‘Stroke is preventable, curable’

By Otunba Olajuwon Okubena 07/06/2012 00:00:00

The Chief Executive Officer, Health Forever Product Limited, Ikeja, Otunba Olajuwon Okubena, answers the question.

Stroke attack has become very rampant and it has no age barrier. If it does not result into instant death, it could turn the victim into a vegetable for the rest of his life with the quality of life reduced to almost zero.

In some instances, it may give some warning signals but in many other cases, no warning is given. While browsing on the internet, I stumbled on a publication which is reproduced below:

“May is National Stroke Awareness month and a time to raise our understanding of the emotional, physical, and financial impact that stroke has on our friends and family.”

A stroke causes a loss of function because of an interruption of blood flow to the brain. Those who suffer a stroke usually experience a number of symptoms, which may include sudden numbness or weakness of the face, arms, or legs—especially on one side of the body; confusion; trouble speaking; loss of sight; severe headaches; and loss of balance. Risk factors include hypertension, high cholesterol, obesity, advanced age, gender, and race.

Stroke affects more than 800,000 people yearly and ranks among the five leading causes of death and a leading cause of adult disability in the world. Although a stroke may not be preventable, familiarity with the symptoms of a stroke can prompt you to get help faster, which can make a difference in recovery.

Use the acronym FAST to remember the warning signs of a stroke:

F - FACE. Ask the person to smile. Does the face appear crooked or drooping?

A - ARMS. Ask the person to raise both arms. Does one arm drift downward?

S - SPEECH. Ask the person to repeat a simple sentence. Are the words slurred?

T - TIME. Call your doctor immediately if you observe any of these symptoms.

It is important for people to understand stroke warning signs and get to a hospital FAST in case they are eligible to receive the appropriate treatment. Time is an important factor associated with determining whether a patient can receive it or not.

A scientist once said that oxidative stress may be at the root of some strokes, as the body may be unable to neutralise cell-damaging free radicals, which can lead to inflammation and vascular damage.

How might antioxidant-rich foods reduce this stroke risk? According to the scientist, vitamins C and E, carotenoids, flavonoids, and other such compounds scavenge free radicals, thereby inhibiting oxidative stress.

Antioxidants, especially flavonoids, may also help improve endothelial function and reduce blood clotting, blood pressure, and inflammation.
How could Stroke be prevented

Eating a healthy, antioxidant rich diet is associated other healthy behaviours. People who tend to eat healthier tend to also have healthier lifestyles as a whole, it is also noteworthy that the diet had an independent beneficial effect on stroke incidence.

The most congruous finding of epidemiologic studies is the lower risk of stroke among individuals with frequent consumption of fruit and vegetables. Eating a diet high in antioxidants may protect against ischemic stroke, an Italian cohort study showed.

Antioxidants come from a variety of food sources, including fruits, vegetables, coffee, chocolate, red wine, whole grain cereals, and nuts, and diets high in antioxidants have been associated with reduced inflammation and increased circulating antioxidants.

One of the newest, and yet oldest, treatments for stroke prevention is the dietary intake of plant compounds called flavonoids. Flavonoids are antioxidant compounds that are characterised by their polyphenolic chemical structure.

Flavonoids are responsible for primary anti-oxidative effects by attracting oxygen free radicals before these free radicals can cause cellular damage.

Over 4,000 flavonoids have been discovered, and they are found in fruit, vegetables, seeds, nuts, flowers, and bark. The best sources of flavonoids in human consumables are red wine, tea, onions, and the ubiquitous agent of health care: APPLES!

Flavonoids have also been found to aid in vascular smooth muscle relaxation, which can reduce blood pressure, and thereby reduce the risk of stroke.

The use of Jobelyn for the treatment and prevention of Stroke

Jobelyn is a herbal product derived from Sorghum bicolor. For several centuries, the people of SouthWestern part of Nigeria have been using this plant in its raw form to treat and cure many diseases including stroke. The impression that I was given that this particular remedy is a cure-all for diseases such as Stroke, hypertension, diabetes, arthritis, HIV, Parkinson’s disease and sickle-cell anemia seemed illogical to me and in an attempt to find out the truth or otherwise, I have set out to carry out scientific investigations over the past 17 years.

My initial focus on the remedy as a blood boosting agent was successful and two publications in the African Journal of Biotechnology in September 2003 confirmed that Jobelyn derived from Sorghum bicolor has the potential to be a substitute for blood transfusion except in emergency situation.

This does not give a clue to the cure-all claim of the product until I became aware of the antioxidant properties of the product. Several studies in the United States and Germany confirmed that Jobelyn is one of the most powerful antioxidants in the world.

A synthetic antioxidant may have the ability to reduce the brain damage following a stroke by more than 40 per cent — even if it’s taken hours after the stroke happens.

A new study shows the antioxidant, known as AEOL 10150, neutralised hazardous free radicals and prevented cell death in a mouse model of stroke.

Researchers say the antioxidant is designed to mimic a natural antioxidant, but it works against a wider range of free radicals and also lasts longer in the body.
Total ORAC FN, short for Total Oxygen Radical Absorbance Capacity for Food and Nutrition, is a laboratory analysis that measures the total antioxidant power of foods and nutritional products.

During April 2009, Brunswick Laboratories, a global leader in antioxidant R&D and testing, introduced its Total ORAC for Food and Nutrition (Total ORAC FN) test. Now patented, Total ORAC FN measures antioxidant activity against five of the most important free radicals found in humans: hydroxyl, peroxyl, peroxynitrite, singlet oxygen and super oxide anion.

Total ORAC FN, considered a breakthrough technology, combines all five measurements into a single, easy to use test result. The original ORAC essay measured only one of the five major radicals, the peroxyl radical, giving an incomplete picture of the antioxidant strength of a product.

The five major free radicals work individually and in combination with each other to cause damage to many systems in the human body and can affect total health. At times, environmental factors such as pollution, radiation, cigarette smoke, UV light, and herbicides can overwhelm the body’s natural ability to fight the free radicals and the damage they cause.

Total ORAC FN allows premium food and nutrition products to be differentiated in the marketplace by providing a single Total ORAC FN “score.” Jobelyn scores 37,622.

Having realised the potency of Jobelyn as a powerful antioxidant, we have tried it for the treatment of many diseases including Stroke.

For stroke that happens within 24 hours, Jobelyn taken six capsules, four times daily at intervals of three hours and accompanied with daily water intake of at least three to four litres would reverse the damaging effects of the stroke within a period of two to four weeks.

For stroke that had taken long, the treatment that we have successfully adopted is four capsules of Jobelyn, three times daily, also with at least three to four litres of water daily. In this case, reversal or near-complete reversal would be possible within a period of four to six months.

It is, however, more advantageous to use Jobelyn to prevent stroke and many other diseases by taking a daily dose of two capsules, twice daily. The old adage that prevention is better than cure applies in this case.

There are other aspects of health where Jobelyn has been tried. We have devised a formula for the successful treatment of Arthritis. We recommend that patients take three capsules of Jobelyn, three times daily, with three bottles of water (1.5 litre size) and in three months, the problem should be resolved.

We even offer money back guarantee if the result is not achieved. This formula could also be tried for diabetes.

Our clinical studies of Jobelyn on HIV have confirmed that it increases the CD4 count very rapidly and improves the general well-being of patients and we are aware that a daily dose of six capsules in three divided doses is capable of providing the necessary support that would ensure the general well being of patients.

In a similar vein, sickle-cell anaemia patients sustain their health and maintain their general well-being by daily use of one capsule both in the morning and evening.

**Conclusion**

It is necessary to emphasise that a healthy diet which includes regular consumption of fruits and vegetables would prevent many serious diseases but we need to state that a powerful antioxidant such as Jobelyn, concentrated in capsules could as well prevent you from diseases and taken at a higher dosage could also
reverse diseases and help you to maintain your wellness.

For further information, please contact Otunba Olajuwon Okubena

on: E-mail: director@health-forever.com