

Anamed UK Newsletter 1 : April 2010



“anamed helps communities and health centres in the Tropics to become more self-reliant in preventing and treating the most common diseases and health complaints. By producing training materials and running training seminars, anamed enables local people to produce highly effective “Natural Medicines”. In this way, in even the poorest communities, many lives are being saved, even AIDS patients are strong and healthy, and health centres are becoming less dependent on imported medicines. anamed is a small but very active charitable organisation based in south-west Germany.” http://www.anamed.org/English_Home/english_home.html

Welcome to the first Anamed UK newsletter and thank you for being part of the anamed UK network. The aim of the network is to keep people informed about what anamed is doing in the UK and abroad through a twice yearly newsletter and periodic mailings about events that may be of interest. In this way we hope to develop the support base for anamed’s international work and provide more opportunities for people in the UK to benefit from anamed’s wealth of knowledge in medicinal plants.

Who we are.....

Keith Lindsey



Keith qualified in chemical engineering in the UK and went on to help develop skills and resources of unemployed people. He moved to Germany in 1996 and met Hans-Martin Hirt who founded anamed and was impressed by the emphasis on self-reliance and empowering people. Over the past ten years he has regularly travelled to Africa to conduct week-long seminars in Natural Medicines, and to enable a growing network of Natural Medicine practitioners to develop.

Merlin Willcox

Merlin's interest in herbal medicine dates back to time spent as a student in a traditional healers' clinic in Uganda. Since then he has trained in General Practice and herbal medicine and founded the Research Initiative on Traditional Antimalarial Methods. He is a non-executive director of the Global Initiative for Traditional Systems of Health, has edited a book on traditional herbal medicines for malaria, and has published over ten articles on this subject. He works part-time as a GP and as a clinical researcher at the University of Oxford. He regularly advises his patients on the use of herbal medicines in primary health care, both in the UK and abroad.



Simon Challand

Simon has worked in primary health care in India and Uganda. With anamed's support he promoted the use of medicinal plants for the management of common problems including malaria and HIV/Aids. Working with Merlin he carried out clinical research on a local plant used to treat malaria. He is currently working as a doctor in the West Midlands.



Residential Seminars

Seminars are a key part of the anamed strategy of providing people with the knowledge and skills to make the best use of medicinal plants. Most of these are held in Africa but in addition we have held two weekend seminars in the UK at Barnes Close centre in the West Midlands. They were attended by a wide range of people including herbalists, homeopaths, agriculturalists, doctors and development workers. The format was similar to the African seminars with a mix of presentations, discussion and practical sessions. It was also a great opportunity to meet people with similar interests and chat over meals and herbal tea. We hope to run similar events in the future. But if you can't wait until then you can join Keith in Zimbabwe or Ghana. See the link below



http://www.anamed.org/world_anamed_seminars/world_anamed_seminars.html

***Artemisia annua* workshop**

This was held at Green Templeton College, Oxford in March this year in partnership with RITAM (Research Initiative for Antimalarial Methods). It brought together a range of experts and interested parties to discuss the work that has already been done to promote *Artemisia annua* as a treatment for malaria and some of the challenges and opportunities ahead. The presentations included the origins of *Artemisia annua* as a medicinal plant in ancient Chinese medical texts, laboratory studies of the effectiveness of different preparations and news of work in the Netherlands to develop medium scale production of an ethanolic extract.



Liverpool School of Tropical Medicine and Hygiene

Merlin, Keith and Simon travelled to Liverpool for three hours of lectures, practical sessions and a quiz for 40 doctors studying for the diploma in tropical medicine. Some of these doctors had come from the developing world, others hoped to go there to work. There was a lot of interest and discussion and we have been invited back for the autumn course.

You can find out much more about anamed's work by visiting it's website at

http://www.anamed.org/English_Home/english_home.html

anamed books in English may be purchased in the UK from Geoff Lindsey in Durham, see order form at

www.anamed.net/English_Home/Books_in_the_UK/books_in_the_uk.html