

# THE NATURAL SECRET OF HEALTH INVESTMENT



By **O R U I K O R**  
**G A B R I E L J E R E M I A H**

# THE NATURAL SECRET OF HEALTH INVESTMENT

*LIZ GRAPHICS : 90 47 77 64*

## THE NATURAL SECRET OF HEALTH INVESTMENT

THE NATURAL SECRET OF HEALTH INVESTMENT

---

---

**© 2020 ORUIKOR GABRIEL JEREMIAH TEL:  
2348132030519  
ISBN: 978-5-7654-876-7-1**

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, manual, mechanical, photocopying, recording or otherwise without the prior permission of the copyright owner.

# *Content*

**FOREWORD .....**

**DEDICATION .....**

**INTRODUCTION**

**.....**

**CHAPTER 1 ...Health Reality of Unripe  
PawPaw**

**CHAPTER 2 ...The reality of Green  
Coconut water in Health**

**CHAPTER 3 ...Unripe Plantain and  
Health**

**CHAPTER 4 ....Cucumber Seed and  
Health**

# CHAPTER 5 .... General Health Essetials

## FOREWORD

I am really very happy to see my own Man put down a piece of information concerning our health. The foods you choose to eat can have a direct impact on your ability to enjoy life to its fullest. Perhaps the most obvious positive effect of food is the pleasurable feeling you get from eating a good-tasting meal. It might be a plate of grilled chicken, corn-on-the-cob, fresh vine-ripened tomatoes, and a baked potato, or a steaming dish of spaghetti topped with a zesty tomato sauce.

Your diet can have long-term effects on your health as well. Diet plays a major role in promoting and maintaining good health, preventing some chronic diseases and treating others, and speeding recovery from injuries. In earlier times, diseases such as goiter and pellagra were relatively common— both are caused by nutritional deficiencies and cured by diets containing sufficient amounts of a particular nutrient. In the case of goiter, iodine is the missing nutrient; with pellagra it is mainly niacin, a B vitamin. These diseases are rare today in the

United States because most Americans get enough of these essential nutrients in their diets. Although it is unlikely that you or your family will ever suffer from an illness caused by pronounced dietary deficiency, the foods you eat can exert more subtle and, in the long run, no less harmful effects on your health.

The Author considered major fruits and their values to our health. He fully described fruit natural contents , uses and implications on the physiological system of human . He recognized the effects of healthy life styles and gave simple procedures to follow them for effectiveness. According to him, just taking fruits is not enough but having the correct percentage the body needs. He described the bad effects of using some fruits in an abusive way and based on a person's condition.

The power of natural fruits to health cannot be overemphasized. Health is wealth if properly taken care of .

This book is a manual to teach us many skills and ways to take care of our health .

This book is prepared skillfully to help the public on how to use natural things to improve their health and as well as investing into a life full of good health .

**Dr. FLORE EWANE (MD)**

**Faculty of Health Sciences , University of Bamenda.**



## DEDICATION

I Dedicate this book to my partner, Dr Flore Ewane Midjane.

## ACKNOWLEDGEMENTS

My profound gratitude goes to God the Father, Son and Holy Ghost, the author of my inspiration and wisdom .

I most gladly appreciate the following peoples: Mr and Mrs Oruikor Alfred Jeremiah , my biological parents, they nurtured me with all I need to grow and be useful to the society today, Pst. (Engr) Tony Chuks Okorie my spiritual Father and the Founder of Jesus Witness International Mission ,who has been nurturing me spiritually and otherwise . His effort in my spiritual upbringing is the result of this book. Dr Flore Ewane , my soul partner who stood behind me in times of special needs and encouragement .

Dr (Mrs) Jeanne-Frances Maduakor the Director of Abundance Private Schools and Matron of CBPMI. She is a huge supporter to me both in my Ministry and personal life . Chief George C Iboroma the ruler of Ikagak Family , Snr. Ap. Alfred Oruikor Alfred and Ap. Oruikor Ephraim my loving Uncles , they are very supportive even in my education.

I am glad to recognize Dr. Timothy , Dr. Jude E, Nkombi Ewane Nadine espouse Ngonu, Pst . Useful A, Pst. and Mrs Daniel Okoh,the G. O of Pillars of fire Ministries, Snr. Ap and Prophetess Michael Kalu Oko , Rev and Evang Jehoshaphat Omaka, the G. O of the Good Shepherd Missions, Pst. Mrs. Mavis Tony Chukwu, Ap and Pst John Akanu, the G. O of Divine Grace Church, Bro. Ndukwo Uka Anya, Mr And Mrs Agoh Apollos, the director of God seed International Schools, Ap. Kingsley Ebere Kalu Head steward at Fresh Word of life and Faith Mission International, Bro Izu Alphonsus Opurum, Mr and Mrs Chike Chinedu, Henry Okafor and Dr. Stephen Nwawolo, the DVC Hill City University Benin , for their supports and love.

I will not fail to recognize my second Father , ASS. Oruikor Nsan Jeremiah . He is indeed a big brother to me both in finance and encouragement

Mr. Maxwell Wisdom , always encouraging me not to give up and today I am here. Evang. Glory Eke ,Pst. Jacob Chukwu and Pst. Blessing IHEME my co workers in CBPMI. Pst. Tonybede Ohaeri of the House of Victory Bible Church, he is a Mentor

indeed to me and has really affected my life with the gospel of Jesus . Rev. Dr and Pst Godwin Onwe, the Founder of Christ life Tabernacle. He has contributed immernsly to the outcome of this book. Rev. Dr. Emmanuel Azu, the President of Christ Evangelical Team, ThankGod Ikor George my Academic mentor . Mrs . Ikpe Nathan, the typist of this book and Secretary of CBPMI Nigeria and Rev. James Okechukwu, the Director of CBPMI Nigeria, Snr. Ap. George Ikor, Mr. Moses Oruikor, Mr John Nrioh, Enock Eli, and Alison Phaniel.

Most importantly , I warmly appreciate all my Teenagers and Children in CBPMI.

## INTRODUCTION

It is often said “Good things are always bitter to achieve”. Natural materials played major roles in our wellness. Fruits are good as agreed and known by many peoples. But the true values of some fruits are not known by many people.

Most of the contents found in some drugs used for health care and treatment of illnesses or diseases are derived from fruits.

The importance of maintaining good health can't be stressed enough. A healthy body sets the stage for your day-to-day well-being and determines how well you'll age. It also allows you to live an active and more full life, which means you'll have a better quality of life as you age.

Maintaining a healthy body is the best way to have an active and full life.

A healthy body requires a mix of a balanced diet, regular exercise, quality sleep, mindfulness and, of course, a healthy lifestyle.

Maintaining a healthy body is the best way to have an active and full life. It's the most important thing you can do to stay healthy as you age.

When you're young, it's easy to take your body and your health for granted. However, as you age, the importance of maintaining good health becomes more apparent. When you keep your body working well, you enjoy greater energy and fewer aches and pains.

To understand the importance of maintaining good health, it's helpful to appreciate the various things that contribute to a healthy lifestyle. These include nutrition, physical activity, sleep and stress management. When these parts of your lifestyle are out of balance, your health often pays the price.

A healthy diet that includes adequate vitamins, minerals, dietary fiber, protein, carbs and healthy fats allows your body to work well. Regular exercise strengthens your bones, muscles, lungs and cardiovascular system.

Seven to eight hours of quality sleep each night allows your body to repair cells and perform other maintenance activities. Stress management is another key part of the importance of a healthy lifestyle.

According to the National Institutes of Health, stress places a strain on your body and increases your risk heart disease, high blood pressure, diabetes and mental health disorders.

When you're chronically stressed, you're also more likely to engage in unhealthy lifestyle behaviors such as drinking alcohol, smoking, or eating an unhealthy diet.

When you work to maintain a healthy body, you can spend more time doing the things you love and less time in bed feeling under the weather. A healthy diet supports your immune system, so it's easier to fight off colds, flu or other infections. Quality sleep also has a positive impact on your health.

May 2017 study published in Nature and Science of Sleep found that disrupted sleep increases the risk of hypertension, high cholesterol, cardiovascular disease, weight-related issues, metabolic syndrome, diabetes and colorectal cancer. In addition, men with sleep disturbances are at increased risk of death from all causes. Eating a healthy diet and getting enough sleep

means you'll have more energy to be physically active, which helps you maintain your weight.

The Centers for Disease Control and Prevention recommends that all adults get at least 150 minutes each week of moderate intensity aerobic exercise, plus two days of strength training to maintain good health and a health weight.

They also stress that physical activity also makes you feel better, sleep better and function better. When it comes to the importance of a healthy lifestyle, getting regular exercise is one of the best things you can do for yourself.

Maintaining a healthy body and a healthy lifestyle can also keep you happier and more balanced mentally.

Many people found themselves on a road filled with medical appointments and bills. They don't regard the very simple rudiments of health. Health must be given ear and eye to." It is better to prevent than to cure."

Living a healthy life is a very simple task but must be followed critically with the very attention needed. As humans, our physiological process is



very important to follow and understand for warning signals. The signals help us to determine the next action to avoid encroaching to dangers. Doing the necessary things to keep our body healthy is what I called Health investment.

## CHAPTER I HEALTH REALITY OF PAWPAW (CARICAPAPAYAS)

Pawpaw can be ripe or unripe. But in this studies, we shall look at unripe pawpaw.

What is unripe pawpaw? How do we identify unripe pawpaw? Pawpaw is known for its influence in digestion, but much is not considered about unripe pawpaw.

Unripe pawpaw has green nature on the outside and white inside.

### **A. The inner properties of PawPaw (1)**

Potassium – The said unripe pawpaw (green pawpaw) have a higher amount of potassium. What is the function of potassium? Potassium is among the major electrolytes like chloride and sodium found in the blood stream. Potassium as an electrolyte helps to regulate fluid balance or stability through the process called hemostasis, nerve signals and as well as muscle contractions.

(2) Carotenoids – What are carotenoids? Carotenoid is also known as organic pigments majorly produced by Algae, several fungi, bacteria and plants. Carotenoid characterized the colour of carrots, egg yolk, corns, bananas etc.

They are mainly yellow, orange, red-fat-soluble pigments which include carotene.

According to a British journal publication of nutrition raw pawpaw was seen to possess' largest or greatest amount of carotenoids in comparison with tomatoes and carrot. The said carotenoids discovered in unripe pawpaw is proven to be more easily used by the human body than the ones found fruits like tomato and carrots.

What is the function of carotenoids? They are healthy nutrient which some are converted by the human body to vitamin. Vitamin A is important in human vision, growth and as well as development (the series of changes that the body experience in recompense to growth. carotenoids also serves as immune booster.

(3) Vitamin A, C and E

(4) Papain

## **B.Therapeutic Usage of Unripe Pawpaw**

Pawpaw as one of our essential fruits is usually sweet and enjoyed when ripe. The green (unripe pawpaw) is not suitable for most people's usage since it isn't sweet to taste, but I want to tell you on evidence based studies that it still packaged with hidden and arsenal of essential vitamins and minerals.

The following are some of the uses:

(1) Enhancement of Breast Milk Production—Breast milk is an essential fluid from the mammary gland. Adequate breast milk production requires boosting agents.

Above many other benefits of unripe pawpaw, for lactating mothers, unripe pawpaw accelerates the amount or quantity of breast milk production. The potential effect of the unripe pawpaw is proven true based on the fact that it enacts apposite action on an hormone (female) called oxytocin hormones which characterized or responsible for regulating breast milk production in the female body.

(2) U T I's Combatants – U T I stands for urinary tract infections. Urinary tract refers to all route of

urine passage. Urinary tract infection is mainly caused by bacteria. The acidic nature of unripe pawpaw constitutes a huge problem to bacteria. Unripe pawpaw is proven to have high acidity which aid the removal of bacteria which could potentially cause infections in the urinary system.

(3) Immune System Booster– Immune system constitutes of cells and materials which militates against foreign agents in the body. The combination of unripe pawpaw seed and flesh is found to contain the following vitamins – A, C and E. The concentration of the above vitamins are very high in unripe pawpaw. The said vitamins are immune boosters in nature and have the capacity to preventing cold, catarrh, infection, cough etc.

(4) Aid Digestion– Digestion is simply the process by which large food substances are broken down to a simpler form so that the body makes proper use of it. The unripe pawpaw is packed with enough enzymes such as chymopapain which play an important role in stomach health and digestion. The enzymes found in unripe pawpaw (chymopapain and papain) are able to convert proteins into essential amino acids and as well

they help in clearing the part of the large intestine called colon. The enzyme called papa also serve as barrier to constipation and thereby preventing it. (5) Ulcer – What is an ulcer? It can be internal wound found in the lining of the stomach or intestine. There are three main types of ulcers namely: (a) Gastric ulcers (this develop inside the stomach (b) Esophageal ulcers (ulcers that develop in the esophagus) (c) Duodenum ulcers (ulcers that normally develop in the upper part of the duodenum)

(a) Gastric ulcers (develop in the stomach lining): The above types of ulcers is generally called or known as peptic ulcers. Peptic ulcers are mainly cased by a bacteria called *Helicobacter pylori* (the pylori). This happens after the said bacteria infected the stomach lining.

Ulcers are also caused by long term use of pain killers. Symptoms can include vomiting, dust pain, bloating, nausea, weight loss, heart burn, belching. Preparing to Use Unripe Pawpaw

We casually consume fruits. We eat small or large amount as desired by taste. Just as you are

always enticed to have the physician prescription followed for medication so fruits should for health purposes. Fruits eating wrongly can enact physical and internal abnormally. Some people had not considered this, while some did ignore it. I will use this mechanism to expose you to the dosage and preparation of unripe pawpaw for your better health.

How do we prepare unripe pawpaw for consumption? How do I make use of the unripe pawpaw (dosage)?

Procedure 1: Treatment of peptic ulcer with unripe pawpaw: Getting rid of stomach ulcer has been a major bone of contention in the society at large. Various ways have been naturally discovered which pawpaw is one of them.

Why is pawpaw able to combat stomach ulcer? Pawpaw is loaded with antioxidants such as papain, lycopene, carotene etc.

It has been long confirmed that papain in pawpaw helps in fighting the causative agents or organism of ulcers. This papain is able to significantly suppress and reduce proliferative and migratory

capabilities of H. Pylori. On the other hand, they are able to make the lining of the stomach against the bacteria.

### **How is unripe pawpaw used?**

(1) Rawly Consumption – Pluck unripe pawpaw and wash it thoroughly. After washing, cut it and eat. Using the juice from it. Cut it the way it is after washing and cut into small pieces. Then put it into any clean container and add water. Allow it to stay for 4 or 5 days. After completing soaked (4 or 5 days), sieve it and discard the pawpaw and then use the water.

What are the dosages? Use a glass to drink a half portion of the water three times daily for 2 weeks. For severe, take it for 1 month.

#### **Procedure 2**

For general benefits; you can chew pawpaw every day. You can also cook/drink the water.

### **Contra-indication of Unripe Pawpaw**

From the previous discussion and explanation by me, you are able to see the vast benefits of papaya (unripe pawpaw). But just like drugs, it also has what we called “side effect” or in simple



language disadvantage. This disadvantage comes in when the use of pawpaw becomes abuse. That means an individual consume more than expected. What are the bad effects of pawpaw (papaya)? The bad effects are discussed with the below headings:

**(1) Respiratory disorders:** What is respiration?

This is process by oxygen or gas or air is used to oxidize food substance like glucose to produce carbon dioxide, water and energy.

Example of chemical representation of respire  $6O_2 + C_6H_{12}O_6 \rightarrow 6H_2O + 6CO_2 + \text{energy}$  or it is simply the process of breathing in oxygen and giving out carbon dioxide.

**What are respiratory disorders?**

They are abnormalities of the respiratory route. That is the various areas in the body that function and allow respiration to take place.

Pawpaw is said to possess a substance called papain. This papain is known to be a potential allergen. When an individual consume excessive pawpaw, he is vulnerable or prone to excessive amount of papain also. In turn, or as a

recompense of excessive consumption of pawpaw leads to respiratory allergies. E.g. Nasal congestion, wheezing, asthma and also breathing difficulties when become severe. Respiratory disorder can be a big ugly condition to pregnant women. Also, respiratory allergies can affect the fetus negatively thereby enunciating further complications.

(2) **Skin Discoloration and Irritation:** When pawpaw is used on the skin, the result is irritation. Plenty of pawpaw causes a condition where young skin can change to yellow-orange. As the levels of beta-carotene (the excess of which causes skin discoloration in the human system declines, the skin colour will return normal.

(3) **It may cause Infants Abnormalities or Disorders.** Though more studies are progressing to corroborate this fact, some sources state that pawpaw (papaya) may be unsafe for infants below one year of age. Why? Because the excess fibre in pawpaw can be the culprit. This can lead to diarrhea (loose stools) in the infant and constipation. It is advised that a mother consult a pediatrician before giving pawpaw to an infant.

(4) It may be an Agent of Kidney Stones— stock pawpaw is replete with vitamin C and research shows that excess of vitamin C (that when it is more than 2,000mg per day for adults, and more than 1,200mg per day for children can lead to toxicity symptoms, including kidney stones. Vitamin C, once metabolized in the body produces oxalates that can turn into stones.

(5) **Interacts with Medications**— sources say that pawpaw (papaya) interacts with warfarin, a medication used to slow down blood clotting. This can increase the risk of bruising and bleeding. Pawpaw can also interact with blood thinning medications, escalating their effects. If you are on a blood thinning medications or anticoagulants such as aspirin, you should consult your health care provider. Before consuming pawpaw.

(6) **May Damage the Esophagus(food pipe)** — Too much ingestion of pawpaw has shown to be dangerous to the esophagus.

(7) **It May Cause Low Blood Sugar**—Though there is limited research on this but some sources suggest that diabetic patients who are taking

diabetes medication must keep off pawpaw as it might lower the blood sugar level..

(8) **It may cause Digestive Distress**– The same pawpaw that calm the stomach also lead to digestive distress when excessively ingested. Papain is said to be very rich in fibre, so excess of it can cause digestive upset. Also, the skin of the fruit contains latex- latex can irritate the stomach and thereby causing pain in the stomach. Papain in pawpaw works well in breaking down fibre. But if the fibre is not digested well, an individual will have to suffer from stomach gas. Papaw can also cause diarrheain certain individuals – when the fiber bind with the stools and cause diarrhea, leaving the victim terribly dehydrated. The plenty fiber in the fruit can also cause constipation.

(9) **Miscarriage in Women**- This stems from the fact that pawpaw can often cause latex allergy in individuals. This can be potentially dangerous to the pregnant woman and their unborn baby. Other studies also talk about the enzyme called papain which suppresses a female sex hormone called progesterone. The said progesterone is essential since it aids the preparation of the uterus

for conception. Papain can also be dangerous since it damages certain membranes in the mother's body that are essential for fetal development and protection. Further studies and research speaks that papain in pawpaw can poison the fetus and result in birth defect in the new born. Another studies also proved that pawpaw may not be safe for breast feeding mothers. There is some speculation in this regard and research is not very clear. You should consult your health provider during breast feeding before consuming pawpaw.

## **CHAPTER II**

### **THE REALITY OF GREEN COCONUT WATER IN HEALTH**

What is a coconut? Coconut is considered as fruits but not a nut by botanist. The said coconut is scientifically regarded as originated from a bigpalm trees called nucifera. Having known what is coconut is now, we shall now look at green coconut water. Coconut water is the juice in the content of the coconut.

The water is located in the center of young-green coconut. During maturity some of the water (juice) continue in liquid form while the remaining grow and ripens into a white-solid material with flesh. Normally regarded as meat of coconut.

How long does it take coconut on a normal circumstance or condition to mature? What stage of coconut maturity can we get this juice? What is the quantity of water (juice) found in an average coconut? The agreed period at a normal condition (10-12 months). Coconut juice or water normally result or can be found in a coconut about the 6th-8th months of maturity.

The average coconut contained about 240ml = 1 cup of coconut water.

## **PROPERTIES OF GREEN COCONUT**

Coconut contains 94% of water and a very small fat. A cup of coconut water also carried about 46 calories. Based on measurement, an average coconut juice (water) contains:

- a. 17% potassium
- b. 6% of calcium
- c. 106 of vitamin C
- d. 3g of fiber
- e. 9g of carbohydrate
- f. 2g of protein
- g. 15% of magnesium
- h. 176 of magnesium
- i. of sodium

## **THERAPEUTIC EFFECTS OF GREEN COCONUT WATER**

In this case, we are looking at the advantages of coconut water in health. Some of the positive

effects shall be discussed under the following headings:

**(1) Diabetes control:** According to a research, it has been shown that coconut water lowers blood sugar levels and improves certain health matters in animals that are diabetic. According to another study, it has also been proven that giving coconut water to rats with diabetes led to improvements in their blood sugar levels and reduction in markers of oxidative stress.

Since coconut water contain magnesium, it will help to increase insulin sensitivity and decrease reduction of blood sugar levels in patient with type 2 diabetes and prediabetes.

**(2) Control of heart disorders** – In a research study, rats that ingested coconut water had decreased blood cholesterol and a substance called triglycerides. As well there was potential fat reduction.

Rats were fed with 4ml per 100g of body weight of coconut water.



These rats were observed for about 45 days and it was discovered those rats have a reduction of cholesterol and triglyceride levels.

The above animal studies suggest that coconut water can have powerful cholesterol lowering properties.

So drinking of coconut juice (water) may reduce the risk of heart disorders or diseases.

**(3) Prevention of kidney stones** – What is a kidney stone? When calcium, oxalates and certain compounds come together, they form crystals in the urine. The crystals in turn form stones.

It has been shown in a study that rats with kidney stones that coconut water prevent the crystals from sticking to the urinary tract.

Researches have come to a conclusion that coconut water is able to decrease free radical production that occurred in response to high oxalate levels in urine.

**(4) Antioxidant properties** – Research on animals exposed to toxins has shown that coconut water contains anti-oxidants which modify free radicals so that they cause no more harm. What

are free radicals? They are unstable molecules formed in the cell during metabolism. Their formation increases or elevates in response to injury or stress when the amount of radicals present in the body become excess, it draws a body into a state or condition called oxidative stress.

Oxidative stress functions by damaging cells and increasing the risk of other diseases.

In a study, rats with liver damage showed significant improvement in oxidative stress when given coconut water.

In a study, rats on a high degree of fructose diet were found to be improved when treated with coconut water.

In another study using rats, blood pressure, insulin and triglycerides levels decreased when treated with coconut water. So it is suggested that such effects can be found when treated human with coconut water.

Although, so far no studies have investigated this antioxidants activity in man. But scientists have proven that antioxidants are able to protect the

body cells from damage caused by free radicals. So, I personally concord that since coconut water contain antioxidant properties when used it will be of help to protect the body cells.

**(5) Reduction of blood pressure** – A small study was conducted in high blood pressure patients; it was found that coconut water improved systolic blood pressure (the high number of a blood pressure reading) in 716 of participants.

Coconut water contains 600mg of potassium in 8 ounces (240ml). The function of potassium as an electrolyte in the blood has also been shown to lower blood pressure in hypertensive patients or people with normal blood pressure.

Animal study conducted has indicated another property of coconut water to be antithrombotic. Any substance that contains antithrombotic activity can prevent blood clotting.

**(6) For pro-exercise** - After a prolonged exercise activities, the body may loose enough water and certain electrolytes, leaving the individual dehydrated and bereft of energy. What are electrolytes? These are minerals that play vital roles in the body and maintaining fluid stability.

**(7) Coconut water contains electrolytes like sodium, potassium, magnesium and calcium.**

According to a study, coconut water used after a prolonged exercise restored hydration better than water. This made coconut water to be regarded as a sports beverage. One of the participants of the said sport exercise said that the coconut water caused less nausea and stomach discomfort.

**DOSAGE FOR GREEN YOUNG COCONUT**

we shall discuss about the way you can take coconut water for effectiveness and to avoid excessive usage or overdose.

Just as drugs have prescription so has every fruit, especially coconut water. Generally you can drink small amount everyday but your drinking depends on your health condition. For those who want to reduce cholesterol, they may take 150 pounds (68kg) person consuming (2.7 litre) while diabetic patient can take 3g of fiber and digestible of 6g to 1 cup (240ml).

## **CONTRA-INDICATION AND PRECAUTIONS OF GREEN COCONUT WATER/ BAD EFFECTS**

This is based on bad use of this product or not fit to use it. I am talking about the excessive use or abuse or using it more than required. Due to the sweetening nature of coconut water, many people drink it like ordinary water. The content in this water (coconut water) is very essential to our health but when taken in excess it could serve the opposite. Drugs are said to be abused when the doctor's prescription is not followed. Also, drugs have contra-indication based on other conditions which might not allow the efficacy of its functions or otherwise. In the same manner, coconut water does it. Let us look at the subject matter with the following outlines.

- (1) It May Loose Its Values:-**Coconut water should be used immediately it is cut open. When it is allowed to stay for some time after opened, it loses all its values. Once the nutrients are lost, then its no longer good for drinking.
- (2) Ability To Lower Blood Pressure:-** It may bring down blood pressure to a very low level.
- (3)**

**Not Ideal For Frigidly Body Persons:** Frigidly people are those who always have chilled body. Coconut water has cooling effects and so may make them more cooler. So they are not advised to use it or if used should be with caution. **(4)**

**Increases Blood Sugar:-** Coconut water though is not a sugary drink but it contains calories and carbohydrates. So patients suffering from blood sugar should not take everyday but give gap.

**(5) Electrolyte Imbalance :-** Too much intake may result in the above.

**(6) Laxative Effect :-** Coconut water has laxative effect and so may not be good for those people having digestive problems. Also when taking too much might cause stooling.

**(7) It Is Diuretic In Function:-** Too much of this product can enhance frequent urination.

**(8) It Increases The Amount Of Calories:** Coconut water contains too much calories that the people high levels of calories are fit to take. Also excess intake for people with normal amount of calories can get ups when excessively take.

## CHAPTER III

### UNRIPE PLANTAIN AND HEALTH

Many people only know and speak of the function of unripe plantain as energy giving food, but there are striking other functions in health.

#### CONTENTS OF UNRIPE PLANTAIN

According to a study, one cup of a sliced cooked plantain has 49mg of magnesium and 716mg of potassium. Plantain also contain rich sources of complex carbohydrates, vitamin, minerals, seritorin, fiber, phytochemical.

#### THERAPEUTIC EFFECTS OF UNRIPE PLANTAIN

**(a) Healthy Heart:** - Recently, studies proved that consuming plantain is very good for heart due to the fact that plantain contains a substance known as serotorin.

**what is serotonin?** Serotonin is a substance which aids the expansion of the arteries to avoid artery disease and stroke since artery expansion allow the free flow of blood. Also, since plantain is arich source of potassium, it can preventheart attack and hypertension (high blood pressure).

The fibre found in plantain serves to decrease cholesterol and thereby reduce the risk of heart disease.

**(b) Enhancement of Bones Strength:-** The key fact of bone strengthening is as a result of calcium. We know that unripe plantain is a rich source of calcium. Also, muscles and teeth are stronger due to calcium so intake of plantain can help.

**(c) Ulcer Prevention:-** Studies have suggested that unripe plantain contains phytochemical materials such as leucocyanidin. According to a study, leucocyanidin helps in ulcer prevention.

**(d) Free Radicals Combat:-** Anti oxidants such as vitamin C fight free radical. Plantain is a rich source of vitamin C.

**(e) For Sexual Performance:-** Studies have shown that the nutrients contained in the plantain can help improve sexual performance through increased libido. Consumption of plantain can help increase male fertility, thicker sperm and volume. It has been proven by many health personnel's that roasted and boiled plantain when combines with ginger and garlic help boost sexual performance.

**(f) Neuritis and Anaemia**



**Treatment:-**The vitamin B6 found in unripe plantain is a good substance used in curing neuritis and anaemia.

What is anaemia and neuritis? An individual who have low red blood cells is said to have anaemia. Neuritis in other hand is the inflammation of the nerve.

Unripe plantain is multipurpose in function. It serves for both preventive and cure.

**(g) For Digestive and Circulatory System Improvement:-**

(h) Bowel Movement:- Unripe plantain known for its ability to enhance bowel movement since it contain fiber and thereby demote constipation. (i)

**An ideal diet for diabetic patient:-** Unripe plantain contains low sugar so it is very good for diabetes. It works best when taken with vegetables. (j) ***Bark of unripe plantain for***

***ulcer***:-Unripe plantain possess a sticky gum. This gum has the potential to cover the sore in the stomach and prevent pain.

**Dosage of Unripe Plantain**

Generally, you can add unripe plantain to your meal by taking to your satisfaction but you can

also combine it with a small portion roasted or boiled with ginger and garlic. To cure stomach ulcer you can peel the bark of unripe plantain (two fruits). Wash it thoroughly and cut it into small pieces and put it inside a container (4 litres) and administer water ad libitum to a half of the container, then allow it to stay for three days (for fermentation to take place). Then you can drink a glass morning, afternoon and night for athlete 5 days.

You can also try garden egg sauce with unripe plantain. You can use the following:

4 Knorr cubes, ½ cup crayfish, locust bean (a little), dry/smoke fish, 1 onion bulb, 1 cup of palm oil, salt to taste, 2 unripe plantain.

How to prepare it?

- (1) Wash the garden egg and blend it smoothly.
- (2) Pour the blended garden egg into a pot and cook until it becomes paste.
- (3) Pound the pepper, crayfish and locust bean and keep it aside.
- (4) Pour the palm oil in a pot on a low heat and add sliced onions (do not bleach the oil)
- (5) Add the garden egg and fry on a

low heat. Ensure to turn so it won't get burnt.

- (6) Add the Knorr cubes and salt.
- (7) Pour the pounded pepper, crayfish, locust bean and the washed fish then stir it continuously. Put it down
- (8) Slice the unripe plantain and boil with back to keep the nutrients.

## CHAPTER IV

### CUCUMBER SEED AND HEALTH

What is a cucumber? Cucumber is a fruit from the same families just like zucchini, pumpkin. Cucumber possessed dark-green-red and while succulent flesh.

#### PROPERTIES OF A CUCUMBER

1 cucumber (11 ounces or 300g) unpeeled; raw cucumber contains the following parameters of substances:

1. Manganese – 126
2. Vitamin k – 626
3. Fiber --- 2g
4. Protein --- 2g
5. Calories -- 45g
6. Vitamin c – 14%
7. Potassium --13%
8. Magnesium -10%
9. water -96%

### **Therapeutic Nature of Cucumber**

- (1) Combatant of rheumatism – mixing cucumber juice (water) with carrot juice is good diet for health since it fights against rheumatic conditions resulting from excessive uric acid in the body.
- (2) Diabetes control
- (3) Helpful in dental issues – It helps diseases of the teeth and gums.
- (4) Protein digestion – Erepsin in cucumber helps digest protein.
- (5) Flow of urine – The diuretic nature of cucumber has shown to secret and promote urine flow.
- (6) Blood pressure levels control – Potassium in cucumber is essential for high and low blood pressure control.

### **Bad Effects and Contraindication of Cucumber Seeds**

- (1) Excessive loss of fluid: Cucumber seeds are sources of cucurbitin; known to have potential diuretic properties. Excessive intake can lead to elimination of fluid in the body.

(2) Excessive vitamin C is unhealthy – When vitamin C is largely consumed, it acts against its oxidative nature. This will enable the promotion of free radical which damages the cells.

(3) Causes renal disorder – When cucumber is largely consumed it encourage excessive amount of potassium which may lead to a medical condition called hyperkalemia. The said condition can lead to bloating, abnormal cramps and intestinal gas. This condition when continued can further to abnormal kidney function resulting to renal system damage.

(4) Bloating and flatule rice: The presence of a substance called cucurbitacin. This substance promote indigestion in certain individuals, especially those that have sensitive system.

(5) Oral and skin allergies – A study conducted by an American academy suggested that people who are allergic to lemon, bananas, sunflower, chamomite may be allergic to cucumber.

(6) Promotion of sinusitis – Cooling effect of cucumbers aggravates sinusitis. Those who are with the above condition are advised to stay away from cucumber.

## **CHAPTER V**

### **GENERAL HEALTH ESSENTIALS**

It is said “Health is wealth”. Yes it is true but from my perspective, health is not just wealth but an achievement. When you have good health, it is a huge achievement. Health can be also an investment. Because for you to be wealthy, you must invest. After investment comes wealth.

How do you invest to achieve good health? Any person who desires good must be able to understand physiological process (normal function of his/her body), how to live a healthy life and recognize threats or agents of bad health. When the above three keys of healthy process is understood, an individual is able to work towards good health and avoid agents that might pose bad health.

#### **HEALTH INVESTMENT**

Health investment is concerned with all the vital activities and processes an individual undertakes to achieve good health.

What are the essentials of health investment?



These are those physiological activities that the body undergo and other simple activities done to creat body system balance.

(1) Vital signs – Vital signs is also known as cardinal signs. They are signs reflecting the body’s physiological state which are governed by body’s vital organs such as brain, heart, lungs and are necessary for sustaining life. They include: Blood pressure, temperature and respiration.

(a) Blood pressure (BP) – Most people especially patients when they are told your blood pressure is low or high, their mind runs to blood volume. Ah! The doctor said I don’t have enough blood or my blood is plenty.

### **What is blood pressure?**

This is the force of the blood pushing against the walls of the artery . Each time the heart beats, it pumps blood into the arteries, resulting in the highest blood pressure as the heart contracts. The blood pressure is therefore a measure of two pressures against the arterial walls.

(i) **Systolic (ventricular contraction):** This refers to the pressure inside the artery when the heart contracts and pumps blood through the body.

(ii) **Diastolic (Ventricular relaxation):** This refers to the pressure inside the heart when the heart is at rest and is filling with blood.

### **Measurement of BP**

120/80 - Normal

130/85 - Normal (control)

140/90 - High

150/95 - High

(b) **Temperature:** This is the degree of coldness or hotness of the body. It is measured in either Fahrenheit or Celsius. If your temperature is low or high, then you need medical attention.

98.4F (Normal)

99.0F above (Fever)

(c) **Pulse –** This is a measurement of the heart rate or the number of times the heart beats per minute. As the heart pushes blood through the arteries, the arteries expand and contract with the flow of the blood.

The normal pulse rate for a healthy adult ranges from 60-100 beats per minute.

The pulse rate may also fluctuate and increase with exercise, illness, injury and emotions.

### **Pulse Measurement**

72 per minute (Standard)

60 – 80p.m (Normal)

40-180p.m (Abnormal)

(2) **Water:** Water is known to many as universal solvent. Also, water is an essential liquid to the body. But in exception of that water play vital roles in health investment, depending on time and how it is used by an individual. When used appropriately, it can be very effective.

Drinking water at he right time maximizes its effectiveness. How do I rightly drink water to maximize its effectiveness in my body? (a) Taking one glass of water before having bath – It aid to bring down your blood pressure. (b) Taking 1 glass of water before a bed rest – This can prevent heart attack or stroke.

(c) Water before meal -Many people drink water along with meal. It is a bad practice because the enzymes that functions to digest food substance may get diluted and thereby leaving the food undigested which can be a risk to human health.

You can take a glass of water 30 minutes before a meal or 15mins after a meal. It aids for proper digestion. (d) When you take a cup of water immediately you wake up, it may activate your internal organs for effective functioning.

(e) Drinking a warm water - Warm water is very effective in several cases.

I want to first establish that drinking cold water after a meal is not healthy, why? Cold water solidifies oily food materials, so once you consume cold water after eating, the oily food substances might get solidified thereby slowing down the process of digestion (breaking down of complex food substances into simplified form for easy absorption). Once the food material gets solidified it will be absorbed by the intestine and line the intestine. This solidified food material have the potential of changing to fat causing cancer of the intestine.

So it is better to drink water after meal. The warm water will help to expand the digestive system for easy passage and digestion of food materials. Secondly, the risk of stroke or heart attack can be brought to reduction by using warm water .cold

water can cause blood clotting (thrombosis) and constrict blood vessels. When the blood vessels are constricted, it automatically affects blood flow to the heart, lungs and other body parts. If the above occurs, then it will negatively disturb the nutrients and oxygen passage through blood. The above process may result in many circulatory system disorders, respiratory and nutritional disorders.

(3) Fruit fast – Many of us engage in overeating (gluttony). We eat different kinds of food in excessive way. For food eating to have the desired effect in your body it must need to be digested. Digestion process is championed by certain organs of the body. These organs have limited power when the food substance become overload.

When these food substances are not able to be properly digested, it may leave excess substances which can be toxic to the system. Based on the above fact, some people normally undergo purging process to enable them get rid of the accumulated food materials to avoid production of excessive free radicals which the

body produces during metabolic process. These free radicals are very harmful to the cells of the body.

But hear this; purging is not a good practice to eliminate excess food substance because it may cause an individual to lose excessive water and electrolytes which are essential to the body for physiological balance.

If you want to get rid of excessive food substances or free your system to activate the digestive organs again you don't need purging but just embark on fruit fasting. You stop eating food for 2 days and all you will eat is different kinds of fruit. You may do it once in every month. This helps your body to activate antioxidants that fight against free radicals. By doing this monthly you will stay healthy.