

Seven-day intensive Training Seminar in
Natural Healthcare
October 2018, Bundibugyo



- Dates: 14 – 19 January 2019
- Location: Bundibugyo Catholic Church
Participants from far are asked to arrive on the evening of Sunday 13 January.
- Organiser: Vumbula Masaka, on behalf of Discover e.V., Germany.
- Facilitators: Rehema Namyalo, Nakamatte Evelyn, secondary school headteacher in Kirimya and Kyambadde Andrew, a herbalist and farmer from Busunju.
- Cost: 250 Euro, £225 or 1 million Uganda Shillings. This fee includes food and accommodation and all seminar materials.

Course content:

- Organic gardening, soil fertility and the creation of a productive garden.
- Cultivation of traditional vegetables and medicinal plants, including *Artemisia annua*.
- Preparation of natural medicines from locally available medicinal plants: herbal teas, medicinal soaps, oils and ointments, tinctures, cough mixtures and syrups.
- The use of natural medicines for treating and helping a wide range of health problems including malaria, diarrhoea, wounds and HIV/AIDS.
- Nutrition.
- Hygiene.
- Construction of simple devices that contribute to health and hygiene: charcoal fridge, fuel efficient stoves, black stones, a solar oven, a solar drier and tippy-taps.
- Income generating activities: liquid soap, making bagiya, candles and chalk.
- Healing massage.



Rehema Namyalo in her herbal garden. Rehema has years of experience as an organic farmer, medical herbalist and trainer.

Register with:

- Rehema Namyalo, Email r_namyalo@yahoo.com, phone 0702 493 186 or 0772 493 186, or
- Dr Keith Lindsey, Email Keith@discover-src.net, phone +49 1523 439 0386.

Once your registration is confirmed, please pay half the fee, or the entire fee, in advance. That is, at least 500,000 UgX to Rehema Namyalo in Uganda or £115 or 125€ to Keith Lindsey in Germany.