

SICKLE CELL

NEWS & WORLD REPORT

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**HOW DOES
SICKLE CELL
CAUSE NERVE
DAMAGE?**

'Sickle Cell

**Trait Scuttled My
Dream of Joining the
Nigerian Air Force'**

**- Oba Ayorinde Ilori-Faboro
Ajiboyede III,
Olojudo of Ido Kingdom**

**Herbal, Traditional &
Complementary Management of
Sickle Cell:**

- the good, the bad, the weird ...

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Mission:

To inform, teach and help reduce the burden of sickle cell on family and society

Vision:

To be the world's best-known resource magazine for the world's most commonly-inherited blood disorder

The African Sickle Cell News & World Report is an educational magazine for the global sickle cell community. Views and opinions expressed are not necessarily those of the publisher.

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'Sickle Cell Trait Thwarted My Dream of Joining the Nigerian Air Force'

- HRM Oba Ayorinde Ilori-Faboro
Olojudo of Ido Kingdom
Ekiti State
Nigeria

I am Oba Ayorinde Ilori-Faboro, Ajiboyede III, The Olojudo of Ido Kingdom of Ekiti State, Nigeria. I am the Paramount Ruler of Ido Kingdom which consists of some other towns, namely, Usi, Ilogbo, Ifaki, Aaye, Orin, Igbole, Odo Ora, Oke Ora, Ilogun and Ifishin.

When I was a little child up till the age of about five years, I was a very happy bouncing young boy, but from the time I started my Primary Education, I remember that I became very sickly. I missed school by one or two days every week. I was a very brilliant child, so my father did not bother much about my incessant feverishness. I doubt if my father knew anything about sickle cell anaemia or sickle cell trait. I remember he had bottles of liquid *Chloroquine*, *Codeine*, *Phensic* and *M&B* in his cupboard in those days.

It was in secondary school, Christ's School, Ado Ekiti that I came first across someone living the sickle cell anaemia challenge: this classmate of mine always informed me that she was suffering from what she termed 'crises'. I pitied her but I had absolutely no clue what she was talking about. I had no idea what that could mean for me as an individual. Life went on.



It was after secondary school, in 1975, when I made an attempt to join the Nigerian Air Force, that I was told that I had Sickle Cell Trait. At Kaduna Training School, the Air Force authorities dropped me. I was informed that individuals with Haemoglobin AS would not be able to fly to altitudes where oxygen content is low; that doing so may trigger avoidable health issues for such individuals.

I was warned not to marry a lady with AS or SS.

When I met my late wife, I asked her if she was AA and she replied in the affirmative. I did not press further because she was very healthy and strong. It was after our fourth child that I discovered that she was AC. My first daughter is SC, a very beautiful and healthy child. She started having these minor sickle cell crises consistent with her genotype. She is now a

43 year-old mother of two and happily married. My other children are very healthy.

Robust sensitization and awareness campaigns will help minimize the widespread ignorance of issues surrounding genotype and the imperative of SCD avoidance.

THREE AMAZONS WHO DEFIED THE ODDS



LETTERS BEARING NAME AND ADDRESS OF THE WRITER SHOULD BE EMAILED TO:

scdjournal@yahoo.com

THREE JOLLY FRIENDS

Between them, the three Amazons lived an average of 92 years each! The three were born in an age when precious little was known about SCD, yet they survived.

This clearly shows that it is not so much advances in medicine that helps people to survive adverse conditions but a multitude of factors, including destiny. I know this is unscientific - laugh at me as much as you like!

Grace Titilope, NYC, USA

THREE INCREDIBLE SCD DEFIERS

I was browsing for general information on SCD when I chanced upon the SICKLE CELL EDUCATION CENTRE and the October-December 2022 edition. Of all the free editions made available, this particular edition took my breath away.

My six-month old grandson was newly-diagnosed SS and the doctors tried their best to give hope to the distraught parents. These three Amazons symbolise

the hope of science and the aspirations of millions with SCD worldwide: with or without a cure, let SCD be manageable like any 'normal' chronic illness.

I have since passed your website to family and friends irrespective of whether or not they are SCD stakeholders. All hands must be on deck to amplify awareness for avoidance, treatment and cure!

Petros Pereira, Sao Paulo, Brazil

AFLAC AND CHILDHOOD ILLNESSES

Aflac Duck has brought a refreshing new flavour to showing love to children with SCD and cancer.

It is a known fact that illness conditions such as SCD and cancer tend to tilt the afflicted towards isolation and alienation. Now, with a duck to play with and care for, such negative tendencies become a thing of the past.

Well done, *Aflac!*

Cynthia Ayao, Lome, Togo

SCA DIAGNOSIS AT 22

It is not an enviable experience to have sickle cell anaemia and remain undiagnosed despite exhibiting all the signs and

symptoms. In some societies, prophylaxis is initiated the moment a baby gets diagnosed, symptoms or none.

Africa is one hell of a place in which to grapple with the SCD challenge. Stories abound of non-diagnosis, mis-diagnosis, and whatnot, on the continent.

I congratulate Mr. John Owighohowo Arure for attaining the age of 66 despite remaining undiagnosed for 22 years. Keep inspiring others and keep up the good work of your organization, the Success Sickle Cell Foundation.

Tituse Avas, Aberdeen, UK

GOD'S OWN GENOTYPE FOUNDATION

I used not to credit such things as divine intervention. Now, having read the story of Duchess Doris Gbemiloye, the accountant turned genotype activist, I am convinced such things do happen.

No wonder Genotype Foundation has made and continues to make huge strides, particularly in Lagos, Nigeria, on genotype awareness and the implications thereof.

More grease to your elbows.

Linus Philips, Port Harcourt, Nigeria

From The Editor

Herbalism: grandeur of mud science

- Ayoola Olajide

Whatever brought the World into existence must have planned ahead for the health challenges inhabitants would face, and placed therein everything needed to mitigate those challenges. There are so many therapeutic systems, some in the forest, some in the air, some in the sea, some in everything green, some simply in the mind if you keep still and quiet long enough?

Where medical/pharmaceutical orthodoxy takes the higher ground is in the ingrained practice of rigorous research. Pharmaceutical companies would conduct research and clinical trials for years, spend millions - and halt the process if the results are not satisfactory.

Not so with folk/herbal medicine. Even though the WHO asserts less stringent requirements in this area, many practitioners have taken liberty for license, making unverifiable claims.

Out there are a fair number of claims of genotype change/SCD cure by plant medicine. A few provide lab reports showing genotype change but disallow contact with their patients! As far as there is no tangible evidence, words and anecdotal reports alone would continue to make traditional medicine a laughing stock in the world of empirical medicine.

Please **DO YOUR OWN RESEARCH** and seek advice from your usual healthcare services provider before venturing into the unknown.



Complimentary Medicine, Alternative Medicine: An Overview

By Abro Onyekwe

Complimentary/Alternative medicine is a vast space encompassing myriads of treatment styles, techniques and philosophies. Many of the fields have sub-fields and sub-divisions, ensuring that no one practitioner knows it all - more like in General Medicine where a practitioner has a working idea of a lot of issues relative to the human organism.

All over the world, the practice of complementary medicine is recognized and in many places regulated. Below are examples of a few disciplines of the vast complementary and alternative healing milieu:

- ✦Physiotherapy and its fields which include yoga, exercise and massage therapy.
- ✦Ayurveda
- ✦Fasting Therapy
- ✦Reiki
- ✦Scarification
- ✦Colour Therapy
- ✦Tarot Therapy
- ✦Aromatherapy
- ✦Osteopathy, including Chiropractic Therapy
- ✦Psychotherapy and its fields including visualization, meditation and hypnotherapy.
- ✦Aroma Therapy
- ✦Astrology/Numerology
- ✦Water Therapy, Urotherapy ('water of life')
- ✦Phototherapy
- ✦Phytomedical therapy
- ✦Tai Chi
- ✦Acupuncture/acupressure and reflexology
- ✦Naturopathy
- ✦Homeopathy
- ✦Magnetic Therapy
- ✦Diet/Nutrition Therapy including mucus-less diet therapy, vegetarianism and veganism

***SHARED FOR EDUCATIONAL PURPOSES ALONE**



Compassionate Judge Donates N100K Towards Leg Ulcer Treatment of Homeless Sickle Cell Warrior

Funmi Asaolu, the presiding Judge at the Justice Court was so moved that she abruptly called a recess - and rushed inside the inner chambers to shed welled up tears before concluding the case...

Mrs. Deborah Ayeturah was in tears as she narrated at the Justice Court how her husband frequently prevented her and his step son, John Agbaje Olamide, 25, a Sickle Cell Warrior, from entry into the matrimonial home and how the boy and herself had to sleep on bare floors at churches and mosques.

Mrs. Ayeturah told the court she willingly left her first husband after the diagnosis of Olamide with sickle cell anaemia ('I did not want to risk having another child with sickle cell') and married the incumbent who disliked the boy on sight.

The man consistently complained about Olamide's leg ulcers which, he said, 'smelled like a dead rat'.

'We simply have no money to properly treat the wound,' the mother stated. She was only a petty trader living from hand to mouth.

If she comes home late from her

hawking, her husband accuses her of 'looseness', beats her and shuts the doors against her. For days she would live on the street or in a church or mosque until she finds an elderly person to plead with him.

He mocked his stepson for looking like someone stricken with *kwashiorkor* and mercilessly beat him if he stepped out of bounds.

'He once beat my son to the point where he fainted,' Deborah recalls, 'He had to be resuscitated in the hospital.'

Life of a Vagrant

Feeling insecure and unwanted, the sickle cell warrior packed his belongings into a polythene bag and left the house.

'I looked for him everywhere and reported him missing at the police station,' his mom recalls. 'I knew he was not dead and would one day return alive to me.'

Her instincts proved right. He was brought to the house after six years on the lam.

And how did the sickle cell warrior survive those years on his own in the rain and dust and wind? He pushed wheelbarrow refuse, picked things from the gutter to sell and lived in hunger. He slept rough under bridges, in uncompleted buildings and in deserted haunted dwellings. It was during this ordeal that the leg ulcers surfaced.

Ultimatum: 'send him away!'

Upon the boy's reunion with his mom, her husband issued an ultimatum: send your son away or leave together!

Under cross-examination, the husband, Mr. John Ayeturah, an itinerant bricklayer, stated he was tired of the marriage.

He kept repeating that his wife had 'changed' but did not go into details even after being encouraged to so do by the judge.



REALITY COURTROOM SHOW

The Compassionate Judge

Continued from page 8

The union produced two children who are still minors.

John Olamide appeared briefly before the judge, narrating how the leg ulcers began like a harmless boil and deteriorated after he bursted it. He also recounted how homelessness and lack of means to treat the ulcer worsened his general state of health. There was a time the ulcers bled profusely, necessitating admission at Odan General Hospital, Lagos. Lack of funds stalled treatment. The family lives in Ajegunle, Lagos.

'The doctors are asking for more than one million naira for plastic surgery,' interposed his mom, 'I don't even have a thousand naira on hand - I had to beg for transport fare to get here today.'

Moved to tears

Trying hard to keep her emotions from bursting forth like an overflowing dam, Judge Funmi Asaolu, after several moments of weighty silence, abruptly called for a recess. Any observer could see the judge was in distress. Judge Asaolu later confirmed to *Sickle Cell News* that she had gone to dissipate her overwrought feelings for the woman and her son.

Ruling

Judge Funmi Asaolu returned better composed and gave her ruling:

She referred John and Deborah Ayeturah to a professional marriage counselor for four counseling sessions. Thereafter, the court would review their case to decide whether to dissolve the

marriage or not.

Judge Asaolu stated that the court would provide N100K (about \$200) towards Olamide's SCD treatments. She also hinted at the possibility of securing him a job eventually, so that he could be independent and not be a burden to his mom and stepdad.

'The Judge observed that his medical predicament appears to be part of the issues causing conflict in the family.

The Justice Court is an Alternative Dispute Resolution Process (ADR), whereby minor civil cases are treated professionally for free. Litigants agree to have their sessions televised and aired to the public. Ruling is binding and final. Those who wish not to go public are directed to the traditional court system for a resolution of their issues.



HOW DOES SICKLE CELL CAUSE NERVE DAMAGE? WHAT ARE THE SYMPTOMS?

Dr. Ojum Ekeoma Ogwo

Nerve damage does occur in Sickle Cell, but not in all individuals living with the condition.

Peripheral nervous system involvement in SCD can be a significant source of neuropathic pain and disability, and this is gaining recognition as a rare complication.

Children with SCD are at a risk of nerve damage, because their irregularly shaped sickle cells can interrupt blood flow to the brain and nerves. Complete clogging of blood flow to the brain can lead to a nerve damage or brain stroke. Valid screening tests can identify patients that will benefit from existing and future nerve and neuropathic pain therapies, and could determine the impact of these therapies.

Signs and symptoms of nerve damage in SCD include:

- ☞ One sided paralysis or weakness in the face, arms or legs.
- ☞ Confusion
- ☞ Difficulty in walking or talking
- ☞ Sudden vision changes.
- ☞ Unexplained numbness.
- ☞ Severe headache

In a study done by Prof Moses Odesanya, Prof A Okorie & Prof G Wright in the University of Jos, it was found that almost 40% of an SCD study population had evidence of nerve damage and neuropathic pain. This was almost twice what was originally hypothesized, and twice what has been found in epidemiologic studies in chronic pain population of SCD. It was also found as hypothesized that nerve damage increases with age.

It was also found that the female gender had more nerve damage. The reason could not be ascertained.

Opioid-based compounds have continued to be the mainstay of therapy, over the past several decades.

The cause of nerve damage in SCD is not properly ascertained, future work should be targeted at determining the causes of nerve damage in patients with SCD.

So in conclusion, and from past studies 40% of SCD patients had nerve damage and neuropathic pain. The presence of nerve damage and neuropathic pain are associated with older age and female gender consistent with studies of nerve damage in SCD.

Advice given here not meant to replace or supplant interaction with your medical services provider.

A newspaper columnist and Sickle Cell Genetic Counsellor, Dr. Ojum Ekeoma Ogwo is Chief Medical Director, Gregory University, Uturu, Abia State, Nigeria.

DO YOU WISH TO SUPPORT OUR WORK?

Ignorance of genotype is a major contributor to the diagnosis of SCD in an offspring. Your support will help towards the advent of a genotype-aware world. Do send donations to **SCCELL MEDIA RESOURCES** account at **GTB** ac no 0015151637/**First Bank** account no 2011666024, and **SCCELL MEDIA RESOURCES** at **WELLS FARGO**, USA Zelle 8178086207, Paypal: [paypal.me/scdjournal](https://www.paypal.me/scdjournal)



Assassination Attempt Leads To Re-Discovery of Potent African Herbal All-Rounder!

By Fatima Garba Mohammed

From the beginning, Otunba Olajuwon Okubena had scant interest in traditional medicine, much less in becoming a practitioner himself.

He was a thoroughbred accountant and had worked with conglomerates such as UAC, Guinness and other blue chip companies. After resigning from KPMG, the international accounting firm at which he rose to senior management level, Otunba Okubena took to livestock farming, aiming to develop a lifelong interest into a retirement money-spinner.

He was in his farm in July 1993 at Ilese-Ijebu, Ogun State, Nigeria when would-be assassins came calling. They shot at him several times and melted into thin air.

Eighteen bullets penetrated into his brain, twelve of which were later removed. The remainder were considered too dangerous to be removed. Sleeping dogs, better let them lie!

'The remaining bullets are still in my head,' he says.

Unraveling A Mystery

Like a true African, the lucky-to-be-alive Okubena itched to find out *who* sent the assassins after him and *why*. Police investigations had led nowhere.

Otunba Okubena apprenticed himself to a native doctor (*Babalawo*), herbalist and metaphysician in Ibadan to unravel the mystery behind the attempted assassination. He wanted to study the arcane subject of metaphysics which

would help shed light into the existential darkness wherein we spend all our days from cradle to grave.

He never quite succeeded in unraveling the source of the attack, but Providence had more important matters in store.

Poroporo Oka

Otunba Okubena noticed that his Master had only one type of herbal product for every ailment under the sun. People trooped in daily with their health complaints – and they all got the same basic treatment using *poroporo oka* (leaf sheaths of *sorghum bicolor*). Medical doctors sneaked in by night to

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Evangelist Dr. Rufus Ojuola holds sway over SCD treatment the traditional way in Akure and indeed throughout Ondo State. He has clients with SCD in virtually every nook and cranny of Nigeria, including the grandchild of a former military dictator and Head of State. Medical personnel who publicly denigrate herbal medicine refer patients to him for treatment.

Ojuola was fishing for souls when a waking trance led him down the path of plant medicine....

Dr. Rufus Niyi Ojuola's **World Sickle Cell Centre** is well known to the top echelon and Health Ministry officials in Akure, as he hosts every June 19 events there, to showcase his achievements. Behind the main

RUFUS OJUOLA: FROM SOUL-WINNING TO LIFE-SAVING

By Ayoola Olajide

building is a factory where heavy machines process and turn leaves and roots and barks into medicine for sickle cell.

At the time *Sickle Cell News* visited on a Saturday morning in October 2022, a handful of patients came calling: a 10 year old dragged along by a mom for breaking the commandment to refrain from playing in the rain; a newly-wed who sought herbal wisdom on avoiding SS births with her husband (both are carriers of the sickle gene).

Dr. Ojuola's phone never stopped ringing for once. A medical doctor called from Iseyin in far away Oyo State to report progress on a patient he had been administering the Rufus Herbal products for SCD.

Nurses and doctors refer 'stubborn' SCD crises cases to Rufus for a reprieve full well knowing they could get reprimanded for so doing.

The 72 year old TMP Rufus Ojuola started life as a Refrigerator and Air-conditioning technician.

Years after branding his own refrigerators and making handsome profits at Trade Fairs in Ondo State, he received the call to go into Ministry. He dropped everything and attended a pastoral college. Upon graduating as a Theologian, he did most of his

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*Half Moroccan, Half Zambian
Sickle Cell Trait
Warrior/Activist, 'Lulu' Miller
reaches out to author, SCT
Warrior Mum Ritchie Johnson
in Conversation About*

THE PERILS OF SICKLE CELL TRAIT

whatever niggling unusual discomfort she was experiencing would fade away with time. The prognosis proved wrong. Dead wrong.

Dissatisfied with the unwillingness of doctors to concede that her symptoms were SCT-related, Lulu dived online and discovered a sizeable community of individuals worldwide with whom sickle cell trait had been anything but benign.

'Thereafter, I made a move to connect with as many as I can who have symptomatic SCT to make the disbelieving medical world listen to us!' says Lulu.

With many years working as a nurse behind her, Ritchie Johnson quit her job to take care of her son, Chris, after he was diagnosed with a rare cancer linked specifically to the inheritance of a sickle cell gene.

In November 2022, Lulu invited Mrs. Johnson to Facebook for a chat on SCT. SCT and SCD Warriors and Advocates from around the world watched the conversation live, many interacting with questions, observations and comments.



'My son was diagnosed with Renal Medullary Carcinoma (RMC), a rare cancer that almost exclusively affects carriers of the sickle trait,' recalls Mrs. Johnson.

The idea to establish the Cj Johnson Foundation came from Chris himself. He wanted there to be more awareness of the dangers of SCT.

'Without Sickle Cell Trait, there would be no Sickle Cell Disease,' comments Mrs. Johnson. 'SCT has been linked to health challenges at high altitudes, during periods of physical exertion such as on football pitches, where sudden deaths have occurred.'

Few weeks to his passing, Chris begged his mom to look after his daughter, whom he would 'never watch grow up'. It was a grueling and emotionally exhausting 15 months from diagnosis to death.

Ritchie Johnson would later pen what could be considered an authoritative memoir on a

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Separated by thousands of miles are two Sickle Cell Trait (SCT) activists, who are single-mindedly pursuing the goal of awareness. The one, based in the UK, an SCT Warrior, the other, US-based, the mom of an SCT Warrior whose name birthed a charity to sound a warning to the teeming millions of sickle cell carriers worldwide.

Doctors told Louise Rachael Mwape 'Lulu' Miller, 38 that, being a carrier of the sickle cell gene (AS), she had absolutely nothing to worry about; that



'Dad Was A Medical Doctor, But Mom Kept Searching For Herbal Remedies!'

*Sickle Cell Warrior. Robotics/Artificial Intelligence teacher **Dr. Rao Lee**, 54 takes an eclectic approach to taming SCD. It all began in childhood with her family having to cope with two living with sickle cell anaemia*

I remember my mother would talk to different people in search of a solution to alleviate my pain and I would wonder why she did this: my father was a medical doctor so should that not be enough?

Sickle cell disease is a red blood cell disorder that causes pain in different parts of the body. The frequency and severity of these attacks varies from individual to individual.

Many people swear by the solutions they have found outside the realm of modern medicine.

Alternative remedies

I really cannot recall the first time I received different formulations of remedies for my pain, but it must have started since I was quite young because I don't remember any resistance to drinking 'Huntu' which is a concoction made by the Imam who prays for our family. The peculiar taste made me inquire about the source and was told it was from the ink used to write Islamic healing prayers and this writing is washed off the slate and has to be consumed for the

effectiveness of the prayers.

There were the dried papaya (pawpaw) leaves soaked in water for days that I was given to drink, because my mom was told this prevents the blood cell from sickling. Also the spicy chewing stick called *orin-ata (fagara)* which I had to use as a chewing stick and also drink the soaked brew. There were also several other concoctions called 'Agbo' (mostly different herbs and leaves but the actual content was a mystery).

The quest for conquering the pain of sickle cell did not stop there. many other actions were taken to help keep the pain train at bay.

I was given daily shots of *Egovin* (these days one would frown at giving a child alcohol!).

I also had the luxury of drinking a bottle of *Fanta* a day, as this was thought to help with hydration and necessary electrolytes.

Alternative supplements

Different herbal supplements emerge on the SCD market from time to time promising to help with alleviating sickle cell and its complications. Amongst the ones

I used were *Nicosan, Dioscovite*, and later on *Jobelyn*.

Food

Nutritionist and dieticians say the foods we eat also help to keep us in health or away from health, the more so for folks with impaired health. So it is important that sickle cell warriors eat healthy.

Roots such as yam, sweet potatoes and beets are particularly wholesome. I do eat these, while balancing my diet with green leafy vegetables like kale, spinach, *ugu*, bitter leaf and so on.

Healing crystals

Lately, I have found some benefits in having healing crystals on my person. I wear copper bracelets and healing stones (bloodstone, Agate, amethyst etc.) bracelets.

Sickle cell pain is sometimes unpredictable, so as a warrior, it is important to do the best to keep the ecosystem of our body as healthy as possible to help minimize the sickle cell pain and other complications episodes.



The image above was sent to *Sickle Cell News* by one of Nigeria's pioneer genetic counsellors and founder of an SCD NGO.

The child (name withheld), a 7 year old sickle cell warrior, was taken to see a native doctor (*Babalawo*) by parents much frustrated by the child's tendency to sudden ill health. He fell ill when the sun shone brightly or when it was cloudy or wet or dry. He came down with illness whenever he mingled with other children. Shout at him or anyone, or convey a gesture of disapproval towards any situation, and he fell into pain crises.

His parents are well educated and knew their sickle cell statuses prior to marriage; but trusted to chance, not wanting to break a warm romance. Not

one of the children with SCD they knew exhibited such extreme predisposition to be ill. Surely, there was more to their only child's predicament than just sickle cell!

The native doctor agreed with them and carved designs on the child's abdomen not only to improve his health but also to strengthen him against known and unknown adversaries.

Another sickle cell warrior, an adult, indeed a nursing student at the time, went with her mom to an abattoir of an early morning in December 2021 to procure freshly-slaughtered pig's blood.

'I was told drinking pig's blood would relieve, if not cure, my sickle cell,' she told *Sickle Cell*

News on the sidelines of a whatsapp SCD group discussion in July 2022. The discussion was about the myriad of unusual therapies individuals with SCD underwent to free themselves from illness.

'The thing was warm and salty but disgusting,' she recalls.

Too slender and equally too tall for his 14 years, Ikechukwu's parents took him to worship at a white garment (*Aladura*) church in Benin City. They were Pentecostals with little regard for the ways of the *Aladuras*; but what can one do when your child's path to good health lies along the lane of someone you'd rather shun?

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GBT Grants \$100K Towards Improved SCD Nursing Education

In pursuance of a singular effort to hone nurses' skills in caring for sickle cell, and pre-empting life-threatening complications, the Global Blood Therapeutics Inc. (GBT), has released a grant of \$100 for nursing education.

The beneficiary institutions are the University of Tennessee Health Centre (UTHSC) College of Nursing and St. Jude Children's Research Hospital, Memphis, Tennessee, USA.

The latest grant, announced November 2022 is an expansion on the previous bootcamp training held for nurses in June 2022, at which participants received free all-expenses paid training in SCD best treatment practices.

The grant is a recognition that, as a frontline health worker, the nurse is advantageously-

placed towards patients in the early detection of complications such as acute chest syndrome (ACS), sepsis, stroke and multi-organ failure.

.....

President Droupadi Murmu has appealed to the Bill and Melinda Gates Foundation to pay attention to sickle cell as part of its global health philanthropy. President Murmu made this appeal during a courtesy visit by the Bill and Melinda Gates Foundation Co-Chair and Trustee, Melinda French Gates at Rashtrapati Bhavan, New Delhi, India December 2022.

The President heaped praise on the Gates Foundation for its efforts in public health, infectious disease control as well as malaria and tuberculosis. She stated that

President Murmu Calls on Bill Gates Foundation To Help With SCD



Pres. Droupadi Murmu

India's wealth lies in its diverse cultural heritage, attunement with nature and modern and traditional health systems.

Sickle cell disease is common in the tribal and remote regions of India with sickling rates and prevalence one of the highest in the world.

*Picture Source:
President's Secretariat (GODL-India), GODL-India, via
Wikimedia Commons*

HAZARDS OF SCT

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journey with cancer - *MAMA, I'M TIRED - a Mother's Journey Through Her Son's Cancer Battle With Renal Medullary Carcinoma* to

capture the family's odyssey with a disease known to so few medical doctors.

'Renal Medullary Carcinoma is incurable,' says Mrs. Johnson, 'but early detection goes a long way.'

Similarly, as part of Lulu's vision to educate unwary doctors and laymen about SCT, the cook, music lover and avid traveller wrote the memoir, *Symptomatic: Life of a Sickle Cell Carrier: An Invisible Disability - My Story*.

SCHAF Takes Genotype, Sickle Cell Awareness to NYSC Orientation Camp

ISEYIN, Nigeria, Nov and Dec 2022

With a three-prong approach to tackling SCD in Nigeria, the Sickle Cell Hope Alive Foundation (SCHAF) took the message of sensitization to the National Youth Service Corps (NYSC) Orientation Camp, Iseyin, Oyo State November and December 2022.

The awareness programme featured a health talk titled '*A Community Approach to the Reduction of Sickle Cell*

Disease in Oyo State Nigeria: NYSC as a Vehicle of Change.'

In audience were close to 8000 youth corps members in the November and December batches deployed to Oyo State. Soldiers and members of NYSC staff also benefitted from the health awareness talks delivered by the Trustee/Founder Prof (Mrs.) Adeyinka Falusi and Vice President 1, Pharm (Mrs.) Helen Oduntan.

The youth corps members were charged to know their genotypes, make informed decisions on future

partners for procreation and, crucially, relay the SCD prevention catechism to their places of primary assignment.

At the end of the lecture, corps members asked questions on genotype and SCD and were duly answered by members of SCHAF team.

A call for volunteers was raised and about 81 corps members gave their consent to further convey the SCHAF message on SCD to their various communities and respective places of primary assignment.

SOM Sickle Cell Foundation Rallies Stakeholders in Abuja

SCD stakeholders from all walks of life converged Nov 29, 2022 on Merit House, Maitama, Abuja for a dialogue on creating a better life for people living with sickle cell as well as ways to curb the menace in Nigeria. In attendance at the summit organized by Shehu Olaitan Mohammed Sickle Cell Foundation (SOMSCF) in collaboration with Yakubu Gowon Centre was the Minister

of Health, Dr. Osagie Ehanire along with officers from the Federal Ministry of Health.

Dr. Ehanire stated that Nigeria occupied 66% of the world's 300000 annual SCD births.

Consultant Haematologist, Ahmadu Bello University Teaching Hospital, Professor Aisha Indo Mamman called for

increased sensitivity to the needs of people with SCD while the Director and Head of Traditional, Alternative and

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SOMSCF Founder Mallam Mohammed (right) with a guest at the occasion





PHYTOSCIENCE products are 100% herbal products from Mibelle Biochemistry, Switzerland.

Double Stemcell/Crystal Cell: *Double Stemcell* and *Crystal Cell* are the stem cell products that ginger the body into producing its own stem cells, regenerating every tissue and every organ in the body. *Crystal Cell* is an upgrade to *Double Stemcell*, as it has in addition to the constituents of *Double Stemcell*, tomato phytonutrient for concentrated healing power. *Crystal Cell* is preferred when for cancer, fibroid and diabetes involving sores. These products also slow down the ageing process.

Snowphyllforte:

Snowphyllforte is a detoxifier, blood builder (invaluable for those living with sickle cell anaemia), manages weight, blood sugar and balances body pH, making the other products work more efficiently. It also cleanses the gastro-intestinal system and fights infections.

Actual Plus:

Actual Plus is made from 18 fruits, 12 vegetables and 9

**INTRODUCING
PHYTOSCIENCE
HEALTH
PRODUCTS**

*By Professor Adeloye, A. B.
Physics Department
University of Lagos*

spices. It builds immunity and is invaluable for diabetics and those recovering from any serious illness. It is also good for general health maintenance.

Miracle Intense Essence (MIE):

This is for external use. It has great wound healing properties, and is recommended for burns, skin problems, cuts and for diabetic sores.

iiQ Plus:

iiQ+ is a special formulation for the eyes and the brain. It is for everyone, especially those who are engaged in brain work and for those who would like some help with preventing or managing degenerative brain diseases like Parkinson's disease, Alzheimer's disease, etc. It also offers protection against blue light emitted from

electronic equipment, such as light bulbs, LED, flat screen LED televisions, computer monitors, smart phones, etc.

Nulite and Nuforte:

Nulite helps maintain blood glucose, improves cholesterol levels and digestive health. It also assists in weight loss and in building immunity. It facilitates regular bowel movement and relieves constipation.

Sickle Cell Anaemia

Double Stemcell/Crystal Cell and *Snowphyllforte* help those living with Sickle Cell Anaemia, drastically reducing sickle cell crisis/complications. *Snowphyllforte* boosts red blood cell production and corrects the shape of the cells, while *Double Stemcell/Crystal Cell* create new blood cells and other types of cells in the body, rejuvenating the entire body.

Contact Professor Adeloye

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Facebook:

<https://web.facebook.com/profile.php?id=100066714261889>



How Frustration, Desperation Led Professor Emmanso Asian Umobong To Herbal Medicine

... says herbal cure for SCD may not be a wild dream

By Tosin Fawemida

Perhaps growing up in a rustic environment before going on to university to study medicine helped him to have a broader perspective on native medicine. Or, having taken the Hippocratic Oath, he found his practice hamstrung by its lukewarm attitude to indigenous medicine. In any case, not long after graduating from the University College Hospital (UCH), Ibadan, Emmanso Asian Umobong took up the gauntlet of training in folk medicine.

'Frustration and desperation led me to herbal medicine,' he told *Sickle Cell News*.

Where he grew up, he had seen incurable turn to curable; he had witnessed intractable conditions such as asthma, diabetes, hepatitis, HIV, hypertension, cancer, and many forms of mental illness become malleable to treatment. So he retraced his steps to the Source - after all, all medicine began as folk medicine.

Prof Umobong obtained Postgraduate Diploma in Natural Medicine at the Nigerian College of Natural Medicine, Lagos and studied Integrative Medicine at the Arizona Centre for Integrative

Medicine, USA. After more studies in Naturopathy and Traditional Medicine with 'Elders' and Herbalist organizations in Nigeria, he was certified by the Ifeoodaye Herbalist Organization and the Lagos State Board of Traditional Medicine.

Snake Oil?

In his book, *HOW TO LIVE WITH SICKLE CELL DISORDER*, co-authored with the late Sickle Cell Warrior Dr. Adebayo Babajide Olujohungbe (1963-2013), haematology Prof Olu Akinyanju, the czar of anything SCD in Nigeria described as 'snake oil' every herbal treatment for sickle cell.

'I disagree,' says Prof Umobong, 'herbal treatment for SCD or any other ailment, is no snake oil!'

Incidentally, the co-author, Ade Olujohungbe, was his classmate at UCH.

Not only does Umobong endorse herbal treatment for SCD, he also believes that with focused research, a herbal cure for the inherited condition of the red blood cells cannot be ruled out.

Prof Umobong was instrumental in the establishment of the Centre for Research into Traditional, Complementary and Alternative

Medicine, within the Nigerian Institute of Medical Research (NIMR). His treatise, *Traditional African Biology*, has been esteemed of immense value to Afrocentric trado-medical practice.

Albinism

Albinism is an inherited failure of skin, eye and hair pigmentation considered incurable in orthodox medicine. Prof Umobong recalls how, with the help of herbal medicine, his friend's father was able to reverse the condition.

'Being well educated, my friend's father documented every herb he took to cure his albinism,' recalls Umobong, 'but after he passed away, one of his children, a so-called born again Christian, found the diary and burnt it to ashes!'

(In some Christian sects, anything that had to do with traditional/ancestral therapeutic systems was a curse and a clear path to eternal damnation).

To this day, Prof Umobong rues the inestimable contribution such a diary would have made to medical science.

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CYRIL GBOLADE OMISANDE, PhD:

From Automobile Engineering To Alternative Medicine

By Abro Onyekwe

Pioneer practitioner of Magnet Therapy in Nigeria, Cyril Gbolade Omisande, 64 is a reputable Natural Medicine Practitioner and Professor of Clinical Magnetology. Provost, Cyrillic College of Holistic Health Technology, Prof Omisande was formerly President, Nigerian Council of Physicians of Natural Medicine. His unique combination of Magnetic Therapy and Homeopathy Medicine leads to positive testimonials from his patients.

Magnet Therapy is a branch of natural medicine which is not widely accessed in Nigeria. It involves the use of healing magnets to treat chronic diseases often referred to as incurable. It is a natural healing method which offers solutions to degenerative diseases.

According to Omisande, Magnet Therapy works faster than other remedies. The inexpensive and non-invasive therapy is used to reduce and eliminate pains using natural pain-relieving qualities of magnetism - the human body is conceptualized as an extensive bio-magnetic field with each cell having a specific magnetic score or value.

Magnetic fields affect the functioning of the body in various ways, hence the discovery of the therapeutic value of magnet. These magnets detect body problems through the circulatory system, and are thus able to work on any dis-eased or dysfunctional state of the body.

The Ijebu-Ode based Cyrillic Holistic Hospital is the outfit where Prof Omisande practices his chosen avocation with testimonies to the efficacy of magnetic therapy.

To impart knowledge to oncoming generations, Omisande established the Cyrillic College of Holistic Health Technology, Igbeba, Ijebu-Ode where students are trained in various fields of Holistic Medicine. Courses taught include African Traditional Medicine, Colour Therapy, Herbal Science/Drug Technology and Public Health.

Prof Omisande started his

Prof Omisande has treated cases of stroke, hernia, sickle cell and other diseases

clinical practice nearly 30 years ago, and has treated various hopeless cases of Stroke, Hernia, Spondylosis (lumbar/cervical) Sickle Cell Anaemia and other degenerative diseases.

After leaving Isonyin Grammar School, where he sat for the West African School Certificate, Omisande attended Muslim Teachers College, Oru Ijebu for Grade II Teachers Certificate. After teaching for a few years, Omisande proceeded to India to study Automobile Engineering at Madras College of Engineering, Madras.

With an insatiable appetite for learning, Omisande veered into Alternative Medicine. He attended the East West University of Holistic Health Science, (India Campus) Bombay, where he obtained a Bachelor's degree in Clinical Magnetology. He later capped it with a doctorate degree at IBAM University, now Pragyan University, Kolkata. Further studies got earned him an MD in Alternative Medicine and a postgraduate diploma in Homeopathic Medicine.

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The man's herbal potion may not change genotype,' comments Dr. Blessing Fadeebo, at whose hospital the child was re-affirmed SS, 'but there may be something in it that effectively manages SCD.'

From Soul-Winning To Life-Saving

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pastoring in Nigeria's Middle Belt, creating a reputation for himself as a powerful preacher. His evangelical rounds took him to Katsina-Ala, Idah, Okwudje, Oturkpo, Makurdi, Gboko and to many communities near the border with Cross River State.

He was living poor in Iyegwu among destitute parishioners when came the moment that changed everything for him and his family.

The Epiphany, July 2006

Apostle Ojuola had a fond elder brother. Among his brother's seven children, four were born with mysterious frequent bouts of indisposition later diagnosed as sickle cell anaemia. One by one the children passed on, the eldest, a videographer, making it to the age of 16.

Ojuola was not even thinking about his nephews when one of those experiences one remembers for life descended upon him like a heavy blanket. He was fully conscious when time seemed to freeze and he

was led into a forest and shown medicinal leaves and roots for SCD.

He made decoctions of the plants shown him for ill children and adults with good results. By the time he moved to Afuze, Edo State, reports of alleged cures had started to emerge. However, in 2013, the evidences presented to *Sickle Cell News* of a child whose genotype had changed turned out to be faulty diagnoses. According to the parents, the child had transformed from being a weak cachectic, sickly, grizzly-haired specimen to the exact opposite. *Sickle Cell News* was presented with genotype results from Adeoyo General Hospital, Ibadan and Afuze General Hospital, one showing AA, the other AS.

'The man's herbal potion may not change genotype,' comments Dr. Blessing Fadeebo, at whose hospital the child was re-affirmed SS, 'but there may be something in it that *effectively* manages SCD.'

'Effective management' was apparently what a genetics lecturer in one of Nigeria's top universities was targeting, not a cure, when she called *Sickle Cell News* in 2014, seeking advice whether she should consult Pastor Ojuola for the treatment of her

son living with sickle cell anaemia.

'I doubt if there is a cure - I don't even need that!' Dr. Sekengbede said at the time, 'All I want is freedom from all SCD-related issues for my son!'

Another alleged cure relates to the child of a retired Nigerian armed forces personnel. However, he denies access to the child, now an adult and refuses to say anything on the child's health status 12 years after the alleged cure.

Testimonials

Sixty-five year-old Mrs. Basil Ukeme worked at practically every General Hospital in South West Nigeria before her retirement as an apex matron. In a phone conversation with *Sickle Cell News* mid November 2022, she affirmed witnessing 'many cures' brought about by the administration of Rufus Ojuola's herbal products. Asked to provide contacts of a few cured patients, she declined, citing professional nursing code of conduct.

Mrs. Ogonsiegbe's two children were on admission together at the

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Medical Scientist Goes Into Herbal Medicine!

Professor Joseph Olurotimi SANYA, 66 (MB.BCH, M.Sc, Ph.D) is a well-known academic and medical doctor in Nigeria. He attended the University of Lagos, University of Calabar, Obafemi Awolowo University and the University of Ilorin. A former Chairman, Nigeria Medical Association, Ekiti State Branch, he was once a Reader in Physiology at Afe Babalola University. Sickle Cell was such a core interest that he devoted his PhD thesis to a plant long known in Southwest Nigeria to have anti-sickling properties (*The Effects of Aqueous Extracts of Zanthoxylum Zantholoids and Afromomom Melegueta in Sickle Cell Vaso Occlusive Crises*).

Professor Sanya does not condemn herbal medicine. He has in fact developed his own plant medicine, named *ROTISAN* for SCD. A member of the West African Network of Natural Product Research Scientists (WANPRES), Professor Sanya considers Tradomedical Practitioners who claim to cure sickle cell as 'ignorant of its genetic nature'. Nevertheless, in a chat with *Sickle Cell News*, he concedes that any therapy, orthodox or not orthodox, that *permanently* allays sickling, crises and complications has achieved a 'cure'.

The World Health Organization admits that most people around the world prefer ethno medicines to treat their illness conditions. Do you think this widespread preference for indigenous medicine is misplaced? No. The medicines are freely available, effective and more affordable than orthodox medicines.

Strange to find a distinguished medical doctor and physiology professor in the arena of herbal medicine. What brings you here? I'm here due to the need to approach ethno-medicine scientifically for the maximum derivable benefits.

Do you think western medicine is right to denigrate herbal medicine? No. Most orthodox medicines were also

based, directly or indirectly, on ethno-pharmacological research by Western scientists.

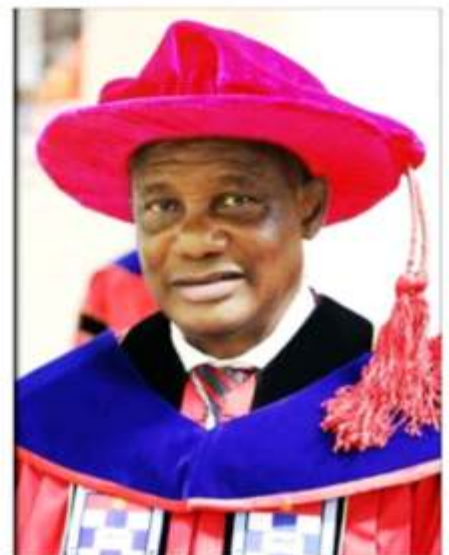
You have on occasion found yourself in tears to witness an SCD patient undergoing pain crises. What makes you react this way? Yes, when you witness firsthand the helplessness of all concerned (patient, parents, health providers), you will be moved to tears or be on the verge!

Do you think taking herbal treatment for SCD does more harm than good in the short or long run? Not at all. With the scientific approach, both short and long term harmful side effects are predictable and avoidable.

What do you make of claims by some Tradomedical Practitioners of being able to cure sickle cell? They make such

claims out of ignorance of the genetic basis of the disorder.

Your own herbal syrup for sickle cell - does it cure? It doesn't cure. Rather, it prevents the sickling process which is the basis of all crises. Hence, the patient is just like any other person if there is no sickling and no crisis.





By Abro Onyekwe

It was SCD Awareness Week once again, and members of the Gabriel Adewunmi Alabi Foundation (GAAF) converged from around Nigeria, Ghana and the United Kingdom to do just what the organization has become renowned for in Nigeria, particularly in Ekiti State: to infuse the young with genotype/SCD awareness.

Months before the august convergence of GAAF functionaries, approval had been obtained from the health and school authorities for the sole purpose of conducting enlightenment and awareness sessions on SCD for students.

The schools visited during the week-long GAAF SCD Awareness Week included Ekiti State Government College, Ikere Ekiti, Government Special School

The GAAF ROLL CALL

Noble Dotun Alabi, CEO
Noble Sola Ojo, Chairman
Noble Folasade Pariola
Noble Akin Olumide
Noble John Olurinde
Noble Tope Adeogun
Noble Joseph Ganzallo
Noble Sunday Ogundahunsi
Noble Kelvin Coffie
Noble Samson Saleh
Noble Ayoola Pariola
Noble Ayoola Olajide

For The Blind and Ekiti Parapo College, Ido. Others were Oganganmodu Grammar School, Ido and Eyemote Comprehensive High School. There was also a Town Hall community meeting at Oloje.

Perhaps the climax of GAAF's 2022 SCD Awareness Week was the visit to Eyemote, where 1976 Senior Prefect, Olurotimi Sanya, lectured the students on

the imperative of knowing their genotype and its significance while still in secondary school.

Professor Sanya told the audience comprising students and staff of his alma mater as well as the GAAF team that the majority of children referred to as *abiku/ogbanje* in bygone days were actually sickle cell fatalities. The Professor of Physiology and former Chief Medical Director of College of Education, Ikere Ekiti described PAIN, the most common SCD complication as an emotion-drainer, which can move experienced medical services providers to break down.

'Sometimes I have been moved to tears,' he says, 'watching a child with sickle cell undergoing a severe pain event.'

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'I Wouldn't Bother About Genotype If Patient Lives Free of Sickle Cell Crises ...'

- Professor Kenneth Achang Yongabi, Ph.D, D.Sc

Coordinator, AU-ASRIC Working Group on Africa's Indigenous Knowledge to Preventing and Controlling Infectious Diseases

Kenneth Anchang YONGABI's name is associated with a company known as STK Biotech, which produces phytoceutical supplements for SCD and other health conditions. Yongabi holds PhD in Public Health in the USA and served as Honorary Research Fellow at the University of Wisconsin , Madison. A Professor of Public Health Infectiology and Phytobiotechnology at the Imo State University, Owerri, Yongabi holds yet another doctorate in Bioengineering (University of Adelaide, Australia). He was formerly adjunct Professor at Ebonyi State University, Abakaliki and Research Fellow (Global Health and Equity) at Swinburne University, Melbourne, Australia.

Like almost every African, sickle cell is no stranger to Professor Yongabi, what with friends with the condition at home in Cameroon and in many other African countries. His passion for plant medicines to treat illnesses was formally recognized by Nigeria's Federal Ministry of Health at the African Traditional Medicine Day in September 2022.

In this interview with Sickle Cell News, Professor Yongabi shares his views on the vexed question of whether herbal medicine can cure SCD.

Some herbal medicine practitioners claim their treatment can cure sickle cell (ie, change genotype). Can herbs really cure SCD or are we simply talking about keeping crises at bay for prolonged periods?

There is no doubt that herbal medicines can effectively

manage and treat SCD. After all, herbal medicines (herbology) predates allopathic (conventional) medicine.

However, the word 'Cure' in SCD must be used with caution. It connotes extensive proof as opposed to the words 'management' and 'treatment'.

In medical terms, when the

word *Cure* is used, it clearly underpins the 'Ultimate'. I believe some herbal medicines can actually cure SCD but it has to be proven scientifically. There are procedures for doing this, it's just that it hasn't been done. But are we prepared to do this, especially in Africa?

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EvenFlo Nutritional Supplement: More Than 90% Effective in Crisis Prevention

Evenflo is all-natural, fast-acting, and has analgesic effects that have been clinically proven to be effective for Sickle Cell, Thalassemia and Trait warriors.

EvenFlo derives its bio-active components from *Jujube*, *Poria*, *Atractylodes*, *Codonopsis*, *Dong Quai*, *Corydalis*, *Licorice root*, *Rehmannia root*, *Salvia miltiorrhiza*, and *White Peony*.

Several clinical studies have been conducted on *EvenFlo*, with reporting that it is safe and effective as a nutritional sickle cell supplement without side effects!

The first study was conducted on SCD patients in Cameroon between 4 and 47 years of age under the supervision of physicians and researchers at 10 hospitals and two clinics. Patients selected for the study had a medical record to indicate at least four crises episodes a year, fatigue, weakness, and low weight due to SCD.

The second study was published by *Nursing & Health Sciences Research Journal* under the title: 'Efficacy of the Nutritional Supplement, *EvenFlo*, in the Management of Sickle Cell Disease: A Randomized Controlled Trial'.

In this study, over a 6-month time frame, 93.1% of the control group subjects experienced one or more crises while none (0%) of the intervention group experienced a crisis.

The intervention group also saw a 9.65 pounds increase in their mean weight, an average of 2.1 points improvement in hemoglobin levels and no crisis in this period.

About Healing Blends Global, the producers of *EvenFlo*

Healing Blends Global was created for hope and freedom. Hope for relief from chronic, debilitating conditions and freedom from poor quality of life.

Suffering from Sickle Cell Beta Thalassemia himself, Dr. Charlie Ware, CEO,

Healing Blends International, began experimenting with alternative approaches such as changing his diet, using herbal extracts, and other natural remedies.

What started out as a personal journey quickly became a focus for research and clinical practice. Dr. Ware has lectured and researched treatments for Sickle Cell Disease, Diabetes, Malaria and other chronic conditions for many years. He strongly believes there is a natural solution to virtually every health concern.

The Healing Blends International Sickle Cell Hospital in Jinja Uganda serves hundreds of Sickle cell patients and their families every month.

Dr. Ware has created wellness programs for Fortune 500 companies, served as a consultant to one of the leading health and beauty companies in America.

CONTACT

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Instagram:
@healingblends.nigeria



HOW 'SICKLAX' SAVED LIFE OF PREGNANT SICKLE CELL WARRIOR, 'FG'

By Professor Emmanso Asian Umobong
Program Director, Sickle Cell Outreach Program, Lagos

The herbal supplement, *SICKLAX* saved the life of a pregnancy sickle cell warrior who had exhausted all help orthodox medicine can render.

'FG' had received three pints of blood two weeks before coming to us at Heals Specialist Clinic located at 40B Godwin Omonua Street, Ire-Akari Estate in Lagos Nigeria.

Doctor's examination revealed that:

- She had a high fever (febrile)- a high temperature of 38.5°C.
- Her eyes were yellowish (jaundice)- severely so.
- She had fast breathing (tachynea) - at the rate of 40 beats per minute.
- Fast heartbeat (tachycardia) – 106 beats per minute.
- Tender epigastrium.
- Pregnant - the height of the womb (fundus) corresponds to 26 weeks gestation.

Urgent Haemoglobin check revealed 3.1 g/dl after she was again transfused 3 pints of packs of red blood cells. She became stable and was handed over to the Gynecologist to evaluate. The Gynecologist

recorded:

'A 20-year-old primip, a known HBSS who was admitted for 1-week due to Haemolytic crises secondary to Sepsis and Malaria. She had 3 pints of blood and was feeling better with no more fevers, was deeply jaundiced and still very pale. In addition, she had painful enlargement of the liver (tender hepatomegaly), about 6cm below the costal margin.

'In my opinion this patient should be referred to a Teaching Hospital where she can be managed by a multi-disciplinary team.'

At the Lagos State University Teaching Hospital (LASUTH), FG's condition worsened. She had another three pints of blood at LASUTH and yet the hemoglobin level still dropped back to 3.g/dl. **In less than 2 months the young woman had received 9 pints of blood.**

It was clear that her red blood cells were constantly hemolysing as they passed through the liver (Hepatic-cellular crises).

In a typical orthodox approach sometimes as much as 20 pints of blood might be needed to be transfused before stability is re-established.

Frustrated by the lack of improvement, FG was taken away from LASUTH, where another Sickle Cell Warrior who had benefitted from the Sickle Cell Outreach Program (SCOP), told her mother about us. She was directed specifically to meet the program director.

SCOP's trained caregivers promptly initiated Dr. Umobong's Integrated Medical approach on the patient. She was given a dose of '*SICKLAX*' every three hours; by the end of the first hour, there were no more signs of crises. On the third day, the liver returned to its normal size and in two weeks jaundice was no more. Her blood or hemoglobin level was 7.0 gram, which later rose to an incredible level of 11g/dl. It was like a miracle.

After the crises, FG continued to use *SICKLAX* as a preventive. She became very healthy and delivered a male infant at term.

For more information about SICKLAX, contact:

Emma-Mongs Enterprises
Email:
Emamong247@gmail.com
WhatsApp: +2348052351484

SCD Warrior/Advocate Tootie Leathia, began smoking marijuana as a teenager long before she realized its medical benefits for Sickle Cell Anaemia. Now 43, she is what you would call a connoisseur, much fitted to relate her experience ...

‘Marijuana Not Helpful if You’re Already in Grip of Full-Blown Crises’

Sickle Cell Warrior/Advocate Tootie Leathia, 43 simply has no time for dissemblance. Tootie is down to earth and yaps full throated on social media at whatever, whoever draws her displeasure.

Although she speaks scant Yoruba, Tootie christened her boutique EwaFunFun (‘Pure Beauty’). A devotee of Yoruba religion (*Ifa*), she traced her ancestry to the West African State of Guinea and plans to relocate there sometime in future.

‘I’m not in a hurry to settle down in Guinea,’ she tells *Sickle Cell News*, ‘I got to visit and spend time in the cradle of *Ifa* (Yorubaland) first and foremost.’

Having had hundreds of blood transfusions as a result of SCD, and countless hospitalizations alongside, the Founder/CEO of *Super Moms With Sickle Cell Inc* takes cannabis to alleviate SCD pain and discomfort, chronic or acute.

‘My doctor recommended cannabis,’ she says. ‘I discovered it is useful for pain - but certainly not for every SCD

pain I experience.’

Tootie also takes weed from nature’s pharmacy when not in pain.

‘I take it for pleasure as well.’



Indeed Tootie first used marijuana recreationally as a teenager long before its medicinal value was established. For herself, Tootie has

discovered that no amount of cannabis helps once gets into full-blown sickle cell crises.

Over the years, the medicinal use of cannabis has found more and more acceptance in many countries including the United States, Canada, Uruguay, Czech Republic, the Netherlands, South Africa, Jamaica, Spain and Costa Rica with medical authorities backing its therapeutic benefits in the management of various health conditions.

Recreationally, variants of cannabis (colloquially known as *Indian hemp, ganja, weed, grass, marijuana*, etc) have been in long use by artists in the creative industry worldwide - Jamaican reggae superstars such as Bob Marley, Peter Tosh and others make deviant boast of its use, calling for legalization. Africa’s Afrobeat king, Fela Anikulapo Kuti used it too. Most countries like Nigeria where cannabis use is criminalized have begun to relax their censure or the authorities simply look away.

Many do not smoke cannabis directly but add it to stews, teas and vegetables to bring out its full anti-oxidant effects.



INTRODUCING STK RANGE OF PRODUCTS

By Kenneth Yongabi

Professor of Public Health, Infectiology and Phytobiotechnology, Imo State University

Cofounder and Director of Production at STK Biotech Ltd.

STK is coined from the initials of the principal founders of the company. This is meant to symbolize the unique bond they've established between academia, and the corporate sector.

We are an innovative biotech company that not only bridges the gap between research and production, but also provides a holistic environment where Traditional, Complementary, Alternative and Orthodox medicine are synergized for the utmost benefit of the patient.

We aim to provide science-based evidence for medically important phyto-products readily sourced from our communities. We also make available training, laboratory/production space and our expertise for capacity development of researchers in tertiary and other institutions.

We are geared towards producing affordable nature-driven supplements developed solely from locally available bio-resources backed up with

extensive credible research as well as research publications.

Our range of products are:

STK Boosters: a general broad spectrum immune support for Sickle Cell and other autoimmune diseases

STK SKAN: an anti tumor and cancer immune support supplement to support patients undergoing chemotherapy and radiotherapy. It works seamlessly with chemotherapy as a support to revive the system. If you are currently taking chemotherapy for leukaemia, prostate or any form of cancer, add this food supplement to revitalize your system.

STK REV: for diabetes, it works seamlessly with anti diabetic treatments. It is a support supplement for reducing the blood sugar levels in hyperglycemic patients.

STK Phytoimmune: immune support and immune regulatory food and herbal supplement targeting patients with immune deficiency syndromes such as AIDS. It also works with

antiretroviral therapies. It goes a long way to support existing antiretroviral therapies.

STK Hepatozone: an immune support supplement for patients with hepatitis A, B, C, D, E and non viral hepatitis. It also supports liver health.

STK Loose-IT: is a food and herbal supplement that increases metabolism and reduces appetite, thereby allowing the body to shed excess weight.

All STK products are approved by NAFDAC, Nigeria.

CONTACT STK

Nigeria: 3 Palace Road Umualum Uratta, Off MCC/Uratta Road, Owerri, Imo State. **Phone no:** 09090753379

Cameroun: Phytobiotechnology Research Foundation. P. O. Box 921, Bamenda, N/W/R, 00237

Email: info@stkbiotech.com

Prof Umobong

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Sicklax

Prof Umobong's signature herbal supplement for sickle

cell is known as *Sicklax*, with its own faithful clientele and positive testimonials.

With unshakeable faith and trust in traditional medicine,

he has thrown out a challenge to any medical colleague who considers herbal products useless to a public debate on the usefulness or otherwise of natural medicine.

The RICHARD COKER FOUNDATION

<https://therichardcokerfoundation.com>



RCF at Skill Acquisition Centre, Ikorodu, Nigeria

Since its founding in 2004, the Richard Coker Foundation (RCF) has been on the vanguard of SCD awareness activities in Nigeria. Educational and religious institutions, as well as government agencies have benefitted immensely from RCF's SCD advocacy.

ews www.sicklecellnews.com





Otunba Okubena

'Assassination Attempt'

continued from page 11

consult the neophyte's Master – by day they don their all-knowing orthodox medicine gowns, pouring scorn on traditional medicine!

'A former Nigerian Minister of Health (name withheld) diagnosed with leukemia was cured within months by the administration of *sorghum bicolor*,' recalls Okubena.

It was immaterial whether your health challenge was stroke, fatigue, cancer, headache, rheumatism, shortage of blood, sickle cell or whatever, the metaphysician cum tradomedical practitioner applied the same treatment product: *sorghum*! This was known only to the observant learner as the herbalist disguised the active ingredient by making different dyes of *sorghum* solution for different patients/ailments.

When Okubena made his observation known to the

The US National Cancer Institute Dictionary describes Jobelyn as a 'herbal-based nutritional supplement with potential antioxidant, anti-inflammatory, chemopreventive and immunomodulating activities...'

teacher, the latter commended him for his perspicacity and showed him other healing plants and herbs.

Back to base, Otunba Okubena gave the concoction he made from *sorghum bicolor* to a 26-year-old man with sickle cell anaemia and later to a very sceptical medical doctor with diabetes. The positive results the both came back with emboldened Otunba Okubena to dig deeper into herbal medicine, with *sorghum bicolor* as his specialty.

It is 30 years since Otunba Okubena was attacked in his farm and nearly 30 years since he first got to interact with a herbal cure-all known as *sorghum bicolor*. In that time, *Jobelyn* has been raised to the level of scientific medicine what with clinical trials at various medical institutions in Nigeria, Europe and North America. Its ORAC value has been established to be about the highest in the botanical world.

Possibly without the assassination attempt, *sorghum*

bicolor would have remained in obscurity and known only to a small circle of native doctors.

Otunba Okubena brought his education and professionalism to promote the unique blood builder, immune booster and topmost antioxidant from nature's pharmacy now known as *Jobelyn*® (100% *sorghum bicolor*).

It was a proud moment for Otunba Okubena when, in 2020, *Jobelyn* was added to the US National Cancer Institute Dictionary, where the product is described as a '*herbal-based nutritional supplement with potential antioxidant, anti-inflammatory, chemopreventive and immunomodulating activities...*'

.....

For more on *Jobelyn*, visit:

<https://www.healthforeverng.com/post/natural-treatment-for-chronic-inflammation-sorghum-bicolor-leaves-extract>

***Jobelyn* is a product of Health Forever Product Ltd, 11 Dipeolu Street, Off Obafemi Awolowo Way, Ikeja, Lagos State, Nigeria.**

Telephone: 08033376135, 08078516953 website: www.afritradomedic.com



'SCD AVN is different from non-SCD AVN'

Interview with Professor Cyril Omisande

***Lecture rooms at Cyrillic College of Complimentary Medicine*

Your kind of complementary medical services is not that well-known in Nigeria. What brings you to delve into this area of healthcare?

I was lucky to be in India where there are lots of Complimentary/Alternative Medicine Colleges.

Is the cause of Avascular Necrosis (AVN) in sickle cell different from what causes it in other conditions? Is treatment the same?

AVN in SCD is caused by inadequate oxygenated blood to the area. In a non-SCD patient, it is due mostly to accident and limited to the affected leg. In SCD, it is sometimes bilateral (affecting both hips).

How is magnetic therapy different from surgical intervention for AVN?

In sickle cell AVN, we have to open up the blood vessels that supply nutrient to the affected area. Also, we have to stimulate growth of new cartilage. In non-sickle cell AVN, what we do is treat the infection in the joints and stimulate the growth of cartilage.

Magnetic healing encourages the body to heal itself. Our body cells are magnetic in nature. By applying magnet into the body, magnetic vibratory frequency is enhanced; new bone cells are formed, eliminating surgical intervention.

How many individuals with sickle cell have you treated for AVN? Does the treatment wear out over time as in conventional surgery, with the patient having to undergo a surgical review after some years?

How am I going to count patients successfully treated in the course of three decades?! Once a patient is treated and gets better, healing is permanent. No reversal, no wearing out.

Healthy or no, many individuals find it hard to sleep - does magnetic therapy help with insomnia?

Magnet therapy is best not only for sleeplessness but also for pains, epilepsy, migraine and Parkinsonism.

What are the limits of magnetic healing therapy?

Depending on the patient, certain magnetic poles cannot be used during treatment for certain patients:

- *Pregnant women should not have magnets placed on the abdomen;
- *Similarly, a person using pacemakers or electrical implants must keep away from strong magnets.

How have medical doctors reacted to your novel treatment for 'tough' illnesses?

When I started, some thought it was magical. With better understanding, doctors now refer patients to us.

What other 'incurable' health conditions have you successfully treated?

We have treated bone ailments requiring surgery like cervical/lumbar spondylosis/spondilitis, cancer, especially prostate cancer, pelvic cancer and blood cancer, cramps, epilepsy, migraine, stroke and Parkinson's Disease.



GAAF Team Visits Globetrotting Prince Who Became King

... 'Go out there into the street and inform everyone about genotype ...,'

- HRM Oba Ayorinde Ilori-Faboro
Ajiboyede III, Olojudo of Ido-Ekiti

It is common practice to visit a community or town and pay respects to whomever respect is due. In this spirit, the Gabriel Adewunmi Alabi Foundation team paid a courtesy visit to the palace of the Ido Kingdom monarch, Oba Ayorinde Ilori-Faboro, Ajiboyede III.

The Oba related his own sickle cell story; how, despite being warned early on to avoid a carrier in marriage, his daughter came to have sickle cell.

Globetrotter

He was found with sickle cell trait in the process of enlisting into the Nigerian Air Force, and mandated to quit.

After his departure from the Air Force in 1975, the future Olojudo applied to the Nigerian National Shipping Line (NNSL) and became a Merchant Navy Officer/Master Mariner. The NNSL sent him to Ghana Nautical College, Humber College of Higher Education, Hull, and Liverpool Polytechnic, UK for further studies.

For 16 years, the young prince sailed all over the world, touring every European seaport including the ports of London, Middleborough, Newcastle, Roen (France), Le Havre, Hamburg, Bremen, Russia, Romania and others. He also travelled to ports in the USA, Canada and Mexico as well as Japan, Hong Kong, Singapore and others too many to count. Oba Ilori-Faboro's seafaring adventures would put to shame Olabisi Ajala's adventures on land.

Oba Ilori-Faboro has also visited every country in West Africa. But for his ascension to the throne in 2009, nothing, nothing would have overtaken his consuming drive to travel on land and sea. Now he lives a more tranquil existence, happy to serve his people. From earning \$20K/month working in Port Harcourt Nigeria (yes, he was paid in dollars!), he became king, earning a paltry N150K/month! Yet he wouldn't trade serving his people and his nation for material wealth.

Oba Ilori-Faboro commended GAAF's CEO Noble Dotun Alabi for making SCD awareness the central focus of the organization's activities.

Genotype/Sickle Cell awareness, he says, should not be for students and youths alone:

'I advise you go out there into the street and inform market men and women, traders, artisans and okada riders about genotype, and its implications.'

Pastor Dr Ojuola

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Federal Medical Centre, Owo with severe acute sickle cell bone pain. The doctors tried every trick in the textbook but the boys continued yelling in pain. After four days of helplessly watching the teenagers in pain and their mom's plummeting mental health, a nurse whispered Ojuola into her ears and gave her his phone number.

'I insisted on my children's immediate discharge so we could go and see Dr. Ojuola in Akure,' Mrs. Ogonsiege told *Sickle Cell News* in a telephone conversation. 'I signed the papers absolving the hospital of blame in any eventualities and practically carted the children off to Akure.'

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'I know a few patients with sickle cell disease who have been attended to with herbal medicines and are living in their late forties and early fifties with no transfusion, limited or no intake of folic acid and no crisis at all. The question that often comes to my mind is 'could they have been cured?'

Kenneth Yongabi

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I know a few patients with sickle cell disease who have been attended to with herbal medicines and are living in their late forties and early fifties with no transfusion, limited or no intake of folic acid and no crisis at all. The question that often comes to my mind is 'could they have been cured?'

By and large, with a proven herbal medicine for sickle cell anaemia, if a patient doesn't run into frequent crisis, lives healthy and up to 70 years or more, I really would not bother about a reversal of the genotype.

What do you think is the future of herbal/plant medicine for SCD treatment?

I think the future is bright but delicate. Bright in the sense that there are many herbal medicines and claims for the treatment and management of SCD across Africa. There are more than 300,000 medicinal plants in Africa of which many may have anti-sickle cell activity.

The future of herbal medicine for treating SCD in Africa is

delicate in the sense that up till now, African health care authorities have not made significant effort in integrating herbal medicine for SCD treatment into the continent's health care structure.

To do this, scientific validation must be activated, standard operating procedures and health policies must be clearly put in place. At the moment, there isn't enough going on, clearly putting a bright future for SCD herbal therapy in jeopardy.

Can you say more about the phytochemical for SCD you are associated with in Nigeria?

The Phytochemical is produced by STK Biotech Ltd, Nigeria. It is a biopharmaceutical composed from organic extracts of food plants, herbs, and edible mushrooms. The bioactive compounds in the phytochemicals range from lycopene, beta glucans, beta carotene, 1-6 beta glucans, and a panoply of nutraceuticals. The anti-sickle cell activity and immune stimulatory activities have been characterized vis-à-vis a known drug control such hydroxyurea, vitamin B complex and folic acid. It has no adverse side effects except when dosage is abused.

There is evidence of activation of stem cells and reduction of oxidative stress often encountered by SCD sufferers. It has a rich source of antioxidants and paradol, a compound from one plant that exhibits anti-inflammatory and pain relieving properties compared to paracetamol. Patients have encountered less or no blood transfusion in their six months of administration. There has been a great synergy taking this phytochemical with hydroxyurea as it mops up the later's side effects. Increased appetite and weight gain has been reported while on this herbal supplement.

What are the limitations of herbal medicine in sickle cell treatment and management?

We do know that science considers anecdotes in medicine as claims despite observable experiential benefits. There is very limited empirical proof of herbal medicines in the treatment of SCD. Apart from this, herbal medicines claimed for treating and managing SCD require validation, regulation and clinical studies to ascertain specificity and toxicity limits in the therapeutics as well as validated treatment doses.



US National Football League Players Spotlight SCDAA

... Through *My Cause,
My Cleats* program

San Francisco 49ers running back Tevin Coleman and Arizona Cardinals linebacker Markus Golden will support the Sickle Cell Disease Association of America (SCDAA) through the NFL's *My Cause, My Cleats* program by wearing custom-designed cleats with inspirational artwork and messages to raise awareness and engagement around sickle cell disease.

'We're thrilled and grateful to Tevin and Markus for

'I know how important it is for people affected by sickle cell to receive high quality healthcare...'

recognizing the SCDAA on their cleats this year,' said Regina Hartfield, SCDAA's president and CEO. 'The visibility and support mean so much to us and the thousands of families living with sickle cell disease across the country.'

Coleman is an eight-year veteran running back in the NFL. For him, supporting the SCDAA means supporting his daughter.

'As the father of a child who lives with sickle cell disease, I know how important it is for people affected by sickle cell to receive the high-quality health care and support they need and deserve. I'm proud that my cleats this year will help support the SCDAA and also recognize the strength of my daughter, Nazaneen, who inspires me every day,' Coleman said.

Coleman worked with footwear artist and designer Dan Gamache, known as 'Mache,' to create cleats honoring those who inspire his commitment to help improve the lives of people with sickle cell. The cleats include the name of Coleman's 5-year-old daughter, Nazaneen, and her favorite animal, a purple butterfly, alongside sickle cell

imagery in the style of Hertz Nazaire, a renowned artist and sickle cell warrior. The cleats will also feature SCDAA's logo and a unifying hashtag, #SickleCellMatters.

SCDAA celebrity ambassador, Golden has featured the organization sickle cell causes on his cleats in past years.

'Sickle cell disease is a condition that's often forgotten, but it profoundly affects so many families across America,' Golden said. 'I lost my cousin Jonah at only 10 years old to the disease, and that's why I'm so driven to bring attention to sickle cell disease.'



Regina Hartfield
SCDAA President/CEO



**Asimot Ayinke
Ola
Descendants
Donate
Hematocrit
Machine to
Hospital**

12 Oct 2022

The Descendants of Asimot Ayinke Ola have donated a Hematocrit Centrifuge Machine to improve clinical services at State Hospital, Abeokuta, Nigeria. The machine was donated through the auspices of Aglow Sickle Cell Club for the benefit of individuals and families with or yet to be identified with SCD in the ancient town.

Presenting the machine to Aglow's Treasurer, Mrs. Olufunmilayo Amoke Laditan, on behalf of Asimot Ayinke Ola Descendants, Mrs. Raolat Adenola said the donation was a gesture of the family's support for people living with SCD. In turn Mrs. Laditan

handed over the machine to Dr. Bababunmi Osifolajin Osinaike, the Medical Director/CEO of State Hospital, Abeokuta.

Mr. Yomi Maja, a descendant of the family, told *Sickle Cell News* that the essence of the donation was to 'complement the effort of the state government in meeting the needs of the sickle cell community.'

Other descendants of Asimot Ayinke Ola include Mrs. Olaide Dada, Mrs. Nike Odukoya, Mrs. Olaide Oguntuase and Pharm Dr. Mrs. Elizabeth Olufunke Oyeneeye. Representatives of the second generation of Asimot Ayinke Ola were also on hand physically or virtually, to witness the machine handover ceremony.

Hematocrit Centrifuge Machines are used to determine the level of red blood cells in circulation and invaluable in biochemistry, genetic and general clinical tests.

Aglow Sickle Cell Club was founded in 2004 by Dr. Mrs. Elizabeth Olufunke Oyeneeye.



Mr. Yomi Maja

SOM FOUNDATION

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Complimentary Medicine Dept, Federal Ministry of Health, and former Managing Director, Nigerian Medicinal

Plants Development Company, Pharm Zainab Ujudud Shariff, encouraged patients and caregivers to embrace herbal medicine for the management of SCD. SOMSCF Founder/Chairman,

Sickle Cell Warrior Mallam Shehu Olaitan Mohammed, FCA, pledged the organization's commitment to providing health insurance for indigent sickle cell warriors as well as intensify its *Know Your Genotype* campaign.



GAAF IN EKITI STATE

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Prof Sanya (left) at Eyemote Comprehensive High School

Professor Sanya advised students to ascertain their genotype at minimum three standard laboratories to forestall the lifelong cost of being given the wrong result and the heart-wrenching stories that often follow.

He then went on to encourage students living with sickle cell anaemia to keep away from processed food products.

'Preservatives and chemicals in processed foods are incompatible with the maintenance of good health.'

He similarly cautioned against the unbridled intake of a popular vegetable, *ugu*, citing its high iron content.

'This vegetable might be ok for the pregnant sickle cell warrior

but is certainly not suitable for everyone.'

Rounding up, Professor Sanya challenged everyone living with sickle cell to adopt a wellness self-motivating spirit: 'Tell yourself that

'Though a thousand fall on your left and ten thousand fall on your right, tell yourself you will neither fail nor falter.'

Community Visit

The GAAF team paid a visit to Oloje, a rural community which hosted the organization's vast farmland. The community's sovereign, Oba Peter Falade commended GAAF for blessing his people not only with food palliatives but also with basic information about genotype and its wide-ranging sequelae.

Young Oloje residents identified with sickle cell anaemia automatically became wards of GAAF, the organization taking up the responsibility of their medical treatment.

2023

From 2023, GAAF plans to extend its genotype/SCD sensitization campaign to other states in Nigeria, notably Lagos and Oyo. Already at work in Ghana, the organization has a scheduled event coming up in Banjul, Gambia in April 2023, similarly targeting students in secondary school.

With these annual events spanning the West African subregion, GAAF is fast positioning itself as Africa's most vibrant SCD advocacy charity.

WE CURE SICKLE CELL

- Pastor (Dr.) Ojuola's signpost as found in or near many towns/cities in Nigeria



'I Don't Care For A Cure!'

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It is 9 years since that day and neither of the boys has had any blood transfusion (as they used to do on a regular basis) and none has experienced any SCD illness episode to speak of.

Have the boys been cured - has the family taken them to repeat genotype tests?

Yes, replied Mrs. Ogonsiegebe, the results are inconclusive - the laboratory scientists invariably say

they are unable to come up with a definitive result!

'I don't care that much for a pair of letters on a piece of paper - my sons are as good as cured!'

The good, the bad, the absurd ...

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Half way into the prescribed prayer session, an 'Elder' joined the conclave with a broom, which he used mercilessly on the child.

'As the child yelled in pain,' recalls Mrs. Chi Obinna, 'I lost my head and snatched the broom from the so-called Elder!'

Mr. Obinna too was beside himself, but kept his emotions in. The essence of the exercise, he was told, was to rid the boy of the demons which tormented him with illness.

When all her three children with sickle cell anaemia fell ill together six months ago, and there was simply no money to buy the cheapest medicines (*folic acid* and *paracetamol*), single mom Madam Uju consulted an imam cum medical

herbalist with a practice at Ojoo in Lagos. He prayed for the children and asked the mom to pick up any sizeable *ako okuta* (a smooth rock) as she went home.

'He instructed me to wash the stone well and drop it into boiling water, which the children were to drink after it had cooled.'

The children got better by and by and returned to school. It was like a miracle. Madam Uju still uses the stone water therapy whenever the children showed any signs of illness.

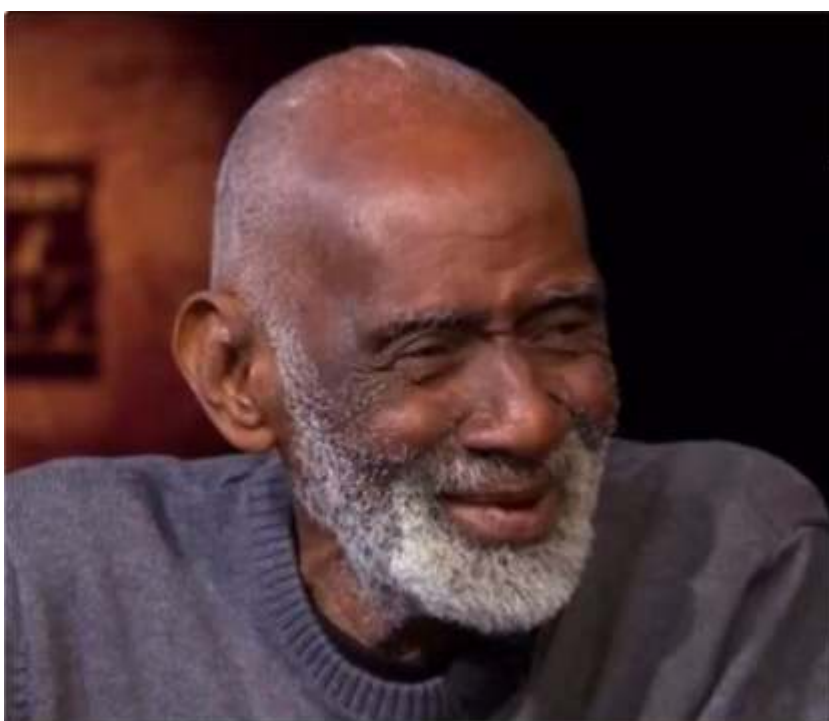
To Enugu five-year old Tochukwu went with his parents to consult a TMP. Treatment took less than 30 minutes. It involved draining a quantity of 'bad blood' from the patient's abdomen. Somehow, the child who used to be frequently ill, hospitalized and in need of blood transfusion, constantly absent from school, became stable for a few years before his SCD

symptoms resurfaced. He is now on a surgical waiting list.

In Onitsha, Nigeria, is a TMP who trained in India. Alhaji Bello Bwari took the first of his two children with SCD for a test treatment. Within a few months, he announced the good news on an SCD Community group: 'My son has been cured - his Hb has changed to AA!'

When *Sickle Cell News* approached him for an interview, he declined but volunteered the TMP's number. The TMP turned out to be someone *Sickle Cell News* had long been in contact with, seeking access with any of the patients he has cured. No dice.

In Nnewi is yet another TMP, a PhD in Pharmaceutical Chemistry. Over the years, he had sent *Sickle Cell News* laboratory test results of sickle cell patients he cured. Like with practically the entire fraternity of TMPs, access to patients is another matter entirely.



In Memoriam

'Dr. Sebi' Alfredo Bowman: 1934 - 2016

Celebrity medical herbalist Alfredo Bowman is still revered by his clients but reviled by America's - and the world's - pharmaceutical powers. His clients included Michael Jackson, Eddie Murphy and many others.

Nicknamed 'Dr. Sebi', Alfredo Bowman never went to school. Born in Honduras with the asthmatic health challenge, by the time he was 27 years old, he was, by his own admission, diabetic and impotent and suffering from a chain of mental health troubles which included schizophrenia.

Dr. Sebi's healing occurred when he consulted a 94 year old Mexican herbalist who told him about the importance of seafood in health restoration and maintenance.

Dr. Sebi nursed himself back to health by strict adherence to 'foods from nature' and observing regular fasts with water. Thereafter, he ventured into herbalism espousing a healing system he dubbed the 'African Bio-Electric Cell Food Therapy'.

In the late 1980s, Dr Sebi advertised in New York newspapers how his novel cell food replacement therapy treated and cured arthritis, asthma, cancer, HIV/AIDS, diabetes, sickle cell anaemia, epilepsy, herpes, heart disease, paralysis, leukemia, mental disorders, obesity, tumors and other health conditions.

The advertisement brought him at odds with the law, with the New York Attorney-General docking him for making unverifiable claims. Surprisingly, the judge acquitted him when he managed to convince her that the spark behind every disease condition was the accumulation of mucus.

'The cause of illness is one,' he used to say, 'but the manifestations vary.'

Among Dr. Sebi's clients were pop star Michael Jackson and comedian Eddie Murphy.

Based on his mucus thesis, Dr. Sebi warned against foods that produced mucus especially starch, glucose and synthetic sugar. He was self taught in Biochemistry, immunology and botany and encouraged people to eat more of alkaline diets to improve health.

The man who was impotent at 27 grew to recoup his libido and had several wives and 22 children, the last child when he was 81 years young!

With clients around the world, Dr. Sebi became famous and wealthy. He passed away in 2016 at a Honduran jail where he awaited trial for money laundering.

Although most of America's pharma still vilify him as a quack, medical and nutrition authorities worldwide endorse the consumption of the same type of diet Dr. Sebi championed all his life.

ALKALINE- PRODUCING FOODS

- ☞ Fruits & vegetables
- ☞ Unsweetened fruit juices
- ☞ Non-starchy vegetables
- ☞ Almond milk
- ☞ Almond oil
- ☞ Coconut oil
- ☞ soda water

MUCUS- PRODUCING FOODS

- ☞ Sugar and sugary treats
- ☞ Red meat
- ☞ Caffeine
- ☞ Alcohol
- ☞ Dairy foods & products
- ☞ Fried foods
- ☞ Wheat

LIVE LIFE TO ITS FULLEST AVOID CRISIS

INTRODUCING JAY-VYTE ANTI-SICKLING
HERBAL REMEDIES



Testimonies from Satisfied Users

Since my son started using Jay-Vyte he has become very strong and energetic. He sleeps well and has good appetite. Within four weeks his PCV improved from 9% to 23% without blood transfusion..
-Mrs. Adeyemi (Mother of SS patient)

Am amazing experience was when went for my NYSC Orientation Programme. had no drug with me except Jay-Vyte. I participated n all the events. It was unbelievable I had no crisis or body pans. I will not hesitate to recommend it for all.

THE STORY OF 'JAY-VYTE' ANTI- SICKLING HERBAL REMEDIES

Thoroughly disappointed with orthodox medicine, family goes into research to find a reprieve at all costs for two sons affected with sickle cell anaemia.

*By Ibijoke O:
+234 8036672365*

Necessity, it is said, is the mother of invention. And as the Jamaican popular reggae artist, Jimmy Cliff sang, 'Who feels it knows it'.

I have two sons who are warriors. Because they were exclusively breast-fed for the first six months of life, they did not experience crises early on.

But from the age of six and thereabouts, it was a constant battle, especially with my first son. We were always in and out of hospitals (public and private) with the attendant financial, emotional and physical costs. Not counting daily and weekly regimen of drugs. On an occasion, as a toddler, my son

was on oxygen for about a week at the Lagos University Teaching Hospital (LUTH). He is now in his 20s, hale and hearty.

Crises which used to be two to three times in a year grew to bimonthly and later monthly. We were practically living in hospitals. There was practically no drug we did not try. Sometimes, the boys would be discharged while still in pain - the hospital could do no more!

It was when all orthodox medicine proved to be of no use to us that we got to know about herbal remedies. What seemed to be intractable

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INTRODUCING *ROTISAN*: A TRIPLE-ACTION HERBAL THERAPY FOR SICKLE CELL DISEASE

By Professor Joseph Olurotimi Sanya (MB.BCH,
M.Sc, Ph.D, NPOM)
Professor Of Human Physiology

ROTISAN is a herbal therapy into which I have conducted research since 1987. I picked interest in sickle cell disorder while working in a General Hospital in the old Ondo State, Nigeria.

My interest grew rapidly after watching many of the sickle cell patients in agony and some coming repeatedly for blood transfusion. A particular three-year-old female patient was transfused thirteen times within twelve calendar months. Believing strongly that there must be local remedies for such disorders, I made enquiries within the local population.

My search led to the discovery of many ethno-pharmacologically derived herbal mixtures. The research then began in earnest and eventually led to choosing *ROTISAN* as the most promising anti-sickling agent among the whole lot. Since the agent had been used for generations among the local populace, the clinical trials, so to speak, were started right away, the three-year-old girl being the first patient to try the

product on.

The girl did not receive any further blood transfusion for the following three years. Several other patients have since benefited from the product. *ROTISAN* has proved to be a potent anti-sickling agent since the research began.

In order to further subject the herb to scientific study, I based my Ph.D Thesis (2007-2010) on it.

Apart from establishing the anti-sickling property of the herb, the study further led to discoveries of other therapeutic properties of the herb such as: anti-inflammatory and analgesic activities. The thesis also afforded me the opportunity to conduct the phytochemical analysis of the herb.

The study looked into the toxicity profile and therapeutic index of the herb, and confirmed that it was non-toxic even at very large doses in the animal models studied, hence safe for human consumption. Being an ethno-pharmacologically derived

herb, as stated earlier, was also an anecdotal evidence of the safety of the herb.

Application of the herb was therefore continued for sickle cell disease. Further study also revealed that it is equally effective for other variants such as Haemoglobin SC and CC. As of date, close to one thousand patients have taken the herb, and the outcomes have been very promising.

The herbal remedy is prepared as an aqueous extract without any additives. It is presented in its natural form.

In summary, *ROTISAN* is a herbal product with high anti-sickling activity and which also possesses anti-inflammatory and analgesic activities as well. It is therefore a novel triple-action drug in the management of the manifestations of sickle cell disease.

To obtain *ROTISAN*,
contact:
SANYA CLINIC
ADO-EKITI
EKITI STATE, NIGERIA
08163954035

The first patient to take *ROTISAN* was a three-year-old who had been transfused 13 times in the previous 12 months. On administration of *ROTISAN*, she did not receive any further transfusion for the following three years. The product benefitted other patients in other ways



Presenting SOLAMIN (HERBAL EXTRACT FOR SICKLE CELL ANAEMIA)

By Balosibina Osigbodi
Esoma Herbal Research Institute, Abuja, Nigeria

The vision of Esoma Herbal Research Institute is to research into herbs that are useful for various ailments which should be beneficial to humanity.

One of our notable achievements is SOLAMIN – Herbal extract for sickle cell anaemia.

Clinical Evaluation of SOLAMIN, was headed by Prof. H.A.B Coker, at Natural Medicine and Molecular Pharmacology-Biotechnology Laboratories – College of Medicine, University of Lagos, Nigeria.

Results obtained in the study showed that SOLAMIN demonstrated sickling prevention and sickling reversal activities when incubated with HbSS erythrocytes within the concentration range 0.25mg/ml – 0.5mg/ml. Average or percentage sickling inhibition of 89.56 – 97.95% was obtained using extract concentration of 0.25mg/ml – 5.0mg/ml, whilst the same concentration range gave 63.82 – 84.00% sickling reversal.

SOLAMIN is formulated from

three plants. Phytochemical investigation of SOLAMIN revealed the presence of the secondary metabolites of the groups: saponins, steroidal glycosides, anthraquinone glycosides, alkaloids. Phenolics were not confirmed.

The research work is based on strong promising scientific and clinical evidence which suggests that plant-derived medicines that have been used for centuries are validated for use in improving the quality of life of persons affected by Sickle Cell Disease

The followings were observed on the use of SOLAMIN:

- 👍 Complete elimination of crisis.
- 👍 Greatly enhanced physical development with the total elimination of fragile looks/nature.
- 👍 Effects, such as leg ulcer, protruded tummy are completely eliminated when on SOLAMIN
- 👍 SOLAMIN combines well with routine and orthodox drugs without any side effects. It does not have any short or long term effects because none has been



reported even after many years of use.

👍 Toxicity and stability tests were carried out by National Institute for Pharmaceutical Research and Development (NIPRD), and the University of Jos, respectively.

SOLAMIN, with NAFDAC number: A7-1090L, is currently sold in various sales outlets, both in Nigeria and Abroad (USA and UK), Pharmacies, and Government Agencies in Nigeria.



Ayurveda and T-AYU-HM Premium Formulation

By Dr. Atul Desai BAMS,FIIM,PhD

Ayurveda is a therapeutic system with historical roots in the Indian subcontinent. Ayurveda is heavily practiced in India and Nepal, where around 80% of the population report using it.

Ayurveda therapies include herbal medicines, special diets, meditation, yoga, massage, laxatives, enemas, and medical oils. Ayurvedic preparations are typically based on complex herbal compounds, minerals, and metal substances (perhaps under the influence of early Indian alchemy or rasashastra). Ancient Ayurveda texts also taught surgical techniques, including rhinoplasty, kidney stone extractions, sutures, and the extraction of foreign objects.

The current healthcare system is focused on disease management. Our current approach to treatment begins only after the diagnosis, and then attempts to treat the symptoms and prevent the progression. Despite increased global healthcare spending, there has been an increasing incidence, and severity of

impaired health of the populace. This progressive deterioration in general health has created an unsustainable increase in healthcare costs that has hampered the economy. Much of the rising costs in healthcare are secondary to treating the progression of preventable diseases and focus on creating new treatments.

There has been an ongoing discussion of incorporating a 'defense' or prevention as part of our health system. However, there are few established guidelines beyond tactical use of vaccination in known infectious diseases and screening for chronic diseases and cancers. Ayurveda has the core competency and strategy for prevention of disease. Sushruta has propounded the laws of health, which are unknown to the current healthcare system.

T-AYU-HM Premium

The world's first patented anti-sickling medicine **T-AYU-HM Premium** is a Herbo-mineral formulation potential to act as

anti-sickling medicine. It Comprises vital herbs like *Calyx of Mica*, *Calyx of iron*, *Terminalia chebula*, *Zingiber officinale*, *Punicagranatum*, *Asparagus racemosus*, *Piper longum*, *Myristica fragrans*, *Leptadina reticulata*, and *Tinospora cordifolia*.

The **T-AYU-HM Premium** formulation has the potential to improve the quality of life in patients with sickle cell anaemia. The formulation has already been tested for In vitro assay, preclinical safety studies, immunomodulatory activity study, completed a clinical trials and reported case studies of its therapeutic efficacy are already

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Dr. Atul Desai



T-AYU-HM Premium
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completed. All standardization and preclinical studies are evaluated as per the standard AYUSH guidelines. Hemolysis, cellular hyper-adhesion, oxidative stress, sterile inflammation, endothelial dysfunction, hemostatic activation, and blood hyper viscosity are only a few of causes of sickling. This makes sickle cell disease patients hypercoagulable in times of need. Preventing this has therefore become crucial in the

care of sickle cell patients.

India belongs to a rich ancient, traditional system of medicine. The traditional ayurvedic medicine **T-AYU-HM Premium** from literature review showed a pivotal role in the management of sickle cell anaemia.

Sickle cell anaemia is a type of haemoglobin disorder causing morbidity and mortality in India. Considering the rising cost of healthcare, a haemoglobin disorder demands a safe and affordable management solution.

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T-AYU-HM Premium tablets exhibit safety and efficacy at a preclinical level as well as clinical level. The patient experiences remarkable improvement without frequent painful crisis, frequent blood transfusion, and fewer hospitalization, if at all. This is indicative of the safety and effectiveness of the product.

*Dr. Atul Desai runs the
Dhanvantari Clinic Ayurveda
Health Care and Research
Centre & Dhanvantari
Integrated AYUSH Day Care
Centre for Sickle Cell Anaemia
in India*

J-VYTE

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suddenly became ameliorated. But we found out the person selling us the herbal products was capitalizing on our predicament to rip us off. However, compared with what we spent at hospitals, it was 'a steal'.

This led me personally into further research. Online. Offline. Consulted practitioners (orthodox and alternative). Attended seminars, workshops

etc. Tried, tested various compositions, formulas. My two Warriors were the 'guinea pigs' until we perfected it.

Crises, hospitalization became few and far between. My sons became healthier and livelier. Physically, they do not exhibit any trait of a Warrior. The both are even into martial arts.

Later, we started giving it to others to try. Within a short time they reported tremendous improvement. In particular, a woman whose husband abandoned her due to frequent

crises and endless transfusions, became re-united when the man learnt of her improved health. Our records are stock full of positive testimonials.

Jay-Vyte is 100% natural with no side effects. It is available in powder and caplets.

Other products available in the Jay-Vyte arsenal include:

- *Anti-malarials
- *anti-diabetics
- *anti-hypertensives
- *anti-asthmatics



Nutritional Support for People With Sickle Cell Anaemia

By Dr. Paul Dabney, NMD, MPH, M.Ed

Conventional medicine does an excellent job at addressing many of the symptoms of SCA to a degree. However, many physicians fall short of investigating how effective vitamins, minerals and supplements can be toward alleviating signs and symptoms, especially pain crisis, for those suffering from SCA.

Many people with SCA are deficient or have limited access to many health-enhancing nutrients and supplements.

My health plan for SCA includes recommendations of high-quality nutritional supplements, herbal medicines, and naturopathic products to support individual patient's medical needs.

Nutritional Support For Sickle Cell Anaemia

Magnesium. Magnesium is a very important mineral because it is responsible for many functions, including calming the body, maintain red blood cell (RBC) shape, and supporting the immune system. Studies have shown oral magnesium therapy may reduce RBC dehydration

(sickling effect), widen blood vessels, and prevent recurrent painful crisis.

Folate Acid & Vitamin B12. These nutrients can assist with RBC development and lower production of *homocysteine* -- a toxic product that accumulates in the blood stream -- increasing risks of cardio-vascular problems and damage to organs.

Vitamin B6: B6 can also reduce homocysteine levels and sickling of RBC.

Antioxidant Vitamins: Vitamins A, E, and C are antioxidants that protects all cells from being damaged from free radicals. SCA patients who lack these antioxidants increase the risk of SCA symptoms and cellular damage.

Zinc: Zinc decrease red blood cell damage and sickling effect, boost immunity; and improve healing time, especially for those SCA patients with wounds.

Fish Oil: Fish oil or omega 3 fatty acids can improve the cell membrane integrity and thins the blood.

Foods Rich in Thiocyanate: Scientists are now beginning to understand that foods rich in thiocyanate (such as African yams, cassava, beans, plantain, millet, and sorghum) can reduce the painful SCA crisis by lowering sickling effects.

L-Glutamine: L-Glutamine is a powerful amino acid that improves patients' blood flow and energy, in turn, they have fewer crises, episodes of acute chest syndrome, and hospital stays.

Niacin: The hallmark characteristics of SCA are poor blood flow due to microvascular obstructions and elevated bad cholesterol, leading to inflammation and organ ischemic damage. Niacin (B3 vitamin) that has the capability of lowering bad cholesterol, improve blood flow; and promote anti-clotting and anti-inflammatory effects.

Dr. Dabney runs thriving naturopathic medicine consulting practices in Decatur and Doraville, GA, USA

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Introducing the 'SCD' CAPSULE

By SALIHU IDRIS BABA (A.K.A, Dr Natural)
BMLS, TMP, NCPNM/APCAM

Sickle cell anemia is one of a group of inherited disorders known as sickle cell disease. It affects the shape of red blood cells, which carry oxygen to all parts of the body. In sickle cell anaemia, some red blood cells are shaped like sickles or crescent moons. These sickle cells also become rigid and sticky, which can slow or block blood flow. Major symptoms of a sickle cell crisis include breathing problems, severe bone pains (vaso-

occlusive crisis), Headache, dizziness, tiredness, Painful erections in males, yellowness of the skin or eyes (jaundice) and so on.

SCD (Sickle Cell Disease) Capsule is a well researched 100% pure organic natural product. It is produced from a mixture of herbs and spices and designed to augment synthetic drugs for the management of sickle cell crises and complications. We sell

wholesale and retail.
Worldwide Delivery.

- A Medical Lab Scientist and Naturopath, Salihu Idris Baba is CEO, Abu-Musab Herbal Network) and Member, Nigerian Council of Physicians of Natural Medicine /Association of Physicians of Complementary and Alternative Medicine

USER TESTIMONIAL

'My 14-year-old daughter used to have severe, frequent attacks of sickle cell crises 3 to 5 times a month; but since she began taking 'SCD' Capsule, she has become more energetic, healthier and no crises attacks or hospitalization for the past six months.'

- Mallami Haruna, Gwandu LGA, Kebbi State, Nigeria (+2349035556685)



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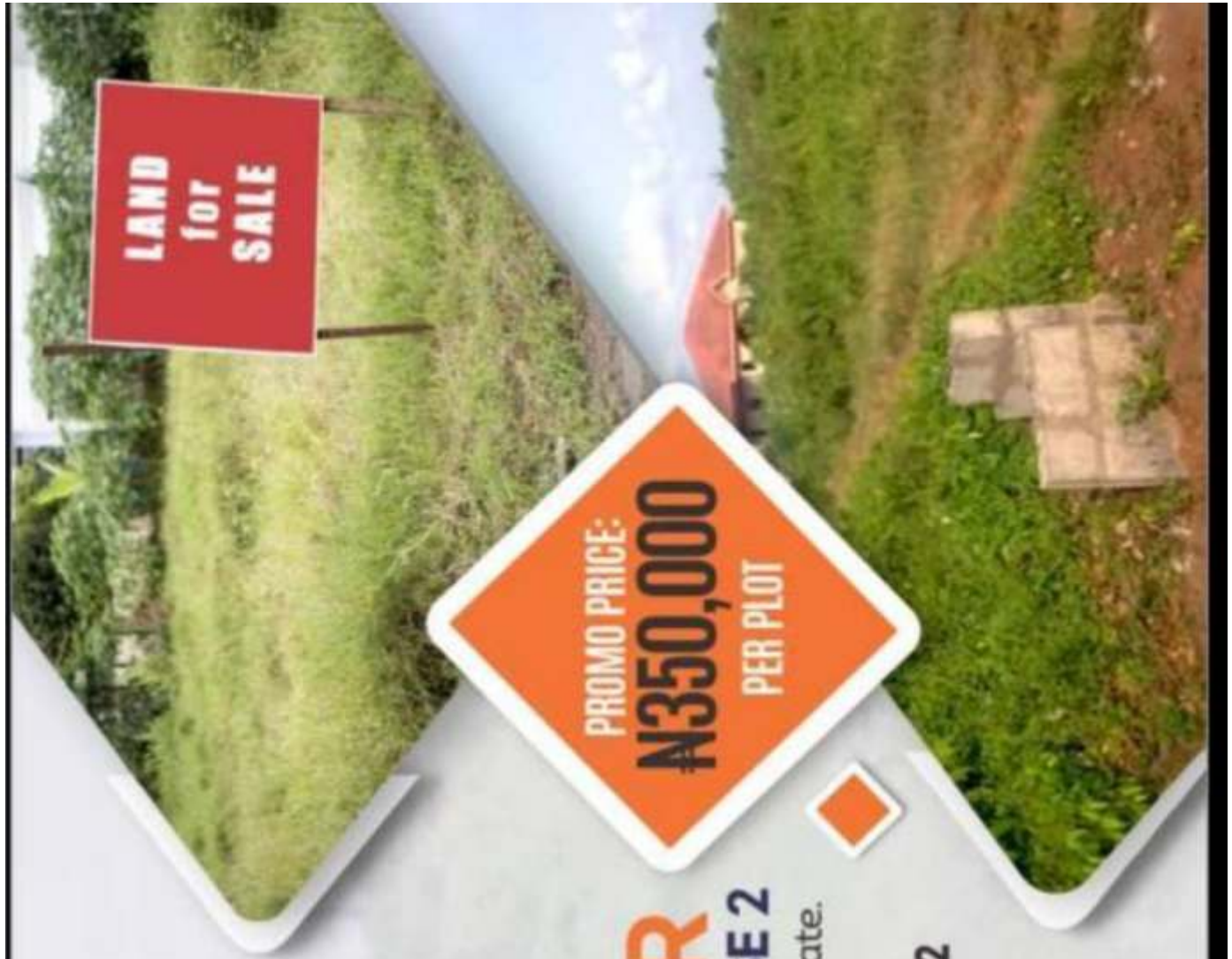
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Introducing STILE HERBAL SOLUTION

STILE HERBAL SOLUTION contains alkaloid salts, saponins, polyuronides, coumarin derivatives and tannins, all scientifically proven to be crucial in the management of sickle cell. Alkaloid salts, for example, is effective in pain suppression and relief.

Developed by Herbal Research expert, Dr. Kimbugwe Amans Michael, The SOLUTION was rigorously tested and approved by the Uganda National Drug Authority.

Testimonials abound as to its effectiveness in stamping out sickle cell crises. Excellent results have been achieved within a short period of the administration of this unique herbal supplement.



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