

Discover News-sheet for colleagues in Africa

March 2017

Arthritis



Dear Friends,

In my last newsletter, I promised to give you some information about the treatment of some “lifestyle diseases”.

I have just returned from a wonderful visit to Kenya. I was very encouraged by how active and committed many groups are. I met up again with my friend who had had to retire early from the Kenyan army because of disability through arthritis. Today he is 100% fit. How has he managed it? Instead of army rations, he eats and drinks:

- a lot of fruit; bananas, pawpaw, mangoes, passion fruits, avocado and more,
- uji (homemade porridge made mainly from millet and finger millet, sometimes also sorghum),
- vegetables, including green leafy vegetables such as amaranth or sweet potato leaves, arrowroot, sweet potatoes, carrots, cabbage, potatoes, and carbohydrates, mainly rice and ugali (made from unrefined maize),
- very little sugar and very little (white) bread,
- water, milk (almost straight from the cow) and Kenya tea, which contains ginger,
- no coffee, sodas or alcohol.

People who suffer arthritis suffer pain in the joints when they become inflamed. All those who have been trained by anamed or Discover know the healing and pain-relieving power of being massaged with chili ointment. Thanks to chili ointment, many elderly people are delighted because they can walk once again.

Many have also benefitted from

- a) drinking teas with anti-inflammatory properties, such as artemisia (annua) tea, green tea, ginger tea or nettle tea.
- b) including garlic (raw and crushed), onion, moringa, chilies or turmeric in the diet.

The attached paper gives more information about the prevention and treatment of arthritis.

I wish you many pain-free years ahead!

Best wishes,

Keith



Happy members of an over 60s club in Kenya who became active again, thanks to artemisia tea, moringa leaf powder and chili ointment.