



Kenya newsletter

April 2011

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Accredited anamed trainers in Kenya

The following are qualified to run training seminars in the name of anamed Kenya. If you would like to arrange a training seminar for your organization or in your district, you may contact one of the following:

Major Rebecca Nzuki in Machakos 0735 526 303 and Email: rebeccanzuki@yahoo.com

Emilly Nundu in Rusinga Island via Esther Odhiambo 0720 752 717 and Email: essygreen@yahoo.com

Tamima Omondi in Oyugis 0733 560 317 and Email: tamima_ajul@yahoo.com

Rosalia Oyweka in Kisumu 0735 704421 and Email: royweka@yahoo.com

Roger Sharland in Nairobi 0734 643 052 and Email: REAP@maf.or.ke

Kenya National week-long seminar in Natural Medicine, run by REAP, to be held in Karen, Nairobi from 5 to 11 June 2011.

Tutors: Rosalia Oyweka, Dr Roger Sharland and George Matengo of REAP.

Cost: 28,000 Kenyan Shillings or 250 Euro.

Registration: Ms Anne Sigei, Email: reap@maf.or.ke and Tel: 0722 737429 or 0733 903406

More information about our seminars can be found on the anamed Home-page www.anamed.net: - click on "World: anamed seminars".

Anamed books and posters are available from REAP. Contact Anne Sigei (contact details above).

We have had many anamed books printed in Kenya – please use them! Books and posters in English are available at the following prices:

"Natural Medicine in the Tropics" by Hirt and M`Pia	550 Kenyan Shillings
"Seminar handbook" by Hirt and Lindsey	250 Kenyan Shillings
Poster "Medical plants in the Tropics"	200 Kenyan Shillings
AIDS and Natural Medicine	250 Kenyan Shillings

Anyone who buys at least 25 copies of any book or poster for training purposes may buy them at prices reduced by at least one-third, e.g. "Nat Med in the Tropics" would then cost 350 Shillings per book. If you then sell them at the full price, you may keep the balance to support your work. Accredited anamed trainers may purchase them at prices reduced by two-thirds.

We need to make a charge to ensure that we always have money available to reprint the books and posters.

News from Kenya

HIV/AIDS: In many parts of Kenya anamed trained people have been administering artemisia tea and moringa leaf powder to HIV positive people – with remarkable success! Even people who were bed-ridden are now strong once again. They are still HIV positive, but strong and much healthier.

Sometimes it is hard to recognise them as being the same people! Some of these people are now running self-help groups for other HIV positive people. We share the joy of these people and their families.

Diabetes: Peter Kuria has had considerable success in treating diabetes. First he asks his patient to drink a litre of what he calls “detoxification tea”, which is made by taking handfuls of asthma weed, guava leaves, pawpaw leaves and fresh young mango leaves, boiling them vigorously in a litre of water for two minutes and allowing the mixture to stand for half an hour. Then every day he prescribes two tablespoonfuls of moringa leaf powder and 4 moringa seeds. It is important that the sugar levels are checked regularly.

REAP: An idea we have been experimenting with is including a few Artemisia plants alongside sukuma wiki and other vegetables in a vertical garden. This seems to be working well and is good for urban situations. It has dual advantage of producing the medicine and also keeping insects away from the vegetables.

Milk from the unripe papaya works wonders with **scorpion bites**.

Haemorrhoids: Artemisia tea internally and artemisia ointment externally work extremely well. One man treated was a boda boda rider who was in agony, and now back on his bike carrying passengers.

Successes with artemisia and other plants in other countries

From **Adi Hospital in North East Congo** comes a similar story. A patient from Sudan had spent 200 US Dollars trying to find treatment for her **haemorrhoids**. She came for an operation. After applying artemisia ointment externally three times a day for one week she was healed – at a cost of 1 USD.



A papaya plant



Example of a vertical garden in Butere, in a sack with stones in the middle to distribute the water when watering.

Ethiopia: We have found that nearly 100 percent of the **asthma** patients that we have treated with Artemisia tea, both as a steam inhalation and drinking the tea, have found complete relief.

Ethiopia: A young man who was **paralyzed down one side** can now walk again and is training his muscles – after drinking artemisia tea.

Germany: A **diabetic** used to inject himself four times a day. Since he has drunk a cup of artemisia tea every day and taken moringa leaf powder he has not needed to inject himself at all – his insulin levels have completely stabilized.

North East Congo: More than 30 patients with **epilepsy** were given the full malaria dosage of artemisia tea for 30 days. Each patient was completely healed and never had another fit.

Uganda: Many young children have been treated for **convulsions** with artemisia tea being taken twice every week.

Uganda: One young lady had **chronic sinuses, and nasal mucus** was flowing continuously for some years. She has been completely cured after sipping one litre of artemisia tea every day over a period of two weeks, together with a mixture of garlic, ginger and lemon.

Ethiopia: Chilli ointment is very effective in treating **asthma and tonsillitis** cases simply by applying it in the similar way to rheumatic cases. One day I had pain in my throat and I applied chilli ointment externally around my neck area and got a fantastic result.

The importance of keeping your soil fertile – and how to do it!

As the population of Kenya increases there is the danger of shortage of food and shortage of water. All over the world we need to grow more food on less land. At the same time the costs of fuel and fertilizer are increasing, and clean water is becoming scarcer.

Soil erosion makes the problem worse. If you lose only 1 millimetre of soil each year, you don't notice, but over a 25-year period the loss would be 25mm, which would take about 500 years to replace by natural processes.

So what can we do?

1. We can plant hedges to stop soil erosion. On steep slopes, vetiver grass is particularly effective. For further information and to obtain roots of vetiver, contact REAP (Email: REAP@maf.or.ke).
2. We also recommend hedges which contain a variety of plants, e.g. Leucaena, Calliandra and Sesbania as legumes, together with fruit plants such as Guava, Mulberry, Pawpaw and Passion fruit. Moringa can also be included. We call them '5F' hedges because they serve at least 5 purposes which begin with F: – Fence, Firewood, Fertilizer, Food (or Fruit) and Fodder.
3. Keep the soil covered! Do not plough, use plenty of mulch (sometimes referred to as 'God's blanket') and plant cover crops (such as cowpea and sweet potato) and green manures (such as mucuna or *Tephrosia vogeleii*) – so that the soil is never exposed to the hot sun and heavy rain.
4. Maintain a healthy, living soil, as God created it, through good organic practices. Compost is important, as are trees and mulch and the use of legume crops, either mixed with other plants or planted in rotation. Green manures are also valuable. Hedges of Tithonia also provide many leaves which greatly enrich the soil.



Part of a beautiful medicinal garden in Butere, with a variety of trees and small plants

Finally, as encouraged by the Kenyan Nobel prize winner Wangari Mathii, please plant trees on your land. Various trees are good for food, medicine, shade, timber (see the five Fs above) – and in encouraging rainfall.