

## Discover News-sheet September 2017



Dear Friends

Our Facebook page has been very busy of late. Here for your interest of some recent posts.

For other news, please refer to our website news page:

<http://discover-src.net/en/news/>

Discover partner Rehema Namyalo in Masaka, Uganda, loves lemons!

To treat flu, she says, squeeze 2 medium sized lemons in one litre of cold drinking water and drink. The more you drink, up to 3 litres a day, the quicker you recover.

To treat asthma, make tea by boiling a handful of fresh, grated lemon peel together with other herbs effective in treating asthma such as *Centella asiatica*, ginger, *Euphorbia hirta* (asthma weed), guava leaves and young mango leaves. Drink 250ml three times a day for one week for three consecutive months. That is, take for one week in each of 3 months.



In her home village, near to Butere, Kenya, Discover friend Alice Eshitubi grows *Artemisia annua*. Every month she takes cuttings and is a reliable source of young plants in the neighbourhood. She herself, her family and the entire community have benefited enormously from the immunity boosting properties of this remarkable plant. *Artemisia annua* is particularly valuable in the prevention and treatment of malaria. To treat malaria, drink artemisia tea made by pouring boiling water over a heaped teaspoonful of the dried leaves in a large cup. Drink such a cup four times a day, and repeat this for seven days. Artemisia treats many other diseases and health problems, including bilharzia, common flu, arthritis and poor digestion.

Alice is a member of REAP. Reap will hold a training seminar in Nairobi in October this year which will strongly feature *Artemisia annua*. Participants will receive rooted cuttings. For more information, see <http://reap-eastafrica.org/reap/archives/1612>

The picture shows Discover partner Robert Bwambale holding a pawpaw and showing the leaf. Why? Robert says, "this plant grows everywhere in African soils, it is important medicine and nutritious food, it treats asthma, worms, wounds and many other health problems common in Africa. When I teach about this plant everybody agrees what an important plant it is."



Are these posts interesting? If so, read more similar posts about other Discover partners on our Facebook page "Tropical Natural Medicine".

Best wishes, Keith

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