

Anamed Kenya East
Training Seminar in Natural Medicine
19 to 22/11/2019

Anamed regularly conducts seminars in Nairobi and Eastern Kenya. Participants come not only from Kenya, but also from many countries in the region and even further afield.

As a result of these seminars, the distribution of artemisia starter kits and the work of our collaborating organizations, we are delighted to say that Natural Medicine is now being practiced in many parts of Kenya.

In particular, malaria patients are being treated with *Artemisia annua* tea, diarrhoea is being treated with anti-amoeba tea and HIV/AIDS patients are benefiting enormously from Artemisia tea, Roselle and Moringa leaf powder.

Event Details

Location: Kaumoni Centre, 10 Minutes from Nguluni Market

Registration

Please write to rebnakenya@gmail.com or phone 0713 393 652. You will receive a confirmation of your booking immediately, and final details of the seminar.

Register Before: 15th Nov.2019

Cost

The participation fee for African people or expatriates living in Africa is Ksh 10,000. Overseas participants will be charged Ksh 30,000. This is all inclusive price including food, accommodation, books, some seeds, t- shirt, and all seminar materials. Transport costs and any insurance required remain the responsibility of the participant. If participants require more books and posters for their project, they will be available for sale at a reduced price during the seminar.

Payment

In advance (except by special arrangement) If you want to pay using a currency other than Kenya Shillings please contact 0713 393 652 for current rates of exchange.

If you sponsor a participant, please pay the fee in advance into the account that you will be given. Please inform your sponsored participant(s) that anamed will not pay any transport costs or "sitting allowances", sometimes called "per Diem".

Additional Information

The aims of this training seminar are

To train 30 people (healers, pastors, missionaries, health workers, teachers and others active in the community) in:

- a) The recognition, knowledge and cultivation of several medicinal plants in a medicinal garden.
- b) The hygienic production of effective Natural Medicines from these plants, e.g. teas, different medicinal oils and ointments and tinctures. We will also produce different

medicinal soaps, medicinal charcoal, black stones for scorpion stings and snake bites and learn how to use several simple technologies.

- c) The treatments of many medical complaints and diseases, including malaria, skin problems, diarrhoea, HIV/AIDS and wounds.
- d) The influence of good nutrition and lifestyle on health.

Following the seminar, we expect the participants to:

- a) Create their own garden of medicinal plants
- b) Prepare their own natural medicines
- c) Treat themselves, their families and others within their area of competence, and
- d) Teach their families, colleagues and others in their communities.

Tutors: Samuel Mdune, Rebecca Nzuki supported by MILIKA, James Mboloi

The following are important aspects of our seminars:

1. Our emphasis on working at the grass-roots, encouraging and supporting local people in developing and extending the skills they already have.
2. We encourage traditional healers and formal health workers such as doctors and nurses to work together. We help them to recognize the positive contribution that each makes and encourage them to work out practical ways in which they can co-operate.
3. By introducing *Artemisia annua*, we enable participants to become much more independent and successful in their treatment of malaria, in their families, communities and health centers. Each participant will be given rooted cuttings and be taught how to grow this delicate but extremely valuable plant.
4. It is important that all participants have a commitment both to practicing what they learn and to teach others, for example by conducting a similar seminar in Natural Medicine themselves, at least for a weekend.
5. All participants will work together in practical work and possibly in establishing a garden. They must bring suitable clothes with them for such activities.
6. Participants must attend for the entire program to qualify for an Anamed approved certificate; attendance only on some days is not acceptable.
7. Those participants who possess a bible should come along with it. Anamed is a Christian organization; we start every morning with a biblical reflection; each participant is invited to attend.
8. All participants should try to bring a sample of at least one medicinal plant from their region for sharing with others.

Directions

From Nairobi:

When you go to Afyia Centre, you will board Matatu or Nisan going to Tala or Kangundo. Alight at chegas just before Kaumoni Town. You can call this no. 0713393652 or 0700170549 when you alight go back on the way you were coming just 5 minutes.

From Machakos:

Alight Nissan from Machakos. Board matatu going to Tala and then connect those going to Kaumoni. Alight at chegas and walk five minute or call 0713393652.

REGISTRATION FORM

NAME.....
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COUNTRY.....

ADDRESS.....
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MOBILE.....

EMAIL.....

SPORSERED BY.....

ORGANIZATION.....

Why do you wish to learn about national medicine?
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Is this first time to be trained this way?
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Please mail to Rebecca Nthenya <rebnakenya@gmail.com>