Dear Friend,

Welcome to "Discover"!

With friends in Germany I have set up a new project.
With the title "Discover" we mean:

> Discover the resources for health and healing in your community and in your environment, and

> Discover your own abilities – because I think we all have talents that we have not yet discovered!

Our priorities will be

1. To give personal support to people and projects that use training in nutritional and healing plants in work

   a) of making peace / building bridges between alienated groups

   b) in schools

   c) in existing self-help groups

2. To support a network of trainers of natural medicine in Europe and Africa.

Above you see our new logo. In part, Discover means "discover tropical natural medicine in Africa". More particularly, the leaf in the logo is a papaya leaf. As you know, the papaya, or pawpaw, grows almost everywhere in Africa, but few people realise what an amazing plant it is. Not only is the ripe fruit extremely nutritious, but the leaves, seeds and unripe fruit have a wide range of medicinal properties.

So we wish to discover more about this and other plants which are widespread in Africa.

Our invitation to you is to join our network of trainers.

We will produce a newsletter two or three times a year with the following sections:

a) Training techniques: new ideas.
b) Information about a useful plant.
c) New experiences regarding a treatment.
d) An example of a successful, recent training.
e) Other new ideas relevant to good health.
f) Updates regarding sustainable organic gardening techniques.

Please send me an email to confirm that you would like to receive such a periodic newsletter.

In joining this network I ask that you send me an occasional mail with news and / or photos about any interesting development in your work, e.g. a success or failure of a treatment, a brief report of a good training, report of introducing natural medicine in a school, a new practical idea such as how to build a good water filter or cookstove etc.

With best wishes,

Keith