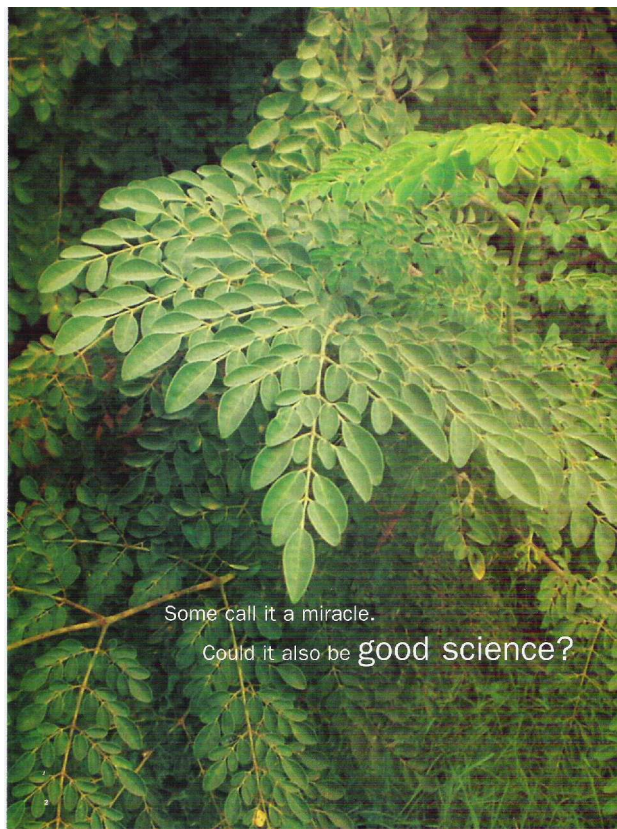


Anamed Malawi – Newsletter 2

Action for Natural Medicine

The Incredible Moringa Tree (Cham'mwanba)



Some call it a miracle.
Could it also be good science?

These leaves could save **millions of lives!!!**

- There is an old saying: *“Moringa leaves prevent 300 diseases.”* Now **modern science** is proving that these **tiny leaves** are packed with **incredible nutrition** that can **strengthen our bodies** and **prevent many diseases**.
- Amazing, but true, **fresh Moringa leaves contain...**
 - **...2 times the Protein of Yogurt**
Proteins, the building blocks of our bodies, are made of amino acids. Usually, only animal products such as meat, eggs and dairy contain all of the essential amino acids. Amazingly, Moringa leaves also contain all of them.
 - **...7 times the Vitamin C of Oranges**
Vitamin C strengthens our immune system and fights infectious diseases including colds and flu. Citrus fruits such as oranges and lemons are full of vitamin C. Moringa leaves have even more.
 - **...3 times the Potassium of Bananas**
Potassium is essential for the brain and nerves. Bananas are an excellent source of potassium. Moringa leaves are even better.
 - **...4 times the Vitamin A of Carrots**
Vitamin A acts as a shield against diseases of the eyes, skin, heart, diarrhoea, and many other ailments. Carrots are very high in vitamin A, but Moringa leaves are even higher.
 - **...4 times the Calcium of Milk**
Calcium builds strong bones and teeth, and helps prevent osteoporosis. Milk provides a lot of calcium, but Moringa leaves provide even more.

- It is like **growing multi-vitamins** at your doorstep: **Moringa leaves** contain: **Vitamin A, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin C, Calcium, Chromium, Copper, Fibre, Iron, Manganese, Magnesium, Phosphorus, Potassium, Protein and Zinc!!!**
- **Moringa trees are easy to grow:**
 - from seeds or cuttings
 - even in marginal soils
 - very little care needed
 - very little water required
 - produce fruits & leaves within 8 months
- **Moringa leaves are easy to use:**
 - add fresh or dried leaves to any dish
 - dry leaves (in shade) and store
- **Be incredible!**
 - Plant a Moringa tree.
 - Include Moringa leaf powder in your food.
 - Share this information with people who can help make our world a healthier place.

Additional Information about Moringa:

Botanical description:

Moringa is a small, fast-growing deciduous tree or shrub that reaches 12 m in height when mature. It is native to India. It grows best when temperature ranges from 26 to 40° C, the annual rainfall is more than 500mm and the altitude is less than 1000 m. It is tolerant to drought. It is not leguminous.

Propagation:

The tree grows rapidly from seeds or cuttings, even in poor soils. As the tree grows, the more it is cut back, the more leaves it will produce.

Eat Moringa leaves as a vegetable:

Plant a Moringa tree outside your kitchen window! The leaves are outstanding as a source of vitamins, minerals and protein. In a programme in Senegal the leaves have been very successfully used to combat malnutrition, particularly amongst children.

Leaves can be eaten fresh, or they can be collected when they are at their best, dried, pounded and stored. Harvest the leaves, dry within 3 days, if possible in the shade. (In sunlight they lose vitamin A). Pound them and store in airtight jars.

This leaf powder can be added to rice, grains, sauces, relish, in fact anything at all. For children suffering from malnutrition and other health problems, one spoonful should be added to their diet three times a day.

Additionally, most parts of the plant, including root, bark, stem, leaves, flower and pods have medicinal value. It is a mild antibiotic, effective in the early stages of an infection.

For more information contact:

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Trees for Life empowers people by demonstrating that in helping each other, we can unleash extraordinary power that impacts our lives.

Pharmacies and our Priorities

Malawi has two basic types of legitimate pharmacy. Firstly we have our massive untapped natural forests and reserves. Untapped because if the truth be told we know only a small fraction about the plants and organisms living in them. The medicinal value of these resources is immeasurable and they have provided powerful, effective, life saving treatments for thousands of years.

The second style of pharmacy is the high profile man made structure carrying the latest designs in western drugs, pills, lotions, tinctures, drops, creams and dreams for skin tone, fertility, beauty, protection and more. This type of pharmacy carries expensive, researched and processed treatments, many of which were originally derived from nature. Every packet prescribes correct doses and an in-depth understanding of the chemicals involved.

A tragedy occurred just a few weeks ago to our good friend and active Anamed member, Nettie Dzabala, when her pharmacy was badly damaged by an out of control blaze from neighbouring shops. In no time at all the fire brigade, police, security and a large crowd were on site to fight the flames. Days later the insurance industry will swoop in to help redevelop the structure and bring life back to the shop. We will all be able to pop in and buy our medicines before too long.

A tragedy like that is very personal and you really can feel the pain that such a loss causes. Why is it I wonder that few of us feel the same pain when we see our vast natural pharmacies going up in flames annually? Seasonal burning blamed on culture and tradition puts paid to thousands of natural pharmacies every, day, week and month of the dry season. Yet we don't see the police, fire brigade, forestry staff, insurance companies, citizens, tourists, politicians, ministers, parliament or any of us rushing to put out those flames. We just let them burn and even add charcoal production to the accepted recipe. We wash our hands of the whole issue in a bowl of luke-warm poverty and tepid illiteracy.

Anamed members, this is a call to you, let's together put an end to the relentless destruction of our natural pharmacies, we need them just as much as we need food. Nobody needs to set fire to the wilderness, we do it deliberately. Be active in your community, put an end to fires, put out fires, fight fires. (Chris Walker)

Information about ANAMED:

What are the aims and objectives of anamed?

To improve health provision in developing countries, by:

- Establishing gardens of healing plants
- Developing recipes for making natural medicines from local healing plants
- Encourage pharmacies to promote locally produced natural medicines
- Undertaking research into alternative treatments for malaria.

To support local people in developing self-confidence and increasing their knowledge, by:

- Building on the strength of the existing network of traditional healers

- Conduction seminars for formally trained health workers
- Encouraging health workers and traditional healers to work together for the good of the region

To support people in becoming more active in the care for the environment, by:

- Encouraging appropriate disposal of waste
- Involve churches in the protection of the environment
- Proposing alternatives to the use of herbicides and pesticides

To oppose processes of negative development, by:

- Supporting people in growing and using their own plants and seeds in the face of the threat of the patenting of seeds and use of healing plants by multi-national corporations
- Campaigning against soaps and creams containing mercury
- Opposing publicity for sugary drinks that destroy the local production of fruit juices.
- Avoiding everything that maintains the economic supremacy of the North.

To promote ecumenical collaboration between Christian health services.

To promote local and international cooperation and peace.

Reports: What's going on in ANAMED-Malawi?

Mua Hospital:

„I have conducted 8 meetings with 46 Volunteers in 6 villages, teaching them especially on the management of diarrhoea using mango and guava leaves. The communities appreciate this treatment. In my experience boosting of the immune system with garlic and improving nutrition with chamwamba (**moringa**) is very helpful in people suffering of HIV/AIDS. Garlic is added to the food while chamwamba (Moringa) is taken as relish. My plan is to win many new members to expand the programme.“

(Griffin Kaonda, Health Surveillance Assistant)

Anamed Ntakataka:

Marie Oosthuizen and Richard Chaturuka held a successful seminar with their Women's Guild of the CCAP. Richard's teaching about medicinal plants, eucalyptus oil and maize silk for diabetes generated much enthusiasm and many questions.

Two groups in Mua are being encouraged to start their own medicinal gardens and will soon be given some seeds and seedlings. Life Line Clinic at Ngodzi is one step ahead with some fruits which they already have as a start for their garden, Artemisia and **Moringa** will be added soon.

Goats as always are remaining a perennial problem as they are never managed effectively. Despite this Marie is encouraging the planting of Papaya, **Moringa** and Lemon Grass by the house, especially for those caring for HIV/AIDS sufferers.

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This information is free, pass a copy to your friend!