10 January 2017: Benin National Day of Voodoo Worship
January 17 to 25, 2017: Study tour group of AVCN to CEMETRA
06 to 10 February 2017: Meeting of the Board of Directors of PROMETRA
17 to 25 February 2017: Study trip to the United States
10th to 15th April 2017: Study tour of a delegation of Morehouse School of Medicine led by the President and Dean, Pr RICE to PROMETRA

OBITUARY:
An important link in our chain of union has just left us. Dr SIA Dabogo Joseph, President of PROMETRA Burkina Faso just been recalled to Heaven. Let us remain in communion of prayers for the eternal rest of his soul.
Focus on ….

Arrival of the delegation under presidential and traditional escort

President of PROMETRA International and the President of MALANGO at the reception of the delegation

Warm welcome of American delegation to CEMETRA in Fatick, in the presence of local authorities who ensured safety and water supply.

Visit of American delegation to Malango Center in Fatick

Healers, Saltigui and Ndeupkatt gathered to welcome warmly the American delegation

PROMETRA INTERNATIONAL
New PROMETRA International Chapter:
PROMETRA ZIMBABWE
A new and precious chapter is born in our chain of union.

Editor-Publication: METRAF

Director of Publication: Dr Erick GBODOSSOU

Editor in chief: Babacar SENE

Conception, Direction and Graphic: Birane FAYE

Translation: Oriseh Torlowei Ijawebi, Mamadou Diaw

Photos: PROMETRA Archives
Focus on ....

Professor Coumba THIANDOUM, Director of the Promotion of Scientific Culture, Representing the Minister of Higher Education and Scientific Research

Gift of Anita Jackson, from NCCU Brite University to Dr Erick GBODOSSOU, President of PROMETRA International

Allocation of Sylvia Ashley, Director of International Affairs for the Andrew YOUNG Foundation

Presentation of a gift from His Excellency Ambassador Andrew YOUNG to the President of PROMETRA International

Speech by Anita Jackson, representative of NCCU-BRITE

Visit of Andrew YOUNG Foundation to PROMETRA headquarters

Group photo

Gift of Anita Jackson, from NCCU Brite University to Dr Erick GBODOSSOU, President of PROMETRA International
There have always been healers among men

Dr Erick GBODOSSOU, President of PROMETRA International

No one is immune from suffering, and every individual has the right to health. Since man wants to be human, he has the duty to help the other and to make known what can help the other. This implies that any knowledge that can bring relief to man must be known and spread.

Traditional medicine is as old as humanity, as old as pain. It has been strongly shaken by our history which goes from the explorers to the current economic boom, through to slavery, colonization …

Despite this tumultuous history, WHO recognizes that 80% of the African population in the South of the Sahara addresses healers not only for their health problems, but also for their health education.

It is known that Africa is the land of the first stammers, the first civilizations more than seven million years ago. The emigration of Africans to other continents began only two million years ago. It is clear that this unknown hero of civilizations is an African who may have lived in the hot and humid jungles of West Africa, or on the vast highlands of South Africa or in virgin forests and Dense areas of the Congo.

In ancient Africa, on the other hand, surgery reached very high peaks. Eight types of operations were known: curettage, piercing, extraction, suture, orthopedics, trepanation, etc. Medical papyri on Egypt successfully note the know-how of doctors in ophthalmology for the treatment of diseases Pleuro pulmonary, urogenital and dermatoses. The great migration of the African sages from the continental hinterland to the nascent Pharaonic Egypt has transplanted the legacy of the surgical art of the civilization of the Zambezi and other countries.

It is surprising how much the Peul were able even in the modern practice of cosmetic surgery. The Fulh were pierced by their ears to wear rings. The weight of the ring sometimes tore the lobe of the ear. There were fifteen known processes for repairing these accidents. It is a mistake to think that skin grafting dates back to the 20th century.

For three decades there has been renewed interest in endogenous science; A new fervor. They are rehabilitated as inspiring discoveries, innovations, progress and stable, humane and sustainable development. This fervor is due to the observation of the limits of the Cartesian system, the deviation of “scientific and technical evolution” and the discomforts of the modern human sciences. Conventional medicine itself engages in dubious and questionable practices, such as survival, horizontal childbirth, relentlessness on certain so-called pediatric conditions, and the consequences of the misuse of synthetic and chemical drugs.

The endogenous sciences must benefit from a lucid exploration in order to reveal the secrets of the unconscious, to open the exploit on the unknown and the infinite in order to lead to the most hidden springs of action that would bring the sciences of tomorrow To serve the advent of a more humane and enlightened world.

SPECIAL ACKNOWLEDGMENT:

to the Head of State, His Excellency Macky Sall the President of the Republic for taking charge of total care (accommodation, transportation) of the delegation of His Excellency Andrew YOUNG throughout their stay in Senegal
VISIT OF THE SENEGALESE WRITER’S ASSOCIATION

On Sunday, September 18, 2016, a delegation of the Senegalese Writers Association led by their President Mr. Alioune Badara BEYE visited the headquarters of PROMETRA International for a working visit. This meeting follows the wish expressed by the President of the AES following the publication of the book Ethics, Sciences and Development by Dr Erick GBODOSSOU on Saturday 06 August 2016 at the headquarters of the mentioned organization.

Indeed, the presentation of the activities of the Organization, followed by the vision of the President of PROMETRA International exposed during the discussions prompted these men of letter to want to know more. Their will was to ensure that such a structure had done so much work both in terms of traditional medicine and in promoting our values of civilization existed in Senegal.

Following the visit of the structure, the session began with the anthem of PROMETRA International, followed by a welcome speech by Dr Boury Niang, President of PROMETRA Senegal. Mr Alioune Badara BEYE, President of the AES, gave a speech in which he expressed his joy, and of his delegation, to be able to come despite the heavy rain.

Dr Erick GBODOSSOU gave a power point presentation on the Vision and Objectives of PROMETRA, before leaving it to Mr Djibril Diallo Falémé to do the same on the objectives of its structure. The AES brings together all the writers of Senegal and is part of many networks of writers in the world and especially in Africa. Thus, the next meeting of the network of African writers and diaspora is scheduled to take place in Senegal, and a federalist pre-congress is scheduled for the month of November 2016. The AES wishes a very much PROMETRA International’s involvement in this meeting, because it says I. E President of the AES: «PROMETRA and the AES are natural partners who meet, with the same thirst for fraternity and africanity»

Following the projections of videos on PROMETRA International, its network of partners, the results of its therapeutic research on diseases such as diabetes, dermatoses, HIV / AIDS, Ebola Virus fever ... the floor was given to each role in turn to exchange on the different and possible axes of collaboration.

Thus, Mr. Alassane Cissé, President of the Network of Cultural Journalists of Africa expressed his concern about the loss of our cultural values and practices. In this sense, he proposed to work to enhance certain aspects such as:

- African Culinary Heritage,
- Traditional Games at school and other places of education and training,
- The study and practice of the Mandé Charter,
- The Natural African Habitat.

Mr Emmanuel Magou Faye explained how to do for PROMETRA to be closer to young people and to the population. In this sense, he proposed to set up a program of cultural education and to create “PROMETRA Clubs” in schools. Mr. Faye has volunteered to coordinate the implementation of such project, which he will harmonize the contours and the content in collaboration with PROMETRA International.

AES proposed to publish the cultural content of PROMETRA in as many national languages as are needed for better popularization.

The ESA intends to approach the authorities, particularly the Ministry of Health, to ensure that Traditional Medicine is legalized and taken into account in Senegal.

Pr. Djibril Diallo Falémé launched the idea of competitions on traditional knowledge and sciences at the level of the educational structures of the country. The themes will be established in agreement with PROMETRA.

The President of the AES informed that the President of PROMETRA International will be in contact with Mr. Mamadou Ousmane Ndiaye, Director of Publication of the Journal "Le Témoin" for a major extension interview.

Mr. Alioune Badara Beye informed of the next decoration of the President of PROMETRA International as Honorary Member of the AES.

Dr Erick Gbodossou expressed his satisfaction to his hosts and thanked the AES for this fruitful working visit and expressed his willingness to work more closely with the structure for the implementation of the various drafts.

By Babacar SENE

Network of Journalists for Traditional Medicine (REJOMETRA) was also present.

Group photo, with presents.
VISIT OF AFRICAN WRITERS ASSOCIATION:

On November 11, 2016 at 4.30 pm, a strong delegation of the Association of African Writers, from thirty countries visited to the headquarters of PROMETRA International.

This visit is part of the partnership established with their counterparts of the Senegalese Writers’ Association following their visit in September 2016.

A visit of the headquarters structure was made by the President of PROMETRA International, including Radio METRAF, the Annette MbayeD’Erneuville Communication Office, administrative offices, among others.

Following the visit, the Association of African Writers visited an exhibition on the achievements of PROMETRA, its studies, its research results and a large part of the discussions revolved around the cultural and cultural symbols that our hosts wanted to understand despite the limited time.

Discussions continued in the PROMETRA conference room, where work began with the ritual of the Union Circle followed by the hymn.

Dr Erick GBODOSSOU, President of PROMETRA International made a presentation of the Organization, reversing its call to preserve and revalue the culture and values of African civilization.

The Association of African Writers has to be the torch bearer of the message to the younger generations, but also to the politicians and other partners, given the attention they receive from the decision-makers.

The writers spoke in turn to magnify the unique work carried out by PROMETRA International and reaffirmed their commitment to be the flag bearers of the fight for the revival of the civilizational values of Africa.

Discussions focused mainly on writers’ questions about:

- traditional medicine,
- the common use of certain medicinal plants,
- the importance of nutrition in health,
- Traditional recipes for several diseases.

The President of PROMETRA International expressed his satisfaction at having on our side an equally credible and influential international association.

By Mamadou DIAW  
PROMETRA International
On Sunday, November 27, at 9:30 am, the American delegation of His Excellency Ambassador Andrew YOUNG proceeded directly to Fatick, under escort and with three cars that the Presidency of the Republic was kind enough to put at their disposal. Indeed, this first stage is the beginning of a 3 days journey and is part of the completion of the series of films that His Excellency Ambassador Andrew YOUNG is doing to promote the values of African civilization Across the continent, showing the best face of Africa and Africans. Thus, the CEMETRA of Fatick was chosen for Senegal thanks to its unique results obtained by the healers in the framework of the fight against the HIV / AIDS, the Ebola Virus fever and several other affections.

Arriving at 12.30am at the CEMETRA in Fatick, the American delegation was warmly welcomed by the healers, with a very strong presence of government and regional authorities. The REJOMETRA (Network of Journalists for Traditional Medicine), with a score of journalists, made a trip to media coverage of the visit, including the publication of several articles welcoming this first visit by such a strong American delegation in Senegal after the election of Donald Trump.

A spiritual ceremony took place with the handing of the ashes of the son of CB Hackworth, a member of the delegation, to whom his child had informed that he had "never been as good as the Fatick CEMETRA" during Their previous visit. Before the delegation came, the healers initially carried out an advisory ritual from which it was revealed that the son's ashes could be buried at CEMETRA, and that CB Hackworth's son was actually a member of the community Sister who returned to his ancestors.

Subsequently, the delegation visited the Khelcom hospitalization units where the therapeutic study on HIV / AIDS had been conducted on a cohort of 62 patients treated exclusively with traditional remedies. The former patients came from several regions of Senegal to give a testimonial about their state of health for more than ten years, having no relapse, and with some who do not take any more medicines.

An important donation was made by Andrew YOUNG Foundation to the group of former HIV patients of the center "SOPE GBODOSSOU", as a support to their income-generating activities for better social reintegration.

The visit ended at 5:30 pm.

By Flora Donsi GBODOSSOU
PROMETRA International
On November 28, 2016, the US delegation made up of staff from the Andrew YOUNG Foundation, University Professors from Morehouse School of Medicine in Atlanta, NCCU Brite from North Carolina and a team of cameramen went to headquarters of METRAF in Niakoulrab. After an exploratory visit of the various structures of METRAF headquarters, the delegation studied in detail and carefully the location where the Andrew YOUNG Foundation plans to install the Aquaponic System.

This project is implemented by the Andrew YOUNG Foundation, within the framework of its vision to feed by the year 2020, twenty million people across the third world and especially Africa.

This Aquaponic system allows to have a large number of fish tracks fed with duckweed, very rich in protein and allows them to grow very quickly. Moreover, to prevent large fish from feeding on small fish, preference for duckweed can save them and increase production capacity.

The water that harbors the fish is sent to a pond and will allow the cultivation of vegetables, plants and medicinal plants.

The faeces and other wastes released by the fish allow the plants to grow very quickly. The system does not require an enormous amount of water because it allows the purified water to flow back to the fish pond.

PROMETRA International will serve as a pilot structure to test and evaluate Aquaponics. Once the experiment concludes, it can be extended to all regions of Senegal and to the different national representations of PROMETRA.

Our network has the advantage of having a partnership with the leaders of the grassroots communities and can therefore work to feed the 20 million people by 2020.

The US delegation appreciated the suitability of the METRAF headquarters for security, water, electricity and all necessary amenities.

The delegation left METRA around 12.30 to continue to Pink Lake in a convoy guided by the presidential armed police rider.

By Flora Donsi GBODOSSOU
PROMETRA
VISIT OF THE AMERICAN DELEGATION TO PINK LAKE

The US delegation visit, supported by a local guide and a PROMETRA agent, hired a pickup to explore and film the entire site of Pink Lake, following the direction of the guide who is fluent in English. This expedition lasted 2 hours.

The same team was joined by Dr. KoffiKondwani of Morehouse School of Medicine and Kathy White, Executive Director of the Andrew YOUNG Foundation. The new team rented a canoe to explore and film Pink Lake, focusing on salt sampling methods.

The whole delegation had lunch at the Hotel du Lac Rose around 4:30 pm.

By Oriseh TORLOWEI
PROMETRA International

VISIT OF THE AMERICAN DELEGATION TO METRAF FACTORY AT DIAMNIADIO:

The US delegation then proceeded in convoy to the METRAF plant in the new Industrial Zone of Diamniadio. The members of the US delegation were impressed by the quality of the equipment and the appropriateness of the choice of production, but all deplored the various obstacles that blocked the marketing of products that should solve the health problem number 01 in Africa: Malnutrition.

Everyone is committed to taking the necessary steps to remove the obstacles.

By Oriseh TORLOWEI, PROMETRA International
Under the official presidency of the Ministry of Higher Education and Research of the Republic of Senegal, the Workshop between PROMETRA International / Andrew YOUNG Foundation and the American Universities began on November 29, 2016, starting at 10:00 am Presence of the Representative of the Minister of Culture and Communication.

The session began with the ritual of the circle of union followed by the hymn of PROMETRA.

Before the work began, a video message from His Excellency Ambassador Andrew YOUNG was screened, which encouraged all participants to continue to work for endogenous development in Africa.

The official opening ceremony was given by Professor Coumba THIANDOUM, Director of the Promotion of Scientific Culture of the Ministry of Higher Education and Research.

Subsequently, the various activities carried out within the framework of this partnership were reviewed and an evaluation of the results obtained with leading scientists from the United States as part of our research on HIV / AIDS, disease to Virus Ebola etc.
On November 30, 2016 at 4:15 pm, PROMETRA International received a working visit from the Intrahealth team, led by its General Manager, Mr. Pape GAYE, accompanied by the Director of Intrahealth Senegal Mr. Babacar GUEYE.

Intrahealth has its origins in the University of North Carolina, which is renowned in public health. After 2003, the structure separated from the University to have an independent status. Intrahealth works in thirty countries around the world and is primarily specialized in supporting health care benefits.

Currently the beneficiary of a USAID grant to strengthen health human resources in Senegal, the Intrahealth team believes that it is in this field that work with PROMETRA becomes interesting. The interventions are articulated in various health domains, ranging from capacity building of nurses and midwives to interventions on maternal and child health, from modern and natural family planning through the fight against malaria HIV / AIDS, Ebola and various other ailments.

The Group has 600 employees worldwide with offices in 19 countries. Intrahealth has been present in Senegal since 2000 and is currently running its third program. The current program for 2016-2021 is: Integrative and Healthy Behavior.

The President of PROMETRA International gave a cross-sectional presentation of the Organization, including the FAPEG (Formation of Self-Improvement of Healers) training where many points of convergence could be identified between the two structures:

- Family Planning,
- HIV / AIDS Prevention,
- Mother and Child Health
- The causes responsible for Mother and Child health affections,
- Malnutrition,
- Ebola Virus Disease Prevention

Mr. Pape Gaye, General Manager of Intrahealth, appreciated PROMETRA's work and was very interested in the potential of the Healers, who if they have the right message can become very good health messengers to the populations.

Intrahealth is working hard with the use of new communication technologies for the training and efficiency of health agents and services. A partner of the structure will very soon be in Senegal and this will be the opportunity to evaluate together the concrete ways of collaboration.

The President of PROMETRA International, after briefly reviewing the vision and objectives of the Organization, stressed:

- The Headquarters Agreement granted by the Government of Senegal to PROMETRA International,
- The strong organization of 28 National Representations worldwide, of which 20 are in Africa, each representation is recognized by its local government, and has partnerships based on mutual respect and mutual trust with Basic communities namely: healers, religious leaders, religious and spiritual cultural leaders ...

Dr GBODOSSOU recalled that World Health Organization recognizes that 80% of African population in south of the SAHARA addresses healers not only for their health problems but also for their health education. It is therefore clear that healers manage almost all the health problems in Africa.

They benefit from an unparalleled reputation among populations they have the honor to serve. They are, from the start, good messengers. The role of PROMETRA is to give them the right message to make them the best agents I.E.C. (Information, Education, Communication). Dr. GBODOSSOU has developed a teaching manual called FAPEG (Healers Self-Proficiency Method), which trains healers and other leaders of grassroots communities without distorting them in several areas. The training curriculum covers a wide range of fields, including:

- Family Planning,
- HIV / AIDS Prevention,
- Affections Cause Health Of The Mother And Of The Child,
- Malnutrition,
- Child Diarrheal diseases,
- Prevention of Ebola Virus Disease etc.

This method of teaching has already enabled PROMETRA to train more than 15,000 trainer healers across 12 African countries in several health fields.

Mr. Pape Gaye, General Manager of Intrahealth, appreciated the work of PROMETRA and was impressed by the potential of the Healers in their role as Front Line Workers.

The General Director wished to set up a partnership that will allow us to join our efforts in countries where our two structures have a national representation.

Intrahealth works much with the use of new communication technologies for training and efficiency of health agents and services. Both structures will implement concrete ways of working together.

By Koffi KONDWANI
Morehouse School of Medicine
Atlanta, GEORGIE
Focus on ….

Visit of the premises of METRAF: Dr GBODOSSOU studying with the group possibilities of exploitations of the site which is serviced, refurbished and with a huge potential.

sublime landscape, nature spreads its beauty under the cameras of our hosts.

Visite of Diamniado unit by american delegation

PROMETRA INTERNATIONAL

Visit of the American delegation
- Pink Lake
- METRAF Headquarters
- METRAF factory

Visite of Diamniado unit by american delegation
Curious and thirsty for knowledge, African writers have been at the school of African culture and cultural thought and traditions.

Coming from different horizons, African writers were honored at PROMETRA International.

Mr. Seydi SOW, representing the delegation of the Association of African Writers at PROMETRA International.

Mr. Pape GAYE, Director of Intrahealth, accompanied by Mr. Babacar GUEYE, Director Intrahealth Senegal on a working visit to PROMETRA.

Koffi Kondwani of Morehouse School of Medicine, sharing his field experience in the area of training of community health workers.

Handshake for an upcoming collaboration between PROMETRA and Intrahealth.

Dr. Erick GBODOSSOU, President of PROMETRA International presenting PROMETRA's achievements in the field of health with the involvement of the Healers.
GARLIC (Allium Sativum)

Garlic has been used for millennia for the treatment of a variety of diseases. Documents dating back 5000 years ago have been found referring to the curative use of garlic, while the Chinese have used it for more than 3000 years. The "Codex Ebers", Egyptian medical papyrus, dating from 1550 BC, mentions garlic as an effective remedy for a long list of ailments. In general, garlic has been used as a drug, anywhere in the world, for many years.

GARLIC COMPOSITION:

Minerals and trace elements: bromine, calcium, chlorine, copper, iron, iodine, magnesium, manganese, phosphorus, potassium, sodium, sulfur, zinc, copper, nickel, selenium, molybdenum, germanium.

Vitamins: A, B1, B2, B3, B5, B6, B9, C and E

Other substances: polyphenols, phytosterols, prostaglandins, flavonoids, 33 sulfur compounds including allicin, and after mastication or grinding: ajoene, diallyl disulfide and trisulfide, allistines I and II, alisine, garlicine and water.

Allicin: Alline, which is a natural substance of garlic by oxidizing (in contact with air) gives aillicine which is the antibacterial and antibiotic compound of garlic. It is disintegrated by heat. So it is recommended not to cook the garlic to get the best benefits, but to crush or cut before consumption. Allicin gives the garlic its strong smell.

VERTUS:

Garlic and Improvement of the Cardiovascular System

Garlic is very useful to the heart and the cardiovascular system. It improves blood circulation and combats the agglutination of blood platelets, responsible for the formation of blood clots and obstruction of the arteries.

Garlic prevents sickle-cell anemia.

Garlic also prevents pulmonary embolism (obstruction of the pulmonary arteries by a blood clot).

Garlic and Hypertension: The World Health Organization says garlic can be useful in moderate hypertension. To combat high blood pressure, it is recommended to crush a garlic clove, dip it in a glass filled with water in the evening and drink it on an empty stomach in the morning.

Garlic and Intestinal Worms: the consumption of raw garlic in the morning fasting is very effective against intestinal worms. To guard against the smell, parsley can be chewed after eating one or two cloves of garlic.

Garlic and Anemia: Based on a scientific study of anemia, after eight weeks of treatment with garlic, the result was a considerable improvement in hemoglobin.

Garlic and Hemorrhoids and Constipation: Garlic promotes intestinal transit and blood circulation. It helps in the proper digestion of meals and prevents hemorrhoidal conditions, while promoting the good blood circulation of the inflamed arteries. Garlic also prevents bleeding.

Garlic and Cancer Prevention: Several studies indicate a positive effect of garlic consumption on the prevention of certain cancers. Regular consumption of garlic (about 18 grams per week) decreases the risk of colorectal cancer by 30% and stomach cancer by about 50%.

Garlic could inhibit the development of certain cancers, both by its protective action against the damage caused by carcinogenic substances and by its ability to prevent cancer cells from growing.

Garlic and sexuality: renowned for its aphrodisiac qualities, Garlic is excellent for health thanks to these antioxidant characteristics which give a lot of strength and tone.

By Dr. Erick GBODOSSOU
PROMETRA International
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