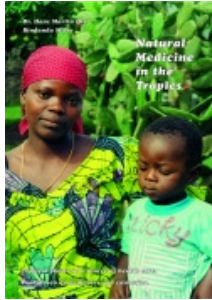


- We write and publish resource books about Natural Medicine which we constantly edit in the light of experience and reprint them.



We have become known internationally for

- a new concept of Natural Medicine which embraces the best from modern medicine and traditional herbal medicine.
- reproducible and reliable methods of preparation of effective herbal medicines which are described in detail in the series of publications “Natural Medicine in the Tropics”.
- an imaginative programme for week-long training seminars which are held regularly in many African countries. Doctors, nurses, healers and community leaders share together in this training.
- promoting the cultivation and use of *Artemisia annua* as tea for the treatment of malaria and several other diseases.

Anamed is proud to have a network of very committed people working throughout the Tropics who work tirelessly to enable even the poorest people to develop more self-reliance.

Contacts and information:

Web-site: www.anamed.net



An artemisia leaf

Would you like to join in the work of anamed?

1. Contact your local or national anamed group and ask about training seminars and membership – see below.
2. Please do not ask for financial support – anamed is not a donor organization.
3. Please address all general enquiries to the Deputy Coordinator of anamed international, Keith Lindsey, Email: anamed@t-online.de

Your local anamed group

anamed
international



How it started:

anamed (Action for Natural Medicine) was initiated in 1986 in D. R. Congo by African healers and nurses and the German pharmacist Hans-Martin Hirt. For most people there, modern health care was either inaccessible or unaffordable. At the same time they saw that a lot of good, traditional knowledge of healing plants that had developed over generations was in danger of being lost forever.



Sarah, in the anamed T-shirt, was seriously ill with AIDS. With loving care from her mother-in-law, left, and treatment with artemisia tea and moringa leaf powder, she is healthy and strong again. She is, of course, still HIV positive. Today Sarah runs self-help groups of HIV positive people.

“Natural Medicine” was therefore conceived as being the combination of the best of traditional herbal medicine together with accurate methods of preparation, dosage and storage of medicines.

In 1994 the organization “anamed International” was registered as a charitable trust with its HQ in Winnenden, Germany.

Who are we?

anamed international is a Christian organisation and network that aims to enable people in the tropics to become self-reliant as possible, particularly with regard to their health. To this end, anamed runs seminars, publishes books and conducts research into medicinal plants and the preparation of medicines. anamed works with people of all faiths.

Our vision

We dream of a world in which even those people living in the most simple circumstances meet most of their health needs by using their own skills and abilities to utilize their own locally available resources. We see our dream is becoming reality. Also health centres and hospitals in the Tropics are becoming much more independent of imported products.

In practice, this means

- each health centre, and even religious centres and schools, have a garden of fruit, vegetables and healing plants.
- many people develop a knowledge of good nutrition and how to produce Natural Medicines from the medicinal



Artemisia tea is a wonderful treatment for malaria – a real life saver!

Artemisia tea is cheap, available and certainly not fake.

plants in their gardens, as well as how to treat common diseases and medical complaints.

- each community has a reliable supply of clean drinking water, and good toilets are built, maintained and used.

Our activities

- We run week-long training seminars in the Tropics for health workers, healers, pastors and expatriate workers – all together.

- We run seminars also in Europe to train and challenge missionaries and development workers.
- We coordinate and support networks and groups in countries that practice and teach Natural Medicine.
- We conduct research into healing plants, and in particular into *Artemisia annua*, for the treatment of malaria and for strengthening the immune system of AIDS patients.



Tamima and Rosalia have been trained by anamed and are now very actively training scores of others in Natural Medicine. This picture shows them having prepared skin ointment from Artemisia annua.