



Ghana newsletter March 2011

From Keith Lindsey, Jutta Krauss,
Matt Porter and George Zokli

Seminar in Natural Medicine in Kumasi, October 2010

Twenty people took part in this week-long seminar in the Christian Village. We learnt a lot about *Moringa oleifera*. Many said that this tree is quite common in Ghana, but few people know about it.

We were fortunate. We had two people with a lot of knowledge and experience.

George Zokli makes a tasty, refreshing and nutritious drink out of moringa, cinnamon, ginger and other herbs. It tastes better than Coca-Cola! It would be wonderful if a drink could be marketed in Ghana that was both healthy and more popular than Coca-Cola – which contains ingredients harmful to health.

Michael Stadler from Germany, an expert in drink manufacturing, has since conducted a workshop with George and others in the Volta Region to teach how drinks can be preserved.

George reminded us that moringa, either as leaf powder or as tea, is effective in reducing both high blood pressure and blood sugar levels. The tea acts very quickly, so one should take great care.

Mr Asare showed us his chicken farm and his moringa plantation. He told us that he mixes dried moringa leaves with the chicken feed, and once a day provides them also with some fresh leaves. As a result the chickens grow faster, produce eggs with beautiful yellow yolks and do not peck each other. The chicken dung he uses to fertilise his moringa trees, and he uses crushed moringa seeds to purify their drinking water. Very impressive!

Mr Asare also told us that, after taking moringa leaf powder regularly, several older people who used to struggle to get out of bed in the morning now leap out of bed with no problem at all!

Regional groups

Towards the close of the seminar, regional groups were formed. Each group invites more interested people to join.

Northern Region Contact Paul Rose, Tel: 0543 547 501.



Sister Louisa holding moringa leaves during our Kumasi seminar

- Volta Region Contact Gabi Zink, Tel; 0244 337 833. The Volta Region group has already met. They had a very lively exchange of experience regarding growing artemisia, and learnt how to extract neem seed oil by hand.
- Ashanti (Kumasi) Contact Gustav Komlaga, Tel: 0244 632 880.
- Nigeria Contact Godbe Ajuzie in Umuahia, Abia State, Tel: 00234 816 704 9453 or Precious Deorji in Owerri, Imo State, Tel: 00234 706 265 6963.

Successes with artemisia and other plants in other countries

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.

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.

Ethiopia: Three **HIV positive** women are now so strong after drinking artemisia tea and taking moringa leaf powder that I could not recognise them as being the same people.

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

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.



A papaya plant

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

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

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.

Uganda: Hundreds of people have been healed from **Jiggers** in their feet – with chilli ointment!

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.

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

As the population of Ghana increases there is the danger of shortage of food and shortage of water. This is especially true where many trees have been cut down. 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. On level ground this reduces loss of soil with the wind. If hedges are planted along the contour lines on slopes, then they also stop the heavy rains washing the soil away.
2. We can stop ploughing! We can use mulch generously to feed the soil, and sow and plant directly into the ground.
3. We can make our own compost with vegetable waste and animal manure – and farm organically.

The importance of protecting our biodiversity - for health reasons!

Modern research seems to indicate that, as a natural ecosystem is destroyed, the first species to go are those that reduce the transmission of disease, for example the birds that eat the insects. The last to go are species that do transmit disease – such as mice and rats.

This is yet another good reason for protecting our natural forests, and replanting indigenous trees where they have been cut down.

It is almost certainly the case for the mosquitoes that transmit malaria. In the natural forest they have many predators, and not many places to lay their eggs. Where trees have been felled, in the rainy season there is more stagnant water – and so more mosquitoes!

SO –please plant trees on your land. Trees are also good for food, medicine, shade, timber, increasing soil fertility – and in encouraging rainfall.



Part of a beautiful medicinal garden, with a variety of plants, the larger ones providing shade for the smaller ones