

# **Our Health, Our Responsibility**

by Qaraandin



**There is no longer any room for doubt! According to all the information sources available to us today, the first hue-man person on planet Earth was a Black woman.**

**The same information sources tell us that Black folk have existed on this planet just about 6 1/2 million years. In the time that we have been here we have given to the world art and science – including geometry, algebra, arithmetic, astronomy, chemistry, architecture and medicine.**

**In his book, “African holistic health,” Dr. Llaila O. Africa, tells us that:**

**“... the African lived well over 200 to 300 years of age. The use of the Hunzas as a correlation for age of raw food diet Africans indicates that the slaves brought to the Americas were between 200 and 300 years of age. Hunzas live well over 100 years on a diet of inferior quality on comparison to the raw food diet of Africans which included wild plants and a wholistic use of the environment.”**

**In her book, “Return of the Ancient Ones,” the current Empress of the Emperial Washitaw Nation of the Empire Washitaw de Dugdahmoundyah, Her Emperial Highness Verdiacee ‘Tiara’ Washitaw–Turner Gosten El–Bey writes of Black folk who are indigenous to what is now called America:**

**“Grant was aged between 130 to 150. Aunt Francis 128. Our grandmother, Delphia lived to be 117. Most live past 100. Alice**

**Garrison 122. Aunt Delia 128. Yes, our cousin, Tut–Susan Garrison Hill is still alive at 112.”**

**It seems, though, that wherever on the planet we find ourselves today Black folk are no longer living long healthy lives. We are dying from dis–eases that we know how to avoid and that our ancestors did not have – even though we are told these dis–eases are “hereditary.”**

**We can recite all of the reasons given for our health problems in our sleep:**

- ◇ **lack of health insurance**
- ◇ **doctors and other healthcare staff who don’t care about us**
- ◇ **poor quality health care**
- ◇ **lack of access to healthcare**

**The list seems never–ending.**

**Black folk are becoming more politically aware. We are studying our relationship to global white supremacy. We recognize the dynamics of the Black Holocaust. We say we understand clearly that the plan is to remove Black folk from the planet. And we STILL expect those who plan to annihilate us to provide us with the health care we need so we can live long healthy lives!**

**We act as if the health care industry is not an active part of the global white supremacy machine. We expect to be able to go into hospital when we are sick and be patched up so we can resume our fight against those who seek to destroy us.**

**That has not been the case in the past; it is not the case now; it is not the plan for the future.**

**Our Black scholars can read, write and comprehend. They can write about what they have learned and are learning in a way that we can understand.**

**Dr. Richard King, Dr. Carol Barnes and others have spent many years studying melanin. They have explained to us how melanin works in the Black body. They have told us what we need to do to keep our melanin functioning at its best.**

**Dr. Paul Goss, Dr. Charles Ssali, Dr. Sebi and others have put together herbal and nutritional supplements that work with our melanin to help restore us to good health and keep us healthy.**

**Dr. Jewel Pookrum, Queen Afua, Dr. Llaila O. Africa, Dr. Damon Jacobs, Dr. Akusoa Nyamekye and others all around the globe are helping us heal our spirits, minds, emotions, and bodies. We can now go into any Black community and find health care practitioners who know us, love us, are us.**

**It is past time now for us to take responsibility for our own healing and the healing of our families, our communities, our nations, our race. Everything we need is in place. All that is left now is for us to decide that we are going to be healthy.**

**Yes, some of us live in poverty. However, when we create healing circles, study groups and other collective ventures we can pool our resources and make things happen for ourselves.**

- ◇ **We can collect money to send a group member for health care training so that s/he can then provide care for the rest of the members in the group at no cost and create a business caring for the Black community at a low cost.**
- ◇ **We can collect money to buy equipment that can be used at no cost by members of all the families in the group to help keep them healthy. Other community members can use the equipment for a small fee which would be set aside to cover the costs of running the equipment and to buy more equipment the group decides it wants.**
- ◇ **We can study the effects that various items that we use everyday have on our health. Things we don't need can be avoided. Creating healthy alternatives for things we would like to continue to use can become business ventures for some group member.**
- ◇ **We can pool our grocery moneys and buy in bulk. If the local food co-op charges for membership we can establish a group membership that all the families in the group can use.**

**Living in poverty does not keep us from getting our hair done, getting our nails done, wearing the latest designer fashions, buying the latest car or doing any of the other things we consider "important." When we decide that taking care**

**of our health is important, we will no longer use poverty as an excuse not to be healthy.**

**Everything that happens in our lives affects our health. Anything we do to keep our stress levels down will have a positive impact on our health. Our community groups would serve as strength and wisdom resources that share in the celebration of positive experiences and diminish the effects of negative situations.**

**We do not need a national health plan. The tentacles of the global white supremacy machine reach deep into the present health care system. We can be sure that a national health care plan would not be any more friendly to Black folk.**

**We must take our health matters into our own hands. We do not want to become part of an “African–American Health Care Industry.” Since the “War on Cancer” began in the 1970’s, cancer has become an industry. HIV/AIDS has become an industry. Diabetes is an industry. Obesity is an industry. Every health condition we can name is now an industry. Once a health condition becomes an industry, we can be sure it will never be cured.**

**The pharmaceutical industry has been charged with “genocide and other crimes against humanity committed in connection with the pharmaceutical ‘business with disease’” in the international criminal court in The Hague. We can not expect drug companies to make drugs that are going to cure our dis–eases. Through their ‘business with disease’ they have caused injury to and the death of millions of people around the world. As long as we stay sick they continue to make profits.**

**We now know that the allopathic medical establishment and the pharmaceutical industry have never had any intention of curing our dis–eases. Their goal has always been to profit from our suffering. They have done that long enough. If we continue to go to them when we know that they do not want to help us, it is our own fault that we are getting sicker and sicker. We are helping them to kill us. We must recognize that.**

**I mentioned earlier that we have health care providers in Black communities all around the globe. What I did not say then that I will say now is our health care providers are under attack. Why? Because they are helping people cure themselves of dis–eases that the medical establishment labels “incurable.” They are helping people heal themselves after the medical establishment labels them “terminal” and sends them home to die. They are helping people**

**heal themselves without using the poisons created by the pharmaceutical industry.**

**We know what we need to do to create good health individually:**

- ◇ **take responsibility for our own health**
- ◇ **learn to recognize the body's signals**
- ◇ **bathe in the sun's healing rays**
- ◇ **work the body**
- ◇ **get enough rest**
- ◇ **eat more fresh, raw fruits, vegetables, nuts, grains and seeds**
- ◇ **eat less meat and other animal products**
- ◇ **drink plenty of spring water**
- ◇ **avoid cooking with microwave ovens**
- ◇ **avoid refined and processed foods**

**To be sure, it is becoming more and more difficult to stay healthy in the environment we are living in now. We are faced with polluted air, polluted water, inoculations, genetically modified food, drugs – “legal” and “illegal,” microwave poisoning, electromagnetic field poisoning and other domestic weapons of mass destruction, seen and unseen.**

**We spend our days defending ourselves against racism, sexism, age-ism, a corrupt judicial system, negative images in the media, the mis-education system and a host of other systems and programs designed to destroy us. Defending our health is just one more item we must add to our list of things-to-do.**

**Defending our health is the most important item on the list. Without healthy bodies all our other battles are made more difficult. In fact, those who seek to destroy us want all of us who are defending ourselves, our families, our communities, our nations, our race to just hurry up and die so they can go on with business as usual without our interruption.**

**History shows that food and medical care have been used as weapons against Black folk for hundred of years. We know that food and medical care are still being used as weapons against us today. We do not have the luxury of eating whatever is offered to us without question. We cannot afford to just present our bodies and allow others to do whatever they want to with them.**

**Every day we are dying in record numbers from dis-eases that can be prevented and/or cured. Every thing we need to stop all the unnecessary suffering and dying is at hand. It is up to us to say that the pain will stop. It is up to us to make the dying stop. It is, after all, our health and therefore, our responsibility.**

