

# Discover News-sheet for colleagues in Africa

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Dear Friends

Do you know the saying, “Let your food be your medicine and your medicine your food?” It is very true! Many health problems and diseases are caused by a diet that lacks minerals, vitamins and protein. The problem is made worse with food and drink that is contaminated with traces of pesticide or that contains too much sugar.

When running training in natural healthcare, it is therefore very important to talk about nutrition. It is also important to teach by example! That means, the food you provide must be wholesome, and not expensive – so that one shows how to eat healthily on a low income.

Rehema Namyalo in Masaka, Uganda, has developed a meal plan for her 7-day intensive seminars. What do you think of this?

DAY	BREAK TEA	LUNCH
Monday	Artemisia, lemongrass, brown bread and bananas	Matooke, rice, pumpkin, meat, beans, black nightshade, pineapple, water and fruit juice
Tuesday	Hibiscus, ginger, boiled cassava and bananas	Matooke, posho, pumpkin, peas, cabbage and water melon, water fruit juice
Wednesday	Artemisia, rosemary, roasted ground nuts and bananas	Matooke, Taro/yams, pumpkin, green beans, amaranth, pawpaw, water and fruit juice
Thursday	Cinnamon, boiled cassava and bananas	Matooke, boiled rice, dried fish, Irish potato, eggplant/bitter berries, pineapple, water and fruit juice
Friday	Amaranth porridge, lemongrass, g/nuts and bananas	Matooke, cassava, rice pirawo, chicken, beans (kanyebwa), black nightshade, watermelon, water and fruit juice
Saturday	Ginger, lemongrass, popcorn, bananas	Matooke, posho, sweet potato, green beans, cabbage, avocado water and fruit juice
Sunday	Artemisia, basil, bread, egg, honey, bananas	Matooke, rice, cassava, meat, beans, amaranth, pawpaw, water and fruit juice.

Eric Kihuluka, in Kaliro, Uganda, often meets with large groups of people and teaches them good nutrition, hygiene, organic gardening and many other topics. He and his team are having considerable impact – good toilets are being built and many people, including the local king, have improved their diet.

How do they feed the crowds they teach? With porridge, which they make with a wide range of nutritious ingredients, which include sorghum, maize, soya beans, millet, rice and grain amaranth.

Tomorrow I fly to Zimbabwe. Between 2006 and 2010 Joachem Nyamande, the Director of a large community care programme, Nelson Moyo from Malawi and I trained many people. On this visit Joachem and I will visit some participants and see what progress they have made. I expect to learn a lot, especially how they support people living with HIV/AIDS. I will report back in my next newsletter.

With every best wish for Christmas and the New Year, may all your work bear fruit!

Keith