

Ebola and Natural Medicine

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Ebola is a viral disease. It is transmitted through body fluids: blood, sweat, urine, sperm.

The first symptoms are like those of malaria: fever, muscle pain, nausea. Then after 5 to 7 days, internal bleeding occurs which indicates that the disease is indeed ebola.

Whereas AIDS viruses only remain infectious outside the body for 30 minutes, Ebola viruses remain infectious for several days! More serious still is the fact that scientific studies show that the ebola virus may still be found in men's semen even after two years.

Prevention and Treatment:

1. Develop a strong immune system by eating a healthy diet, having plenty exercise and fresh air and, as far as possible, avoiding stress.

The body itself fights viral infections with soluble antibodies (humoral immunity) and lymphocytes (cellular immunity)

2. Antiviral drugs reduce virus replication.

Give practical help to people threatened by ebola virus disease.

- A) Twice daily give all vulnerable people 5 g of moringa leaf powder. This would be a major health boost and vastly strengthen their immune system. To ensure that enough moringa is available, the government must create moringa fields covering several square kilometres. (*Moringa oleifera* gives its first harvest one year after sowing)
- B) Each day give all vulnerable people 5g, or in life-threatening cases, up to 20g, of *Artemisia annua* (A-3) powder. *Artemisia annua* is anti-viral and increases immunity. Here again, square kilometre-sized fields and a lot of labour are required.

Why are we so convinced that moringa and artemisia will make a powerful impact?

- *Moringa oleifera* and *Artemisia annua* have been successfully used for many years in many countries to treat infections (artemisia) and malnutrition (moringa). This is widely documented in the literature. No country therefore needs to convene lengthy ethics committees to seek approval.
- In *Artemisia annua*, the ingredients artemisinin, sitosterol and stigmasterol, are classified as antiviral, and astralgin, coumarin and eupatorin are classified as immune stimulating substances. Artemisinin has been patented as a virus-inhibiting substance.
- The immune enhancing and antiviral properties (e.g. against herpes viruses) in *Moringa oleifera* are well proven but the active components have not yet been identified.
- There are many other virus-inhibiting plants, for example Aloe vera, chamomile, grapefruit seeds, but no other plant can produce such high yields of virus-inhibiting substances in the tropics as fast as *Artemisia annua* anamed.

Treatment proposal

Every patient complaining of fever, headaches and nausea should be immediately supplied with enough bags of artemisia and moringa. Each bag should contain 5g of artemisia powder and 10g of moringa powder. The patient takes half of it in the morning, and half in the evening. It may be taken directly by mixing it with some food. Alternatively, the patient takes it as tea by pouring 500ml of boiling water over it and then drinking it once it has completely cooled.



Disclaimer: The author Dr. Hans-Martin Hirt is a pharmacist and not a doctor. Hirt worked in virus research for 2½ years, but many years ago. Hirt has travelled to Africa 60 times and worked in Congo for 6 years, but is not an Africa expert, only the Africans themselves are! The association anamed international e.V. promotes the cultivation of *Artemisia annua* and *Moringa oleifera* for self-sufficiency and through its partners in Africa and India has gained vast experience in their therapeutic use.

For more information on the ebola virus disease from the WHO, see their fact sheet dated 12 February 2018: <http://www.who.int/news-room/fact-sheets/detail/ebola-virus-disease>