

Anamed UK Newsletter 3: November 2011



Gardening with a purpose!

One of the important and very effective projects in anamed is the growing and use of the plant *Artemisia annua*. The pharma industry extracts the constituent artemisinin, and uses this to manufacture the modern and most effective treatments for malaria.

Anamed teaches people in Africa how to cultivate the plant, how to harvest, dry and package the leaves, and then how to use the leaves as tea to treat a range of diseases, the most important of which are malaria and AIDS (for AIDS it is used together with *Moringa oleifera*).

Now we are finding an increasing market within the UK, because many people are finding that it treats a whole range of other health problems, from bladder infections, bronchitis, stomach problems and many infections where conventional antibiotics have failed, to even some forms of cancer.



Artemisia plants in a Ugandan village

We are delighted to meet this need, and we are very happy also if the

income from the sale of the tea helps to support our work of running seminars in Africa. To meet the increasing demand, we are looking for a gardener! The task is to sow the seeds in February, prick them out into pots when they are about a centimeter high and plant them into loose, fertile soil when there is no more danger of frost. Then, in September or early October, when they are nearly two metres high, to harvest the leaves, to dry them thoroughly at about 40 °C and to

An artemisia plant that has been lovingly grown in a wonderful garden by Rose in Kenya.

package them in 50 gram bags.

It is a lot of work, but also a lot of fun if you enjoy this sort of work. We are looking for (a) volunteer(s)! Interested? Drop me a line: anamed@t-online.de

Rehema Namyalo in Masaka and Milly Grace Ogwal in Lira, Uganda, are doing a lot of work in Primary Schools – preparing school gardens, planting fruit, vegetables and medicinal plants and teaching both children and teachers organic gardening and Natural Medicine – a big contribution to food security! Here children are harvesting *Artemisia annua*.



Keith Lindsey

Anamed Groups in Uganda

During my visit to Uganda earlier in the year I had the pleasure of meeting some of the local Anamed groups



RAHOCA (Rwenzori Aids Home Care Association)

I spent a day with my good friend Erifazi who has basically relocated the HIV/Aids, community health & medicinal plant work which we started at St Paul's health centre (who have taken the usual western, technical and barely sustainable route) to the local community. Erifazi worked closely with me in promoting the Anamed philosophy and has established a network of groups in the district with its main centre in Kasese Town.



The central group has a small clinic which provides allopathic and natural medicines, a herbalist and a small medicinal garden. They also meet for worship once a week which includes prayer and the laying on of hands.

Bio Gardens: Masereka Emmanuel



Emmanuel worked with the late Monik Adriens at Tooro Botanical Gardens in Fort Portal. He has set up a small centre in Kasese Town. On the edge of town there is a well organised medicinal garden and a small as yet uncompleted building which will be the Monik Adriens Institute.

Anamed Maliba: Bwambale Robert

Robert is the laboratory technician for the Kasese Town Council health centre and as such is a good bridge between the allopathic approach and traditional herbal medicine. He

has set up a group of people in Maliba about 8 miles from Kasese Town in 2010. They have bought *Artemisia annua* powder from Anamed for treating malaria and used it on 227 cases so far and 200 *Artemisia annua* plants are being cultivated on land provided by a group member.



Simon Challand

“Got a few spare coppers in your pocket?”

There is now an excellent way by which one can give financial support for a specific project. The site is called “Betterplace”. Sometimes people and projects can be helped a lot with a relatively small amount of money. So – if you, your firm, your church or your local football club would like to consider making even a small donation to an anamed project, please have a look at the following sites:

In Uganda: www.betterplace.org/en/projects/5413-enable-uganda-to-become-healthy-with-herbs

In Kenya: www.betterplace.org/en/projects/6591-fight-aids-in-grass-roots-communities-in-kenya

I know all the people in these projects, and I have complete confidence in them.

All the projects described will help many people to enjoy better health and to become a bit more self-reliant. Some of these projects only need a small donation to be able to go ahead. This work is as important as ever, because food prices, and the costs of formal health care, are going up throughout the continent. Donations will help these people to be able to withstand the rigors of unpredictable rainfall that is making life so hard, even brutal, for so many in Africa today.

Keith Lindsey

Anamed Seminar Ndola, Zambia 2011



Where : Kafakumba
Training Centre Zambia

Who: 39 participants,
herbal and medical
practitioners, organic
farmers, academics

Who: facilitators from
Malawi, Scotland,
Switzerland and Germany.



What: bee-keeping and honey production, Aloe
vera, Solar energy, herbal teas



Lucie Bradley



Anamed UK Residential Workshop

We are pleased to announce that we are running another workshop in the UK. Based on the workshops anamed run in Africa it will be a hands on practical affair including such things as making infusions, soaps, ointments, with talks on medicinal plants, setting up a garden, research etc

The weekend is for anyone with an interest in the work of anamed but in the past has included health workers, agriculturists, development workers, herbalists and gardeners working in the UK or abroad. It is a great time to meet people with similar interests.

It will be at Barnes Close near Bromsgrove in the West Midlands on **25-27 May 2012**.
Further details to follow.



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

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