

Following many visits, Uganda is almost my second home! I am delighted that so many of you are benefitting so much from your knowledge of Natural Medicine. With flourishing gardens of nutritional and medicinal plants you are able to help yourselves and many many others with their health problems.



A moringa leaf – like grain amaranth and baobab leaves, moringa contains vitamins, proteins and minerals. As leaf powder, moringa is truly wonderful for under nourished children.

1. anamed Masaka and anamed Vurra

I am very encouraged that groups in Masaka and Arua have taken the initiative to form themselves into a local group.

Anamed Masaka is registered with the Community Development Department in Masaka. The Chairperson of anamed Masaka is Rehema Namyalo, Email: r_namyalo@yahoo.com, Tel: 0702 493 186.

Anamed Vurra is registered with the Ministry of Gender, Labour and Social Development in Arua. The Chairman is Mr Buzu Venesco Tel: 0774 047 903, Secretary Christopher Nyakuni, Email: christophernyakuni@yahoo.com, Tel: 0774 889 571.

2. Feedback about artemisia tea from Soroti

Father Ernest Sievers has been working in Luweeru for many years – and has now also founded a small “Emmaus Community” in Soroti.

He wrote, *“I would like to tell you about the Emmaus community in Soroti (10 adults, 3 children) who are staying together in the same house, located close to a swamp with lots of mosquitoes. In the past almost every week one or other of the members had malaria. In the middle of August Anna had been able to produce enough Artemisia so that I could supply them with enough leaves for a big pot of artemisia tea every morning for breakfast. Since August NOBODY has had malaria (except some of the children who refuse -so the mothers claim - to take the tea even with honey)”*.

Please send me your feedback about successes – or failures – with artemisia, moringa, aloe, asthma weed, grain amaranth or any other medicinal plant.

3. Success with grain amaranth in Bugira District

Pastor Samuel Waiswa writes from Iganga, “We have several success stories in our programmes; this one is from Bugira District. Thirty-five (35) children, all under six years and including triplets (babies), are being fed on Grain Amaranth porridge mix twice a day (approximately 500mls) for six months.

The children in this programme include:

- malnourished children from poor families.
- abandoned and displaced people's children.
- HIV/AIDS positive (infected and affected) children.

Parents, villagers and guardians were excited and amazed at the dramatic improvement in the health of these children within one month. All of them are now in good health and are growing steadily.

On 14th January 2009, we shall formally evaluate the results and prepare a report. Our success in this programme is a result of close collaboration with the District Medical Director, the Health Educator and Growth Monitors, and also the good-will and support of the local leaders.



Pastor Waiswa with some of the children in his programme.

4. Natural Medicine in Kuluva Hospital, Arua

Vast numbers of malaria patients have been treated with artemisia tea. The hospital pharmacy under Magellan Amandi contains several Natural Medicines, including chilli ointment, garlic honey, anti-scabies oil, anamed anti-diarrhoea tea. Because these Natural Medicines save the hospital a lot of money, the hospital pays the salary of the gardener for the medicinal garden.

5. Seminar in Masaka.

Rehema Namyalo and I will run a week-long training seminar in Masaka from Friday 27 March to Friday 3 April 2009. The seminar is primarily for members of the newly formed anamed Masaka. I would also like to invite up to ten people from other parts of Uganda. These people must

- a) have already attended at least one anamed seminar,
- b) be active in practising Natural Medicine and
- c) be prepared to form an anamed group in their locality.

If you think this describes you, please write to me!

There are also a few places available for paying guests – at 250 Euros (700,000 Uganda Shillings). If you can arrange for your organisation to sponsor you, and you would like to attend, please contact me.

For more information, http://www.anamed.net/Attend_a_seminar/Masaka_2008/masaka_2008.html.

6. Malaria drugs in Uganda

A big report has been published by a group called the Medicines for Malaria Venture on their study of the availability of malaria drugs in Uganda. The report stated what you already know, that effective malaria drugs are too expensive and not available to the vast majority of people in Uganda. This underlines the importance of your work with *Artemisia annua*. Dr Simon Challand, who worked in Kasese for many years, wrote to the British Medical Journal appealing for support for more research into antimalarial herbs, especially *Artemisia annua* – which very many of you know to be very effective in treating malaria.

7. anamed books from Marianum Press

Our anamed books are available from the Marianum Press. Contact Richard Katimba, Tel: 0414 321341 / 321697. The prices are as follows:

Poster: 5000 Shillings

Seminar handbook: 4000 Shillings

“Natural Medicine in the Tropics” by Hirt and M’Pia: 10,000 Shillings.

If you have already attended an anamed seminar yourself, and you require books or posters for training purposes, then you can have these materials at 2/3 of this price, but you must contact me first. By making such charges, we ensure that there is always money available for printing the books again.

8. World Health Organisation (WHO):

A recent report of a “Community Health” consultation with the WHO in the UK included the following: “WHO invest primarily in formal partnerships with member states. However, since governments provide less than 30% of health care, WHO now recognises the need to partner with the private sector, NGOs and Faith Based Organisations (FBOs). Such partnerships will help to integrate health care services, and enable NGOs to have a genuine influence in health planning and strategy.”

That is an encouragement to us to link with the WHO in Uganda!

Finally: I hope to send more occasional newsletters in the future – so please send me your stories – to anamed@t-online.de. Best wishes to all in Uganda, Keith Lindsey.