
9. Mixed with water as a poultice for external application on growths, boils, sores, cuts, etc, in addition to taking it internally.
10. As a natural ointment, molasses has no equal.

CONCLUSION

Crude Black Molasses (unsulphured) being a perfectly natural food, has no harmful after effects. A well-balanced diet (which people cannot be sure of taking) is the secret of health, provided there is no interference from negative emotions. To ensure good health, it is imperative to consume as a daily habit at least one food which contains the largest proportion of essentials to keep the blood and cells in healthy condition, thus acting as a prophylaxis (preventive) against the chronic disorders listed above.

MORINGA AS A FOOD SOURCE



Moringa Oleifera is a deciduous tree, indigenous to India and African tropics. It is known in India as a vegetable and its multipurpose uses in medicine have been known since prehistoric times. This tree is commonly grown by villagers in kitchen gardens and on bunds of agricultural fields for its tender fruits and green leaves which is used as a vegetable.

The valuable tree provides fresh green leafy vegetables and raw materials for oil extraction. The great potential of the tree and its products has not been recognised. However, considering the many possible applications of products from the Moringa oleifera tree, and the fact that the tree is common throughout most of West Africa, it is surprising that the properties of the tree are not more widely known or exploited. The writer wishes to bring to light the food value of this all important and valuable tree.

COMMON NAMES OF MORINGA

English: Horse Radish, Drumstick tree, Mother's Best Friend, West Indian ben

French: Ben aile, Boenzolive

VANACULAR NAMES

Ghana

(Ewe) Yevu-ti

Togo

(Dagomba) Bagaelean, Baganlua

Nigeria

(Fulani) Gawara, Habiwal hausa, Konamarade, Rini maka.

(Ibo) Ikwe oyibo

(Yoruba) Ewe ile, Ewe igbale, Idagbo monoye ('the tree which grows crazily')

The leaves and flowers can be eaten raw in salads or cooked; boiled leaves are like spinach. The leaves are low in fats and carbohydrates but contains a very high amount of protein, calcium, minerals, iron, vitamin A, B, and when raw, vitamin C. As a source of nutrients and vitamins, Moringa leaves rank among the best of perennial tropical vegetables. It has been estimated that one glassful of two raw Moringa leaves contain the daily requirement of Vitamin A for up to ten people; addition of two raw Moringa leaves to children's daily food intake, or mixing 2-3 teaspoonfuls of two dried Moringa leaf powder into other sauces, could provide significant protection against Vitamin, protein and Calcium deficiencies to children living in high-risk areas.

Leaves can be eaten raw or cooked in the same manner as in any spinach recipe (The Vitamin C content is lost in the water when the leaves are boiled). Separate the leaflets from the woody stems before cooking or eating, as the stem can be tough. Flowers are very rich in Potassium and Calcium. Flowers must be cooked before eaten; they can be fried (taste and texture reminiscent of mushrooms) or used to make tea.

Very young pods can be sliced up and cooked as a substitute for okra (gambo). Young seeds can be scraped out of the pod and eaten like peas or fried in oil, to give a sweet, crunchy taste.

Composition of pods and leaves per 100g of edible portion:

	Pods	Leaves
Edible portion	83	75
Moisture	86.9	75.0
Calorie	26	92
Protein (gm)	2.5	6.7
Fat (gm)	0.1	1.7
Carbohydrate (gm)	3.7	13.4

Fibre (gm)	0.1	1.7
Minerals (gm)	2.0	2.3
Ca (mg)	30	440
Mg (mg)	24	24
P (mg)	110	70
K (mg)	259	259
Cu (mg)	3.1	1.1
Fe (mg)	5.3	7
S (mg)	137	137
Oxalic acid (mg)	10	101
Vitamin A-carotene (i.u.)	184	11,300
Vitamin B-choline (mg)	423	423
Vitamin B1-thiamin (mg)	0.05	0.21
Vitamin B2-riboflavin (mg)	0.07	0.05
Vitamin B3-nicotinic acid (mg)	0.2	0.5
Vitamin C-ascorbic acid (mg)	120	220
Arginine (gm /16gm N)	3.6	6.0
Histidine (gm/16gm N)	1.1	2.1
Lysine (gm/16gm N)	1.5	4.3
Tryptophan (gm/16gm N)	0.8	1.9
Phenylalanine) (gm/16gm N)	4.3	6.4
Methoionine(gm/16gm N)	1.4	2.0
Threonine (gm/16gm N)	3.9	4.9
Leucine (gm/16gm)	6.5	9.3

Isoleucine (gm/16gm N)	4.4	6.3
Valine (gm/16gm N)	5.4	7.1

Source: moringa workshop report, inter care, 1999

From the above table, it is easy to see how important Moringa can be in preventing malnutrition, as it is so rich in vitamins and minerals: The actual needs for the different vitamins and minerals will depend on the age, size, sex and occupation of the person concerned.

Proteins are essential constituents of all body tissues; they are particularly necessary during growth and pregnancy and also, for the healing of wounds. Deficiency causes muscle-wasting, retarded growth, Kwashiokor and edema. Moringa contains more than twice as much protein as spinach.

As regards to minerals, Calcium is needed to promote the healthy growth of bone and teeth. Moringa leaves contain almost four times the amount of calcium found in cow- milk and more than double the amount as found in spinach. Moringa is especially useful to women during pregnancy and breast-feeding, being periods when calcium deficiency can be dangerous to both mother and child.

For a child aged between one and three years, a 100gm serving of fresh leaves of moringa would provide all its daily requirements of Calcium, about 75% of his iron, half of its protein needs as well as important supplies of Potassium, Copper, and all the essential amino acids. As little as 20gm of fresh leaves will supply his daily needs of Vitamins A and C. For pregnant and breast-feeding women, Moringa leaves and pods can do much to preserve the mother's health and pass on strength to the foetus or nursing child. One portion of leaves will provide the woman over a third of her daily requirements of Calcium and give her important quantities of Iron, Copper, Sulphur, protein and Vitamins.

APPLE CIDER VINEGAR AND HONEY

Apple Cider Vinegar is known around the world as Mother Nature's miraculous medicine. Experts say that it is potent enough to cure cancer, heart diseases and other deadly ailments while remaining safe enough to take, as an appetite suppressant to lose weight. "Mixing honey and cider vinegar produces amazingly healthful effects," said Dr. Louis Ducarre in Geneva, Switzerland. "Alone, each is extremely beneficial, but together, these two healing foods can overwhelm almost every health problem that affects mankind."

Dr. Ducarre discovered some benefits of using Apple Cider Vinegar as.

1) CHOLESTEROL:

Drinking hot 'tea' made of two cups of water; two tablespoons of honey and three tablespoons of Cider Vinegar can control the dangerous effects of fatty foods. Sip the two twice daily to reduce cholesterol levels and keep them low.

2) COLDS:

Take one-tablespoon cider vinegar and one teaspoonful of honey to eliminate symptoms, often in a matter of hours. The mixture is especially helpful when your cold is accompanied by a sore throat.

3) FATIGUE:

Experts recommend mixing a half-teaspoon of cider vinegar and a tablespoonful of honey in a cup of warm water. Sip as needed.

4) HEART DISEASE:

High blood pressure and its accompanying symptoms disappeared within a month after patients in an Italian study began taking regular doses of two parts cider vinegar mixed with one part honey.

5) IMMUNE SYSTEM:

Your immune system will function more than three times as effec-

tively if you regularly consume cider vinegar and honey in combination. Medical research has shown that the nutrients in these miracle-foods boosted the activities of white blood cells, helping them prevent disease by destroying invading viruses and bacteria.

6) **IMPOTENCE:**

Cider vinegar has a long history of use as an aphrodisiac as well as a cure for impotence. A German scientist discovered that a combination of honey with cider vinegar actually stimulates the production of sex hormones in men and women.

7) **INDIGESTION:**

A miracle-cure for indigestion can be made from quarter-cup Cider Vinegar combined with two teaspoons honey. Take two teaspoonfuls of the mixture as needed to settle your stomach and speedup digestion.

8) **LONGEVITY:**

You can live to be 100 and enjoy a healthy, active life by sipping a cup of hot cider vinegar and honey "tea" daily. To take it, mix two teaspoons of each ingredient in a cup of water.

9) **SKIN PROBLEMS:**

Mix three teaspoonfuls of cider vinegar with a teaspoonful of honey and dab on pimples and other skin conditions each night.

10) **WEIGHT LOSS:**

You can take off pound after pounds of ugly flab in a matter of weeks by supping a fabulous 'diet cocktail' made of five parts of cider vinegar to one part honey. Drink one-quarter cup of the brew before meals to speed metabolism and suppress your appetite.

*APPLE CIDER VINEGER IS OBTAINBLE FROM
SUPERMARKETS AND PHARMACY SHOPS*

NB: As a medical warning consult your doctor before treating any illness or changing your diet in any significant way. Minor symptoms might signal the onset of a serous life-threatening condition. Your doctor can tell you for sure.

The Ten Health Commandments.

- 1. Thou shall respect and protect thy body as the highest manifestation of life.**
- 2. Thou shall abstain from all unnatural devitalised food and stimulating beverages.**
- 3. Thou shall nourish thy body with only natural unprocessed, life foods.**
- 4. Thou shall regenerate thy body by the right balance of activity and rest.**
- 5. Thou shall extend thy years in health for loving charitable deeds and services.**
- 6. Thou shall purify thy cells, tissues and blood with healthy foods, pure fresh air, water and sunshine.**
- 7. Thou shall abstain from all foods when out of sorts in mind or body.**
- 8. Thou shall keep all thoughts, words and emotions pure, calm and up-lifting.**
- 9. Thou shall increase thy knowledge of Nature's laws, follow them and enjoy the fruits of thy life's labour.**
- 10. Thou shall lift up thyself, friends and family, by obedience to God's Warning**

Food for thought



❖ I shall pass through this world but once
Any good thing therefore that I can do, or
Any kindness that I can show to any human
Being including myself, I shall not defer it;
For I shall not pass through this world again

❖ He who knows and knows that
he knows Is a wise man, Follow him
He who knows and knows not that
he knows Is asleep, wake him up
He who knows not and knows that
he knows not Is a child, teach him
He who knows not and knows not that
he knows not Is a fool, forsake him.

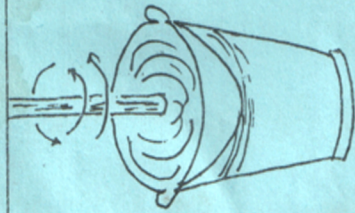
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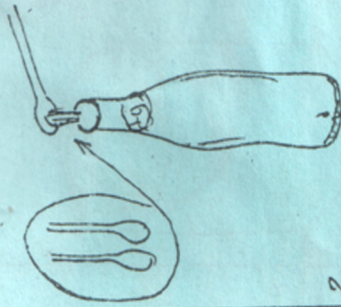
How To Use Moringa Seeds to Purify 20 litres (A Bucket) Of Water



1. To purify 20 litres of water, de-hull and grind moringa seeds into powder



5. Stir the water rapidly for 2 minutes and then stir slowly for 10-15 minutes.



2. Put 2 heaping spoonfuls of the powder into a small bottle of clean water



Impurities in the water will sink to the bottom

6. Let the bucket sit undisturbed for an hour or until the water is clean



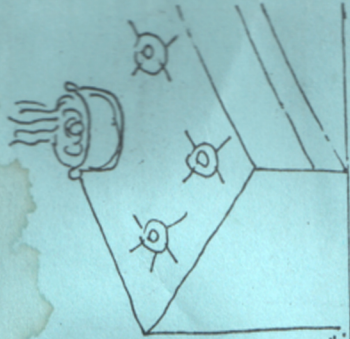
3. Shake the bottle for 5 minutes



7. Filter the water through a cloth

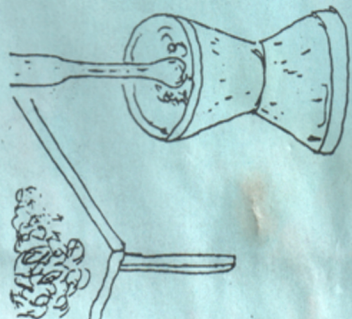

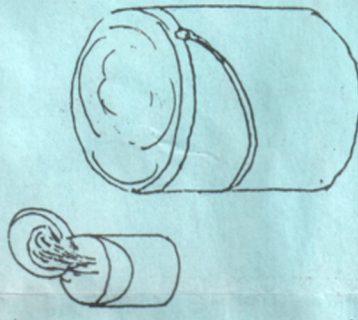
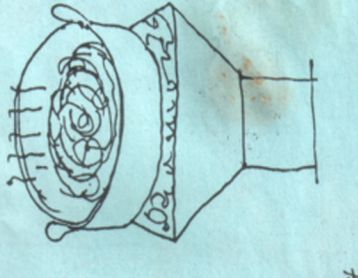
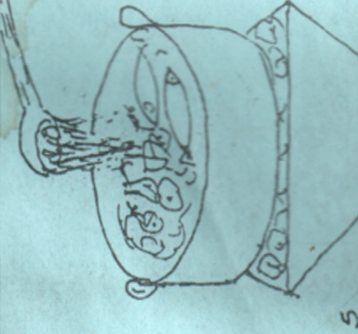
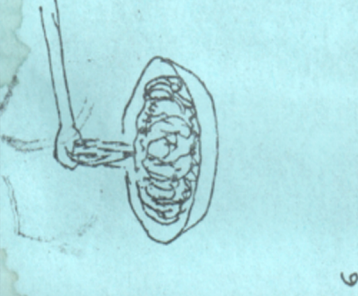
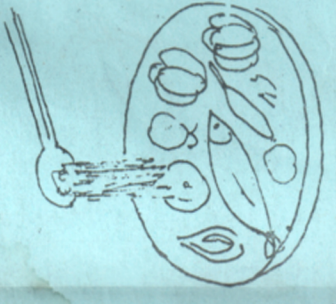


4. Filter the water through a clean cloth into a water to be purified



8. Boil the water before drinking.

How To Prepare And Eat Moringa Leaf Powder

	<p>1 Dry Moringa leaves, then Crush them into powder</p>		<p>2 Sift the powder to remove leave stems</p>		<p>3 Conserve the powder in a plastic container</p>		<p>4 When preparing sauces boil water in a saucepan</p>
	<p>5 Add some spoonfuls of Moringa leaf powder at the same time as other vegetables.</p>		<p>6 For the baby, add 1 or 2 more spoonfuls of Moringa leaf powder to his food.</p>		<p>7 Mix powder with spices, fish meat and everything you eat.</p>		