

## The Technology of the Encephalon And Its Relation To The Human Anatomy

1<sup>st</sup> Amethic principals: All is mind, all is mental, "As Within, so without"

What you must understand about the brain is that It is an antenna for receiving information. What kind of information? To understand that, you would have to understand how the elements of water, operates. In short, water is an intelligent device that can morph into any shape at will. For an example, when temperatures get to a certain degree, the water then turns into a solid. Depending on the location or setting that the water might be in, the water will take form of its shape. If temperatures are hot, then the water is evaporated into a gas substance (what we call vapor) and then is released into the air. Based on the chemical like compounds that water contains, H<sub>2</sub>O, it will not be impossible for information to get transfers over from one medium to the next. You cannot see sound, yet you hear them; before you notice that an object is there, does it mean that it wasn't there before you looked? What I'm saying is that waves come in all kind of motions, whether it be visuals, sound waves & brain waves. That fact that I am able to pass light and sound through water, must mean that you can pass information from your brain waves to water, H<sub>2</sub>O. Water can carry valuable information and make it reach to a particular point to fill that gap that needed. Could that also be the chemical compounds for healing? Let's dive in deeper to grasp a better understanding of how the brain works.

In the cerebral cortex, the brain has four lobes:

Frontal lobe – highest wave - beta

- Voluntary actions, movement, thinking, reasoning, doing, it makes sense of your environment or what you see that's going on
- (morning) More activated during the day
- Early wake

Parietal lobe – 2<sup>nd</sup> – alpha

- Feelings, creative imagination/information
- (afternoon) Evening/nights
- Late wake

Temporal lobe – 3<sup>rd</sup> – theta

- Hearing, sense, speech, stores memory, deep relaxation, light sleep, meditation, dreaming, enhanced creativity
- (evening) Ready to sleep mode, sleeping
- Early sleep

Occipital lobe – lowest wave – delta

- Site, stimulates vision, deep sleep
- (nights) deeply sleeping
- Late sleep

These lobes contain the 4 main brain waves: beta, alpha, theta, delta, also known as Atum, Atun, Amun (hidden), Anun, respectively. Just like how we have morning, afternoon, evening & night, this is the brain's circadian rhythm. Being that these waves operate on a certain wave length, it takes a certain sound or frequency to activate or enhance that part of the brain. Now it does not mean that it degrades the other parts of the brain as far as hurt the different parts. It just means that if I wanted to go for a jog or exercise then I would listen to a certain frequency to activate the frontal lobe of the brain since that part of the brain deals with movement/voluntary actions. If you didn't quite get that one, here's another example: let's say that you want to read or write a book, to be creative enough to put thoughts into words (visualization of your logical reasoning) then you would listen to a frequency or particular sound that would enhance the part of the brain that would help with that, such as the Parietal lobe (feelings, creative imagination/information). By understanding what the brain does and how to activate those parts for the exact activity will greatly increase your thought processing and efficiency. Below will be a listing of the frequencies as it relates to the brain wave function:

Atum/Frontal lobe/Beta - 12hz-40hz

Atun/Parietal lobe/Alpha – 8hz-12hz

Amun/Temporal lobe/Theta – 4hz-8hz

Anun/Occipital lobe/Delta – 0hz-4hz

As stated from before, the brain is a very interesting tool. It is made up of mostly water. Water, also known as H<sub>2</sub>O, are very intelligent. An intelligent brain can do a lot of things regarding how we function as human beings. Anything that harms a device can ruin and potentially destroy that device. The brain contains fluids within its structure that are released as chemicals once used or activated. What exactly am I talking about? Below will be a listing of the chemical properties that drives behavior:

Atum – Dopamine (influences movement, learning, attention & emotion)

Atun – Acetylcholine (enables muscle action, learning & memory)

Amun – GABA, Gamma

Anun – Serotonin (affects mood, hunger, sleep & arousal)

To my understanding, to the best of my knowledge, these chemical properties are also known as neurotransmitters. Neurotransmitters are chemical messengers that cross the synaptic gaps between neurons. In other words they are electrified cells that can transmit information from one location to the next. By consuming certain beverages, food, or medicine can also help affect these chemical properties within the brain function. That's why you have to be careful on what you put into your body because it's true what they say "you are what you eat".

Foods that are electric would be great for brain function because the brain is mostly made up of water/liquid. Water can carry certain information that may induce or activate a particular behavior. Food or beverages that contain electric habits are known as alkaline. Alkaline come into a few forms such as plants, oils, herbs. Plants that dig into the earth and derive energy by turning solids into a liquid are alkaline foods. In fact, you can extract a plant and make it into an oil or you can extract a plant/herbs and make it into a beverage. The purpose for breaking down food particles is so that the stomach can properly dissipate the nutrients that it is supposed to receive to its respective areas. The alkalinity in foods are to help the body replenish and recuperate properly. In other words, in the most natural way there is, it will give us all the energy we need to go about our daily lives. One thing that we must know about our human selves is that our bodies must be able to maintain a certain amount of "pH" levels in order to keep in order. The term pH is the abbreviation for "potential hydrogen". It has the ability for molecules to attracts hydrogen ions: the higher the ph the lower the amount of hydrogen is available, the lower the pH the higher the amount of hydrogen available. Potential Hydrogen ranges from 0-14 (0 is the highest acidic level, 7 = neutral, 14 is the highest alkaline level). The blood needs to maintain a 7.4 pH balance in order to maintain homeostasis in the body. Homeostasis is the equilibrium between interdependent elements. The body works diligently to maintain stability by delivering the nutrients that organs need to maintain health. As stated in the book "Alkaline Herbal Medicine" by Aqiyl Aniys:

*"It is important to maintain this slightly alkaline state in the blood because it reduces the amount of hydrogen in the blood. Too much hydrogen in the blood contributes to the reduction of hemoglobin in red blood cells, which impairs the proper delivery of oxygen and nutrients to cells throughout the body. This compromises the health of the organs and metabolic functions. The body has buffering systems in place that maintain the 7.4 pH. The buffering systems become overtaxed when the body is constantly fed acid foods. The body will then strip alkaline material like calcium from bones and from fluids throughout the body to put into the blood to maintain its pH. This compromises the health of organs and their metabolic functions and leads to the development of chronic diseases like osteoporosis, kidney disease, heart disease, and liver disease. Alkaline plant foods and herbs maintain the blood's pH without the body having to compensate and compromise its health."*

Below will be a listing of its pH levels too its respective areas:

Stomach: pH of 1.35-3.5

Skin:

- Outer layer – pH of 4.0
- Inner layer – pH of 6.9

Vagina: pH of 4.5

Pancreas: pH of 8.0-8.3

Intestines:

- Small intestine - pH of 6.0-7.4
- Large intestine – pH of 5.7-6.7

Blood: pH of 7.35-7.45

Maintaining a certain level of pH balance throughout the body also aids in the production of melanin. Simply put, melanin is an organic dark carbon chemical pigment substance that is secreted by the Pineal Gland. I don't know if I want to go in depth with the Pineal Gland, as you read along then maybe I will drop some gems. The Pineal gland is found in a fluid filled space inside the middle of the brain called the third ventricle and it is attached inside the ventricle. This device (the Pineal Gland) stimulates the nervous system and the brain. The Pineal Glands ability to secrete melanin is sunlight dependent; meaning, it takes the information from the sun rays or light energy (light spectrum) and transform that into a useful tool so that it can create melanin. Melanin turns into serotonin hormone (used during the day) and melatonin hormone (used during the night). Melatonin helps to control the circadian rhythm, it synchronizes the rhythmicity of the body. Melanin is the chemical key to life and the brains of all cells. For information to be transported to the brain, it must be in liquid form. The chemical of conversion or change is melanin. In the second chapter of Dr. Afrika's book "Melanin: What Makes Black People Black!" he states:

*"The Pineal gland secretion of melanin converts into serotonin then melatonin. These hormones need darkness and sunlight to stabilize the rhythm of the body. Sunlight deprivation destabilizes the circadian rhythm causing Seasonal Affective Disorder (SAD). This is associated with abnormal melatonin activity. SAD depression symptoms can be relived with daily exposure to sunlight and to full spectrum artificial light bulbs and the use of melatonin supplement. Melatonin supplements along with optimum nutrition, adequate darkness and sunlight are vital. Melatonin release is stimulated by Noradrenaline (norepinephrine), low blood sugar (hypoglycemia), darkness and Dopamine. The addition of a Melatonin supplement helps Dopamine to calm the emotions and body, helps tryptophan to make serotonin, helps stop antibodies produced by corticosteroids, decreases the growth of certain types of cancers, causes sedation and sleep and decreases the growth of tumors. Melatonin is dependent upon melanin and melanin is dependent upon the Pineal gland and healthy nutrition (whole /unprocessed, unchemicalized foods)."*

The name 'Keme' can be found in the book list of baby names as 'Little black'. "The study of Keme" is melanin studied in chemistry. So when you have the name 'Akeme', which is represented as 'an African prince', it can be read as 'the study of the little African prince's chemistry'. Needless to say, before we get off topic, the foods that we consume plays a major role in our lives. What we put in, is what we get out, cause and effect, yin & yang. Typically food are supposed to be eaten from 12pm-7pm. Then from 7pm-4am it is broken down into the bloodstream, and then from 4am to noon the body is cleansing. During these times during the day it is vital to know what you are placing into your body. Just think of it like this, swimming against the current is more difficult than going with the flow. I kinda wish that knowing more about the human body while growing up was taught to us in a better way than trying to force on us to "eat your viggies! Its good for you!" To me that causes a negative reaction to certain foods and beverages, therefore as children we would never adhere it as something that will help aid our bodily structure for the better. But I digress. At least now I can explain in details about what foods to eat/consume and when to most likely to take such products. Below will be a list of herbs and bush that can aid the body in reversing and fighting diseases; because as you know, or if you didn't already know then pay attention, all diseases are a form of mucus. Disease is when you have ingested a substance which is uncomplimentary with your genetic structure. All diseases derive from one thing, the compromise of the human mucus membrane. The mucus membrane will determine the disease that you manifest, it all depends on where the mucus is located. How do you fight disease you might ask? Well plants have a

thing called 'phytonutrients' which is a chemical compound in plants that plants use to protect themselves against disease. Phytonutrients can kill cancer cells, help repair DNA, detoxify and bind with toxins so they can be removed from the body, enhance cell communication, kill pathogens, and serve as antioxidants to protect cells from free radical damage and aging. These are the classes of phytonutrients:

Carotenoids

Flavonoids

Phytates

Ligans

Isothiocyanates/indoles

Phenols

Saponins

Sulfides

Terpenes

## **Plants & Herbs**

Arnica (*arnica montana*)

- Powerful anti-inflammatory and antiseptic herb
- Treats external wounds
- Relieves pain
- Promotes tissue regeneration
- Used externally to treat arthritis, sprains, bruises, headaches, clean wounds, abscesses, boils

Batana oil (*elaeis oleifera*)

- Used for its fatty acids, nutrients, phytonutrients as a hair oil to strengthen hair, promote growth and natural hair coloring (can also turn grey hair brown)

Black Seed (*Nigella Sativa*)

- Contains analgesic, antimicrobial, antifungal, anti-inflammatory, antioxidant, antiulcer, anticancer, antidiabetic, antiasthmatic, antiepileptic, hepatoprotective (liver protecting), anti-HIV, blood-pressure-regulating properties
- Not to be confused with Black Cumin

Bladderwrack (*focus vesiculosus*)

- Used to treat an underactive and oversized thyroid, treats iodine deficiency, lowers estrogen-dependent diseases, lipid, cholesterol levels
- Rich in calcium, magnesium, potassium, phytonutrients

- Supports weight loss
- Inhibits enzymes from breaking down in the skin, reduce skin thickness, improves elasticity
- Contains anticardia, antibacterial, antitumor properties

#### Blessed thistle (*cuicus benedictus*)

- High in iron
- Increases circulation & oxygen to the brain, heart and lung function
- Used to support liver and gallbladder function
- Stimulates the upper digestive tract to promote digestion & improve appetite
- Has antifungal, diuretic, emmenagogue properties
- Used to remove toxins, acid, and mucus and aids in intracellular cleansing

#### Blue vervain (*verbena hastate*)

- Has diuretic, antimalarial, anti-inflammatory, antimicrobial properties
- Treats menstrual cramps, nervous disorders (stress, anxiety, restlessness)
- Increase milk production in women

#### Burdock root (*artcium lappa*)

- Diuretic, blood cleanser, anti-inflammatory, antioxidant, antifungus, anticancer, antiviral, antibacterial herbs
- Contains inulin, mucilage, essential oil, volatile oil, alkaloids, glycosides, resin, tannins
- Treats skin conditions such as eczema, acne, psoriasis
- Promotes urination, stimulates kidney & liver function and repair

#### Cascara sagrada (*rhammu purshiana*)

- Contains emodin
- Antiviral, anticancer properties
- Used primarily for laxative, stimulates the peristaltic action of the intestine
- Restores the mucous lining and health of the intestine
- Improves stomach, liver, pancreas secretions
- Breaks up and removes gallstones

#### Chaparral (*larra tridente*)

- Contains antimicrobial, antibacterial, antitumor, anticancer, antiulcerogenic, anti-inflammatory properties
- Used to kill parasites, treats sexually transmitted diseases, eczema, psoriasis, skin rashes, bruises, colds, bronchitis

#### Cocolmea (*Smilax*, *Smilax regelii*, *Smilax aristolochiifolia*)

- Contains antiulcer, anticancer, anti-inflammatory, antioxidant, diaphoretic, diuretic properties
- Treats psoriasis, leprosy, rheumatoid arthritis, joint pain, headaches, colds, sexual impotence

#### Contribo (*Aristolochia*, *Aristolochia grandiflora*)

- Treats arthritis, edema, stimulate white blood cell production, kill parasites, treat snakebites

- Poisonous, used as medicine

#### Damiana (*Turnera diffusa*)

- Contains anti-aromatase, antianxiety properties
- Boost sexual drive and potency
- Fights breast cancer and fibroids
- Controls estrogen and testosterone levels
- Reduces hot flash with menopause
- Used to control depression and nervousness, relieves anxiety associated with sexual dysfunction, treats constipation

#### Elderberry (*Sambucus*, *Sambucus nigera*, *Sambucus Africana*)

- Contains anti-inflammatory, antiviral, anti-influenza, anticancer properties
- Used to treat colds, flu, allergies, removes mucus from the respiratory system
- Has been shown to bind with the H1N1 virus and stop it from entering cells

#### Eyebright (*Euphrasia officinalis*, *Euphrasia rostkoviana*)

- Used as an eyewash to soothe the eye's mucous membrane
- treats chronic inflammation, conjunctivitis and blepharitis bacterial infections, wounds, reduce skin inflammation, sinusitis, hay fever

#### Guinea Hen Weed (*Petiveria alliacea*)

- contains antimicrobial, anticancer, antitumor, antiviral, antioxidant, diuretic, anti-HIV properties
- Used as medicine to reverse cancer, reduce muscle spasms, fever, relax nerves, relieve pain, lower blood-sugar levels, treat bacterial, fungal & virus infections

#### Guaco (*Mikania guaco*, *Mikania glomerata*)

- contains anti-inflammatory, antiallergic, bronchodilator properties
- treats upper respiratory issues like asthma, bronchitis, colds, flu
- used as an anti-inflammatory agent for rheumatoid arthritis, also for inflammation in the digestive tract

#### Huereque (*Ibervillea sonora*)

- contains hypoglycemic, antiobesity, antimicrobial properties
- used to lower blood-sugar levels, treats diabetes, reduce weight, nourish and cleanse pancreas

#### Hombre grande (*Picrasma excelsa*, *Quassia amara*)

- contains antifungal, antiulcer, antimalarial, anticancer, insecticide properties
  - used as medicine to treat measles, diarrhea, intestinal parasite infections, fever
  - stimulates the digestive tract, bile production, increase appetite, cleanse blood, stimulate enzyme production
  - helps rebalance the flora in the digestive tract to support the immune system
- \*CAUTION: not recommended for women who are pregnant. Antifertility properties have been shown to reduce testes size and sperm size in a laboratory setting. Men who are planning to

make a baby should avoid using hombre grande. You should not take hombre grande beyond the recommended dosage or for a long, continuous amount of time.

#### Hops (*Humulus lupulus*)

- contains antibacterial, anti-inflammatory, anticancer properties
- used as medicine to break up inflammation, relieve pain, promote digestion, urination, appetite, treat rheumatic pains, infections, insomnia, sleeping disorders, reduce anxiety, tension, attention deficit hyperactivity disorder (ADHD), irritability, nervousness

#### Hydrandea Root (*Hydrandea, Hydrangea arborescens*)

- contains anti-inflammatory, lithotrophic, antiseptic, antiparasitic, autoimmune properties
- uses its hydrangin compound which dissolves calcium deposits in soft tissue
- treats bladder, kidney & autoimmune disease

#### Lavender (*Lavandula*)

- contains antifungal, antibacterial, analgesia, anti-inflammatory, anti-insomnia, anticonvulsant, antispasmodic, antianxiety, antidepressant properties
- Used as medicine to treat restlessness, insomnia, nervousness, depression, migraines, nerve pain, joint pain
- Can be used to reverse abdominal swelling from gas, upset stomach, nausea, loss of appetite and vomiting
- Mostly used as an essential oil made through distillation

#### Lily of the Valley (*Convallaria majalis*)

- Contains antiangiogenic, antitumor, diuretic properties
  - Used as a heart tonic to treat heart failure and irregular heart beat
  - Can treat heart debility & dropsy
  - Promotes increased oxygen delivery to the heart, reduces blood pressure, relaxes a weak heart to beat more slowly and efficiently while increasing power
- \*CAUTION: should be used only under professional supervision. Shouldn't be taken with pharmaceutical medicines and can interfere with heart medications. Not recommended for women who are pregnant.

#### Mullein (*Verbascum, Verbascum Thapsus*)

- Contains antiparasitic, antispasmodic, antibacterial, antiviral, anti-inflammatory, antitubercular, anti-influenza properties
- Used as an expectorant to remove mucus from the respiratory tract including the lungs

#### Nettle (*Urtica dioica*)

- Contains anti-inflammatory, anticancer, diuretic, antioxidant, antimicrobial, antiulcer, analgesic properties
- Used for an enlarged prostate, joints, & as a diuretic & astringent
- Used for arthritis, sore muscles, hair loss, anemia, poor circulation, diabetes, enlarged spleen, allergies, eczema, rash, asthma



- Used as a health tonic and blood purifier  
\*CAUTION: women who are pregnant should consult with a physician.

#### Nopal (Opuntia)

- Contains phytochemicals, antioxidants, vitamins, minerals
- Used to reverse type 2 diabetes, high cholesterol, obesity, alcohol hangover, colitis, diarrhea, viral infection

#### Prodigiosa (Brickellia canvanillesi)

- Used as medicine to stimulate pancreas & liver secretions, increasing bile synthesis & evacuation of bile from the gallbladder
- Used to treat diarrhea, stomach pain, gallbladder disease, diabetes, headaches, fevers
- Has anti-anxiety properties and induces a vivid dream state  
\*CAUTION: women who are pregnant should consult with a physician. People with type 1 diabetes are advised to consult with a physician. Do not exceed suggested dosage)

#### Red Clover (Trifolium pratense)

- Contains anticancer, diuretic, expectorant, sedative, anti-inflammatory, anti-atherosclerosis properties
- Used for its estrogen properties to relieve menopausal symptoms
- Used as a blood purifier, breaks up calcification to clean the lymphatic system of lymph fluid waste  
\*CAUTION: not recommended for women who are pregnant

#### Rhubarb root (Rheum palmatum)

- Contains antioxidant, heavy-metal chelation, anticancer, antibacterial properties
- Used to regulate the digestive tract to treat digestive issues that include diarrhea, constipation, stomach pain, acid reflux
- Soften stool to ease bowel movements and reduces pain from hemorrhoids, tears of the lining of the anus
- Treats kidney stones and kidney disease, chelate heavy metals, removes acids, mucus, intracellularly cleanse cells

#### Sage (Salvia officinalis)

- Contains antioxidants, antimicrobial, anti-inflammatory, antitumor, antidiarrheal, antiobesity properties
- Used to reduce LDL cholesterol and raise HDL cholesterol, improving the HDL/LDL ratio
- Used as medicine to improve memory, treats menopausal hot flashes, reduce gastrointestinal inflammation, nourish the pancreas, treat diabetes

#### Santa Maria (Tagetes lucida)

- Contains antifungal, antibacterial, antidepressant, antioxidant, analgesic, anti-inflammatory properties

- Used as medicine to treat diarrhea, abdominal pains, respiratory infections, rheumatism, inflammatory skin diseases, relax nerves

#### Sapo (*Eryngium carlinae*)

- Contains hypolipidemic, antioxidant, anti-inflammatory properties
- Used as medicine to lower cholesterol and triglyceride levels in the blood and arteries
- Used to treat gallstones and kidney stones

#### Sarsaparilla (*Smilax*, *Hemidesmus indicus*)

- Contains anti-inflammatory, antiulcer, antioxidant, anticancer, diaphoretic, diuretic properties
- Used in medicine to treat skin conditions such as psoriasis & leprosy, rheumatoid arthritis, joint pain, headaches, colds, sexual impotence

#### Sea Moss (*Chondrus crispus*)

- Contains antibacterial, anti-inflammatory, laxative properties
- Used to soothe irritated mucous membranes from colds, coughs, bronchitis, tuberculosis, gastric, ulcers, intestinal problems
- Used to support joint and skin health, natural mineral supplement

#### Sensitiva (*Mimosa sensitiva*, *Mimosa pudica*)

- Contains antidepressant, anticonvulsant, antibacterial, diuretic, antioxidant anti-inflammatory, aphrodisiac properties
- Used as medicine to relieve hemorrhoid, arthritis pain, stop bleeding, treat uterine infections
- Used to increase sexual desire & libido
- \*CAUTION: women who are pregnant should not take sensitiva

#### Shea Butter (*Vitellaria paradoxa*, *Butyrospermum paradoxa*, *Butyrospermum parkii*)

- Used for skin treatment
- Rich in fatty acids, nutrients, phytonutrients
- Moisturizes skin, increase elasticity, treats blemishes, wrinkles, sunburn, eczema, small wounds

#### Tila (*Tilia*)

- Contains antioxidant, neuroprotective, anticonvulsant, antiseizure, antispasmodic, anti-inflammatory, anticancer, diuretic properties
- Used as medicine to support immune system, reallnerves, relieve depression, treat insomnia, fever, headaches, migraines, inflammatory skin conditions, liver and gallbladder

#### Urtica Oil (*Urtica dioica*, *Urtica dioica*)

- Extracted from the nettle plant is used as a hair conditioner and to support oil production in the scalp

#### Valerian (*Valeriana officianlis*)

- Contains sedative, anticonvulsant, antianxiety, antidepressant properties

- Relieves anxiety, nervousness, exhaustion, headache, hysteria
- Used to relax and strengthen the uterus

#### Yellow Dock Root (*Rumex crispus*)

- Contains antioxidant, antimicrobial, antibacterial, anti-inflammatory, analgesic, antipyretic properties
- Stimulates bile production, digestion of fat, bowel movements
- Used as a blood purifier and liver/gallbladder cleanser

#### Yohimbe (*Corvanthe yohimbe*, *Pausinystalia johimbe*)

- Contains antiobesity, antidepressant, libido-enhancing properties
- Used as medicine to increase sexual desire, reverse erectile impotence
- (though used for male libido, its also effective in increasing female sexual desire and performance)