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3 Kola Nuts Natural Food Flavors and Colorants Koi and the Kola Nuts A Basket of Kola Nuts Koi and the Kola Nuts Bitter Kola Side Effects Broken Kola-Nuts on Our Grandmother's Grave Koi and the Kola Nuts Byproducts from Agriculture and Fisheries GraceLand Broken Kola-Nuts on Our Grandmother's Grave Ethnomedicine and Drug Discovery On a New Beverage Substance, the Kola Nut, a Product of Jamaica. a Lecture CRC Handbook of Nuts Bitter Kola for Diabetes Caravans of Kola Effect of Kola Nut and Caffeine Diets on Locomotion and Anxiety Nuts Get Healthier and Deliver Safely by Using Bitter Kola Soaked in Coconut Water How to Shrink Fibroids Using Bitter Kola The Asante World An Illustrated Monograph on Kola ... Bitter Kola for Erectile Dysfunction Things Fall Apart Bitter Kola And Ovulation Proximate Analysis of Three Common Kola Varieties In Nigeria The Impact of Caffeine and Coffee on Human Health Caffeine for the Sustainment of Mental Task Performance Bitter Kola for Osteoarthritis Culinary Nutrition Love Under the Kola Nut Tree Bitter Kola (Garcinia Kola): Antimicrobial And Therapeutic Qualities Biopesticides in Organic Farming Handbook of African Medicinal Plants, Second Edition 'Kola is God's Gift' Gass' Atlas of Macular Diseases E-Book Living in and from the forests of Central Africa Òrìṣà Devotion as World Religion When the Wanderers Come Home Kolanut Production and Trade in Nigeria

Research Paper (postgraduate) from the year 2017 in the subject Chemistry - Analytical Chemistry, grade: 3.0, , course: Chemistry, language: English, abstract: Three varieties of Kola, *Cola acuminata*, *Cola nitida* and *Garcinia kola* which are tropical African crops were obtained from Ikon-Osun, Osun State, Nigeria. This was with a view to carrying out the proximate analysis of the seeds. The seeds were collected, cured by the traditional method of wrapping in fresh banana leaves to reduce the amount of moisture lost and thereafter kept for two weeks in the laboratory before used. Proximate analysis of the species was carried out using the methods of Association of Official Analytical Chemists (AOAC) 1990 with little modification. The results obtained showed that *Cola nitida* had 62.83 % moisture, 2.83 % ash, 7.72 % crude protein and 2.42 % caffeine. *Cola acuminata* had 54.33 % moisture, 2.89 % ash, 8.68 % crude protein and 2.65 % caffeine, while, *Garcinia kola* had 49.16 % moisture, 2.9%ash, 8.67 % crude protein and 2.96 % caffeine. Kheper's inheritance cannot slip between his fingers. Grandma's voice carries us through the family's origins, retracing both the physical and spiritual realms. The Ikin (kola nuts) are ancient divining tools that connect the family to their ancestors. They enable the ancestors to live through the family. The art of storytelling, as perfected by Grandma, is alive and well. How can the broken kola nuts be put back together? This tale brings forth the first step of this great and wonderful journey. Did you know that Coca-Cola got its name from a common African tree? Bitter kola, also known as bitter cola or *Garcinia Kola*, is a plant found in Central and Western Africa that has long been valued for its medicinal properties. Although traditional African medicine uses all parts of the Bitter Kola plant, the seeds are most commonly eaten. Bitter kola seeds have a sharp, bitter flavor that eases into a slight sweetness as you chew, and they're typically eaten raw. Early studies suggest that a chemical called kolaviron, which is found in bitter kola, may protect against hypoglycemia in people with type 2 diabetes. In this book the author utilizes his over fifty years of experience in food chemistry and technology in order to produce the most detailed and comprehensive guide on natural food flavors and colors. Unique coverage of natural flavors and natural colorants in the same volume Includes chemical structures of all principal constituents and CAS, FEMA and E numbers. Wherever available FCC (Food Chemicals Codex) Includes techniques and characteristics of extracts, such as solvent extraction, dispersion and solubilization, nutraceutical function and effect of heat The book entitled "Biopesticides in Organic Farming : Recent Advances", describes critically reviewed, key aspects of organic farming and provides a unique and timely science-based resource for researchers, teachers, extension workers, students, primary producers and others around the world. This book is intended to be a unique and indispensable resource that offers a diverse range of valuable information and perspectives on biopesticides in organic agriculture. It has chapters on

each and every aspect related with biopesticides in organic farming which are compiled by researchers and eminent professors at various universities across the globe. The wide spectrum information in various chapters with the addition of the terms related to organic farming and concept statements is presented in very concise manner. Features: This book is designed, as per course curriculum of different universities offering courses on Organic Farming, for undergraduate and post graduate students, researchers, university professors and extension workers. The first section provides, Overview of organic farming with special reference to biopesticides followed by the Principles of the applications of biopesticides in organic farming, Impact of Environmental factors on biopesticides in organic farming, Pesticides Exposure Impacts on Health and Need of Biopesticides in Organic Farming, and Role of nutrients in the management of crop diseases through biopesticides. The next section deals with the management of various crop diseases through biopesticides of bacterial, fungal, viral, and Insect sex hormone, Natural enemies and Integrated Pest Management, Biotechnological Trends in Insect Pests Control Strategy, Challenges in the popularization of Biopesticides in organic farming, Certification process and standards of organic farming and Marketing and export potential of organic Products. Information presented in an accessible way for students, professors, researchers, business innovators and entrepreneurs, management professionals and practitioners.

Graceland is a dazzling debut by a singular new talent The sprawling, swampy, cacophonous city of Lagos, Nigeria, provides the backdrop to the story of Elvis, a teenage Elvis impersonator hoping to make his way out of the ghetto. Broke, beset by floods, and beatings by his alcoholic father, and with no job opportunities in sight, Elvis is tempted by a life of crime. Thus begins his odyssey into the dangerous underworld of Lagos, guided by his friend Redemption and accompanied by a restless hybrid of voices including The King of Beggars, Sunday, Innocent and Comfort. Ultimately, young Elvis, drenched in reggae and jazz, and besotted with American film heroes and images, must find his way to a GraceLand of his own. Nuanced, lyrical, and pitch perfect, Abani has created a remarkable story of a son and his father, and an examination of postcolonial Nigeria where the trappings of American culture reign supreme. "A richly detailed, poignant, and utterly fascinating look into another culture and how it is cross-pollinated by our own. It brings to mind the work of Ha Jin in its power and revelation of the new."--T. Coraghessan Boyle

Over one hundred of the world's most important species of nuts are systematically accounted in this informative handbook. The text defines nuts and discusses their economic and nutritional value. For easy reference; there is an illustrated account of each nut by species, arranged alphabetically by scientific name. Each account includes the family name, several colloquial names, and paragraphs on uses, folk medicine, chemistry, germplasm, distribution, ecology, cultivation, harvesting, yields, energy, and biotic factors. Chapters Describe: Uses Folk medicine Chemistry Germplasm Distribution Ecology Cultivation Harvesting Yields and economics Energy Biotic factors Ranging from biofuels to building materials, and from cosmetics to pharmaceuticals, the list of products that may be manufactured using discards from farming and fishery operations is extensive. Byproducts from Agriculture and Fisheries examines the procedures and technologies involved in this process of reconstitution, taking an environmentally aware approach as it explores the developing role of value-added byproducts in the spheres of food security, waste management, and climate control. An international group of authors contributes engaging and insightful chapters on a wide selection of animal and plant byproducts, discussing the practical business of byproduct recovery within the vital contexts of shifting socio-economic concerns and the emergence of green chemistry. This important text: Covers recent developments, current research, and emerging technologies in the fields of byproduct recovery and utilization Explores potential opportunities for future research and the prospective socioeconomic benefits of green waste management Includes detailed descriptions of procedures for the transformation of the wastes into of value-added food and non-food products With its combination of practical instruction and broader commentary, Byproducts from Agriculture and Fisheries offers essential insight and expertise to all students and professionals working in agriculture, environmental science, food science, and any other field concerned with sustainable resources. This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant

marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant. Did you know that Coca-Cola got its name from a common African tree? Bitter kola, also known as bitter cola or *Garcinia Kola*, is a plant found in Central and Western Africa that has long been valued for its medicinal properties. Although traditional African medicine uses all parts of the Bitter Kola plant, the seeds are most commonly eaten. Bitter kola seeds have a sharp, bitter flavor that eases into a slight sweetness as you chew, and they're typically eaten raw. Early studies suggest that a chemical called kolaviron, which is found in bitter kola, may protect against hypoglycemia in people with type 2 diabetes. With over 50,000 distinct species in sub-Saharan Africa alone, the African continent is endowed with an enormous wealth of plant resources. While more than 25 percent of known species have been used for several centuries in traditional African medicine for the prevention and treatment of diseases, Africa remains a minor player in the global natural products market largely due to lack of practical information. This updated and expanded second edition of the *Handbook of African Medicinal Plants* provides a comprehensive review of more than 2,000 species of plants employed in indigenous African medicine, with full-color photographs and references from over 1,100 publications. The first part of the book contains a catalog of the plants used as ingredients for the preparation of traditional remedies, including their medicinal uses and the parts of the plant used. This is followed by a pharmacognostical profile of 170 of the major herbs, with a brief description of the diagnostic features of the leaves, flowers, and fruits and monographs with botanical names, common names, synonyms, African names, habitat and distribution, ethnomedicinal uses, chemical constituents, and reported pharmacological activity. The second part of the book provides an introduction to African traditional medicine, outlining African cosmology and beliefs as they relate to healing and the use of herbs, health foods, and medicinal plants. This book presents scientific documentation of the correlation between the observed folk use and demonstrable biological activity, as well as the characterized constituents of the plants. *Garcinia kola* (bitter kola), also known as African wonder nut, belongs to the family *Guttiferae* and grows in coastal rainforests in the South-Western and South-Eastern parts of Nigeria. Traditionally, the nuts of bitter kola are chewed as masticatory substance to stimulate the flow of saliva. The kernels of the nuts are widely traded and eaten as a stimulant. Bitter kola is also highly valued because of its medicinal benefits. The nuts are chewed for aphrodisiac effects or used to cure cough-dysentery or chest cold in herbal medicine. In this present day, new initiatives in pharmaceutical and also livestock industries are seeking to promote the use of alternative materials that combine the effects of nutritional and medicinal properties, simultaneously. This is expected among others benefits to reduce the high cost of production in the livestock industry as a result of the reduction in dual costs of feed and drugs. Further research was made into indigenous fruits trees or plants that possesses both nutritional and medicinal properties. Bitter kola been a plant that possesses both medicinal and nutritive value and every more was emerged, and further investigations based on its current information in relation to its nutritional and medicinal properties has been aggregated. This seeks to aggregate current information on the characteristics of bitter kola based on its history and origin as an indigenous medicinal plant in the rain forest of central and western African. Its botanical and agronomical characteristics are also discussed further; the bitter kola tree produces reddish yellowish or orange coloured fruit with each fruit containing two or four yellow seeds and a sour tasting pulp. During cultivation of bitter kola, it is either cultivated by seeds or by cutting, by the preparation of a suitable seed bed for planting and germination or by cutting from very tender branches and stems with young healthy leaves. The nutrient and chemical composition of bitter kola as reported were also illustrated based on their various constituents. The moisture content, protein, fiber, ash and nitrogen free extracts have various amount of percentage dry matter and they are 14.60%, 0.58%, 0.10%, 5.00%, 91.32% and 57.54% respectively and the vitamins as well as mineral composition also have various dry weight basis. The phytochemicals constituents of bitter kola as described are phenols (0.11 mg/100g), Alkaloids (0.36mg/100g), tannins (0.26mg/100g) and flavonoids (1.98mg/100g). Bitter kola basically performs various other functions like medicinal uses e.g helps in weight loss, treats arthritics, anti-poison, diabetes, malaria etc. Using a romantic, spiritual, captivating and meditative story, a self-help book is dramatically brought to life. Bacterial species such as *Staphylococcus aureus*, *Streptococcus pyogenes*, *Escherichia coli* and *Salmonella typhi* continues to present unique challenges to clinicians, microbiologists and the molecular biologists around the world. These organisms are typically resistant to several antimicrobial agents but have been discovered to be susceptible to medicinal plants. Topics covered in this book

include: Strategies for the extraction of bitter kola's anti-microbial agents, Anti-microbial activity of the extract of bitter kola seed and leaf on *Staphylococcus aureus*, *Streptococcus pyogenes*, *Escherichia coli* and *Salmonella typhi*, Epidemiological characteristics and pathogenicity of *Staphylococcus aureus*, *Streptococcus pyogenes*, *Escherichia coli* and *Salmonella typhi*, Therapeutic and Economic benefit of bitter kola, Nutritional Importance of bitter kola, Recommended treatment of some selected bacterial infections using bitter kola and Future trend of bitter kola. This book should be especially useful to professionals in the field of medicine, or anyone else who may be considering utilizing medicinal plants for health purposes.

Okonkwo is the greatest warrior alive, famous throughout West Africa. But when he accidentally kills a clansman, things begin to fall apart. Then Okonkwo returns from exile to find missionaries and colonial governors have arrived in the village. With his world thrown radically off-balance he can only hurtle towards tragedy. Chinua Achebe's stark novel reshaped both African and world literature. This arresting parable of a proud but powerless man witnessing the ruin of his people begins Achebe's landmark trilogy of works chronicling the fate of one African community, continued in *Arrow of God* and *No Longer at Ease*. This report from the Committee on Military Nutrition Research reviews the history of caffeine usage, the metabolism of caffeine, and its physiological effects. The effects of caffeine on physical performance, cognitive function and alertness, and alleviation of sleep deprivation impairments are discussed in light of recent scientific literature. The impact of caffeine consumption on various aspects of health, including cardiovascular disease, reproduction, bone mineral density, and fluid homeostasis are reviewed. The behavioral effects of caffeine are also discussed, including the effect of caffeine on reaction to stress, withdrawal effects, and detrimental effects of high intakes. The amounts of caffeine found to enhance vigilance and reaction time consistently are reviewed and recommendations are made with respect to amounts of caffeine appropriate for maintaining alertness of military personnel during field operations. Recommendations are also provided on the need for appropriate labeling of caffeine-containing supplements, and education of military personnel on the use of these supplements. A brief review of some alternatives to caffeine is also provided. The comparative effects of chronic (28 days) consumption of kolanut and its active constituent, caffeine diets on locomotor behaviour, body weights, exploration, anxiety and fear related behaviours in Swiss mice were investigated. Adult Swiss mice (15-30 g body weight), were used for the study. The open field-maze was employed for the evaluation of locomotor behaviour. The light/dark transition box, the elevated plus-maze as well as the open field-maze were used for the evaluation of exploration, anxiety and fear related behaviours in Swiss white mice. Mice in the control group (n=10) were fed normal rodent chow, mice in the kolanut-fed group (n=10) were fed kola diet (25% wt/wt of rodent chow) for four weeks respectively. All animals were allowed free access to clean drinking water. Daily food intake, water intake and body weight change were also measured. The results revealed that chronic consumption of kolanut and caffeine diets respectively in mice caused decreased locomotor activities, decreased anxiety and fear related behaviours and also increased exploratory behaviour in mice. Bold, original and stimulating in its inspirational insights, *A Basket of Kola Nuts* explores Cameroon's cultures as remarkable pivots of moral rectitude and such sickening vicious-circles as bribery and corruption. Ethnically grass-rooted and globalizing rather than alarmingly exotic and exclusive, this poetic diction of form-content aims at revitalizing its material contents to sever it from extinction and revamp cultural values that break the patience of silence to question deviation rather than the concrete interface of cultural identities and differences. Uprightly appealing, this poetry gathers kola seeds that fall apart in crisis to invite readers world-wide to taste its kolaly aroma. The emergence of new infectious, chronic and drug resistant diseases have prompted scientists to look towards medicinal plants as agents for treatment and prevention. This book provides an interphase between ethnomedical and ethnobotanical approaches to new drug discovery and advances in biotechnology and molecular science that has made it increasingly feasible to transform traditional medicines into modern drugs. These novel approaches also raise new issues and the volume explores economic, ethical and policy considerations of drug development based on indigenous knowledge or traditional medicine. This work also features standardization and development of phytomedicines for major therapeutic indications, including emerging infectious diseases affecting developing and developed countries. The publication provides state-of-the-art information on the most innovative science, the research, the industry, the market, and the future of ethnomedicine and drug discovery. *Garcinia kola* (bitter kola), also known as African wonder nut, belongs to the family *Guttiferae* and grows in coastal rainforests in the South-Western and South-Eastern parts of Nigeria. Traditionally, the nuts of bitter kola are chewed as masticatory substance to stimulate the flow of saliva (Leakey, 2011). The kernels of the nuts are widely traded and eaten as a stimulant (leakey, 2001).

Bitter kola is also highly valued because of its medicinal benefits (Hertog et al., 2007). The nuts are chewed for aphrodisiac effects or used to cure cough-dysentery or chest cold in herbal medicine (Uko et al 2001). In this present day, new initiatives in pharmaceutical and also livestock industries are seeking to promote the use of alternative materials that combine the effects of nutritional and medicinal properties, simultaneously. This is expected among others benefits to reduce the high cost of production in the livestock industry as a result of the reduction in dual costs of feed and drugs (Leakey, 2011). Further research was made into indigenous fruits trees or plants that possesses both nutritional and medicinal properties. Bitter kola been a plant that possesses both medicinal and nutritive value and every more was emerged, and further investigations based on its current information in relation to its nutritional and medicinal properties has been aggregated (Uko et al, 2001). Garcinia Kola belongs to the species of a tropical flowering plant that produces brown nut like seeds. Traditionally, the fruit, seeds, nuts and the bark of the bitter kola plant have been used for centuries for herbal medicine to treat several ailments. This bitter fruit, which is believed to contain a high source of vitamins and minerals such as Vitamins A, C, E, B1, B2, B3, fiber, calcium, potassium, and iron, also carry other antioxidants and the usage is not limited to traditional activities alone. Coconut water is the clear liquid found inside immature coconuts. As the coconut matures, the water is replaced by coconut meat. Coconut water is sometimes referred to as green coconut water because the immature coconuts are green in color. Coconut water is different than coconut milk. Coconut milk is produced from an emulsion of the grated meat of a mature coconut. Coconut water is commonly used as a beverage and as a solution for treating dehydration related to diarrhea or exercise. It is also tried for high blood pressure and to improve exercise performance. In recent years, coconut water has become a very trendy beverage. It's tasty, refreshing and also happens to be good for you. What's more, it's loaded with several important nutrients, including minerals that most people don't get enough of.

The Asante World provides fresh perspectives on the Asante, the largest Akan group in Southern Ghana, and what new scholars are thinking and writing about the "world the Asante made." By employing a thematic approach, the volume interrogates several dimensions of Asante history including state formation, Asante-Ahafo and Bassari-Dagomba relations in the context of Asante northward expansion, and the expansion to the south. It examines the role of Islam which, although extremely intense for just a short time, had important ramifications. Together the essays excavate key aspects of Asante political economy and culture, exemplified in kola nut production, the kente/adinkra cloth types and their associated symbols, proverbs, and drum language. The Asante World explores the Asante origins of Jamaican maroons, Asante secular government, contemporary politics of progress, governance through the institution of Ahemaa or Queenmothers, epidemiology and disease, and education in the twentieth and twenty-first centuries. Featuring innovative and insightful contributions from leading historians of the Asante world, this volume is essential reading for advanced undergraduates, postgraduates, and scholars concerned with African Studies, African diaspora history, the history of Ghana and the Gold Coast, the history of Islam in Africa, and Asante history. "The book delineates the kola production zone in Asante and the Gold Coast, and discusses the diffusion of kola production from old to new areas as the kola trade became lucrative to both individuals and the Asante state. It discusses the northern and southern axis of the kola trade to Hausaland and Lagos respectively and accounts for the reorientation of the trade after 1874. Labour and resource needs of kola farmers and traders are also discussed in detail. The book ends with an explanation of why kola, unlike cocoa, failed to break into the international market." "The book is the first major study of an industry that, together with gold, enabled Asante to sustain its military capacity and, hence, resist British attempts to control trade and Asante political economy. The only other major study of kola in West Africa dealt with Nigeria. Additionally, the pharmacological, therapeutic, and social significance of kola open an important window into African life, beliefs and thought. Finally, the study of kola establishes a bridge between the history of food and the history of 'drugs' in both 'traditional' and 'modern' societies."--BOOK JACKET.

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Cheated of his rightful inheritance, a chief's son uses a bunch of kola nuts to gain a happy new life. An African folktale follows the son of a chief who must make his way in the world with only a sackful of kola nuts and the help of some creatures that he has treated with kindness. Reprint.

Culinary Nutrition: The Science and Practice of Healthy Cooking is the first textbook specifically written to bridge the relationship between food science, nutrition and culinology as well as consumer choices for diet, health and enjoyment. The book uses a comprehensive format with real-life applications, recipes and color photographs of finished dishes to emphasize the necessity of sustainably deliverable, health-beneficial and taste-desirable products. With

pedagogical elements to enhance and reinforce learning opportunities, this book explores what foods involve the optimum nutritional value for dietary needs, including specific dietary requirements and how foods are produced. It also considers alternative production methods, along with the impact of preparation on both the nutritional value of a food and its consumer acceptability. Other discussions focus on the basics of proteins, carbohydrates, and lipids, issues of diet and disease such as weight management, and food production and preparation. Laboratory-type, in-class activities are presented using limited materials and applications of complex concepts in real-life situations. This book will be a valuable resource for undergraduate students in culinary nutrition, nutrition science, food science and nutrition, and culinary arts courses. It will also appeal to professional chefs and food scientists as well as research chefs in product development. Gourmand World Cookbook Awards 2014: USA, Best Author or Chef for Professionals, Gourmand International Global Food Industry Awards 2014: Special Mention in Communicating Science-Related Knowledge to Consumers Aimed at Improving their Lifestyle, International Union of Food Science and Technology (IUFoST) Explores the connections among the technical sciences of nutrition, food science and the culinary arts as well as consumer choices for diet, health and enjoyment Presents laboratory-type, in-class activities using limited materials and real-life applications of complex concepts Includes photographs and recipes to enhance learning experience The first book to tell the full story of how nuts came to be in almost everything, Nuts takes readers on a gastronomic, botanical and cultural tour of the world. Bitter kola and diabetes: Does it help? Speaking about Bitter Kola role in curing diabetes, it can be said that effect of bitter kola on diabetes can be rather impressive. As for bitter kola for diabetes, it has been proven that bitter kola can regulate the level of sugar in blood and can cope with an elevated level of sugar - reducing and normalizing it bitter kola has a unique chemical composition which could explain its medicinal benefits: The Kola nut includes caffeine, theophylline, theobromine, sugar, water, starch, cellulose, and phenolic compounds: - phlobaphene;- tannic acid;- catechins and epicatechin. It also increases the metabolism and extracts derived from the nut can increase the speed of metabolic processes as well as speeding up heart rate. However, this effect is achieved at low concentrations and low doses. In large doses it increases the risk of heart failure so one has to be careful with their dosage. The effect of bitter kola on diabetes are quite astounding. It has been proven that bitter kola can regulate blood sugar levels in blood by reducing and normalising it, with prolonged use. Those who suffer from the negative effects of elevated blood sugar can find some relief with bitter kola. Kola nut efficiently regulates the amount of sugar in your blood, relieving you from the discomfort of diabetes. The Fifth Edition of Gass' Atlas of Macular Diseases, by Dr. Anita Agarwal, provides expert diagnostic guidance on macular disorders and quickly brings you up to date on this evolving specialty. Using a case-based approach, it richly depicts a full range of retina and macular diseases, including new infectious, degenerative, and dystrophic conditions. Take advantage of the latest imaging technologies to identify common and rare disorders, and confirm difficult diagnoses with the aid of more than 5,500 high-quality images. Rely on the same unique, richly illustrated case-descriptive format—encompassing history, clinical examination, and follow-up—that popularized the original book by the late Dr. Donald Gass, the famed ophthalmologist whose clinical expertise set new standards in macular diagnosis. Get expert diagnostic guidance under the new authorship of Dr. Anita Agarwal, a protégé of Dr. Gass who has compiled the ultimate collection of images and hard-to-find case studies from around the world. Visualize the conditions you're likely to see in practice and confirm your diagnoses by comparing your clinical findings to more than 5,500 images and illustrations (over 3,500 in full color). Obtain thorough advice on imaging and recognition of a full range of common and rare macular diseases using the latest approaches including fluorescein angiography, optical coherence tomography (OCT), indocyanine green (ICG), and fundus autofluorescence. Described by African scholar and literary critic Chielozona Eze as “one of the most prolific African poets of the twenty-first century,” Patricia Jabbeh Wesley composed *When the Wanderers Come Home* during a four-month visit to her homeland of Liberia in 2013. She gives powerful voice to the pain and inner turmoil of a homeland still reconciling itself in the aftermath of multiple wars and destruction. Wesley, a native Liberian, calls on deeply rooted African motifs and proverbs, utilizing the poetics of both the West and Africa to convey her grief. Autobiographical in nature, the poems highlight the hardships of a diaspora African and the devastation of a country and continent struggling to recover. *When the Wanderers Come Home* is a woman's story about being an exile, a survivor, and an outsider in her own country; it is her cry for the Africa that is being lost in wars across the continent, creating more wanderers and world citizens. Erectile dysfunction is a common problem in men. *Garcinia kola* is claimed to possess aphrodisiac effects and as such is used traditionally in the treatment of erectile dysfunction. A

G. kola seeds was prepared and used for treating male Wistar rats (n=8 /group); two doses of G. kola (200 and 400 mg/kg body weight) were used for the treatment of people. All the treatments were orally administered daily for 28 days. On day 28, mounting frequency (MF), intromission frequency (IF) and ejaculation frequency (EF) were quantified during sexual behaviour tests. At termination, body and organ weights, gastric ulceration and cauda epididymal sperm counts were determined. Serum was collected for determination of testosterone levels. Dose showed marked aphrodisiac activity with significantly increased sexual behaviour parameters compared to controls. However lower dose of G. kola was more effective than the higher dose. Testosterone levels were higher in both treatment groups compared to controls. Sperm counts were similar to controls however testes weights were higher in G. kola treated people compared to controls. 3 Kola Nuts named Owo, Eva, and Eha are waiting to be pluck from the Kola Nut tree but, there is one huge problem; they are unripe! Two of the Kola Nuts take matters upon themselves to get plucked, while the 3rd Kola Nut takes a different approach. This approach ends up teaching 3 of the Kola Nuts a valuable lesson. ? G?rcini? k?!? (bitt?r k?!?), ?ls? kn?wn ?s ?fric?n w?nd?r nut, b?!?ngs t? th? f?mily guttif?r?? ?nd gr?ws in c??st?l r?inf?r?sts in th? S?uth-W?st?rn ?nd S?uth-??st?rn p?rts ?f Nig?ri?. Tr?diti?n?lly, th? nuts ?f bitt?r k?!? ?r? ch?w?d ?s m?stic?t?ry subst?nc? t? stimul?t? th? fl?w ?f s?liv?. Th? k?rn?ls ?f th? nuts ?r? wid?ly tr?d?d ?nd ??t?n ?s ? stimul?nt. Bitt?r k?!? is ?ls? highly v?lu?d b?c?us? ?f its m?dicin?l b?n?fits. Th? nuts ?r? ch?w?d f?r ?phr?disi?c ?ff?cts ?r us?d t? cur? c?ugh-dys?nt?ry ?r ch?st c?ld in h?rb?l m?dicin?. In this pr?s?nt d?y, n?w initi?tiv?s in ph?rm?c?utic?l ?nd ?ls? liv?st?ck industri?s ?r? s??king t? pr?m?t? th? us? ?f ?lt?rn?tiv? m?t?ri?ls th?t c?mbin? th? ?ff?cts ?f nutriti?n?l ?nd m?dicin?l pr?p?rti?s, simult?n?usly. This is ?xp?ct?d ?m?ng th?rs b?n?fits t? r?duc? th? high c?st ?f pr?ducti?n in th? liv?st?ck industry ?s ? r?sult ?f th? r?ducti?n in du?l c?sts ?f f??d ?nd drugs. Furth?r r?s??rch w?s m?d? int? indig?n?us fruits tr??s ?r pl?nts th?t p?ss?ss?s b?th nutriti?n?l ?nd m?dicin?l pr?p?rti?s. Bitt?r k?!? b??n ? pl?nt th?t p?ss?ss?s b?th m?dicin?l ?nd nutritiv? v?lu? ?nd ?v?ry m?r? w?s ?m?rg?d, ?nd furth?r inv?stig?ti?ns b?s?d ?n its curr?nt inf?rm?ti?n in r?!?ti?n t? its nutriti?n?l ?nd m?dicin?l pr?p?rti?s h?s b??n ?ggr?g?t?d. This s??ks t? ?ggr?g?t? curr?nt inf?rm?ti?n ?n th? ch?r?ct?ristics ?f bitt?r k?!? b?s?d ?n its hist?ry ?nd ?rigin ?s ?n indig?n?us m?dicin?l pl?nt in th? r?in f?r?st ?f c?ntr?l ?nd w?st?rn ?fric?n. Its b?t?nic?l ?nd ?gr?n?mic?l ch?r?ct?ristics ?r? ?ls? discuss?d furth?r; th? bitt?r k?!? tr?? pr?duc?s r?ddish y?ll?wish ?r ?r?ng? c?l?ur?d fruit with ??ch fruit c?nt?ining tw? ?r f?ur y?ll?w s??ds ?nd ? s?ur t?sting pulp. During cultiv?ti?n ?f bitt?r k?!?, it is ?ith?r cultiv?t?d by s??ds ?r by cutting, by th? pr?p?r?ti?n ?f ? suit?bl? s??d b?d f?r pl?nting ?nd g?rmin?ti?n ?r by cutting fr?m v?ry t?nd?r br?nch?s ?nd st?ms with y?ung h??lthy l??v?s. Th? nutri?nt ?nd ch?mic?l c?mp?siti?n ?f bitt?r k?!? ?s r?p?rt?d w?r? ?ls? illustr?t?d b?s?d ?n th?ir v?ri?us c?nstitu?nts. Th? m?istur? c?nt?nt, pr?t?in, fib?r, ?sh ?nd nitr?g?n fr?? ?xtr?cts h?v? v?ri?us ?m?unt ?f p?rc?nt?g? dry m?tt?r ?nd th?y ?r? 14.60% 0.58%, 0.10%, 5.00%, 91.32% ?nd 57.54% r?sp?ctiv?ly ?nd th? vit?mins ?s w?ll ?s min?r?l c?mp?siti?n ?ls? h?v? v?ri?us dry w?ight b?sis. Th? phyt?ch?mic?ls c?nstitu?nts ?f bitt?r k?!? ?s d?scrib?d ?r? ph?n?ls (0.11 mg/100g), ?lk?l?ids (0.36mg/100g), t?nnins (0.26mg/100g) ?nd fl?v?n?ids (1.98mg/100g). Bitt?r k?!? b?sic?lly p?rf?rms v?ri?us ?th?r functi?ns lik? m?dicin?l us?s ?g h?lps in w?ight l?ss, tr??ts ?rthritics, ?nti-p?is?n, di?b?t?s, m?l?ri? ?tc. As the twenty-first century begins, tens of millions of people participate in devotions to the spirits called Òrìsà. This book explores the emergence of Òrìsà devotion as a world religion, one of the most remarkable and compelling developments in the history of the human religious quest. Originating among the Yorùbá people of West Africa, the varied traditions that comprise Òrìsà devotion are today found in Africa, the Americas, Asia, Europe, and Australia. The African spirit proved remarkably resilient in the face of the transatlantic slave trade, inspiring the perseverance of African religion wherever its adherents settled in the New World. Among the most significant manifestations of this spirit, Yorùbá religious culture persisted, adapted, and even flourished in the Americas, especially in Brazil and Cuba, where it thrives as Candomblé and Lukumi/Santería, respectively. After the end of slavery in the Americas, the free migrations of Latin American and African practitioners has further spread the religion to places like New York City and Miami. Thousands of African Americans have turned to the religion of their ancestors, as have many other spiritual seekers who are not themselves of African descent. Ifá divination in Nigeria, Candomblé funerary chants in Brazil, the role of music in Yorùbá revivalism in the United States, gender and representational authority in Yorùbá religious culture--these are among the many subjects discussed here by experts from around the world. Approaching Òrìsà devotion from diverse vantage points, their collective effort makes this one of the most authoritative texts on Yorùbá religion and a groundbreaking book that heralds this rich, complex, and variegated tradition as one of the world's great religions. An African folktale in which

the son of the chief must make his way in the world with only a sackful of kola nuts and the help of some creatures that he has treated with kindness. Kheper's inheritance cannot slip between his fingers. Grandma's voice carries us through the family's origins, retracing both the physical and spiritual realms. The Ikin (kola nuts) are ancient divining tools that connect the family to their ancestors. They enable the ancestors to live through the family. The art of storytelling, as perfected by Grandma, is alive and well. How can the broken kola nuts be put back together? This tale brings forth the first step of this great and wonderful journey. Living in and from the forests of Central Africa is intended first and foremost as a full-scale extension tool concerning NWFPs in Central Africa. It is a work on the groups who have always lived in these forests, forests that contribute to every aspect of their daily lives, both material and spiritual, and enable them to survive even in periods of extreme crisis. The purpose of this Special Issue is to provide a thorough and up-to-date presentation of research investigating the impact of coffee and/or caffeine intake on various health outcomes. We welcome the submission of original research articles and/or systematic Reviews/meta-analyses focusing on several aspects of coffee/caffeine intake in relation to human health. Areas of interest include, but are not limited to, the following topics: - Human clinical trials of coffee or caffeine use in relation to disease or intermediate phenotypes. - Epidemiological studies of habitual coffee or caffeine intake in relation to human health, among the general public, as well as, among special populations (i.e., children, pregnant women, diabetics, cancer patients, hypertensives, etc.) - Mechanisms of action of nutrients and other bioactive components of coffee/caffeine. - Studies integrating genetic or physiological markers of coffee/caffeine intake to investigations of coffee and health.

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