



Uganda newsletter January 2011

From Rehema Namyalo and Keith Lindsey

Uganda National week-long seminar in Natural Medicine to be held in Lira from 20 to 27 March.

We have been invited to run a training seminar in Natural Medicine for grass-roots workers in Lira. We can only go ahead, however, if we can recruit enough participants who are willing and able to pay the full seminar fee. Please, if you wish to attend, and can either pay the fee or find sponsorship, register as soon as possible.

Leaders: Rehema Namyalo, Samuel Mundua and Kabaseke Stephen.

Cost: 750,000 Uganda Shillings or 250 Euro.

Registration: With Rehema Namyalo, Tel: 0702 493 186

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

The development of Natural Medicines in Uganda in 2010

1. In May 2010 there was a malaria epidemic in Kasese District. Robert Bwambale, a medical Laboratory Technician, wrote to Keith and told him that countless people were ill, and some were even dying. First Robert travelled to Fort Portal and bought 100 doses of artemisia tea from the Tooro Botanical Garden. Then Rehema conducted a two day seminar with Robert and 24 people, 5 women and 19 men, of his community in which they were trained in how to treat malaria using this Natural Medicine. As a result, today they are growing artemisia themselves, and finding artemisia tea an excellent treatment for malaria and other conditions such as eye infections and cough. Congratulations to Robert and the newly formed anamed Maliba Sub county Group.

2. The anamed network has developed tremendously in Uganda in 2010 due to intensive regular seminars being conducted. Many new active anamed groups have formed including, anamed Masindi, Bunyoro Region, anamed Mukono (this is the first active women's anamed group), anamed Wakiso, anamed Kamuli and anamed Kiboga.



One *Artemisia annua* malaria treatment was given to each seminar participant by Robert Bwambale

3. Anamed Uganda extended their training services to Kajokeji County in South Sudan, where many people were dying; each every day more than four deaths were reported in each village. Following the seminar, fewer people are dying and the Sudanese are very happy. Many lives have been saved! Praise the Lord. And many thanks to ANAMED!

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 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 Uganda 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. 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.



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

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. 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 – and in encouraging rainfall.