STUDENT NAME: IKECHUKWU CHARLES JOHN ARINZE

STUDENT ID: UD72498HPU81658

QALP {New}English {AIU}

1.COURSES

2.SEMINARS

3.PUBLICATIONS

4.PUBLISHED A BOOK OR BOOKS

A.EFFECTIVE REMEDIES FOR DIABETES AND OTHER ILLNESSES

B.AMAZING REMEDIES FOR CANCER AND OTHER ILLNESSES

C.FOODS FOR HEALING, LONG LIFE AND HAPPINESS

5. PATENTS

6. AWARDS AND RECOGNITIONS

7. PROFESSIONAL PROJECTS

8. STARTED MY BUSINESS

A. RAIN INTERNATIONAL WORLD LEADER IN NUTRITION

B. PURE PRODUCTS

C. SUPER LIFE STC30

9. CREATED AN NGO

10. CREATED A COMMUNITY

11. FOUND A SCHOOL

If you do not have documents, please describe in details your involvement

1D .What area of your life did this project enrich**?**

1

Studying Doctor of Public Health has greatly improved and impacted my life positively in the

areas of improved knowledge – human medicine , diagnosis and treatment .It has also helped me to see the need to add value to the sustenance of a sound healthy living among the populace.

1E. How did this project help you become expert?

The qualification all one that are awarded at the completion of medical degree [2} are testament to the fact that I am `not only a competent medical professional but an expert in the field of medicine related disciplines.

1F. What multidisciplinary areas grew with this projects?

Aside medicine and medical practice , I have had a growing interest in and acquisition of degrees in Alternative medicine as well as Doctor of Public Health and practice.

1G.What is missing to complete the experience of exponential growth?

The study of the inner peace and additionally, acquisition and retention of a general inner and outward healthy-living are some of missing links to experiencing an exponential growth.

1H.By how much did your income increase with this project?

100%

**2.SEMINARS**

If you do not have documents, please describe in details your involvement.

I have attended several seminars in various medical research institutes and colleges such seminars focused on treatment and preventions of diseases and illnesses on the prevention and Remedies for Diabetes ,Hypertension ,Arthritis , Cataract, Glaucoma, Ulcer and so forth.

2D .What area of your life did this project enrich**?**

The seminars afforded me the opportunity to meet and interact with co-seminar presenters and attendants .It also allowed me to share my thoughts on the diagnosis, prevention and Remedies to some of the diseases .More importantly, it has enriched my academic, medical and research life.

2

2E. How did this project help you become expert?

My continuous participation in and presentation of seminar papers dealing with medical topics in the diagnosis, prevention and Remedies for diseases with Doctor of Public Health Certificate, I am an expert in the field of medicine and medical related issues.

2F. What multidisciplinary areas grew with this projects?

Through my constant interactions with global health practitioner in the medical field, new phases of medical disciplines have been opened up to me such as Diabetes, Hypertension, Cancer, Arthritis and others.

2G.What is missing to complete the experience of exponential growth?

Lack of adequate grants or financial aids to research and publish books.

2H.By how much did your income increase with this project?

100%

3. PUBLICATIONS

If you do not have documents, please describe in details your involvement.

I have numerous publication on medical field dealing with such discussion on diagnosis, prevention, control and Remedies for illnesses such as Diabetes , Hypertension, Cancer, Arthritis and so on. Example of such publication include “Effective Remedies for Diabetes and others “,”Amazing Remedies For Cancer and Other Illnesses”, ”Foods for Healing and Long life” Such of these publications are found in various Journal of Medicine.

3D .What area of your life did this project enrich**?**

It has brought a great improvement to my financial life. Through my publication, these is an increment in my financial earnings. Also, my publications have exposed me more as an international medical practitioner as they have continued to be cited by different authors.

3E. How did this project help you become expert?

Continuous writing and practice of my medical profession have aided me in the knowledge of medical and medical issues hence I have become a household name medicine practice and an expert.

3

3F. What multidisciplinary areas grew with this projects?

It has made me to be able to study humans and diseases altogether, hence allowing me to find a diagnosis to, and preventive ways and control of such disease in humans while taking account of their behavioral patterns.

3G.What is missing to complete the experience of exponential growth?

Lack of adequate grants or financial aids to research and publish books.

3H.By how much did your income increase with this project?

100%

4.PUBLISHED A BOOK OR BOOKS

If you do not have documents, please describe in details your involvement.

I have published a number of books ranging from “Modern ways of diagnosis , prevention ,control and Remedies for Diabetes” ,”Effective remedies for diabetes and other illnesses”,” Amazing remedies for cancer and other illnesses”, ”Foods for healing, long life and happiness”. Some of these publications can be found in International Journals of medicine.

4D .What area of your life did this project enrich?

This has really impacted positively on my academic, research and medical field. It has also improved my financial earnings.

4E. How did this project help you become expert?

Constant publication research studies and practice in the medical field is a kernel to making one an expert in the field, so by doing this constantly, it has helped me become an expert in my field.

4F. What multidisciplinary areas grew with this projects?

It has made me to be able to study human beings and diseases altogether, hence providing me the opportunity to diagnosis, find preventive ways and control of such diseases in human while taking into account their behavioral patterns.

4G.What is missing to complete the experience of exponential growth?

4

Lack of adequate financial grants or aids to conduct research and publish books and works in medicine and medical related issues.

4H.By how much did your income increase with this project?

100%

5. PATENTS

If you do not have documents, please describe in details your involvement.

My works on medicine and medical related fields have been patented.

5D .What area of your life did this project enrich?

My financial life .It has also given me security that my works would continue to be protected.

5E. How did this project help you become expert?

Consistency and dedication in research, studies and practice in medical profession helping me become an expert in my field.

5F. What multidisciplinary areas grew with this projects?

It has helped in exposing me to work security .I now have confidence that my works are protected and any attempt at reprinting in any form, recirculation and marketing of my works would be tantamount to a criminal offences.

5G.What is missing to complete the experience of exponential growth?

Lack of proper piracy issues affecting checkmate to issues patented works in Nigeria .It has made authors to continue to lose some financial benefits. This is indeed a sad development. Therefore, financial inflow for the authors has been the missing link.

5H.By how much did your income increase with this project?

100%

6. AWARDS AND RECOGNITIONS

If you do not have documents, please describe in details your involvement.

I have by virtue of my consistent research in, studies of and practice in medicine and medical

5

related matters, I have garnered, over the years and number of awards and recognition in different spheres and strata of the medical profession. Example of such award include Atani Community Council headed by H.R.H.Augustine Ngoddy Azuka, Chairman of main market Association Onitsha and others.

6D .What area of your life did this project enrich?

Some of the benefits of the awards and recognitions are that they have brought me to a level of fulfillment in life and opening up doors of opportunities for me in the medical profession.

6E. How did this project help you become expert?

The awards and recognitions have spurred me on further to do more for the humanity. By that, they have made me to become an expert in my field by virtue of my consistent practice, research and studies in medicine and medical related issues.

6F. What multidisciplinary areas grew with this projects?

Human interaction, medical and problem solving issues are some of the multidisciplinary areas I have experienced growth in this project.

6G.What is missing to complete the experience of exponential growth?

The urge to continue to do better in a system that is demotivating is one of the challenge{s} I am usually faced with or having to contend with on daily basis in my medical practice.

6H.By how much did your income increase with this project?

100%

**7. PROFESSIONAL PROJECTS**

If you do not have documents, please describe in details your involvement.

I was part of a team that carried out a project research on the prevalence of Diabetes among school Age Children and adults in Onitsha, Anambra state of Nigeria.

We sampled about 10,000 school Children and Adults at random between the month of

6

September 2018 and September 2019 and subjected them to filling a written questionnaire and interview for diagnosis of diabetes mellitus, and detection of glucose in urine {Glucose test},as well an estimation of random blood glucose for children and adult with positive glucose test.

At the end of our research, we were able to discover that of about 375 children and adult showed positive data suggesting diabetes mellitus in the written questionnaire, 35 children and adults gave positive glucose in urine, 30 were already living with diabetics 5 were false positive for glucose test. So, the overall, we were able to come to a conclusion that the prevalence rate of among children and adult is 3.75 per 1,000.

7D .What area of your life did this project enrich?

During the course of our research work, I was able to fill the relevant gaps that existed hitherto in practical sense in relation to direct communication with people living with diabetes mellitus and their loved ones some effects it has on their life pattern and the growth of these children and adults .I became more aware of the immediate need to raise and create awareness of the presence of diabetes mellitus in children and adults contrary popularly held beliefs in the society that diabetes mellitus does not occur in children . In fact, many parents expressed shock when they found out their wards either had a positive glucose test.

Yet there is still a good nutrition and control of the disease can afford normal growth, to be attributed to the present state of deranged metabolism of fats and proteins among diabetes .Health education and receiving medical information about diabetes were significant factors that reduce complications of diabetes mellitus.

7E. How did this project help you become expert?

Constant publication research studies and practice in the medical field is a kernel to making one an expert in the field, so by doing this constantly, it has helped me become an expert in my field.

7F. What multidisciplinary areas grew with this projects?

It has made me to be able to study human beings and diseases altogether, hence providing me the opportunity to diagnosis, find preventive ways and control of such diseases in human while taking into account their behavioral patterns.

7G.What is missing to complete the experience of exponential growth?

7

Lack of adequate financial grants or aids to conduct research and publish books and works in medicine and medical related issues.

7H.By how much did your income increase with this project?

100%

**8. STARTED MY BUSINESS**

A. RAIN INTERNATIONAL WORLD LEADER IN NUTRITION

B. PURE PRODUCTS

C. SUPER LIFE STC30

If you do not have documents, please describe in details your involvement.

At the end of our professional project where we took on a research on the prevalence of Diabetes, Hypertension, Cancer in Onitsha .The need to help these people and many others live a better life led me to partner with Rain international, Pure products US based health expert and world leader in nutrition made up of a team of doctors and scientists whose vision and goal is to create a healthier world. They looked at naturals to seeds, as the foundation of life, as their source of nutrition and inspiration. When their seed –based products began improving the health of those in critical condition, they realized and test the efficacy of some of their products in the treatment of diabetes Hypertension, Cancer and others.

After a few weeks of administration the products from Rain International, we recorded improvements and a surge in the demands of pure products and super life STC30.

8D .What area of your life did this project enrich?

Being a distributor of pure products, super life STC30 and Rain international have enriched my life because I found satisfaction in the fact that I could lend hope and solution to the people around me.

8E. How did this project help you become expert?

The process of administering health products from Rain International helped monitor at closer

8

range the effect, treatment and management of diabetes, Hypertension, Cancer in such a way that I would say that I have developed a knack for identifying persons with advanced or unmanaged cases of diabetes ,Hypertension ,Cancer, Arthritis and so on.

8F. What multidisciplinary areas grew with this projects?

The multidisciplinary areas that grew with this research are in early detection of diabetes, Hypertension, Cancer, Arthritis patients to regularly to identify and Remedies the condition early .

8G.What is missing to complete the experience of exponential growth?

The financial constraints involved in an expanded research project and employ of some serves as a missing factor against exponential growth.

8H.By how much did your income increase with this project?

100%

9**. CREATED AN NGO**

If you do not have documents, please describe in details your involvement.

I proceeded to create a None Governmental Organization {NGO}called Early Detection for Health Living Organization {EDHLO}whose major objective is to sensitive school children ,young adolescents and adults. Also I have clinic called super life clinic in Onitsha.

9D .What area of your life did this project enrich?

Early detection for Healthy Living Organization {EDHLO} an organization established towards the early detection of diabetes mellitus condition in Juveniles and adults. It has helped me unearth the humanity that I never knew existed in me.

9E. How did this project help you become expert?

The establishment of the process of Early Detection for Healthy Living Organization {EDHLO}NGO helped in the administering health products from Rain international meant for the management of the health of people living with the health condition of diabetes mellitus in and around Onitsha .Thus the side coverage of the organization gave me an overwhelmingly large number of people to observe and manage, this deepening my depth of experience.

9

9F. What multidisciplinary areas grew with this projects?

The multidisciplinary areas that grew with this research and the subsequent establishment my NGO and Clinic are the exponential increase in the early detection of diabetes mellitus.

9G.What is missing to complete the experience of exponential growth?

The financial constraints involved in an expanded research project and employ of some serves as a missing factor against exponential growth.

9H.By how much did your income increase with this project?

100%

**10. CREATED A COMMUNITY**

If you do not have documents, please describe in details your involvement.

My group and I created a community of like minds in Onitsha under the umbrella of Early detection for Health Living Organization {EDHLO}{The society} and super life Clinic solely for the reason of advancing the course of reducing the risks and implications associated with diabetes mellitus and others.

Early detection for Healthy living Organization {EDHLO} has taken the further step to take the campaign to schools in Onitsha.

10D .What area of your life did this project enrich?

Early detection for Healthy Living Organization {EDHLO} an organization established towards the early detection of diabetes mellitus condition in Juveniles and adults. It has helped me unearth the humanity that I never knew existed in me.

10E. How did this project help you become expert?

The establishment of the process of Early Detection for Healthy Living Organization {EDHLO}NGO helped in the administering health products from Rain international meant for the management of the health of people living with the health condition of diabetes mellitus in and around Onitsha .Thus the side coverage of the organization gave me an overwhelmingly large number of people to observe and manage, this deepening my depth of experience.

10

**1F.Multidisciplinary areas that grew with this research** .

The multidisciplinary areas that grew with this research and the subsequent establishment my NGO was the exponential increase in the early detection of diabetes mellitus in juvenile patients.

10G.What is missing to complete the experience of exponential growth?

The financial constraints involved in an expanded research project and employ of some serves as a missing factor against exponential growth.

10H.By how much did your income increase with this project?

100%.

11. FOUND A SCHOOL

I have equally established a school Early Birds Nursery and Primary School in Onitsha .

11D .What area of your life did this project enrich?

Early Birds Nursery and Primary School was created to bring juveniles together for a better monitoring of their health towards the early detection of diabetes mellitus, Hypertension, Cancer condition in Juveniles .It has helped me unearth the humanity that I never knew existed in me.

11E. How did this project help you become expert?

The establishment of the process of Early Birds Nursery and Primary School helped in distributing and administering heath products from Rain international meant for the management of the health of people living with the health condition of diabetes mellitus in and around Onitsha. Thus the side coverage of the organization gave me an overwhelmingly large number of people to observe and manage, this deepening my depth of experience.

11F. What multidisciplinary areas grew with this projects?

The multidisciplinary areas that grew with this research and the subsequent establishment my School was the exponential increase in the early detection of diabetes mellitus.

11

11G.What is missing to complete the experience of exponential growth?

The fact that it is only a few numbers of students that can be taken at a time serves as a missing link and constraints in an expanded research project and the employ of teachers is a missing factor against Early Birds Nursery and Primary

11H.By how much did your income increase with this project?

100%

12