




Jadwiga Nowak, Ph.D.

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Date Of Birth: 07-01-1971
Nationality: Polish
Marital Status: Married with Child

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Education

2016 – To date

**Makerere University, College of Health Sciences
(Kampala-Uganda)**

Doctor of Philosophy (Ph.D.), Pharmacology and Therapeutics

2017 – 2018

**Tshwane University of Technology, Pharmaceutical
Sciences, (Pretoria-South Africa)**

Research Collaboration

2018 – 2021

**Medical University Łódź, Department of Biology and
Pharmaceutical Botany, (Lodz-Poland)**

Research Collaboration

2019 – 2021

**Medical University Warszawa, Department of
Pharmacognosy, (Warszawa-Poland)**

Research Collaboration

1994 - 2000

**University of Physical Education, College of Health
Sciences (Krakow-Poland)**

Masters in Psychosomatic Rehabilitation

1995 -1999

**School of Natural Medicine, British School of Iridology
(Colorado, USA)**

Naturopathic Doctor (Master Iridologist, Master Naturopath, Master Herbalist)

Certified by: American Naturopathic Medical Certification & Accreditation Board

1995 -1998

Life Spa Ayurvedic Healing Center

Certificate in Ayurvedic Medicine & Panchakarma Therapy

Publications:

- Nowak, J., Wambebe, C., Mukonzo, J. and Katuura, E. (2021). Cytotoxic Activity of Combining Molecular Iodine and Dihydroartemisinin with Methanol Extracts of *Carica papaya* Linn and *Vernonia amygdalina* Delile Leaves against MCF-7 and MDA-MB-231 Breast Cancer Cell Lines. *Tropical Journal of Natural Product Research*, 5(3), 485-493.
<https://www.tjnpr.org/index.php/home/article/view/730>
- Nowak, J., Katuura, E., Mukonzo, J. and Wambebe, C. (2021). Safety evaluation of oral toxicity of potential anticancer agents: An acute and sub-chronic toxicity studies of combinations of *Carica Papaya* Linn, *Vernonia Amygdalina* Delile and dihydroartemisinin. *African Journal of Biomedical Research*, 24, 413-420.
<https://ojshostng.com/index.php/ajbr/article/view/1586>
- Nowak, J., Kiss A., Wambebe, C., Katuura, E. and Kuzma, L. (2021). Tentative qualitative and quantitative analysis of phenolic compounds in leaf extract from *Carica papaya* Linn plant growing in Uganda. *Herba Polonica*, 67(4), 1-9.
<https://sciendo.com/article/10.2478/hepo-2021-0029>
- Nowak J., Kiss A., Wambebe C., Katuura E. and Kuzma L. (2022). Quantitative analysis of phenolic compounds in leaf extract from *Vernonia amygdalina* Delile plant growing in Uganda. *Applied Sciences*, 12, 912.
<https://www.mdpi.com/2076-3417/12/2/912>
- Nowak Jadwiga & Osunsan, O.K. (2015). *Foreign Connection: Foreign Workers and Internationalization among Small Business Enterprises in Kampala, Uganda*. *American International Journal of Research in Humanities, Arts & Social Sciences*, 10(2), 114-118.
- Nowak Jadwiga & Osunsan, O.K., Mabonga, E., Pule, S., Kibirige, A.R., & Baliruno, J.B. (2015). *Firm Age and Performance in Kampala, Uganda: A Selection of Small Business Enterprises*. *International Journal of Academic Research in Business & Social Sciences*, 5(4), 364-374



Work History

2008 – To date

Eostre World Limited

Founder & MD

- Formulation of medicinal Herbal Teas and various herbal supplements; production, management and related activities
- Health Consultant

2013 – To date

CSCA (Children's Sport Charity Academy, Care Skilling Center Africa)

Founder & MD

2015 – 2020



Agape Medical Centre -Kasangati-Uganda

Health Consultant

2013 – 2015



International School of Uganda

Special Needs Children Support

2007 – 2010



Wagagai Uganda Ltd

Health Consultant

2005 – 2010



Health Retreats

Organizing & Conducting multiple Health/Educational Retreats in Uganda and Kenya

2002 – 2010



Eostre Herbal Research Center

Founder & Lead Researcher



Accomplishments

- 2013- Ongoing: Not For Profit Organization: Founder and Director of CSCA (Children's Sports Charity Academy/Care Skilling Center Africa), Kampala, Uganda
- 2004-Ongoing: Voluntary health consultation support services for less privileged community, Kampala, Uganda
- Conferences/Presentations:
 - Trans-NCI-NIH Conference on International Perspectives on Integrative Medicine for Cancer Prevention and Cancer Patient Management, October 27–30, 2020
 - 2018 World Cancer Congress, JCO Global Oncology; [Evaluating the Synergistic Effects of *Carica papaya* Linn, *Vernonia amygdalina* Delile, Artemisinin and Iodine As Potential Agents in the Management of Breast Cancer](#)



Affiliations

- Member of American Naturopathic Medical Association
- NACOTA: National Council of Traditional Healer and Herbalist Association of Uganda



Hobbies

- Sports: 2nd Dan Black Belt in WTF Taekwondo
- Dancing
- Painting
- Philanthropist Activities



References

● Mr. Enoch Rukidi,
Senior Partner
Kasirye, Byaruhanga &
Company Advocates,
Plot 33 Clement Hill Road,
Kampala Uganda
+256-75-2702804

● Dr. John Douillard,
Life Spa 6662 Gunpark Drive East,
Boulder, Colorado,
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● Dr. Jackson Mukonzo, PhD,
College of Health Sciences,
Makerere University,
School of Biomedical Sciences,
Department of Pharmacology & Therapeutics
Kampala-Uganda
+256-758-113-468

● Dr. Lukasz Kuzma, PhD
Department of Biology & Pharmaceutical Botany,
Medical University of Lodz
Muszynskiego 1 St.
90-151 Lodz-Poland