

BOOSTERS

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Abstract:- A few of my relatives have already been taken ill and I want to step back; when I weighed 85 kg a few years back I stopped cooking starch for a meal and went to the street for food that was healthy and balanced rather than stay at home and make myself food that will make me fall sick because I cannot afford chicken, meat and fish. All the people that speak the ‘Ngemba language’ eat a stable dish of pounded coco yams and yellow soup. Kernel oil used for the preparation is high in cholesterol tantamount to high blood pressure thus disease control becomes my watch word, high cholesterol blocks your arteries and veins from pumping blood to the heart. We talk a lot about diabetes a condition characterized by increase blood sugar levels typical in tribes that eat corn flour as a daily staple, arthritis, rheumatism, fibroids, dialysis and hypertension. My father suffered the first stroke and survived but the second stroke took his life as the Doctor had warned. Taking care of yourself and staying safe is prestigious; to be forewarned is to be forearmed, prevention is better than cure.

Keywords:- Health Boosters, Immunity, Antibodies, Antibiotics, Natural Remedies, Preventive Treatment “Dietetics”.

I. INTRODUCTION

Typically conditioning theory does not apply no matter how well we have studied or mastered our food classes and food intake doses; either we are tempted to eat a lot or a little of some. Otherwise due to lack of knowledge we weigh the amounts of food intake inappropriately. Money is an issue to most families that have a large family and so loving are still producing more babies however we all must survive as God will take care. A large appetite can be very appealing at a table of plenty so we can design boosters to minimize our costs thus a boosting plan to help middle class incomes that lack one or two to make ends meet; birds of the same feather flock together.

Boosters are supposed to be in the forefront preparing for the coming of the ‘foreigner’ into the system. The body organs and processes function properly or improperly depending on nutritional intake which in turn makes our immune response to trigger a fast counter reaction to foreign bodies, particles. When a germ, bacteria or virus is present specified antibodies or white blood cells attack them and destroy them due to the high resistance already built up in place in our body. The function of boosters is immense because due to their presence in the system the ‘foreigner’ does not affect the system. Resistance is already built in place before hand. If you have not used boosters in the past

starting for a week or two is not sufficient to have a steady system; remember consistence and continuity are essential elements to keep the system fortified. Stopping a well built immune system program for a lesser substitute can lead to sudden illness followed by exorbitant hospital bills and consequently loss of life. Patients who heed medical advice and counsel even with enough drug supply still suffer especially when their condition is noticed only in the final stages.

Drinking water to hydrate or rehydrate will boost and improve immunity because water helps the body to trigger the production of lymph the carrier of white blood and other immune system cells. Water helps your body produce lymph, which carries white blood cells and other immune system cells. Water has a neutral pH 7 for high acid and high alkaline to neutralize in. Taking concentrated beverages that can make you dehydrated, like coffee should be minimized when necessary where it cannot be eliminated completely. Eating more hydrating foods, such as cucumbers, celery or watermelon are recommended for all especially where such beverages come into play.

A healthy diet is made of a variety of classes of foods proteins, vegetables, carbohydrates, vitamins, fiber, water, fats and oils. All classes of food are needed to provide energy, building materials to build repair worn tissues. As such meals rich in proteins like meat, fish and chicken in combination of egusi, beans are those in demand. Usually watching out on the quantity of starch for energy to curb the diabetic condition and minimizing the amount of fats and oils to not store too much fat deposit will keep the body in form for an active and healthy performance throughout. For those who cannot afford fish and chicken every other day maybe you can rely on eggs as another quick and cheaper source of proteins together with milk to build bones and teeth. Carrots, pears, garden eggs, mangoes, oranges avocados will be nutritive varieties to interchange in these troubled times; “variety is the spice of life”. OBESITY

A shortage or an excess of right amounts of intake of the various food classes results in disorders. A disorder is a disruption of the physical or mental functions; causing digestive and gastrointestinal malfunction leading to constipation, diarrhea etc. Excess amounts of fat deposit resulting in ill health can be managed by boosting our system with natural remedies; you can clear out by taking half a cup of ginger tea every evening for a week.

When the body takes in and consumes more food than necessary or excesses of some kinds of foods excessive body fat results in a condition known as obesity. Storage of fatty tissues builds over time especially where lack of

exercise is prevalent. The calories kept from too much eating without burning down these calories through normal daily activities can overflow the consequences to hospitalization for operations from fibroids which are bulk fat accumulated deposits in the uterus for example; in such cases Doctors have to take out the fat deposits from the wombs or remove the womb completely especially common with women who have stopped conceiving or over-weighted young girls that are not yet conceiving. Usually self-treatable through regular sporting activity, usually self-diagnosable; laboratory sample testing or imaging is not required when chronic can last for years or be life-long. Weight gain and fluctuations in weight can happen for a variety of reasons. Many people progressively gain weight as they age or make changes to their lifestyle. A change from a poor diet to a healthy diet is a plus to the body; the main solution to obesity is a healthy change in diet. As a little girl P.M.I. Nkwen taught me this song “balance diet-fish and spinach rice and beans eat them everyday---”; rather the opposite is damaging and harmful. Common treatments for overweight and obesity include losing weight through healthy eating, being more physically active, and making other changes to your usual habits. Weight-management programs may help some people lose weight or keep from regaining lost weight.

II. ANTIBIOTICS

An antibody is a blood protein which is counteractive of an antigen when found in the body. Usually a foreign body can be in various forms including bacteria, germs, viruses, fungi etc thus an antibiotic is a type of antimicrobial substance active against bacteria. Antibiotics fight strangers

in the body which the body's own immune system recognize as their own foreign particle; they are at war for the nutrients that the body has in place as such the stronger and the more the better. They may either kill or inhibit the growth of bacteria. Antibiotics are medicines that help stop infections caused by bacteria. They do this by killing the bacteria or by keeping them from copying themselves or reproducing. The word antibiotic means “against life.” Any drug that kills germs in your body is technically an antibiotic. Garlic and onions are good antibiotics natural remedies so generally add raw bits of them to beef up the immune system.

III. VITAMINS AND SUPPLEMENTS

Vitamins are a group of organic compounds needed in small quantities in the diet for normal functioning of our body systems and when inadequate in quantity supplements are required in added doses to complete what is lacking. There are many types of essentials in this class of food. Vitamin C is one of them also known as ascorbic acid is found in citrus fruits and green vegetables is essential in maintaining healthy connective tissue. A deficiency of vitamin C causes scurvy a disease characterized by bleeding gums and opening of previously healed wounds. In fact, a lack of vitamin C can even make you more prone to getting sick. Foods rich in vitamin C include oranges, grapefruits, tangerines, mangoes, green vegetables, green peppers, spinach. Daily intake of vitamin C is essential for good health because your body doesn't produce or store it. The good news is that vitamin C is in so many foods that most people don't need to take a vitamin C supplement unless a doctor advises it.



Figure 1

Vitamin B6 is an essential component needed to bind the chain reaction processes within the immune system to supporting biochemical reactions in the immune system. Vitamin B6-rich foods include chicken and cold-water fish such as salmon and tuna. Vitamin B6 also is found in green vegetables. Vitamin E is a powerful antioxidant that helps the body fight off infection. Foods rich in vitamin E include nuts, seeds and spinach.

It may be very difficult to choose what to buy even when you have enough money for the purchase especially where there is one person providing the money and another person does the preparation for you. Unless you are cooperative and reasonable you end up overeating one or two instead of spreading your chances of coverage for herd immunization. A simple approach to achieve enough coverage and even surplus is by spreading your choice especially during the low season where abundance and variety reigns; the rule that can help you when choosing fruits and vegetables at the grocery store or farmers market is the more colorful the fruits and vegetables are the better.

It's also very important to understand that you can only build a strong immune system by maintaining healthy eating habits over time; it is a long term achievement. You cannot eat six oranges at breakfast and expect to be protected that day against catching flu. "Try to eat a wide variety of foods, and aim to eat fruit and vegetables from every color of the rainbow," Zumpano says. "Your plate will be more enticing to look at, and you will ensure that you're getting as many health-boosting vitamins and nutrients as possible."

While vitamins and supplements like "Revital" found in most pharmacies for example San Paolo Pharmacy Bamenda can help replace the gap due to lack of essential vitamins, the best way to load up on essential nutrients is to get them straight from food. Your body absorbs and uses vitamins and nutrients better when they come from a dietary source. When it's a vitamin or supplement, it's often questionable how much you're actually getting. Because supplements are regulated as foods, not as drugs, the Food and Drug Administration doesn't evaluate the quality of

supplements or assess their effects on the body. Some supplements may have side effects, especially if taken before surgery or with other medicines. Supplements can also cause problems if you have certain health conditions. And the effects of many supplements haven't been tested in children, pregnant women and other groups. It's especially important to avoid taking vitamin E supplements. Not only is there little clinical research showing that vitamin E supplements benefit your health, but they may also be harmful in some situations. For these reasons, experts say it's best to get vitamins through food rather than supplements.

Especially a hot cup of lemon water as a drink will help kill germs bacteria and viruses in the mouth, down the throat and the belly in case of any encountered during a meal, this is especially recommended because it's available and it's cheap. In addition lemon water aids in other functions for various vitals in the body; especially the heart and liver. Avoid adding sugar to sweeten it else you risk tooth decay over time; use honey to sweeten in case you need a sweetener.

IV. LEMON HEALTH BENEFITS

- 1) Lemons are high antioxidants with vitamin C that contains skin serum, it makes skin less dull.
- 2) It de-bloats my belly and aids digestion because citric acid one of its components supplements stomach acids to help break down food.
- 3) It ward's off colds and it reduces inflammation throughout the body especially as hot drinks
- 4) Taking two weeks of lemon water made her loose 1 pound
- 5) It lifted her spirit
- 6) It boost your immunity and consequently speeds up recovery
- 7) Rich in fiber
- 8) Contains substances that detoxify thus flushes toxins in the body
- 9) It enables the liver to produce more enzymes thus foster liver health and decreases liver malfunction
- 10) It alkalizes the body so prevents cancer



Figure 2

V. CONCLUSION

We are in the low income margin together so cheer up we have something to eat at least, and we mean every mouthful should be enjoyable in a clean place, at a clean table, a clean plate, a clean cup. A bit of a smile at table makes it more delicious and more appetizing than before use your table manners, no spills. Don't choke add a little water half a cup of water to sip in-between bites in the absence of table wine. Relax play some music. There you go Ritaristic artistic design setting, guard your ideals, seek the good, climb your mountains, cherish your dreams and enjoy life; because after working so hard to earn the money for up-keep; making sure you are getting the best meals must be the most important item to discuss at home.

What we eat makes part of our body, gives us a glow in skin complexion and a deep inner satisfaction of having consumed our hard earned monies. To ensure that one gets the right constituents of a family sitting at table comes through dialogue and communication. Sometimes it becomes boring and disheartening to repeat the same routine every other day for life; in the name of food consumption and food intake as foodies are doing. Making a list of all possible desired meals and another of optional meals will be a plus to keep you from having a headache. Are you having any compulsory items to buy as you go grocery shopping every week for your household? If not take out some time and sit with your household members especially those that are adults and schooling in higher education and analyze the need for a discussion on this topic; after a week or two schedule members to propose ideas on how to improve health by improving choices at the markets.

Similarly in this light talk intimating to at least five adults you meet and talk with regularly on a friendly note about the types of foods that are healthy and recommended in your locality, compare them with your own staples; use your reasoning faculties to make cheap and affordable choices for a variety as we savor the local cuisine for flavors that are appetizing and delicious. Most people will agree with me that parents will always give the best things they can afford to their children but maybe their best offers were not the best for their health in as much as they are capable of feeding clothing and sheltering their young. In this ball game of nurturing and caring for young; bottle feeding is discouraged just because of poor hygiene and sanitation. Breast milk is the best food for the child actually but in the absence of mother bottle feeding is acceptable under hygienic conditions. Breast feeding and Nestle!

Food is what we eat for vitality, energy, maintenance of life and growth. The way we approach food leaves a wide margin between the required intake and the possible availability of the required due to cultural barriers; based on past notions, feelings, beliefs and attachments. This leaves one with this food for thought 'health is wealth'; the diet is all the kinds of foods a person habitually eats. Nutrition is all about the food, nourishment, nutrients that we feed and cherish as we blossom in life's path. There is this philosophy that handles and breaks down the details of eating for health called dietetics; a school of thought that is concerned with the diet and its effects on health. Dietetics is a way forward where ill-health associated with eating disorders can be properly managed. This isn't a priority discussion neither with health nor with food and drug administration. Checking it's ranking recently on the internet it said dietetics could take#24 on job market demand.

Doctors in the hospitals may be too busy to give you the right counsel and may lack the time to carefully follow up such conditions. In some cases the patient is usually anxious to get out of the sick bed and go home to such an extent that only the prescribed drugs to be bought will be the priority. They tend to forget the counsel after all they are out of hospital and then they return to the same pattern. Even when they stop eventually and heed medical counsel the condition does not disappear completely, so it is better to heed some naturalist advice to curb this growing but insignificant trauma.

There is no clear cut formula or dosage formulated for use of boosters because they already form the base of every family meal; however it is realistic to design a weekly cyclical pattern specific for your own family needs depending on the condition you dread or are fighting against. Generally this will be most applicable in adults over the age of forty; adults between twenty and forty still possess enough resistance and stamina to these hereditary associated diseases namely; diabetes, hypertension etc. High sugar level needs the use of diabetic sugar which cost more than the regular sugar and depending on the situation the use of insulin together with regular blood sugar check-up for control; same as the high cholesterol counterparts with hypertension checking their pressure using the machine and 'Adalat' their regulatory drug.

With this mindset regular hospital visits for check-up with your family doctor is a plus to do a physical check-up and ensure that you live a long-life. With this exam the doctor will be able to access your health map and give you the right directives to follow as he has more time in his hands for your case file and understands your predicament; this can be costly but remember it is also life saving. Taking boosters does not mean you will not fall ill; so whenever you take ill consult a physician.

Deep down the reason for putting these words together is that my siblings have already been diagnosed of high blood pressure and are on drugs I mean that my mum Bibiana Awambeng and three of my six siblings are on pressure drugs; my mother is also a 'dialyzed patient'. Interestingly all on pressure drugs have not taken health courses at university level studies; whereas all three of us not yet suffering this condition are into microbiology, nursing and pharmacy.

What does the dietetic doctor do? The dietetic has a main objective to teach the public about proper and smart dietary choices; they practically apply the sciences to nutrition with prevention of disease as a health watch. Over the weekend I tuned to the BBC podcast the comb by Kim Chakanetsa the last episode was on kidney donation; she explains that poor eating habits will see a rise in medical attention in the next ten years. This will be characterized by organ transplant and donation to one from another involving dying people and living relatives of the sick offering their own body organs to save lives; the talk is on kidney, liver and heart failure. Doctors are already doing this type of transplants in some countries in Africa. Ladies and gentlemen, young girls should pick an interest in dietetics and work together with medical practitioners and physicians to reach the right goal for healthy living 'together achieves better'. So please stay healthy!!

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To God be the glory and Father in heaven for taking me through my MBA Program. To my late Dad AWAMBENG NGU: Daddy was popularly known as J.N.T. christened Joseph-Tom, country-name NGU, and surname AWAMBENG. To my late brother Awambeng Eric NGU. Adios!!!

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Table footnote

Healthy Living

Health & Beauty

Health & Fitness

Health is Wealth

Stay Healthy

