

MaDaFu

All Inclusive Classified

The Business & Service Classified with Anything & Everything from the Kenyan Coast

MaDaFu Issue 001

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MaDaFu is a Kiswahili name for the **Coconut**. Madafu contains all the necessary ingredients necessary for a person to survive in times of adversity when no food or water is available. The same concept and reason is applied in “**Business**” sense that the MaDaFu Newspaper will provide all the necessary “**Ingredients**” for the beloved Reader to Buy and Sell Goods and Services directly from another fellow Reader at the best price possible...getting the Best Deal possible! MaDaFu is the brainchild of an Entrepreneur from Mombasa who wanted and wished for almost 8 years to launch a “**Coast Publication**” for the People of the Coast and Kenya in the Future. It is a **Non Political** and a General Exhibition Newspaper for all ages. 1st April 2010 was the date that this dream (MaDaFu) was initiated and pushed off the sea

shore into the deep sea for a journey into the unknown. The “Ship” (MaDaFu) will stop at the Port of Success after winning the hearts of the Coast & Kenyan People. Basically, MaDaFu is a monthly Edition initially then Weekly later. It’s a Newspaper which contains all Business and Service Deals for anyone to Capitalise on. It will contain Future wise, remedies and improvements for the everyday challenges and make life easier and enjoyable for People of all ages. It will have a Major Entertainment & People Section which will have Letter’s to the Editor, Horoscopes, Jokes, Brain teasers, Achievements, Awards, Births & Death notices, Educative articles, Science Fiction articles, World’s Weird and unusual Stories, Recipes from renowned Chefs around the World, People Profiles and Achievements, Company Profiles and Bargains just for MaDaFu Readers, Health & Wellness Topics

and Forums for Question and Answers from Local and International Panel of Experts of Medical Professionals, Latest Fashion, Business & Financial Section for Money Matters and Gains, Environment and Green Measures, Religious Topics and Festivals, Science & Technology Topics, Tours & Travel Deals, Matrimonial, Personal Messages, Art & Culture, Advertisements, Cars Portal, Property Portal, International and Local Stock Exchange Analysis, Jobs & Company Vacancies, Hollywood and Bollywood Snippets etc.

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A Brief History of the Coastal Strip and its People.

By Stambuli Abdillahi Nassir.

Historically, today, it is hard to imagine that before the Portuguese, Arab and British colonial impacts, the entire coastal area from Mogadishu to Sofala was inhabited by one people who spoke one language (though in different dialects) and belonged to one culture and civilization. These people were there before the birth of Jesus Christ or that of Prophet Muhammad (Peace be upon them all). Yes, it is possible that there were ancient Waswahili who were neither Christian nor Muslim. People moved along the coast and its immediate hinterland trading and exchanging values and traditions. In those days the Red Sea was more of a link than a barrier between the peoples of Arabia and beyond. And, the Indian Ocean has been an area of active trade between India, southern Arabia, the East African Coast, and as far as Sumatra and China. In this respect, the Indian Ocean was very different from the Atlantic before the arrival of Christopher Columbus. In other words, maritime trade in the Indian Ocean developed much earlier than in the Atlantic Ocean. In fact, the Swahili coast was a string of settlements or towns in an otherwise sparsely and unevenly populated coastal strip. These settlements were, indeed, city-states. Some of the most important city-states were Mombasa, Kilwa, Zanzibar, Pemba, Malindi, Lamu, Pate, and Siu. Hence, when Vasco da Gama arrived during the late 15th century, these city-states were still thriving. These Swahili city-states were established trading powers in the sub-region. They were enterprising, prosperous, independent, self-governing and very proud of their abilities to sustain themselves. They had their own systems of government which were meaningful to the people, responsive to their needs and aspirations and effective in solving their problems. They were not democratic in the modern liberal and pluralistic sense of the word, but certainly democratic in the sense of being responsive, responsible and accountable within the prevailing traditional Swahili setting.

Like the city-states of medieval Europe the Swahili city-states fought amongst themselves, intrigued against each other and undermined one another, forged alliances among themselves against common external enemy or, if need be, against another city-state. These were essentially mercantile trading principalities, each jealous of its own trade and prosperity and envious of the prosperity of the next city-state. And as they all traded, basically, with the same commodities competition amongst themselves was inevitable, and conflicts of interest could not be avoided. Thus, they did fight wars against each other but, eventually, settled for peace without any outside interference or intermediaries. They could establish their own, as it were, 'regional stability' through negotiations and reconciliations. Military Pate was the most powerful city-state.

Moreover, before the Portuguese arrival, Mombasa and Kilwa were reputed to be the most prosperous and sophisticated city-states along the Swahili Coast. Mombasa was first mentioned in the 2nd Century A.D. by an unknown Greek maritime writer in his book Periplus of the Erythraean Sea. Eight centuries later, Islam and Muslims arrived on the shores of the Lamu Archipelago (i.e. in a town known as Shanga, on Pate island). Then, during the tenth century, an Arab Geographer, Al Idrisi, specifically mentioned Mombasa as a prominent land-mark along the Swahili Coast. However, a more vivid description of Mombasa was provided by Ibn Batuta, a well-known North African traveler from present-day Morocco, who visited the city-state in the 14th Century (1331 A.D.). He was very impressed with the lay-out and the cleanliness of the town, the manners and the prosperity of the people. Mombasa had its own Ruler and a system of government. It was an independent city-state and not a colony or settled out-post of any foreign country or people. The following is a Portuguese description of Mombasa in 1505:

"Mombasa is a very large town and lies on an island from one and a half to two leagues round. The town is built on rocks on the higher part of the island and has no walls on the side of the sea; but on the land side is protected by a wall as high as the fortress. The houses... some of them are three storeyed and all are plastered with lime. The streets are very narrow, so that two people cannot walk abreast in them: all the houses have stone seats in front of them, which make the streets yet narrower."

The Waswahili Civilization:

The Swahili civilization reached its peak during the last two centuries before the Portuguese arrival in East Africa, namely between 1300 and 1500 A.D. The Waswahili, as a people, were then in control

of their 'world' and destiny. They were the first people to be urbanized in this part of Africa. They lived in stone-houses which they built to their own specifications and taste. And they decorated their houses with furniture, artifacts and other kinds of decorations unique to the Swahili culture. They imported luxury goods, like porcelain, silk, perfume, incense and exotic furniture from Persia, India and the Far East. The Swahili homes were comfortable and comforting. The Waswahili attired themselves with clothes of their own designs and tastes made from cloths manufactured by them or imported from India, Persia, the Levant or China. They were literate, wrote prose and poetry, and their scribes recorded in writing the happenings of their towns, described the changing patterns of relationships between and amongst the city-states, in peace and in war; in general, they left for posterity and the world at large an impressive literature and a record of their activities, how they lived, worked, played, prayed and died. Because they were literate, the Waswahili were able to nourish their culture and civilization. Literacy also enabled them to have contacts with the outside world.

In the course of the long and extensive interactions with other peoples the Waswahili developed formidable mercantile traditions: they were great sailors, traders and the most experienced and trusted middlemen in the trade between the East African Coast and its interior. It was, indeed, the goods from the interior which attracted the foreign traders, like the Portuguese and the Arabs, to East Africa. And, the Waswahili mastered that trade. The Waswahili created civilization based on settled urban life, with life-style and standards of living that equaled, and in some cases rivaled, those of contemporary Europe. It is noteworthy to remember that these city-states existed centuries before Christopher Columbus 'discovered' the Americas.

As a mercantile trading people, the Waswahili evolved their appropriate means of transportation. They designed and built the 'Mtepe' (a sewn Dhow), invented the triangle sail, and sailed along the Swahili Coast and beyond wherever the Monsoon winds took them in pursuit of trade and profit or mere adventure. They visited other people in distant places and were themselves visited by foreign traders and travelers. The visitors included Greeks, Arabs, Persians, Malays and Chinese. These contacts and exposure to other parts of the world enriched the Swahili culture, enhanced knowledge, skills and experience which could not have been obtained locally.

At the height of their civilization the Waswahili were able to absorb the best from the outside world and at the same time retained the inner core of their values and civilization. They were able to do this because they were self-confident and comfortable with their own culture and civilization. And as they were in control of their own affairs and destinies they could not be subverted by foreign powers or seduced by their culture, life-styles or values. But once the means by which they could control their affairs and destiny- their skills, ability and preeminence as middle-men in the trade along the Swahili Coast- were undermined and finally destroyed, the Waswahili as a people experienced decline and were ultimately virtually destroyed as major economic or political actors. This process began with the Portuguese naval forces, reinforced by the Omani Arabs and completed by the British colonial rule.

The Portuguese Period and its Legacy:

The history of the Portuguese in East Africa (i.e. 15th-18th centuries) was/is without doubt not a happy or in any way useful to the Waswahili as a people. The Portuguese were indiscriminate predators and plunderers. They were ruthless in their determination to monopolize the Indian Ocean route to the East and its lucrative trade. With very powerful weapons, bigger and faster ships, they plundered and destroyed all that which was not useful to them, or appeared to be rivals. They arbitrarily called at the Swahili city-states for re-supply and tributes. If they were met with resistance or semblances of reluctance brutal force was used. In this manner they extracted tributes from the prosperous Swahili city-states and other towns in Southern Arabia, indeed from all areas which were covered by the Swahili traders.

Mombasa was the most hostile city-state and the one that gave the Portuguese a lot of troubles. The Portuguese were never sure of the loyalty of the Mombasa Swahili people, whether in formal treaties of friendship or in maintaining a conventional 'civilized' state of peace between two civilized peoples. The distrust between them was deep and profound. It was a real distrust between a foreign, brutal tyrant, and a self-respecting people who valued their freedom and way of life. And, because of that Mombasa suffered a lot from Portuguese punitive attacks. Only Malindi was friendly with Portuguese. But this was largely due to the fact that the two city-states were historic enemies and the King of Malindi befriended the Portuguese simply in order to use them as allies in future wars from there that they organized their plundering and punitive expeditions against the other city-states. In 1505 they invaded and pillaged Mombasa, Kilwa and Pate, and Mombasa again in 1528.

The Portuguese were manipulative, engaged

themselves in intrigues and in fomenting hatred and hostility amongst the city-states, with the objective of divide and rule. Because the Swahili city-states were all involved in the mercantile trade and dealing with virtually the same commodities naturally there were a lot of envies and jealousies between them. These were fully exploited by the Portuguese. Sometimes the Portuguese would attack a Swahili city-state for no apparent reason than an explicable anger or temper, frustration of sort, or just an exercise in disciplinary action. Mombasa and Kilwa were the main victims of these wanton attacks. The Portuguese were the proverbial bully in the neighborhood.

Wherever they went along the Swahili Coast, the Portuguese left destruction in their wake. They had very little respect for local peoples or their cultures. The Portuguese attitude towards the local people, and the brutal manner in which they dealt with them, can best be explained by the religious factor. The Portuguese were fanatical Catholics and the inhabitants of the Swahili city-states were devout Muslim. It should be recalled that one of the reasons why the Portuguese ventured into the Indian Ocean was trade; the other was to fight Islam and spread the Gospel of Christianity. Before they came to East Africa the Portuguese had already been engaged in bitter religious wars with the 'Moors' of North Africa. Thus, the Swahili were not only rivalries in trade but also religious enemies whose destruction was a cardinal obligation of the Catholic Church and a great Christian virtue.

Here are three examples of the Portuguese predatory pillages and brutalities described by Portuguese eye-witnesses. Approaching the Malabar Coast in 1502, Vasco da Gama sighted a large dhow carrying Muslim pilgrims home from Mecca. He demanded all the treasures on board, but when the owners were slow to deliver what followed was described by one of Vasco da Gama's crew thus: "We took a Mecca ship on board of which were 380 men and many women and children, and we took from it fully 12,000 ducats, and goods worth at least another 10,000. And we burned the ship and all the people on board with gun-powder, on the first day of October".

On October 30th of the same year, when off Calicut, Vasco da Gama ordered the King of 'Samuri', to surrender, and demanded the expulsion of all Muslims from the city. When the King hesitated and attempted to negotiate for peace, da Gama responded with characteristic Portuguese brutality. He caught a number of fishermen and traders whom he casually saw at the harbor and hanged them at once. Then he cut up their bodies, and tossed hands, feet, and heads into a boat, which he sent ashore with a message in Arabic suggesting the King use these pieces of his to make himself curry!

(Daniel J. Boorstin, The Discoverers, Random House, New York, 1983, p.177).

When the Portuguese invaded and pillaged Mombasa on August 15th, 1505, the following is part of what happened to the inhabitants and their properties:


"The Grand-Captain ordered that the town should be sacked and that each man should carry off to his ship whatever he found; so that at the end there would be a division of the spoil, each man to receive a twentieth of what he found. The same rule was made for gold, silver, and pearls. Then everyone started to plunder the town and to search the houses, forcing open the doors with axes and iron-bars. There was a large quantity of cotton cloth of Sofala in the town, for the whole coast gets its cotton from here. So the Grand-Captain got a good share of the trade of Sofala for himself. A large quantity of rich silk and gold embroidered clothes were seized, and carpets also; one of these was without equal beauty, was sent to the King of Portugal together with many other valuables... On the morning... they again plundered the town, but because the men were tired from fighting and from lack of sleep, much wealth was left behind apart from what each man took for himself. They also carried away provisions, rice, honey, butter, maize, countless camels and a large of cattle, and even two elephants. They paraded these elephants in front of the people of the town before they took it, in order to frighten them. There were many prisoners, and white women among them and children, and also some merchants from Cambay". (G.S.P. Freeman-Greville; "The East African Coast"... Oxford University Press, 1962, p.110).

Such brutalities of the Portuguese were well known along the Swahili Coast. The Portuguese were feared and loathed. In 1660, for the first time, a group of Mombasa Swahili elders (and a Mijikenda elder known as Kubo wa Mwamzungu) travelled to the Imam of Muscat and pleaded with him, as a fellow Muslim, to help them expel the Portuguese from Mombasa. In 1729, another group of Swahili and Mijikenda Elders travelled to the Imam of Muscat and pleaded with him, as a fellow Muslim, to help them expel the Portuguese from Mombasa. The Omani Arabs were then the rising naval power in the region and had recently effectively expelled the Portuguese from their territory. The Omanis obliged. The Portuguese were expelled from Mombasa and eventually from other parts of the Swahili Coast. They regrouped in Mozambique and stayed there for the next 500 years or so, and only after a prolonged, bitter and violent war of liberation waged by African nationalists did their colonization come to an end. Consequently, by the end of the 17th century what were once prosperous and proud independent Swahili city-states were virtually destroyed by the Portuguese. Although the Portuguese were the first representatives of international merchant capitalism in East Africa, and the first Western European to trade by naval forces in the Indian Ocean , it is incredibly strange that they left no enduring commercial legacy, naval traditions or loan words. But they did change the pattern of the Indian Ocean trade permanently. They enabled other European trading powers to enter the Indian Ocean and thus enhanced the competition against the Swahili traders.

In the last analysis the Portuguese legacy for the Swahili people, and in particular those in Mombasa, is bitterness, hatred and despair. The Portuguese came to the Swahili Coast and saw thriving societies and unrivalled prosperity, organized and sustained by a people who were enterprising, independent, self-governing, and proud of their culture and civilization. When they were finally expelled they left nothing but ruin, bitterness and despair. That, in fact, is what Fort Jesus or 'Jesus of Mombasa' symbolizes for the

Waswahili of Mombasa. It still evokes pain and nostalgic thoughts of what the Waswahili might have been had the Portuguese not appeared on the Swahili Coast.

To be Continued in the next Edition...




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Complain or not to Complain?

By Avni Parmar

Complaining is the new coffee boost for the general public. The day has not started and shot of complaints will just do the trick to boost one's morning. Almost every subject we come across either has a bigger or a smaller complaint. For example, having too much workload in the office, flight delays, business people making calls where they tear down the co-workers, nosy in-laws, and government should work on potholes, couple complaining of being served an awful dinner and broken bones. The cycle of complaints that we surround ourselves in has become as such that we naturally tend to create a polluted environment. Research has proved that complaints do leave negative effects once the complainer is done with complaining. Instead of being marvelled by the beauty of lotus we are more bothered about its growing in muddy water.

It has also been proven that a course of complaining can lead to poor health and chances of one healing become much less **So, why do we complain?**

This topic is most researched among many psychologists recently. Robert Biswas - Diener (2017) a renowned psychologist, has been long interested in what people think, feel and behave. According to Diener there are two types of complainers, those who vent and those who are chronic complainers. The difference between the two is that a venter complains in order to release emotions and obtain a validation of that complaint while chronic complainers tend to complain on just about everything. They think that the world is out to ruin their lives and so by constantly complaining they just have to make sure others make it better for them.

On the contrary Will Bowen, author of 'A Complaint Free World', lists five reasons why people complain.

- Complaining helps build solidarity also can bond two people or break down the relationship.
- Avoidance of responsibility is part of complaining. No resolution gets achieved for the existent problem and no further action gets taken.
- When complaints start depicting superiority, it is the complainers' way of implying that they are better than others in the tasks assigned to them. Examples: "I hate it when people don't use their signal blinkers when driving!" "People don't drive the way I think they should."
- Complaining is used as a way to control the decisions of the listener.
- It is a way to pre-excuse you from poor performance. For example, complaining about the traffic as you enter the office is a way to justify your tardiness.

How can we resolve Complaining?

We know that there are negative effects of complaining but can we revert this to being positive? Yes, we can.

No one likes to complain or listen to one but by exploring our complaints we can help cover our emphasized feelings to any kind of behavior and perhaps build up increased satisfaction. Here are few tips that can help lessen our habit of complaining:

1. Try to change the way you think. It may seem difficult but the key is to accept any situation coming your way. Try to be more positive than negative. Setbacks are a part of life but we need to move forward and remember that all will be well in the end.
2. Change is inevitable so learn to adapt to it.
3. Always be assertive in life. Complaining less does not mean you have to become submissive. Build up your confidence and make sure you are heard by everyone correctly.
4. Be less critical of the people around you. Not everyone and nor every situation is the same. Cultivate an attitude of gratitude.
5. Be an active listener and empathetic. It is equally important to have competence, friendliness and active listening skills for both male and female.

So where do you fit in? Are you a Venter or a Chronic complainer or none?

Share your thoughts with me or if you think you need advice on dealing with your habit of complaining.

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Our Virtues & Vices

By Anjhna

An old adage goes "one man's meat is another man's poison" and so we can place ourselves on one of the side of the fence declaring our like for something or dislike for it. The subject in question can be anything, sports, religion, pastimes, monogamy, scientific research, population growth, politics, business, food and so many other aspects that in one way or another touch our lives.

Whether we acknowledge it or not, we all play our parts as individuals and affect any situation as a huge group by the end of an event, for instance, the best-known money minting industry, football. In Kenya, we have a few individuals who are making a living out of paying football, a handful who actually make it to the well-recognized teams in the world and a few who actually make billions of shillings on the scores in

these games! The common mwananchi is just a crazed fan of a favorite club which he has no direct relations to, no relatives playing in, no advertisement contracts for but the fever of the game is such that there is a fanatic following of it, people actually stake their lives on football matches in Kenya. The craze for this game is a killer! An event for entertainment has become so much bigger than a person that thousands of people are washed away in this euphoric wave.

Betting has crept into our lives stealthily and has set itself up at one of the highest peaks in the pyramid of needs. You will find 3 kinds of people in this scenario,

Type 1: An individual who bets a little money at a time and is happy to get some more returns when he wins and is not so badly affected when he loses because the amount that he or she decided to spend on betting was very little. This person is a practical person and has a cautious approach to many situations in life.
Type 2: A person who is quite confident and in many ways over confident and stakes high amounts on his or her bets. This person is emotional and highly explosive, if the money they staked is lost, the breakdown, the outcry, the cessation, the self loathing, the blame game, depression and a myriad of other negative emotions are displayed. However, at the end of the day, this person will look for any means to get back to betting and trying his or her luck again! Individuals like these are prone to theft, fraud, neglect & become completely irresponsible, many get indebted, sell their property, steal money from siblings and their spouse, many even end up as self-pitying alcoholics.

Type 3: This individual will choose when and where they would like to watch a game, enjoy the entertainment that comes with the game and cheer or boo at the end of the game, close the chapter and go home to do anything more personal like study, work, read, cook or even sleep. Basically this person leaves the game where it belongs, in the TV and doesn't waste his life doing much more about it. Which category do you belong to? Time is here for self-reflection, let us look at ourselves as individuals, as groups, as intelligent human beings and make the relevant changes in our lives before the betting takes over our lives!

My take : Betting is an ugly vice which people should stay away from. It is the new euphoric drug in the market. Keep Off!

As Madafu begins its journey, we are bringing you a column in which you can mail us with your problems, issues or general observations in life, you may ask for advice about a situation or may want a topic to be discussed.

Whatever you may need, we are all ears for you. Email us on anjhna@madafu.biz. We will try and feature as many mails as possible. Anonymity is paramount to us, none of your information will be made public without using aliases.

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WEEKLY ENTERTAINMENT & NIGHTLIFE

ALL INFORMATION WITHOUT GUARANTEE

SINGLE EVENTS

THEMED NIGHTS

Mondays

Dekis Minalove Lounge Nyali
Ladies Night Out

Bridges Mtwapa
Dance Rock Reggae

Tuesdays

Club Hypnotica Nyali
Reggae Night Tuesdays

Mingles Pub Nyali
80s Night with Kev_kenya

Club The Place Bamburi
Old Skool Party Night with DJ Nixkenya

Forty Thieves Bar Diani Beach
Darts Night

Dekis Minalove Lounge
Old School Night

Wednesdays

Z-Lounge Nyali
Sassy Wednesdays

Sky Lounge Bamburi
Romantic Wednesdays

Moonshine Bar Nyali
House Music Wednesdays with DJ Mzuki

Brazuca Bombolulu
Ladies Night Out

Sheba Lounge Nyali
Afro Beat Wednesdays with DJ Leone

Mingles Pub Nyali
Jam Down Wednesday

Casablanca Club Mombasa
Ladies Night Out

New Samba Sports Bar Bamburi
Woman Crush Wednesdays with DJ Rexel | DJ Willy

Thursdays

Club Hypnotica Nyali
Classy Urban Reggae

Sheba Lounge Nyali
Soul Meets Old School with DJ Frankie Walter

Z-Lounge Nyali
Salsa Thursdays with DJ Reddz | DJ Eddirah | DJ Jeff

New Samba Sports Bar Bamburi
Urban Thursdays with DJ Shina

Bella Vista Restaurant Moi Avenue
V.I.P Rhumba

Brazuca Bombolulu
Rhumba Night

Camp Barnados Mtwapa
Reggae Thirst Days

Fridays

Club The Place Bamburi
Members Night Party with DJ Zeedy

Z-Lounge Nyali
Exotic Fridays with DJ Reddz | DJ Eddirah | DJ Jeff

Club Hypnotica Nyali
Freaky Friday with DJ James

Noons Club @ Sun Africa
Rhumba Night

Brazuca Bombolulu
Kikwetu Night



THEMED NIGHTS

Saturdays

Yul's Bamburi
Hot Saturday Nights

Club The Place Bamburi
Couple Up Saturdays Party with DJ Prince

New Samba Sports Bar Bamburi
Saturday Night Live with DR Fred & DJ Shinah

Brazuca Bombolulu
Rub A Dub Sato

De Coffee Pub Kilifi
Toa Lock

Dekis Minalove Lounge
Disco Party

Sundays

Bella Vista Mombasa
Urban Dread Reggae Sundays

Sheba Lounge Nyali
Sunday Servive with DJ Maps | DJ MVP | DJ Mess

New Samba Sports Bar Bamburi
Sunday Service with DJ Willie | Guest DJ Nas

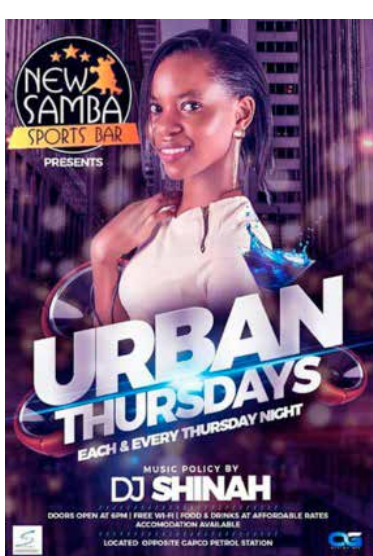
La Follia Mtwapa
Throw Back Sundays

Dekis Minalove Lounge Nyali
Reggae Night

Club Blackwater Bombolulu
Sunday Night Reggae with DJ D9

Open Bar Nyali
Sunday School with DJ Electric | AJ The DeeJay

Club The Place Bamburi
Redemption Sundays



DANCE SHOWS

Daily

Kendas Arcade Mtwapa
Gogo Dance

Fridays

Bob's Bar Nyali
Cabaret Show By Star Dancers

HAPPY HOUR

Safari Inn Shanzu
Thursdays Happy Day 20 %

Blackwater Club Bombolulu
Friday Happy Hour 2 pm - 8 pm with VJ Cash

Dekis Minalove Lounge
Sun-Mon-Tue Happy Hour

Club Hypnotica Nyali
Happy Evening - Buy One Get One Free: 6 pm - 10 pm daily



LIVE MUSIC

Daily

Pistacchio Shanzu Tourist Road
Camam Band

Mondays

Moonshine Bar Nyali
Back to the Roots with Mombasa Roots Band

Tuesdays

Casablanca Club Mombasa
Ambro La Musica Rhumba Night

Sheba Lounge Nyali
Therapy Tuesday with Mombasa Roots Band | DJ Phauz

Safari Inn Shanzu
Maranda & Band

Wednesdays

Bob's Bar
Ambro La Musica

Thursdays

Club Mios Bamburi
The Biggest Rhumba in Mombasa

The Lounge Nyali
Rhumba Thursday with Ricky Mulolo & Idologia Musica Band

Fridays

Safari Inn Shanzu
Safari Africa Band

Brazuca
Kikwetu Nite with On Man Band Waweru (Anapamba)

Fontanella Bar & Restaurant
Ricky Mulolo & Idologia Musica Band

Saturdays

Big Tree Hotel Bamburi
Beach Bum performed by Generations Band

Sundays

The Lounge Nyali
Juukua The Band

Danka Lounge Mtwapa
Ricky Mulolo & Idologia Musica Band

EAT & DRINK

Daily

Blue Room Restaurant Nyali
After 5 pm Weekday Special - Any Large Pizza + 1 Soda

Mondays & Wednesdays

Grill House / Blue Room Restaurant Nyali
Hot & Fresh Burger

Tuesdays & Thursdays

Bella Vista Sports Bar
Beer Festival

Thursdays

Grill House Nyali
Steak Night - Flame Grilled

Saturdays

Tamarind Dhow
Lunch Cruises

Sundays

Blue Room Nyali
2-4-1 Waffles

Forty Thieves Beach Bar Diani Beach
Sunday Lunch Buffet & Live Music

Weekend

Blue Room Restaurant Nyali
Great Meal For 2 - Weekend Pizza And Chicken Wings Combo

KARAOKE

Mondays

Club Casablanca
Karaoke Mondays

Tuesdays

Bella Vista Digo Road
Karaoke

Wednesdays

Club Hypnotica
Live Karaoke with Juukua The Band

Club Mios
Karaoke Wednesday

Bella Vista Restaurant Moi Avenue
Woman Crush Wednesday Karaoke

Dan's Lounge Mombasa
Karaoke Midweek Party

Sheba Lounge Nyali
Fahmy'oke Karaoke Night

Thursdays

Dekis Minalove Lounge Nyali
Karaoke Nights

Kahama Bamburi
Karaoke Night

De Coffee Pub Kilifi
Karaoke

Fridays

Club The Place Bamburi
Karaoke

Saturdays

Stage-View Lounge
Karaoke Night wuth Mum Nade & Njesh | DJ Fabulous

The Moorings Mtwapa
Karaoke Night

Sundays

Sheba Lounge
Fahmy'oke Karaoke Night

Sky Park Bar & Restaurant Mombasa
Karaoke Night



SINGLE EVENTS

COURSES & LECTURES

Saturday 10 | 03

Swahili Box
Ruby Workshop Mombasa

Friday 16 | 03

TBA Mombasa
Securing Your Creativity Seminar

Monday 19 | 03

Travellers Beach Hotel Bamburi
Effective Records And Information Management Workshop

CHARITY

Saturday 17 | 03

Nyali Cinemax
Bowling For Peace



ENTERT. & NIGHTLIFE

Saturday 03 | 03

Azura Lounge Nyali
The Bollywood Affair with DJ Tech

Saturday 10 | 03

Moonshine Beach Bar Nyali
The First Party - DJ Deshnl meets International Singer Shay

Saturday 31 | 03

Azura Lounge Nyali
Naija Party



BUSINESS

28 to 30 | 03

Sarova Whitesands Beach Resort and Spa Bamburi
4th Annual HR Summit

ART EXHIBITION

30 | 03 to 08 | 04

Mandharini Kilifi
Between The Worlds by Rainer Leimeroth

CONCERT

Saturday 03 | 03

Ibis Cafe @ Alliance Française
The Music Invite ft. Vanessa Obunde & Gakenia Muchari

JOB FAIR

Saturday 24 | 03

African Lion Safari - Mombasa Market Restaurant
African Lion Safari Job Fair

CONFERENCE

Wednesday 07 | 03

Sarova Whitesands Beach Resort & Spa Bamburi
2nd East Africa Port Expansion Conference

28 to 30 | 03

Sarova Whitesands Beach Resort & Spa Bamburi
3rd ladies leadership conference 2018

EDUCATION

Saturday 24 | 03

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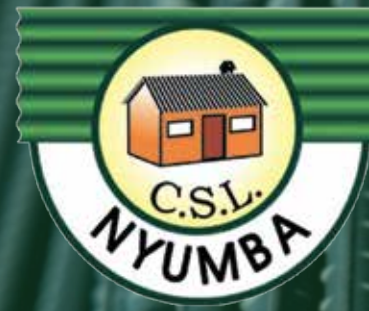
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Mombasa Garbage Issue

Mombasa Citizens Garbage Disposal behavioural pattern will have to change for the Garbage issue in Mombasa County to be solved! We need to and have to partner with the Mombasa County Government - Department of Environment hand in hand to solve the issue once and for all. Sustainability and Enforcement! Mji Wetu...Wajibu Wetu!!!!

Proposed / Suggested Plan of Action

Mombasa County produces an estimated **750 - 900 Tons** of Total Garbage per Day! More than 50% of this is Recyclable and Renewable (which is being handled very poorly by the few who collect it). If handled correctly, We can reduce the volume at the Dump site by 50% if the Reusable Garbage is pre collected correctly for Reuse at Factories or Industries and the remaining balance which is Biodegradable can be converted into Manure for Farm use and the balance finally dumped in a large open Pan (Compost Pit) which can then be covered with sand for natural decomposition into the soil.

Residential Collection by Youth

We need to equip our Area youth Vetted by the Village elders and Ward Admins with Garbage Collecting Equipment like Gloves, Masks, 200L Wheel Drum or Mkokoteni, Branded Jackets and Badges (**Mombasa County Youth Cleanup Group**). Each Youth is earmarked for the 2 to 3 Streets he or she will collect the Garbage from. The Residential Houses pay them Ksh 200/- to Ksh 400/- Per Household estimated Ksh 300 X 30 Houses on average (**Ksh 9,000/- per month per Youth**). They may pay the MCCBO Group a Monthly Fee for future purchase of Equipment making the Process Future proof and autonomous. Their Chairman and Committee shall oversee the entire Area for illegal dumping, Littering and General Cleanliness. **The Chairman and Committee will / should be held responsible and accountable for the mandate.**

Two advantages here:-

1. Garbage Removal from

Residential Areas

2. Youth Empowerment and their Economical Progress

Reduction of Number of Dumpsites

This is highly recommended for instant action whereby the estimated 65 Dumpsites in Mombasa County which were randomly picked when placing the Garbage Trucks earlier be reduced by a half now. For e.g The Liwatoni Dumpsite in a Residential Area to be closed and the alternate would be the Mbaraki Dumpsite. This would reduce Machinery Movement and Personnel intervention by a half reducing costs and time taken to clear the sites of Garbage.

Removal of Chokoras from Dumpsites

All Chokoras should be involved in Garbage Collection under Youth or be transferred to Kibarani for sorting. This will reduce onsite Garbage Sorting which litters the entire CBD and reduce Public hesitance for taking their Garbage to the Designated Garbage Dumping Sites and issues of money being extorted from Public reduces by chokoras. They normally make the Site with clutter by collecting and keeping the reusable items until collected by Factories for Reuse.

Introduction of 20,000L Green Plastic / Rubber Garbage Industrial Bins

These Hug Plastic Bins will be placed in designated areas for Garbage Collection BUT they are to be collected everyday by specially designed Flatbed Trucks which will Pick and replace them with empty ones. For Larger Populated Areas the Bins may be doubled or tripled. **NO GARBAGE DUMPING AROUND THE BINS.** Metal Drum Rollers and Litter Bins installation in CBD of Mombasa.

Sorting of Garbage at Source – 2 Bags – One (Plastic) for Biodegradable and One (Paper bag) for Reusable

If sorted at Source (**Homes or Shops**) a Plastic Bag would hold the Wet Biodegradable Garbage (Food or Wet Residue) and the Paper bag would hold the Reusable Garbage (Paper Packing, Plastic, Rubber, Bottles and rest etc.). Chokoras to go! Instead they are to be used for Collection of Garbage and paid by the Residents. All Garbage to be bagged! No loose Garbage disposal else fined!

All Garbage Equipment to be Moving

All Garbage Equipment to be moving and not stationary. This will reduce collection and decay of the Garbage Dumping Sites. Tipper's, Shovels (If Need be), Bin Collectors, Compressors etc. to be moving collecting from Designated Garbage Dump Sites onward to the Kibarani or Mwakirunge Sites. Centre Pavements (Islands) to be used for placing the Huge Plastic Bins with Lid and Cover to prevent Animals tearing up the Garbage and overflow. Bins to be placed according to the ratio of the Shops around. Each Business Premise to have an Individual Bin located within the premise entrance with Plastic Bags which can then be dumped in the bigger Bins on the Road. The Bins to be labeled with Mobile Telephone Numbers of Person / People in charge of collection, Members of the Public via a Social Media Channel may report filled up bins.

Enforcement of the Environment County Bylaws

Without due Public Sensitization and Education of the Bylaws and thereafter Enforcement of the same, the Process will fail. Once the Citizens are aware of the Procedures and Laws, Enforcement and Punishment of Law Breakers is a must. Sub Ward Admins to be responsible for their area. Media and Social Media Campaigns' to be blasted

to the Public for the Law Implementation. Signboards of **NO LITTERING** by **M.C.G, C.S** to be placed at all strategic locations in the County to prevent illegal garbage dumping and littering. PSV's and Private Car Owners to be engaged in similar manner of County Notices (Passenger Cabin Stickers)

The County Casual Workers (Youth) – Night Cleaning

These Youth should be grouped into 5 – 6 Members and they are to be dispatched to all the Main Roads of the CBD (Moi, Nyerere, Nkurumah, Jomo Kenyatta, Dedan Kimathi, Haile Selassie, Lumumba Road) for Supervised Night Cleaning (9:00 p.m to 12:00 p.m) of the Basic Litter and Hand Pick able Trash, so that in the morning the Mombasa County Citizens experience Clean Roads! Total support (Equipment, Personnel, Legislation, Financial, Mandate) to be accorded by the MCG Department of Environment to the MCCBO CLEANUP TEAM!!

The way forward...

Public to seek permission and mandate from MCG to allow the Group to operate a Pilot Project to handle few garbage sites and areas under the above proposed plan of action. MCCBO seeks to have a Express Garbage Fund handled by the MCG for petty expenses like vehicle repairs, encouragement allowances for County Staff, Volunteer facilitation like Water, Food and Transport, basic equipment purchase, so as to keep the Operation moving and prevent downtimes. MCG to provide full support via Equipment and Staffing. MCCBO will provide Volunteer Manpower, Corporate Input in Kind, Ground Engagement with MCG Staff and Public Mobilization and Sensitization to make the Project a success. Thereafter we may implement it all over the County once the Pilot Project is a **success!**



History of Mombasa!



Photos by: Mr. Stambuli Abdillahi Nassir



The founding of Mombasa is associated with two rulers: Mwana Mkisi (female) and Shehe Mvita. According to oral history and medieval commentaries, Shehe Mvita superseded the dynasty of Mwana Mkisi and established his own town on Mombasa Island. Shehe Mvita is remembered as a Muslim of great learning and so is connected more directly with the present ideals of Swahili culture that people identify with Mombasa. The ancient history associated with Shehe Mvita and the founding of an urban settlement on Mombasa Island is still linked to present-day peoples living in Mombasa. The Thenashara Taifa (or Twelve Nations) Swahili lineages recount this ancient history today and are the keepers of local Swahili traditions. Even though today Mombasa is a very heterogeneous cultural mix, families associated with the Twelve Nations are still considered the original inhabitants of the city.

Most of the early information on Mombasa comes from Portuguese chroniclers writing in the 16th century. The famous Moroccan scholar and traveller Ibn Battuta did visit Mombasa in 1331 on his travels on the eastern coast of Africa and made some mention of the city, although he only stayed one night. He noted that the people of Mombasa were Shāfi'i Muslims, "a religious people, trustworthy and righteous. Their mosques are made of wood, expertly built."

The exact founding date of the city is unknown, but it has a long history. Kenyan school history books place the founding of Mombasa as 900 A.D. It must have been already a prosperous trading town in the 12th century, as the Arab geographer Al Idrisi mentions it in 1151. During the pre-modern period, Mombasa was an important centre for the trade in spices, gold, and ivory. Its trade links reached as far as India and China and oral historians today can still recall this period of local history. Throughout the early modern period, Mombasa was a key node in the complex and far reaching Indian Ocean trading networks, its key exports then were ivory, millet, sesamum and coconuts.

In the late pre-colonial period (late 19th century), it was the metropolis of a plantation society, which became dependent on slave labour (sources contradict whether the city was ever an important place for exporting slaves) but ivory caravans remained a major source of economic prosperity. Mombasa became the major port city of pre-colonial Kenya in the Middle Ages and was used to trade with other African port cities, Persia, Arab traders, Yemen India and China. The 15th century Portuguese voyager Duarte Barbosa claimed, "Mombasa is a place of great traffic and has a good harbour in which there are always moored small craft of many kinds and also great ships, both of which are bound from Sofala and others which come from Cambay and Melinde and others which sail to the island of Zanzibar."

Vasco da Gama was the first known European to visit Mombasa, receiving a chilly reception in 1498. Two years later, the town was sacked by the Portuguese. In 1502, the sultanate became independent from Kilwa Kisiwani and was renamed as Mvita (in Swahili) or Manbasa (Arabic). Portugal attacked the city again in 1528, and built Fort Jesus in 1593 in an attempt to colonise, from which time it was governed by a Captain-major. In 1638, it formally became a Portuguese colony (subordinated to Goa, as a stronghold on the route to Portuguese India). In 1698, the town came under suzerainty of the Sultanate of Oman, but it became subordinate to Zanzibar, prompting regular local rebellions. Oman appointed three consecutive Governors (Wali in Arabic, Liwali in Swahili):

12 December 1698–December 1698: Imam Sa'if ibn Sultan
December 1698–1728: Nasr ibn Abdallah al-Mazru'i
1728–12 March 1728: Shaykh Rumba

Next, Mombasa returned to Portuguese rule by captain-major Álvaro Caetano de Melo Castro (12 March 1728–21 September 1729), then four new Omani Liwali until 1746, when the last of them made it independent again (disputed by Oman), as the first of its recorded Sultans:

1746–1755: 'Ali ibn Uthman al-Mazru'i

1755–1773: Masud ibn Nasr al-Mazru'i

1773–1782: Abdallah ibn Muhammad al-Mazru'i

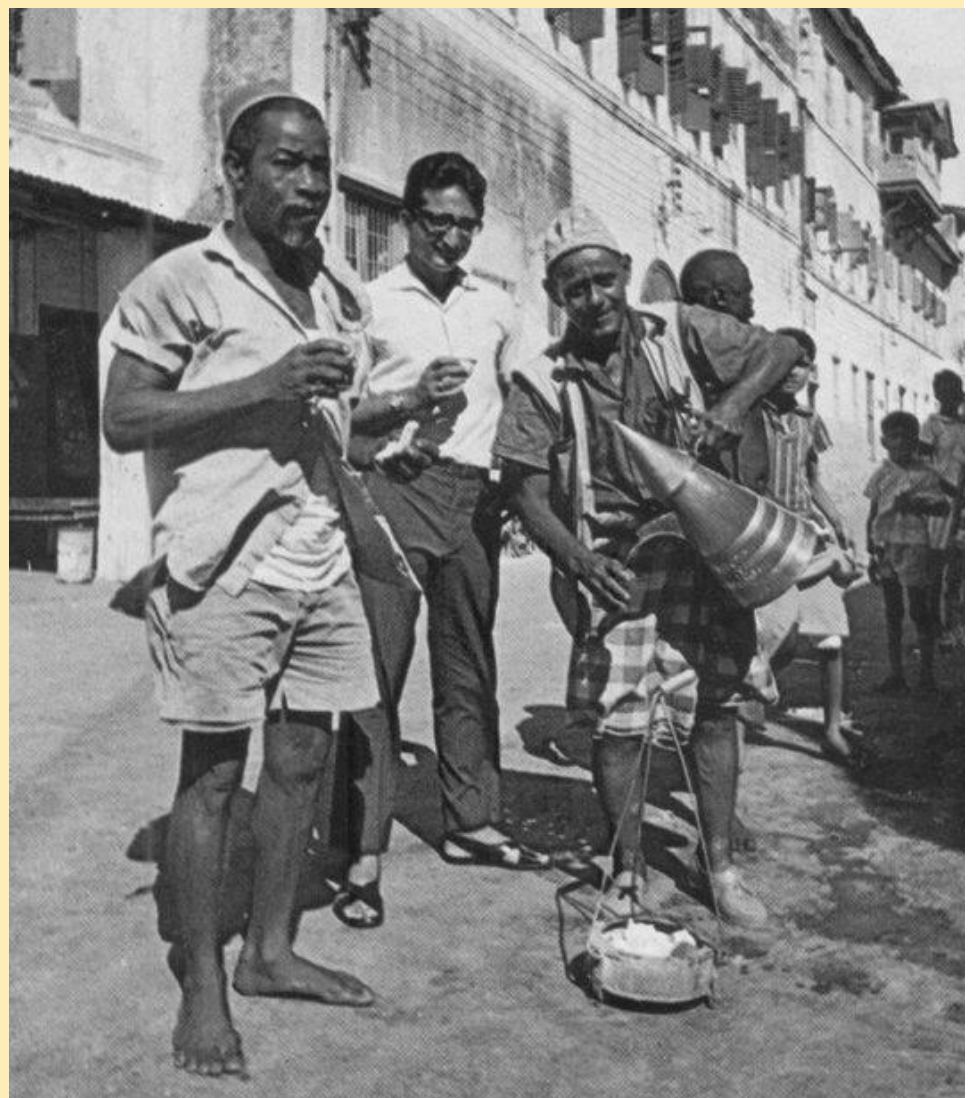
1782–1811: Ahmad ibn Muhammad al-Mazru'i (born 17–died 1814)

1812–1823: 'Abdallah ibn Ahmad al-Mazru'i (died 1823)

1823–1826: Sulayman ibn 'Ali al-Mazru'i

From 9 February 1824 to 25 July 1826, there was a British protectorate over Mombasa, represented by Governors. Omani rule was restored in 1826; seven liwalis were appointed. On 24 June 1837, it was nominally annexed by sultan of Zanzibar and Muscat Sayyid Said bin Sultan. On 25 May 1887, its administration was relinquished to the British East Africa Association (see Kenya). The sultan formally presented the town in 1898 to the British. It soon became the capital of the British East Africa Protectorate and is the sea terminal of the Uganda Railway, which was started in 1896. Many workers were brought in from British India to build the railway, and the city's fortunes revived. On 1 July 1895, it became part of Britain's Kenya protectorate (the coastal strip nominally under Zanzibari sovereignty).

Mombasa became the capital of the coastal Protectorate of Kenya in 1920. On December 12, 1963 it became part newly independent Kenya.



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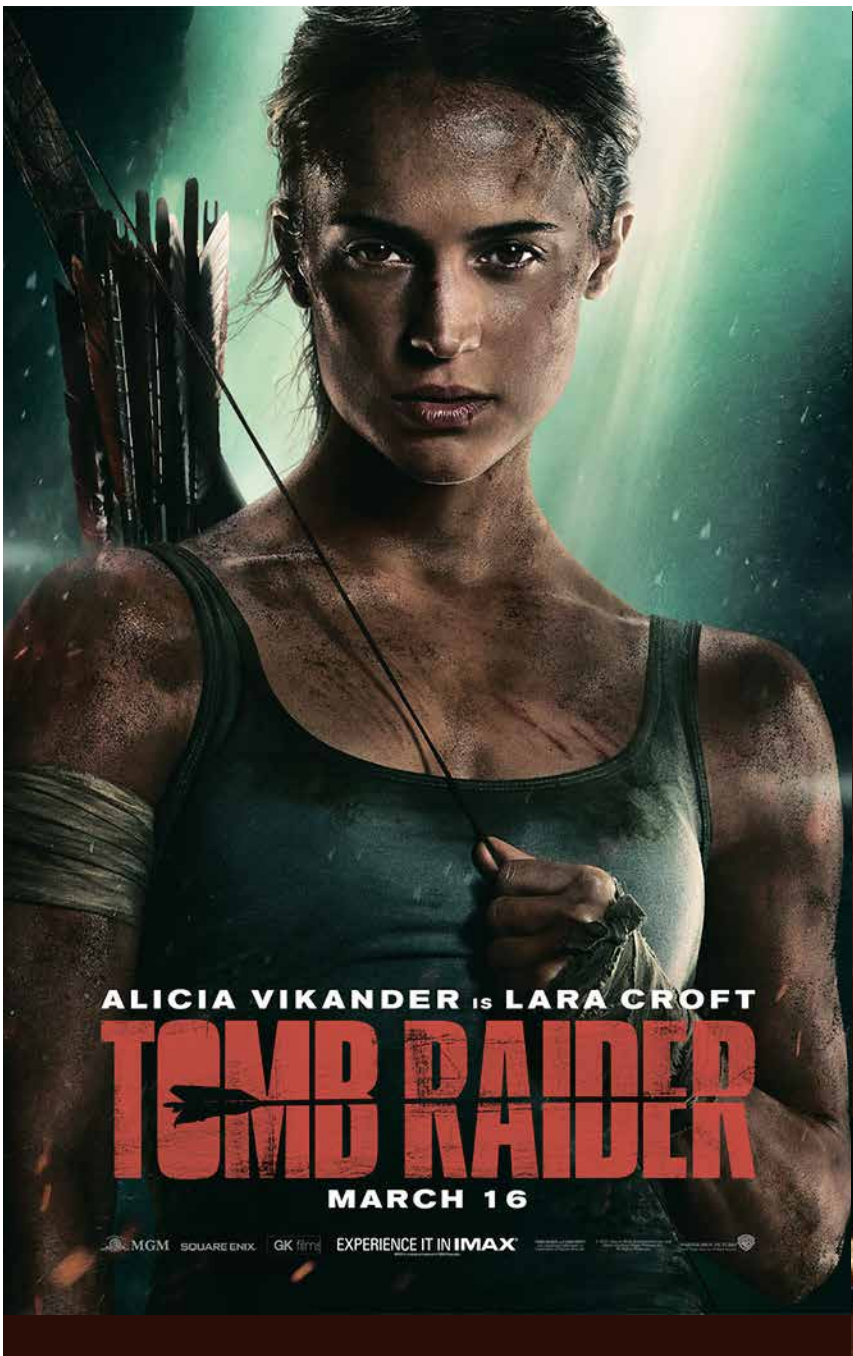
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Top 20 Best Quotes About Success

1. "We become what we think about most of the time, and that's the strangest secret." Earl Nightingale
2. "There are two types of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed." Ray Goforth
3. "If you want to achieve excellence, you can get there today. As of this second, quit doing less-than-excellent work." Thomas J. Watson
4. "Only put off until tomorrow what you are willing to die having left undone." Pablo Picasso
5. "Create experiences that leave you in awe, for these will be the highlights of your life." Ryan Blair
6. "Failure is not in your vocabulary; rather, you convert all working experiences, be they positive or negative, into fuel for future success." Anonymous
7. "Courage is resistance to fear, mastery of fear - not absence of fear." Mark Twain
8. "Repetition is the father of learning, I repeat, repetition is the father of learning." Dwayne Michael Carter
9. "Top Achievers are improvisors, not perfectionists. If you want to create more success in your life you have to move forward not knowing all the answers." Douglas Vermeeren
10. "Weak people talk and do not act, strong people act and keep quiet." Eliphaz Levi
11. "I've missed more than 9000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." Michael Jordan
12. "Success is the sum of small efforts, repeated day-in and day-out." Robert Collier
13. "All success in life, whether material or spiritual, starts with the thoughts that you put into your mind every second of every minute of every day. Your outer world reflects the state of your inner world. By controlling the thoughts that you think and the way you respond to the events of your life, you begin to control your destiny." R. Sharma
14. "The only thing that can stop you is the doubt that you carry in your mind." Chae Richardson
15. "Unfortunately, there seems to be far more opportunity out there than ability. We should remember that good fortune often happens when opportunity meets with preparation." Thomas Edison
16. "Thinking should become your capital asset, no matter whatever ups and downs you come across in your life." Dr. APJ Kalam
17. "I find that the harder I work, the more luck I seem to have." Thomas Jefferson
18. "Whatever you do, you need courage. Whatever course you decide upon, there is always some one to tell you that you are wrong. There are always difficulties arising to tempt you to believe your critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has it's victories, but it takes brave men and women to win them." Ralph Waldo Emerson
19. "How you see the world first determines your attitude, and then your attitude determines how the world sees you." Mark Amend
20. "As soon as you realize that you don't need anyone to make it in life. That's your first step towards success." Vusi Ndlovu Patanjali



TOMB RAIDER 3D & 2D

Starring: Alicia Vikander, Dominic West,
Walton Goggins, and Daniel Wu

Director: Roar Uthaug

Lara Croft is the fiercely independent daughter of an eccentric adventurer who vanished when she was scarcely a teen. Now a young woman of 21 without any real focus or purpose, Lara navigates the chaotic streets of trendy East London as a bike courier, barely making the rent, and takes college courses, rarely making it to class. Determined to forge her own path, she refuses to take the reins of her father's global empire just as staunchly as she rejects the idea that he's truly gone. Advised to face the facts and move forward after seven years without him, even Lara can't understand what drives her to finally solve the

puzzle of his mysterious death. Going explicitly against his final wishes, she leaves everything she knows behind in search of her dad's last-known destination: a fabled tomb on a mythical island that might be somewhere off the coast of Japan. But her mission will not be an easy one; just reaching the island will be extremely treacherous. Suddenly, the stakes couldn't be higher for Lara, who—against the odds and armed with only her sharp mind, blind faith and inherently stubborn spirit—must learn to push herself beyond her limits as she journeys into the unknown. If she survives this perilous adventure, it could be the making of her, earning her the name tomb raider.

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Pro's and Con's of Weight Loss

By Manisha Parmar >>

The topic of weight loss has been an evergreen concern for every individual. Everyone wants to remain fit and look good but we all look for shortcuts.

Healthy eating plays a big role when it comes to staying fit, however not eating at all, or reducing all essential foods from your diet can cause health problems.

We live in a fast paced world and everyone wants to keep time for work and family but think about it, if you do not have the stamina to balance out home and work then what will happen?

We all need to start somewhere so let us start at some daily prerequisites.

Water - Stay Hydrated

Water is one key factor that will lead you to your weight loss. Drink at least 6-8 glasses of water. Less than two cups of water should be consumed before hitting the gym, and another one cup of water should be consumed every 30 minutes during your session. The best way to keep your hydration in check is to weigh yourself pre and post workout. Remember to visit the bathroom before you weigh yourself. If your post workout weigh in is lower than your pre workout weigh in, then it means that you are not drinking enough water. Water boosts your calorie burn. Studies have shown that drinking the required amount of water and keeping hydrated has spiked the metabolic rate in many.

Water is a great energy source. Every time you feel fatigued or tired, just have a glass of water and instantly the difference is seen.

Eating at the right time

Just as a work out regime is important, an eating regime is too. The timing of your meals and snacks can affect:

- 1) Metabolic regulation
- 2) Body-weight regulation
- 3) Management of obesity-related diseases
- 4) Sleep cycle

A nutritionally balanced breakfast in the morning is essential. Your breakfast time should be between 7am to 9am. Your body generally gets hungry every three to five hours so if a schedule is maintained then your body will get used to it.

Lunch should be taken between 12pm to 2pm. Dinner should be taken between 6pm to 7pm.

REFRAIN FROM EATING AFTER 7PM AT NIGHT. During the night our metabolism slows down and a late meal can lead to weight gain.

Sleep - Don't ignore

We often tend to ignore that sleep is part of our daily life. Depriving yourself of sleep can put those extra pounds. Everyone should get at least 6-8 hours of sleep. This stops you from late night snacking and helps you stay alert all day long. A sleep deprived brain will in turn make bad decisions as well as medical problems, which in turn get us attracted to large portions of food. Attraction to comfort food is one example.

Exercise regularly

We often tend to think that spending hours in the gym can give us a big leap towards our goal weight. This thought process is certainly wrong. When your aim is weight loss then you should aim to lose weight and not to lose out on energy or concentration. 30 minutes to an hour of regular exercise should suffice to lead an active lifestyle. The important part is the type of exercise you are doing in order to achieve your goal.

Walking and running are two good ways that help shed the Kilos but how much walking and running can a person do? When you start on the treadmill start walking for at least five minutes then increase the pace on it and jog for another 10 minutes. You can then start sprinting for another 10 minutes the last five minutes for

a nice cool down walk or jog. This is your full 30 minutes work out that includes your warm up as well. These tips should help in taking the first step towards a well-balanced lifestyle and ultimately reach the goal of weight loss.

manisha@madafu.biz



Feel Good Factors

By Ameet Aggarwal >>

Blood Sugar Control - Maintaining a stable blood sugar (glucose) level is important in the management of diabetes and heart disease. Sugar levels are controlled by a hormone called insulin, which is produced in the pancreas. If you have a high sugar or simple carbohydrate breakfast, this means high amounts of sugar are absorbed from your gut into your blood in a very short time. It is better to eat a breakfast with some amount of protein (almonds with your oats, an egg, nuts and seeds) because this helps provide a stable slow release of glucose into your blood stream. Naturopathic interventions also include cinnamon with your breakfast (cinnamon helps control blood sugar metabolism), chromium supplements, healthy diet and exercise. Chronic high blood sugar levels damage blood vessels and can lead to plaque formation and heart disease. Adrenal glands are also affected by unstable blood sugar control, and this can cause feelings of fatigue, mood problems and depressed immunity.

Healthy Gut - A healthy intestine is important to maintain for long term health benefits. Your intestine is like an environment of its own, so keep it in balance. There are good bacteria (probiotics) that help keep your intestinal cells healthy, and these bacteria also help keep harmful bacteria and fungus at a low level. Probiotics can be killed off by overuse of antibiotics, unhealthy diet and even chronic stress. If your probiotic levels are low, it leaves your intestine prone to higher amounts of non-beneficial bacteria, which can cause inflammation in your gut, leading to food sensitivities and toxins being released into your blood stream (leaky gut syndrome - which causes inflammatory diseases, emotional instability and other undiagnosed symptoms). It is important to keep your intestinal environment healthy through good food, supplement with probiotics, and stress management. Certain foods (like yoghurt) also contain probiotics, however, this may not be enough and you can buy probiotics from your local health shop.

Stress Management - Stress creates a huge burden on people's lives, and can lead to relationship trouble, workplace issues and more. Stress also affects the adrenal glands, which are important for mood stabilization and many other important functions in the body. Unstable adrenal glands can lead to depression, blood sugar regulation issues, hormonal imbalance, fatigue, thyroid dysfunction and more. Digestive health, skin, and many other areas of the body are also affected by chronic stress. There are many holistic methods you can use to manage stress, including acupuncture, Bowen therapy, massage and other body work, counselling sessions (often people mistakenly feel there has to be something seriously wrong before going to see an emotional therapist), breathing exercises, meditation, talking to someone, and sometimes, even just going for simple walks in nature! :)

Pain management - Chronic pain is a problem for many people, affecting their social life and lifestyle choices. Health and mood stability are also directly affected by chronic pain, and sometimes people experience depression due to chronic long standing pain. Pain can come from many conditions, including injuries, whiplash in a car accident, inflammatory disease, fibromyalgia, or some other condition that is not affirmatively diagnosed. There are many options for pain management, and the sooner you get to the root cause of it, the better for your long term health. It is important to look at the different options for treatment. Sometimes, eating right

(less inflammatory foods, reducing food allergies, etc) can have a significant impact on pain management. If pain stems from an emotional issue, it is important to explore this area of your life. Physical therapies include Bowen therapy, acupuncture, massage, physiotherapy and other forms of body work, which work well to alleviate chronic pain.

Dr. Ameet Aggarwal ND is a naturopathic

doctor, coach and psychotherapist. His wellness and team building activities have been used by UNICEF, GIZ and other organizations. You can get your copy of his book or book a session with him at www.drameet.com, or contact: T. +254 727 701002. E. ameet@drameet.com.

This information is not meant to replace medical advice and you should consult with your doctor before starting any of these protocols.

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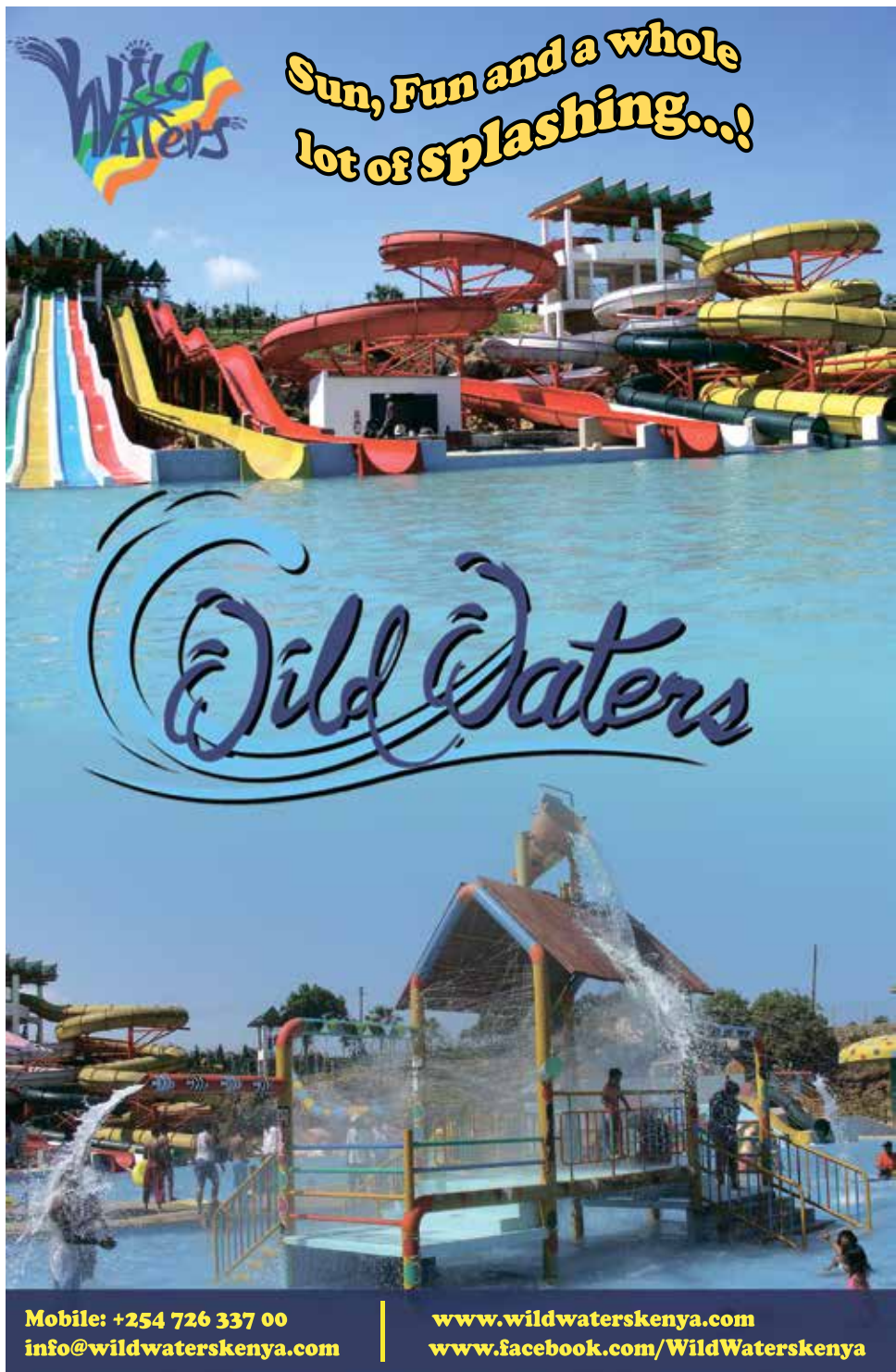
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