

# **A Bibliography On Natural Health**

**Completed Research**

**Compiled By**

**Oluremi Adebawale Adebayo (phd)**  
*remsonlib@yahoo.com*  
*College library,*  
*Federal College of Education (Special), Oyo*

**Received: 3 May 2026; Accepted: 7 May 2026; Published: 11 May 2026**

## **CERTIFICATION**

This is to certify this bibliography was compiled by ADEBAYO, Oluremi Adebawale, College Library, Federal College of education (Special), Oyo.

## DEDICATION

This bibliography is dedicated to God, the giver of life, my family members and my co-workers who had graciously supported me both morally and material wise. It is equally dedicated to my office mate who assisted me voluntarily in the course of typing the manuscript

## ACKNOWLEDGEMENT

I wish to acknowledge with thanks the efforts and understanding of my family towards the completion of this work. They have indeed contributed in no small means to the completion of this work through their perfect understanding and patience all through the period of this compilation. Equally worth of mentioning is the efforts of the members of staff attached to the Serials section. They have displayed an uncommon understanding; I pray the all-mighty God will reward each and everyone of you according to your labour of love, understanding and co-operation. On a final note, I wish to acknowledge the library and college management for putting necessary machinery in motion for a constant subscription to relevant national dailies, which have become the instrument with which I was able to come up with helpful hints. I pray that God Himself will continue to give them the needed wherewithal to move the college forward, and together we shall all receive our entitlement while it is still relevant in the mighty name of Jesus.

## TABLE OF CONTENT

Title page.....	i
Certification .....	ii
Dedication .....	iii
Acknowledgement .....	iv
Table of Content.....	v
Arrangement .....	1
Scope.....	2
Sources Consulted.....	3
Bibliography.....	5
Title Index.....	6

## **ARRANGEMENT**

This bibliography contains 250 carefully selected entries arranged alphabetically by author, with subject/ title index.

## **SCOPE**

This bibliography was compiled to cover the major sources of information on natural health vis-à-vis the natural products and materials involved, with their applications.

The period under survey covered only one year (i.e between January, 2016 and December, 2016), nevertheless, it is meant to be continued as time permits while the past years also are expected to be revisited.

The entries compiled were selected from the daily newspapers published across Nigeria. This bibliography will be of tremendous value to others who might wish to carry out research on natural health and more importantly, it is expected to be a valuable material which can be readily used in place of similar information materials like “Where there is no Doctor” and the host of others. It would also be of immense benefit to each and every individual, most especially, those who considered the issue of human health a matter of priority.

## **SOURCES OF INFORMATION**

The Guardians

Nigerian Tribune

## INTRODUCTION

Diseases by every standard constitute a serious danger to public health, global peace and security. The whole world today can be simply described an unsafe and unhealthy environment owing to one disease or the other. This situation is caused by acts of terrorism and violent crimes, disease, political violence, economic adversity and the likes.

It is only a healthy environment that can guarantee safe and healthy living, economic progress and prosperity. Health is wealth is that popular adage. This is why responsible government all over the world give great attention to the health sector of governance.

Over the years, public health has been endangered by various terminal and deadly diseases such as cancer, hypertension, stroke, psychoses, insanity, and lately acquired immune deficiency syndrome (AIDS).

Ebola and laser fever appear to be the latest and the deadliest of all diseases that people suffered from, until the emergence of Corona Virus (COVID-19). Disease virus are caused by natural or environmental agents like food, water, air, animals or dirty habits of human beings themselves.

In the case of Ebola virus disease (EVD), the causative agents are said to be animals such as monkeys, and birds such as bats. These agents infect human food and water with the virus. The symptoms of the infected person are vomiting, diarrhea, excessive body temperature, severe headache, etc.

On Friday 25<sup>th</sup> July, 2014 the Lagos state government confirmed that a 40-years old Liberian working for a West African organization, Patrick Sawyer was admitted to a private hospital in Lagos and the diagnosis revealed that he was a carrier of Ebola virus disease. The special adviser to Lagos state government on Public Health, DR. Yewande Adesina with collaboration with the federal ministry of health confirmed that some neighboring West African countries like Guinea, Liberia and Sierra Leone had recorded a serious outbreak of Ebola before that time. As at October 13, 2014, records had it that Liberia is the worst hit with 4,262 cases and 2,484 deaths.

Global assistance to the worst-hit countries includes the United State of America Liberia, Britain for Sierra Leone and France for Guinea.

As at today, the disease has killed thousands of people in Liberia, Sierra Leon, Guinea and Mali-all in Africa.

It also killed about 7 Nigerians notable among which are a Lagos Senior medical officer Stella Adadevoh and a senior nurse who had early contact with Patrick Sawyer on admission to the Lagos hospital.

In order to prevent the spread of the quick killer disease, the federal government through the Federal Ministry of Health, State Ministry of Health and relevant stakeholders in the health sector made proactive intervention measures. Government monitored the health of the who came in contact with Ebola patients, most especially in Lagos and Port Harcourt. Of the w

According to WHO figures, Ebola outbreak recorded the world's worst ever killer killing more than half of 900 hundred people infected. (The Guardian, Oct. 20 p.12). The World Health Organisation (WHO) certified Nigeria Ebola virus disease (EVD) free on 20<sup>th</sup> October, 2014. Kudus to the combined efforts of the Federal Ministry of Health, Federal and state Agencies and parastatals, the Nigerian Medical Association (NMA), various global non-governmental organization, and numerous healthcare providers (most especially the Lagos Senior Doctor Stella Adadevoh who paid supreme sacrifice) having collectively and individually demonstrated good sense of patriotism.

However, when it seemed the entire globe was a little bit relieved of this disease invasion, the century most killer disease, in the mold of corona virus set in, ravaging the entire globe across tribes, nationalities and continents, regardless of socio-economic status, technological sophistication, or educational background. The whole continents of the world were constrained to a partial or total lockdown, social and economic activities became paralyzed with the loss of prominent personalities in millions across the globe. Sadly enough, the end seems not yet in sight, despite a number of preventive measures on ground, the NDDC (National Center for Disease Control) keeps compiling the lists of infected on daily basis.

## BIBLIOGRAPHY

**1. ABUH, ADAMU**

Rep urges action against glaucoma. The Guardian 17<sup>th</sup> March 2016, p.38

**2. AKPUNONU, STANLEY**

Red alert on rising diabetes cases. The Guardian. 24<sup>th</sup> November, 2016.p.37

**3. \_\_\_\_\_**

Benola initiative enlightens Nigerians on cerebral palsy. The Guardian, 18<sup>th</sup> August,2016 p.39

**4. \_\_\_\_\_**

Reducing salt intake during pregnancy doesn't decrease risk of preeclampsia. The Guardian.14<sup>th</sup> July, p.38

**5. ALONGE LOLA**

Breastfeeding saves lives and more in many countries- it's time for action. The Guardian 21<sup>st</sup> April, 2016. p.39

**6. ANUFORO, EMEKA**

Iwu, Charley boy preach healthy living at nature's emporium. The Guardian 26<sup>th</sup> May, 2016 .p.37

**7. AXE**

Health benefits of mushrooms. Nigeria Tribune. 14<sup>th</sup> July, 2016. p.26

**8. AYIDA MAJE**

The immediate benefits of quitting soft drinks. The Guardian. 18<sup>th</sup> August,2016, p.40

**9. BINTIE ALERO & NJOKU VICTORIA**

Expert canvass need for healthy living. The Guardian. 3<sup>rd</sup> March, 2016 ,p.34

**10. EGBAJULE, MICHAEL**

IVF pioneer seeks more centres to boost reproductive health. The Guardian 17<sup>th</sup> March, 2016 p. 36

**11. FAGBEMI, ABIODUN**

Mushrooms to end food scarcity- The Guardian. 10<sup>th</sup> November, .p.37

**12. IWU, MAURICE**

Why GM, foreign foods are not good for us, Iwu. The guardian

13. \_\_\_\_\_

Herbal based sickle cell drug shows promise in multi-centre clinical trials. The Guardian 9<sup>th</sup> June, 2016,p. 31 & 35

**14. MENDES, TERI**

Why you should be drinking lemon water in the morning. Nigeria Tribune. 11<sup>th</sup> August 2016,p. 11

**15. MUANIYA, CHUKWUMA**

Avocado, soursoup show promise against hepatitis. The Guardian 8<sup>th</sup> September, 2016 p.31

16. \_\_\_\_\_

Avocado seeds employed to treat pains, multi-drug resistance. The Guardian. 19<sup>th</sup> May, 2016 p.31 & 34

17. \_\_\_\_\_

Physical activity associated with lower risk for many cancers. The Guardian. 19<sup>th</sup> May, 2016, p.31

18. \_\_\_\_\_

Local plant's combo could provide dissafety of herbal loss therapy: as commercial laxatives, heartburn supplements are linked to cancer, kidney damage. The Guardian, 14<sup>th</sup> January, 2016 .p29

19. \_\_\_\_\_

Researcher validates herbal weight loss therapies. The Guardian. 14<sup>th</sup> January, 2016.p.31

20. \_\_\_\_\_

Weight loss pills linked to cancer, kidney damage. The Guardian 14<sup>th</sup> January, 2016.p.30

21. \_\_\_\_\_

Eating fish in pregnancy boost baby's brain size. The Guardian. 21<sup>st</sup> January, 2016.p.30

22. \_\_\_\_\_

Red alert on safety of herbal 'viagras'; air pollution, traffic fumes associated with infertility risk. The Guardian. 21<sup>st</sup> January, 2016.p.29 & 30

23. \_\_\_\_\_

WHO raise alarm over childhood obesity. The Guardian. 25<sup>th</sup> January, 2016,.p.29

24. \_\_\_\_\_

WHO raise alarm over childhood obesity. The Guardian. 28<sup>th</sup> January, 2016, p.29

25. \_\_\_\_\_

African star apple validated to reduce blood sugar, cholesterol: extracts show promise in ulcer, diarrhea, wound healings, others. The Guardian, 7<sup>th</sup> January,2016 p.29 & 30

26. \_\_\_\_\_

Loneliness is as deadly as lack of exercise, diabetes. The Guardian. 7<sup>th</sup> January, 2016 p.30

27. \_\_\_\_\_

Why people crave junk food when drunk, by researchers. The Guardian. 7<sup>th</sup> January, 2016.p.30

28. \_\_\_\_\_

Watermelon juice, unripe plantain, nutmeg top foods of lve for valentine. The Guardian.11<sup>th</sup> February,2016 p.30

29. \_\_\_\_\_

Boost your libido this valentine with 'foods' of love. The Guardian. 11<sup>th</sup> February 2016.p.29

30. \_\_\_\_\_

Waking up more than once at night to urinate is a sign of heart, kidney, prostate problem. The Guardian.. 18<sup>th</sup> February,2016 18.p.29.

31. \_\_\_\_\_

Living well with sickle cell anaemia. The Guardian. 25<sup>th</sup> January,2016 p.29

32. \_\_\_\_\_

WHO backs taxing sugary drinks to stop chronic diseases. The Guardian. 25<sup>th</sup> January, 20162p.29

33. \_\_\_\_\_

Doctors embrace herbs for healing, narrates experience in books. The Guardian.  
12<sup>th</sup> May,2016 .p.31

34. \_\_\_\_\_

Water cress reduces risk in smokers. The Guardian. 5<sup>th</sup> May,2016 .p.39

35. \_\_\_\_\_

More plant for cancer treatment validated. The Guardian.27<sup>th</sup> October, 2016  
.p.31 & 35

36. \_\_\_\_\_

Herbal combo beats malaria, typhod. The Guardian. 20<sup>th</sup> October,2016.p.31 & 35

37. \_\_\_\_\_

Garlic, ginger, others promise against drug resistance. The Guardian. 20<sup>th</sup>  
October,2016. .p. 35

**38. NANNA, PAUL JOSEPH**

The role of prebiotics in wellbeing of colon. The Guardian, 22<sup>nd</sup> December 2016,  
p. 28

39. \_\_\_\_\_

Maintaining the normal gut flora by supplementation. The Guardian. 8<sup>th</sup>  
December, 2016 ,p.28

40. \_\_\_\_\_

A close look at power house called large intestine. The Guardian. 1<sup>st</sup> September  
2016, p.36

41. \_\_\_\_\_

Crohn's disease. The Guardian. 8<sup>th</sup> September, 2016, p. 36

42. \_\_\_\_\_

Rectal bleeding and disease of the colon. The Guardian. 1<sup>st</sup> September 2016, p.38

43. \_\_\_\_\_

Female infertility and frigidity. The Guardian. 28<sup>th</sup> July, 2016, p.37

44. \_\_\_\_\_

How watermelon boost sperm quality, by studies. The Guardian 21<sup>st</sup> July, 2016.  
,p. 31

45. \_\_\_\_\_

More herbs for treating rheumatism endorsed. The Guardian 1<sup>st</sup> September  
2016.p.31

46. \_\_\_\_\_

Fried, grilled, baked foods increase diabetes risk: research suggest steaming,  
poaching, stewing for better health. The Guardian. 8<sup>th</sup> September 2016, p.31

47. \_\_\_\_\_

Herbal weight loss breakthrough: sweet potato waste water, African bush mango  
seed extract, beans, turmeric validated. The Guardian 15<sup>th</sup> December, 2016.p.35

48. \_\_\_\_\_

Garlic, aloe vera, vinegar, others for conjunctivities. The Guardian. 8<sup>th</sup> December  
2016, p.27

49. \_\_\_\_\_

Causes of female infertility, (2). The Guardian 14<sup>th</sup> July 2016 .p.38

50. \_\_\_\_\_

Corn silk repairs damage kidneys burst renal stones. The Guardian 7<sup>th</sup> July 2016.p. 27

51. \_\_\_\_\_

Causes, prevention and treatment of female infertility. The Guardian 7<sup>th</sup> July 2016p.31

52. \_\_\_\_\_

Spice up your meals, live longer: Curry, ginger, chilli peppers help slow aggressive tumours growth. Regular consumption linked to lower risk of early death. The Guardian, 29<sup>th</sup> December 2016.p.27

53. \_\_\_\_\_

Herbal-based malaria remedy fights drugs-resistant TB. The Guardian 22<sup>nd</sup> December 2016 p.28

54. \_\_\_\_\_

Excess sweating may affect mental health. The Guardian 29<sup>th</sup> December 2016 p.28

55. \_\_\_\_\_

Natural cures for prostate cancer, enlargement identified. The Guardian 22<sup>nd</sup> December 2016.p.27

56. \_\_\_\_\_

Detoxification, weight loss boost fertility. The Guardian 10<sup>th</sup> March, 2016. p.29 &34

57. \_\_\_\_\_

Eating to beat chronic kidney disease. The Guardian 10<sup>th</sup> March 2016.p.29

58. \_\_\_\_\_

More herbal cures for HIV validated. The Guardian 22<sup>nd</sup> December 2016. p.27

59. \_\_\_\_\_

Furore over black seed, honey cure for HIV. The Guardian 28<sup>th</sup> July 2016.p.31

60. \_\_\_\_\_

Female infertility: the PH factor-role of acidity/alkalinity. The Guardian 21<sup>st</sup> July 2016. p.36

61. \_\_\_\_\_

Fats and oil (6): Dietary recommendations for fats and oils. The Guardian 17<sup>th</sup> March 2016. p.38

62. \_\_\_\_\_

Scientist claim green tea cure for stretch marks. The Guardian 2<sup>nd</sup> June 2016. p.31

63. \_\_\_\_\_

Want intelligent children? Eat fruit during pregnancy. The Guardian 2<sup>nd</sup> June 2016. 2,p.31

64. \_\_\_\_\_

Local plant purifies water, stops cancers. The Guardian 26<sup>th</sup> May 2016. p.31

65. \_\_\_\_\_

How tomatoes reduce prostate enlargement, by study. The Guardian.26<sup>th</sup> May 2016.p.31

66. \_\_\_\_\_

Well waster linked to bladder cancer. The Guardian. 12<sup>th</sup> May 2016. p.21

67. \_\_\_\_\_

Garlic, ginger, others promise against drug resistance. The Guardian 20<sup>th</sup> October p.35

68. -----

Herbal combo beats malaria, typhoid. The Guardian 20<sup>th</sup> October 2016 p.31 & 35

69. \_\_\_\_\_

More plants for cancer treatment validated. The Guardian 27<sup>th</sup> October 2016, p. 31 & 35

70. \_\_\_\_\_

Prevention and treatment of constipation (3). The Guardian 5<sup>th</sup> May 2016 p. 46

71. \_\_\_\_\_

Water reduces cancer risk in smokers. The Guardian. 5<sup>th</sup> May 2016, p. 39

72. \_\_\_\_\_

Deep vein thrombosis. The Guardian.12<sup>th</sup> May 2016, p. 39

73. \_\_\_\_\_

How fasting helps fight fatty liver disease. The Guardian. 12<sup>th</sup> May 2016, p. 31

74. \_\_\_\_\_

Doctors embraces herbs for healing, narrates experiences in books. The Guardian. 12<sup>th</sup> May 2016, p.31

75. \_\_\_\_\_

Male infertility and temporary impotence. The Guardian.26<sup>th</sup> May 2016,p.37

76. \_\_\_\_\_

Physical activity associated with lower risk of many cancers. The Guardian. 19<sup>th</sup> May 2016 p. 3

77. \_\_\_\_\_

How fasting may fight fatty disease. The Guardian. 12<sup>th</sup> May 2016.p.31

78. \_\_\_\_\_

Deep vein thrombosis. The Guardian. 12<sup>th</sup> May 2016, p.39

79. \_\_\_\_\_

Exercise, mightily fasting reduce cancer risk: Alcohol processed meat linked to stomach tumor. The Guardian 28<sup>th</sup> April 2016, p. 31

80. \_\_\_\_\_

Why Doctors should prescribe exercise as medicine. The Guardian. 30<sup>th</sup> June 2016. p.31

81. \_\_\_\_\_

Eating okra to beat diabetes, cancer, ulcer. The Guardian. 23<sup>rd</sup> June 2016.p. 31

82. \_\_\_\_\_

Mango seeds extracts stop breast, cervical, colorectal cancers. The Guardian 2<sup>nd</sup> June 2016, p.29

83. \_\_\_\_\_

How palm oil reverses heart diseases, fights cancer. The Guardian. 24<sup>th</sup> March 2016, p. 29

84. \_\_\_\_\_

Avocado seeds employed to treat pains, multi-drug resistant TB. The Guardian. 19<sup>th</sup> May 2016,p.31 & 34

85. \_\_\_\_\_

Local plant purifies water, stops cancer. The Guardian. 26<sup>th</sup> May 2016, p. 31

86. \_\_\_\_\_

How tomatoes reduce prostate enlargement, by study. The Guardian. 26<sup>th</sup> May 2016, p. 31

87. \_\_\_\_\_

Scientists claim green tea cure for stretch marks. The Guardian. 2<sup>nd</sup> June 2016 p. 31

88. \_\_\_\_\_

More local foods to beat heart disease validated. The Guardian. 6<sup>th</sup> October 2016,p. 31

89. \_\_\_\_\_

Men who smoke are three times more likely to have children with asthma. The Guardian. 6<sup>th</sup> October 2016,p. 31

90. \_\_\_\_\_

Phytonutrient vegetables-cruciferous vegetables. The Guardian. 15<sup>th</sup> September 2016.p.35

91. \_\_\_\_\_

Why consuming imported herbal products is dangerous- by Iwu. The Guardian. 15<sup>th</sup> September 2016, p. 34

92. \_\_\_\_\_

To prevent chronic diseases, blend coffee, green tea with mushroom. The Guardian. 15<sup>th</sup> September 2016, p.31

93. \_\_\_\_\_

Diverticulitis : Another cause of rectal bleeding. The Guardian.22<sup>nd</sup> September 2016. P. 37

94. \_\_\_\_\_

How turmeric wards off infectious diseases. The Guardian. 22<sup>nd</sup> September 2016 , p. 31

95. \_\_\_\_\_

Natural remedies for executive stress, metabolic syndrome: How herbal teas burst anxiety, depression, fatigue, others. The Guardian. 29<sup>th</sup> September 2016,p.34

96. \_\_\_\_\_

How tomatoes beat wrinkles, skin cancer, male infertility, hypertension, by students. The Guardian. 10<sup>th</sup> November 2016, p.31

97. \_\_\_\_\_

Maintaining health of the colon. The Guardian.17<sup>th</sup> November 2016, p. 37

98. \_\_\_\_\_

UNILAG botanist identify pollen, spores of Nigerian plants that trigger asthma. The Guardian.17<sup>th</sup> November 2016, p. 37

99. \_\_\_\_\_

Steaming food lowers risk of diseases as releases toxic by-products. The Guardian.17<sup>th</sup> November 2016, p. 31

100. \_\_\_\_\_

Why meat is deadly, children never want to eat vegetables. The Guardian.17<sup>th</sup> November 2016,p.31

101. \_\_\_\_\_

Maintaining health of colon (2). The Guardian. 24<sup>th</sup> November 2016, p.37

102. \_\_\_\_\_

Cholera epidemic: how to prevent, treat disease. The Guardian. 30<sup>th</sup> September 2016. p.31

103. \_\_\_\_\_

More local foods enlisted to treat hypertension. The Guardian. 4<sup>th</sup> August 2016 p.31

104. \_\_\_\_\_

Cancer of the colon. The Guardian. 29<sup>th</sup> September 2016, p. 37

105 \_\_\_\_\_

African salad reduces heart diseases, blindness risk. The Guardian. 29<sup>th</sup> September 2016. p.31

106. \_\_\_\_\_

Dehydration and dyspeptic pain (ulcer, heart burn and hiatus hernia). The Guardian. 4<sup>th</sup> August 2016, p. 34

107. \_\_\_\_\_

Battling hypertension with local foods. The Guardian. 4<sup>th</sup> August 2016, p. 34

108. \_\_\_\_\_

Dehydration and dyspeptic pain (2). The Guardian. 11<sup>th</sup> August 2016. p. 37

109. \_\_\_\_\_

Herbal combo protects against complications in diabetics. The Guardian. 11<sup>th</sup> August 2016, p.35

110. \_\_\_\_\_

Why men are becoming less fertile. The Guardian. 11<sup>th</sup> August 2016, p. 31

111. \_\_\_\_\_

Benefits of mineral- rich foods and well-being of the gastro intestinal craft. The Guardian. 18<sup>th</sup> August 2016, p. 39

112. \_\_\_\_\_

Cloves stop toothache, dental problems. The Guardian. 18<sup>th</sup> August 2016. p.31

113. \_\_\_\_\_

Hemorrhoids (pile). The Guardian. 25<sup>th</sup> August 2016, p.37

114. \_\_\_\_\_

How to attract a woman? Eat salad. The Guardian. 25<sup>th</sup> August 2016, p. 31

115. \_\_\_\_\_

African pepper stops prostate, breast cancer. The Guardian. 25<sup>th</sup> August 2016, p. 31

116. \_\_\_\_\_

Malaria drug provides novel "cure" for cancer. The Guardian. 4<sup>th</sup> February 2016. p. 29

117. \_\_\_\_\_

Six natural remedies for lowering blood pressure fast. Nigerian Tribune. 8<sup>th</sup> December 2016 p.26

118. \_\_\_\_\_

How bitter leaf, sweet basil fertility in diabetics. The Guardian. 11<sup>th</sup> August 2016, p.31

119. \_\_\_\_\_

Natural remedies for insomana, "hot" weather. The Guardian. 31<sup>st</sup> March 2016, p. 29-30

120. \_\_\_\_\_

Senna leaves as cure for insomnia, epilepsy, convulsion. The Guardian. .31<sup>st</sup> March 2016 ,p. 30

121. \_\_\_\_\_

Prevention and treatment of constipation. The Guardian. 5<sup>th</sup> May 2016,p. 46

122. \_\_\_\_\_

Quests for nutritious, affordable foods intensifies. The Guardian 3<sup>rd</sup> November 2016,p. 31

123. \_\_\_\_\_

Scientists endorse herbs for diabetes treatment. The Guardian. 7<sup>th</sup> April 2016, p.29

124. \_\_\_\_\_

Most herbal products sold in Lagos are contaminated with germs, heavy metals. The Guardian.14<sup>th</sup> April, 2016. p.29

125. \_\_\_\_\_

Debate rages on medicinal benefits of detoxification. The Guardian. 14<sup>th</sup> July 2016,p. 31

126. \_\_\_\_\_

Water as cornerstone of weight-loss diet: Obese people are less likely to be well hydrated. The Guardian. 14<sup>th</sup> July 2016. p. 31

127. \_\_\_\_\_

Bitter kola detox teas top body cleansing remedies. The Guardian.14<sup>th</sup> July 14 2016,p. 35

128. **OGUGBAJA CHARLES**

Boosting herbal medicine development. The Guardian. 13<sup>th</sup> October 2016.p.31 & 34

129. **OGUNTOLA, SADE**

Eating whole cucumber can aggravate ulcer. Nigeria Tribune. 2<sup>nd</sup> June 2016.p. 26

130. \_\_\_\_\_

Acupressure, excellent way to aggravate ulcer/ Nigeria Tribune. 9<sup>th</sup> June 2016, p.26

131. \_\_\_\_\_

Pako ijebu, new mouthwash to come. Nigeria Tribune. 16<sup>th</sup> June 2016, p. 26

132. \_\_\_\_\_

Okra: why diabetes patients should be careful . Nigeria Tribune. 23<sup>rd</sup> June 2016, p. 26

133. \_\_\_\_\_

Neem plant compound shows promise for prostate cancer. Nigeria Tribune.27<sup>th</sup> October 2016. p. 26

134. \_\_\_\_\_

Watermelon rind does your prostate lots of good. Nigeria Tribune. 27<sup>th</sup> October 2016, p. 26

135. \_\_\_\_\_

Eating garden egg reduce your weight by 42 percent. Nigeria Tribune. 7<sup>th</sup> July 2016, p. 26

136. \_\_\_\_\_

How walnut boost fertility, prevents diabetes. Nigeria Tribune. 14<sup>th</sup> July 2016,p.26

137. \_\_\_\_\_

Ginger, nature's protection from colon cancer. Nigeria Tribune. 21<sup>st</sup> July 2016, p.26

138. \_\_\_\_\_

Fruits for diabetes: All you need to know. Nigeria Tribune. 21<sup>st</sup> July 2016, p. 23

139. \_\_\_\_\_

Magic mushrooms lift depression in clinical trial. Nigeria Tribune 26<sup>th</sup> May 2016, p.26

140. \_\_\_\_\_

How palm oil boost fertility in men. Nigeria Tribune. 14<sup>th</sup> January 2016, p.37

141. \_\_\_\_\_

Herbal cures occur as commonly as plants next door. Nigeria Tribune. 28<sup>th</sup> January 2016, p. 37

142. \_\_\_\_\_

Do vitamins and other supplements live up to their promises. Nigeria Tribune.4<sup>th</sup> February 2016 ,p.33

143. \_\_\_\_\_

When it is wrong to eat bitter kola. Nigeria Tribune. 11<sup>th</sup> February 2016, p. 37

144. \_\_\_\_\_

Better choice to keep mosquito away. Nigeria Tribune. February 8, p. 37

145. \_\_\_\_\_

Coffee, tomato support healthy hearts. Nigeria Tribune. 13<sup>th</sup> October 2016.p.26

146. \_\_\_\_\_

Two bitter kola nuts a day keeps doctors at bay. Nigeria Tribune. September 29,  
p. 26

147. \_\_\_\_\_

Experiencing diarrhea? Try planting plant sap honey. Nigeria Tribune. 22<sup>nd</sup>  
September 22, p.26

148. \_\_\_\_\_

Alternate day fasting may be as effective as traditional diets for weight los.  
Nigeria Tribune. 22<sup>nd</sup> September 3016, p.26

149. \_\_\_\_\_

Maize leaves, home remedy for fever, diabetes. Nigeria Tribune. 15<sup>th</sup> September.  
15, p.26,

150. \_\_\_\_\_

Oranges help to tackle obesity. Nigeria Tribune. 1<sup>st</sup> September 2016,p.26

151. \_\_\_\_\_

Neem, pawpaw seeds as nature's birth control. Nigeria Tribune.10<sup>th</sup> November  
2016, p.26

152. \_\_\_\_\_

Eggs can reduce stroke risk by 12%. Nigeria Tribune. 17<sup>th</sup> November 2016. p.26

153. \_\_\_\_\_

Why alligator pepper, zobo treat hypertension. Nigeria Tribune.18<sup>th</sup> August 2016,  
p.26

154. \_\_\_\_\_

Watermelon rind does your prostate lots of good. Nigeria Tribune. 20<sup>th</sup> October  
2016 ,p.26

155. \_\_\_\_\_

Stressed up, try African black soap. Nigeria Tribune.30<sup>th</sup> June 30,p.26

156. \_\_\_\_\_

Okra: why diabetes patient should be careful. Nigeria Tribune. 23<sup>rd</sup> June 2016 ,  
p.26

157. \_\_\_\_\_

Acupressure, excellent way to help prevent breast cancer. Nigeria Tribune.9<sup>th</sup>  
June 9,p.26

158. -----

How plant oil boost fertility in men. Nigeria Tribune 7<sup>th</sup> January 2016, p.37

159. -----

Magic mushrooms lift severe depression in clinical trial Nigeria Tribune. 26<sup>th</sup>  
May 2016, p.26

160. -----

Fruits for diabetes: All you need to know. Nigeria Tribune.21<sup>st</sup> July 2016. p. 23

161. \_\_\_\_\_

Ginger, nature's protection from colon cancer. Nigeria Tribune. 21<sup>st</sup> July 2016, p.26

162. \_\_\_\_\_

How walnuts boost fertility, prevent diabetes. Nigeria Tribune. 14<sup>th</sup> July 2016, p. 26

163. \_\_\_\_\_

Eating garden egg reduces weight by 42 percent. Nigeria Tribune. 7<sup>th</sup> July 2016, p.26

164. \_\_\_\_\_

Herbal porridge, good for diabetic control-scientists. Nigeria Tribune. March 3, p.37

165. \_\_\_\_\_

Mistletoe tea good immune booster, but ...Nigeria Tribune. 25<sup>th</sup> August 2016, p. 26

166. \_\_\_\_\_

Oranges help to tackle obesity. Nigeria Tribune. 26<sup>th</sup> September 2016. p.26

167. \_\_\_\_\_

Herbal cure occur as commonly as plants next door. Nigerian Tribune 28<sup>th</sup> January 2016 ,p.37

168. \_\_\_\_\_

Corn silk tea soothes urinary problems kidney stone. Nigeria Tribune. 4<sup>th</sup> August 2016, p. 26

169. \_\_\_\_\_

Coconut water can boost fertility in women. Nigeria Tribune. 28<sup>th</sup> April 2016, p.26

170. \_\_\_\_\_

Oranges, potatoes may protect against cataracts. Nigeria Tribune. 12<sup>th</sup> May 2016, p.26

171. \_\_\_\_\_

Maize leaves, home remedy for fever, diabetes. Nigeria Tribune. 15<sup>th</sup> September 2016, p.26

172. \_\_\_\_\_

Alternate day fasting may be as effective as traditional diets for weight loss. Nigeria Tribune. 15<sup>th</sup> September 2016, p. 26

173. \_\_\_\_\_

Why you must add turmeric to your diet. Nigeria Tribune. 15<sup>th</sup> December 2016, p.29

174. \_\_\_\_\_

Yummy! Amazing health benefits for potatoes. Nigeria Tribune. 22<sup>nd</sup> December 2016, p.26

175. \_\_\_\_\_

Propolis : natural antibiotics to fight typhoid fever. Nigeria Tribune. 9<sup>th</sup> December 2016, p.26

176. \_\_\_\_\_

Two bitter cola nuts a day keeps doctor at bay. Nigeria Tribune. 29<sup>th</sup> September 2016, p.26

177. \_\_\_\_\_

Coffee, tomatoes support healthy hearts. Nigeria Tribune. 13<sup>th</sup> October 2016, p.26

178. \_\_\_\_\_

Need memory boost? Try ginger. Nigeria Tribune. 14th January 2016, p. 37

179. **ONANA, VERA**

Avocado peer leaf effective for treating hypertension. Nigeria Tribune.5<sup>th</sup> May 2016, p.26

180. \_\_\_\_\_

Tackling menstrual cramps the natural way. Nigeria Tribune. 10<sup>th</sup> March 2016, p.37

181. \_\_\_\_\_

Nature's best anti-ageing treatment. Nigeria tribune. 24<sup>th</sup> March 2016, p.37

182. \_\_\_\_\_

Many benefits of garden egg. Nigeria Tribune. 21<sup>st</sup> April 2016, p.26

183. \_\_\_\_\_

Bitter leaf juice: sweet benefits of the unsweet. Nigeria tribune. 19<sup>th</sup> May 2016, p.26

184. \_\_\_\_\_

Fluted pumpkin leaf juice for flawless skin. Nigeria Tribune. 6<sup>th</sup> October 6, p.26

185. \_\_\_\_\_

You can be free of those stretch marks. Nigeria Tribune. 14<sup>th</sup> April 2016, p. 26

186. \_\_\_\_\_

Health benefits of broccoli. Nigeria Tribune. 7<sup>th</sup> April 2016, p.37

187. \_\_\_\_\_

Ewedu: A vegetable of versatility. Nigeria Tribune. 3<sup>rd</sup> November 2016, p.26

188. **OREDOLA TAYO**

Do not add salt to your food, NHF warns. The Guardian. 3<sup>rd</sup> November 2016, p.37

189. \_\_\_\_\_

Reducing high maternal death in Nigeria. The Guardian, 17<sup>th</sup> March 2016, p.35

190. **OYEBADE, WOLE & FALAJU JOKE**

Drug abuse, refined foods worsen chronic kidney disease. The guardian. 17<sup>th</sup> March 2016, p.35

191. **PARRY LIZZIE**

Eight skin super food for radiant complexion: carrots, avocado, oily fishes, cabbage, pumpkin top list. The Guardian. 17<sup>th</sup> March 2016, p.31

192. **TAIWO MONICA**

Foods that can make your breast bigger. Nigeria Tribune. 14<sup>th</sup> April 2016, p.26

## TITLE INDEX

### A

- A close look at power house called large intestine. (40)
- Acupressure, excellent way to aggravate ulcer/ Nigeria (130)
- Acupressure, excellent way to help prevent breast cancer. (157)
- African pepper stops prostate, breast cancer.  
(115)
- African salad reduces heart diseases, blindness risk. (105)
- African star apple validated to reduce blood sugar, cholesterol: extracts show promise in ulcer,  
diarrhea, wound healings, others. (25)
- Alternate day fasting may be as effective as traditional diets for weight loss. (148)
- Alternate day fasting may be as effective as traditional diets for weight loss. (172)
- Avocado peer leaf effective for treating hypertension. (179)
- Avocado seeds employed to treat pains, multi-drug resistance. (16)
- Avocado seeds employed to treat pains, multi-drug resistant TB. (84)
- Avocado, soursoup show promise against hepatitis. (15)

### B

- Battling hypertension with local foods. (107)
- Benefits of mineral- rich foods and well-being of the gastro intestinal craft. (111)
- Benola initiative enlightens Nigerians on cerebral palsy. (3)
- Better choice to keep mosquito away. Nigeria Tribune. (144)

Bitter kola detox teas top body cleansing remedies.	(127)
Bitter leaf juice: sweet benefits of the unsweet.	(183)
Boost your libido this valentine with 'foods' of love	(29)
Boosting herbal medicine development.	(128)
Breastfeeding saves lives and more in many countries- it's time for action.	(5)

## C

Cancer of the colon.	(104)
Causes of female infertility, (2)	(49)
Causes, prevention and treatment of female infertility.	(51)
Cholera epidemic: how to prevent, treat disease.	(102)
Cloves stop toothache, dental problems.	(112)
Coconut water can boost fertility in women. (169)	
Coffee, tomato support healthy hearts.	(145)
Coffee, tomatoes support healthy hearts.	(177)
Corn silk repairs damage kidneys burst renal stones.	(50)
Corn silk tea soothes urinary problems kidney stone. (168)	
Crohn's disease.	(41)

## D

Debate rages on medicinal benefits of detoxification.	(125)
Deep vein thrombosis.	(72)

Deep vein thrombosis.	(78)
Dehydration and dyspeptic pain (2).	(108)
Dehydration and dyspeptic pain (ulcer, heart burn and hiatus hernia).	(106)
Detoxification, weight loss boost fertility.	(56)
Diverticulitis : Another cause of rectal bleeding.	(93)
Do not add salt to your food, NHF warns.	(188)
Do vitamins and other supplements live up to their promises.	(142)
Doctors embrace herbs for healing, narrates experience in books.	(33)
Doctors embraces herbs for healing, narrates experiences in books.	(74)
Drug abuse, refined foods worsen chronic kidney disease.	(190)
<b>E</b>	
Eating fish in pregnancy boost baby's brain size.	(21)
Eating garden egg reduce your weight by 42 percent.	(135)
Eating garden egg reduces weight by 42 percent.	(163)
Eating okra to beat diabetes, cancer, ulcer.	(81)
Eating to beat chronic kidney disease.	(57)
Eating whole cucumber can aggravate ulcer.	(129)
Eggs can reduce stroke risk by 12%.	(152)
Eight skin super food for radiant complexion: carrots, avocado, oily fishes, cabbage, pumpkin top list.	(191)
Ewedu: A vegetable of versatility.	(187)
Excess sweating may affect mental health.	(54)

Exercise, mightily fasting reduce cancer risk: Alcohol processed meat linked to stomach tumor.	(79)
Experiencing diarrhea? Try planting plant sap honey.	(147)
Expert canvass need for healthy living.	(9)
<b>F</b>	
Fats and oil (6): Dietary recommendations for fats and oils.	(61)
Female infertility and frigidity.	(43)
Female infertility: the PH factor-role of acidity/alkalinity.	(60)
Fluted pumpkin leaf juice for flawless skin.	(184)
Foods that can make your breast bigger.	(192)
Fried, grilled, baked foods increase diabetes risk: research suggest steaming, poaching, stewing for better health.	(46)
Fruits for diabetes: All you need to know.	(138)
Fruits for diabetes: All you need to know.	(160)
Furore over black seed, honey cure for HIV.	(59)
<b>G</b>	
Garlic, aloe vera, vinegar, others for conjunctivities.	(48)
Garlic, ginger, others promise against drug resistance.	(37)
Garlic, ginger, others promise against drug resistance.	(67)
Ginger, nature's protection from colon cancer.	(137)
Ginger, nature's protection from colon cancer.	(161)

## H

Health benefits of broccoli.	(186)
Health benefits of mushrooms.	(7)
Hemorrhoids (pile).	(113)
Herbal based sickle cell drug shows promise in multi-centre clinical trials. (13)	
Herbal combo beats malaria, typhod.	(36)
Herbal combo beats malaria, typhoid.	(68)
Herbal combo protects against complications in diabetics.	(109)
Herbal cure occur as commonly as plants next door.	(167)
Herbal cures occur as commonly as plants next door.	(141)
Herbal porridge, good for diabetic control-scientists.	(164)
Herbal weight loss breakthrough: sweet potato waste water, African bush mango seed extract, beans, turmeric validated.	(47)
Herbal-based malaria remedy fights drugs-resistant TB.	(53)
How bitter leaf, sweet basil fertility in diabetics.	(118)
How fasting helps fight fatty liver disease.	(73)
How fasting may fight fatty disease.	(77)
How palm oil boost fertility in men.	(140)
How palm oil reverses heart diseases, fights cancer. (83)	
How plant oil boost fertility in men.	(158)

How to attract a woman? Eat salad.	(114)
How tomatoes beat wrinkles, skin cancer, male infertility, hypertension, by students.	(96)
How tomatoes reduce prostate enlargement, by study.	(65)
How tomatoes reduce prostate enlargement, by study.	(86)
How turmeric wards off infectious diseases. (94)	
How walnut boost fertility, prevents diabetes.	(136)
How walnuts boost fertility, prevent diabetes.	(162)
How watermelon boost sperm quality, by studies.	(44)
<b>I</b>	
IVF pioneer seeks more centres to boost reproductive health	(10)
Iwu, Charley boy preach healthy living at nature's emporium.	(6)
<b>L</b>	
Living well with sickle cell anaemia.	(31)
Local plant purifies water, stops cancer.	(85)
Local plant purifies water, stops cancers.	(64)
Local plant's combo could provide dissafety of herbal loss therapy: as commercial laxatives, heartburn supplements are linked to cancer, kidney damage.	(18)
Loneliness is as deadly as lack of exercise, diabetes.	(26)
<b>M</b>	
Magic mushrooms lift depression in clinical trial.	(139)
Magic mushrooms lift severe depression in clinical trial	(159)

Maintaining health of colon (2).	(101)
Maintaining health of the colon. The Guardian. 17 <sup>th</sup> November 2016, p. 37 (97)	
Maintaining the normal gut flora by supplementation.	(39)
Maize leaves, home remedy for fever, diabetes.	(149)
Maize leaves, home remedy for fever, diabetes.	(171)
Malaria drug provides novel "cure" for cancer.	(116)
Male infertility and temporary impotence.	(75)
Mango seeds extracts stop breast, cervical, colorectal cancers.	(82)
Many benefits of garden egg.	
(182)	
Men who smoke are three times more likely to have children with asthma.	
(89)	
Mistletoe tea good immune booster, but...	(165)
More herbal cures for HIV validated.	(58)
More herbs for treating rheumatism endorsed.	(45)
More local foods enlisted to treat hypertension.	(103)
More local foods to beat heart disease validated.	(88)
More plant for cancer treatment validated.	(35)
More plants for cancer treatment validated.	(69)
Most herbal products sold in Lagos are contaminated with germs, heavy metals.	(124)
Mushrooms to end food scarcity-	(11)

N

Natural cures for prostate cancer, enlargement identified.	(55)
Natural remedies for executive stress, metabolic syndrome: How herbal teas burst anxiety, depression, fatigue, others.	(95)
Natural remedies for insomania, "hot" weather.	(119)
Nature's best anti-ageing treatment.	(181)
Need memory boost? Try ginger.	(178)
Neem plant compound shows promise for prostate cancer.	(133)
Neem, pawpaw seeds as nature's birth control.	(151)
<b>O</b>	
Okra: why diabetes patient should be careful.	(156)
Okra: why diabetes patients should be careful.	(132)
Oranges help to tackle obesity.	(150)
Oranges help to tackle obesity.	(166)
Oranges, potatoes may protect against cataracts.	(170)
<b>P</b>	
Pako ijebu, new mouthwash to come. Nigeria Tribune.	(131)
Physical activity associated with lower risk for many cancers.	(17)
Physical activity associated with lower risk of many cancers.	(76)
Phytonutrient vegetables-cruciferous vegetables.	(90)
Prevention and treatment of constipation (3).	(70)
Prevention and treatment of constipation.	(121)
Propolis : natural antibiotics to fight typhoid fever.	(175)

## Q

Quests for nutritious, affordable foods intensifies. (122)

## R

Rectal bleeding and disease of the colon. (42)

Red alert on rising diabetes cases. (2)

Red alert on safety of herbal 'viagras'; air pollution, traffic fumes associated with infertility risk. (22)

Reducing high maternal death in Nigeria. (189)

Reducing salt intake during pregnancy doesn't decrease risk of preeclampsia.

The Guardian.14<sup>th</sup> (4)

Rep urges action against glaucoma. (1)

Researcher validates herbal weight loss therapies. (19)

## S

Scientist claim green tea cure for stretch marks. (62)

Scientists claim green tea cure for stretch marks. (87)

Scientists endorse herbs for diabetes treatment. (123)

Senna leaves as cure for insomnia, epilepsy, convulsion. (120)

Six natural remedies for lowering blood pressure fast. (117)

Spice up your meals, live longer: Curry, ginger, chilli peppers help slow aggressive tumours growth. Regular consumption linked to lower risk of early death. (52)

Steaming food lowers risk of diseases as releases toxic by-products. (99)

Stressed up, try African black soap. (155)

## T

- Tackling menstrual cramps the natural way. (180)
- The immediate benefits of quitting soft drinks. (8)
- The role of prebiotics in wellbeing of colon. (38)
- To prevent chronic diseases, blend coffee, green tea with mushroom. (92)
- Two bitter cola nuts a day keeps doctor at bay (176)
- Two bitter kola nuts a day keeps doctors at bay. (146)

## U

- UNILAG botanist identify pollen, spores of Nigerian plants that trigger asthma. (98)

## W

- Waking up more than once at night to urinate is a sign of heart, kidney, prostate problem.  
(30)
- Want intelligent children? Eat fruit during pregnancy. (63)
- Water as cornerstone of weight-loss diet: Obese people are less likely to be well hydrated. (126)
- Water cress reduces risk in smokers. (34)
- Water reduces cancer risk in smokers. The Guardian. 5<sup>th</sup> May 2016, p. 39 (71)
- Watermelon juice, unripe plantain, nutmeg top foods of lve for valentine. (28)
- Watermelon rind does your prostate lots of good. (134)
- Watermelon rind does your prostate lots of good. (154)
- Weight loss pills linked to cancer, kidney damage. (20)
- Well waster linked to bladder cancer. (66)

When it is wrong to eat bitter kola.	(143)
WHO backs taxing sugary drinks to stop chronic diseases.	(32)
WHO raise alarm over childhood obesity.	(24)
WHO raise alarm over childhood obesity.	(23)
Why alligator pepper, zobo treat hypertension.	(153)
Why consuming imported herbal products is dangerous- by Iwu.	(91)
Why Doctors should prescribe exercise as medicine.	(80)
Why GM, foreign foods are not good for us, Iwu.	(12)
Why meat is deadly, children never want to eat vegetables. (100)	
Why men are becoming less fertile.	(110)
Why people crave junk food when drunk, by researchers.	(27)
Why you must add turmeric to your diet.	(173)
Why you should be drinking lemon water in the morning.	(14)
<b>Y</b>	
You can be free of those stretch marks.	(185)
Yummy! Amazing health benefits for potatoes.	(174)