



## Women's Natural Health Workshops: Uganda

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## **Women's Natural Health Workshop Topics:**

- 1. Introduction**
- 2. Where Does Disease Come From?**
- 3. How Can We Minimise and Prevent Disease in The Body?**
- 4. How To Maintain a Healthy Body**
- 5. How To Naturally Treat Commonly Known Diseases**
- 6. Questions and Answers (15-20 minutes)**



## Women's Natural Health Workshop Topics:

### Introduction

- Who is Helen Nachintu?
- Background Into Natural Health
- Acknowledgement of Sponsors
- What Is This Workshop About? – Helping you to have a better understanding of some of the main diseases affecting women in Uganda, and how to prevent and treat them naturally.



# Where Does Disease Come From?

## 3 Major Sources: 1 STRESS

### 1. Stress – What is it?

Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood.



# Where Does Disease Come From? 3 Major Sources: 1 Stress - Causes

## 2. What Are The Causes of Stress?

- Family issues
- Issues with friends
- Work related Issues
- Poverty
- Lack of money
- Not having a job
- Not being able to feed your family
- Worrying about illness
- Worrying about what other people think of you
- Not enjoying your life



# Where Does Disease Come From? 3 Major Sources: 1 Stress - Causes

## 2. How To Naturally Overcome Stress

- Drink enough water
- Get enough sleep
- Reduce alcohol intake – alcohol promotes stress
- Avoid junk food
- Be kind to other people
- Do not take on other peoples stress
- Have a positive outlook on your life
- Know that God will never give you anything that you cannot handle. Every difficult situation in our lives presents itself to make us stronger, not weaker. You are being put in stressful situations so that you can grow beyond the stress, and achieve better things in your life.
- It is important to have a positive mindset, even in what seems like your darkest moments.



## Where Does Disease Come From? 3 Major Sources: 2 PROCESSED FOODS

2. Processed Foods (Westernised Diet) – What Are They?
3. Added un-natural Sugar
4. Added Corn Syrup
5. Containing Artificial Ingredients (colourings, and flavourings)
6. Containing high carbohydrates or un-natural starch)
7. Low in Nutrients
8. Low in Fiber
9. They have a long shelf life and require less time and energy to digest
10. High in trans-fats (cheap fats), and artificial fats

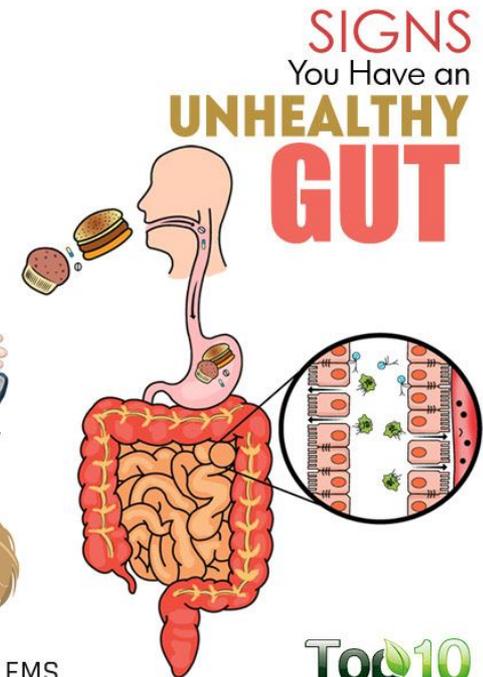
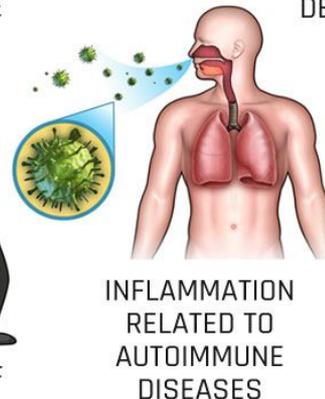
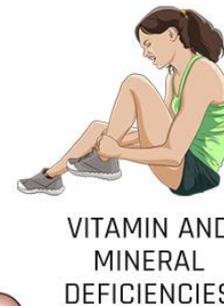
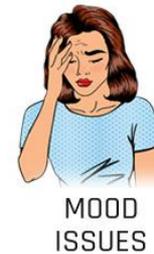
**\*Real Food Is The Key To Good Health, Processed Food Is Not**



# Where Does Disease Come From? 3 Major Sources: 3 Unhealthy Gut

## 3. Unhealthy Gut What Are The Signs?

- Digestive issues
- Mood Swings
- Lack of energy
- Vitamin and mineral deficiencies
- Onset of diabetes
- Inflammation related to immune diseases (coughs, colds, -
- Throat lungs)
- Skin problems



# Where Does Disease Come From? 3 Major Sources: 3 Unhealthy Gut

## 3. How To Heal Your Gut Naturally:

- Drink enough water
- Get enough sleep
- Drink Wheatgrass tea or juice before meals
- Drink ginger tea of green tea
- Reduce stress levels
- Eat natural yogurt
- Reduce Alcohol
- Be good to your gut don't eat too much food



HAVE PROBIOTICS



EAT WHOLE FOODS



DRINK WHEATGRASS JUICE BEFORE MEALS



DRINK ENOUGH WATER



SWITCH TO GINGER OR GREEN TEA



BE GOOD TO YOUR LIVER

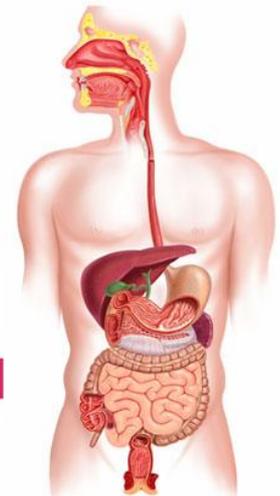


REDUCE YOUR STRESS LEVEL



GET ENOUGH SLEEP

HOW TO HEAL YOUR  
**GUT**  
NATURALLY





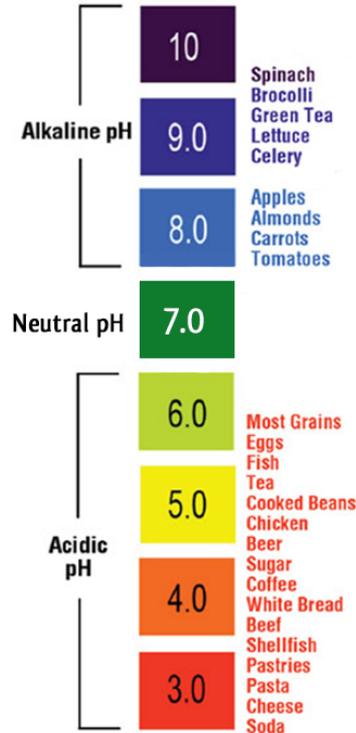
# How Can We Prevent Disease, And Maintain A Healthy Body?

1. Eat Alkaline Foods (fresh greens and vegetables, sour foods, and bitter foods)



## Acid Forming Foods

-  **Hamburgers**
-  **Hot Dogs**
-  **Lunch Meat**
-  **Candy**
-  **Cookies**
-  **Sugar**
-  **Alcohol**
-  **Soda**
-  **White Bread**
-  **Noodles (white)**



## Alkaline Food Choices

-  **Beets**
-  **Cauliflower**
-  **Celery**
-  **Kale**
-  **Apples**
-  **Avocados**
-  **Figs, dried**
-  **Lemon & Limes**
-  **Almonds**
-  **Grapefruit**



# The ABC's of Alkaline Foods

*Increase in energy levels, boost digestion, enjoy easier fat loss and less pain from inflammation-related conditions like arthritis, better mental focus, better moods and more by restoring your blood pH by making these foods 80% of your diet:*



- |                  |                 |
|------------------|-----------------|
| Almonds          | Leeks           |
| Almond milk      | Lemon           |
| Amaranth         | Lentils         |
| Artichokes       | Lettuce         |
| Arugula          | Lima beans      |
| Asparagus        | Limes           |
| Avocado          | Millet          |
| Avocado oil      | Mint            |
| Basil            | Mung beans      |
| Beetroot         | Mustard greens  |
| Broccoli         | Navy beans      |
| Brussels sprouts | New potatoes    |
| Buckwheat        | Okra            |
| Cabbage          | Olive oil       |
| Carrots          | Onions          |
| Cauliflower      | Parsley         |
| Celery           | Peas            |
| Chia             | Peppers         |
| Chives           | Pomegranate     |
| Cilantro         | Pumpkin         |
| Coconut          | Pumpkin seeds   |
| Collards         | Quinoa          |
| Cucumber         | Radish          |
| Cumin            | Red beans       |
| Dandelion greens | Rhubarb         |
| Eggplant         | Sesame seeds    |
| Endive           | Soybeans        |
| Flax seeds       | Spinach         |
| Flax oil         | Sprouts         |
| Garlic           | Squash          |
| Ginger           | Sunflower seeds |
| Goat's milk      | Sweet potatoes  |
| Grapefruit       | Swiss chard     |
| Green beans      | Thyme           |
| Herbal tea       | Tofu            |
| Kale             | Tomatoes        |
| Kelp             | Watercress      |
|                  | Wheatgrass      |
|                  | Zucchini        |



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INSPIRING AND EMPOWERING WOMEN

Find more alkalizing, real food recipes at [YuriElkaim.com](http://YuriElkaim.com)



## How Can We Prevent Disease, And Maintain A Healthy Body?

1. Eat Alkaline Foods (fresh greens and vegetables, sour foods, and bitter foods)
2. Eat the food that grows from the ground
3. Eat your food within 3 hours of cooking and putting it on your plate
4. Pay attention to your stomach when you are eating, it normally tells you when you are full up or when whatever you are eating is not good for you
5. Chew your food properly. Chew each mouthful at least 10-15 times before you swallow. You will find it difficult to digest food that has not been properly chewed and broken down
6. Drink a glass of water at least half an hour before you eat
7. Never drink water during your meals (causes Crone's Disease and other stomach complications)
8. You can drink water 30 minutes after eating your meal
9. Eat your food at least 3-4 hours before you go to bed
10. Drink at least 2 glasses of water first thing in the morning before you brush your teeth, and do not brush your teeth or eat anything for 45 minutes after drinking the water



# How Can We Prevent Disease, And Maintain A Healthy Body?

11. Sleep on your left side
12. Exercise
13. Be kind to other people
14. Love your neighbours
15. Look after your posture
16. Get plenty of rest



# Common Health Issues Affecting Women And How To Treat Them Naturally...

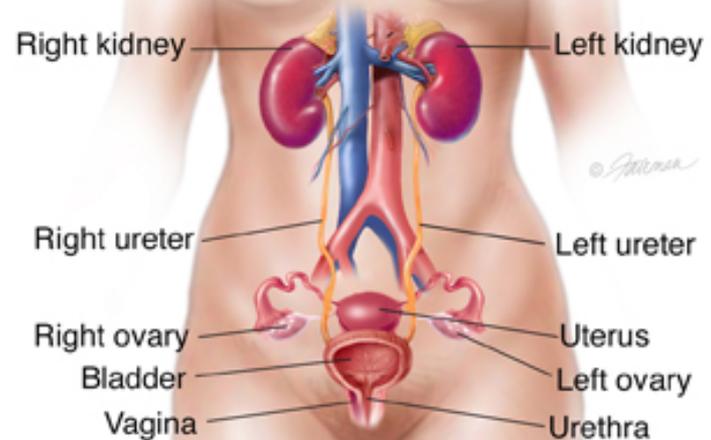
1. UTI
2. Uterine Fibroids
3. Fistula
4. PMS



# Common Health Issues Affecting Women And How To Treat Them Naturally...

## UTI (Urinary Tract Infection – What Is It?)

A urinary tract infection (UTI) is an infection in any part of your urinary system — your kidneys, ureters, bladder and urethra. Most infections involve the lower urinary tract — the bladder and the urethra. Women are at greater risk of developing a UTI than are men. UTIs are a worldwide global issue with 8 billion doctor visits worldwide. It's the number one bacterial infection.



**\* UTIs occur when your body's Ph levels are out of balance, and this is the cause of most diseases.**



# Common Health Issues Affecting Women And How To Treat Them Naturally...

## UTI (Urinary Tract Infection) – Symptoms:

- A burning feeling when you urinate.
- A frequent or intense urge to urinate, even though little comes out when you do.
- Pain or pressure in your back or lower abdomen.
- Cloudy, dark, bloody, or strange-smelling urine.
- Feeling tired or shaky.
- Fever or chills (a sign the infection may have reached your kidneys)





# Common Health Issues Affecting Women And How To Treat Them Naturally...

## **UTI (Urinary Tract Infection) – Natural Prevention, Treatment & Remedies:**

- Drink a lot of water
- Avoid harsh or scented soaps.
- Wipe from front to back.
- Always have some water with you in the bedroom. Drink water before sex so that you can pee immediately after sex, so that you can flush out any bacteria that might have entered your vagina during intercourse.
- Use condoms. If you are married and don't want to use condoms, then please make sure that you wash after sexual intercourse.



# Common Health Issues Affecting Women And How To Treat Them Naturally...

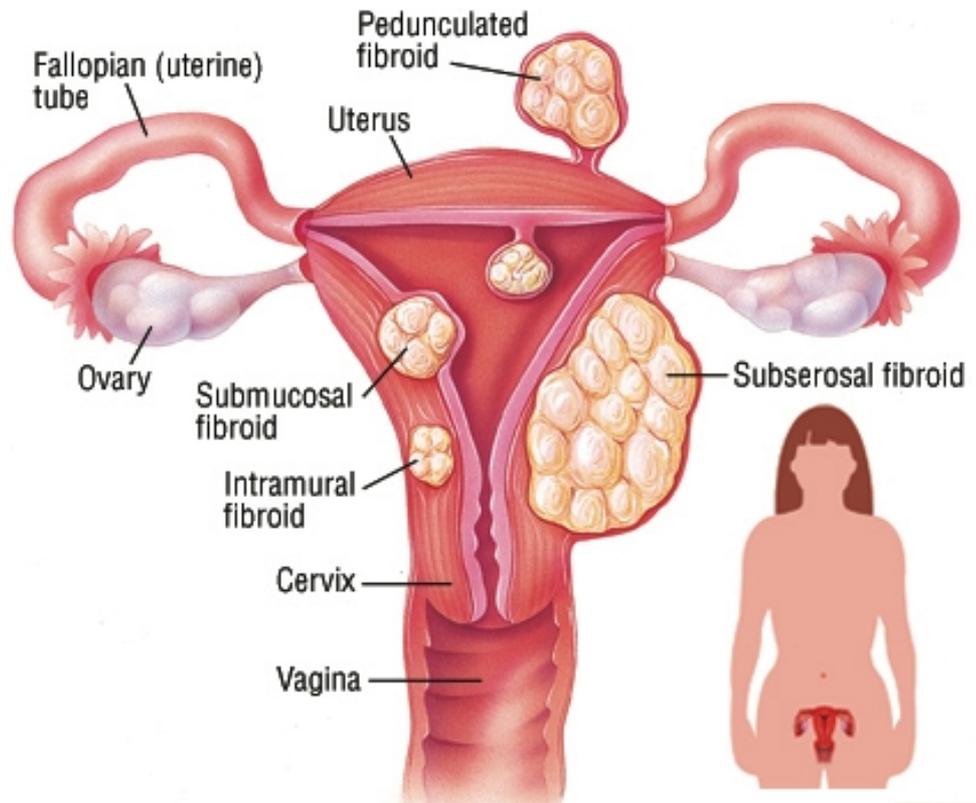
## **UTI (Urinary Tract Infection) – Natural Prevention, Treatment & Remedies continued...**

- Avoid using a diaphragm.
- Wear breathable cotton, silk, or linen clothing
- Avoid wearing tight clothes, leggings, and jeans
- Try probiotics.
- If you have a UTI, drink 2 tablespoons of apple cider vinegar diluted in a large glass of water at least 3 times a day
- You can insert garlic in your vagina
- You can eat natural yogurt
- Put luke warm water in a basin, squeeze some lemon and sit over it for sometime, then dry yourself. Repeat this at least 2-3 times a day until the infection goes.
- Get plenty of rest

# Common Health Issues Affecting Women And How To Treat Them Naturally...

## Uterine Fibroids

Fibroids are non-cancerous growths that develop in or around the womb (uterus). The growths are made up of muscle and fibrous tissue, and vary in size. They're sometimes known as uterine myomas or leiomyoma. Many women are unaware they have fibroids because they don't have any symptoms.

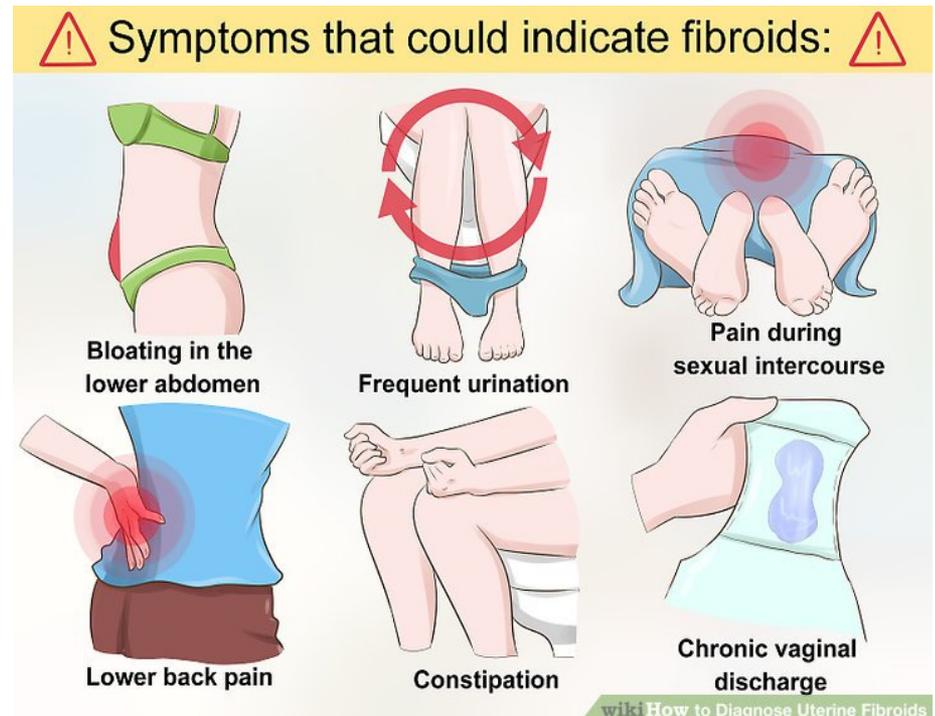


# Common Health Issues Affecting Women And How To Treat Them Naturally...

## Symptom of Uterine Fibroids

According to the Mayo Clinic, many women do not get any symptoms. However, the most common symptoms of uterine fibroids include:

- Heavy menstrual bleeding
- Menstrual periods lasting more than a week
- Pelvic pressure or pain
- Frequent urination
- Difficulty emptying the bladder
- Constipation
- Backache or leg pains





# Common Health Issues Affecting Women And How To Treat Them Naturally...

## Common Causes of Uterine Fibroids – Toxins in Foods And Household Products

- Commercially-Raised Animal Products
- Plastics & Canned Goods (many have plastic lining)
- Personal Care Products (makeup, lotion, & perfumes)
- Oral Contraceptives
- Pharmaceutical medications
- Food Additives & preservatives
- Laundry & Dishwashing detergents
- Household cleaners & air fresheners
- Pesticides & Herbicides

<https://drjockers.com/uterine-fibroids/>

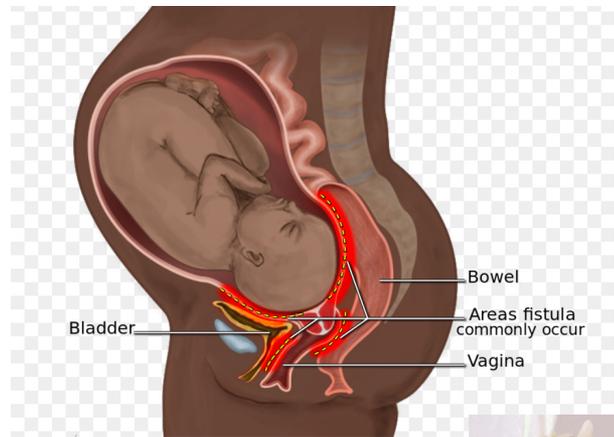


# Common Health Issues Affecting Women And How To Treat Them Naturally...

## What is a Fistula?

A fistula is a permanent abnormal hole or passageway between body parts (like a blood vessel or an organ) and another structure. Fistulas can develop at any age and in any body part. They usually result from injury or surgery, but infections and inflammation can also be the cause.

Obstetric fistula, which results from obstructed labour during childbirth, can be life threatening.





# Common Health Issues Affecting Women And How To Treat Them Naturally...

## **How Does A Fistula Develop?**

Few remote areas in Africa have hospitals, obstetric care or trained midwives. If there are birth complications, a woman can be in labour for days.

Obstructed labour occurs when the baby's head is too big, the uterus is not contracting properly or the mother's pelvis is too small. When the baby's head pushes against one area of the birth canal, it restricts blood supply to the delicate surrounding tissue, which eventually dies, leaving an abnormal hole (fistula).

A fistula then forms between the woman's vagina and bladder (vesicovaginal fistula), or between the vagina and rectum (rectovaginal fistula), or both.



# Common Health Issues Affecting Women And How To Treat Them Naturally...

## How To Naturally Prevent or Treat A Fistula?

### Prevention:

- Stopping harmful traditional practices;
- Delaying the age of first pregnancy;
- emergency obstetric care if complications occur during labour.

### Treatment:

The only cure or treatment for an existing fistula is if a skilled surgeon, or an Ayurvedic Doctor repairs it in a simple procedure. Between 80 to 90% of women with uncomplicated fistulas regain full control of bodily functions after surgery.

<http://www.listentoyourgut.com/symptoms/61/fistula-rectovaginal.html>

<https://www.odayurvedicclinic.com/index.html>



# Common Health Issues Affecting Women And How To Treat Them Naturally...

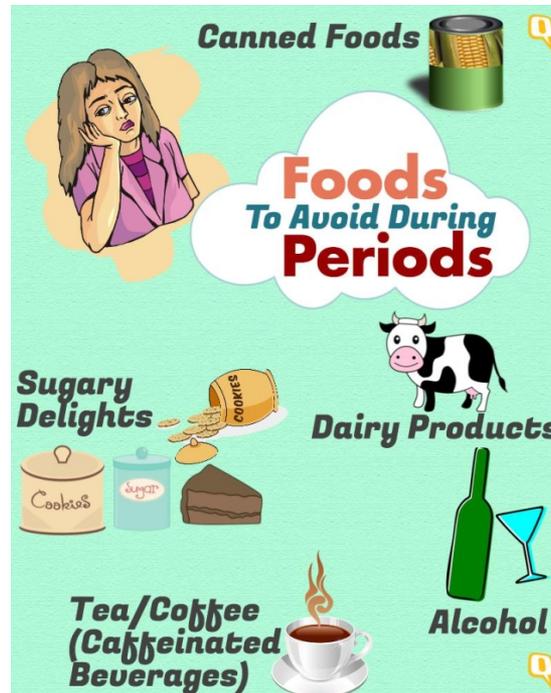
## **What is PMS? ( Pre-Menstrual Syndrome)**

Premenstrual syndrome (PMS) refers to physical and emotional symptoms that occur in the one to two weeks before a woman's period. Symptoms often vary between women and resolve around the start of bleeding. Common symptoms include acne, tender breasts, bloating, feeling tired, irritability, and mood changes.

# Common Health Issues Affecting Women And How To Treat Them Naturally: PMS Continued...

## Example Foods To Avoid:

1. Salty Foods
2. Caffeine
3. Dairy Products
4. Sugar
5. Fatty Foods
6. Red Meat
7. Alcohol
8. Tobacco



## Example Foods To Eat:

1. Greens
2. Matoke
3. Bananas
4. Oranges
5. Berries
6. Organic Eggs
7. Avocado
8. Nuts



\*Drinking plenty of water, consuming green foods that are high in iron, and good sleep will help you to ease the symptoms of painful periods.



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