



# GRACE

· International Multidisciplinary Consultancy ·

www.bigme.ci.com

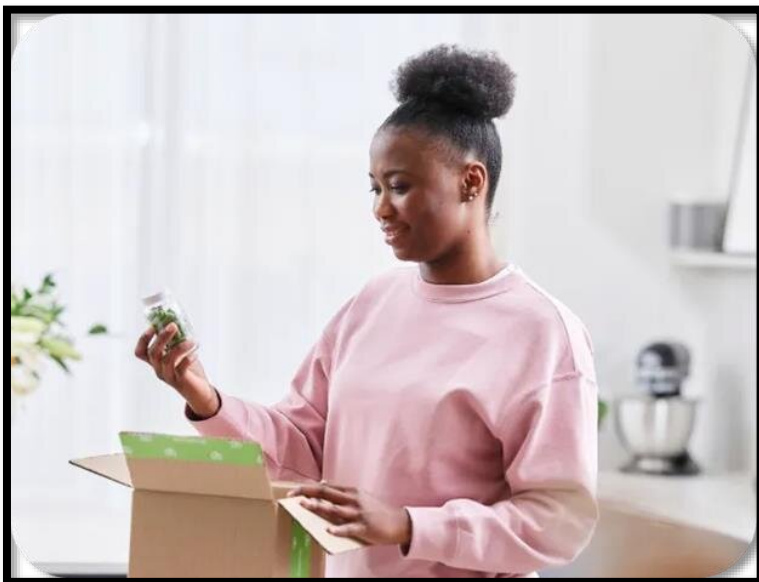
1

## The future of medicine starts in Africa

We are a diverse, interdisciplinary collective of scientists, practitioners, designers, engineers, bioinformaticians, operators, and scientific communicators.

We advance frontier microbiome science from discovery to real-world impact to develop breakthrough innovations in biotics, living medicines, and environmental solutions.

Since 2011, The African College of Naturopathy helped practitioners practice whole person medicine, an approach to healthcare rooted in prevention, centered around wellness, and essential for disease management.



We are enabling the movement from episodic care to integrated care with the patient at the center and we won't stop until it does.

### ***We believe there's power in prevention***

Preventative medicine emphasizes being proactive in health, not just reacting to symptoms.

It enhances patient outcomes, lessens healthcare system

burdens, and promotes whole person health through diet, exercise, stress management, and clinically effective supplements.

## **OUR MISSION**

Is to help our continent, its regions and her people get better

We want to reshape healthcare by connecting healthcare professionals and patients in a simplified, personalized, and modern experience. That said, the our actions wouldn't be the transformative force it will become without its passionate people.

2

It is to be known that Medicinal Plants protocol development in integrative medicine is not typically a simple process. Individuals require individualized care, and what works for one patient may not work for another.

## **Our medicinal Plants based Therapeutic Protocoles**

- **Circulatory disorders**

- ✓ Arterial hypertension
- ✓ Haemorrhoids
- ✓ Haemorrhoids (oral administration)
- ✓ Haemorrhoids (stools softener)
- ✓ Haemorrhoids (topical application)
- ✓ Microcirculatory disorders of the eye
- ✓ Mild cardiac complaints of nervous origin
- ✓ Peripheral vascular insufficiency
- ✓ Venous insufficiency (chronic)
- ✓ Varicose veins (oral administration)
- ✓ Varicose veins (topical administration)

- **CNS disorders**

- ✓ Depressive disorders
- ✓ Difficulty in falling asleep
- ✓ Exhaustion mental or physical
- ✓ Fatigue
- ✓ Headache
- ✓ Irritability
- ✓ Migraine prophylaxis
- ✓ Restlessness
- ✓ Tenseness

- **Dermatological disorders**

- ✓ Abrasions
- ✓ Acne
- ✓ Atopic dermatitis
- ✓ Bruises
- ✓ Cold sores
- ✓ Dermatitis

- ✓ Eczema
- ✓ Furuncles
- ✓ Herpes labialis
- ✓ Hyperhidrosis
- ✓ Insect bites
- ✓ Psoriasis
- ✓ Seborrhoea
- ✓ Skin inflammation
- ✓ Sunburn
- ✓ Wounds

- **Digestive disorders**

- ✓ Appetite loss
- ✓ Bloating
- ✓ Colitis
- ✓ Constipation habitual
- ✓ Constipation occasional
- ✓ Diarrhoea (unspecific)
- ✓ Diverticulosis
- ✓ Dyspeptic complaints
- ✓ Enteritis
- ✓ Fissure anal
- ✓ Flatulence
- ✓ Gastritis
- ✓ Gastrointestinal complaints
- ✓ Heartburn
- ✓ Hepatobiliary disturbance
- ✓ Irritable bowel syndrome
- ✓ Spasmodic gastro-intestinal complaints

- **Gynecological disorders**

- ✓ Dysmenorrhoea
- ✓ Menopause
- ✓ Menorrhagia

- **Metabolic disorders**

- ✓ Diabetes
- ✓ Hypercholesterolaemia - Dyslipidaemia

- **Mouth, ear, nose and throat disorders**

- ✓ Anaesthetic dental
- ✓ Aphthous ulcers
- ✓ Dental healthcare: disinfectant mouthwash
- ✓ Gingivitis
- ✓ Inflammation of the oropharyngeal mucosa



- ✓ Pharyngitis
- ✓ Sore throat
- ✓ Stomatitis
- ✓ Tonsillitis

4

- **Pain and inflammation**

- ✓ Contusions
- ✓ Epicondylitis
- ✓ Low back pain
- ✓ Musculoskeletal inflammations
- ✓ Myalgia
- ✓ Osteoarthritis
- ✓ Periarthritis
- ✓ Rheumatic complaints
- ✓ Tendinitis

- **Respiratory disorders**

- ✓ Bronchitis
- ✓ Catarrh of the respiratory tract
- ✓ Common cold
- ✓ Cough
- ✓ Fever

- **Urinary disorders**

- ✓ Bacterial infections of the urinary tract
- ✓ Benign prostatic hyperplasia
- ✓ Cystitis
- ✓ Irrigation of the urinary tract
- ✓ Irritable bladder
- ✓ Urinary lithiasis

## Our Microbiome Innovations Transform Patient Care

### *Microbial Innovation From Discovery to Impact*

Our development programs power a pipeline of innovations that encompass areas of health beyond the gut microbiome, including the vaginal microbiome, skin microbiome, oral microbiome, infant health, and the gut-brain axis.

With the understanding that health is not just human, we want to advance microbial innovations for some of our planet's greatest ecological challenges.

Current projects include microbial solutions for honeybee preservation, coral reef regeneration, plastic degradation, and carbon sequestration.



## An example of our Protocols + Usage - ASAFU-01®

Who is Asafu-01® recommended for?

We developed Asafu-01® to deliver benefits in and beyond the gut to support the physiological systems essential to our whole-body health. Intended for use by adults 18 and older, Asafu-01® contains a polyphenol-based prebiotic and 24 distinct probiotic strains to support:

### **Gastrointestinal-Related Health**

- *Digestive Health*
- Promotes healthy regularity and stool quality
- Provides relief from occasional digestive discomfort, bloating, and intermittent constipation
- *Gut Barrier Integrity*
- Supports gut barrier recovery and integrity of the intestinal barrier
- Reinforces healthy tight junction function in vitro
- *Gut-Immune Axis*
- Supports healthy gut-immune function and responses to occasional GI and environmental stressors
- *Gut Microbial Balance*
- Encourages stability and diversity within the gut microbiota
- Supports optimal gut bacteria levels
- Promotes a healthy microbial environment in the gut
- Contributes to a healthy gut ecology

- *Gut Metabolite Balance*
- Supports healthy gut metabolite balance
- Supports healthy stool quality
- Promotes healthy stool consistency
- *Dermatological Health*
- Reinforces healthy gut-skin axis to promote clear skin for improved comfort and appearance
- May help smooth the appearance of fine lines and wrinkles
- Promotes smooth, healthy skin
- *Cardiovascular Health*
- Supports healthy lipid metabolism
- Promotes an optimal balance between good and bad cholesterol
- *Micronutrient Synthesis*
- Supports folate (vitamin B9) production via synthesis of bioactive forms of folate
- Supports synthesis of certain B vitamins involved in methyl group metabolism

## Protocols

The protocols we detail were developed using an evidence-informed approach that practitioners can use as a foundation when developing individualized treatment plans.

For example, blood pressure homeostasis is a clear indication of health. Approximately 9 million deaths due to high blood pressure occur each year. This makes essential hypertension the most prominent disease worldwide.

Uncontrolled blood pressure increases the risk for heart-related problems such as stroke, coronary artery disease, and heart failure. When left untreated, high blood pressure may lead to chronic kidney disease, disability, and even death. Interventions aimed at lowering blood pressure improve comorbidities and outcomes.

Patients with uncomplicated grade 1 hypertension experience decreased risk of stroke and death when lowering blood pressure by an average of 3.6 mmHg systolic, and 2.4 mmHg diastolic. Targeting reductions in blood pressure, as well as underlying mechanisms, is key to an integrative treatment plan.

## ***Modern Culture diseases at our tips***

The prevalence of obesity and metabolic conditions, including prediabetes and diabetes, presents a significant public health concern. Most of the western health problems are making their way into the sociocultural life of Africa, for example : 45% of the population has obesity. It is estimated that 30.6% has diabetes and 38% has prediabetes not to mention other chronic and mental health problems.

It is known that obesity and dysregulated blood sugar levels together contribute to a wide range of health complications, including cardiovascular disease and kidney disease.

However, emerging evidence suggests that certain interventions, particularly those incorporating specific supplement ingredients, might hold promise for managing body weight and blood sugar levels more effectively.

For these and other reasons ; our natural protocols may enhance metabolic health by reducing blood sugar levels and improving insulin sensitivity. In our field, we are ready to implement and produce natural medications in the followings domains of public health :

- *Cardiovascular Health*
- *Gastrointestinal Health*
- *General Wellness*
- *Healthy Aging*
- *Hormonal Health*
- *Immune Health*
- *Men's Health*
- *Metabolic Health*
- *Musculoskeletal Health*
- *Neurological Health*
- *Respiratory Health*
- *Skin Health*
- *Surgical Support*
- *Women's Health*

**Based on current research findings presented below, the ingredients in this protocol have demonstrated efficacy in improving blood pressure profile.**

### ***Magnesium***

- 300-450 mg of elemental magnesium, total per day, 1 to 6 months
- An inverse correlation between levels of circulating magnesium and the incidence of hypertension has been clearly identified
- Meta-analysis of three trials (14,876 participants, 6.7 year follow up) found that every 0.1 mmol/L incremental increase in circulating Mg levels was associated with 4% (RR, 0.96; 95% CI: 0.94, 0.99) reduction in hypertension incidence
- Patients with insulin resistance, prediabetes, and other chronic noncommunicable diseases supplemented with 365 to 450 mg per day of

magnesium had an overall decrease in blood pressure with a mean reduction in systolic by 4.18 mmHg and diastolic by 2.27 mmHg

- Supplementation with a median dose of 368 mg per day of magnesium for a median duration of three months increased serum magnesium by 0.05 mmol/L and resulted in decreasing systolic blood pressure by 2.0 mmHg and diastolic blood pressure by 1.78 mmHg
- Supplementation with magnesium decrease systolic and diastolic blood pressure by 3-4 mm Hg and 2-3 mm Hg respectively across trials with a range of 120-973 mg per day supplementation for 3-24 weeks; supplementation with more than 370 mg per day demonstrated an increased effect size.

### **Garlic (*Allium sativum*)**

- 300-960 mg, total per day, minimum 8 to 12 weeks
- Findings across multiple meta-analysis and systematic reviews found supplementation with garlic resulted in a decrease in systolic and diastolic blood pressure
- Analysis found a higher impact for blood pressure lowering effects in subgroups with hypertension than normotensive subjects
- Systolic blood pressure decreased in patients with uncontrolled hypertension after being treated for 12 weeks when compared to placebo; patients with systolic blood pressure more than 140 mmHg experienced more benefits from supplementation.

### **Vitamin C**

- 500 mg total per day, minimum 6 weeks
- Supplementation improved blood pressure as shown by an average weighted mean difference for systolic blood pressure decreased by 4.09 and diastolic blood pressure by 2.30
- Risk of cardiovascular disease and stroke decreased as shown by a decrease in systolic blood pressure when supplemented with vitamin C
- Supplementation decreased average systolic and diastolic blood pressure with 1-month supplementation, additionally state-trait anxiety inventory and visual analogue mood scale
- Pooled analysis found a decrease in systolic blood pressure by 3.84 mm Hg and diastolic blood pressure by 1.48 mm Hg



## **Melatonin**

- 2-3 mg, 1-2 hours prior to sleeping, minimum 3 weeks
- Untreated essential hypertension in men demonstrated a decrease in systolic and diastolic blood pressure by 5 mmHg and 4 mmHg respectively when given 2.5 mg of melatonin 1 hour before bed for 3 weeks; this effect was best in patients with essential hypertension
- Nocturnal hypertension was decreased with the most effect being seen between 2 am and 5 am in males given 2 mg of controlled-release melatonin 2 hours before bedtime when compared to placebo
- Nocturnal blood pressure decreased in women aged 47 to 63 with treated essential hypertension when given 3 mg of slow-release melatonin for 3 weeks 1 hour before bedtime when compared to placebo

## **Potassium**

- 950-3500 mg (30-90 mmol) total per day, minimum 4 weeks
- Intake of at least 90 mmol (3500 mg) per day of potassium correlated with reduction of blood pressure by 4.48 mmHg (systolic) and 2.96 mmHg (diastolic)
- Decreased blood pressure in normotensive and hypertensive patients with hypertensive patients having a more significant reduction
- Elderly patients with untreated hypertension experienced a decrease in supine blood pressure when supplemented with 60 mmol (2346 mg) per day of potassium chloride for 4 weeks
- Improvements in blood pressure were observed after 6 weeks of supplementation with potassium; 30 mmol of potassium citrate per day resulted in a decrease in mean blood pressure by 5.22 mmHg, while potassium chloride demonstrated a decrease by 4.70 mmHg.

Dr Alpha Grace, PhD  
CEO & President  
African College of Naturopathy  
RituelsNature  
African Center for Integrative Health  
Tel : 00 41 76 518 9725  
Tel : 00 33 78 569 2956  
Email : [contact@alphagrace.fr](mailto:contact@alphagrace.fr)  
[www.alphagrace.fr](http://www.alphagrace.fr)